



<b>45,2</b>		Peder Østlund	NOR	Int	Davos	10.2.1900
<b>44,8</b>		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
<b>44,4 +</b>		Sigurd Mathisen	NOR	R	Davos	9.2.1908
<b>44,4 +</b>		Johan Vikander	FIN	R	Davos	9.2.1908
		<b>+ Mathisen/Vikanders rekorder ble først godkjent på 1955 ISU Congress</b>				
	44,8 t	Oscar Mathisen	NOR	Int	Davos	29.1.1910
	44,8 t	Oscar Mathisen	NOR	EM	Stockholm / Östermalm	10.2.1912
<b>44,2</b>		Oscar Mathisen	NOR	VM	Kristiania / Frogner	17.2.1912
	44,2 t	Oscar Mathisen	NOR	Int	Kristiania / Frogner	1.2.1913
<b>44,0</b>		Oscar Mathisen	NOR	N	Hamar / Mjøsen	16.3.1913
<b>43,7</b>		Oscar Mathisen	NOR	N	Kristiania / Frogner	10.1.1914
<b>43,4</b>		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
<b>43,1</b>		Roald Larsen	NOR	VM /	Davos	4.2.1928
	43,0 p/x	Oscar Mathisen	NOR	O	Davos	14.1.1929
<b>42,8</b>		Clas Thunberg	FIN	EM	Davos	19.1.1929
<b>42,6</b>		Clas Thunberg	FIN	Int	St Moritz	13.1.1931
<b>42,5</b>		Hans Engnestangen	NOR	Int	Davos	21.1.1933
<b>42,4</b>		Allan Potts	USA	LK	Oslo / Frogner	18.1.1936
<b>42,3</b>		Hans Engnestangen	NOR	EM	Davos	30.1.1937
	41,9 s	Leo Freisinger	USA	VM / 2	Davos	5.2.1938
<b>41,8</b>		Hans Engnestangen	NOR	VM /14	Davos	5.2.1938
	41,8 t	Sverre Farstad	NOR	EM	Davos	5.2.1949
<b>41,7</b>		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
<b>41,2</b>		Jurij Sergejev	URS	NM / 9	Alma-Ata / Medeo	19.1.1952
	41,1	Jurij Sergejev	URS	N	Alma-Ata / Medeo	6.1.1953
<b>40,9</b>		Jurij Sergejev	URS	NM	Alma-Ata / Medeo	25.1.1953
	40,9 t	Rafail Gratsj	URS	Int	Alma-Ata / Medeo	12.1.1955
<b>40,8</b>		Jurij Sergejev	URS	NM	Alma-Ata / Medeo	19.1.1955
	40,8 t	Rafail Gratsj	URS	Int / ?	Misurina	22.1.1956
<b>40,2</b>		Jevgenij Grisjin	URS	Int / ?	Misurina	22.1.1956
<b>40,2 t</b>		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
<b>39,6</b>		Jevgenij Grisjin	URS	Int	Alma-Ata / Medeo	27.1.1963
<b>39,5</b>		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
<b>39,2</b>		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
<b>39,2 t</b>		Keiichi Suzuki	JPN	Int	Inzell	1.3.1969
<b>39,09</b>		Valerij Muratov	URS	NMs	Alma-Ata / Medeo	9.1.1970
<b>39,03</b>		Boris Guljajev	URS	NM	Alma-Ata / Medeo	13.1.1970
<b>38,9</b>		Hasse Börjes	SWE	Int	Davos	18.1.1970
<b>38,99</b>		Valerij Muratov	URS	Int	Alma-Ata / Medeo	24.1.1970
<b>38,87</b>		Hasse Börjes	SWE	Int	Alma-Ata / Medeo	25.1.1970
<b>38,73</b>		Valerij Muratov	URS	Int	Alma-Ata / Medeo	29.1.1970
<b>38,71</b>		Keiichi Suzuki	JPN	LK	Inzell	7.3.1970
<b>38,46</b>		Hasse Börjes	SWE	LK	Inzell	8.3.1970
<b>38,42</b>		Erhard Keller	FRG	Int	Inzell	14.3.1971
	38,4	Takayuki Hida	JPN	TR	Asama	4.12.1971
<b>38,30</b>		Erhard Keller	FRG	Int	Inzell	2.1.1972

<b>38,0</b>		Leo Linkovesi	FIN	Int	Davos	8.1.1972
	38,0	Erhard Keller	FRG	O	Davos	15.1.1972
<b>38,0</b>		Erhard Keller	FRG	Int	Inzell	4.3.1972
<b>38,0</b>		Hasse Börjes	SWE	Int	Inzell	4.3.1972
<b>38,0</b>		Lasse Efskind	NOR	Int	Davos	13.1.1973
<b>ISU 1973 - El-tider påbudt på 500 m</b>						
<b>37,99</b>		Jevgenij Kulikov	URS	LK	Alma-Ata / Medeo	15.3.1975
<b>37,97</b>		Jevgenij Kulikov	URS	LK	Alma-Ata / Medeo	16.3.1975
<b>37,85</b>		Valerij Muratov	URS	LK	Alma-Ata / Medeo	18.3.1975
<b>37,20</b>		Jevgenij Kulikov	URS	NMs	Alma-Ata / Medeo	28.3.1975
<b>37,00</b>		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
<b>36,91</b>		Jevgenij Kulikov	URS	LK	Alma-Ata / Medeo	28.3.1981
<b>36,68</b>		Pavel Pegov	URS	LK	Alma-Ata / Medeo	25.3.1983
<b>36,57</b>		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
<b>36,55</b>		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
<b>36,45</b>		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
<b>36,43</b>		Uwe-Jens Mey	GER	Int	Davos	19.1.1992
<b>36,41</b>		Dan Jansen	USA	Int	Davos	25.1.1992
<b>36,41 t</b>		Dan Jansen	USA	Int	Calgary	19.3.1992
	36,32 s	Takahiro Hamamichi	JPN	Int	Calgary	20.3.1993
<b>36,02</b>		Dan Jansen	USA	Int	Calgary	20.3.1993
<b>35,92</b>		Dan Jansen	USA	WC	Hamar Olympiahall	4.12.1993
<b>35,76</b>		Dan Jansen	USA	VMs	Calgary	30.1.1994
<b>35,39</b>		Hiroyasu Shimizu	JPN	WC	Calgary	2.3.1996
<b>35,36</b>		Hiroyasu Shimizu	JPN	VMe/a11	Calgary	28.3.1998
	35,05	Michael Ireland	CAN	VMe/b2	Calgary	28.3.1998
<b>34,82</b>		Hiroyasu Shimizu	JPN	VMe/b11	Calgary	28.3.1998
<b>34,76</b>		Jeremy Wotherspoon	CAN	VMs	Calgary	20.2.1999
<b>34,63</b>		Jeremy Wotherspoon	CAN	WC	Calgary	29.1.2000
<b>34,32</b>		Hiroyasu Shimizu	JPN	VMe	Salt Lake City	10.3.2001
<b>34,30</b>		Joji Kato	JPN	WC	Salt Lake City	19.11.2005
<b>34,25</b>		Kang-Seok Lee	KOR	VMe	Salt Lake City	9.3.2007
<b>34,03</b>		Jeremy Wotherspoon	CAN	WC	Salt Lake City	9.11.2007
<b>34,00</b>		Pavel Kulizjnikov	RUS	WC	Calgary	15.11.2015
<b>33,98</b>		Pavel Kulizjnikov	RUS	WC	Salt Lake City	20.11.2015
	33,83s	Tatsuya Shinhama	JPN	WC	Salt Lake City	9.3.2019
<b>33,61</b>		Pavel Kulizjnikov	RUS	WC	Salt Lake City	9.3.2019

### Menn - 2x500 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
<b>68,96 +</b>		Hiroyasu Shimizu ( 34,64 + 34,32 )	JPN	VMe	Salt Lake City	10.3.2001
<b>68,69</b>		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
<b>68,31</b>		Jeremy Wotherspoon ( 34,26 + 34,05 )	CAN	Int	Calgary	15.3.2008
<b>68,23</b>		Jenning de Boo ( 34,175 + 34,059 )	NED	NMe	Heerenveen	14.2.2025

### 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
<b>Innført som VR-øvelse av ISU (IEV) 1899 - Første godkjente verdensrekord angitt +</b>					
<b>1.38,0 +</b>	Peder Østlund	NOR	Int	Davos	16.1.1899
<b>1.34,0</b>	Peder Østlund	NOR	Int	Davos	10.2.1900
1.34,0 t s	Sigurd Mathisen	NOR	Int	Davos	30.1.1909
<b>1.31,8</b>	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
<b>1.28,4</b>	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
<b>1.22,8</b>	Jevgenij Grisjin	URS	Int	Alma-Ata / Medeo	12.1.1955
1.22,4	Erhard Keller	FRG	N	Inzell	22.1.1966
<b>1.20,6</b>	Ard Schenk	NED	Int	Inzell	28.2.1967
<b>1.20,6 t</b>	Ard Schenk	NED	Int	Davos	5.2.1968
<b>1.20,5</b>	Ivar Eriksen	NOR	Int	Inzell	9.3.1968
<b>1.20,3</b>	Ivar Eriksen	NOR	Int	Inzell	8.2.1969
<b>1.19,5</b>	Ivar Eriksen	NOR	Int	Inzell	1.3.1969
<b>1.19,2</b>	(1.19,25) Valerij Muratov	URS	Int	Alma-Ata / Medeo	24.1.1970
<b>1.19,2 t</b>	Ivar Eriksen	NOR	Int	Davos	15.1.1971
<b>1.18,8</b>	Ard Schenk	NED	VMs	Inzell	20.2.1971
<b>1.18,5</b>	Erhard Keller	FRG	Int	Inzell	4.3.1972
<b>1.17,6</b>	Lasse Efskind	NOR	Int	Davos	13.1.1973
<b>1.17,23</b>	Aleksandr Safronov	URS	Int	Alma-Ata / Medeo	11.4.1974
<b>1.16,92</b>	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
<b>1.15,70</b>	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
<b>1.15,33</b>	Jevgenij Kulikov	URS	LK	Alma-Ata / Medeo	19.3.1977
<b>1.14,99</b>	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
<b>1.14,99 t</b>	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
<b>1.13,60</b>	Eric Heiden	USA	Int	Davos	13.1.1980
<b>1.13,39</b>	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
<b>1.12,58</b>	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**

