



23th International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2010

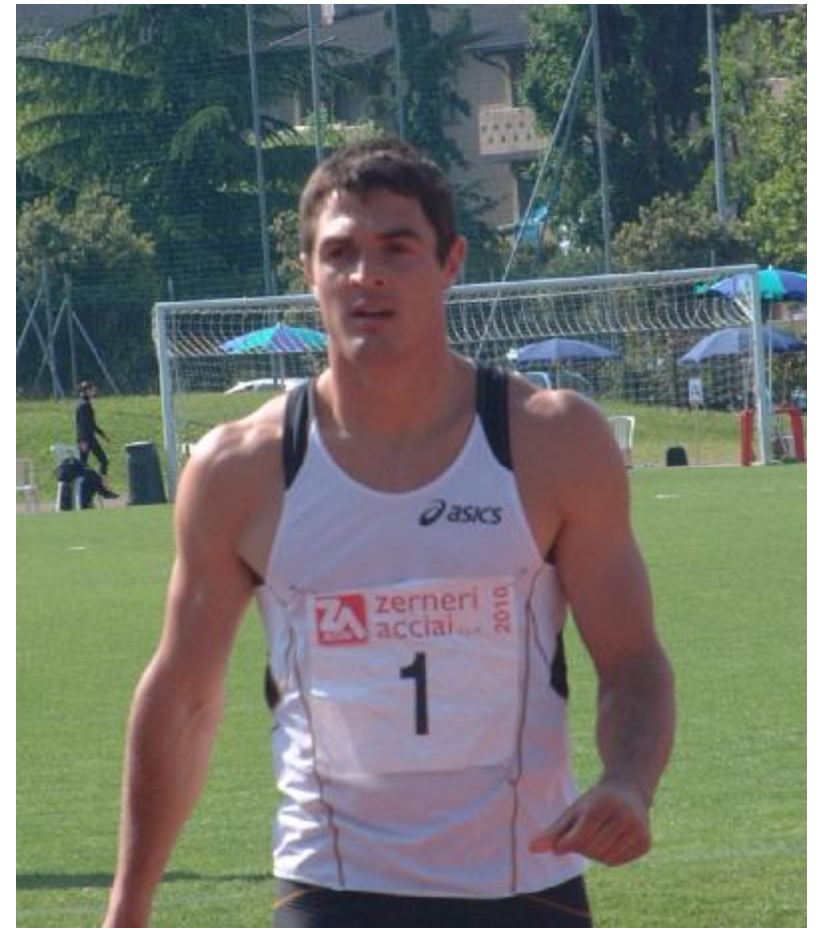
TROFEO "CITTA' DI DESENZANO DEL GARDA"(BS) - ITALY

Desenzano del Garda (Italy) "F. Ghizzi" Stadium - May 8th - 9th, 2010

Name: **Robert Jakob ARNOLD (Jake)**
 Country: U. S. A
 Date of birth: 3 January 1984
 Place of birth: Santa Rosa, CA
 Club: Univ. of Arizona
 Coach: Sheldon Blockburger
 Height: 1,90
 Weight: 91

Personal best:		Best results:	
Decathlon	8.215 Sacramento	7.06.07	World championships: 13 2007, 24 2009
100 m	11.01 Eugene 1,9	25.06.09	
	10.96W Dallas 4,3	7.06.08	NCAA 2006, 2007
Long jump	7.22 Manhattan 1,8	2.08.08	National indoor championships: 2008, 2009
Shot put	15.17 Manhattan	2.08.08	
High jump	2.07 Palo Alto	5.05.07	
400 m	48.38 Sacramento	6.06.07	
110 m hurdles	14.12 Eugene 0,8	30.06.08	
Discus throw	46.09 Tempe .08		
	(46.02) Eugene	30.06.08	
Pole vault	5.31 Provo	26.05.06	
	5.35i Flagstaf	13.02.10	
Javelin throw	61.36 Tempe	28.04.07	
1.500 m	4.31.04 Indianapolis	24.06.06	
1st day	4.161 Manhattan	2.08.08	
2nd day	4.145 Sacramento	7.06.07	
200 m	22.59 Tucson 0,9	1.04.06	

