

Discus Throw PARIS 2024

Stade de France

Event ● Medal ●

Mykolas Alekna (LTU)
Prodigy broke oldest existing men's athletic world record in April

Discus
12mm metal edge

Women: 1kg
18cm

Men: 2kg
22cm

Throwing circle
Diameter: 2.5m
Metal rim
Depth: 8cm

40°





PARIS 2024

Landing sector

THROWING TECHNIQUE

Preparation Entry Airborne Transition Delivery

x1.5

Olympic record		Virgilijus Alekna (LTU)	Athens 2004	69.89m
		Martina Hellmann (GDR)	Seoul 1988	72.30m
World record		Mykolas Alekna (LTU)	Ramona 2024	74.35m
		Gabriele Reinsch (GDR)	Neubrandenburg 1988	76.80m