

UTVIKLINGEN AV VERDENSREKORDENE 1880-2025

Oppdatert av Roar Eriksen, NSF/ /SG

Forkortelser / forklaringer

Godkjente rekorder - rekordresultat i kolonnen helt til venstre

Stevnetyper

OL = Olympiske leker
VM = Verdensmesterskap, allr.
VMe = VM enkeltdistanser
VMs = Sprint-VM
JVM = Junior-VM
EM = Europamesterskap
uVM = Uoff.-VM
WC = World Cup
LK = Landskamper
Int = Internasjonalt

NM = Nasj. mesterskap, allr.
NMs = Sprint-NM
NMe = NM enkeltdistanser
JNM = Junior-NM, allr.
JNMs = Jun-NM sprint
JNMe = Jun-NM e-distanser
NC = Norges Cup
N = Nasjonalt
dr = avgjørende løp

Stevnetyper hvor

WR. IKKE godkjennes:

PVM = Proff-VM
PEM = Proff-EM
KM/KR = Kretsmesterskap/-løp
K = Klubblop
TL = Testløp
TR = Treningsløp
O = Oppvisningsløp
TT = "Time Trial"

Komm. etter tiden angir årsak til manglende godkjenning (resultat i kolonne nr. 2 fra venstre) :

a = dømt etter i mål.	k = ikke standardbane (<333m)	s = slått i samme stevne
d = diskvalifisert	l = ikke standardbane (>400m)	t = tangering av (egen) rekord
fe = fellesstart	m = manuell tid (hvor el-tid kreves)	uk = utenfor konkurranse
hc = handicapløp	p = oppnådd som proff-løper	x = ekstraløp
i = invitasjonsløp	r = rett bane	z = ikke utlyst distanse/stevne
	fr = "Feil" distanserekkefølge	

Kommentarer til kvinne-rekordene (spesielt):

I 1930-åra godkjente ISU's styre kun det beste resultat (selv om rekorden var forbedret flere ganger siden forrige møte) på sine offisielle godkjenningmøter, hvilket gjorde at flere rekorder som oppfylte alle krav ikke ble rettmessig godkjente.

M E N N

Menn - 100 m (Ikke off. VR-øvelse):

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
	9,43	Hiroyasu Shimizu	JPN	WC	Salt Lake City	13.12.2003
	9,40	Yuya Oikawa	JPN	WC	Salt Lake City	7.3.2009

Menn - 500 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
Før-ISU-æra :						
	61,0	Peder S. Ullestad	NOR	K	Vos / Vangsisen	16.3.1884
	54,4	Erik Persson	SWE	N	Lindesberg	6.2.1891
	53,0	Even Godager	NOR	Int	Stockholm / Nb	28.2.1891
	52,0	Einar Halvorsen	NOR	Int	Stockholm / Nb	28.2.1891
	51,4	Adolf Norseng	NOR	Int	Stockholm / Nb	28.2.1891
	51,0	Gustaf Fjåstad	SWE	Int	Stockholm / Nb	28.2.1891

ISU (IEV) opprettet juli 1892 - Første godkjente verdensrekord angitt +

50,8 +		Oscar Grundén	SWE	Int	Stockholm / Nb	28.2.1891
50,2		Einar Halvorsen	NOR	Int	Hamar / Mjøsen	28.2.1892
	45,8 r	Oskar Fredriksen	NOR	R	Kristiania / Vestbanen	1.1.1893
	45,8 r	Jaap Eden	NED	R	Deventer	3.1.1893
	50,0	Alfred Næss	NOR	N	Trondhjem	29.1.1893
49,4		Alfred Næss	NOR	N	Hamar	5.2.1893
	49,4 t	Alfred Næss	NOR	K	Kristiania / Majorstuen	12.2.1893
	48,0	Alfred Næss	NOR	NM	Kristiania / Majorstuen	19.2.1893
	48,4	Alfred Næss	NOR	Int	Hamar	26.2.1893
48,0		Einar Halvorsen	NOR	Int	Hamar	26.2.1893
48,0		Alfred Næss	NOR	Int	Hamar	26.2.1893
47,8		Oskar Fredriksen	NOR	R	Kristiania / Frognerk	21.1.1894
47,0		Einar Halvorsen	NOR	EM /a2	Hamar / Akersviken	24.2.1894
47,0		Alfred Næss	NOR	EM /a2	Hamar / Akersviken	24.2.1894
	47,0 t	Alfred Næss	NOR	Int	Davos	16.1.1895
46,8		Wilhelm Mauseth	NOR	NM	Trondhjem / Kalvskinnet	3.2.1895
	46,8 t	Alfred Næss	NOR	N	Hamar / Lille Mjøsen	12.1.1896
	46,8 t	Alfred Næss	NOR	VM	Montreal / CS	5.2.1897
46,6		Peder Østlund	NOR	uNM	Trondhjem / Kalvskinnet	7.2.1897
	46,2	Julius Seyler	GER	TR	Davos	1.1898
	46,0	Peder Østlund	NOR	Tr	Davos	25.1.1898

45,2		Peder Østlund	NOR	Int	Davos	10.2.1900
44,8		Rudolf Gundersen	NOR	EM	Davos	27.1.1906
	44,8 t	Mauritz Öholm	SWE	EM	Davos	2.2.1907
	44,8 t	Johan Vikander	FIN	R	Davos	8.2.1908
	44,8 t	Sigurd Mathisen	NOR	R	Davos	9.2.1908
44,4 +		Sigurd Mathisen	NOR	R	Davos	9.2.1908
44,4 +		Johan Vikander	FIN	R	Davos	9.2.1908
+ Mathisen/Vikanders rekorder ble først godkjent på 1955 ISU Congress						
	44,8 t	Oscar Mathisen	NOR	Int	Davos	29.1.1910
	44,8 t	Oscar Mathisen	NOR	EM	Stockholm / Östermalm	10.2.1912
44,2		Oscar Mathisen	NOR	VM	Kristiania / Frogner	17.2.1912
	44,2 t	Oscar Mathisen	NOR	Int	Kristiania / Frogner	1.2.1913
44,0		Oscar Mathisen	NOR	N	Hamar / Mjøsen	16.3.1913
43,7		Oscar Mathisen	NOR	N	Kristiania / Frogner	10.1.1914
43,4		Oscar Mathisen	NOR	Int	Davos	17.1.1914
	43,3 p	Oscar Mathisen	NOR	PVM	Kristiania / Frogner	7.2.1920
	41,0 r/p	Robert McLean	USA		?	14.1.1926
	43,4 t/s	Haakon Pedersen	NOR	VM /	Davos	4.2.1928
43,1		Roald Larsen	NOR	VM /	Davos	4.2.1928
	43,0 p/x	Oscar Mathisen	NOR	O	Davos	14.1.1929
42,8		Clas Thunberg	FIN	EM	Davos	19.1.1929
42,6		Clas Thunberg	FIN	Int	St Moritz	13.1.1931
42,5		Hans Engnestangen	NOR	Int	Davos	21.1.1933
42,4		Allan Potts	USA	LK	Oslo / Frogner	18.1.1936
42,3		Hans Engnestangen	NOR	EM	Davos	30.1.1937
	41,9 s	Leo Freisinger	USA	VM / 2	Davos	5.2.1938
41,8		Hans Engnestangen	NOR	VM / 14	Davos	5.2.1938
	41,8 t	Sverre Farstad	NOR	EM	Davos	5.2.1949
41,7		Jurij Sergejev	URS	N	Alma-Ata / Medeo	6.1.1952
	41,7 t s	Jevgenij Grisjin	URS	NM / 4	Alma-Ata / Medeo	19.1.1952
41,2		Jurij Sergejev	URS	NM / 9	Alma-Ata / Medeo	19.1.1952
	41,1	Jurij Sergejev	URS	N	Alma-Ata / Medeo	6.1.1953
40,9		Jurij Sergejev	URS	NM	Alma-Ata / Medeo	25.1.1953
	40,9 t	Rafail Gratsj	URS	Int	Alma-Ata / Medeo	12.1.1955
40,8		Jurij Sergejev	URS	NM	Alma-Ata / Medeo	19.1.1955
	40,8 t	Rafail Gratsj	URS	Int / ?	Misurina	22.1.1956
40,2		Jevgenij Grisjin	URS	Int / ?	Misurina	22.1.1956
40,2 t		Jevgenij Grisjin	URS	OL	Misurina	28.1.1956
	40,2 t	Jevgenij Grisjin	URS	N	Alma-Ata / Spartak	2.1.1960
	40,1	Bill Disney	USA	TR	Squaw Valley	29.1.1960
	40,0	Jevgenij Grisjin	URS	T	Squaw Valley	16.2.1960
	40,2 t	Jevgenij Grisjin	URS	OL	Squaw Valley	24.2.1960
	39,6	Jevgenij Grisjin	URS	T	Squaw Valley	28.2.1960
	39,8	Jevgenij Grisjin	URS	N	Alma-Ata / Medeo	21.1.1962
	40,2	Jevgenij Grisjin	URS	N	Alma-Ata / Central	12.1.1963
39,6		Jevgenij Grisjin	URS	Int	Alma-Ata / Medeo	27.1.1963
39,5		Jevgenij Grisjin	URS	Int	Alma-Ata / Medeo	28.1.1963
	39,5	Thomas Gray	USA	TR	Colorado	26.12.1963
	39,5 t	Erhard Keller	FRG	Int	Inzell	26.12.1967
	39,5 t	Erhard Keller	FRG	Int	Inzell	27.1.1968
39,2		Erhard Keller	FRG	Int	Inzell	28.1.1968
	39,2 t	Keiichi Suzuki	JPN	NM	Karuizawa	1.3.1968
	39,2 t	Keiichi Suzuki	JPN	NM	Karuizawa	2.3.1968
	39,2 t	Anatolij Lepjosjkin	URS	N	Alma-Ata / Medeo	27.1.1969
	38,8	Anatolij Lepjosjkin	URS	N	Alma-Ata / Medeo	7.2.1969
39,2 t		Keiichi Suzuki	JPN	Int	Inzell	1.3.1969
39,09		Valerij Muratov	URS	NMs	Alma-Ata / Medeo	9.1.1970
39,03		Boris Guljajev	URS	NM	Alma-Ata / Medeo	13.1.1970
38,9		Hasse Börjes	SWE	Int	Davos	18.1.1970
38,99		Valerij Muratov	URS	Int	Alma-Ata / Medeo	24.1.1970
38,87		Hasse Börjes	SWE	Int	Alma-Ata / Medeo	25.1.1970
38,73		Valerij Muratov	URS	Int	Alma-Ata / Medeo	29.1.1970
38,71		Keiichi Suzuki	JPN	LK	Inzell	7.3.1970
38,46		Hasse Börjes	SWE	LK	Inzell	8.3.1970
38,42		Erhard Keller	FRG	Int	Inzell	14.3.1971
	38,4	Takayuki Hida	JPN	TR	Asama	4.12.1971
38,30		Erhard Keller	FRG	Int	Inzell	2.1.1972

38,0		Leo Linkovesi	FIN	Int	Davos	8.1.1972
	38,0	Erhard Keller	FRG	O	Davos	15.1.1972
38,0		Erhard Keller	FRG	Int	Inzell	4.3.1972
38,0		Hasse Börjes	SWE	Int	Inzell	4.3.1972
38,0		Lasse Efskind	NOR	Int	Davos	13.1.1973
<i>ISU 1973 - El-tider påbudt på 500 m</i>						
37,99		Jevgenij Kulikov	URS	LK	Alma-Ata / Medeo	15.3.1975
37,97		Jevgenij Kulikov	URS	LK	Alma-Ata / Medeo	16.3.1975
37,85		Valerij Muratov	URS	LK	Alma-Ata / Medeo	18.3.1975
37,20		Jevgenij Kulikov	URS	NMs	Alma-Ata / Medeo	28.3.1975
37,00		Jevgenij Kulikov	URS	NMs	Alma-Ata / Medeo	29.3.1975
	37,0	Anatolij Medennikov	URS	N	Alma-Ata / Medeo	14.3.1980
	36,8	Jukka Salmela	FIN	TR	Alma-Ata / Medeo	31.3.1980
	36,9	Anatolij Medennikov	URS	TR	Alma-Ata / Medeo	23.3.1981
36,91		Jevgenij Kulikov	URS	LK	Alma-Ata / Medeo	28.3.1981
36,68		Pavel Pegov	URS	LK	Alma-Ata / Medeo	25.3.1983
36,57		Pavel Pegov	URS	LK	Alma-Ata / Medeo	26.3.1983
	36,4 tr	Sergej Fokitsjev	URS	T	Alma-Ata / Medeo	13.12.1985
	36,52	Sergej Fokitsjev	URS	N	Alma-Ata / Medeo	21.12.1985
	36,49	Igor Zjelezovskij	URS	N	Alma-Ata / Medeo	21.12.1985
	36,5 tr	Igor Zjelezovskij	URS	T	Alma-Ata / Medeo	13.11.1986
36,55		Nick Thometz	USA	Int	Heerenveen / Thialf	19.3.1987
	36,55 t	Konstantin Kharitonov	URS	N	Alma-Ata / Medeo	26.3.1987
	36,23 uk	Nick Thometz	USA	N	Alma-Ata / Medeo	26.3.1987
36,45		Uwe-Jens Mey	GDR	OL	Calgary	14.2.1988
	36,41	Andrej Bakhvalov	URS	N	Alma-Ata / Medeo	16.12.1988
	36,2	Dan Jansen	USA	TR	Calgary	30.1.1991
36,43		Uwe-Jens Mey	GER	Int	Davos	19.1.1992
36,41		Dan Jansen	USA	Int	Davos	25.1.1992
36,41 t		Dan Jansen	USA	Int	Calgary	19.3.1992
	36,32 s	Takahiro Hamamichi	JPN	Int	Calgary	20.3.1993
36,02		Dan Jansen	USA	Int	Calgary	20.3.1993
35,92		Dan Jansen	USA	WC	Hamar Olympiahall	4.12.1993
35,76		Dan Jansen	USA	VMs	Calgary	30.1.1994
35,39		Hiroyasu Shimizu	JPN	WC	Calgary	2.3.1996
35,36		Hiroyasu Shimizu	JPN	VMe/a11	Calgary	28.3.1998
	35,05	Michael Ireland	CAN	VMe/b2	Calgary	28.3.1998
34,82		Hiroyasu Shimizu	JPN	VMe/b11	Calgary	28.3.1998
34,76		Jeremy Wotherspoon	CAN	VMs	Calgary	20.2.1999
34,63		Jeremy Wotherspoon	CAN	WC	Calgary	29.1.2000
34,32		Hiroyasu Shimizu	JPN	VMe	Salt Lake City	10.3.2001
34,30		Joji Kato	JPN	WC	Salt Lake City	19.11.2005
34,25		Kang-Seok Lee	KOR	VMe	Salt Lake City	9.3.2007
34,03		Jeremy Wotherspoon	CAN	WC	Salt Lake City	9.11.2007
34,00		Pavel Kulizjnikov	RUS	WC	Calgary	15.11.2015
33,98		Pavel Kulizjnikov	RUS	WC	Salt Lake City	20.11.2015
	33,83s	Tatsuya Shinhama	JPN	WC	Salt Lake City	9.3.2019
33,61		Pavel Kulizjnikov	RUS	WC	Salt Lake City	9.3.2019

Menn - 2x500 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
68,96 +		Hiroyasu Shimizu (34,64 + 34,32)	JPN	VMe	Salt Lake City	10.3.2001
68,69		Kang-Seok Lee (34,44 + 34,25 WR)	KOR	VMe	Salt Lake City	9.3.2007
	68,57 +	Jeremy Wotherspoon (34,44 + 34,13)	CAN	NMe	Calgary	28.12.2007
68,31		Jeremy Wotherspoon (34,26 + 34,05)	CAN	Int	Calgary	15.3.2008

Menn - 1000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
	2.22,8	Størk Størksen Midtun	NOR	K	Vos / Vangsisen	16.3.1884
	2.05,4	Robt Beijn	GER	N	Hamburg	1.2.1888
	1.59,6	E. Jannicke	GER	Int	Hamburg	13.1.1889
	1.58,4	Ole A. Olsen (N)	GER	Int	Frankfurt	9.2.1890

1.56,8	August Underborg	GER	Int	Kampen (NED)	10.1.1891
1.56,8	Adolf Rausch	AUT	N	Wien / Kunsteisbahn	8.1.1893
1.56,8 t	Adolf Rausch	AUT	N	Wien / Kunsteisbahn	22.1.1893
1.55,2	Jens Andresen	NOR	K	Kristiania / Majorstuen	12.2.1893
1.47,0 ?	Jack McCulloch	CAN	?	St Paul	1894
1.55,0	Millutin Lillits	HUN	Int	Budapest	26.1.1896
1.54,0	James Braun	GER	N	Altona	31.1.1897
1.54,0	Eug. Toth	HUN	Int	Praha	31.1.1897
1.53,2	Johan Johansen	NOR	N	Kristiania / Frognerk	14.2.1897
1.46,4	Emanuel Johansen	NOR	N	Kristiania / Frognerk	27.2.1897
1.41,0	Jan Banning	NED	TR	Davos	.1.1898
Innført som VR-øvelse av ISU (IEV) 1899 - Første godkjente verdensrekord angitt +					
1.38,0 +	Peder Østlund	NOR	Int	Davos	16.1.1899
1.34,0	Peder Østlund	NOR	Int	Davos	10.2.1900
1.34,0 t s	Sigurd Mathisen	NOR	Int	Davos	30.1.1909
1.31,8	Oscar Mathisen	NOR	Int	Davos	30.1.1909
1.31,6	Clas Thunberg	FIN	Int	Kristiania / Dæhlenengen	23.2.1921
1.31,6	Clas Thunberg	FIN	Int	Kristiania / Dæhlenengen	3.3.1921
1.31,6 p	Oscar Mathisen	NOR	R	Kristiania / Frogner	2.3.1924
1.31,4	Clas Thunberg	FIN	N	Joensuu	14.3.1926
1.31,1 p	Oscar Mathisen	NOR	O	Davos	10.1.1929
1.31,8	Roald Larsen	NOR	R	Hamar Stadion	3.2.1929
1.31,8	Ivar Ballangrud	NOR	R	Trondhjem / Øen	3.2.1929
1.31,5 p	Oscar Mathisen	NOR	O	Oslo / Frogner	7.3.1929
1.30,8 s	Ivar Ballangrud	NOR	Int	Davos	11.1.1930
1.28,4	Clas Thunberg	FIN	Int	Davos	11.1.1930
1.27,4	Clas Thunberg	FIN	Int	Oslo / Frogner	4.3.1931
1.26,4	Jevgenij Grisjin	URS	N	Alma-Ata / Medeo	6.1.1952
1.25,0	Jurij Sergejev	URS	N	Alma-Ata / Medeo	23.1.1952
1.22,8	Jevgenij Grisjin	URS	Int	Alma-Ata / Medeo	12.1.1955
1.22,4	Erhard Keller	FRG	N	Inzell	22.1.1966
1.20,6	Ard Schenk	NED	Int	Inzell	28.2.1967
1.20,6 t	Ard Schenk	NED	Int	Davos	5.2.1968
1.20,5	Ivar Eriksen	NOR	Int	Inzell	9.3.1968
1.20,3	Ivar Eriksen	NOR	Int	Inzell	8.2.1969
1.19,5	Ivar Eriksen	NOR	Int	Inzell	1.3.1969
1.19,2	(1.19,25) Valerij Muratov	URS	Int	Alma-Ata / Medeo	24.1.1970
1.19,2 t	Ivar Eriksen	NOR	Int	Davos	15.1.1971
1.18,8	Ard Schenk	NED	VMs	Inzell	20.2.1971
1.18,5	Erhard Keller	FRG	Int	Inzell	4.3.1972
1.17,6	Lasse Efskind	NOR	Int	Davos	13.1.1973
1.17,23	Aleksandr Safronov	URS	Int	Alma-Ata / Medeo	11.4.1974
1.16,92	Valerij Muratov	URS	Int	Alma-Ata / Medeo	17.3.1975
1.15,76	Andrej Malikov	URS	Int	Alma-Ata / Medeo	(?) 20.3.1976
1.16,91 s	Andrej Malikov	URS	LK / 1	Alma-Ata / Medeo	20.3.1976
1.15,70	Jevgenij Kulikov	URS	LK / 3	Alma-Ata / Medeo	20.3.1976
1.15,70-t	Jevgenij Kulikov	URS	NMs	Alma-Ata / Medeo	4.4.1976
1.15,01	Aleksandr Safronov	URS	N	Alma-Ata / Medeo	16.4.1976
1.14,65	Sergej Martsjuk	URS	N	Alma-Ata / Medeo	12.3.1977
1.14,47 uk	Eric Heiden	USA	N	Alma-Ata / Medeo	12.3.1977
1.15,33	Jevgenij Kulikov	URS	LK	Alma-Ata / Medeo	19.3.1977
1.14,99	Eric Heiden	USA	Int	Savalen	12.3.1978
1.14,61	Vladimir Lobanov	URS	N	Alma-Ata / Medeo	25.3.1978
1.14,46	Anatolij Medennikov	URS	N	Alma-Ata / Medeo	16.4.1978
1.14,99 t	Eric Heiden	USA	VMs	Inzell	17.2.1979
1.14,80	Anatolij Medennikov	URS	Int	Alma-Ata / Medeo	28.3.1979
1.14,80	Aleksandr Demidov	URS	Int	Alma-Ata / Medeo	28.3.1979
1.14,37	Eric Heiden	USA	N	Milwaukee / West Allis	29.12.1979
1.13,60	Eric Heiden	USA	Int	Davos	13.1.1980
1.13,39	Gaetan Boucher	CAN	Int / 1	Davos	31.1.1981
1.13,23 s	Aleksandr Danilin	URS	N	Alma-Ata / Medeo	24.12.1982
1.13,19	Sergej Khlebnikov	URS	N	Alma-Ata / Medeo	24.12.1982
1.12,58	Pavel Pegov	URS	LK	Alma-Ata / Medeo	25.3.1983
1.12,31	Andrej Bakhvalov	URS	N	Alma-Ata / Medeo	26.3.1987
1.12,05 uk	Nick Thometz	USA	N	Alma-Ata / Medeo	26.3.1987
ISU 1988 - El-tider påbudt på alle distanser					
1.12,58 t	Igor Zjelezovskij	URS	VMs / 4	Heerenveen / Thialf	25.2.1989

