

75.56m

**WORLD
RECORD**

**Ramona
13-04-25**

**Mykolas
ALEKNA
(Lithuania)**

- Photo sequences
- Videos
- Comments
- Analysis



Mykolas ALEKNA World record 75.56m (25-04-13 Ramona)

KEY PHASES POSTURES

POSTURES



Starting position max trunk torque

Entry Left foot pivot

Right leg swing

Right knee drive

Right foot landing



Right foot pivot

Left foot landing

Building Tensions

Delivery

Recovery

Stabilisation

