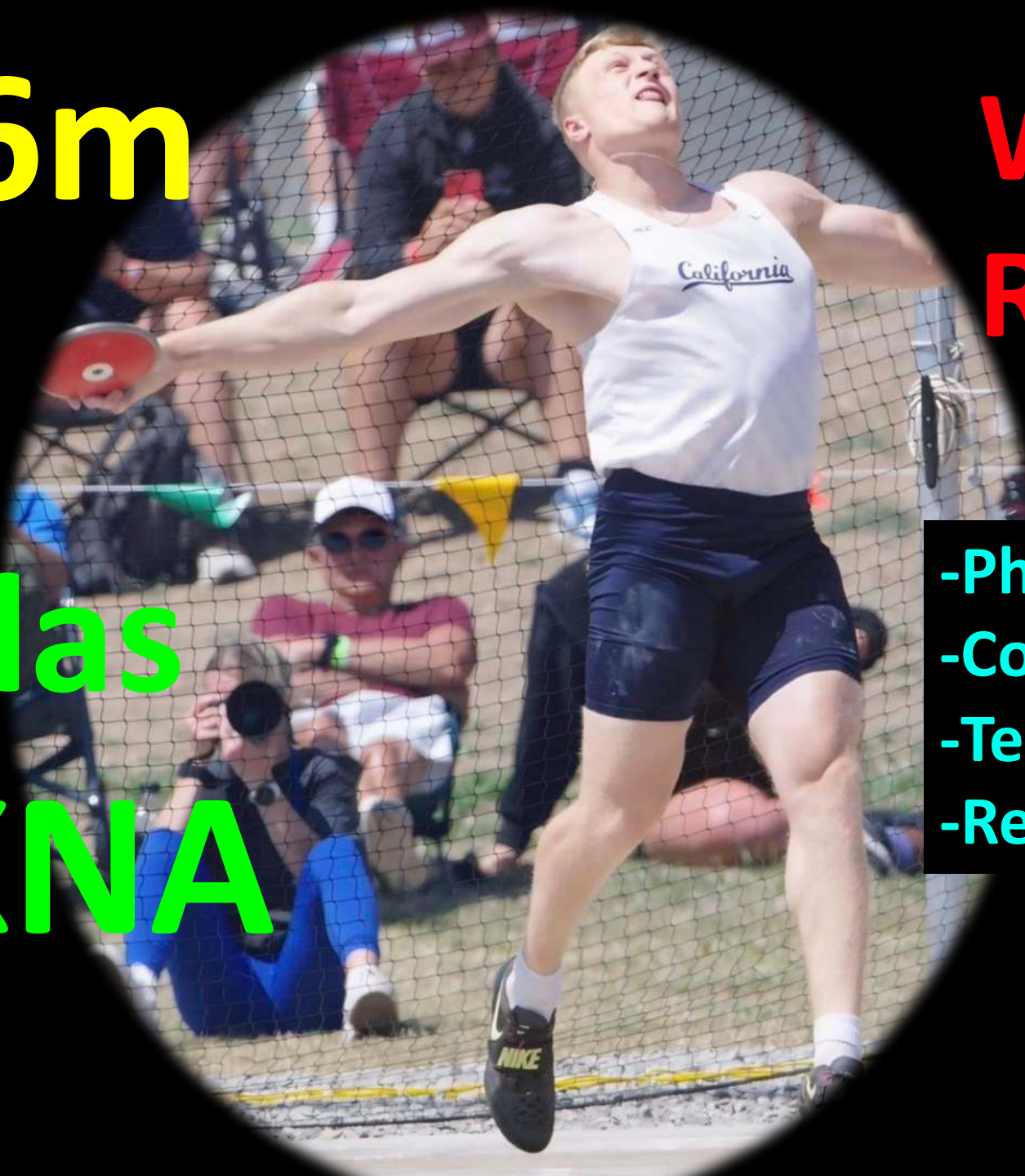


75.56m

Ramona
13-04-25

Mykolas
ALEKNA
(Lithuania)