1.12,54		Kevin Scott	CAN	NM	Calgary	17.12.1993
	1.12,4 m	Dan Jansen	USA	TR	Hamar Olympiahall	31.1.1994
1.12,43		Dan Jansen	USA	OL	Hamar Olympiahall	18.2.1994
1.12,37		Yasunori Miyabe	JPN	Int	Calgary	26.3.1994
1.12,27		Sylvain Bouchard	CAN	NM	Calgary	22.12.1995
1.12,19		Kevin Overland	CAN	NM	Calgary	23.12.1995
	1.11,94 s	Ådne Søndrål	NOR	WC /	Calgary	1.3.1996
1.11,67		Manabu Horii	JPN	WC /	Calgary	1.3.1996
	1.11,59	Sylvain Bouchard	CAN	TR	Calgary	1.11.1997
	1.11,27	Lee Kyu-Hyuk	KOR	NM?	Calgary	5.11.1997
	1.11,59	Chun Joo-Hyun	KOR	TR	Calgary	8.11.1997
	1.10,34	Jeremy Wotherspoon	CAN	TR	Calgary	08.11.1997
1.10,63		Manabu Horii	JPN	WC	Calgary	22.11.1997
1.10,63		Jan Bos	NED	WC	Calgary	22.11.1997
1.10,42		Kyou-Hyuk Lee	ROK	WC	Calgary	23.11.1997
1.10,16		Jeremy Wotherspoon	CAN	NM	Calgary	29.12.1997
1.09,60		Sylvain Bouchard	CAN	VMe	Calgary	29.3.1998
1.09,09		Jeremy Wotherspoon	CAN	NM	Calgary	15.1.1999
1.08,66		Jeremy Wotherspoon	CAN	VMs	Calgary	20.2.1999
1.08,55		Jan Bos	NED	VMs	Calgary	21.2.1999
1.08,49		Jeremy Wotherspoon	CAN	NM	Calgary	12.1.2000
	1.08,34	Jeremy Wotherspoon	CAN	N	Calgary	12.2.2000
1.08,35		Jeremy Wotherspoon	CAN	Int	Calgary	18.3.2000
1.08,34		Michael Ireland	CAN	Int	Calgary	3.3.2001
1.08,28		Jeremy Wotherspoon	CAN	VMe	Salt Lake City	11.3.2001
	1.08,06 s	Casey FitzRandolph	USA	WC	Salt Lake City	1.12.2001
1.07,72		Jeremy Wotherspoon	CAN	WC	Salt Lake City	1.12.2001
1.07,18		Gerard van Velde	NED	OL	Salt Lake City	16.2.2002
1.07,03		Shani Davis	USA	WC	Salt Lake City	20.11.2005
1.07,00		Pekka Koskela	FIN	WC	Salt Lake City	10.11.2007
	1.06,88 s	Trevor Marsicano	USA	WC	Salt Lake City	7.3.2009
1.06,42		Shani Davis	USA	WC	Salt Lake City	7.3.2009
1.06,18		Kjeld Nuis	NED	WC	Salt Lake City	9.3.2019
1.05,69		Pavel Kulizjnikov	RUS	VMe	Salt Lake City	15.2.2020
1.05,37		Jordan Stolz	USA	WC	Salt Lake City	26.1.2024

Menn - 1500 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
Før-ISU-æra :						
	4.40,0	Jacob de Jong	NED	Int	Hamburg	9.1.1887
	3.21,5	J. H. Harms	GER	Int	Hamburg	17.2.1887
	3.09,0 p	James Smart	GRB	PVM	Amsterdam	9.1.1889
	2.42,0	Sergej Puresev	URS		Moskva	1892
ISU (IEV) opprettet juli 1892 - Første godkjente verdensrekord angitt +						
	3.00,2	Heinrich Ehrhorn	GER	N	Hamburg	11.12.1892
	2.55,6	Martinius Lørdahl	NOR	TR	Kristiania / Majorstuen	8.1.1893
	2.45,0	Rudolf Ericson	SWE	N	Stockholm / Nb	8.1.1893
	2.45,0	Birger Bruzelius	SWE	N	Stockholm / Nb	8.1.1893
	2.37,0 s	Jaap Eden	NED	N /	Paterswolde	11.1.1893
2.35,0+		Jaap Eden	NED	N / dr	Paterswolde	11.1.1893
	2.33,0 s	Peder Østlund	NOR	Int	Hamar	25.2.1893
2.32,6		Peder Østlund	NOR	Int / dr	Hamar	25.2.1893
2.31,4		Peder Østlund	NOR	EM / 5	Hamar / Akersviken	24.2.1894
2.29,6		Einar Halvorsen	NOR	EM / 6	Hamar / Akersviken	24.2.1894
2.28,8		Peder Østlund	NOR	EM / dr	Hamar / Akersviken	25.2.1894
2.25,4		Jaap Eden	NED	VM	Hamar / Mjøsen	23.2.1895
	2.25,4 t	Jaap Eden	NED	VM / dr	Hamar / Mjøsen	24.2.1895
2.23,6		Peder Østlund	NOR	VM	Davos	7.2.1898
2.22,6		Peder Østlund	NOR	VM	Davos	11.2.1800
2.20,8		Oscar Mathisen	NOR	Int	Davos	9.2.1908
2.20,6		Oscar Mathisen	NOR	VM	Davos	30.1.1910
	2.20,6 t	Oscar Mathisen	NOR	VM	Stockholm / Östermalm	11.2.1912
	2.20,6 t	Oscar Mathisen	NOR	Int	Trondhjem / Øen	26.1.1913
2.19,4		Oscar Mathisen	NOR	N	Kristiania / Frogner	11.1.1914
2.17,4		Oscar Mathisen	NOR	Int	Davos	18.1.1914
	2.17,4 t s	Ivar Ballangrud	NOR	VM	Davos	2.2.1936
2.14,9		Michael Staksrud	NOR	EM	Davos	31.1.1937

	2.14,9 t s	Georg Krog	NOR	Int	Davos	29.1.1939
	2.14,0 s	Ivar Ballangrud	NOR	Int	Davos	29.1.1939
2.13,8		Hans Engnestangen	NOR	Int	Davos	29.1.1939
	2.13,8 t	Boris Sjilkov	URS	N	Alma-Ata / Medeo	7.1.1952
2.12,9		Valentin Tsjaikin	URS	NM	Alma-Ata / Medeo	20.1.1952
	2.11,2 s	Jurij Mikhajlov	URS	Int / 1	Alma-Ata / Medeo	10.1.1955
2.09,8		Jevgenij Grisjin	URS	Int / 3	Alma-Ata / Medeo	10.1.1955
2.09,1		Jurij Mikhajlov	URS	Int	Davos	20.1.1956
2.08,6		Jevgenij Grisjin	URS	OL /11	Misurina	30.1.1956
2.08,6		Jurij Mikhajlov	URS	OL /12	Misurina	30.1.1956
2.06,3		Juhani Järvinen	FIN	Int / 6	Squaw Valley	1.3.1959
	2.06,3 t	Lev Zajtsev	URS	N	Alma-Ata / Medeo	16.1.1964
2.06,2		Ard Schenk	NED	Int	Davos	26.1.1966
2.05,3		Ard Schenk	NED	Int	Inzell	30.1.1966
2.03,9		Kees Verkerk	NED	Int	Inzell	26.2.1967
2.02,5		Magne Thomassen	NOR	Int	Davos	5.2.1968
2.02,0		Kees Verkerk	NED	Int	Davos	9.2.1969
2.01,9		Kees Verkerk	NED	LK	Inzell	8.3.1970
1.58,7	(1.58,77)	Ard Schenk	NED	Int	Davos	16.1.1971
	1.58,0 k	Nikolaj Kuzmenko	URS	N	Alma-Ata / Medeo	18.3.1973
1.55,61		Hans van Helden	NED	Int	Inzell	13.3.1976
	1.53,8 uk	Vladimir Lobanov	URS	N	Alma-Ata / Medeo	25.12.1976
1.55,18		Jan Egil Storholt	NOR	LK	Alma-Ata / Medeo	20.3.1977
1.54,79		Eric Heiden	USA	Int	Davos	19.1.1980
	1.54,58	Vladimir Sidorov	USA	Int	Alma-Ata / Medeo	13.4.1980
	1.54,37	Viktor Sjasjerin	URS	N	Alma-Ata / Medeo	25.12.1982
	1.54,36 s	Viktor Sjasjerin	URS	LK	Alma-Ata / Medeo	26.3.1983
1.54,26		Igor Zjelezovskij	URS	LK	Alma-Ata / Medeo	26.3.1983
	1.54,17 uk	Andrej Bakhvalov	URS	N	Alma-Ata / Medeo	27.12.1983
	1.53,99 uk	Igor Zjelezovskij	URS	N	Alma-Ata / Medeo	27.12.1983
	1.53,70 uk	Viktor Sjasjerin	URS	N	Alma-Ata / Medeo	27.12.1983
	1.53,22	Andrej Bobrov	URS	N	Alma-Ata / Medeo	27.12.1983
	1.53,80 s	Viktor Sjasjerin	URS	Int	Alma-Ata / Medeo	24.3.1984
1.53,26		Oleg Bozjev	URS	Int	Alma-Ata / Medeo	24.3.1984
	1.53,0	Igor Zjelezovskij	URS	N	Alma-Ata / Medeo	15.12.1985
	1.53,10 s	Viktor Sjasjerin	URS	VM / 3	Heerenveen / Thialf	15.2.1987
1.52,70		Nikolaj Guljajev	URS	VM / 5	Heerenveen / Thialf	15.2.1987
	1.52,70 uk	Andrej Bakhvalov	URS	N	Alma-Ata / Medeo	27.3.1987
	1.52,46	Andrej Bobrov	URS	N	Alma-Ata / Medeo	27.3.1987
1.52,50		Igor Zjelezovskij	URS	WC	Calgary	5.12.1987
	1.52,12 s	Eric Flaim	USA	OL / 1	Calgary	20.2.1988
1.52,06		Andre Hoffmann	GDR	OL / 3	Calgary	20.2.1988
<i>ISU 1988 - El-tider påbudt på alle distanser</i>						
1.51,60		Rintje Ritsma	NED	EM	Hamar Olympiahall	8.1.1994
1.51,29		Johann Olav Koss	NOR	OL	Hamar Olympiahall	16.2.1994
	1.50,74 s	Ådne Søndrål	NOR	WC	Calgary	2.3.1996
1.50,61		Hiroyuki Noake	JPN	WC	Calgary	2.3.1996
1.50,09		KC Boutiette	USA	Int	Calgary	15.3.1997
1.50,05		Neal Marshall	CAN	Int	Calgary	16.3.1997
	1.49,89	Erben Wennemars	NED	TR	Calgary	30.7.1997
	1.49,81	Neal Marshall	CAN	TR	Calgary	15.11.1997
	1.48,68 uk	Jan Bos	NED	UK	Calgary	28.11.1997
1.49,81		Ids Postma	NED	WC	Berlin Sportforum	29.11.1997
1.49,07		Kevin Overland	CAN	NM	Calgary	29.11.1997
1.48,88		Rintje Ritsma	NED	WC	Heerenveen / Thialf	20.12.1997
1.47,87		Ådne Søndrål	NOR	OL	Nagano / M-Wave	12.2.1998
	1.47,47 s	Roberto Sighel	ITA	VMe / 5	Calgary	28.3.1998
1.46,43		Ådne Søndrål	NOR	VMe /10	Calgary	28.3.1998
1.45,56		Jakko Jan Leeuwangh	NED	WC	Calgary	29.1.2000
1.45,20		Lee Kyu-Hyuk	KOR	Int	Calgary	15.3.2001
	1.44,45	Erben Wennemars	NED	TR	Salt Lake City	26.1.2002
	1.44,57 s	Jochem Uytdehaage	NED	OL / 9	Salt Lake City	19.2.2002
1.43,95		Derek Parra	USA	OL /21	Salt Lake City	19.2.2002
1.43,33		Shani Davis	USA	AmQ	Salt Lake City	9.1.2005
1.42,78		Chad Hedrick	USA	WC	Salt Lake City	18.11.2005
1.42,68		Shani Davis	USA	VM	Calgary	19.3.2006
1.42,32		Shani Davis	USA	WC	Calgary	4.3.2007

1.42,32 ^t	Erben Wennemars	NED	WC	Salt Lake City	9.11.2007
1.42,01	Denny Morrison	CAN	Int	Calgary	14.3.2008
1.41,80	Shani Davis	USA	WC	Salt Lake City	6.3.2009
1.41,04	Shani Davis	USA	WC	Salt Lake City	11.12.2009
1.41,02	Denis Juskov	RUS	WC	Salt Lake City	9.12.2017
1.40,17	Kjeld Nuis	NED	WC	Salt Lake City	10.3.2019

Menn - 3000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
<i>Før-ISU-æra :</i>						
	9.36,0	Jacob de Jong	NED	Int	Hamburg	9.1.1887
	7.01,5	J. H. Harms	GER	Int	Hamburg	17.2.1887
	7.00,25	J. H. Harms	GER	Int	Hamburg	18.2.1887
	6.38,0	J. H. Harms	GER	Int	Hamburg-Heil.	1.2.1888
	6.47,4 ?	J. H. Harms	GER	Int	Hamburg-Heil.	2.2.1888
	6.47,4	Adolf Norseng	NOR	N	Hamar / Mjøsen	12.2.1888
	6.31,2	Einar Halvorsen	NOR	N	Hamar / Mjøsen	17.3.1889
	6.15,8?	Paul Hille	GER	NM	Frankfurt	11.1.1891
	6.20,4	Emil Schou	GER	NM	München	17.1.1891
	6.15,0	August Underborg	GER	N	Hamburg	21.1.1891
	6.01,6	Heinrich Ehrhorn	GER	N	Hamburg	16.1.1892
	5.51,6	S. Lebedev	RUS	N	Moskva	13.2.1898
	5.46,2	Jan C. Greve	NED	N	Groningen	8.12.1902
	5.40,0	Nikolaj Sedov	RUS		Moskva	1904
	5.30,0	Nikolaj Sedov	RUS		Moskva	1905
	4.58,8 hc	Oscar Mathisen	NOR	N	Kristiania / Frogner	19.1.1908
	5.16,7	Jakov Melnikov	URS		Moskva	1925
	5.15,0	Platon Ippolitov	URS		Moskva	1926
	5.03,2	Konstantin Mikhejev	URS	Int	Drammen / Marienlyst	2.3.1929
<i>Innført som VR-øvelse av ISU (IEV) 1931 - Første godkjente verdensrekord angitt +</i>						
5.19,2 +		Clas Thunberg	FIN	Int	Davos	8.1.1932
	5.10,1	Åke Ekman	FIN	N	Helsinki	10.3.1932
	5.00,6 s	Clas Thunberg	FIN	Int /	Davos	21.1.1933
	5.00,3 s	Simon Heiden	NED	Int /	Davos	21.1.1933
	4.59,8 s	Dolf van der Scheer	NED	Int /	Davos	21.1.1933
	4.59,2	Hans Engnestangen	NOR	Int /	Davos	21.1.1933
	4.52,8	Eddy Schroeder	USA	N	Oslo / Frogner	25.1.1933
	5.18,0 ?	Ossi Blomqvist	FIN	Int	Kongsberg / Skytterbanen	14.2.1933
	5.06,3 ?	Clas Thunberg	FIN	Int	Helsinki	25.2.1933
4.59,1		Michael Staksrud	NOR	Int	Hamar Stadion	25.2.1933
4.49,6		Ivar Ballangrud	NOR	LK?	Davos	29.1.1935
	4.47,4 uk	Åke Seyffarth	SWE	NM	Davos	1.2.1941
	4.43,5 uk	Åke Seyffarth	SWE	NM	Davos	31.1.1942
4.45,7		Åke Seyffarth	SWE	LK	Davos	3.2.1942
	4.43,0 s	Boris Berezin	URS	N	Alma-Ata / Medeo	23.1.1952
	4.42,1	Pavel Beljajev	URS	N / 5	Alma-Ata / Medeo	23.1.1952
	4.45,0 s	Wim van der Voort	NED	Int /	Davos	24.1.1953
	4.41,6 s	Kees Broekman	NED	Int /	Davos	24.1.1953
4.40,2		Anton Huiskes	NED	Int	Davos	24.1.1953
	4.37,8	Jurij Ivasjkin	URS	N	Alma-Ata / Medeo	11.1.1956
	4.38,3	Valerij Kozlov	URS	N	Alma-Ata / Medeo	23.2.1957
	4.37,1	Jurij Ivasjkin	URS	N	Alma-Ata / Medeo	.1960
	4.29,2	Viktor Kositsjkin	URS	T	Squaw Valley	20.2.1960
	4.37,2	Paul Enock	CAN	Int	Hamar Stadion	10.2.1962
	4.38,7	Ivar Nilsson	SWE	N	Östersund / Fyrvala	3.3.1962
	4.37,8	Knut Johannesen	NOR	Int	Skien Stadion	5.1.1963
	4.39,7	Jevgenij Grisjin	URS	N	Alma-Ata / Central	12.1.1963
	4.37,2 s	Fred Anton Maier	NOR	Int / 9	Tønsberg Stadion	12.1.1963
4.33,9		Knut Johannesen	NOR	Int / 10	Tønsberg Stadion	12.1.1963
	4.33,9 t	Knut Johannesen	NOR	Int	Lidingö / Lidingövalen	12.2.1963
4.33,0		Ivar Eriksen	NOR	Int	Oslo / Bislett	28.2.1963
4.27,6		Jonny Nilsson	SWE	Int	Tolga Idrettsplass	23.3.1963
4.27,3		Ants Antson	URS	Int	Oslo / Bislett	11.2.1964
4.26,8		Rudie Liebrechts	NED	Int	Oslo / Bislett	25.2.1965
4.26,2		Ard Schenk	NED	Int	Inzell	29.1.1966
	4.21,9 s	Kees Verkerk	NED	Int /	Inzell	25.2.1967
4.18,4		Ard Schenk	NED	Int /	Inzell	25.2.1967

