



Race Walk Pontal



Picture: AP

Technique

1. Hip rotation extends stride



2. Arms held at 90°, pumped vigorously



4. Knee bends only as leg swings forward



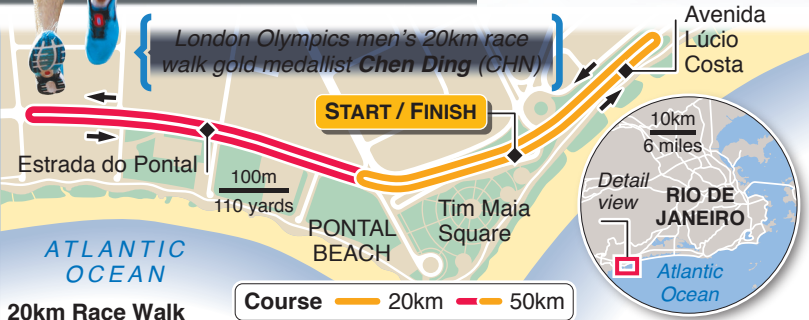
3. Rear leg straight, pulled forward as front heel touches



To avoid disqualification

A. One foot must remain in contact with ground at all times

B. Front leg must be straight from when it makes contact with ground until it reaches vertical upright position



20km Race Walk

Course — 20km — 50km

Olympic records		Chen Ding (CHN)	London 2012	1:18:46
		Elena Lashmanova (RUS)	London 2012	1:25:02
World records		Yusuke Suzuki (JPN)	Nomi 2015	1:16:36
		Liu Hong (CHN)	La Coruña 2015	1:24:38

50km Race Walk

Olympic record		Sergey Kiryapkin* (RUS)	London 2012	3:35:59
World record		Yohann Diniz (FRA)	Zurich 2014	3:32:33