Personal best decathlon: 11.12 6.88 14.15 2.02 48.38 14.20 44.42 5.30 58.80 4.34.22
 834 785 738 822 891 949 755 1004 720 717
 834 1619 2357 3179 4070 5019 5774 6778 7498 8215
 Total points with personal best: 10.96 7.22 15.17 2.07 48.38 14.12 46.09 5.35 61.36 4.31.04
 870 866 800 868 891 959 789 1020 758 738
 870 1736 2536 3404 4295 5254 6043 7063 7821 8559



Career: . . .

Junior impl.

6772	3)	PALO ALTO	20.06.03	USATF	11.85	6.06	12.91	1.87	52.55	15.80	39.38	4.40	55.07	4.46	67	-0,4	0,8
6489	7)	AZUSA	17.04.03	INVT	11.99	5.91	10.96	1.88	52.50	15.66	34.18	4.74	49.15	4.53	03	-2,3	2,7 -2,1
6834	7)	LOS ANGELES	11.05.03	PAC10	11.64	6.30	11.35	1.92	52.00	15.42	35.97	4.65	48.56	4.39	54	0,5	0,5 0,2
7259	7)	AZUSA	14.04.05	MSR	11.41	6.59	12.03	1.86	50.39	15.00	38.71	4.90	52.94	4.39	14	0,6	2,2
6617	6)	LOS ANGELES	8.05.05	PAC10	11.38	6.67	12.75	1.95	50.22	15.05	nm	4.95	45.42	4.48	13	0,0	1,1 1,2
dnf	-)	SACRAMENTO	9.06.05	NCAA	11.56	6.70	12.33	1.91	49.75	14.74	36.85	nm	dns			-1,5	1,9 0,5
7470	3)	TUCSON	24.03.06	CLICK	11.16	6.33	13.43	1.92	49.52	14.51	39.93	4.90	55.19	4.52	17	2,3	0,0 2,2
7691	1)	EUGENE	7.05.06	PAC10	11.20	6.80	13.51	1.98	50.04	14.65	40.38	4.95	57.82	4.45	41	1,4	0,7 -1,7
7870	1)	SACRAMENTO	8.06.06	NCAA	11.34	6.94	14.43	1.95	48.72	14.59	39.08	5.00	59.59	4.35	50	-1,0	0,3 -0,8
7827	3)	INDIANAPOLIS	24.06.06	NC	11.23	6.83	14.27	1.99	49.48	14.67	38.78	4.90	58.61	4.31	04	0,5	-0,1 -0,9
dnf	-)	TUCSON	23.03.07		dnf	4.21	14.41	1.89	dns								0,9
7946	1)	BATON ROUGE	30.03.07	LSU	11.26	6.97	14.39	2.01	49.26	14.46	43.43	5.10	54.28	4.40	60	0,3	1,9 0,5
7755	1)	PALO ALTO	6.05.07	PAC10	11.24	6.69	15.01	2.07	49.72	14.55	36.86	5.15	60.09	5.07	40	1,0	1,4 1,6
8215	1)	SACRAMENTO	7.06.07	NCAA	11.12	6.88	14.15	2.02	48.38	14.20	44.42	5.30	58.80	4.34	22	2,0	2,2 1,8
7921	3)	INDIANAPOLIS	23.06.07	NC	11.23	6.89	14.93	1.99	48.70	14.36	39.71	5.00	55.23	4.36	21	0,3	2,9 1,9
8004	13)	OSAKA	1.09.07	WC	11.14	6.86	14.73	2.06	49.02	14.72	43.70	5.10	56.01	4.43	58	0,2	0,4 -0,2
dnf	-)	TUCSON	4.04.08		13.44	6.93	14.65	2.00	48.66	dns							0,0
7520	9)	DESENZANO	11.05.08	INVT	11.08	6.39	14.08	1.95	49.85	14.39	39.06	4.75	53.12	4.44	52	1,1	1,3 0,4
dnf	-)	DALLAS	8.06.08		10.96	6.80	14.19	1.97	dnf	14.33	44.09	dns					4,3 1,6 0,4
8130	4)	EUGENE	30.06.08	OT	11.11	6.91	14.54	1.96	48.66	14.12	46.02	5.00	57.85	4.31	61	-0,4	-0,8 0,8
8191	2)	MANHATTAN, KS	3.08.08	THORP	11.03	7.22	15.17	2.00	49.49	14.26	45.71	4.95	58.04	4.36	11	0,6	1,8 1,1
dnf	-)	TUCSON	3.04.09		13.18	6.97	14.49	1.96	dnf	14.31	43.72	4.75	56.81	dns			0,0 0,0 2,0
7994	1)	DESENZANO	10.05.09	INVT	11.17	6.83	14.31	2.04	49.53	14.28	44.19	5.05	55.57	4.38	71	0,9	1,4 0,0
8069	10)	GOTZIS	31.05.09	INVT	11.06	6.92	14.20	2.00	49.17	14.27	45.76	4.90	56.84	4.31	13	0,4	-0,7 -0,8
7984	3)	EUGENE	26.06.09	NC	11.01	6.95	14.69	1.96	49.49	14.17	45.75	4.70	57.82	4.38	59	1,9	1,8 3,3
dnf	-)	MARBURG	9.08.09	THORPE	11.05	6.76	dns										1,6 1,7
7837	24)	BERLIN	20.08.09	WC	11.01	6.73	13.97	1.96	49.07	14.40	43.23	4.70	57.37	4.35	93	-0,4	2,0 0,3
7540	11)	TALENCE	20.09.09	INVT	11.32	6.82	13.57	1.91	50.36	14.55	42.36	4.92	54.77	4.54	55	-0,2	0,5 0,3
7832	1)	TUCSON	2.04.10	CLICK	11.12	6.75	14.96	1.93	50.73	14.54	45.35	5.10	60.78	4.59	19	-0,9	0,1 -2,5