<b>1.12,58 t</b>		Igor Zjelezovskij	URS	VMs / 4	Heerenveen / Thialf	25.2.1989
<b>1.12,54</b>		Kevin Scott	CAN	NM	Calgary	17.12.1993
	1.12,4 m	Dan Jansen	USA	TR	Hamar Olympiahall	31.1.1994
<b>1.12,43</b>		Dan Jansen	USA	OL	Hamar Olympiahall	18.2.1994
<b>1.12,37</b>		Yasunori Miyabe	JPN	Int	Calgary	26.3.1994
<b>1.12,27</b>		Sylvain Bouchard	CAN	NM	Calgary	22.12.1995
<b>1.12,19</b>		Kevin Overland	CAN	NM	Calgary	23.12.1995
	1.11,94 s	Ådne Søndrål	NOR	WC /	Calgary	1.3.1996
<b>1.11,67</b>		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
<b>1.10,63</b>		Manabu Horii	JPN	WC	Calgary	22.11.1997
<b>1.10,63</b>		Jan Bos	NED	WC	Calgary	22.11.1997
<b>1.10,42</b>		Kyou-Hyuk Lee	ROK	WC	Calgary	23.11.1997
<b>1.10,16</b>		Jeremy Wotherspoon	CAN	NM	Calgary	29.12.1997
<b>1.09,60</b>		Sylvain Bouchard	CAN	VMe	Calgary	29.3.1998
<b>1.09,09</b>		Jeremy Wotherspoon	CAN	NM	Calgary	15.1.1999
<b>1.08,66</b>		Jeremy Wotherspoon	CAN	VMs	Calgary	20.2.1999
<b>1.08,55</b>		Jan Bos	NED	VMs	Calgary	21.2.1999
<b>1.08,49</b>		Jeremy Wotherspoon	CAN	NM	Calgary	12.1.2000
	1.08,34	Jeremy Wotherspoon	CAN	N	Calgary	12.2.2000
<b>1.08,35</b>		Jeremy Wotherspoon	CAN	Int	Calgary	18.3.2000
<b>1.08,34</b>		Michael Ireland	CAN	Int	Calgary	3.3.2001
<b>1.08,28</b>		Jeremy Wotherspoon	CAN	VMe	Salt Lake City	11.3.2001
	1.08,06 s	Casey FitzRandolph	USA	WC	Salt Lake City	1.12.2001
<b>1.07,72</b>		Jeremy Wotherspoon	CAN	WC	Salt Lake City	1.12.2001
<b>1.07,18</b>		Gerard van Velde	NED	OL	Salt Lake City	16.2.2002
<b>1.07,03</b>		Shani Davis	USA	WC	Salt Lake City	20.11.2005
<b>1.07,00</b>		Pekka Koskela	FIN	WC	Salt Lake City	10.11.2007
	1.06,88 s	Trevor Marsicano	USA	WC	Salt Lake City	7.3.2009
<b>1.06,42</b>		Shani Davis	USA	WC	Salt Lake City	7.3.2009
<b>1.06,18</b>		Kjeld Nuis	NED	WC	Salt Lake City	9.3.2019
<b>1.05,69</b>		Pavel Kulizjnikov	RUS	VMe	Salt Lake City	15.2.2020
<b>1.05,37</b>		Jordan Stolz	USA	WC	Salt Lake City	26.1.2024

**Menn - 1500 m :**

<i>Godkj.</i>	<i>Uoff.</i>	<i>Navn</i>	<i>Nat.</i>	<i>Type</i>	<i>Sted/ Bane</i>	<i>Dato/Ar</i>
<b>Før-ISU-æra :</b>						
	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
<b>ISU (IEV) opprettet juli 1892 - Første godkjente verdensrekord angitt +</b>						
	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
<b>2.35,0+</b>		Jaap Eden	NED	N / dr	Paterswolde	11.1.1893
	2.33,0 s	Peder Østlund	NOR	Int	Hamar	25.2.1893
<b>2.32,6</b>		Peder Østlund	NOR	Int / dr	Hamar	25.2.1893
<b>2.31,4</b>		Peder Østlund	NOR	EM / 5	Hamar / Akersviken	24.2.1894
<b>2.29,6</b>		Einar Halvorsen	NOR	EM / 6	Hamar / Akersviken	24.2.1894
<b>2.28,8</b>		Peder Østlund	NOR	EM / dr	Hamar / Akersviken	25.2.1894
<b>2.25,4</b>		Jaap Eden	NED	VM	Hamar / Mjøsen	23.2.1895
	2.25,4 t	Jaap Eden	NED	VM / dr	Hamar / Mjøsen	24.2.1895
<b>2.23,6</b>		Peder Østlund	NOR	VM	Davos	7.2.1898
<b>2.22,6</b>		Peder Østlund	NOR	VM	Davos	11.2.1800
<b>2.20,8</b>		Oscar Mathisen	NOR	Int	Davos	9.2.1908
<b>2.20,6</b>		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
<b>2.19,4</b>		Oscar Mathisen	NOR	N	Kristiania / Frogner	11.1.1914
<b>2.17,4</b>		Oscar Mathisen	NOR	Int	Davos	18.1.1914

	2.17,4 t s	Ivar Ballangrud	NOR	VM	Davos	2.2.1936
<b>2.14,9</b>		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
<b>2.13,8</b>		Hans Engnestangen	NOR	Int	Davos	29.1.1939
	2.13,8 t	Boris Sjilkov	URS	N	Alma-Ata / Medeo	7.1.1952
<b>2.12,9</b>		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
<b>2.09,8</b>		Jevgenij Grisjin	URS	Int / 3	Alma-Ata / Medeo	10.1.1955
<b>2.09,1</b>		Jurij Mikhajlov	URS	Int	Davos	20.1.1956
<b>2.08,6</b>		Jevgenij Grisjin	URS	OL /11	Misurina	30.1.1956
<b>2.08,6</b>		Jurij Mikhajlov	URS	OL /12	Misurina	30.1.1956
<b>2.06,3</b>		Juhani Järvinen	FIN	Int / 6	Squaw Valley	1.3.1959
	2.06,3 t	Lev Zajtsev	URS	N	Alma-Ata / Medeo	16.1.1964
<b>2.06,2</b>		Ard Schenk	NED	Int	Davos	26.1.1966
<b>2.05,3</b>		Ard Schenk	NED	Int	Inzell	30.1.1966
<b>2.03,9</b>		Kees Verkerk	NED	Int	Inzell	26.2.1967
<b>2.02,5</b>		Magne Thomassen	NOR	Int	Davos	5.2.1968
<b>2.02,0</b>		Kees Verkerk	NED	Int	Davos	9.2.1969
<b>2.01,9</b>		Kees Verkerk	NED	LK	Inzell	8.3.1970
<b>1.58,7</b>	(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
<b>1.55,61</b>		Hans van Helden	NED	Int	Inzell	13.3.1976
	1.53,8 uk	Vladimir Lobanov	URS	N	Alma-Ata / Medeo	25.12.1976
<b>1.55,18</b>		Jan Egil Storholt	NOR	LK	Alma-Ata / Medeo	20.3.1977
<b>1.54,79</b>		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
<b>1.54,26</b>		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
<b>1.53,26</b>		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
<b>1.52,70</b>		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
<b>1.52,50</b>		Igor Zjelezovskij	URS	WC	Calgary	5.12.1987
	1.52,12 s	Eric Flaim	USA	OL / 1	Calgary	20.2.1988
<b>1.52,06</b>		Andre Hoffmann	GDR	OL / 3	Calgary	20.2.1988
<b>ISU 1988 - El-tider påbudt på alle distanser</b>						
<b>1.51,60</b>		Rintje Ritsma	NED	EM	Hamar Olympiahall	8.1.1994
<b>1.51,29</b>		Johann Olav Koss	NOR	OL	Hamar Olympiahall	16.2.1994
	1.50,74 s	Ådne Søndrål	NOR	WC	Calgary	2.3.1996
<b>1.50,61</b>		Hiroyuki Noake	JPN	WC	Calgary	2.3.1996
<b>1.50,09</b>		KC Boutiette	USA	Int	Calgary	15.3.1997
<b>1.50,05</b>		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
<b>1.49,81</b>		Ids Postma	NED	WC	Berlin Sportforum	29.11.1997
<b>1.49,07</b>		Kevin Overland	CAN	NM	Calgary	29.11.1997
<b>1.48,88</b>		Rintje Ritsma	NED	WC	Heerenveen / Thialf	20.12.1997
<b>1.47,87</b>		Ådne Søndrål	NOR	OL	Nagano / M-Wave	12.2.1998
	1.47,47 s	Roberto Sighel	ITA	VMe / 5	Calgary	28.3.1998
<b>1.46,43</b>		Ådne Søndrål	NOR	VMe /10	Calgary	28.3.1998
<b>1.45,56</b>		Jakko Jan Leeuwangh	NED	WC	Calgary	29.1.2000
<b>1.45,20</b>		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
<b>1.43,95</b>		Derek Parra	USA	OL /21	Salt Lake City	19.2.2002
<b>1.43,33</b>		Shani Davis	USA	AmQ	Salt Lake City	9.1.2005
<b>1.42,78</b>		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 <sup>t</sup>	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/År
<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 / Fyrvalla	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 / Lidingövallen	12.2.1963
4.33,0		Ivar Eriksen	NOR	Int	Oslo / Bislett	28.2.1963
4.27,6		Jonny Nilsson	SWE	Int	Tolga Idretts plass	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

4.18,4	4.21,9 s	Kees Verkerk	NED	Int /	Inzell	25.2.1967
4.17,5		Ard Schenk	NED	Int /	Inzell	25.2.1967
4.17,4		Fred Anton Maier	NOR	Int	Inzell	7.3.1968
		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 Botsjkarjov	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 Tvetter	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
<b>ISU 1988 - El-tider påbudt på alle distanser</b>						
	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
3.32,42		Metoděj Jílek	CZE	Int	Salt Lake City	26.10.2025