4.17,5		Fred Anton Maier	NOR	Int	Inzell	7.3.1968
4.17,4		Dag Fornæss	NOR	Int	Cortina d'Ampezzo	28.1.1969
	4.16,9	Jan Bols	NED	N	Inzell	18.1.1970
4.16,4		Jan Bols	NED	Int	Cortina d'Ampezzo	27.1.1970
4.12,6		Ard Schenk	NED	Int	Davos	15.1.1971
4.08,3		Ard Schenk	NED	Int	Inzell	2.3.1972
	4.08,2	Aleksandr Tsygankov	URS	N	Alma-Ata / Medeo	6.1.1973
	4.03,67	Jurij Kondakov	URS	N	Alma-Ata / Medeo	25.12.1973
	4.07,7	Jurij Kondakov	URS	TR	Alma-Ata / Medeo	24.11.1975
	3.56,65	Sergej Martsjuk	URS	N	Alma-Ata / Medeo	11.3.1977
	4.07,62 uk	Masayuki Kawahara	JPN	N	Alma-Ata / Medeo	28.3.1977
	4.07,1	Klaus Wunderlich	GDR	Int	Alma-Ata / Medeo	6.4.1977
4.07,01		Eric Heiden	USA	Int	Inzell	2.3.1978
4.06,91		Eric Heiden	USA	Int	Savalen	18.3.1979
	4.05,82 s	Valentin Timofejev	URS	Int /	Alma-Ata / Medeo	28.3.1979
	4.04,30 s	Vladimir Belov	URS	Int /	Alma-Ata / Medeo	28.3.1979
4.04,06		Dmitrij Ogloblin	URS	Int /	Alma-Ata / Medeo	28.3.1979
	4.03,98 k	Dmitrij Botsjkarov	URS	Int /	Alma-Ata / Medeo	28.3.1979
	4.01,5	Jurij Kondakov	URS	TR	Alma-Ata / Medeo	25.3.1980
	4.03,5	Øyvind Tveter	NOR	TR	Inzell	9.11.1984
	4.00,3	Viktor Sjasjerin	URS	N	Alma-Ata / Medeo	22.11.1984
4.03,31		Andre Hoffmann	GDR	Int / 1	Davos	13.1.1985
4.03,22		Viktor Sjasjerin	URS	Int / 3	Davos	18.1.1986
	3.59,60 s	Gerard Kemkers	NED	Int / 1	Heerenveen / Thialf	19.3.1987
3.59,27		Leo Visser	NED	Int / 8	Heerenveen / Thialf	19.3.1987
	3.58,4	Andrej Bobrov	URS	N	Alma-Ata / Medeo	4.3.1988
<i>ISU 1988 - El-tider påbudt på alle distanser</i>						
	3.58,00 s	Ben van den Burg	NED	Int / 1	Heerenveen / Thialf	13.3.1990
3.57,52		Johann Olav Koss	NOR	Int / 2	Heerenveen / Thialf	13.3.1990
3.56,16		Thomas Bos	NED	Int	Calgary	3.4.1992
	3.54,08	Neal Marshall	CAN	N	Calgary	19.3.1995
3.53,06		Bob de Jong	NED	JVM	Calgary	8.3.1996
3.52,67		Jelmer Beulenkamp	NED	Int	Heerenveen / Thialf	25.2.1998
	3.52,50	Carl Verheijen	NED	TR	Calgary	15.3.1998
3.48,91		Bart Veldkamp	BEL	Int	Calgary	21.3.1998
	3.48,56 s	Mark Tuitert	NED	Int	Calgary	19.3.1999
	3.46,04 s	Jochem Uytdehaage	NED	Int	Calgary	19.3.1999
3.45,23		Steven Elm	CAN	Int	Calgary	19.3.1999
	3.44,88	Jochem Uytdehaage	NED	N	Calgary	11.3.2000
3.43,76		Steven Elm	CAN	Int	Calgary	17.3.2000
3.42,75		Gianni Romme	NED	Int	Calgary	11.8.2000
	3.40,02	Gianni Romme	NED	TR	Salt Lake City	3.2.2002
	3.40,88	Chad Hedrick	USA	TR	Salt Lake City	15.1.2005
3.39,02		Chad Hedrick	USA	Int	Calgary	10.3.2005
3.37,28		Eskil Ervik	NOR	Int	Calgary	5.11.2005
	3.34,37	Denis Yuskov	RUS	TT	Calgary Olympic Oval	2.11.2013

Menn - 5000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
<i>Før-ISU-æra :</i>						
	11.11,0	Axel Paulsen	NOR	N	Kristiania	14.1.1880
	11.02,5	Peder Johannesen	NOR	N	Kristiania / Frognerk	7.3.1886
	10.59,0	Nestor Johannesen	NOR	N	Kristiania / Frognerk	7.3.1886
	10.45,5	Even Godager	NOR	N	Kristiania / Frognerk	7.3.1886
	10.23,0 p	Harald Hagen	NOR	N	Kristiania / Frognerk	7.3.1886
	9.57,2 p	Harald Hagen	NOR	NM	Kristiania / Vestbanen	21.2.1887
	10.17,0	Carl Strøm	NOR	K	Kristiania / Schweig.gt	29.1.1888
	10.16,2	Even Godager	NOR	NM	Kristiania / Vestbanen	26.2.1888
	10.09,0	Julius Olsen	NOR	N	Drammen	18.3.1888
	10.02,0	Even Godager	NOR	N	Kristiania / Vippetangen	18.3.1888
	10.01,0	Adolf Norseng	NOR	N	Kristiania / Vippetangen	18.3.1888
	9.51,0	Henrik Lindahl	NOR	N	Kristiania	31.1.1890
	9.44,8	Oscar Grundén	SWE	Int	Stockholm / Nb	23.2.1890
	9.43,6	Nils Nilsen	NOR	N	Lysaker / Tjernsrudt	2.3.1890
	9.33,4 s	Oscar Grundén	SWE	Int	Stockholm / Nb	2.3.1890
	9.32,8 s	Theodor Thomas	SWE	Int	Stockholm / Nb	2.3.1890
<i>ISU (IEV) opprettet juli 1892 - Første godkjente verdensrekord angitt +</i>						
9.19,8 +		Oskar Fredriksen	NOR	Int	Stockholm / Nb	2.3.1890

	9.19,0 s	Adolf Norseng	NOR	Int	Hamar / Mjøsen	28.2.1892
9.10,2		Einar Halvorsen	NOR	Int	Hamar / Mjøsen	28.2.1892
9.07,0		Einar Halvorsen	NOR	NM	Hamar	26.2.1893
	8.39,6 s	Einar Halvorsen	NOR	EM	Hamar / Akersviken	25.2.1894
8.37,6		Jaap Eden	NED	EM	Hamar / Akersviken	25.2.1894
8.37,2		Nikolaj Strunnikov	URS	LK/uk	Kristiania / Frogner	4.2.1911
8.36,6		Oscar Mathisen	NOR	Int	Davos	17.1.1914
	8.33,8 k	Sverre Aune	NOR	K	Trondhjem / Øen	13.1.1915
8.36,3		Oscar Mathisen	NOR	Int	Kristiania / Frogner	23.1.1916
8.33,7		Kristian Strøm	NOR	Int	Trondhjem / Øen	4.2.1917
8.27,7		Harald Strøm	NOR	Int	Kristiania / Frogner	20.2.1921
8.26,5		Harald Strøm	NOR	VM	Kristiania / Frogner	18.2.1922
8.24,2		Ivar Ballangrud	NOR	EM	Davos	19.1.1929
8.21,6		Ivar Ballangrud	NOR	Int	Davos	11.1.1930
	8.11,2 fe	Bernt Evensen	NOR	Int	Oslo / Frogner	4.3.1931
8.19,2		Simon Heiden	NED	Int	Davos	22.1.1933
8.18,9		Max Stiepl	AUT	EM	Hamar Stadion	3.2.1934
8.17,2		Ivar Ballangrud	NOR	LK	Oslo / Frogner	18.1.1936
	8.14,8	Aage Johansen	NOR	N	Bergen / Møhlenpris	11.2.1940
8.13,7		Åke Seyffarth	SWE	LK	Davos	3.2.1941
8.13,5		Kornél Pajor	HUN	EM	Davos	5.2.1949
8.07,3		Hjalmar Andersen	NOR	N	Trondheim / Øya	13.1.1951
8.06,6		Kees Broekman	NED	Int	Davos	25.1.1953
8.03,7	(GK 1955)	Nikolaj Mamonov	URS	N	Alma-Ata / Medeo	23.1.1952
	7.54,9 s	Dmitrij Sakunenko	URS	Int / 1	Alma-Ata / Medeo	9.1.1955
7.45,6		Boris Sjilkov	URS	Int / 6	Alma-Ata / Medeo	9.1.1955
	7.42,8 s	Nils Egil Aaness	NOR	LK / 3	Oslo / Bislett	26.1.1963
7.37,8		Knut Johannesen	NOR	LK / 5	Oslo / Bislett	26.1.1963
7.34,3		Jonny Nilsson	SWE	VM	Karuizawa	23.2.1963
7.33,2		Jonny Nilsson	SWE	VM	Oslo / Bislett	13.2.1965
7.28,1		Fred Anton Maier	NOR	Int	Notodden / Sportsplassen	4.3.1965
7.26,6		Kees Verkerk	NED	Int	Inzell	26.2.1967
7.26,2	(7.26,62)	Fred Anton Maier	NOR	LK	Deventer	7.1.1968
	7.23,2 s	Kees Verkerk	NED	OL / 3	Grenoble	15.2.1968
7.22,4		Fred Anton Maier	NOR	OL / 5	Grenoble	15.2.1968
	7.19,9 s	Kees Verkerk	NED	Int /	Inzell	9.3.1968
7.16,7		Fred Anton Maier	NOR	Int /	Inzell	9.3.1968
7.13,2		Kees Verkerk	NED	Int	Inzell	1.3.1969
7.12,0		Ard Schenk	NED	Int	Inzell	13.3.1971
	7.10,7 s	Jan Bols	NED	Int /	Inzell	4.3.1972
7.09,8		Ard Schenk	NED	Int /	Inzell	4.3.1972
7.08,92		Jurij Kondakov	URS	NM	Alma-Ata / Medeo	24.3.1975
7.07,82		Hans van Helden	NED	Int	Davos	30.1.1976
7.04,86		Piet Kleine	NED	Int	Inzell	5.3.1976
7.02,38		Piet Kleine	NED	Int	Inzell	12.3.1976
	7.00,11	Sergej Martsjuk	URS	N	Alma-Ata / Medeo	12.3.1977
	6.58,88 s	Sergej Martsjuk	URS	LK /	Alma-Ata / Medeo	19.3.1977
6.56,9	(6.57,10)	Kay Arne Stenshemmet	NOR	LK /	Alma-Ata / Medeo	19.3.1977
	6.54,95	Sergej Balasjov	URS	N	Alma-Ata / Medeo	29.12.1980
6.54,66		Aleksandr Baranov	URS	Int	Alma-Ata / Medeo	18.3.1982
	6.51,17	Sergej Pribytkov	URS	N	Alma-Ata / Medeo	24.12.1982
	6.53,32	Igor Malkov	URS	N /	Alma-Ata / Medeo	27.12.1983
	6.52,57	Konstantin Korotkov	URS	N /	Alma-Ata / Medeo	27.12.1983
	6.52,69 s	Igor Malkov	URS	LK / 1	Alma-Ata / Medeo	23.3.1984
6.49,15		Viktor Sjasjerin	URS	LK / 2	Alma-Ata / Medeo	23.3.1984
6.47,01		Leo Visser	NED	VM	Heerenveen / Thialf	14.2.1987
6.45,44		Geir Karlstad	NOR	WC / 1	Heerenveen / Thialf	22.11.1987
	6.44,51 s	Tomas Gustafson	SWE	WC /	Calgary	4.12.1987
6.43,59		Geir Karlstad	NOR	WC /	Calgary	4.12.1987
<i>ISU 1988 - El-tider påbudt på alle distanser</i>						
6.41,73		Johann Olav Koss	NOR	VM	Heerenveen / Thialf	9.2.1991
6.38,77		Johann Olav Koss	NOR	EM	Heerenveen / Thialf	22.1.1993
6.36,57		Johann Olav Koss	NOR	WC	Heerenveen / Thialf	13.3.1993
6.35,53		Johann Olav Koss	NOR	WC	Hamar Olympiahall	4.12.1993
6.34,96		Johann Olav Koss	NOR	OL	Hamar Olympiahall	13.2.1994
	6.33,58 s	Bob de Jong	NED	WC /	Heerenveen / Thialf	7.12.1997
6.30,63		Gianni Romme	NED	WC /	Heerenveen / Thialf	7.12.1997

	6.28,31 s	Bart Veldkamp	BEL	OL /12	Nagano / M-Wave	8.2.1998
	6.28,24 s	Rintje Ritsma	NED	OL /13	Nagano / M-Wave	8.2.1998
6.22,20		Gianni Romme	NED	OL /16	Nagano / M-Wave	8.2.1998
6.21,49		Gianni Romme	NED	VMe	Calgary	27.3.1998
6.18,72		Gianni Romme	NED	WC	Calgary	30.1.2000
	6.17,98 s	Derek Parra	USA	OL /12	Salt Lake City	9.2.2002
6.14,66		Jochem Uytdehaage	NED	OL /15	Salt Lake City	9.2.2002
	6.12,19 s	Eskil Ervik	NOR	WC/ 5	Calgary	13.11.2005
6.09,68		Chad Hedrick	USA	WC/ 9	Calgary	13.11.2005
6.08,78		Sven Kramer	NED	WC	Salt Lake City	19.11.2005
6.07,48		Sven Kramer	NED	WC	Calgary	3.3.2007
6.07,40		Enrico Fabris	ITA	WC	Salt Lake City	10.11.2007
6.03,32		Sven Kramer	NED	WC	Calgary	17.11.2007
6.01,86		Ted-Jan Bloemen	CAN	WC	Salt Lake City	10.12.2017
6.01,56		Nils van der Poel	SWE	WC	Salt Lake City	3.12.2021

Menn - 10.000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
Før-ISU-æra :						
	22.41,0 p	Harald Hagen	NOR	PVM	Kristiania / Majorstuen	11.12.1886
	20.30,0 p	Harald Hagen	NOR	Int	Hamburg	16.1.1887
ISU (IEV) opprettet juli 1892 - Første godkjente verdensrekord angitt +						
	19.49,0	Frithiof Ericson	SWE	T	Stockholm / Nb	8.1.1893
20.21,4 +		Oskar Fredriksen	NOR	VM	Amsterdam M	14.1.1893
	19.48,0 s	Frithiof Ericson	SWE	Int	Stockholm / Nb	12.2.1893
19.47,4		Halfdan Nielsen	NOR	Int	Stockholm / Nb	12.2.1893
	19.42,6 s	Rudolf Ericson	SWE	N	Stockholm / Nb	7.1.1894
19.22,8		Frithiof Ericson	SWE	N	Stockholm / Nb	7.1.1894
	18.52,2 p	Harald Hagen	NOR	PVM	Zwolle	11.1.1894
	18.50,0 s	Peter Sinnerud	NOR	VM / 4	Hamar / Mjøsen	23.2.1895
	18.50,0 s	Karinius Larsen-Stai	NOR	VM / 4	Hamar / Mjøsen	23.2.1895
17.56,0		Jaap Eden	NED	VM / 6	Hamar / Mjøsen	23.2.1895
17.50,6		Peder Østlund	NOR	Int	Davos	11.2.1900
17.46,3		Oscar Mathisen	NOR	VM	Kristiania / Frogner	18.2.1912
17.36,4		Oscar Mathisen	NOR	Int	Trondhjem / Øen	25.1.1913
17.22,6		Oscar Mathisen	NOR	Int	Kristiania / Frogner	1.2.1913
	17.22,6 t	Ivar Ballangrud	NOR	VM / 1	Davos	5.2.1928
17.17,4		Armand Carlsen	NOR	VM / 2	Davos	5.2.1928
17.14,4		Ivar Ballangrud	NOR	VM / 4	Davos	6.2.1938
	17.14,4+	Charles Mathiesen	NOR	VM / 4	Davos	6.2.1938
17.01,5		Charles Mathiesen	NOR	Int	Hamar Stadion	3.3.1940
	16.58,7 s	Kornél Pajor	HUN	EM / 2	Davos	6.2.1949
16.57,4		Hjalmar Andersen	NOR	EM / 5	Davos	6.2.1949
16.51,4		Hjalmar Andersen	NOR	NM	Gjøvik Stadion	27.1.1952
16.32,6		Hjalmar Andersen	NOR	LK	Hamar Stadion	10.2.1952
	16.31,4	Nikolaj Sjtelbaums	URS	N	Tsjeljabinsk	4.2.1959
	16.18,9 s	Nikolaj Sjtelbaums	URS	N /	Alma-Ata / Medeo	31.1.1960
	16.13,1	Vladimir Sjilikovskij	URS	N /	Alma-Ata / Medeo	31.1.1960
	16.14,2 s	Kjell Bäckman	SWE	OL / 2	Squaw Valley	27.2.1960
15.46,6		Knut Johannesen	NOR	OL / 4	Squaw Valley	27.2.1960
15.33,0		Jonny Nilsson	SWE	VM / 2	Karuizawa	24.2.1963
15.32,2		Fred Anton Maier	NOR	LK	Oslo / Bislett	6.2.1966
15.31,8		Fred Anton Maier	NOR	Int	Inzell	28.2.1967
15.29,5		Fred Anton Maier	NOR	NM	Horten / Lystlunden	21.1.1968
	15.25,9 s	Per Willy Guttormsen	NOR	EM / 1	Oslo / Bislett	28.1.1968
15.20,3		Fred Anton Maier	NOR	EM / 2	Oslo / Bislett	28.1.1968
15.16,1		Per Willy Guttormsen	NOR	Int	Inzell	10.3.1968
15.03,6		Kees Verkerk	NED	EM	Inzell	26.1.1969
15.01,6		Ard Schenk	NED	VM	Göteborg / Ullevi	14.2.1971
14.55,9		Ard Schenk	NED	Int	Inzell	14.3.1971
14.52,73		Viktor Varlamov	URS	NM	Alma-Ata / Medeo	25.3.1975
14.50,31		Sten Stensen	NOR	EM	Oslo / Bislett	25.1.1976
14.43,92		Piet Kleine	NED	Int	Inzell	13.3.1976
14.38,08		Sten Stensen	NOR	LK	Alma-Ata / Medeo	21.3.1976
14.34,33		Viktor Ljoskin	URS	LK	Alma-Ata / Medeo	3.4.1977
14.28,13		Eric Heiden	USA	OL	Lake Placid	23.2.1980
14.26,71		Dmitrij Ogloblin	URS	LK	Alma-Ata / Medeo	29.3.1980
14.23,59		Tomas Gustafson	SWE	EM	Oslo / Bislett	31.1.1982

