

Women Senior Indoors

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

Women Senior Indoors

(Individual championship or Nordic indoor match events only)

60 m	7.10	Ezinne Okparaebo	NOR	Praha, CZE	08.03.2015
200 m	23.03	Sanna Kyllönen	FIN	Toronto, CAN	14.03.1993
400 m	52.04	Moa Hjelmer	SWE	Göteborg, SWE	03.03.2013
800 m	2:00.01	Maria Akraka	SWE	Stockholm, SWE	19.02.1998
1500 m	3:57.91	Abeba Aregawi	SWE	Stockholm, SWE	06.02.2014
3000 m	8:43.00	Meraf Bahta	SWE	Birmingham, GBR	18.02.2017
5000 m	15:06.49	Sara Wedlund	SWE	Stockholm, SWE	25.02.1996
60 m hurdles	7.68	Susanna Kallur	SWE	Karlsruhe, GER	10.02.2008
High jump	2.08	Kajsa Bergqvist	SWE	Arnstadt, GER	04.02.2006
Pole vault	4.71	Wilma Murto	FIN	Zweibrücken, GER	31.01.2016
Long jump	6.92	Carolina Klüft	SWE	Budapest, HUN	07.03.2004
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Triple jump	14.20	Kristiina Mäkelä	FIN	Mustasaari, FIN	04.02.2015
Shot put	18.13	Helena Engman	SWE	Nordhausen, GER	18.01.2008
	18.13	Fanny Roos	SWE	Belgrade, SRB	03.03.2017
Pentathlon	4.948	Carolina Klüft	SWE	Madrid, ESP	04.03.2005
		(8.19-1.93-13.29-6.65-2:13.47)			
4x200 m relay	1:35.60	Norway		Växjö, SWE	13.02.2016
		(Ezinne Okparaebo, Astrid Mangen Cederqvist, Emily Rose Norum, Tonje Fjellet Kristiansen)			