

25th International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2012

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

Desenzano del Garda (Italy) "F. Ghizzi" Stadium - May 5th - 6th, 2012

Name: **Hans Olav ULDAL**

Country: Norway

Date of birth: 16 December 1982

Place of birth: Arendal

Profession:

Club: Missouri / Sandnes IL, Norway

Coach:

Height: 1,84

Weight: 86

Personal best:

Decathlon	7.963	Maribor	
	8.018w	Columbia	
100 m.	10.95	Maribor	0,9
Long jump	7.39	Moss	2,0
Shot put	14.85	Manhattan	
	14.98i	Lincoln	
High jump	2.02	Aalborg	
400 m.	50.47	Maribor	
110 m. hurdles	14.53	Asikkala	1,2
Discus throw	48.58	Sacramento	
Pole vault	4.95	Columbia	
Javelin throw	63.81	Maribor	
1.500 m.	4.26.32	Arendal	
1st day	4.013	Maribor	
2nd day	3.951	Sacramento	
	4.022w	Columbia	

Best results:

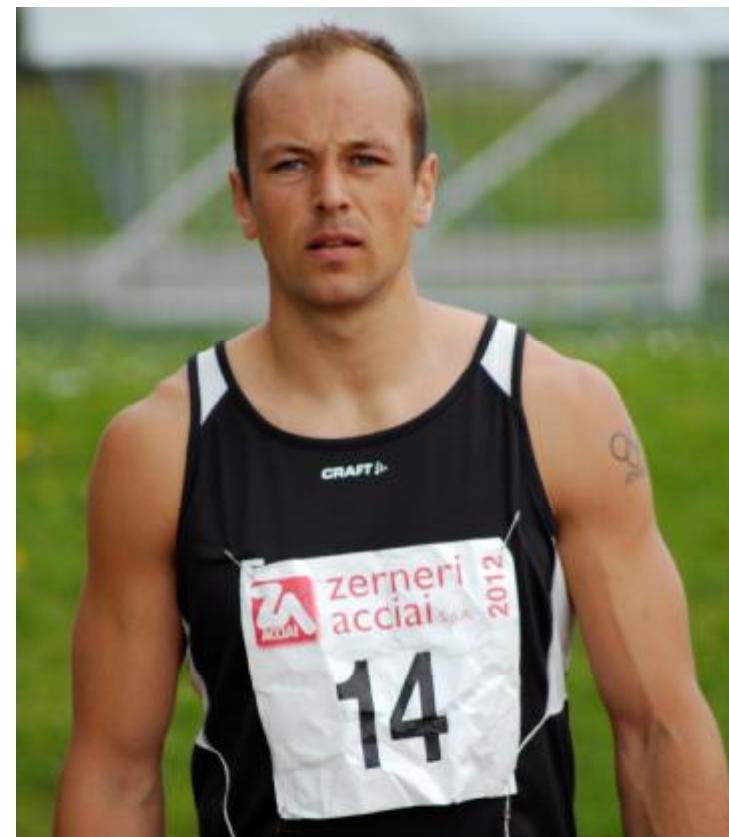
8.07.07	Olympic games	27	2004
14.04.06	World championships:	23	2007
7.07.07	European cup	4c	2002,
24.07.04	1c 2007, 1c 2009, 5c 2011		
13.05.05	European junior championships:	8	2001
24.02.06			
27.07.02			
7.07.07			
15.07.10			
9.06.05			
14.04.06			
8.07.07			
11.05.02			
7.07.07			
9.06.05			
14.04.06			

Personal best decathlon: 11.08 7.29 14.43 1.95 51.28 14.81w46.56 4.95 61.17 4.36.84
843 883 755 758 757 873 799 895 755 700

843 1726 2481 3239 3996 4869 5668 6563 7318 8018

Total points with personal best: 10.95 7.39 14.98 2.02 50.47 14.53 48.58 4.95 63.81 4.26.32
872 908 788 822 793 907 841 895 795 769