### Menn - 5000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
<b>Før-ISU-æra :</b>						
	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 / Tjersrudt	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>						
<b>9.19,8 +</b>		Oskar Fredriksen	NOR	Int	Stockholm / Nb	2.3.1890
	9.19,0 s	Adolf Norseng	NOR	Int	Hamar / Mjøsen	28.2.1892
<b>9.10,2</b>		Einar Halvorsen	NOR	Int	Hamar / Mjøsen	28.2.1892
<b>9.07,0</b>		Einar Halvorsen	NOR	NM	Hamar	26.2.1893
	8.39,6 s	Einar Halvorsen	NOR	EM	Hamar / Akersviken	25.2.1894
<b>8.37,6</b>		Jaap Eden	NED	EM	Hamar / Akersviken	25.2.1894
<b>8.37,2</b>		Nikolaj Strunnikov	URS	LK/uk	Kristiania / Frogner	4.2.1911
<b>8.36,6</b>		Oscar Mathisen	NOR	Int	Davos	17.1.1914
	8.33,8 k	Sverre Aune	NOR	K	Trondhjem / Øen	13.1.1915
<b>8.36,3</b>		Oscar Mathisen	NOR	Int	Kristiania / Frogner	23.1.1916
<b>8.33,7</b>		Kristian Strøm	NOR	Int	Trondhjem / Øen	4.2.1917
<b>8.27,7</b>		Harald Strøm	NOR	Int	Kristiania / Frogner	20.2.1921
<b>8.26,5</b>		Harald Strøm	NOR	VM	Kristiania / Frogner	18.2.1922
<b>8.24,2</b>		Ivar Ballangrud	NOR	EM	Davos	19.1.1929
<b>8.21,6</b>		Ivar Ballangrud	NOR	Int	Davos	11.1.1930
	8.11,2 fe	Bernt Evensen	NOR	Int	Oslo / Frogner	4.3.1931
<b>8.19,2</b>		Simon Heiden	NED	Int	Davos	22.1.1933
<b>8.18,9</b>		Max Stiepl	AUT	EM	Hamar Stadion	3.2.1934
<b>8.17,2</b>		Ivar Ballangrud	NOR	LK	Oslo / Frogner	18.1.1936
	8.14,8	Aage Johansen	NOR	N	Bergen / Møhlenpris	11.2.1940
<b>8.13,7</b>		Åke Seyffarth	SWE	LK	Davos	3.2.1941
<b>8.13,5</b>		Kornél Pajor	HUN	EM	Davos	5.2.1949
<b>8.07,3</b>		Hjalmar Andersen	NOR	N	Trondheim / Øya	13.1.1951
<b>8.06,6</b>		Kees Broekman	NED	Int	Davos	25.1.1953
<b>8.03,7</b>	(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
<b>7.45,6</b>		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
<b>7.37,8</b>		Knut Johannesen	NOR	LK / 5	Oslo / Bislett	26.1.1963
<b>7.34,3</b>		Jonny Nilsson	SWE	VM	Karuizawa	23.2.1963
<b>7.33,2</b>		Jonny Nilsson	SWE	VM	Oslo / Bislett	13.2.1965
<b>7.28,1</b>		Fred Anton Maier	NOR	Int	Notodden / Sportsplassen	4.3.1965
<b>7.26,6</b>		Kees Verkerk	NED	Int	Inzell	26.2.1967
<b>7.26,2</b>	(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
<b>7.22,4</b>		Fred Anton Maier	NOR	OL / 5	Grenoble	15.2.1968
	7.19,9 s	Kees Verkerk	NED	Int /	Inzell	9.3.1968
<b>7.16,7</b>		Fred Anton Maier	NOR	Int /	Inzell	9.3.1968
<b>7.13,2</b>		Kees Verkerk	NED	Int	Inzell	1.3.1969
<b>7.12,0</b>		Ard Schenk	NED	Int	Inzell	13.3.1971
	7.10,7 s	Jan Bols	NED	Int /	Inzell	4.3.1972
<b>7.09,8</b>		Ard Schenk	NED	Int /	Inzell	4.3.1972
<b>7.08,92</b>		Jurij Kondakov	URS	NM	Alma-Ata / Medeo	24.3.1975
<b>7.07,82</b>		Hans van Helden	NED	Int	Davos	30.1.1976
<b>7.04,86</b>		Piet Kleine	NED	Int	Inzell	5.3.1976
<b>7.02,38</b>		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
<b>6.56,9</b>	(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
<b>6.54,66</b>		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
<b>6.49,15</b>		Viktor Sjasjerin	URS	LK / 2	Alma-Ata / Medeo	23.3.1984
<b>6.47,01</b>		Leo Visser	NED	VM	Heerenveen / Thialf	14.2.1987
<b>6.45,44</b>		Geir Karlstad	NOR	WC / 1	Heerenveen / Thialf	22.11.1987
	6.44,51 s	Tomas Gustafson	SWE	WC /	Calgary	4.12.1987
<b>6.43,59</b>		Geir Karlstad	NOR	WC /	Calgary	4.12.1987
<i>ISU 1988 - El-tider påbudt på alle distanser</i>						
<b>6.41,73</b>		Johann Olav Koss	NOR	VM	Heerenveen / Thialf	9.2.1991
<b>6.38,77</b>		Johann Olav Koss	NOR	EM	Heerenveen / Thialf	22.1.1993
<b>6.36,57</b>		Johann Olav Koss	NOR	WC	Heerenveen / Thialf	13.3.1993
<b>6.35,53</b>		Johann Olav Koss	NOR	WC	Hamar Olympiahall	4.12.1993

<b>6.34,96</b>		Johann Olav Koss	NOR	OL	Hamar Olympiahall	13.2.1994
	6.33,58 s	Bob de Jong	NED	WC /	Heerenveen / Thialf	7.12.1997
<b>6.30,63</b>		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
<b>6.22,20</b>		Gianni Romme	NED	OL /16	Nagano / M-Wave	8.2.1998
<b>6.21,49</b>		Gianni Romme	NED	VMe	Calgary	27.3.1998
<b>6.18,72</b>		Gianni Romme	NED	WC	Calgary	30.1.2000
	6.17,98 s	Derek Parra	USA	OL /12	Salt Lake City	9.2.2002
<b>6.14,66</b>		Jochem Uytdehaage	NED	OL /15	Salt Lake City	9.2.2002
	6.12,19 s	Eskil Ervik	NOR	WC/ 5	Calgary	13.11.2005
<b>6.09,68</b>		Chad Hedrick	USA	WC/ 9	Calgary	13.11.2005
<b>6.08,78</b>		Sven Kramer	NED	WC	Salt Lake City	19.11.2005
<b>6.07,48</b>		Sven Kramer	NED	WC	Calgary	3.3.2007
<b>6.07,40</b>		Enrico Fabris	ITA	WC	Salt Lake City	10.11.2007
<b>6.03,32</b>		Sven Kramer	NED	WC	Calgary	17.11.2007
<b>6.01,86</b>		Ted-Jan Bloemen	CAN	WC	Salt Lake City	10.12.2017
<b>6.01,56</b>		Nils van der Poel	SWE	WC	Salt Lake City	3.12.2021
<b>6.00,23</b>		Timothy Loubineaud	FRA	WC	Salt Lake City	14.11.2025
<b>5.58,52</b>		Sander Eitrem	NOR	WC	Inzell	24.1.2026

### Menn - 10.000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
<b>Før-ISU-æra :</b>						
	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
<b>ISU (IEV) opprettet juli 1892 - Første godkjente verdensrekord angitt +</b>						
	19.49,0	Frithiof Ericson	SWE	T	Stockholm / Nb	8.1.1893
<b>20.21,4 +</b>		Oskar Fredriksen	NOR	VM	Amsterdam M	14.1.1893
	19.48,0 s	Frithiof Ericson	SWE	Int	Stockholm / Nb	12.2.1893
<b>19.47,4</b>		Halfdan Nielsen	NOR	Int	Stockholm / Nb	12.2.1893
	19.42,6 s	Rudolf Ericson	SWE	N	Stockholm / Nb	7.1.1894
<b>19.22,8</b>		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
<b>17.56,0</b>		Jaap Eden	NED	VM / 6	Hamar / Mjøsen	23.2.1895
<b>17.50,6</b>		Peder Østlund	NOR	Int	Davos	11.2.1900
<b>17.46,3</b>		Oscar Mathisen	NOR	VM	Kristiania / Frogner	18.2.1912
<b>17.36,4</b>		Oscar Mathisen	NOR	Int	Trondhjem / Øen	25.1.1913
<b>17.22,6</b>		Oscar Mathisen	NOR	Int	Kristiania / Frogner	1.2.1913
	17.22,6 t	Ivar Ballangrud	NOR	VM / 1	Davos	5.2.1928
<b>17.17,4</b>		Armand Carlsen	NOR	VM / 2	Davos	5.2.1928
<b>17.14,4</b>		Ivar Ballangrud	NOR	VM / 4	Davos	6.2.1938
	17.14,4+	Charles Mathiesen	NOR	VM / 4	Davos	6.2.1938
<b>17.01,5</b>		Charles Mathiesen	NOR	Int	Hamar Stadion	3.3.1940
	16.58,7 s	Kornél Pajor	HUN	EM / 2	Davos	6.2.1949
<b>16.57,4</b>		Hjalmar Andersen	NOR	EM / 5	Davos	6.2.1949
<b>16.51,4</b>		Hjalmar Andersen	NOR	NM	Gjøvik Stadion	27.1.1952
<b>16.32,6</b>		Hjalmar Andersen	NOR	LK	Hamar Stadion	10.2.1952
	16.31,4	Nikolaj Sjtjelbaums	URS	N	Tsjeljabinsk	4.2.1959
	16.18,9 s	Nikolaj Sjtjelbaums	URS	N /	Alma-Ata / Medeo	31.1.1960
	16.13,1	Vladimir Sjikovskij	URS	N /	Alma-Ata / Medeo	31.1.1960
	16.14,2 s	Kjell Bäckman	SWE	OL / 2	Squaw Valley	27.2.1960
<b>15.46,6</b>		Knut Johannesen	NOR	OL / 4	Squaw Valley	27.2.1960
<b>15.33,0</b>		Jonny Nilsson	SWE	VM / 2	Karuizawa	24.2.1963
<b>15.32,2</b>		Fred Anton Maier	NOR	LK	Oslo / Bislett	6.2.1966
<b>15.31,8</b>		Fred Anton Maier	NOR	Int	Inzell	28.2.1967
<b>15.29,5</b>		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
<b>15.20,3</b>		Fred Anton Maier	NOR	EM / 2	Oslo / Bislett	28.1.1968
<b>15.16,1</b>		Per Willy Guttormsen	NOR	Int	Inzell	10.3.1968
<b>15.03,6</b>		Kees Verkerk	NED	EM	Inzell	26.1.1969
<b>15.01,6</b>		Ard Schenk	NED	VM	Göteborg / Ullevi	14.2.1971
<b>14.55,9</b>		Ard Schenk	NED	Int	Inzell	14.3.1971
<b>14.52,73</b>		Viktor Varlamov	URS	NM	Alma-Ata / Medeo	25.3.1975
<b>14.50,31</b>		Sten Stensen	NOR	EM	Oslo / Bislett	25.1.1976
<b>14.43,92</b>		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/År
<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 )				999
	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 Hänninen	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 ( 39,86 - 1.20,82 - 39,01 - 1.20,59 )	URS	Int	Inzell		1.- 2.1.1972
	156,160	Erhard Keller ( 38.78 - 1.19.17 - 38.30 - 1.18.99 )	FRG	Int	Inzell		1.- 2.1.1972
<b>155,800</b>		Erhard Keller ( 38.0 - 1.18.5 - 38.5 - 1.20.1 )	FRG	Int	Inzell		4.- 5.3.1972
<b>154,400</b>		Lasse Efskind ( 38.0 - 1.17.6 - 38.2 - 1.18.8 )	NOR	Int	Davos		13.-14.1.1973
<b>ISU 1973 - El-tider påbudt på 500 m</b>							
<b>153,390</b>		Valerij Muratov ( 37.98 - 1.16.92 - 37.85 - 1.18.20 )	URS	LK	Alma-Ata / Medeo		17.-18.3.1975
<b>153,250</b>		Jevgenij Kulikov ( 37.20 - 1.19.12 - 37.00 - 1.18.98 )	URS	NMs	Alma-Ata / Medeo		28.-29.3.1975
<b>151,190</b>		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
<b>150,250</b>		Eric Heiden ( 38,25 - 1.15,14 - 37,63 - 1.13,60 )	USA	Int	Davos		12.-13.1.1980
<b>148,785</b>		Gaetan Boucher ( 37.88 - 1.13.96 - 37.23 - 1.13.39 )	CAN	Int / 1	Davos		30.-31.1.1981
<b>146,955</b>		Pavel Pegov ( 36.68 - 1.12.58 - 36.57 - 1.14.83 )	URS	LK	Alma-Ata / Medeo		25.-26.3.1983
<b>ISU 1988 - El-tider påbudt på alle distanser</b>							
	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
<b>145,945</b>		Igor Zjelezovskij ( 36.52 - 1.12.58 - 36.83 - 1.12.61 )	URS	VMs /18	Heerenveen / Thialf		25.-26.2.1989
<b>145,580</b>		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
<b>144,815</b>		Dan Jansen ( 35.96 - 1.13.04 - 35.76 - 1.13.15 )	USA	VMs /17	Calgary		29.-30.1.1994
<b>144,445</b>		Yasunori Miyabe ( 35.86 - 1.12.62 - 36.09 - 1.12.37 )	JPN	Int	Calgary		25.-26.3.1994
<b>143,425</b>		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
<b>141,995</b>		Jeremy Wotherspoon ( 35,50 - 1.10,76 / 35,77 - 1.10,69 )	CAN	WC	Calgary		22.-23.11.1997
<b>140,050</b>		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
<b>138,310</b>		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
<b>137,285</b>		Jeremy Wotherspoon ( 34,85 - 1.07,72 WR / 34,66 - 1.07,83 )	CAN	WC /24	Salt Lake City		1.-2.12.2001
<b>137,270</b>		Jeremy Wotherspoon ( 34,41 - 1.07,89 / 34,77 - 1.08,29 )	CAN	WC	Salt Lake City		11.-12.1.2003
<b>137,230</b>		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		9.-11.11.2007
<b>136,810</b>		Stefan Groothuis ( 34,84 - 1.07,50 / 34,74 - 1.06,96 )	NED	WChS	Calgary		28.-29.1.2012
<b>136,790</b>		Michel Mulder ( 34,47 - 1.07,49 / 34,75 - 1.07,65 )	NED	WChS	Calgary		26.-27.1.2013
	136,300s	Kjeld Nuis	NED	VMs	Calgary		25.-26.2.2017