	14.17,61	Konstantin Korotkov	URS	N	Alma-Ata / Medeo	25.12.1982
	13.54,81	Igor Malkov	URS	N	Alma-Ata / Medeo	28.12.1983
14.21,51		Igor Malkov	URS	Int	Alma-Ata / Medeo	24.3.1984
14.12,14		Geir Karlstad	NOR	VM	Inzell	16.2.1986
	14.11,63 s	Leo Visser	NED	VM / 2	Heerenveen / Thialf	15.2.1987
14.03,92		Geir Karlstad	NOR	VM / 3	Heerenveen / Thialf	15.2.1987
13.48,51		Geir Karlstad	NOR	WC	Calgary	6.12.1987
13.48,20		Tomas Gustafson	SWE	OL	Calgary	21.2.1988
<i>ISU 1988 - El-tider påbudt på alle distanser</i>						
13.43,54		Johann Olav Koss	NOR	VM	Heerenveen / Thialf	10.2.1991
13.30,55		Johann Olav Koss	NOR	OL	Hamar Olympiahall	20.2.1994
13.15,33		Gianni Romme	NED	OL	Nagano / M-Wave	17.2.1998
13.08,71		Gianni Romme	NED	VMe	Calgary	29.3.1998
13.03,40		Gianni Romme	NED	WC	Heerenveen / Thialf	26.11.2000
12.58,92		Jochem Uytdehaage	NED	OL	Salt Lake City	22.2.2002
	12.58,25 s	Chad Hedrick	USA	WC / 9	Heerenveen / Thialf	4.12.2005
12.57,92		Carl Verheijen	NED	WC / 12	Heerenveen / Thialf	4.12.2005
12.55,11		Chad Hedrick	USA	NM	Salt Lake City	31.12.2005
12.51,60		Sven Kramer	NED	VM	Calgary	19.3.2006
12.49,88		Sven Kramer	NED	VM	Heerenveen / Thialf	11.2.2007
12.41,69		Sven Kramer	NED	VMe	Salt Lake City	10.3.2007
12.36,30		Ted-Jan Bloemen	CAN	WC	Salt Lake City	21.11.2015
12.33,86		Graeme Fish	CAN	VMe	Salt Lake City	14.2.2020
12.32,95		Nils van der Poel	SWE	VMe	Heerenveen	14.2.2021
12.30,71		Nils van der Poel	SWE	OL	Beijing	11.2.2022
12,25,69		Davide Ghiotto	ITA	WC	Calgary	25.1.2025

Menn - Sprint-firkamp :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
<i>Før-ISU-æra :</i>						
	181,000	Bengt Malmsten	SWE	N	Kiruna	17.-18.3.1956
		(43,6 - 1.37,9 - 43,5 - 1.29,9)				1999
	170,000	Ole Hermann Aamodt	NOR	Int	Oslo / Jordal	6.- 7.1.1968
		(41,5 - 1.26,3 - 42,1 - 1.26,5)				
	166,250	Neil Blatchford	USA	Int	Inzell	27.-28.1.1968
		(40,3 - 1.28,1 - 39,8 - 1.24,2)				
	165,550	Ivar Eriksen	NOR	Int	Alta / Bossekop	15.-16.3.1969
		(41,0 - 1.23,5 - 41,0 - 1.23,6)				
	164,700	Ove König	SWE	Int	Oslo / Bislett	1.- 2.1.1970
		(40,46 - 1.24,2 - 40,04 - 1.24,2)				
	161,450	Erhard Keller	FRG	Int	Inzell	3.- 4.1.1970
		(40,4 - 1.22,8 - 39,5 - 1.20,3)				
	159,920	Valerij Muratov	URS	NMs	Alma-Ata / Medeo	9.-10.1.1970
		(39,09 - 1.20,66 - 40,15 - 1.20,70)				
	158,265	Valerij Muratov	URS	Int	Alma-Ata / Medeo	24.-25.1.1970
		(38,99 - 1.19,25 - 39,50 - 1.20,30)				
	157,870	Ove König	SWE	Int	Cortina d'Ampezzo	9.-10.1.1971
		(38,72 - 1.20,8 - 38,95 - 1.19,6)				
	157,810	Ivar Eriksen	NOR	Int	Davos	15.-16.1.1971
		(39,1 - 1.19,2 - 39,46 - 1.19,3)				
<i>Innført som VR-øvelse av ISU 1971 - Første godkjente verdensrekord angitt +</i>						
	162,150	Seppo Hanninen	FIN	Int	Inzell	4.-5.12.1971
		(39,3 - 1.21,7 - 40,1 - 1.23,4)				
	166,350 s	Jan Bazen	NED	Int / 1	Kongsberg Ip	11.-12.12.1971
		(41,8 - 1.24,5 / 40,6 - 1,23,4)				
	165,400 s	Mats Wallberg	SWE	Int / 2	Kongsberg Ip	11.-12.12.1971
		(41,5 - 1.22,7 / 40,7 - 1,23,7)				
	165,300 s	Arnulf Sunde	NOR	Int / 2	Kongsberg Ip	11.-12.12.1971
		(40,5 - 1.24,0 / 40,8 - 1,24,0)				
163,300 +		Hasse Börjes	SWE	Int	Kongsberg Ip	11.-12.12.1971
		(40,1 - 1.23,8 - 39,6 - 1,23,4)				
	159,355 uk	Valerij Murtaov	URS	Int	Inzell	18.-19.12.1971
		(39,58 - 1.19,84 - 38,98 - 1.21,55)				
	158,575 s	Valerij Murtaov	URS	Int	Inzell	1.- 2.1.1972
		(39,86 - 1.20,82 - 39,01 - 1.20,59)				
	156,160	Erhard Keller	FRG	Int	Inzell	1.- 2.1.1972
		(38,78 - 1.19,17 - 38,30 - 1.18,99)				

155,800	Erhard Keller (38.0 - 1.18.5 - 38.5 - 1.20.1)	FRG	Int	Inzell	4.- 5.3.1972
154,400	Lasse Efskind (38.0 - 1.17.6 - 38.2 - 1.18.8)	NOR	Int	Davos	13.-14.1.1973
<i>ISU 1973 - El-tider påbudt på 500 m</i>					
153,390	Valerij Muratov (37.98 - 1.16.92 - 37.85 - 1.18.20)	URS	LK	Alma-Ata / Medeo	17.-18.3.1975
153,250	Jevgenij Kulikov (37.20 - 1.19.12 - 37.00 - 1.18.98)	URS	NMs	Alma-Ata / Medeo	28.-29.3.1975
151,190	Jevgenij Kulikov (37.24 - 1.15.70 - 38.10 - 1.16.00)	URS	Int	Alma-Ata / Medeo	20.-21.3.1976
150,035	Anatolij Medennikov (37.18 - 1.15.57 - 37.84 - 1.14.46)	URS	N	Alma-Ata / Medeo	15.-16.4.1978
150,250	Eric Heiden (38.25 - 1.15.14 - 37.63 - 1.13.60)	USA	Int	Davos	12.-13.1.1980
148,785	Gaetan Boucher (37.88 - 1.13.96 - 37.23 - 1.13.39)	CAN	Int / 1	Davos	30.-31.1.1981
146,955	Pavel Pegov (36.68 - 1.12.58 - 36.57 - 1.14.83)	URS	LK	Alma-Ata / Medeo	25.-26.3.1983
<i>ISU 1988 - El-tider påbudt på alle distanser</i>					
146,770 s	Uwe-Jens Mey (36.63 - 1.13.82 - 36.46 - 1.13.54)	GDR	VMs /16	Heerenveen / Thialf	25.-26.2.1989
145,945	Igor Zjelezovskij (36.52 - 1.12.58 - 36.83 - 1.12.61)	URS	VMs /18	Heerenveen / Thialf	25.-26.2.1989
145,580	Dan Jansen (36.41 - 1.13.14 - 36.02 - 1.13.16)	USA	WC	Calgary	19.-20.3.1993
145,315 s	Sergej Klevtsjenja (36.39 - 1.12.55 - 36.27 - 1.12.76)	RUS	VMs /14	Calgary	29.-30.1.1994
144,815	Dan Jansen (35.96 - 1.13.04 - 35.76 - 1.13.15)	USA	VMs /17	Calgary	29.-30.1.1994
144,445	Yasunori Miyabe (35.86 - 1.12.62 - 36.09 - 1.12.37)	JPN	Int	Calgary	25.-26.3.1994
143,425	Manabu Horii (35.87 - 1.11.67 - 35.67 - 1.12.10)	JPN	WC	Calgary	1.- 3.3.1996
142,550 s	Lee Kyu-Hyuk (35.95 - 1.10.86 / 35.96 - 1.10.42)	KOR	WC	Calgary	22.-23.11.1997
142,455 s	Manabu Horii (35.94 - 1.10.63 / 35.90 - 1.10.60)	JPN	WC	Calgary	22.-23.11.1997
141,995	Jeremy Wotherspoon (35.50 - 1.10.76 / 35.77 - 1.10.69)	CAN	WC	Calgary	22.-23.11.1997
140,050	Jeremy Wotherspoon (35.27 - 1.09.09 / 35.53 - 1.09.41)	CAN	NM	Calgary	15.-16.1.1999
138,960 s	Jan Bos (35.07 - 1.09.49 / 34.87 - 1.08.55)	NED	VMs /15	Calgary	20.-21.2.1999
138,310	Jeremy Wotherspoon (34.76 - 1.08.66 / 34.93 - 1.08.58)	CAN	VMs /16	Calgary	20.-21.2.1999
138,155	Jeremy Wotherspoon (1.08.40 / 34.91 - 1.08.35 / 34.87)	CAN	WC	Calgary	2.-4.3.2001
138,240 s	Michael Ireland (34.95 - 1.08.31 / 34.96 - 1.08.35)	CAN	WC /23	Salt Lake City	1.-2.12.2001
137,285	Jeremy Wotherspoon (34.85 - 1.07.72 WR / 34.66 - 1.07.83)	CAN	WC /24	Salt Lake City	1.-2.12.2001
137,270	Jeremy Wotherspoon (34.41 - 1.07.89 / 34.77 - 1.08.29)	CAN	WC	Salt Lake City	11.-12.1.2003
137,230	Jeremy Wotherspoon (34.41 - 1.08.41 / 34.49 - 1.08.25)	CAN	WChS	Calgary	18.-19.1.2003
135,355 +	Jeremy Wotherspoon (34.03 WR / 1.07.34 / 34.14 - 1.07.03)	CAN	WC	Salt Lake City + Ikke godkj. p.g.a. "feil datoer"	9.-11.11.2007
136,810	Stefan Groothuis (34.84 - 1.07.50 / 34.74 - 1.06.96)	NED	WChS	Calgary	28.-29.1.2012
136,790	Michel Mulder (34.47 - 1.07.49 / 34.75 - 1.07.65)	NED	WChS	Calgary	26.-27.1.2013
136,300s	Kjeld Nuis (34.90 - 1.06.61 / 34.84 - 1.06.51)	NED	VMs	Calgary	25.-26.2.2017
136,280s	Håvard Holmefjord Lorentzen (34.43 - 1.07.08 / 34.62 - 1.07.38)	NOR	VMs	Calgary	25.-26.2.2017
136,065	Kai Verbij (34.48 - 1.06.73 / 34.25 - 1.07.94)	NED	VMs	Calgary	25.-26.2.2017

Menn - Liten firkamp :

Godkj. Før-ISU-æra :	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
	249,766	A. Wajer (59.4 - 6.27.8 - 3.04.0 - 10.44.0)	NED	N	Zwolle	8.-9.2.1919
	241,187	Max Tetzner (56.6 - 6.10.0 - 2.56.4 - 10.41.2)	NED	N	Groningen	3.4.12.1921
	211,217	Teun Boot (48.3 - 5.30.4 - 2.32.7 - 9.29.5)	NED	Int	St Moritz	15.-16.1.1924
	203,883	Jakov Melnikov (46.8 - 5.16.7 - 2.31.8 - 8.57.0)	URS		?	.1.1926
	195,987	Jakov Melnikov (45.1 - 5.04.0 - 2.26.1 - 8.35.2)	URS	Int	Drammen / Marienlyst	2.-3.3.1929
	189,937	Hans Engnestangen (42.5 - 4.59.2 - 2.18.3 - 8.34.7)	NOR	Int	Davos	21.-22.1.1933
	189,537	Ivar Ballangrud (43.4 - 8.17.2 - 2.20.3 - 4.57.9)	NOR	LK	Oslo / Frogner	18.-19.1.1936
	187,037	Michael Staksrud (42.8 - 4.55.2 - 2.14.9 - 8.20.7)	NOR	EM	Davos	30.-31.1.1937
	186,377 s	Wim van der Voort (43.9 - 4.45.0 - 2.14.9 - 8.20.1)	NED	Int	Davos	24.-25.1.1953
	184,960	Kees Broekman (44.3 - 4.41.6 - 2.15.2 - 8.06.6)	NED	Int	Davos	24.-25.1.1953
	184,416	Helmut Kuhnert (43.5 - 4.46.7 - 2.12.4 - 8.10.0)	GDR	Int	Davos	30.-31.1.1960
	181,363	Henk van der Grift (41.3 - 4.41.9 - 2.11.7 - 8.11.8)	NED	Int	Hamar Stadion	11.-12.2.1961
	181,084	Ivar Eriksen (43.4 - 4.36.7 - 2.10.4 - 8.01.0)	NOR	Int	Gjøvik Stadion	2.- 3.3.1963
	180,927 s	Terence Malkin (43,0 - 4.35,7 - 2.12,8 - 7.57,1)	GBR	Int	Oslo / Bislett	11.-12.2.1964
	180,043 s	Svein Erik Stiansen (43,0 - 4.34,2 - 2.11,8 - 7.54,1)	NOR	Int	Oslo / Bislett	11.-12.2.1964
	179,117 s	Muzakhid Khabibulin (42,5 - 4.34,5 - 2.10,1 - 7.55,0)	URS	Int	Oslo / Bislett	11.-12.2.1964
	178,523 s	Eduard Matusevitsj (43,3 - 4.34,1 - 2.08,4 - 7.47,4)	URS	Int	Oslo / Bislett	11.-12.2.1964
	177,223 s	Knut Johannesen (43.0 - 4.28.7 - 2.10.2 - 7.40.4)	NOR	Int	Oslo / Bislett	11.-12.2.1964
	176,300	Ants Antson (42.1 - 4.27.3 - 2.09.9 - 7.43.5)	URS	Int	Oslo / Bislett	11.-12.2.1964
	176,297	Jouko Launonen (41.9 - 4.29.8 - 2.07.8 - 7.48.3)	FIN	N	Rovaniemi	13.-14.3.1965
	176,154	Ard Schenk (44.5 - 4.26.2 - 2.05.3 - 7.35.2)	NED	Int	Inzell	29.-30.1.1966
	175,827	Svein-Erik Stiansen (41.5 - 4.29.1 - 2.08.6 - 7.46.1)	NOR	Int	Narvik Stadion	3.-4.3.1966
	171,910	Kees Verkerk (42.3 - 4.21.9 - 2.03.9 - 7.26.6)	NED	Int	Inzell	25.-26.2.1967
	170,633	Dag Fornæss (41.0 - 4.17.4 - 2.04.0 - 7.34.0)	NOR	Int	Cortina d'Ampezzo	28.-29.1.1969
	170,277	Jan Bols (40.9 - 4.16.9 - 2.04.5 - 7.30.6)	NED	Int	Inzell	18.-19.1.1970
	168,193 s	Sten Stensen (40,8 - 4.20,0 - 2.03,6 - 7.18,6)	NOR	Int	Cortina d'Ampezzo	27.-28.1.1970
	168,070	Jan Bols (40.7 - 4.16.4 - 2.03.5 - 7.14.7)	NED	Int	Cortina d'Ampezzo	27.-28.1.1970
	166,487	Ard Schenk (38.9 - 4.12.6 - 1.58.7 - 7.39.2)	NED	Int	Davos	15.-16.1.1971
ISU 1973 - El-tider påbudt på 500 m						
	166,372	Jurij Kondakov (40.20 - 4.03.67 - 2.01.39 - 7.30.97)	URS	N	Alma-Ata / Medeo	25.-26.12.1973
	165,543	Nikolaj Kuzmenko (38.74 - 4.11.24 - 2.00.24 - 7.28.50)	URS	N	Alma-Ata / Medeo	12.-13.4.1975
	164,070	Masahiko Yamamoto (38.95 - 4.14.32 - 1.59.5 - 7.09.0)	JPN	UK	Alma-Ata / Medeo	28.-29.3.1977
	164,050	Klaus Wunderlich (39.1 - 4.07.1 - 1.56.6 - 7.29.0)	GDR	LK	Alma-Ata / Medeo	6.-7.4.1977

162,811	Anatolij Isupov (38.67 - 4.08.95 - 1.56.20 - 7.19.17)	URS	N	Alma-Ata / Medeo	15.-16.4.1978
162,073	Dmitrij Ogloblin (40.11 - 4.04.06 - 1.56.50 - 7.04.54)	URS	N	Alma-Ata / Medeo	28.29.3.1979
<i>Innført som VR-øvelse av ISU 1980 - Første godkjente verdensrekord angitt +</i>					
163,344	Andreas Dietel (38,16 - 4.07,28 - 1.57,83 - 7.25,95)	GDR	Int	Davos	16.-17.1.1981
162,734	Rolf Falk-Larssen (38,70 - 4.08,00 - 1.58,10 - 7.13,35)	NOR	Int	Davos	16.-17.1.1982
161,690	Viktor Sjasjerin (39.2 - 4.05.4 - 1.57.9 - 7.02.9)	URS	N	Alma-Ata / Medeo	3.4.1.1981
161,312	Andrej Rybin (38.12 - 4.08.35 - 1.55.34 - 7.13.55)	URS	LK	Alma-Ata / Medeo	2.3.4.1983
161,758	Rolf Falk-Larssen (38,62 - 4.09,60 - 1.56,70 - 7.06,38)	NOR	Int	Davos	22.-23.1.1983
161,158	Andre Hoffmann (38.77 - 4.03.31 - 1.56.10 - 7.11.37)	GDR	Int	Davos	12.13.1.1985
<i>ISU 1988 - El-tider påbudt på alle distanser</i>					
160,454	Gerard Kemkers (38.55 - 4.02.57 - 1.57.95 - 7.01.60)	NED	Int	Inzell	16.-17.3.1990
159,753	Falko Zandstra (38.17 - 4.04.58 - 1.56.23 - 7.00.77)	NED	JNM	Heerenveen / Thialf	16.-17.2.1991
159,281s	Keiji Shirahata (38.68 - 4.04.60 - 1.54.97 - 6.55.12)	JPN	JVM / 6	Calgary	1.-3.3.1991
156,059	Falko Zandstra (37.99 - 3.57.64 - 1.53.26 - 6.47.10)	NED	JVM / 7	Calgary	1.-3.3.1991
154,103	KC Boutiette (37,41 - 3.53,65 - 1.50,09 - 6.50,56)	USA	Int	Calgary	14.-15.3.1997
153,767	Carl Verheijen (38,46 - 3.49,97 / 1.50,93 - 6.40,03)	NED	Int	Calgary	20.-21.3.1998
153,583	Erben Wennemars (37,22 - 3.53,35 / 1.49,22 - 6.50,66)	NED	Int	Calgary	15.-16.8.1998
152,043	Steven Elm (37,85 - 3.50,76 / 1.49,06 / 6.33,80)	CAN	LK	Calgary	27.-29.11.1998
151,183 s	Bart Veldkamp (37,96 - 3.48,26 / 1.49,60 - 6.26,47)	BEL	Int	Calgary	19.-20.3.1999
150,760 s	Jochem Uytdehaage (37,67 - 3.46,04 / 1.48,92 - 6.31,11)	NED	Int	Calgary	19.-20.3.1999
150,587 s	Steven Elm (37,37 - 3.45,23 / 1.49,10 - 6.33,13)	CAN	Int	Calgary	19.-20.3.1999
149,283	Christian Breuer (35,68 - 3.49,25 / 1.47,62 - 6.35,22)	GER	Int	Calgary	19.-20.3.1999
149,188	Erben Wennemars (35,73 - 3.46,37 / 1.47,22 - 6.39,90)	NED	Int	Calgary	14.-15.8.1999
148,556 s	Sicco Janmat (37,23 / 3.43,31 / 1.47,46 - 6.22,88)	NED	Int	Calgary	15.-17.3.2001
147,665	Jochem Uytdehaage (36,93 / 3.43,28 / 1.46,32 - 6.20,82)	NED	Int	Calgary	15.-17.3.2001
146,355	Erben Wennemars (35,65 - 3.41,84 / 1.44,70 - 6.28,42)	NED	Int	Calgary	12.-14.8.2005

