

## IAADS ATHLETICS EUROPEAN RECORDS - TRISOMY 21 MEN

Event	Name	Country	Result	Venue	Date
100 M	Luis Gonçalves	Portugal	13.84	Gaia, POR	17/10/14
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	Paulo Henriques	Portugal	3.04.02	Puerto Vallarta, MEX	10/09/09
1.500 M	Paulo Henriques	Portugal	6.22.00	Puerto Vallarta, MEX	10/09/11
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	4.55m	Paris, FRA	18/07/20
Shot Put (4)	João Machado	Portugal	9.81m	Madeira, POR	18/10/04
Discus (1)	Daniel Gerini	Italy	28.64m	Ascoli, ITA	17/04/29
Javelin (600)	Veeti Mustalahti	Finland	31.40m	Pihtipudas, FIN	18/06/30
400m Walk	Bruno Leitão	Portugal	2.48.53	Cagliari, ITA	11/06/05
800m Walk	Stefano Lucato	Italy	4.59.04	Florence, ITA	16/07/20
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	Nicolas Virapin	France	2350pts	Gaia, POR	17/10/14

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Compiled by José Costa Pereira

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