	136,280s	( 34,90 - 1.06,61 / 34,84 - 1.06,51 ) Håvard Holmefjord Lorentzen ( 34,43 - 1.07,08 / 34,62 - 1.07,38 )	NOR	VMs	Calgary	25.-26.2.2017
<b>136,065</b>		Kai Verbij ( 34,48 - 1.06,73 / 34,25 - 1.07,94 )	NED	VMs	Calgary	25.-26.2.2017
<b>134,670</b>		Jenning de Boo ( 33,78 - 1.06,52 / 33,93 - 1.07,40 )	NED	VMs	Heerenveen	5.-6.3.2026

### Menn - Liten firkamp :

Godkj. Før-ISU-æra :	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/Ar
	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
<b>ISU 1973 - El-tider påbudt på 500 m</b>	166,372	Jurij Kondakov	URS	N	Alma-Ata / Medeo	25.-26.12.1973

	( 40.20 - 4.03.67 - 2.01.39 - 7.30.97 )					
165,543	Nikolaj Kuzmenko	URS	N	Alma-Ata / Medeo		12.-13.4.1975
	( 38.74 - 4.11.24 - 2.00.24 - 7.28.50 )					
164,070	Masahiko Yamamoto	JPN	UK	Alma-Ata / Medeo		28.-29.3.1977
	( 38.95 - 4.14.32 - 1.59.5 - 7.09.0 )					
164,050	Klaus Wunderlich	GDR	LK	Alma-Ata / Medeo		6.-7.4.1977
	( 39.1 - 4.07.1 - 1.56.6 - 7.29.0 )					
162,811	Anatolij Isupov	URS	N	Alma-Ata / Medeo		15.-16.4.1978
	( 38.67 - 4.08.95 - 1.56.20 - 7.19.17 )					
162,073	Dmitrij Ogloblin	URS	N	Alma-Ata / Medeo		28.29.3.1979
	( 40.11 - 4.04.06 - 1.56.50 - 7.04.54 )					
<b>Innført som VR-øvelse av ISU 1980 - Første godkjente verdensrekord angitt +</b>						
<b>163,344</b>	Andreas Dietel	GDR	Int	Davos		16.-17.1.1981
	( 38,16 - 4.07,28 - 1.57,83 - 7.25,95 )					
<b>162,734</b>	Rolf Falk-Larssen	NOR	Int	Davos		16.-17.1.1982
	( 38,70 - 4.08,00 - 1.58,10 - 7.13,35 )					
161,690	Viktor Sjasjerin	URS	N	Alma-Ata / Medeo		3.4.1.1981
	( 39.2 - 4.05.4 - 1.57.9 - 7.02.9 )					
161,312	Andrej Rybin	URS	LK	Alma-Ata / Medeo		2.3.4.1983
	( 38.12 - 4.08.35 - 1.55.34 - 7.13.55 )					
<b>161,758</b>	Rolf Falk-Larssen	NOR	Int	Davos		22.-23.1.1983
	( 38,62 - 4.09,60 - 1.56,70 - 7.06,38 )					
<b>161,158</b>	Andre Hoffmann	GDR	Int	Davos		12.13.1.1985
	( 38.77 - 4.03.31 - 1.56.10 - 7.11.37 )					
<b>ISU 1988 - El-tider påbudt på alle distanser</b>						
<b>160,454</b>	Gerard Kemkers	NED	Int	Inzell		16.-17.3.1990
	( 38.55 - 4.02.57 - 1.57.95 - 7.01.60 )					
<b>159,753</b>	Falko Zandstra	NED	JNM	Heerenveen / Thialf		16.-17.2.1991
	( 38.17 - 4.04.58 - 1.56.23 - 7.00.77 )					
159,281s	Keiji Shirahata	JPN	JVM / 6	Calgary		1.-3.3.1991
	( 38.68 - 4.04.60 - 1.54.97 - 6.55.12 )					
<b>156,059</b>	Falko Zandstra	NED	JVM / 7	Calgary		1.-3.3.1991
	( 37.99 - 3.57.64 - 1.53.26 - 6.47.10 )					
<b>154,103</b>	KC Boutiette	USA	Int	Calgary		14.-15.3.1997
	( 37,41 - 3.53,65 - 1.50,09 - 6.50,56 )					
<b>153,767</b>	Carl Verheijen	NED	Int	Calgary		20.-21.3.1998
	( 38,46 - 3.49,97 / 1.50,93 - 6.40,03 )					
<b>153,583</b>	Erben Wennemars	NED	Int	Calgary		15.-16.8.1998
	( 37,22 - 3.53,35 / 1.49,22 - 6.50,66 )					
<b>152,043</b>	Steven Elm	CAN	LK	Calgary		27.-29.11.1998
	( 37,85 - 3.50,76 / 1.49,06 / 6.33,80 )					
151,183 s	Bart Veldkamp	BEL	Int	Calgary		19.-20.3.1999
	( 37,96 - 3.48,26 / 1.49,60 - 6.26,47 )					
150,760 s	Jochem Uytdehaage	NED	Int	Calgary		19.-20.3.1999
	( 37,67 - 3.46,04 / 1.48,92 - 6.31,11 )					
150,587 s	Steven Elm	CAN	Int	Calgary		19.-20.3.1999
	( 37,37 - 3.45,23 / 1.49,10 - 6.33,13 )					
<b>149,283</b>	Christian Breuer	GER	Int	Calgary		19.-20.3.1999
	( 35,68 - 3.49,25 / 1.47,62 - 6.35,22 )					
<b>149,188</b>	Erben Wennemars	NED	Int	Calgary		14.-15.8.1999
	( 35,73 - 3.46,37 / 1.47,22 - 6.39,90 )					
148,556 s	Sicco Janmat	NED	Int	Calgary		15.-17.3.2001
	( 37,23 / 3.43,31 / 1.47,46 - 6.22,88 )					
<b>147,665</b>	Jochem Uytdehaage	NED	Int	Calgary		15.-17.3.2001
	( 36,93 / 3.43,28 / 1.46,32 - 6.20,82 )					
<b>146,355</b>	Erben Wennemars	NED	Int	Calgary		12.-14.8.2005
	( 35,65 - 3.41,84 / 1.44,70 - 6.28,42 )					

### **Menn - Stor firkamp :**

<i>Godkj.</i>	<i>Uoff.</i>	<i>Navn</i>	<i>Nat.</i>	<i>Type</i>	<i>Sted/ Bane</i>	<i>Dato/År</i>
<b>Før-ISU-æra :</b>						
	232,957tr	Rudolf Ericson	SWE	T	Stockholm / Nb	8.1.1893
		( 57.4 - 2.54.8 - 9.38.4 - 19.49.0 )				
	240,710 s	Filip N. Petersen	NOR	VM	Amsterdam M	13.-14.1.1893
		( 2.58,2 - 10.31,4 - 54,0 - 21.23,4 )				
	237,530	Rudolf Ericson	SWE	VM	Amsterdam M	13.-14.1.1893
		( 2.54,0 - 10.36,8 - 52,2 - 19.51,0 )				

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 ( 2.42.0 - 9.50.0 - 51.4 - 18.52.2 )	NOR	PVM	Zwolle	10.-11.1.1894
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
<b>Innført som VR-øvelse av ISU (IEV) 1949 - Første godkjente verdensrekord angitt +</b>					
190,618 s	Kornél Pajor ( 44.5 - 8.13.5 - 2.17.5 - 16.58.7 )	HUN	EM / 2	Davos	5.- 6.2.1949
<b>188,958</b>	Sverre Farstad ( 41.8 - 8.15.4 - 2.13.9 - 17.39.7 )	NOR	EM / 2	Davos	5.- 6.2.1949
<b>184,638</b>	Dmitrij Sakunenکو ( 42.6 - 7.54.9 - 2.13.0 - 16.44.3 )	URS	Int	Alma-Ata / Medeo	9.-10.1.1955
<b>184,490</b>	Günter Traub ( 43.1 - 8.12.1 - 2.09.3 - 16.21.6 )	FRG	Int	Madonna di Campiglio	19.-20.1.1963
<b>183,035</b>	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
<b>180,560</b>	Nils Egil Aanes ( 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 Aanes ( 42.1 - 7.46.6 - 2.11.7 - 15.54.9 )	NOR	VM / 1	Karuizawa	23.-24.2.1963
<b>178,447</b>	Jonny Nilsson ( 43.0 - 7.34.3 - 2.10.1 - 15.33.0 )	SWE	VM / 2	Karuizawa	23.-24.2.1963
<b>178,253</b>	Fred Anton Maier ( 43.6 - 7.33.1 - 2.08.2 - 15.32.2 )	NOR	LK /p- 3	Oslo / Bislett	5.- 6.2.1966
<b>178,058</b>	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
<b>176,982</b>	Svein-Erik Stiansen ( 41.8 - 7.27.6 - 2.07.7 - 15.57.1 )	NOR	Int / 4	Madonna di Campiglio	13.-14.1.1968
<b>176,717</b>	Günter Traub ( 41.7 - 7.40.2 - 2.05.6 - 15.42.6 )	FRG	NM	Inzell	20.-21.1.1968
<b>176,340</b>	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	NOR	Int	Inzell	9.-10.3.1968