Menn - Stor firkamp :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
<i>Før-ISU-æra :</i>						
232,957tr		Rudolf Ericson (57.4 - 2.54.8 - 9.38.4 - 19.49.0)	SWE	T	Stockholm / Nb	8.1.1893
240,710 s		Filip N. Petersen (2.58,2 - 10.31,4 - 54,0 - 21.23,4)	NOR	VM	Amsterdam M	13.-14.1.1893
237,530		Rudolf Ericson (2.54,0 - 10.36,8 - 52,2 - 19.51,0)	SWE	VM	Amsterdam M	13.-14.1.1893
227,890 s		Mauritz Callin (2.48.0 - 19.51.2 - 52.8 - 9.55.3)	SWE	Int	Stockholm / Nb	12.-13.2.1893
223,483		Rudolf Ericson (2.43.0 - 19.51.0 - 50.6 - 9.50.0)	SWE	Int	Stockholm / Nb	12.-13.2.1893
219,800		Frithiof Ericson (50.4 - 2.42.6 - 9.30.6 - 19.22.8)	SWE	N	Stockholm / Nb	7.1.1894
219,730 p		Harald Hagen	NOR	PVM	Zwolle	10.-11.1.1894

	(2.42,0 - 9.50,0 - 51,4 - 18.52,2)					
215,823 s	Filip N. Petersen (50.6 - 2.37.0 - 19.05.4 - 9.16.2)	NOR	VM	Hamar / Mjøsen		23.-24.2.1895
215,753 s	Karinius Larsen-Stai (50.6 - 2.40.0 - 18.50.0 - 9.13.2)	NOR	VM	Hamar / Mjøsen		23.-24.2.1895
215,640 s	Peter Sinnerud (49.4 - 2.40.2 - 18.50.0 - 9.23.4)	NOR	VM	Hamar / Mjøsen		23.-24.2.1895
202,567	Jaap Eden (48.2 - 2.25.4 - 17.56.0 - 8.41.0)	NED	VM / 7	Hamar / Mjøsen		23.-24.2.1895
199,443	Peder Østlund (45.2 - 8.51.8 - 2.22.6 - 17.50.6)	NOR	Int	Davos		10.-11.2.1900
196,968	Oscar Mathisen (44.2 - 8.45.2 - 2.20.8 - 17.46.3)	NOR	VM	Kristiania / Frogner		17.-18.2.1912
196,477	Oscar Mathisen (44.8 - 17.36.4 - 2.20.6 - 8.39.9)	NOR	Int	Trondhjem / Øen		25.-26.1.1913
196,057	Oscar Mathisen (44.2 - 17.22.6 - 2.22.1 - 8.43.6)	NOR	Int	Kristiania / Frogner		1.- 2.2.1913
194,780	Oscar Mathisen (43.4 - 8.36,6 / 2.17,4 - 17.58,4)	NOR	Int (p- 3)	Davos		17.-18.1.1914
194,377 s	Ivar Ballangrud (44.4 - 8.28.8 - 2.20.9 - 17.22.6)	NOR	VM / 1	Davos		4.- 5.2.1928
193,867	Clas Thunberg (43.6 - 8.32.6 - 2.18.8 - 17.34.8)	FIN	VM / 2	Davos		4.- 5.2.1928
192,233 s	Karl Wazulek (43.1 - 8.27.9 - 2.17.8 - 17.28.2)	AUT	VM / 3	Davos		5.- 6.2.1938
190,907	Ivar Ballangrud (43.8 - 8.20.2 - 2.16.1 - 17.14.4)	NOR	VM / 4	Davos		5.- 6.2.1938
Innført som VR-øvelse av ISU (IEV) 1949 - Første godkjente verdensrekord angitt +						
190,618 s	Kornél Pajor (44.5 - 8.13.5 - 2.17.5 - 16.58.7)	HUN	EM / 2	Davos		5.- 6.2.1949
188,958	Sverre Farstad (41.8 - 8.15.4 - 2.13.9 - 17.39.7)	NOR	EM / 2	Davos		5.- 6.2.1949
184,638	Dmitrij Sakunenko (42.6 - 7.54.9 - 2.13.0 - 16.44.3)	URS	Int	Alma-Ata / Medeo		9.-10.1.1955
184,490	Günter Traub (43.1 - 8.12.1 - 2.09.3 - 16.21.6)	FRG	Int	Madonna di Campiglio		19.-20.1.1963
183,035	Knut Johannesen (43.3 - 7.47.1 - 2.13.8 - 16.08.5)	NOR	NM	Hamar Stadion		19.-20.1.1963
181,625 s	Fred Anton Maier (44.3 - 7.38.4 - 2.12.0 - 15.49.7)	NOR	LK / 1	Oslo / Bislett		26.-27.1.1963
180,560	Nils Egil Aaness (41.6 - 7.42.8 - 2.10.8 - 16.21.6)	NOR	LK / 2	Oslo / Bislett		26.-27.1.1963
180,405 s	Nils Egil Aaness (42.1 - 7.46.6 - 2.11.7 - 15.54.9)	NOR	VM / 1	Karuizawa		23.-24.2.1963
178,447	Jonny Nilsson (43.0 - 7.34.3 - 2.10.1 - 15.33.0)	SWE	VM / 2	Karuizawa		23.-24.2.1963
178,253	Fred Anton Maier (43.6 - 7.33.1 - 2.08.2 - 15.32.2)	NOR	LK /p- 3	Oslo / Bislett		5.- 6.2.1966
178,058	Kees Verkerk (42.1 - 7.30.4 - 2.10.0 - 15.51.7)	NED	VM	Oslo / Bislett		11.-12.2.1967
178,057 s	Per Willy Guttormsen (42.5 - 7.28.7 - 2.10.4 - 15.44.4)	NOR	Int / 3	Madonna di Campiglio		13.-14.1.1968
176,982	Svein-Erik Stiansen (41.8 - 7.27.6 - 2.07.7 - 15.57.1)	NOR	Int / 4	Madonna di Campiglio		13.-14.1.1968
176,717	Günter Traub (41.7 - 7.40.2 - 2.05.6 - 15.42.6)	FRG	NM	Inzell		20.-21.1.1968
176,340	Fred Anton Maier (42.7 - 7.25.0 - 2.08.4 - 15.26.8)	NOR	VM	Göteborg / Ullevi		24.-25.2.1968
176,215 s	Dag Fornæss (40.7 - 7.36.1 - 2.06.3 - 15.56.1)	NOR	Int	Inzell		9.-10.3.1968
175,713 s	Bjørn Tveter (40.7 - 7.31.2 - 2.06.4 - 15.55.2)	NOR	Int	Inzell		9.-10.3.1968
172,058	Kees Verkerk (40.4 - 7.19.9 - 2.03.7 - 15.28.7)	NED	Int	Inzell		9.-10.3.1968
171,758	Göran Claeson (40.2 - 7.17.0 - 2.05.2 - 15.22.5)	SWE	Int	Inzell		1.- 2.3.1969

171,512		Jan Bols (40.51 - 7.19.8 - 2.04.4 - 15.11.1)	NED	Int	Inzell	7.- 8.3.1970
171,317		Ard Schenk (40.29 - 7.25.9 - 2.02.3 - 15.13.4)	NED	VM	Oslo / Bislett	30.-31.1.1971
171,130		Ard Schenk (40.57 - 7.18.8 / 2.04.8 - 15.01.6)	NED	VM	Göteborg / Ullevi	13.-14.2.1971
168,248		Ard Schenk (39.82 - 7.12.0 - 2.01.3 - 14.55.9)	NED	Int	Inzell	13.-14.3.1971
167,420		Ard Schenk (39.0 - 7.09.8 - 1.58.8 - 15.16.8)	NED	Int	Inzell	4.- 5.3.1972
ISU 1973 - El-tider påbudt på 500 m						
165,884		Piet Kleine (40.69 - 7.02.38 - 1.56.28 - 14.43.92)	NED	Int	Inzell	12.-13.3.1976
	164,187	Sergej Martsjuk (38.81 - 6.58.88 - 1.57.62 - 14.45.63)	URS	LK / 1	Alma-Ata / Medeo	19.-20.3.1977
163,221		Jan Egil Storholt (38.07 - 7.01.16 - 1.55.18 - 14.52.84)	NOR	LK / 3	Alma-Ata / Medeo	19.-20.3.1977
162,973		Eric Heiden (38.22 - 6.59.15 - 1.56.05 - 14.43.11)	USA	VM	Oslo / Bislett	10.-11.2.1979
	162,320	Viktor Sjasjerin (38.37 - 7.00.76 - 1.55.83 - 14.25.29)	URS	N	Alma-Ata / Medeo	31.3.-1.4.1982
161,550		Viktor Sjasjerin (37.63 - 6.55.43 - 1.54.36 - 14.45.14)	URS	LK	Alma-Ata / Medeo	25.-26.3.1983
160,807		Viktor Sjasjerin (38.04 - 6.49.15 - 1.53.80 - 14.38.39)	URS	LK	Alma-Ata / Medeo	23.-24.3.1984
	160,558 s	Oleg Bozjev (37.74 - 6.56.73 - 1.53.52 - 14.26.11)	URS	VM / 1	Heerenveen / Thialf	14.-15.2.1987
159,356		Nikolaj Guljajev (37,24 - 6.51,28 - 1.52,70 - 14.28,45)	URS	VM / 2	Heerenveen / Thialf	14.-15.2.1987
ISU 1988 - El-tider påbudt på alle distanser						
157,396		Johann Olav Koss (38.46 - 6.41.73 - 1.52.76 - 13.43.54)	NOR	VM / 6	Heerenveen / Thialf	9.-10.2.1991
157,150		Roberto Sighel (37.38 - 6.43.91 - 1.52.38 - 13.58.39)	ITA	VM	Calgary	21.-22.3.1992
156,882		Falko Zandstra (37.90 - 6.40.01 - 1.52.90 - 13.46.96)	NED	EM	Heerenveen / Thialf	22.-23.1.1993
156,201		Rintje Ritsma (37.30 - 6.39.46 - 1.51.60 - 13.55.11)	NED	EM	Hamar Olympiahall	7.- 8.1.1994
155,966		Keiji Shirahata (37,78 - 6.37,80 / 1.50,91 - 13.48,72)	JPN	NM	Nagano / M-Wave	3.- 4.1.1998
	155,830 s	Roberto Sighel (37,54 - 6.39,68 / 1.51,19 / 13.45,18)	ITA	VM / 5	Heerenveen / Thialf	13.-15.3.1998
	154,091 s	Rintje Ritsma (37,17 - 6.34,68 / 1.48,86 / 13.43,35)	NED	VM / 6	Heerenveen / Thialf	13.-15.3.1998
153,367		Ids Postma (36,48 - 6.33,09 / 1.48,85 / 13.45,91)	NED	VM / 6	Heerenveen / Thialf	13.-15.3.1998
	153,360 s	Vadim Sajutin (37,71 - 6.27,50 / 1.49.32 - 13.29,21)	RUS	VM / 5	Hamar Olympiahall	6.- 7.2.1999
152,651		Rintje Ritsma (36.51 - 6.30.38 / 1.48.69 - 13.37.47)	NED	VM / 6	Hamar Olympiahall	6.- 7.2.1999
152.482		Jochem Uytdehaage (36.59 - 6.30.27 / 1.49.51 / 13.27.25)	NED	VM	Heerenveen / Thialf	15-17.3.2002
	152,194 s	Carl Verheijen (37,14 - 6.26,43 / 1.48,80 / 13.22,91)	NED	EM / 8	Heerenveen / Thialf	9.- 11.1.2004
151,691		Mark Tuitert (36,18 - 6.27,63 / 1.47,41 / 13.38,91)	NED	EM / 8	Heerenveen / Thialf	9.- 11.1.2004
	151,110 s	Carl Verheijen (37,35 - 6.20,61 / 1.47,42 - 13.17,86)	NED	VM / 4	Hamar Olympiahall	7.- 8.2.2004
150,478		Chad Hedrick (36,49 - 6.20,69 / 1.47,51 - 13.21,67)	USA	VM / 4	Hamar Olympiahall	7.- 8.2.2004
	148,532 re	Chad Hedrick (36,37 - 6.19,40 / 1.45,07 - 13.03,99re)	USA	AmQ/re	Salt Lake City	8.- 9.1.2005
149,359		Shani Davis (35,85 - 6.24,21 / 1.43,33 - 13.32,90)	USA	AmQ	Salt Lake City	8.- 9.1.2005
	146,501	Chad Hedrick	USA	NMe	Salt Lake City	27-28-30-31.12.2005

148.799	(35,87 / 6.16,10 // 1.42,80 / 12.55,11)		Ikke godkj. P.g.a. "feil datoer"		
		Chad Hedrick	USA	AmQ	Calgary
		(36,23 - 6.16,93 / 1.44,92 - 13.18,06)			21.- 22.1.2006
	148.107 s	Sven Kramer	NED	VM / 3	Calgary
		(36,93 - 6.09,97 / 1.46,80 - 12.51,60 WR)			18.-19.3.2006
	147,216 s	Enrico Fabris	ITA	VM / 5	Calgary
		(35,99 - 6.10,23 / 1.44,02 - 13.10,60)			18.-19.3.2006
145,742		Shani Davis	USA	VM / 6	Calgary
		(35,17 - 6.10,49 / 1.42,68 WR - 13.05,94)			18.-19.3.2006
145,561		Patrick Roest	NED	VM	Calgary
		(35,74 - 6.08,27 / 1.43,31 - 12.51,17)			2.-3..2019
144,740		Jordan Stolz	USA	VM	Inzell
		(34,10 - 6.14,76 / 1.41,78 - 13.04,76)			9.-10..2024

UTVIKLINGEN AV VERDENSREKORDENE – KVINNER - 1931-2025

Kvinner - 100 m (Ikke off. VR-øvelse):

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
	10,31	Svetlana Zjurova	RUS	WC	Salt Lake City	10.1.2003
	10,31 t	Aihua Xing	CHN	WC	Harbin	3.12.2006
	10,28	Jenny Wolf	GER	WC	Calgary	4.3.2007
	10,22	Jenny Wolf	GER	WC	Erfurt	16.12.2007
	10,21	Jenny Wolf	GER	WC	Salt Lake City	7.3.2009

Kvinner - 500 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
Før-ISU-æra :						
	99,6	Adolfine Kaar	AUT	N	Klagenfurt	13.2.1898
	104,0	Lydia Good	SUI/GRB	Int /p- 2	Davos	10.2.1900
	99,4	Lydia Good	SUI/GRB	N	Davos	1.1.1901
	92,5	Judith Mosberg	NOR		Tvedestrand	22.1.1905
	86,2	Anna Strutz	AUT		Loretto	5.2.1905
	95,0	M. Naudin	FRA	N	Chamonix	21.1.1909
	85,0	Konstanse Pedersen	NOR		Tverdalsøen	29.1.1911
	65,0	Jelena Kremetsjevskaja	URS	NM	Moskva	1913
	62,8	Gudrun Grøtterød	NOR	K	Larvik / Fram	18.2.1923
	69,4	Tetsuko Iimura	JPN		?	.1.1925
	62,0	Nonna Rajenko	URS	NM	Moskva	.2.1926
	61,6	Melita Brunner	AUT		Wien	23.2.1926
	59,0	Babrineva	URS	N	Moskva	.1926
	65,4	Tetsuko Iimura	JPN	N	Hoten	.1927
	58,8	Ljudmila Aleksejeva	URS	NM	Moskva Dp	3.2.1928
	56,9	Ljudmila Aleksejeva	URS		Moskva Dp	1928
	55,0	Ljudmila Aleksejeva	URS		Moskva Dp	1929
	54,9	Ljudmila Aleksejeva	URS		Moskva Dp	17.3.1929
	58,2	Hiroko Inoue	JPN	N	Hoten	8.2.1931

Innført som VR-øvelse av ISU 1931 - Første godkjente verdensrekord angitt +

62,0 +		Zofia Nehringowa	POL	NM	Warszawa	15.2.1931
58,7		Liselotte Landbeck	AUT	Int	Davos	9.1.1932
	54,4	Anastasija Sergejeva	URS		Leningrad	1932
	54,0	Anastasija Sergejeva	URS		Leningrad	1932
	58,0	Synnøve Lie	NOR	N	Oslo / Bislett	24.2.1932
	57,8 s	Undis Blikken	NOR	Int	Oslo / Frogner	6.3.1932
	56,1	Synnøve Lie	NOR	Int	Oslo / Frogner	6.3.1932
56,0		Synnøve Lie	NOR	N	Brandbu / Valhalla	20.3.1932
	53,7	Liselotte Landbeck	AUT	N	Wien	.12.1932
51,5		Liselotte Landbeck	AUT	Int	Davos	20.1.1933
	51,5 t	Liselotte Landbeck	AUT		?	8.2.1933
51,3		Liselotte Landbeck	AUT	Int	Davos	13.1.1934
	50,9	Liisa Salmi	FIN	N	Tampere	3.2.1934
	50,5	Liisa Salmi	FIN	N	Helsinki	7.2.1934
	50,4	Liisa Salmi	FIN	N	Tampere	11.2.1934
50,3		Synnøve Lie	NOR	uVM	Oslo / Frogner	11.2.1934
49,3		Laila Schou Nilsen	NOR	uVM	Oslo / Frogner	27.2.1935
	49,1	Valentina Kuznetsova	URS	AIF	Trondheim / Øya	16.2.1936
	48,3	Marija Isakova	URS	N	Kirov	25.3.1936
	48,2	Valentina Kuznetsova	URS	N	Gorkij	30.3.1936
	47,9	Laila Schou Nilsen	NOR	NM	Oslo / Frogner	23.1.1937
46,4		Laila Schou Nilsen	NOR	VM	Davos	30.1.1937
45,6		Tamara Rylova	URS	Int / 9	Alma-Ata / Medeo	11.1.1955
	45,3	Irina Jegorova	URS	N	Alma-Ata / Medeo	21.1.1962
44,9		Inga Voronina	URS	NM	Alma-Ata / Medeo	27.1.1962
	44,4	Jeanne Ashworth	USA	TR	Colorado	29.12.1963
	44,5	Tatjana Sidorova	URS	N	Alma-Ata / Medeo	9.1.1968
44,7		Tatjana Sidorova	URS	Int	Davos	3.2.1968
	44,7	Ruth Schleiermacher	GDR	Int	Davos	26.1.1969
44,6		Ruth Schleiermacher	GDR	Int	Davos	4.2.1969
	44,4	Vera Krasnova	URS	N	Tsakhadzor	22.2.1969
	44,1 s	Vera Krasnova	URS	N	Alma-Ata / Medeo	6.1.1970
	43,9	Tatjana Sidorova	URS	N	Alma-Ata / Medeo	6.1.1970

