

Javelin form guide

Best results 2009 (metres)

MEN

80.00

85.00

90.00

95.00

100.00

World Record

Vadims Vasilevskis LAT 90.71

Andreas Thorkildsen NOR 88.97

Tero Pitkamaki FIN 87.79

Teemu Wirkkala FIN 87.23

Ari Mannio FIN 85.70

WR: 98.48

Jan Zelezny
CZE, 1996

WOMEN

Christina Obergfoll GER 68.59

Barbora Spotakova CZE 68.23

Mariya Abakumova RUS 66.89

Steffi Nerius GER 66.82

Sunette Viljoen RSA 65.43

WR:

72.28

Barbora
Spotakova
CZE, 2008

60.00

62.50

65.00

67.50

70.00

72.50

75.00

Source: IAAF

Picture: Getty Images

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