	( 40.7 - 7.36.1 - 2.06.3 - 15.56.1 )					
175,713 s	Bjørn Tveter	NOR	Int	Inzell		9.-10.3.1968
<b>172,058</b>	( 40.7 - 7.31.2 - 2.06.4 - 15.55.2 ) Kees Verkerk	NED	Int	Inzell		9.-10.3.1968
<b>171,758</b>	( 40.4 - 7.19.9 - 2.03.7 - 15.28.7 ) Göran Claeson	SWE	Int	Inzell		1.- 2.3.1969
<b>171,512</b>	( 40.2 - 7.17.0 - 2.05.2 - 15.22.5 ) Jan Bols	NED	Int	Inzell		7.- 8.3.1970
<b>171,317</b>	( 40.51 - 7.19.8 - 2.04.4 - 15.11.1 ) Ard Schenk	NED	VM	Oslo / Bislett		30.-31.1.1971
<b>171,130</b>	( 40.29 - 7.25.9 - 2.02.3 - 15.13.4 ) Ard Schenk	NED	VM	Göteborg / Ullevi		13.-14.2.1971
<b>168,248</b>	( 40.57 - 7.18.8 / 2.04.8 - 15.01.6 ) Ard Schenk	NED	Int	Inzell		13.-14.3.1971
<b>167,420</b>	( 39.82 - 7.12.0 - 2.01.3 - 14.55.9 ) Ard Schenk	NED	Int	Inzell		4.- 5.3.1972
	( 39.0 - 7.09.8 - 1.58.8 - 15.16.8 )					
<b>ISU 1973 - El-tider påbudt på 500 m</b>						
<b>165,884</b>	Piet Kleine	NED	Int	Inzell		12.-13.3.1976
	( 40.69 - 7.02.38 - 1.56.28 - 14.43.92 )					
164,187	Sergej Martsjuk	URS	LK / 1	Alma-Ata / Medeo		19.-20.3.1977
<b>163,221</b>	( 38.81 - 6.58.88 - 1.57.62 - 14.45.63 ) Jan Egil Storholt	NOR	LK / 3	Alma-Ata / Medeo		19.-20.3.1977
<b>162,973</b>	( 38.07 - 7.01.16 - 1.55.18 - 14.52.84 ) Eric Heiden	USA	VM	Oslo / Bislett		10.-11.2.1979
	( 38.22 - 6.59.15 - 1.56.05 - 14.43.11 )					
162,320	Viktor Sjasjerin	URS	N	Alma-Ata / Medeo		31.3.-1.4.1982
<b>161,550</b>	( 38.37 - 7.00.76 - 1.55.83 - 14.25.29 ) Viktor Sjasjerin	URS	LK	Alma-Ata / Medeo		25.-26.3.1983
<b>160,807</b>	( 37.63 - 6.55.43 - 1.54.36 - 14.45.14 ) Viktor Sjasjerin	URS	LK	Alma-Ata / Medeo		23.-24.3.1984
	( 38.04 - 6.49.15 - 1.53.80 - 14.38.39 )					
160,558 s	Oleg Bozjev	URS	VM / 1	Heerenveen / Thialf		14.-15.2.1987
<b>159,356</b>	( 37.74 - 6.56.73 - 1.53.52 - 14.26.11 ) Nikolaj Guljajev	URS	VM / 2	Heerenveen / Thialf		14.-15.2.1987
	( 37,24 - 6.51,28 - 1.52,70 - 14.28,45 )					
<b>ISU 1988 - El-tider påbudt på alle distanser</b>						
<b>157,396</b>	Johann Olav Koss	NOR	VM / 6	Heerenveen / Thialf		9.-10.2.1991
	( 38.46 - 6.41.73 - 1.52.76 - 13.43.54 )					
<b>157,150</b>	Roberto Sighel	ITA	VM	Calgary		21.-22.3.1992
	( 37.38 - 6.43.91 - 1.52.38 - 13.58.39 )					
<b>156,882</b>	Falko Zandstra	NED	EM	Heerenveen / Thialf		22.-23.1.1993
	( 37.90 - 6.40.01 - 1.52.90 - 13.46.96 )					
<b>156,201</b>	Rintje Ritsma	NED	EM	Hamar Olympiahall		7.- 8.1.1994
	( 37.30 - 6.39.46 - 1.51.60 - 13.55.11 )					
<b>155,966</b>	Keiji Shirahata	JPN	NM	Nagano / M-Wave		3.- 4.1.1998
	( 37,78 - 6.37,80 / 1.50,91 - 13.48,72 )					
155,830 s	Roberto Sighel	ITA	VM / 5	Heerenveen / Thialf		13.-15.3.1998
	( 37,54 - 6.39,68 / 1.51,19 / 13.45,18 )					
154,091 s	Rintje Ritsma	NED	VM / 6	Heerenveen / Thialf		13.-15.3.1998
	( 37,17 - 6.34,68 / 1.48,86 / 13.43,35 )					
<b>153,367</b>	Ids Postma	NED	VM / 6	Heerenveen / Thialf		13.-15.3.1998
	( 36,48 - 6.33,09 / 1.48,85 / 13.45,91 )					
153,360 s	Vadim Sajutin	RUS	VM / 5	Hamar Olympiahall		6.- 7.2.1999
	( 37,71 - 6.27,50 / 1.49.32 - 13.29,21 )					
<b>152,651</b>	Rintje Ritsma	NED	VM / 6	Hamar Olympiahall		6.- 7.2.1999
	( 36.51 - 6.30.38 / 1.48.69 - 13.37.47 )					
<b>152,482</b>	Jochem Uytdehaage	NED	VM	Heerenveen / Thialf		15-17.3.2002
	( 36.59 - 6.30.27 / 1.49.51 / 13.27.25 )					
152,194 s	Carl Verheijen	NED	EM / 8	Heerenveen / Thialf		9.- 11.1.2004
	( 37,14 - 6.26,43 / 1.48,80 / 13.22,91 )					
<b>151,691</b>	Mark Tuitert	NED	EM / 8	Heerenveen / Thialf		9.- 11.1.2004
	( 36,18 - 6.27,63 / 1.47,41 / 13.38,91 )					
151,110 s	Carl Verheijen	NED	VM / 4	Hamar Olympiahall		7.- 8.2.2004
	( 37,35 - 6.20,61 / 1.47,42 - 13.17,86 )					

<b>150,478</b>		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
<b>149,359</b>		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 ( 35,87 / 6.16,10 // 1.42,80 / 12.55,11 )	USA	NMe	Salt Lake City	27-28-30-31.12.2005
<b>148,799</b>		Chad Hedrick ( 36,23 - 6.16,93 / 1.44,92 - 13.18,06 )	USA	AmQ	Calgary	21.- 22.1.2006
	148.107 s	Sven Kramer ( 36,93 - 6.09,97 / 1.46,80 - 12.51,60 WR )	NED	VM / 3	Calgary	18.-19.3.2006
	147,216 s	Enrico Fabris ( 35,99 - 6.10,23 / 1.44,02 - 13.10,60 )	ITA	VM / 5	Calgary	18.-19.3.2006
<b>145,742</b>		Shani Davis ( 35,17 - 6.10,49 / 1.42,68 WR - 13.05,94 )	USA	VM / 6	Calgary	18.-19.3.2006
<b>145,561</b>		Patrick Roest ( 35,74 - 6.08,27 / 1.43,31 - 12.51,17 )	NED	VM	Calgary	2.-3..2019
<b>144,740</b>		Jordan Stolz ( 34,10 - 6.14,76 / 1.41,78 - 13.04,76 )	USA	VM	Inzell	9.-10..2024

# UTVIKLINGEN AV VERDENSREKORDENE – KVINNER - 1931-2026

## 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
<i>Før-ISU-æra :</i>						
	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	Babrinea	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
<i>Innført som VR-øvelse av ISU 1931 - Første godkjente verdensrekord angitt +</i>						
<b>62,0 +</b>		Zofia Nehringówa	POL	NM	Warszawa	15.2.1931
<b>58,7</b>		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
<b>56,0</b>		Synnøve Lie	NOR	N	Brandbu / Valhalla	20.3.1932
	53,7	Liselotte Landbeck	AUT	N	Wien	.12.1932
<b>51,5</b>		Liselotte Landbeck	AUT	Int	Davos	20.1.1933
	51,5 t	Liselotte Landbeck	AUT		?	8.2.1933
<b>51,3</b>		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
<b>50,3</b>		Synnøve Lie	NOR	uVM	Oslo / Frogner	11.2.1934
<b>49,3</b>		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
<b>46,4</b>		Laila Schou Nilsen	NOR	VM	Davos	30.1.1937
<b>45,6</b>		Tamara Rylova	URS	Int / 9	Alma-Ata / Medeo	11.1.1955
	45,3	Irina Jegorova	URS	N	Alma-Ata / Medeo	21.1.1962
<b>44,9</b>		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
<b>44,7</b>		Tatjana Sidorova	URS	Int	Davos	3.2.1968
	44,7	Ruth Schleiermacher	GDR	Int	Davos	26.1.1969
<b>44,6</b>		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

<b>43.29</b>		Tatjana Sidorova	URS	NMs	Alma-Ata / Medeo	9.1.1970
<b>43.22</b>		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
<b>42.91</b>		Anne Henning	USA	VMs / 6	Inzell	20.2.1971
<b>42.75</b>		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
<b>42.5</b>		Anne Henning	USA	Int	Davos	7.1.1972
<b>41.8</b>		Sheila Young	USA	Int	Davos	19.1.1973
<b>ISU 1973 - El-tider påbudt på 500 m</b>						
<b>41.70</b>		Tatjana Averina	URS	Int	Alma-Ata / Medeo	11.3.1975
<b>41.69</b>		Ljubov Sadtsjikova	URS	NM	Alma-Ata / Medeo	21.3.1975
	? 41.30 s	Vera Krasnova	URS	NMs	Alma-Ata / Medeo	29.3.1975
<b>41.06</b>		Tatjana Averina	URS	NMs	Alma-Ata / Medeo	29.3.1975
<b>40.91</b>		Sheila Young	USA	Int	Davos	31.1.1976
<b>40.68</b>		Sheila Young	USA	Int	Inzell	13.3.1976
	40.40	Tatjana Tarasova	URS	N	Alma-Ata / Medeo	27.12.1980
<b>40.28</b>		Christa Rothenburger	GDR	LK	Alma-Ata / Medeo	27.3.1981
<b>40.18</b>		Christa Rothenburger	GDR	LK	Alma-Ata / Medeo	28.3.1981
<b>39.69</b>		Christa Rothenburger	GDR	LK	Alma-Ata / Medeo	25.3.1983
<b>39.52</b>		Karin Kania	GDR	LK	Alma-Ata / Medeo	21.3.1986
<b>39.43</b>		Bonnie Blair	USA	Int / p- 1	Heerenveen / Thialf	19.3.1987
	39.28 uk	Bonnie Blair	USA	N	Alma-Ata / Medeo	26.3.1987
<b>39.39</b>		Christa Rothenburger	GDR	WC	Calgary	6.12.1987
	39.12 s	Christa Rothenburger	GDR	OL / 2	Calgary	22.2.1988
<b>39.10</b>		Bonnie Blair	USA	OL / 4	Calgary	22.2.1988
<b>38.99</b>		Bonnie Blair	USA	Int	Calgary	26.3.1994
<b>38.69</b>		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
<b>37,90</b>		Catriona Le May Doan	CAN	WC	Calgary	22.11.1997
<b>37,90</b>		Catriona Le May Doan	CAN	WC	Calgary	23.11.1997
<b>37,71</b>		Catriona Le May Doan	CAN	NM	Calgary	28.12.1997
<b>37,55</b>		Catriona Le May Doan	CAN	NM	Calgary	29.12.1997
<b>37,40</b>		Catriona Le May Doan	CAN	NMs	Calgary	6.1.2001
<b>37,29</b>		Catriona Le May Doan	CAN	VMe	Salt Lake City	9.3.2001
<b>37,29 t</b>		Catriona Le May Doan	CAN	WC- 5A	Calgary	8.12.2001
<b>37,22</b>		Catriona Le May Doan	CAN	WC- 5A	Calgary	9.12.2001
<b>37,04</b>		Jenny Wolf	GER	VMe	Salt Lake City	10.3.2007
<b>37,02</b>		Jenny Wolf	GER	WC	Calgary	16.11.2007
<b>37,00</b>		Jenny Wolf	GER	WC	Salt Lake City	11.12.2009
<b>36,94</b>		Jing Yu	CHN	VMs	Calgary	29.1.2012
<b>36,80</b>		Sang-Hwa Lee	KOR	WC	Calgary	20.1.2013
<b>36,74</b>		Sang-Hwa Lee	KOR	WC	Calgary	9.11.2013
<b>36,57</b>		Sang-Hwa Lee	KOR	WC	Salt Lake City	15.11.2013
<b>36,36</b>		Sang-Hwa Lee	KOR	WC	Salt Lake City	16.11.2013
<b>36,09</b>		Femke Kok	NED	WC	Salt Lake City	16.11.2025