43.29		Tatjana Sidorova	URS	NMs	Alma-Ata / Medeo	9.1.1970
43.22		Tatjana Sidorova	URS	NM	Alma-Ata / Medeo	17.1.1970
	43.2	Anne Henning	USA	Int	Inzell	13.2.1971
	43.15 s	Ruth Schleiermacher	GDR	VMs / 2	Inzell	20.2.1971
42.91		Anne Henning	USA	VMs / 6	Inzell	20.2.1971
42.75		Anne Henning	USA	VMs	Inzell	21.2.1971
	42.6	Anne Henning	USA	TR	Inzell	24.11.1971
	42.6	Anne Henning	USA	TR	Innsbruck	28.11.1971
42.5		Anne Henning	USA	Int	Davos	7.1.1972
41.8		Sheila Young	USA	Int	Davos	19.1.1973
ISU 1973 - El-tider påbudt på 500 m						
41.70		Tatjana Averina	URS	Int	Alma-Ata / Medeo	11.3.1975
41.69		Ljubov Sadtsjikova	URS	NM	Alma-Ata / Medeo	21.3.1975
	? 41.30 s	Vera Krasnova	URS	NMs	Alma-Ata / Medeo	29.3.1975
41.06		Tatjana Averina	URS	NMs	Alma-Ata / Medeo	29.3.1975
40.91		Sheila Young	USA	Int	Davos	31.1.1976
40.68		Sheila Young	USA	Int	Inzell	13.3.1976
	40.40	Tatjana Tarasova	URS	N	Alma-Ata / Medeo	27.12.1980
40.28		Christa Rothenburger	GDR	LK	Alma-Ata / Medeo	27.3.1981
40.18		Christa Rothenburger	GDR	LK	Alma-Ata / Medeo	28.3.1981
39.69		Christa Rothenburger	GDR	LK	Alma-Ata / Medeo	25.3.1983
39.52		Karin Kania	GDR	LK	Alma-Ata / Medeo	21.3.1986
39.43		Bonnie Blair	USA	Int /p- 1	Heerenveen / Thialf	19.3.1987
	39.28 uk	Bonnie Blair	USA	N	Alma-Ata / Medeo	26.3.1987
39.39		Christa Rothenburger	GDR	WC	Calgary	6.12.1987
	39.12 s	Christa Rothenburger	GDR	OL / 2	Calgary	22.2.1988
39.10		Bonnie Blair	USA	OL / 4	Calgary	22.2.1988
38.99		Bonnie Blair	USA	Int	Calgary	26.3.1994
38.69		Bonnie Blair	USA	WC	Calgary	12.2.1995
	38,47	Catriona Le May Doan	CAN	TR	Calgary	25.10.1997
	38,15	Catriona Le May Doan	CAN	TR	Calgary	8.11.1997
37,90		Catriona Le May Doan	CAN	WC	Calgary	22.11.1997
37,90		Catriona Le May Doan	CAN	WC	Calgary	23.11.1997
37,71		Catriona Le May Doan	CAN	NM	Calgary	28.12.1997
37,55		Catriona Le May Doan	CAN	NM	Calgary	29.12.1997
37,40		Catriona Le May Doan	CAN	NMs	Calgary	6.1.2001
37,29		Catriona Le May Doan	CAN	VMe	Salt Lake City	9.3.2001
37,29 t		Catriona Le May Doan	CAN	WC- 5A	Calgary	8.12.2001
37,22		Catriona Le May Doan	CAN	WC- 5A	Calgary	9.12.2001
37,04		Jenny Wolf	GER	VMe	Salt Lake City	10.3.2007
37,02		Jenny Wolf	GER	WC	Calgary	16.11.2007
37,00		Jenny Wolf	GER	WC	Salt Lake City	11.12.2009
36,94		Jing Yu	CHN	VMs	Calgary	29.1.2012
36,80		Sang-Hwa Lee	KOR	WC	Calgary	20.1.2013
36,74		Sang-Hwa Lee	KOR	WC	Calgary	9.11.2013
36,57		Sang-Hwa Lee	KOR	WC	Salt Lake City	15.11.2013
36,36		Sang-Hwa Lee	KOR	WC	Salt Lake City	16.11.2013

Kvinner - 2x500 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
74,72		Catriona Le May Doan (37,43 + 37,29)	CAN	VMe	Salt Lake City	9.3.2001
74,42		Jenny Wolf (37,38 + 37,04 WR)	GER	VMe	Salt Lake City	10.3.2007
74,19		Heather Richardson 37,10 + 37,09	USA	NMe	Salt Lake City	28.12.2013

Kvinner - 1000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
-ISU-æra :						
	2.25.0	Tetsuko Iimura	JPN		?	.1.1925
	2.11.6	A. Koroleva	URS		Leningrad	1927
	1.57.6	Ljudmila Aleksejeva	URS	NM	Moskva Dp	4.2.1928
Innført som VR-øvelse av ISU (IEV) 1931 - Første godkjente verdensrekord angitt +						
2.16,4 +		Zofia Nehringowa	POL		Warszawa	25.1.1929
	1.57.0	Ljudmila Aleksejeva	URS		Moskva Dp	1929
	1.56,5	Ljudmila Aleksejeva	URS		Kharkov	.2.1930
	2.01,4 uk	Zofia Nehringowa	POL	Int	Davos	10.1.1932

2.08,8		Liselotte Landbeck	AUT	Int	Davos	10.1.1932
2.03,4		Zofia Nehringowa	POL	Int	Engelberg	17.1.1932
	1.56.5	Synnøve Lie	NOR	Int	Oslo / Frogner	6.3.1932
1.51.2		Synnøve Lie	NOR	N	Brandbu / Valhalla	20.3.1932
1.48.5		Liselotte Landbeck	AUT	Int	Davos	22.1.1933
1.48.1		Synnøve Lie	NOR	Int	Davos	13.1.1934
	1.45.9	Undis Blikken	NOR	NM	Horten / Lystlunden	27.1.1934
1.45.7		Verne Lesche	FIN	uVM	Oslo / Frogner	11.2.1934
	1.45.0	Aleksandra Vasiljeva	URS		Moskva	2.1934
1.42.3		Kit Klein	USA	Int	Kongsberg / Skytterbanen	1.3.1935
1.38.8		Laila Schou Nilsen	NOR	VM	Davos	31.1.1937
1.36.8		Sofja Kondakova	URS	N	Alma-Ata / Medeo	5.2.1951
1.36.6		Rimma Zjukova	URS	NM	Alma-Ata / Medeo	22.1.1952
1.36.4		Lidija Selikhova	URS	N	Alma-Ata / Medeo	30.1.1953
	1.36.4 s	Sofja Kondakova	URS	N / 2	Alma-Ata / Medeo	20.1.1954
	1.36.3	Khalida Stsjegolejeva	URS	N / 11	Alma-Ata / Medeo	20.1.1954
	1.34,4 s	Tamara Zjurova	URS	Int / 1	Alma-Ata / Medeo	12.1.1955
1.33.4		Tamara Rylova	URS	Int / 5	Alma-Ata / Medeo	12.1.1955
	1.33.4-t s	Irina Jegorova	URS	N	Alma-Ata / Medeo	5.2.1963
1.32.2		Lidija Skoblikova	URS	N	Alma-Ata / Medeo	5.2.1963
1.31.8		Lidija Skoblikova	URS	VM	Karuizawa	22.2.1963
1.31.0		Stien Kaiser	NED	Int	Inzell	3.3.1968
1.30.0		Elly van den Brom	NED	Int	Davos	9.2.1969
1.29.5	(1.29,53)	Ljudmila Titova	URS	NMs	Alma-Ata / Medeo	9.1.1970
1.29.0	(1.29,09)	Ljudmila Fetsjina	URS	NMs	Alma-Ata / Medeo	10.1.1970
1.29.0-t		Stien Kaiser	NED	Int	Davos	16.1.1971
1.29.0-t		Ljudmila Titova	URS	VMs / 3	Inzell	20.2.1971
1.27.7		Ljudmila Titova	URS	VMs / 6	Inzell	21.2.1971
1.27.3		Anne Henning	USA	Int	Davos	8.1.1972
	1.26.1	Tatjana Averina	URS	LK	Alma-Ata / Medeo	20.3.1973
1.26.40		Tatjana Averina	URS	N	Alma-Ata / Medeo	2.4.1974
1.26.12		Tatjana Averina	URS	Int	Alma-Ata / Medeo	12.3.1975
1.25.28		Tatjana Averina	URS	NM	Alma-Ata / Medeo	22.3.1975
1.23.46		Tatjana Averina	URS	NMs	Alma-Ata / Medeo	29.3.1975
	1.23.03	Marion Dittmann	GDR	Int	Alma-Ata / Medeo	5.4.1978
	1.23,1	Valentina Lalenkova	URS	N	Alma-Ata / Medeo	15.3.1979
	1.21.9	Natalja Petrusjova	URS	TR	Alma-Ata / Medeo	2.10.1979
	1.23,07	Leah Poulos-Mueller	USA	Int	Davos	21.1.1980
1.23.01		Natalja Petrusjova	URS	LK (1)	Alma-Ata / Medeo	27.3.1980
	1.22,65	Irina Mikhajlova	URS	N	Alma-Ata / Medeo	27.12.1980
1.20.95		Christa Rothenburger	GDR	LK	Alma-Ata / Medeo	27.3.1981
1.20.81		Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	28.3.1981
1.19.31		Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	26.3.1983
1.18.84		Karin Kania	GDR	VMs	Karuizawa	22.2.1986
1.18.11		Karin Kania	GDR	WC	Calgary	5.12.1987
	1.17.70 s	Karin Kania	GDR	OL / 4	Calgary	26.2.1988
1.17.65		Christa Rothenburger	GDR	OL / 6	Calgary	26.2.1988
ISU 1988 - El-tider påbudt på alle distanser						
	1.17,29	Catriona Le May Doan	CAN	TR	Calgary	25.10.1997
	1.16,64	Catriona Le May Doan	CAN	TR	Calgary	8.11.1997
	1.17,59 s	Marianne Timmer	NED	WC	Calgary	22.11.1997
	1.16,24 s	Franziska Schenk	GER	WC	Calgary	22.11.1997
1.16,07		Catriona Le May Doan	CAN	WC	Calgary	22.11.1997
	1.15,92 s	Franziska Schenk	GER	WC	Calgary	23.11.1997
1.15,43		Chris Witty	USA	WC	Calgary	23.11.1997
1.14,96		Chris Witty	USA	VMe	Calgary	28.3.1998
1.14,61		Monique Garbrecht	GER	VMs	Calgary	21.2.1999
1.14,58		Chris Witty	USA	WC	Calgary	3.3.2001
	1.14,14	Sabine Völker	GER	VMe	Salt Lake City	10.3.2001
1.14,13		Monique Garbrecht-Enfeldt	GER	VMe	Salt Lake City	10.3.2001
1.14,06		Sabine Völker	GER	WC	Salt Lake City	2.12.2001
1.13,83		Chris Witty	USA	OL	Salt Lake City	17.2.2002
1.13,46		Cindy Klassen	CAN	Int	Calgary	24.3.2006
1.13,11		Cindy Klassen	CAN	Int	Calgary	25.3.2006
1.12,68		Christine Nesbitt	CAN	VMs	Calgary	28.1.2012
1.12,58		Brittany Bowe	USA	WC	Calgary	17.11.2013
	1.12,54s	Brittany Bowe	USA	WC	Calgary	14.11.2015

1.12,51		Heather Richardson-Bergsma	USA	WC	Calgary	14.11.2015
1.12,18		Brittany Bowe	USA	WC	Salt Lake City	22.11.2015
1.12,09		Nao Kodaira	JPN	WC	Salt Lake City	10.12.2017
	1.11,71s	Nao Kodaira	JPN	WC	Salt Lake City	9.3.2019
1.11,61		Brittany Bowe	USA	WC	Salt Lake City	9.3.2019

Kvinner - 1500 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
Før-ISU-æra :						
	5.17,0	M. Naudin	FRA	N	Chamonix	22.1.1909
	3.58.4	Tetsuko Iimura	JPN	N	Kamofuchie	1926
	3.38.0	Tetsuko Iimura	JPN	N	Kamofuchie	1928
	3.01,0	Ljudmila Aleksejeva	URS		Moskva Dp	1928
	3.30.6	Tetsuko Iimura	JPN	N	Kamofuchie	1929
Innført som VR-øvelse av ISU 1931 - Første godkjente verdensrekord angitt +						
3.28,0 +		Zofia Nehringówa	POL		Warszawa	27.1.1929
	2.54,2	Ljudmila Aleksejeva	URS		Moskva Dp	18.3.1929
3.10.4		Zofia Nehringówa	POL	EM/uk	Davos	10.1.1932
3.08.1		Synnøve Lie	NOR	Int	Oslo / Frogner	7.3.1932
	2.58.7	Synnøve Lie	NOR	uVM	Oslo / Frogner	5.2.1933
	2.57.7	Verne Lesche	FIN	NM	Helsinki	19.2.1933
2.49.0		Verne Lesche	FIN	Int	Helsinki	26.2.1933
	2.48.8	Undis Blikken	NOR	NM	Horten / Lystlunden	28.1.1934
	2.44,7	Verne Lesche	FIN	N	Helsinki	4.2.1934
2.40.0		Undis Blikken	NOR	uVM	Oslo / Frogner	12.2.1934
2.38.1		Laila Schou Nilsen	NOR	NM	Oslo / Frogner	23.1.1937
	2.38,1	Marija Isakova	URS		Kirov	11.3.1938
	2.37.4	Marija Isakova	URS	N	Kirov	16.3.1938
	2.36.8	Tatjana Karelina	URS	LK	Oslo / Bislett	13.2.1946
2.37,5		Randi Thorvaldsen	NOR	NM	Gjøvik Stadion	25.2.1950
2.36,7		Rimma Zjukova	URS	N	Kirov	17.3.1950
	2.34.4 s	Sofja Kondakova	URS	N	Alma-Ata / Medeo	12.2.1951
2.29.5		Marija Isakova	URS	N	Alma-Ata / Medeo	12.2.1951
	2.29.0 s	Lidija Selikhova	URS	N	Alma-Ata / Medeo	30.1.1953
2.25.5		Khalida Stsjegolejeva	URS	N	Alma-Ata / Medeo	30.1.1953
2.25.2		Lidija Skoblikova	URS	OL	Squaw Valley	21.2.1960
2.19.0		Inga Voronina	URS	NM	Alma-Ata / Medeo	27.1.1962
2.18.5		Ans Schut	NED	Int	Inzell	22.2.1969
2.17.8	(2.17,82)	Nina Statkevitsj	URS	NM	Alma-Ata / Medeo	17.1.1970
2.17.2		Atje Keulen-Deelstra	NED	Int	Inzell	14.3.1970
2.15.8		Stien Kaiser	NED	Int	Davos	15.1.1971
	2.13.4	Galina Stepanskaja	URS	LK	Alma-Ata / Medeo	19.3.1973
	2.15,7	Galina Stepanskaja	URS	TR	Alma-Ata / Medeo	28.11.1973
2.14.00		Tatjana Averina	URS	N	Alma-Ata / Medeo	1.4.1974
2.09.90		Tatjana Averina	URS	Int	Alma-Ata / Medeo	11.3.1975
	2.09.8	Tatjana Averina	URS	TR	Alma-Ata / Medeo	20.1.1976
2.07.18		Khalida Vorobjova	URS	N	Alma-Ata / Medeo	10.4.1978
2.06.01		Natalja Petrusjova	URS	N	Alma-Ata / Medeo	3.1.1981
2.05.39		Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	27.3.1981
2.04.04		Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	25.3.1983
	2.03.40	Karin Enke	GDR	NMe	Karl-Marx-Stadt	8.12.1983
2.03.42		Karin Enke	GDR	OL	Sarajevo / Zetra	9.2.1984
2.03.34		Andrea Schöne	GDR	Int	Alma-Ata / Medeo	24.3.1984
2.02.23		Karin Kania	GDR	WC	Inzell	6.3.1986
	2.01.00 s	Andrea Ehrig	GDR	LK	Alma-Ata / Medeo	22.3.1986
1.59.30		Karin Kania	GDR	LK	Alma-Ata / Medeo	22.3.1986
ISU 1988 - El-tider påbudt på alle distanser						
1.57,87		Catriona Le May Doan	CAN	LK	Calgary	29.11.1997
1.57,58		Marianne Timmer	NED	OL	Nagano / M-Wave	16.2.1998
1.56,95		Anni Friesinger	GER	VMe	Calgary	29.3.1998
1.55,50		Annamarie Thomas	NED	Int	Calgary	20.3.1999
1.54,38		Anni Friesinger	GER	WC	Calgary	4.3.2001
1.54,02		Anni Friesinger	GER	OL	Salt Lake City	25.2.2002
1.53,87		Cindy Klassen	CAN	AmQ	Salt Lake City	9.1.2005
1.53,77		Cindy Klassen	CAN	Int	Calgary	28.10.2005
1.53,22		Anni Friesinger	GER	Int	Calgary	6.11.2005

	1.53,19	Anni Friesinger	GER	WC / 8	Salt Lake City	20.11.2005
1.51,79		Cindy Klassen	CAN	WC /10	Salt Lake City	20.11.2005
1.51,59		Brittany Bowe	USA	WC	Calgary	15.11.2015
1.50,85		Heather Richardson-Bergsma	USA	WC	Salt Lake City	21.11.2015
	1.50,32s	Brittany Bowe	USA	WC	Salt Lake City	10.3.2019
1.49,83		Miho Takagi	JPN	WC	Salt Lake City	10.3.2019