WORLD RECORD

- Photo sequences
- Comments
- Technical Analysis
- Record history



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



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

THE ACTIONS



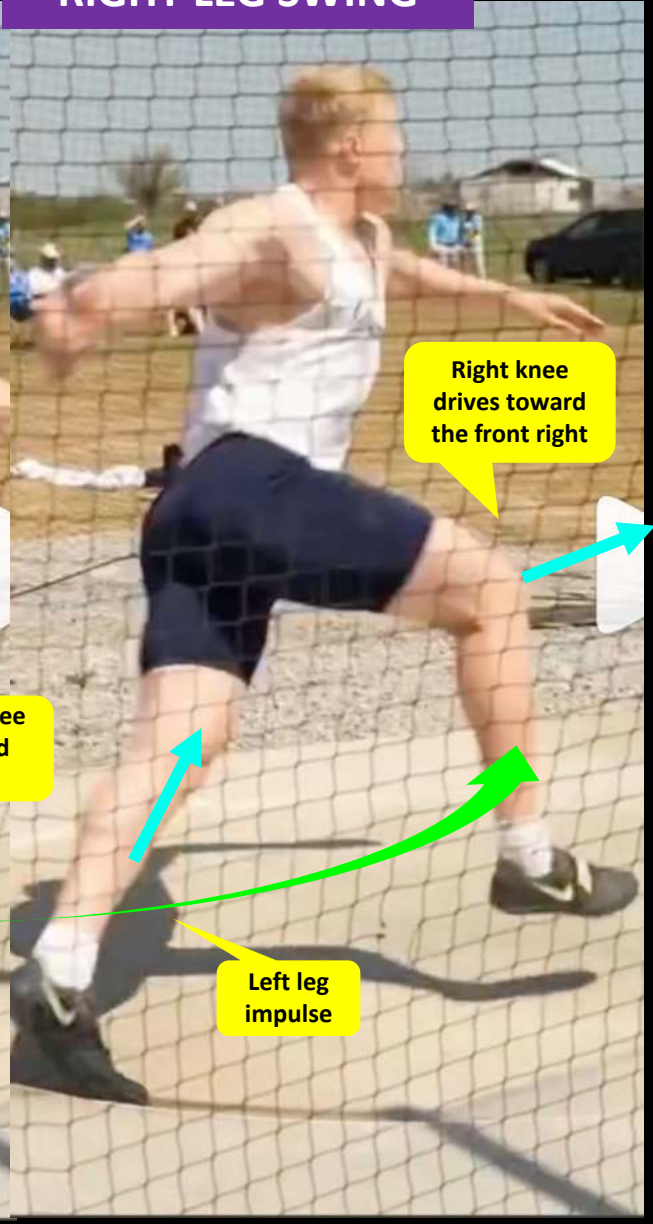
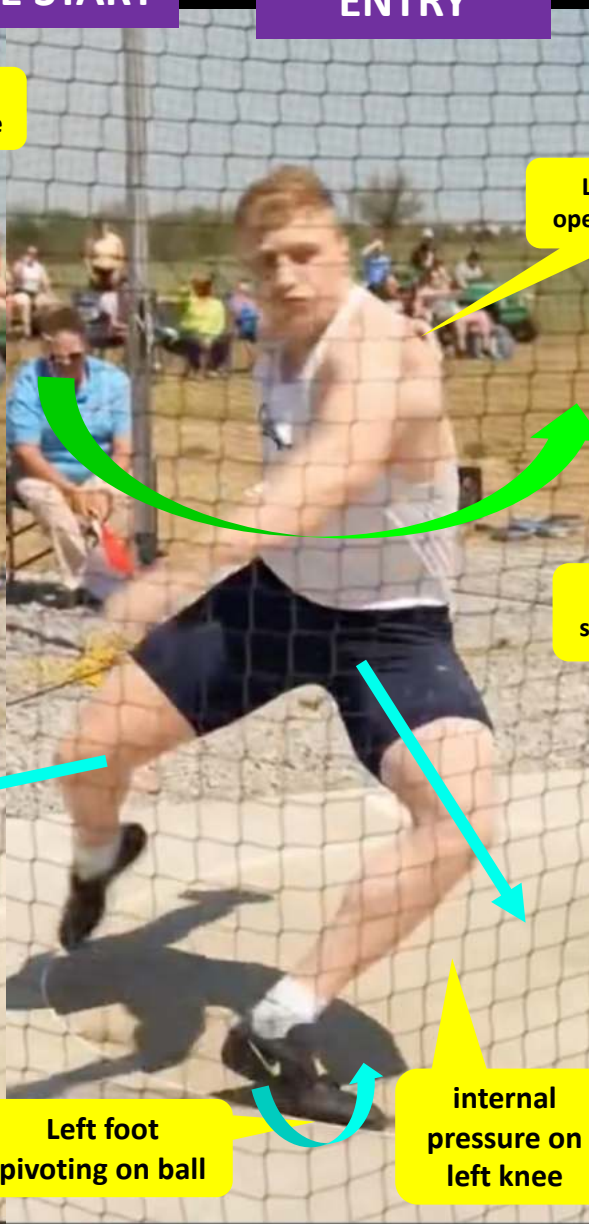
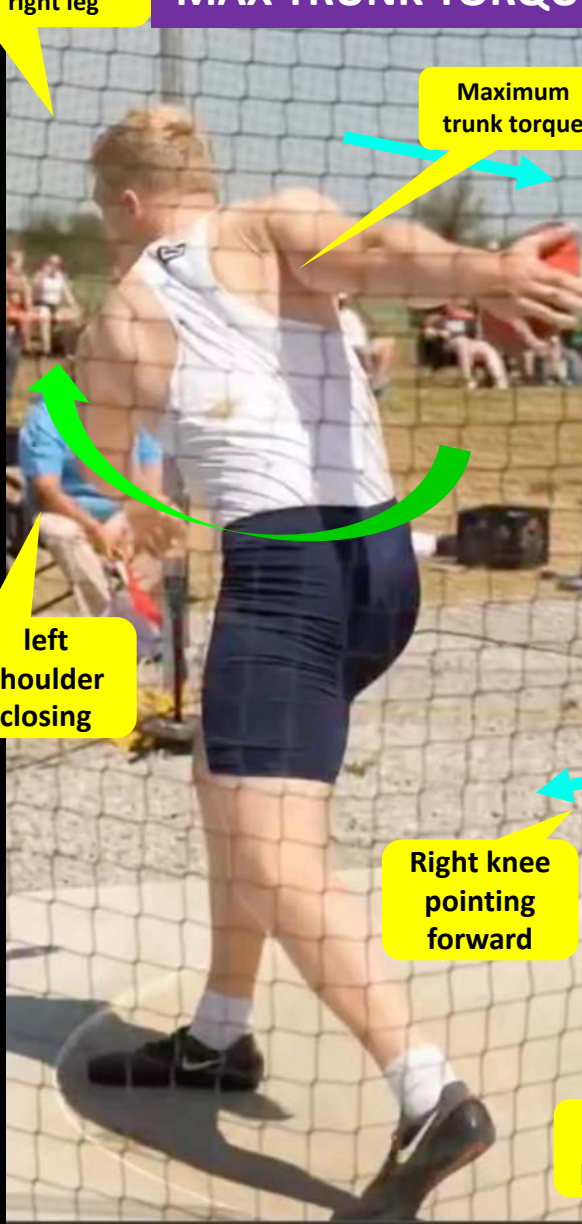
Body weight transfer on right leg

