

## IAADS ATHLETICS EUROPEAN RECORDS - TRISOMY 21 MEN

Event	Name	Country	Result	Venue	Date
100 M	Nicolas Virapin	France	13.78	Grenoble, FRA	17/06/10
200 M	Nicolas Virapin	France	28.61	Madeira, POR	18/10/07
400 M	Nuno Fernandes	Portugal	1.11.11	Gaia, POR	17/10/14
800 M	José Castano Castro	Spain	3.02.30	Ferrara, ITA	21/10/10
1.500 M	José Castano Castro	Spain	6.18.87	Ferrara, ITA	21/10/07
4x100m	João Machado Nuno Fernandes Nelson Silva Luis Gonçalves	Portugal	59.81	Madeira, POR	18/10/05
4x400m	Michele Zugno Tiziano Capitani Gabriele Rondi Simone Nieddu	Italy	5.12.12	Rome, ITA	13/06/30
Long Jump	Nicolas Virapin	France	4.83m	Aix-les-Bains, FRA	19/09/21
Shot Put (4)	João Machado	Portugal	10.71m	Fafe, POR	21/06/19
Discus (1)	Daniel Gerini	Italy	30.91m	Nuoro, ITA	21/09/04
Javelin (600)	Veeti Mustalahti	Finland	36.52m	Toysa, FIN	21/09/21
400m Walk	Bruno Leitão	Portugal	2.48.53	Cagliari, ITA	11/06/05
800m Walk	Nando D'Agostino	Italy	4.58.00	Ferrara, ITA	21/10/07
1.500m Walk	Stefano Lucato	Italy	9.45.18	Florence, ITA	16/07/18
10 Km Road	Paulo Henriques	Portugal	52.13	Ílhavo, POR	18/07/15
Half Marathon	Paulo Henriques	Portugal	2h09.02	Peso da Régua, POR	15/05/17
Triathlon	Eliel Nikkola	Finland	2407pts	Tampere, FIN	19/07/26

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Compiled by José Costa Pereira

IAADS Technical Director

Rua Prof. Angélica Rodrigues, 46 / Sala 7 - 4400-555 V.N.Gaia - PORTUGAL

Ph: +351-227.129.138 Fax: + 351-227.129.143 E-mail: jcp.josecostapereira@hotmail.com