Kvinner - 3000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
Før-ISU-æra :						
	9.30,4	Abplanalp	SUI		Bern	3.2.1918
	7.05.6	Zofia Nehringówa	POL	NM	Warszawa	1931
Innført som VR-øvelse av ISU 1933 - Første godkjente verdensrekord angitt +						
6.52,8 +		Zofia Nehringówa	POL		Warszawa	8.2.1931
	6.39.2	Zofia Nehringówa	POL	Int	Davos	8.1.1932
	6.32.5	Verne Lesche	FIN		Helsinki	12.3.1932
	6.10,6	Zoja Mironova	URS		Moskva	1933
	6.24.1	Verne Lesche	FIN		Helsinki	10.3.1933
	5.54.7	Undis Blikken	NOR	Int	Oslo / Frogner	30.1.1934
	6.33,0	Zofia Nehringówa	POL	Int	Warszawa	4.2.1934
	6.18,8	Trudy Rogger	SUI	Int	Davos	5.2.1934
	6.08,0	Aleksandra Vasiljeva	URS		Moskva	11.2.1934
	6.16,8	Trudy Rogger	SUI	K	Davos	25.2.1934
	6.01,8	Trudy Rogger	SUI	Int	Davos	29.1.1935
	6.04,7	Serafima Paromova	URS		Moskva	7.2.1935
6.22,4		Zofia Nehringówa	POL	NM	Warszawa	9.2.1935
	5.55,4	Verne Lesche	FIN	N	Tampere	17.2.1935
	6.00,6	Trudy Rogger	SUI	N	Davos	24.2.1935
	6.03,3	Valentina Kuznetsova	URS	NM	Moskva / Torpedo	6.3.1935
	5.56,4	Verne Lesche	FIN	N	Kotka	7.3.1935
	6.14,5	Yaeko Ejima	JPN	N	Hoten	28.12.1935
	6.03,3	Serafima Paromova	URS		Gorkij	5.1.1936
	5.59,3	Valentina Kuznetsova	URS		Leningrad	18.1.1936
	6.14,0	Verne Lesche	FIN	DM	Helsinki	19.1.1936
	6.22,3 s	Synnøve Lie	NOR	VM	Stockholm / Stadion	1.2.1936
	6.18,8 s	Undis Blikken	NOR	VM	Stockholm / Stadion	1.2.1936
	6.12,5 s	Verne Lesche	FIN	VM	Stockholm / Stadion	1.2.1936
6.12,0		Kit Klein	USA	VM	Stockholm / Stadion	1.2.1936
	5.56,1	Valentina Kuznetsova	URS		Oslo	9.2.1936
	5.56,7	Serafima Paromova	URS		Gorkij	30.3.1936
	5.49,2	Verne Lesche	FIN	N	Tampere	15.2.1936
	6.06,2	Synnøve Lie	NOR	N	Halden	28.2.1936
	5.56,0	Marija Isakova	URS	N	Kirov	20.3.1936
	5.48,1	Marija Isakova	URS	N	Kirov	23.3.1936
	5.44,1	Serafima Paromova	URS	N	Gorkij	30.3.1936
	5.47,5	Laila Schou Nilsen	NOR	NM	Oslo / Frogner	24.1.1937
	5.31.8 s	Synnøve Lie	NOR	VM	Davos	30.1.1937
5.29.6		Laila Schou Nilsen	NOR	VM	Davos	30.1.1937
	5.26,9	Saya Hirai	JPN		Tadenoumi	4.2.1940
5.29.1		Zoja Kholstsjevnikova	URS	NM	Moskva ZDKA	30.1.1949
5.26.7		Tatjana Karelina	URS	N / 4	Alma-Ata / Medeo	11.2.1951
	5.22.9 s	Tatjana Karelina	URS	N / 1	Alma-Ata / Medeo	16.2.1951
5.22.2		Olga Akifjeva	URS	N / 2	Alma-Ata / Medeo	16.2.1951
5.21.3		Rimma Zjukova	URS	N	Alma-Ata / Medeo	8.1.1952
	5.21,2	Zinaida Vorobjova	URS	NM / 2	Alma-Ata / Medeo	23.1.1953
5.13.8		Rimma Zjukova	URS	NM / 4	Alma-Ata / Medeo	23.1.1953
	5.09.2	Khalida Stsjegolejeva	URS	N	Alma-Ata / Medeo	19.1.1954
5.06.0		Inga Voronina	URS	NM	Alma-Ata / Medeo	28.1.1962
	5.04.2	Lidija Skoblikova	URS	N	Tsjeljabinsk	12.1.1964
5.05.9		Lidija Skoblikova	URS	Int	Oslo / Jordal	15.1.1967
5.04,8		Stien Kaiser	NED	Int	Davos	29.1.1967
	4.55.7	Stien Kaiser	NED	Int	Inzell	25.2.1967
	5.02,8 s	Wil Burgmeijer	NED	Int	Inzell	5.3.1967
4.56,8		Stien Kaiser	NED	Int	Inzell	5.3.1967
4.54.6		Stien Kaiser	NED	Int	Davos	3.2.1968
4.52,0		Ans Schut	NED	VM	Grenoble	2.2.1969
4.50.4		Ans Schut	NED	Int	Davos	9.2.1969

4.50.3		Ans Schut	NED	Int	Inzell	23.2.1969
4.46.5		Stien Kaiser	NED	Int	Davos	16.1.1971
	4.43.0	Nina Statkevitsj	URS	LK	Alma-Ata / Medeo	20.3.1973
4.44,69		Tamara Kuznetsova	URS	Int	Alma-Ata / Medeo	12.1.1975
	4.41.01	Sippie Tigchelaar	NED	Int	Inzell	27.2.1975
	4.40.8	Galina Stepanskaja	URS	Int	Alma-Ata / Medeo	29.11.1975
	4.43,97 s	Lisbeth Korsmo	NOR	Int (1)	Inzell	13.3.1976
4.40,85		Nancy Swider	USA	Int (2)	Inzell	13.3.1976
4.40.59		Galina Stepanskaja	URS	LK	Alma-Ata / Medeo	16.3.1976
4.31.00		Galina Stepanskaja	URS	NM	Alma-Ata / Medeo	23.3.1976
	4.30.47 s	Natalja Petrusjova	URS	N (5)	Alma-Ata / Medeo	25.12.1979
	4.27.02	Svetlana Katsjuk	URS	N (9)	Alma-Ata / Medeo	25.12.1979
	4.25.54	Olga Plesjkova	URS	N	Alma-Ata / Medeo	26.12.1980
	4.23.94 s	Olga Plesjkova	URS	LK	Alma-Ata / Medeo	28.3.1981
4.21.70		Gabi Schönbrunn	GDR	LK	Alma-Ata / Medeo	28.3.1981
4.20.91		Andrea Schöne	GDR	Int	Alma-Ata / Medeo	23.3.1984
	4.20.07 s	Andrea Ehrig	GDR	LK	Alma-Ata / Medeo	21.3.1986
4.18.02		Karin Kania	GDR	LK	Alma-Ata / Medeo	21.3.1986
4.16.85		Yvonne van Gennip	NED	Int	Heerenveen / Thialf	19.3.1987
4.16.76		Gabi Zange	GDR	WC	Calgary	5.12.1987
	4.12.09 s	Andrea Ehrig	GDR	OL / 1	Calgary	23.2.1988
4.11.94		Yvonne van Gennip	NED	OL / 4	Calgary	23.2.1988
ISU 1988 - El-tider påbudt på alle distanser						
4.10.80		Gunda Kleemann	GER	WC	Calgary	9.12.1990
4.09.32		Gunda Niemann	GER	Int	Calgary	25.3.1994
4.07,80		Gunda Niemann-Stirnemann	GER	WC	Heerenveen / Thialf	6.12.1997
4.07,13		Claudia Pechstein	GER	WC	Hamar Olympiahall	13.12.1997
4.05,08		Gunda Niemann-Stirnemann	GER	VM	Heerenveen / Thialf	14.3.1998
4.01,67		Gunda Niemann-Stirnemann	GER	VMe	Calgary	27.3.1998
4.00,51		Gunda Niemann-Stirnemann	GER	WC	Calgary	30.1.2000
4.00,26		Gunda Niemann-Stirnemann	GER	WC	Hamar Olympiahall	17.2.2001
3.59,26		Claudia Pechstein	GER	WC	Calgary	2.3.2001
3.57,70		Claudia Pechstein	GER	OL	Salt Lake City	10.2.2002
3.55,75		Cindy Klassen	CAN	WC	Calgary	12.11.2005
3.53,34		Cindy Klassen	CAN	VM	Calgary	18.3.2006
	3.53,31	Martina Sablikova	CZE	VM	Calgary	2.3.2019
3.52,02		Martina Sablikova	CZE	WC	Salt Lake City	9.3.2019

Kvinner - 5000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
Innført som VR-øvelse av ISU 1933 - Første godkjente verdensrekord angitt +						
11.30,5 +		Zofia Nehringówa	POL	NM	Warszawa	15.2.1931
	11.02.9	Verne Lesche	FIN		Helsinki	17.3.1932
	10.33.6	Verne Lesche	FIN		Helsinki	10.3.1933
	10.59,8	Zofia Nehringówa	POL	Int	Warszawa	4.2.1934
10.54,8		Zofia Nehringówa	POL	NM	Warszawa	10.2.1935
	10.21.2	Valentina Kuznetsova	URS	NM	Moskva / Torpedo	7.3.1935
	10.28,3	Verne Lesche	FIN	N	Helsinki	27.1.1936
	10.31,6 s	Synnøve Lie	NOR	VM / 1	Stockholm / Stadion	2.2.1936
10.15.3		Verne Lesche	FIN	VM / 2	Stockholm / Stadion	2.2.1936
	10.11.5	Valentina Kuznetsova	URS	AIF	Trondheim / Øya	16.2.1936
	10.01,4	Marija Isakova	URS	N	Kirov	30.3.1936
	9.53,0	Serafima Paromova	URS	N	Kirov	2.4.1936
	9.58.6 s	Laila Schou Nilsen	NOR		Oslo / Frogner	19.1.1937
	9.58.0	Synnøve Lie	NOR		Oslo / Frogner	19.1.1937
	9.37.8 s	Verne Lesche	FIN	VM / 1	Davos	31.1.1937
9.28.3		Laila Schou Nilsen	NOR	VM / 2	Davos	31.1.1937
	9.16.4	Tatjana Karelina	URS	Int	Hamar Stadion	18.2.1946
9.26,8		Verne Lesche	FIN	VM	Kongsberg / Skytterb.	13.2.1949
	9.22,3	Rimma Zjukova	URS	NM	Alma-Ata / Medeo	1950
9.10.7		Tatjana Karelina	URS	N	Alma-Ata / Medeo	12.2.1951
9.01.6		Rimma Zjukova	URS	NM	Alma-Ata / Medeo	24.1.1953
	8.36.5	Nina Statkevitsj	URS	Int	Budapest	18.12.1975
	8.11.74	Ljubov Pogodajeva	URS	N	Alma-Ata / Medeo	7.4.1976
	8.06.93	Beth Heiden	USA	Int	Savalen	18.3.1979
	8.05.0	Björg Eva Jensen	NOR	N	Larvik / Fram	30.11.1980
	7.50.61	Olga Plesjkova	URS	N	Alma-Ata / Medeo	27.12.1980

	8.06,34 s	Sabine Brehm	GDR	LK /	Karl-Marx-Stadt	28.11.1982
	7.58,86 s	Karin Enke	GDR	LK /	Karl-Marx-Stadt	28.11.1982
	7.57,71	Andrea Schöne	GDR	LK /	Karl-Marx-Stadt	28.11.1982
	7.56,00	Sigrid Smuda	FRG	NM	Inzell	12.12.1982
	7.50,66 s	Andrea Schöne	GDR	NMe /	Karl-Marx-Stadt	14.12.1982
	7.49.49	Karin Enke	GDR	NMe /	Karl-Marx-Stadt	14.12.1982
7.40.97		Andrea Schöne	GDR	EM	Heerenveen / Thialf	23.1.1983
7.39.44		Gabi Schönbrunn	GDR	EM	Alma-Ata / Medeo	15.1.1984
7.34.52		Andrea Schöne	GDR	Int	Alma-Ata / Medeo	24.3.1984
7.32.82		Andrea Schöne	GDR	VM	Sarajevo / Zetra	10.2.1985
7.31.45		Andrea Ehrig	GDR	EM	Geithus / Furumo	12.1.1986
7.20.99		Andrea Ehrig	GDR	LK	Alma-Ata / Medeo	22.3.1986
7.20.36		Yvonne van Gennip	NED	Int /p- 1	Heerenveen / Thialf	20.3.1987
	7.17.12 s	Andrea Ehrig	GDR	OL / 1	Calgary	28.2.1988
7.14.13		Yvonne van Gennip	NED	OL / 5	Calgary	28.2.1988
ISU 1988 - El-tider påbudt på alle distanser						
7.13.29		Gunda Niemann	GER	WC	Hamar Olympiahall	6.12.1993
7.03.26		Gunda Niemann	GER	Int	Calgary	26.3.1994
	6.59,65 s	Gunda Niemann-Stirnemann	GER	OL / 7	Nagano / M-Wave	20.2.1998
6.59,61		Claudia Pechstein	GER	OL / 8	Nagano / M-Wave	20.2.1998
6.58,63		Gunda Niemann-Stirnemann	GER	VMe	Calgary	28.3.1998
6.57,24		Gunda Niemann-Stirnemann	GER	VM	Hamar Olympiahall	7.2.1999
6.56,84		Gunda Niemann-Stirnemann	GER	EM	Hamar Olympiahall	16.1.2000
6.55,34		Gunda Niemann-Stirnemann	GER	WC	Heerenveen / Thialf	25.11.2000
6.52,44		Gunda Niemann-Stirnemann	GER	VMe	Salt Lake City	10.3.2001
	6.49,22 s	Gretha Smit	NED	OL / 1	Salt Lake City	23.2.2002
6.46,91		Claudia Pechstein	GER	OL / 7	Salt Lake City	23.2.2002
6.45,61		Martina Sáblíková	CZE	VMe	Salt Lake City	11.3.2007
6.42,66		Martina Sáblíková	CZE	WC	Salt Lake City	18.2.2011
6.42,01		Martina Sáblíková	CZE	VM	Calgary	3.3.2019
	6.41,18 s	Martina Sáblíková	CZE	VMe	Salt Lake City	15.2.2020
6.39,02		Natalja Voronina	RUS	VMe	Salt Lake City	15.2.2020

Kvinner - 10.000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
Innført som VR-øvelse av ISU 1931 - Første godkjente verdensrekord angitt +						
23.48.5		Zofia Nehringowa	POL	Int	Wien	30.12.1935
Slettet som VR-øvelse av ISU 1953						
	21.52.1	Gré Donker	NED	N	Amsterdam	27.1.1972
	19.48.3	Alida Pasveer	NED	N	Groningen	4.3.1980
	17.37.35	Nancy Swider	USA	Int	Savalen	16.3.1980
	17.20.0	Marieke Stam	NED	N	Alkmaar	11.3.1984
	16.56.8	Ineke Kooiman-v.Homoet	NED	N	Haarlem	16.3.1984
	16.49.82	Bjørge Eva Jensen	NOR	Int	Savalen	7.3.1985
	15.56.81	Grietje Mulder	NED	N	Heerenveen / Thialf	16.3.1988
	15.25.25	Yvonne van Gennip	NED	Int	Heerenveen / Thialf	19.3.1988
	14.22,60	Gunda Niemann	GER	Int	Calgary	27.3.1994
	14.19,73	Clara Hughes	CAN	Int	Calgary	11.3.2005
	14.08,28	Martina Sabliková	CZE	Int	Calgary	23.3.2006
	13.48,33	Martina Sáblíková	CZE	Int	Calgary	15.3.2007

Kvinner - Sprint-firkamp :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
Før-ISU-æra :						
	203.250	Ljubov Pervusjina	URS	N	Gorkij	23.-24.12.1969
		(50.2 - 1.37.8 - 50.6 - 1.47.1)				
	193.150	Irina Jegorova	URS	N	Tsjeljabinsk	27.-28.12.1969
		(47.6 - 1.36.4 - 48.0 - 1.38.7)				
	178.810	Nina Statkevitsj	URS	NMs	Alma-Ata / Medeo	9.-10.1.1970
		(43.99 - 1.31.0 - 44.62 - 1.29.4)				
	176.610 s	Anne Henning	USA	VMs / 2	Inzell	20.-21.2.1971
		(42.91 - 1.31.2 - 42.75 - 1.30.7)				
	175.730	Ruth Schleiermacher	GDR	VMs / 3	Inzell	20.-21.2.1971
		(43.15 - 1.29.5 - 43.38 - 1.28.9)				
Innført som VR-øvelse av ISU 1971 - Første godkjente verdensrekord - best 71/72 - angitt +						
	174.000	Anne Henning	USA	Int	Innsbruck	19.-20.1.1972
		(42.6 - 1.28.8 - 42.6 - 1.28.8)				
	185,610 s	Stien Baas-Kaiser	NED	VMs / 1	Eskilstuna	26.-27.2.1972
		(46,00 - 1.32,93 / 46,56 - 1.33,17)				

	183,835 s	Sigrid Sundby (45,12 - 1.32,73 / 45,61 - 1.33,48)	NOR	VMs / 5	Eskilstuna	26.-27.2.1972
	183,345 s	Dianne Holum (45,33 - 1.31,88 / 45,75 - 1.32,65)	USA	VMs /11	Eskilstuna	26.-27.2.1972
183,085 +		Monika Pflug (45,15 - 1.32,39 / 45,36 - 1.32,76)	FRG	VMs /12	Eskilstuna	26.-27.2.1972
	178,430	Sylvia Burka (44,14 - 1.30,03 - 44,02 - 1.30,51)	CAN	Int	Inzell	2.-3.12.1972
	175,350 s	Monika Pflug (43,7 - 1.27,6 - 43,8 - 1.26,1)	FRG	Int /	Davos	13.-14.1.1973
175,050		Sylvia Burka (43,2 - 1.27,9 - 43,4 - 1.29,0)	CAN	Int /	Davos	13.-14.1.1973
173.450		Sheila Young (41.8 - 1.28.4 - 42.3 - 1.30.3)	USA	Int	Davos	19.-20.1.1973
ISU 1973 - El-tider påbudt på 500 m						
	173.050	Sheila Young (42.16 - 1.29.60 / 42.80 - 1.26.58)	USA	Int	Inzell	8.-9.2.1975
	172.540	Sheila Young (41.96 - 1.27.57 / 42.16 - 1.29.27)	USA	Int	Inzell	1.- 2.3.1975
168.285		Tatjana Averina (41.93 - 1.27.13 - 41.06 - 1.23.46)	URS	NMs	Alma-Ata / Medeo	28.-29.3.1975
166.210		Sheila Young (41.01 - 1.24.66 - 40.68 - 1.24.38)	USA	Int	Inzell	12.-13.3.1976
	165.500	Tatjana Tarasova (40.74 - 1.23.96 - 40.99 - 1.23.58)	URS	N	Alma-Ata / Medeo	26.-27.12.1979
162.275		Christa Rothenburger (40.28 - 1.20.95 - 40.18 - 1.22.68)	GDR	LK	Alma-Ata / Medeo	27.-28.3.1981
161.120		Christa Rothenburger (39.69 - 1.21.29 - 40.26 - 1.21.05)	GDR	LK	Alma-Ata / Medeo	25.-26.3.1983
160.060		Karin Kania (39.94 - 1.18.84 - 40.00 - 1.21.40)	GDR	VMs	Karuizawa	22.-23.2.1986
ISU 1988 - El-tider påbudt på alle distanser						
	159.600 s	Christa Luding (39,90 - 1.20,11 / 39,57 - 1.20,15)	GDR	VMs /10	Heerenveen / Thialf	25.-26.2.1989
159.435		Bonnie Blair (39.47 - 1.20.48 - 39.54 - 1.20.37)	USA	VMs /13	Heerenveen / Thialf	25.-26.2.1989
159.390		Bonnie Blair (39.56 - 1.20.92 - 39.42 - 1.19.90)	USA	Int	Davos	18.-19.1.1992
	158,935	Bonnie Blair (39,44 - 1.20,15 / 1.20,04 / 39,40)	USA	Int	Calgary	3.-5.3.1992
157.405		Bonnie Blair (39.29 - 1.18.88 - 39.12 - 1.19.11)	USA	VMs	Calgary	29.-30.1.1994
156.505		Bonnie Blair (39.19 - 1.18.32 - 38.99 - 1.18.33)	USA	Int	Calgary	25.-26.3.1994
156.435		Bonnie Blair (39.18 - 1.18.74 - 38.69 - 1.18.39)	USA	VMs	Calgary	11.-12.2.1995
	153,515 s	Chris Witty (38,91 - 1.16,38 / 38,70 - 1.15,43 - Shortest ever period holding WR (28/100 s.)	CAN	WC /	Calgary	22.-23.11.1997
151,690		Catriona Le May Doan (37,90 - 1.16,07 / 37,90 - 1.15,71)	CAN	WC /	Calgary	22.-23.11.1997
151,605		Monique Garbrecht (38,32 - 1.15,46 / 38,25 - 1.14,61)	GER	VMs	Calgary	20.-21.2.1999
150,085		Catriona Le May Doan (37,40 - 1.14,99 / 37,57 - 1.15,24)	CAN	NMs	Calgary	6.-7.1.2001
	150,010	Catriona Le May Doan (1.15.01 / 37.42 - 1.15.31 / 37.43)	CAN	WC	Calgary	2.-4.3.2001
149,915		Sabine Völker (37,84 - 1.14,81 / 37,64 - 1.14,06 WR)	GER	WC	Salt Lake City	1.- 2.12.2001
149,305		Monique Garbrecht-Enfeldt (37,50 - 1.14,54 - 37,45 - 1.14,17)	GER	WC	Salt Lake City	11.-12.1.2003
149,305 t		Cindy Klassen (38,18 - 1.13,46 WR / 37,84 - 1.13,11 WR)	CAN	Int	Calgary	24.-25.3.2006
	148,855 +	Beixing Wang (37,32 - 1.14,19 / 37,45 / 1.13,98)	CHN	WC	Salt Lake City + Ikke godkj. p.g.a. "feil datoer"	9.-11.11.2007
	(148,630. s	Christine Nesbitt (37,93 - 1.12,68 WR / 37,89 - 1.12,94)	CAN	VMs/12	Calgary	28.-29.1.2012)
148,610		Jing Yu (37,72 - 1.14,42 / 36,94 WR - 1.13,47)	CHN	VMs/12	Calgary	28.-29.1.2012