### Kvinner - 2x500 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
	-----					
<b>74,72</b>		Catriona Le May Doan ( 37,43 + 37,29 )	CAN	VMe	Salt Lake City	9.3.2001
<b>74,42</b>		Jenny Wolf ( 37,38 + 37,04 WR )	GER	VMe	Salt Lake City	10.3.2007
<b>74,19</b>		Heather Richardson 37,10 + 37,09	USA	NMe	Salt Lake City	28.12.2013
<b>73,98</b>		Femke Kok 37,003 + 36,978	NED	NMe	Heerenveen	15.22.2025

### Kvinner - 1000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
<b>-ISU-æra :</b>						
	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
<b>Innført som VR-øvelse av ISU (IEV) 1931 - Første godkjente verdensrekord angitt +</b>						
<b>2.16,4 +</b>		Zofia Nehringówa	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 Nehringówa	POL	Int	Davos	10.1.1932
<b>2.08,8</b>		Liselotte Landbeck	AUT	Int	Davos	10.1.1932
<b>2.03,4</b>		Zofia Nehringówa	POL	Int	Engelberg	17.1.1932
	1.56.5	Synnøve Lie	NOR	Int	Oslo / Frogner	6.3.1932
<b>1.51.2</b>		Synnøve Lie	NOR	N	Brandbu / Valhalla	20.3.1932
<b>1.48.5</b>		Liselotte Landbeck	AUT	Int	Davos	22.1.1933
<b>1.48.1</b>		Synnøve Lie	NOR	Int	Davos	13.1.1934
	1.45.9	Undis Blikken	NOR	NM	Horten / Lystlunden	27.1.1934
<b>1.45.7</b>		Verne Lesche	FIN	uVM	Oslo / Frogner	11.2.1934
	1.45.0	Aleksandra Vasiljeva	URS		Moskva	2.1934
<b>1.42.3</b>		Kit Klein	USA	Int	Kongsberg / Skytterbanen	1.3.1935
<b>1.38.8</b>		Laila Schou Nilsen	NOR	VM	Davos	31.1.1937
<b>1.36.8</b>		Sofja Kondakova	URS	N	Alma-Ata / Medeo	5.2.1951
<b>1.36.6</b>		Rimma Zjukova	URS	NM	Alma-Ata / Medeo	22.1.1952
<b>1.36.4</b>		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
<b>1.33.4</b>		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
<b>1.32.2</b>		Lidija Skoblikova	URS	N	Alma-Ata / Medeo	5.2.1963
<b>1.31.8</b>		Lidija Skoblikova	URS	VM	Karuizawa	22.2.1963
<b>1.31.0</b>		Stien Kaiser	NED	Int	Inzell	3.3.1968
<b>1.30.0</b>		Elly van den Brom	NED	Int	Davos	9.2.1969
<b>1.29.5</b>	(1.29,53)	Ljudmila Titova	URS	NMs	Alma-Ata / Medeo	9.1.1970
<b>1.29.0</b>	(1.29,09)	Ljudmila Fetsjina	URS	NMs	Alma-Ata / Medeo	10.1.1970
<b>1.29.0-t</b>		Stien Kaiser	NED	Int	Davos	16.1.1971
<b>1.29.0-t</b>		Ljudmila Titova	URS	VMs / 3	Inzell	20.2.1971
<b>1.27.7</b>		Ljudmila Titova	URS	VMs / 6	Inzell	21.2.1971
<b>1.27.3</b>		Anne Henning	USA	Int	Davos	8.1.1972
	1.26.1	Tatjana Averina	URS	LK	Alma-Ata / Medeo	20.3.1973
<b>1.26.40</b>		Tatjana Averina	URS	N	Alma-Ata / Medeo	2.4.1974
<b>1.26.12</b>		Tatjana Averina	URS	Int	Alma-Ata / Medeo	12.3.1975
<b>1.25.28</b>		Tatjana Averina	URS	NM	Alma-Ata / Medeo	22.3.1975
<b>1.23.46</b>		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
<b>1.23.01</b>		Natalja Petrusjova	URS	LK (1)	Alma-Ata / Medeo	27.3.1980
	1.22,65	Irina Mikhajlova	URS	N	Alma-Ata / Medeo	27.12.1980
<b>1.20.95</b>		Christa Rothenburger	GDR	LK	Alma-Ata / Medeo	27.3.1981
<b>1.20.81</b>		Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	28.3.1981
<b>1.19.31</b>		Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	26.3.1983
<b>1.18.84</b>		Karin Kania	GDR	VMs	Karuizawa	22.2.1986
<b>1.18.11</b>		Karin Kania	GDR	WC	Calgary	5.12.1987
	1.17.70 s	Karin Kania	GDR	OL / 4	Calgary	26.2.1988
<b>1.17.65</b>		Christa Rothenburger	GDR	OL / 6	Calgary	26.2.1988
<b>ISU 1988 - Ei-tider påbudt på alle distanser</b>						
	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
<b>1.16.07</b>		Catriona Le May Doan	CAN	WC	Calgary	22.11.1997
	1.15,92 s	Franziska Schenk	GER	WC	Calgary	23.11.1997
<b>1.15.43</b>		Chris Witty	USA	WC	Calgary	23.11.1997
<b>1.14.96</b>		Chris Witty	USA	VMe	Calgary	28.3.1998
<b>1.14.61</b>		Monique Garbrecht	GER	VMs	Calgary	21.2.1999
<b>1.14.58</b>		Chris Witty	USA	WC	Calgary	3.3.2001
	1.14,14	Sabine Völker	GER	VMe	Salt Lake City	10.3.2001
<b>1.14.13</b>		Monique Garbrecht-Enfeldt	GER	VMe	Salt Lake City	10.3.2001
<b>1.14.06</b>		Sabine Völker	GER	WC	Salt Lake City	2.12.2001
<b>1.13.83</b>		Chris Witty	USA	OL	Salt Lake City	17.2.2002
<b>1.13.46</b>		Cindy Klassen	CAN	Int	Calgary	24.3.2006
<b>1.13.11</b>		Cindy Klassen	CAN	Int	Calgary	25.3.2006

<b>1.12,68</b>		Christine Nesbitt	CAN	VMs	Calgary	28.1.2012
<b>1.12,58</b>		Brittany Bowe	USA	WC	Calgary	17.11.2013
	1.12,54s	Brittany Bowe	USA	WC	Calgary	14.11.2015
<b>1,12,51</b>		Heather Richardson-Bergsma	USA	WC	Calgary	14.11.2015
<b>1.12,18</b>		Brittany Bowe	USA	WC	Salt Lake City	22.11.2015
<b>1.12,09</b>		Nao Kodaira	JPN	WC	Salt Lake City	10.12.2017
	1.11,71s	Nao Kodaira	JPN	WC	Salt Lake City	9.3.2019
<b>1.11,61</b>		Brittany Bowe	USA	WC	Salt Lake City	9.3.2019