Indoor

5331	1)	NAMPA	19.01.05	ATH.	7.32	6.67	12.25	1.94	8.61	4.75	2.48	22					
5518	1)	SEATTLE	26.02.05	MPC	7.27	6.77	12.58	1.99	8.47	4.85	2.46	68					
4575	13)	FAYETTEVILLE	12.03.05	NCAA	7.33	6.53	12.53	1.98	8.32	nm	2.49	11					
5607	1)	FLAGSTAFF	4.02.06	MDUN.	7.27	6.82	13.19	2.02	8.38	5.07	2.53	84					
5562	2)	SEATTLE	25.02.06	MP	7.24	6.66	13.98	1.85	8.33	4.96	2.43	55					
5640	5)	FAYETTEVILLE	11.03.06	NCAA	7.32	6.64	13.64	1.94	8.14	5.10	2.47	16					
5687	2)	ALBUQUERQUE	26.01.07	COX	7.20	6.62	14.09	1.99	8.13	5.00	2.50	34					
5673	1)	SEATTLE	24.02.07	MPSF	7.20	6.91	14.10	2.01	8.25	4.96	2.56	12					
5909	2)	FAYETTEVILLE	10.03.07	NCAA	7.24	6.70	14.83	1.98	8.11	5.30	2.42	62					
5659	2)	LINCOLN	2.02.08	SEVIGNE	7.17	6.80	14.40	1.96	8.28	4.94	2.52	09					
5851	1)	CHAPEL HILL	9.03.08	NC	7.11	7.05	14.60	1.98	8.09	4.90	2.47	49					
5649	1)	ALBUQUERQUE	31.01.09	INVT	7.16	6.74	13.55	2.01	8.25	4.95	2.52	38					
5748	1)	CHAPEL HILL	8.03.09	NC	7.20	6.81	14.94	1.97	8.15	4.95	2.50	03					
5743	1)	ALBUQUERQUE	6.02.10	CLASSIC	7.14	6.72	14.85	2.01	8.19	4.90	2.51	12					
5861	1)	BLOOMINGTON	7.03.10	NC	7.13	6.90	15.16	1.98	8.05	5.00	2.49	62					