



# SUMMARY

## Shot Put Women - Heptathlon

| RECORDS                           | RESULT | NAME                             | AGE                     | VENUE                 | DATE        |
|-----------------------------------|--------|----------------------------------|-------------------------|-----------------------|-------------|
| World Hep. U20 Best <b>WH20B</b>  | 15.38  | Sara GAMBETTA                    | GER 19                  | Mannheim (GER)        | 12 May 2012 |
| Champ. Heptathlon Best <b>CHB</b> | 14.72  | Zola NDOUMA-MONA                 | FRA 19                  | Oregon                | 5 Aug 2026  |
| Area U20 Record <b>AU20R</b>      |        | National U20 Record <b>NU20R</b> | Personal Best <b>PB</b> | Season Best <b>SB</b> |             |

5 August 2026

| RANK | PLACE | GROUP | BIB  | NAME                   | DATE of BIRTH | RESULT           | POINTS | TOTAL |
|------|-------|-------|------|------------------------|---------------|------------------|--------|-------|
| 1    | 1     | B     | 572  | Zola NDOUMA-MONA       | FRA 24 May 07 | 14.72 <b>CHB</b> | 842    | 2784  |
| 2    | 2     | B     | 558  | Enni VIRJONEN          | FIN 14 May 07 | 14.35 <b>PB</b>  | 817    | 2694  |
| 3    | 3     | B     | 916  | Natacha CANDÉ          | POR 25 Jan 07 | 12.96            | 725    | 2704  |
| 4    | 4     | B     | 843  | Julia DOKTER           | NED 14 Jan 07 | 12.70 <b>PB</b>  | 707    | 2524  |
| 5    | 5     | B     | 340  | Bailey VAN DEN BROEK   | AUS 6 Apr 08  | 12.67            | 706    | 2402  |
| 6    | 6     | B     | 1008 | Anna PFISTER           | SUI 18 Jun 07 | 12.61 <b>PB</b>  | 702    | 2531  |
| 7    | 7     | B     | 1002 | Norina HUG             | SUI 4 May 08  | 12.49            | 694    | 2430  |
| 8    | 8     | B     | 845  | Meike HUISTRA          | NED 7 Feb 08  | 12.23 <b>PB</b>  | 676    | 2453  |
| 9    | 9     | B     | 721  | Ísold SÆVARSDÓTTIR     | ISL 17 Feb 07 | 12.13            | 670    | 2469  |
| 10   | 10    | B     | 810  | Nikola BUNDE           | LAT 11 Mar 07 | 12.10 <b>PB</b>  | 668    | 2515  |
| 11   | 11    | B     | 602  | Matilda QUICK          | GBR 2 Nov 07  | 11.88            | 653    | 2419  |
| 12   | 1     | A     | 588  | Thea BROWN             | GBR 19 Mar 07 | 11.85 <b>PB</b>  | 651    | 2694  |
| 13   | 12    | B     | 813  | Adriana REITMANE       | LAT 7 Jul 07  | 11.51            | 629    | 2376  |
| 14   | 2     | A     | 532  | Mia Mireia UUSORG      | EST 21 Nov 07 | 11.33 <b>PB</b>  | 617    | 2408  |
| 15   | 3     | A     | 343  | Isabella WING          | AUS 13 Jun 07 | 11.20 <b>PB</b>  | 608    | 2269  |
| 16   | 4     | A     | 648  | Elenor SERVATIUS       | GER 27 Apr 07 | 10.96            | 592    | 2363  |
| 17   | 5     | A     | 900  | Zuzanna KOZAN          | POL 7 Jul 07  | 10.93 <b>PB</b>  | 591    | 2387  |
| 18   | 6     | A     | 645  | Maria SCHNEMILICH      | GER 28 Jan 07 | 10.79 <b>PB</b>  | 581    | 2491  |
| 19   | 7     | A     | 530  | Annika PÖLLUAAS        | EST 11 Dec 07 | 10.79            | 581    | 2298  |
| 20   | 8     | A     | 559  | Nuppu WILLMAN          | FIN 10 Mar 07 | 10.65            | 572    | 2437  |
| 21   | 9     | A     | 1092 | Chiora ENYINNA-OKEIGBO | USA 7 Nov 07  | 10.33 <b>PB</b>  | 551    | 2371  |
| 22   | 10    | A     | 577  | Lalie POUZANCRE-HOYER  | FRA 11 Feb 07 | 10.13            | 538    | 2406  |
| 23   | 11    | A     | 1107 | Destiny LOOK           | USA 27 Apr 08 | 10.08 <b>PB</b>  | 535    | 2207  |
| 24   | 12    | A     | 744  | Rita MANFREDINI        | ITA 3 May 08  | 9.04             | 467    | 1993  |