

Men Senior Outdoors

The Nordic records are the best national record of any of the 5 Nordic countries:
[Denmark](#), [Finland](#), [Iceland](#), [Norway](#) or [Sweden](#).

Men Senior Outdoors

(Individual championship events only)

100 m	9.99	+1,0	Jaysuma Saidy Ndure	NOR	Oslo, NOR	30.06.2011
200 m	19.89	+1,3	Jaysuma Saidy Ndure	NOR	Stuttgart, GER	23.09.2007
400 m	44.56		Johan Wissman	SWE	Osaka, JPN	29.08.2007
800 m	1:41.11		Wilson Kipketer	DEN	Köln, GER	24.08.1997
1500 m	3:31.17		Robert Kiplagat Andersen	DEN	Zürich, SUI	13.08.1997
5000 m	13:06.39		Marius Bakken	NOR	Brüssel, BEL	24.08.2001
10000 m	27:30.99		Martti Vainio	FIN	Praha, CZE	29.08.1978
Halfmarathon	59:48		Sondre Nordstad Moen	NOR	Valencia, ESP	22.10.2017
Marathon	2:05:48		Sondre Nordstad Moen	NOR	Fukuoka, JPN	03.12.2017
110 m hurdles	13.35	+2,0	Arto Bryggare	FIN	Los Angeles, USA	05.08.1984
	13.35	+1.7	Robert Kronberg	SWE	Lausanne, SUI	04.07.2001
400 m hurdles	47.98		Sven Nylander	SWE	Atlanta, USA	01.08.1996
3000 m steeplechase	8:05.75		Mustafa Mohamed	SWE	Heusden-Zolder, BEL	28.07.2007
20 km Walk	1:19:11		Erik Tysse	NOR	Cheboksary, RUS	10.05.2008
50 km Walk	3:39:34		Valentin Kononen	FIN	Dudince, SVK	25.03.2000
High jump	2.42		Patrick Sjöberg	SWE	Stockholm, SWE	30.06.1987
Pole vault	5.90		Armand Duplantis	SWE	Austin, USA	01.04.2017
Long jump	8.44	+1,8	Michel Tornéus	SWE	Sierra Nevada, ESP	10.07.2016
Triple jump	17.79	+1,4	Christian Olsson	SWE	Athina, GRE	22.09.2004
Shot put	21.69		Reijo Ståhlberg	FIN	Fresno, USA	05.05.1979
Discus throw	71.29		Daniel Ståhl	SWE	Sollentuna, SWE	29.06.2017
Hammer throw	83.30		Olli-Pekka Karjalainen	FIN	Lahti, FIN	14.07.2004
Javelin throw	93.09		Aki Parviainen	FIN	Kuortane, FIN	26.06.1999
Decathlon	8.730		Eduard Hämäläinen	FIN	Athina, GRE	06.08.1997
			(10.81/+0,8-6.57/+0,9-15.71-1.97-46.71-13.74/+0,8-50,50-5.20-59.82-4:37.10)			
4x100 m relay	38.63		Sweden		Atlanta, USA	02.08.1996
			(Peter Karlsson, Torbjörn Mårtensson, Lars Hedner, Patrik Strenius)			
4x400 m relay	3:01.12		Finland		München, FRG	10.09.1972
			(Stig Lönnqvist, Ari Salin, Ossi Kartunen, Markku Kukkuaho)			