MAX TRUNK TORQUE START

ENTRY

LEFT FOOT PIVOT

RIGHT LEG SWING



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

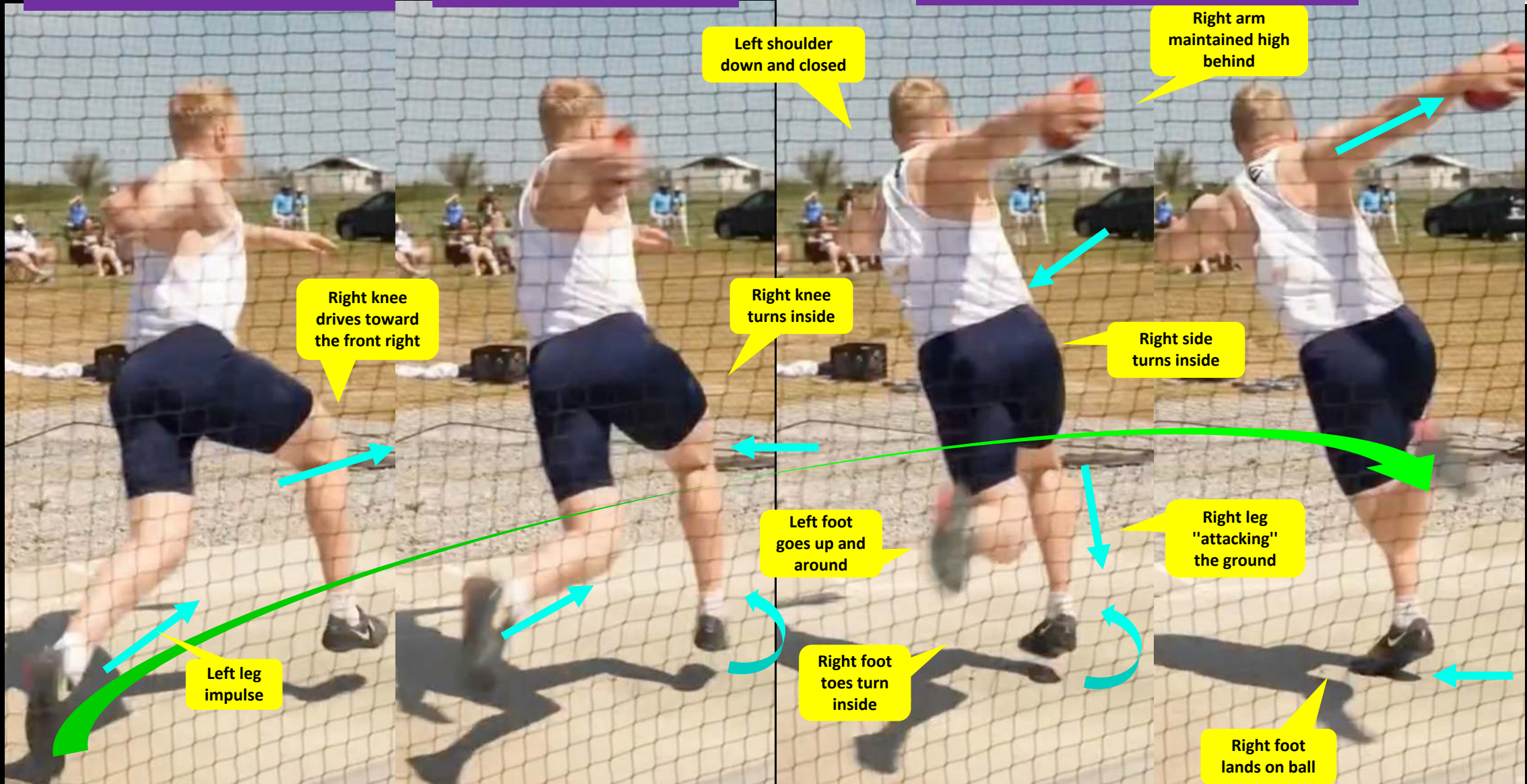
THE ACTIONS



RIGHT KNEE DRIVE

SUSPENSION

RIGHT FOOT LANDING



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

THE ACTIONS



RIGHT FOOT PIVOT

LEFT LEG LANDING

BUILDING TENSIONS



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Right foot Pivoting actively

Right foot "rolling"

both knee

Left foot flat on ground

Right hip moving forward