### Kvinner - 1500 m :

<i>Godkj.</i>	<i>Uoff.</i>	<i>Navn</i>	<i>Nat.</i>	<i>Type</i>	<i>Sted/ Bane</i>	<i>Dato/År</i>
<i>Før-ISU-æra :</i>						
	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
<i>Innført som VR-øvelse av ISU 1931 - Første godkjente verdensrekord angitt +</i>						
<b>3.28,0 +</b>		Zofia Nehringówa	POL		Warszawa	27.1.1929
	2.54,2	Ljudmila Aleksejeva	URS		Moskva Dp	18.3.1929
<b>3.10.4</b>		Zofia Nehringówa	POL	EM/uk	Davos	10.1.1932
<b>3.08.1</b>		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
<b>2.49.0</b>		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
<b>2.40.0</b>		Undis Blikken	NOR	uVM	Oslo / Frogner	12.2.1934
<b>2.38.1</b>		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
<b>2.37,5</b>		Randi Thorvaldsen	NOR	NM	Gjøvik Stadion	25.2.1950
<b>2.36,7</b>		Rimma Zjukova	URS	N	Kirov	17.3.1950
	2.34.4 s	Sofja Kondakova	URS	N	Alma-Ata / Medeo	12.2.1951
<b>2.29.5</b>		Marija Isakova	URS	N	Alma-Ata / Medeo	12.2.1951
	2.29.0 s	Lidija Selikhova	URS	N	Alma-Ata / Medeo	30.1.1953
<b>2.25.5</b>		Khalida Stsjegolejeva	URS	N	Alma-Ata / Medeo	30.1.1953
<b>2.25.2</b>		Lidija Skoblikova	URS	OL	Squaw Valley	21.2.1960
<b>2.19.0</b>		Inga Voronina	URS	NM	Alma-Ata / Medeo	27.1.1962
<b>2.18.5</b>		Ans Schut	NED	Int	Inzell	22.2.1969
<b>2.17.8</b>	(2.17,82)	Nina Statkevitsj	URS	NM	Alma-Ata / Medeo	17.1.1970
<b>2.17.2</b>		Atje Keulen-Deelstra	NED	Int	Inzell	14.3.1970
<b>2.15.8</b>		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
<b>2.14.00</b>		Tatjana Averina	URS	N	Alma-Ata / Medeo	1.4.1974
<b>2.09.90</b>		Tatjana Averina	URS	Int	Alma-Ata / Medeo	11.3.1975
	2.09.8	Tatjana Averina	URS	TR	Alma-Ata / Medeo	20.1.1976
<b>2.07.18</b>		Khalida Vorobjova	URS	N	Alma-Ata / Medeo	10.4.1978
<b>2.06.01</b>		Natalja Petrusjova	URS	N	Alma-Ata / Medeo	3.1.1981
<b>2.05.39</b>		Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	27.3.1981
<b>2.04.04</b>		Natalja Petrusjova	URS	LK	Alma-Ata / Medeo	25.3.1983
	2.03.40	Karin Enke	GDR	NMe	Karl-Marx-Stadt	8.12.1983
<b>2.03.42</b>		Karin Enke	GDR	OL	Sarajevo / Zetra	9.2.1984
<b>2.03.34</b>		Andrea Schöne	GDR	Int	Alma-Ata / Medeo	24.3.1984
<b>2.02.23</b>		Karin Kania	GDR	WC	Inzell	6.3.1986
	2.01.00 s	Andrea Ehrig	GDR	LK	Alma-Ata / Medeo	22.3.1986
<b>1.59.30</b>		Karin Kania	GDR	LK	Alma-Ata / Medeo	22.3.1986
<i>ISU 1988 - El-tider påbudt på alle distanser</i>						
<b>1.57,87</b>		Catriona Le May Doan	CAN	LK	Calgary	29.11.1997
<b>1.57,58</b>		Marianne Timmer	NED	OL	Nagano / M-Wave	16.2.1998
<b>1.56,95</b>		Anni Friesinger	GER	VMe	Calgary	29.3.1998
<b>1.55,50</b>		Annamarie Thomas	NED	Int	Calgary	20.3.1999
<b>1.54,38</b>		Anni Friesinger	GER	WC	Calgary	4.3.2001
<b>1.54,02</b>		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
<i>Før-ISU-æra :</i>						
	9.30,4	Abplanalp	SUI		Bern	3.2.1918
	7.05.6	Zofia Nehringówa	POL	NM	Warszawa	1931
<i>Innført som VR-øvelse av ISU 1933 - Første godkjente verdensrekord angitt +</i>						
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
4.44.69	4.43.0	Nina Statkevitsj	URS	LK	Alma-Ata / Medeo	20.3.1973
		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
<i>ISU 1988 - El-tider påbudt på alle distanser</i>						
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/År
<i>Innført som VR-øvelse av ISU 1933 - Første godkjente verdensrekord angitt +</i>						
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
<hr/>						
	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	Bjørge 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
<b>7.40.97</b>	Andrea Schöne	GDR	EM	Heerenveen / Thialf	23.1.1983
<b>7.39.44</b>	Gabi Schönbrunn	GDR	EM	Alma-Ata / Medeo	15.1.1984
<b>7.34.52</b>	Andrea Schöne	GDR	Int	Alma-Ata / Medeo	24.3.1984
<b>7.32.82</b>	Andrea Schöne	GDR	VM	Sarajevo / Zetra	10.2.1985
<b>7.31.45</b>	Andrea Ehrig	GDR	EM	Geithus / Furumo	12.1.1986
<b>7.20.99</b>	Andrea Ehrig	GDR	LK	Alma-Ata / Medeo	22.3.1986
<b>7.20.36</b>	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
<b>7.14.13</b>	Yvonne van Gennip	NED	OL / 5	Calgary	28.2.1988
<b>ISU 1988 - El-tider påbudt på alle distanser</b>					
<b>7.13.29</b>	Gunda Niemann	GER	WC	Hamar Olympiahall	6.12.1993
<b>7.03.26</b>	Gunda Niemann	GER	Int	Calgary	26.3.1994
6.59,65 s	Gunda Niemann-Stirnemann	GER	OL / 7	Nagano / M-Wave	20.2.1998
<b>6.59,61</b>	Claudia Pechstein	GER	OL / 8	Nagano / M-Wave	20.2.1998
<b>6.58,63</b>	Gunda Niemann-Stirnemann	GER	VMe	Calgary	28.3.1998
<b>6.57,24</b>	Gunda Niemann-Stirnemann	GER	VM	Hamar Olympiahall	7.2.1999
<b>6.56,84</b>	Gunda Niemann-Stirnemann	GER	EM	Hamar Olympiahall	16.1.2000
<b>6.55,34</b>	Gunda Niemann-Stirnemann	GER	WC	Heerenveen / Thialf	25.11.2000
<b>6.52,44</b>	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
<b>6.46,91</b>	Claudia Pechstein	GER	OL / 7	Salt Lake City	23.2.2002
<b>6.45,61</b>	Martina Sáblíková	CZE	VMe	Salt Lake City	11.3.2007
<b>6.42,66</b>	Martina Sáblíková	CZE	WC	Salt Lake City	18.2.2011
<b>6.42,01</b>	Martina Sáblíková	CZE	VM	Calgary	3.3.2019
6.41,18 s	Martina Sáblíková	CZE	VMe	Salt Lake City	15.2.2020
<b>6.39,02</b>	Natalja Voronina	RUS	VMe	Salt Lake City	15.2.2020

### Kvinner - 10.000 m :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
<b>Innført som VR-øvelse av ISU 1931 - Første godkjente verdensrekord angitt +</b>						
<b>23.48.5</b>		Zofia Nehringówa	POL	Int	Wien	30.12.1935
<b>Slettet som VR-øvelse av ISU 1953</b>						
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 Sáblíková	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
<b>Før-ISU-æra :</b>						
203.250		Ljubov Pervusjina ( 50.2 - 1.37.8 - 50.6 - 1.47.1 )	URS	N	Gorkij	23.-24.12.1969
193.150		Irina Jegorova ( 47.6 - 1.36.4 - 48.0 - 1.38.7 )	URS	N	Tsjeljabinsk	27.-28.12.1969
178.810		Nina Statkevitsj ( 43.99 - 1.31.0 - 44.62 - 1.29.4 )	URS	NMs	Alma-Ata / Medeo	9.-10.1.1970
176.610 s		Anne Henning ( 42.91 - 1.31.2 - 42.75 - 1.30.7 )	USA	VMs / 2	Inzell	20.-21.2.1971
175.730		Ruth Schleiermacher ( 43.15 - 1.29.5 - 43.38 - 1.28.9 )	GDR	VMs / 3	Inzell	20.-21.2.1971
<b>Innført som VR-øvelse av ISU 1971 - Første godkjente verdensrekord - best 71/72 - angitt +</b>						
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 ( 46,00 - 1.32,93 / 46,56 - 1.33,17 )	NED	VMs / 1	Eskilstuna		26.-27.2.1972
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
<b>183,085 +</b>	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
<b>175,050</b>	Sylvia Burka ( 43,2 - 1.27,9 - 43,4 - 1.29,0 )	CAN	Int /	Davos		13.-14.1.1973
<b>173.450</b>	Sheila Young ( 41.8 - 1.28.4 - 42.3 - 1.30.3 )	USA	Int	Davos		19.-20.1.1973
<b>ISU 1973 - El-tider påbudt på 500 m</b>						
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
<b>168.285</b>	Tatjana Averina ( 41.93 - 1.27.13 - 41.06 - 1.23.46 )	URS	NMs	Alma-Ata / Medeo		28.-29.3.1975
<b>166.210</b>	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
<b>162.275</b>	Christa Rothenburger ( 40.28 - 1.20.95 - 40.18 - 1.22.68 )	GDR	LK	Alma-Ata / Medeo		27.-28.3.1981
<b>161.120</b>	Christa Rothenburger ( 39.69 - 1.21.29 - 40.26 - 1.21.05 )	GDR	LK	Alma-Ata / Medeo		25.-26.3.1983
<b>160.060</b>	Karin Kania ( 39.94 - 1.18.84 - 40.00 - 1.21.40 )	GDR	VMs	Karuizawa		22.-23.2.1986
<b>ISU 1988 - El-tider påbudt på alle distanser</b>						
159.600 s	Christa Luding ( 39,90 - 1.20,11 / 39,57 - 1.20,15 )	GDR	VMs /10	Heerenveen / Thialf		25.-26.2.1989
<b>159.435</b>	Bonnie Blair ( 39,47 - 1.20,48 - 39,54 - 1.20,37 )	USA	VMs /13	Heerenveen / Thialf		25.-26.2.1989
<b>159.390</b>	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
<b>157.405</b>	Bonnie Blair ( 39,29 - 1.18,88 - 39,12 - 1.19,11 )	USA	VMs	Calgary		29.-30.1.1994
<b>156.505</b>	Bonnie Blair ( 39,19 - 1.18,32 - 38,99 - 1.18,33 )	USA	Int	Calgary		25.-26.3.1994
<b>156.435</b>	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
<b>151,690</b>	Catriona Le May Doan ( 37,90 - 1.16,07 / 37,90 - 1.15,71 )	CAN	WC /	Calgary		22.-23.11.1997
<b>151,605</b>	Monique Garbrecht ( 38,32 - 1.15,46 / 38,25 - 1.14,61 )	GER	VMs	Calgary		20.-21.2.1999
<b>150,085</b>	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
<b>149,915</b>	Sabine Völker ( 37,84 - 1.14,81 / 37,64 - 1.14,06 WR )	GER	WC	Salt Lake City		1.- 2.12.2001
<b>149,305</b>	Monique Garbrecht-Enfeldt ( 37,50 - 1.14,54 - 37,45 - 1.14,17 )	GER	WC	Salt Lake City		11.-12.1.2003
<b>149,305 t</b>	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		9.-11.11.2007
(148,630. s	Christine Nesbitt	CAN	VMs/12	Calgary	+ Ikke godkj. p.g.a. "feil datoer"	28.-29.1.2012 )

148,610	( 37,93 - 1.12,68 WR / 37,89 - 1.12,94 )	Jing Yu	CHN	VMs/12	Calgary	28.-29.1.2012
147,735	( 37,72 - 1.14,42 / 36,94 WR - 1.13,47 )	Heather Richardson	USA	WC	Calgary	19.-20.1.2013
	( 37,12 - 1.13,09 / 37,42 - 1.13,30 )	Heather Richardson-Bergsma	USA	VMs	Calgary	25.-26.2.2017
147,185s	( 37,22 - 1.12,95 / 37,35 - 1.12,28 )	Nao Kodaira	JPN	VMs	Calgary	25.-26.2.2017
146,390	( 36,75 - 1.12,51 / 36,80 - 1.13,17 )					

### Kvinner - Mini-firkamp :

Godkj.	Uoff.	Navn	Nat.	Type	Sted/ Bane	Dato/År
<b>Før-ISU-æra :</b>	264,650	Lena Lukasik	POL	Int	Warszawa	2.-4.2.1934
	228,883	Valentina Kuznetsova	URS	NM	Moskva / Torpedo	5.-6.3.1935
	221,733	Valentina Kuznetsova	URS	N	Leningrad	17.-18.1.1936
	210,717	Laila Schou Nilsen	NOR	NM	Oslo / Frogner	23.-24.1.1937
	207,883	Randi Thorvaldsen	NOR	NM	Gjøvik Stadion	25.-26.2.1950
	204,283	Randi Thorvaldsen	NOR	NM	Trondheim / Øya	2.-3.2.1952
	195,433	Tamara Rylova	URS	Int	Alma-Ata / Medeo	11.-12.1.1955
		( 45,6 - 2.28,0 - 1.33,4 - 5.22,8 )				