147,735	Heather Richardson (37,12 - 1.13,09 / 37,42 - 1.13,30)	USA	WC	Calgary	19.-20.1.2013
147,185s	Heather Richardson-Bergsma (37,22 - 1.12,95 / 37,35 - 1.12,28)	USA	VMs	Calgary	25.-26.2.2017
146,390	Nao Kodaira (36,75 - 1.12,51 / 36,80 - 1.13,17)	JPN	VMs	Calgary	25.-26.2.2017

Kvinner - Mini-firkamp :

<i>Godkj. Før-ISU-æra :</i>	<i>Uoff.</i>	<i>Navn</i>	<i>Nat.</i>	<i>Type</i>	<i>Sted/ Bane</i>	<i>Dato/År</i>
	264,650	Lena Lukasik (62.5 - 3.25,8 - 2.09,7 - 6.52,2)	POL	Int	Warszawa	2.-4.2.1934
	228,883	Valentina Kuznetsova (52.6 - 2.59.5 - 1.51.8 - 6.03.3)	URS	NM	Moskva / Torpedo	5.-6.3.1935
	221,733	Valentina Kuznetsova (51,1 - 2.47,7 - 1.49,7 - 5.59,3)	URS	N	Leningrad	17.-18.1.1936
	210,717	Laila Schou Nilsen (47.9 - 2.38.1 - 1.44.4 - 5.47.5)	NOR	NM	Oslo / Frogner	23.-24.1.1937
	207,883	Randi Thorvaldsen (49.1 - 2.37.5 - 1.41.2 - 5.34.1)	NOR	NM	Gjøvik Stadion	25.-26.2.1950
	204,283	Randi Thorvaldsen (48.0 - 2.32.4 - 1.39.7 - 5.33.8)	NOR	NM	Trondheim / Øya	2.-3.2.1952
	195,433	Tamara Rylova (45.6 - 2.28.0 - 1.33.4 - 5.22.8)	URS	Int	Alma-Ata / Medeo	11.-12.1.1955

Innført som VR-øvelse av ISU 1955 - Første godkjente verdensrekord angitt +

207,484 +		Sofija Kondakova (47,9 - 2.38,0 - 1.30,2 - 5.40,9)	URS	VM	Kvarnsveden	4.-5.2.1956
206,017		Inga Artamonova (50,7 - 2.35,1 / 1.38,4 - 5.23,5)	URS	NM	Sverdlovsk	5.-6.3.1956
	199,266	Tamara Rylova (46.6 - 2.28.7 - 1.35.9 - 5.22.2)	URS	Int	Alma-Ata / Medeo	20.-21.1.1957
203,300		Galina Romanova (48,9 - 2.32,6 / 1.37,8 - 5.27,8)	URS	Int	Alma-Ata / Medeo	26.-27.1.1958
202,834		Helga Haase (47,1 - 2.33,8 - 1.38,6 - 5.31,0)	GDR	Int	Davos	19.-20.1.1960
	201,800	Raisa Frolova (47,8 - 2.33,0 / 1.38,8 - 5.21,6)	URS	NM/ 1	Alma-Ata / Medeo	20.-21.1.1960
	199,183	Valentina Stenina (47,7 - 2.30,1 / 1.37,2 - 5.17,1)	URS	NM/ 2	Alma-Ata / Medeo	20.-21.1.1960
	197,100	Klara Guseva (46,5 - 2.30,2 / 1.35,0 - 5.18,2)	URS	NM/ 2	Alma-Ata / Medeo	20.-21.1.1960
196,417		Tamara Rylova (46,0 - 2.30,3 / 1.36,1 - 5.16,6)	URS	NM/ 3	Alma-Ata / Medeo	20.-21.1.1960
189,033		Inga Artamonova (44,9 - 2.19,0 - 1.33,6 - 5.06,0)	URS	NM	Alma-Ata / Medeo	27.-28.1.1962
188,634		Stien Kaiser (45.8 - 2.22.1 - 1.32.0 - 4.56.8)	NED	Int	Inzell	4.- 5.3.1967
185,500		Ans Schut (45.5 - 2.18.5 - 1.30.9 - 4.50.3)	NED	Int	Inzell	22.-23.2.1969
184,053	(<i>EI: 184,085</i>)	Nina Statkevitsj (43.32 - 2.17.8 - 1.31.4 - 4.54.6)	URS	NM	Alma-Ata / Medeo	17.-18.1.1970
182,817		Stien Kaiser (45.3 - 2.15.8 - 1.29.0 - 4.46.5)	NED	Int	Davos	15.-16.1.1971
182,805		Atje Keulen-Deelstra (44.24 - 2.16.67 - 1.29.12 - 4.50.69)	NED	EM	Inzell	15.-16.1.1972
	180,150	Tatjana Sjelekhova (44.15 - 2.14.3 - 1.26.8 - 4.47.0)	URS	N	Alma-Ata / Medeo	19.-20.3.1973

ISU 1973 - EI-tider påbudt på 500 m

180,090		Tatjana Averina (42.20 - 2.14.00 - 1.26.40 - 5.00.14)	URS	Int	Alma-Ata / Medeo	1.-2.4.1974
176,930		Tatjana Averina (41.70 - 2.09.90 - 1.26.12 - 4.53.22)	URS	Int	Alma-Ata / Medeo	11.-12.3.1975
176,468		Sylvia Burka (42.15 - 2.12.19 - 1.25.74 - 4.44.31)	CAN	Int	Inzell	12.-13.3.1976
173,810		Galina Stepankaja (43.24 - 2.10.12 - 1.24.06 - 4.31.00)	URS	NM	Alma-Ata / Medeo	22.-23.3.1976
	173,348	Natalja Petrusjova (41.86 - 2.09.94 - 1.24.79 - 4.34.68)	URS	N	Alma-Ata / Medeo	15.-16.4.1978

173,434	Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	17.-18.4.1978
	(41.38 - 2.12,11 - 1.23,01 - 4.39,08)				
172,874	Karin Enke	GDR	N	Karl-Marx-Stadt	20.-21.12.1980
	(41.56 - 2.09.62 - 1.23.87 - 4.37.04)				
171,149	Natalja Petrusjova	URS	NM	Alma-Ata / Medeo	3.-4.1.1981
	(41.66 - 2.06.01 - 1.23.39 - 4.34.75)				
168,387	Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	27.-28.3.1981
	(41.19 - 2.05.39 - 1.20.81 - 4.29.98)				
168,271	Karin Busch	GDR	VM	Inzell	13.-14.2.1982
	(40.81 - 2.05.79 - 1.20.98 - 4.30.25)				
166,682	Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	25.-26.3.1983
	(40.53 - 2.04.04 - 1.19.31 - 4.30.91)				
164,904	Karin Kania	GDR	WC	Inzell	6.-8.3.1986
	(39,79 - 2.02,23 - 1.20,10 - 4.25,93)				
163,906	Karin Kania	GDR	WC	Butte	28.-29.11.1987
	(40.48 - 2.01.45 - 1.19.13 - 4.20.27)				
162,058	Karin Kania	GDR	WC	Calgary	4.-6.12.1987
	(39.99 - 2.00.16 - 1.18.11 - 4.17.76)				
163,446	Karin Kania	GDR	WC	Davos	9.-10.1.1988
	(40,57 - 2.00,60 / 1.18,31 - 4.21,13)				

ISU 1988 - El-tider påbudt på alle distanser

165,366	Constanze Moser	GDR	WC	Calgary	11.-12.2.1989
	(40,83 - 2.02,65 - 1.21,08 - 4.18,68)				
164,658	Emese Hunyady	AUT	Int	Calgary	26.-27.3.1994
	(40,22 - 2.01,33 - 1.20,42 - 4.22,71)				
163,901	Annamarie Thomas	NED	Int	Calgary	22.-23.3.1996
	(40,17 - 2.01,76 - 1.19,26 - 4.21,09)				
163,315	Marianne Timmer	NED	Int	Calgary	15.-16.3.1997
	(39,30 - 2.00,27 / 1.18,22 - 4.28,89)				
162,731	Maki Tabata	JPN	Int	Calgary	15.-16.8.1998
	(41,15 - 2.00,10 / 1.19,32 - 4.11,33)				
161,439	Becky Sundstrom	USA	Int	Calgary	27.-29.11.1998
	(39,27 - 1.59,17 / 1.17,53 / 4.22,09)				
158,183	Annamarie Thomas	NED	Int	Calgary	20.-21.3.1999
	(39,53 - 1.55,50 / 1.16,48 - 4.11,48)				
155,576	Cindy Klassen	CAN	Int	Calgary	15.-17.3.2001
	(38,79 / 1.55,27 / 1.15,28 - 4.04,34)				
154,477+	Chiara Simionato	ITA	WC	Salt Lake City	10.-11.11.2007
	(38,25 - 1.54,65 / 1.13,47 - 4.07,66)			+ Ikke gokj. p.g.a. ikke tatt dopingtest	
153,776	Joy Beune	NED	JVM	Salt Lake City	9.-10.3.2018
	(38,69 - 1.54,21 / 1.14,21 - 3.59,47)				

Kvinner - Gml.firkamp :

<i>Godkj.</i>	<i>Uoff.</i>	<i>Navn</i>	<i>Nat.</i>	<i>Type</i>	<i>Sted/ Bane</i>	<i>Dato/År</i>
Før-ISU-æra :	239,377 s	Synnøve Lie	NOR	VM / 1	Stockholm / Stadion	1.-2.2.1936
	234,700	Kit Klein	USA	VM / 2	Stockholm / Stadion	1.-2.2.1936
	222,627	Marianna Valovova	URS	N	Moskva	11.-12.2.1937
	217,347 s	Verne Lesche	FIN	VM / 1	Davos	30.-31.1.1937
	207,563	Laila Schou Nilsen	NOR	VM / 2	Davos	30.-31.1.1937
		(46,4 - 5.29,6 - 1.38,8 - 9.28,3)				

Innført som VR-øvelse av ISU 1949 - Første godkjente verdensrekord angitt +

212,890 +	Zoja Kholstsjevnikova	URS	VM	Kongsberg / Sk	12.-13.2.1949
	(48,7 - 5.30,3 - 1.41,9 - 9.41,9)				
210,413	Sofija Kondakova	URS	N	Alma-Ata / Medeo	4.-5.2.1951
	(47,6 - 5.35,6 - 1.36,8 - 9.44,8)				
208,820	Tatjana Karelina	URS	N	Alma-Ata / Medeo	11.-12.2.1951
	(49,9 - 5.26,7 - 1.38,8 - 9.10,7)				
208,750	Rimma Zjukova	URS	NM	Alma-Ata / Medeo	21.-22.1.1952
	(48,6 - 5.26,4 - 1.36,6 - 9.34,5)				
204,010	Rimma Zjukova	URS	NM	Alma-Ata / Medeo	25.-26.1.1953
	(48,6 - 5.13,8 - 1.37,9 - 9.01,6)				
203,323	Khalida Stsjegolejeva	URS	N	Alma-Ata / Medeo	19.-20.1.1954

203,920	(48,2 - 5.09,2 - 1.36,3 - 9.14,4) Tamara Rylova (47,1 - 5.22,2 - 1.36,4 - 9.09,2)	URS	Int	Alma-Ata / Medeo	21.-22.1.1955
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Slettet som VR-øvelse av ISU 1955

Kvinner - Liten firkamp :

Godkj. Før-ISU-æra :	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
	257,344	Verne Lesche (58.3 - 6.32.5 - 3.11.9 - 11.36.6)	FIN		Helsinki	12.-13.3.1932
	250,246	Zofia Nehringowa (58.7 - 6.22.4 - 3.07.0 - 10.54.8)	POL	NM	Warszawa	9.-10.2.1935
	240,596	A Estrina (53.2 - 6.17.0 - 2.57.4 - 10.54.3)	URS		Leningrad	.1.1938
	192,478	Dolores Lier (46.30 - 5.01.77 - 2.16.96 - 8.22.30)	SUI	NM	Davos	27.-28.1.1978
	190,425 s	Ina Steenbruggen (44.47 - 4.49.73 - 2.18.89 - 8.33.61)	NED	LK / 2	Kongsberg Ip	20.-21.12.1980
	185,081	Björg Eva Jensen (43.58 - 4.39.75 - 2.16.41 - 8.14.06)	NOR	LK / 3	Kongsberg Ip	20.-21.12.1980
	182,981	Björg Eva Jensen (44.12 - 4.42.24 - 2.12.94 - 7.55.08)	NOR	LK	Groningen	19.-20.12.1981

Innført som VR-øvelse av ISU 1982 - Første godkjente verdensrekord - best 82/83 - angitt +

	186,660 s	Sabine Brehm (44.25 - 4.40.72 - 2.20.97 - 8.06.34)	GDR	LK /	Karl-Marx-Stadt	27.-28.11.1982
	180,937	Karin Enke (42.35 - 4.35.07 - 2.14.63 - 7.58.66)	GDR	LK /	Karl-Marx-Stadt	27.-28.11.1982
	178,138 s	Natalja Petrusjova (41.00 - 4.32.77 - 2.08.78 - 8.07.51)	URS	N /	Alma-Ata / Medeo	27.-28.12.1982
	176,324	Valentina Lalenkova (41.07 - 4.27.64 - 2.07.31 - 8.02.12)	URS	N /	Alma-Ata / Medeo	27.-28.12.1982
177,669 +		Andrea Schöne (43.33 - 4.28.18 - 2.10.64 - 7.40.97)	GDR	EM	Heerenveen / Thialf	22.-23.1.1983
	177,438 s	Olga Plesjkova (43.43 - 4.33.92 - 2.04.98 - 7.46.95)	URS	EM / 1	Alma-Ata / Medeo	14.-15.1.1984
	176,002 s	Valentina Lalenkova (40.73 - 4.30.83 - 2.06.23 - 8.00.58)	URS	EM / 2	Alma-Ata / Medeo	14.-15.1.1984
174,710		Gabi Schönbrunn (42.49 - 4.26.14 - 2.05.76 - 7.39.44)	GDR	EM / 4	Alma-Ata / Medeo	14.-15.1.1984
	174,215 s	Olga Plesjkova (42.58 - 4.23.20 - 2.05.91 - 7.37.99)	URS	LK /	Alma-Ata / Medeo	23.-24.3.1984
171,760		Andrea Schöne (41.71 - 4.20.91 - 2.03.34 - 7.34.52)	GDR	LK /	Alma-Ata / Medeo	23.-24.3.1984
	168,837 s	Andrea Ehrig (41.06 - 4.20.07 - 2.01.00 - 7.20.99)	GDR	LK /	Alma-Ata / Medeo	21.-22.3.1986
168,271		Karin Kania (39.52 - 4.18.02 - 1.59.30 - 7.39.82)	GDR	LK /	Alma-Ata / Medeo	21.-22.3.1986

ISU 1988 - El-tider påbudt på alle distanser

167,282	Gunda Niemann (40.99 - 2.02.45 - 4.12.25 - 7.14.35)	GER	EM	Hamar Olympiahall	7.-9.1.1994
165,708	Gunda Niemann (40.79 - 2.00.51 - 4.10.40 - 7.10.15)	GER	VM	Nagano / M-Wave	14.-16.2.1997
163,020	Gunda Niemann-Stirnemann (40.57 - 1.58.69 - 4.05.08 - 7.00.41)	GER	VM	Heerenveen / Thialf	13.-15.3.1998
161,479	Gunda Niemann-Stirnemann (40.34 - 4.02.01 / 1.57.24 - 6.57.24)	GER	VM	Hamar Olympiahall	6.-7.2.1999
159,723	Cindy Klassen (38.82 - 4.02.37 / 1.54.63 - 7.02.78)	CAN	AmQ	Salt Lake City	25.-26.1.2003
159,605	Cindy Klassen (38.53 - 4.02.15 / 1.53.87 - 7.07.61)	CAN	AmQ	Salt Lake City	8.- 9.1.2005
157,177	Cindy Klassen (38.37 - 3.57.96 / 1.52.71 - 6.55.77)	CAN	AmQ	Calgary	21.- 22.1.2006
154.580	Cindy Klassen (37.51 - 3.53.34 WR / 1.51.85 - 6.48.97)	CAN	VM	Calgary	18.-19.3.2006

Kvinner - Stor firkamp (Ikke off. VR-øvelse):

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
	366,306	Siri Postma Krognæs (77.4 - 16.50.5 - 4.26.6 - 32.59.8)	NOR	N	Savalen	6.-7.3.1993

327,676	Marit Riktor (75.3 - 14.21.4 - 3.55.1 - 29.17.4)	NOR	N	Geithus / Furumo	9.-10.3.1996
225,438	Tanja Grotenhuis (51,11 - 9.51,82 / 2.46,63 - 19.52,07)	NED	N	Haarlem	22.-23.12 2001
174,760	Mari Hemmer (42,19 / 2.04,82 - 7.29,71 / 15.19,86)	NOR	Int	Calgary	19.-21.3.2006
169,574	Mari Hemmer (41,00 / 2.01,39 - 7.15,62 / 14.50,98)	NOR	Int	Calgary	13.-15.3.2007
168,287	Mari Hemmer (40,76 / 1.59,87 - 7.10,45 / 14.50,52)	NOR	Int	Calgary	12.-14.3.2008