872 1780 2568 3390 4183 5090 5931 6826 7621 8390



Hans Olav ULDAL

Career:

6943	1)	TONSBERG	27.05.01	U20	11.47	7.08	12.15	1.81	52.41	16.16	41.95	4.15	56.38	4.48.09	1,2	2,0	-1,3
4828	-)	KAUNAS	1.07.01		11.36	6.83	11.35	1.80	51.64	16.28	38.52	nm	dns		2,5	1,7	-2,4
7072	8)	GROSSETO	22.07.01	ECJ	11.54	7.35	11.89	1.93	51.24	15.70	34.89	4.10	57.00	4.42.30	-2,4	3,1	0,4
7095	2)	GAVLE	5.08.01	NORC	11.31	7.19	12.37	1.78	52.17	15.62	41.50	4.06	57.67	4.40.22	1,7	1,6	1,5
7439	1)	SAND	2.06.02	U23	11.47	7.19	12.38	1.95	51.01	15.33	43.87	4.33	57.99	4.38.08	0,4	2,0	0,7
7255	4)	MARIBOR	30.06.02	EP-C	11.48	7.03	12.42	1.89	50.57	15.73	43.17	4.00	59.64	4.35.4	0,4	0,8	1,4
7443	1)	AALBORG	28.07.02	U21	11.40	7.05	11.63	2.02	50.53	15.41	44.92	4.22	57.12	4.35.83	0,7	0,2	-1,2
7587	1)	GAINESVILLE	27.03.03	FLOR	11.24	7.25	13.66	1.86	50.87	15.33	46.44	4.50	56.02	4.37.25	1,7	1,0	0,4
7261	4)	AUSTIN	18.05.03	BIG12	11.16	6.99	13.57	1.89	51.08	15.22	45.13	4.30	56.17	5.14.74	3,5	2,1	0,4
6820	19)	SACRAMENTO	12.06.03		11.46	7.05	13.50	nm	50.82	15.59	44.88	4.50	61.25	4.37.31	-0,6	2,9	-3,0
dnf	-)	BYDGOSZCZ	18.07.03	EP-B	11.52	6.95	13.56	1.85	51.16	15.89	45.45	4.20	dns		0,3	-0,1	1,2
7329	2)	NORMAN	30.04.04	BIG12	11.27	7.28	13.15	1.86	51.63	15.25	39.38	4.40	56.11	4.41.80	1,1	2,6	1,4
7661	5)	AUSTIN	12.06.04	NCAA	11.08	7.25	14.22	1.76	50.90	14.71	46.82	4.60	60.32	4.50.92	2,2	1,9	3,3
dnf	-)	RIGA	4.07.04		11.73	6.94	13.03	1.83	50.80	15.82	45.62	4.40	dns		-2,4	1,5	-1,0
7733	2)	MOSS	25.07.04	NC	11.06	7.39	13.28	1.89	50.86	14.98	46.34	4.55	59.46	4.42.76	2,2	2,0	2,4
7495	27)	ATHINAI	24.08.04	OG	11.23	6.99	13.53	1.85	50.95	15.09	43.01	4.50	60.00	4.41.70	-0,2	0,4	1,5
7731	1)	COLUMBIA	15.04.05	WALTON	11.14	7.34	14.09	1.80	51.24	14.80	44.56	4.75	59.42	4.38.34	1,7	2,1	1,4
7740	1)	MANHATTAN	14.05.05	BIG12	11.22	7.12	14.85	1.89	51.75	15.13	46.46	4.75	62.09	4.48.01	0,3	-0,1	-0,7
7687	3)	SACRAMENTO	9.06.05	NCAA	11.50	6.99	13.83	1.88	51.25	14.98	48.58	4.80	58.65	4.38.23	-1,8	1,8	-0,6
7752	1)	DRAMMEN	24.07.05	NC	11.29	7.27	14.46	1.86	51.25	14.76	45.96	4.65	58.93	4.38.35	0,5	1,0	-0,2
8018w	1)	COLUMBIA	14.04.06	WALTON	11.08	7.29	14.43	1.95	51.28	14.81w	46.56	4.95	61.17	4.36.84	2,3	2,3	4,7
7484w	2)	WACO	13.05.06	BIG12	11.20	6.95w	14.40	1.80	51.40	15.23w	43.19	4.65	61.93	4.51.28	2,6	5,1	4,2
dnf	-)	SACRAMENTO	8.06.06		11.48	7.20	14.20	1.80	51.13	15.47	dns				-1,0	0,9	-0,6
dnf	-)	GOTEBORG	11.08.06	EC	11.38	6.94	12.84	1.85	52.41	15.42	44.72	nm	dns		-0,5	1,2	-0,8
7332	1)	COLUMBIA	13.04.07	WALTO	11.09	6.88	13.79	1.86	51.29	14.86	45.27	4.15	58.33	5.02.52	3,0	3,1	0,0
7963	1)	MARIBOR	8.07.07	EP-C	10.95	7.23	13.88	1.95	50.47	14.59	44.78	4.50	63.81	4.31.77	0,9	2,4	-0,3
6698	23)	OSAKA	1.09.07	WC	11.21	6.93	13.65	1.82	50.70	27.24	45.31	4.50	61.63	4.44.91	-0,2	0,5	-0,3
dnf	-)	VARNAMO	20.07.08		11.66	2.37	14.01	dns							-2,9	2,7	
7702	1)	MARIBOR	28.06.09	EP-C	11.14	7.19	14.02	1.95	51.22	14.83	45.77	4.50	58.00	4.45.63	0,3	1,1	-0,6
7492	3)	ASIKKALA	15.07.10		11.17	6.98	13.10	1.78	50.79	14.53	46.43	4.60	57.08	4.51.23	-0,4	0,2	1,2
7093	5)	RIBEIRA BRAVA	3.07.11	EP-C	12.00	6.78	13.50	1.83	52.10	15.53	45.12	4.40	59.53	4.54.62	-3,8	1,4	-3,2
7348	1)	TRONDHEIM	11.09.11		11.38	7.21	13.86	1.82	52.31	14.90	44.46	4.50	59.70	5.06.95	0,0	0,8	0,0
7567	4)	DESENZANO	6.05.12	INVT	11.39	6.88	14.21	1.86	51.06	14.80	47.38	4.45	58.21	4.41.11	0,4	0,0	0,6

