

(Present day classes and distances only – Last changed in 2003)

Men

Senior	20 km	1:20:39	Erik Tysse	NOR	Eskilstuna, SWE	2012	*
	20000 m	1:20:56.5	Erik Tysse	NOR	Turku, FIN	2006	#
U23	20 km	1:23:43	Perseus Karlström	SWE	Eskilstuna, SWE	2012	*
	20000 m	1:30:35.57	Matias Korpela	FIN	Halden, NOR	2011	#
U20	10 km	41:52	Veli-Martti Partanen	FIN	Eskilstuna, SWE	2008	*
	10000 m	43:28.53	Markus Kyrölä	FIN	Glostrup, DEN	2014	#
U18	5 km	21:58	Joni Hava	FIN	Fredrikstad, NOR	2016	*
	5000 m	22:42.7	Percy Ibañez	SWE	Strandebarm, NOR	2007	#

Women

Senior	10 km	46:10	Marja Penttinen	FIN	Eskilstuna, SWE	2008	*
	10000 m	47:25.72	Mari Olsson	SWE	Halden, NOR	2011	#
U23	10 km	49:18	Karoliina Kaasalainen	FIN	Eskilstuna, SWE	2008	*
	10000 m	49:27.14	Karoliina Kaasalainen	FIN	Ballerup, DEN	2009	#
U20	5 km	22:41	Enni Nurmi	FIN	Fredrikstad, NOR	2016	*
	5000 m	22:08.82	Taika Nummi	FIN	Espoo, FIN	2015	#
U18	5 km	24:49	Erika Parviainen	FIN	Eskilstuna, SWE	2012	*
	5000 m	22:23.50	Taika Nummi	FIN	Glostrup, DEN	2014	#

* Road, # Track