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

207,484 +		Sofija Kondakova	URS	VM	Kvarnsveden	4.-5.2.1956
		( 47,9 - 2.38,0 - 1.30,2 - 5.40,9 )				
206,017		Inga Artamonova	URS	NM	Sverdlovsk	5.-6.3.1956
		( 50,7 - 2.35,1 / 1.38,4 - 5.23,5 )				
199,266		Tamara Rylova	URS	Int	Alma-Ata / Medeo	20.-21.1.1957
		( 46,6 - 2.28,7 - 1.35,9 - 5.22,2 )				
203,300		Galina Romanova	URS	Int	Alma-Ata / Medeo	26.-27.1.1958
		( 48,9 - 2.32,6 / 1.37,8 - 5.27,8 )				
202,834		Helga Haase	GDR	Int	Davos	19.-20.1.1960
		( 47,1 - 2.33,8 - 1.38,6 - 5.31,0 )				
201,800		Raisa Frolova	URS	NM/ 1	Alma-Ata / Medeo	20.-21.1.1960
		( 47,8 - 2.33,0 / 1.38,8 - 5.21,6 )				
199,183		Valentina Stenina	URS	NM/ 2	Alma-Ata / Medeo	20.-21.1.1960
		( 47,7 - 2.30,1 / 1.37,2 - 5.17,1 )				
197,100		Klara Guseva	URS	NM/ 2	Alma-Ata / Medeo	20.-21.1.1960
		( 46,5 - 2.30,2 / 1.35,0 - 5.18,2 )				
196,417		Tamara Rylova	URS	NM/ 3	Alma-Ata / Medeo	20.-21.1.1960
		( 46,0 - 2.30,3 / 1.36,1 - 5.16,6 )				
189,033		Inga Artamonova	URS	NM	Alma-Ata / Medeo	27.-28.1.1962
		( 44,9 - 2.19,0 - 1.33,6 - 5.06,0 )				
188,634		Stien Kaiser	NED	Int	Inzell	4.- 5.3.1967
		( 45,8 - 2.22,1 - 1.32,0 - 4.56,8 )				
185,500		Ans Schut	NED	Int	Inzell	22.-23.2.1969
		( 45,5 - 2.18,5 - 1.30,9 - 4.50,3 )				
184,053	(El: 184,085)	Nina Statkevitsj	URS	NM	Alma-Ata / Medeo	17.-18.1.1970
		( 43,32 - 2.17,8 - 1.31,4 - 4.54,6 )				
182,817		Stien Kaiser	NED	Int	Davos	15.-16.1.1971
		( 45,3 - 2.15,8 - 1.29,0 - 4.46,5 )				
182,805		Atje Keulen-Deelstra	NED	EM	Inzell	15.-16.1.1972
		( 44,24 - 2.16,67 - 1.29,12 - 4.50,69 )				
180,150		Tatjana Sjelekhova	URS	N	Alma-Ata / Medeo	19.-20.3.1973
		( 44,15 - 2.14,3 - 1.26,8 - 4.47,0 )				
<b>ISU 1973 - El-tider påbudt på 500 m</b>						
180,090		Tatjana Averina	URS	Int	Alma-Ata / Medeo	1.-2.4.1974
		( 42,20 - 2.14,00 - 1.26,40 - 5.00,14 )				
176,930		Tatjana Averina	URS	Int	Alma-Ata / Medeo	11.-12.3.1975
		( 41,70 - 2.09,90 - 1.26,12 - 4.53,22 )				
176,468		Sylvia Burka	CAN	Int	Inzell	12.-13.3.1976
		( 42,15 - 2.12,19 - 1.25,74 - 4.44,31 )				
173,810		Galina Stepankaja	URS	NM	Alma-Ata / Medeo	22.-23.3.1976

	( 43.24 - 2.10.12 - 1.24.06 - 4.31.00 )					
173,348	Natalja Petrusjova	URS	N	Alma-Ata / Medeo		15.-16.4.1978
	( 41.86 - 2.09.94 - 1.24.79 - 4.34.68 )					
<b>173,434</b>	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 )					
<b>171,149</b>	Natalja Petrusjova	URS	NM	Alma-Ata / Medeo		3.-4.1.1981
	( 41.66 - 2.06.01 - 1.23.39 - 4.34.75 )					
<b>168,387</b>	Natalja Petrusjova	URS	LK	Alma-Ata / Medeo		27.-28.3.1981
	( 41.19 - 2.05.39 - 1.20.81 - 4.29.98 )					
<b>168,271</b>	Karin Busch	GDR	VM	Inzell		13.-14.2.1982
	( 40.81 - 2.05.79 - 1.20.98 - 4.30.25 )					
<b>166,682</b>	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 )					
<b>ISU 1988 - EI-tider påbudt på alle distanser</b>						
165,366	Constanze Moser	GDR	WC	Calgary		11.-12.2.1989
	( 40.83 - 2.02.65 - 1.21.08 - 4.18.68 )					
<b>164,658</b>	Emese Hunyady	AUT	Int	Calgary		26.-27.3.1994
	( 40.22 - 2.01.33 - 1.20.42 - 4.22.71 )					
<b>163,901</b>	Annamarie Thomas	NED	Int	Calgary		22.-23.3.1996
	( 40.17 - 2.01.76 - 1.19.26 - 4.21.09 )					
<b>163,315</b>	Marianne Timmer	NED	Int	Calgary		15.-16.3.1997
	( 39.30 - 2.00.27 / 1.18.22 - 4.28.89 )					
<b>162,731</b>	Maki Tabata	JPN	Int	Calgary		15.-16.8.1998
	( 41.15 - 2.00.10 / 1.19.32 - 4.11.33 )					
<b>161,439</b>	Becky Sundstrom	USA	Int	Calgary		27.-29.11.1998
	( 39.27 - 1.59.17 / 1.17.53 / 4.22.09 )					
<b>158,183</b>	Annamarie Thomas	NED	Int	Calgary		20.-21.3.1999
	( 39.53 - 1.55.50 / 1.16.48 - 4.11.48 )					
<b>155,576</b>	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
<b>153,776</b>	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>
<b>Før-ISU-æra :</b>	239,377 s	Synnøve Lie	NOR	VM / 1	Stockholm / Stadion	1.-2.2.1936
		( 55,2 - 6.22,3 / 1.54,6 - 10.31,6 )				
	234,700	Kit Klein	USA	VM / 2	Stockholm / Stadion	1.-2.2.1936
		( 53,3 - 6.12,0 - 1.55,2 - 10.18,0 )				
	222,627	Marianna Valovova	URS	N	Moskva	11.-12.2.1937
		( 48,4 - 5.57,4 - 1.45,0 - 10.21,6 )				
	217,347 s	Verne Lesche	FIN	VM / 1	Davos	30.-31.1.1937
		( 51,2 - 5.35,5 / 1.44,9 - 9.37,8 )				
	207,563	Laila Schou Nilsen	NOR	VM / 2	Davos	30.-31.1.1937
		( 46,4 - 5.29,6 - 1.38,8 - 9.28,3 )				
<b>Innført som VR-øvelse av ISU 1949 - Første godkjente verdensrekord angitt +</b>						
<b>212,890 +</b>		Zoja Kholstsjevnikova	URS	VM	Kongsberg / Sk	12.-13.2.1949
		( 48,7 - 5.30,3 - 1.41,9 - 9.41,9 )				
<b>210,413</b>		Sofija Kondakova	URS	N	Alma-Ata / Medeo	4.-5.2.1951
		( 47,6 - 5.35,6 - 1.36,8 - 9.44,8 )				
<b>208,820</b>		Tatjana Karelina	URS	N	Alma-Ata / Medeo	11.-12.2.1951
		( 49,9 - 5.26,7 - 1.38,8 - 9.10,7 )				
<b>208,750</b>		Rimma Zjukova	URS	NM	Alma-Ata / Medeo	21.-22.1.1952
		( 48,6 - 5.26,4 - 1.36,6 - 9.34,5 )				

<b>204,010</b>	Rimma Zjukova ( 48,6 - 5.13,8 - 1.37,9 - 9.01,6 )	URS	NM	Alma-Ata / Medeo	25.-26.1.1953
203,323	Khalida Stsjegolejeva ( 48,2 - 5.09,2 - 1.36,3 - 9.14,4 )	URS	N	Alma-Ata / Medeo	19.-20.1.1954
<b>203,920</b>	Tamara Rylova ( 47,1 - 5.22,2 - 1.36,4 - 9.09,2 )	URS	Int	Alma-Ata / Medeo	21.-22.1.1955

*Slettet som VR-øvelse av ISU 1955*

### **Kvinner - Liten firkamp :**

<i>Godkj.</i>	<i>Uoff.</i>	<i>Navn</i>	<i>Nat.</i>	<i>Type</i>	<i>Sted/ Bane</i>	<i>Dato/År</i>
<i>Før-ISU-æra :</i>						
	257,344	Verne Lesche ( 58.3 - 6.32.5 - 3.11.9 - 11.36.6 )	FIN		Helsinki	12.-13.3.1932
	250,246	Zofia Nehringówa ( 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	Bjørge Eva Jensen ( 43.58 - 4.39.75 - 2.16.41 - 8.14.06 )	NOR	LK / 3	Kongsberg Ip	20.-21.12.1980
	182,981	Bjørge Eva Jensen ( 44.12 - 4.42.24 - 2.12.94 - 7.55.08 )	NOR	LK	Groningen	19.-20.12.1981
<i>Innført som VR-øvelse av ISU 1982 - Første godkjente verdensrekord - best 82/83 - angitt +</i>						
	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
<b>177,669 +</b>		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
<b>174,710</b>		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
<b>171,760</b>		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
<b>168,271</b>		Karin Kania ( 39.52 - 4.18.02 - 1.59.30 - 7.39.82 )	GDR	LK /	Alma-Ata / Medeo	21.-22.3.1986
<i>ISU 1988 - El-tider påbudt på alle distanser</i>						
<b>167,282</b>		Gunda Niemann ( 40.99 - 2.02.45 - 4.12.25 - 7.14.35 )	GER	EM	Hamar Olympiahall	7.-9.1.1994
<b>165,708</b>		Gunda Niemann ( 40.79 - 2.00.51 - 4.10.40 - 7.10.15 )	GER	VM	Nagano / M-Wave	14.-16.2.1997
<b>163,020</b>		Gunda Niemann-Stirnemann ( 40.57 - 1.58.69 - 4.05.08 - 7.00.41 )	GER	VM	Heerenveen / Thialf	13.-15.3.1998
<b>161,479</b>		Gunda Niemann-Stirnemann ( 40.34 - 4.02.01 / 1.57.24 - 6.57.24 )	GER	VM	Hamar Olympiahall	6.-7.2.1999
<b>159,723</b>		Cindy Klassen ( 38.82 - 4.02.37 / 1.54.63 - 7.02.78 )	CAN	AmQ	Salt Lake City	25.-26.1.2003
<b>159,605</b>		Cindy Klassen ( 38.53 - 4.02.15 / 1.53.87 - 7.07.61 )	CAN	AmQ	Salt Lake City	8.- 9.1.2005
<b>157,177</b>		Cindy Klassen ( 38.37 - 3.57.96 / 1.52.71 - 6.55.77 )	CAN	AmQ	Calgary	21.- 22.1.2006
<b>154.580</b>		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):**

<i>Godkj.</i>	<i>Uoff.</i>	<i>Navn</i>	<i>Nat.</i>	<i>Type</i>	<i>Sted/ Bane</i>	<i>Dato/Ar</i>
	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