Indoor:

5497	3)	LINCOLN	1.03.03		7.30	7.00	13.82	1.91	8.46	4.53	2.44.29						
3869	13)	LINCOLN	25.02.05		7.13	6.89	14.15	1.87	dnf	4.70	dnf						
5436	1)	POCATELLO	5.03.05		7.27	6.86	13.55	1.85	8.41	4.80	2.50.04						
5546	6)	FAYETTEVILLE	12.03.05	NCAA	7.22	7.05	14.17	1.89	8.27	4.50	2.47.20						
5639	2)	LINCOLN	25.02.06	BIG12	7.14	7.07	14.98	1.87	8.25	4.70	2.50.33						
5593	7)	FAYETTEVILLE	11.03.06	NCAA	7.28	7.19	14.33	1.88	8.31	4.80	2.51.51						
5478	2)	AMES	24.02.07	BIG12	7.21	6.98	14.79	1.81	8.25	4.52	2.50.42	OT					
5478	9)	FAYETTEVILLE	10.03.07	NCAAI	7.31	6.83	13.90	1.89	8.24	4.80	2.53.33						
5294	1)	SANDNES	29.01.12	NC	7.45	6.87	13.90	1.82	8.10	4.36	2.52.44						
5525	2)	LERUM	11.03.12	NC SWE	7.14	6.70	14.52	1.85	8.18	4.64	2.48.59						