

Women Senior Outdoors

The Nordic records are the best national record of any of the 5 Nordic countries:

[Denmark](#), [Finland](#), [Iceland](#), [Norway](#) or [Sweden](#).

Women Senior Outdoors

(Individual championship events only)

100 m	11.10	+1,2	Ezinne Okparaebo	NOR	London, GBR	04.08.2012
200 m	22.39	+0,6	Mona-Lisa Pursiainen	FIN	Moskva, URS	20.08.1973
400 m	50.14		Riita Salin	FIN	London, GBR	26.05.1976
800 m	1:58.77		Lovisa Lindh	SWE	Lausanne, SUI	06.07.2017
1500 m	3:56.60		Abebe Aregawi	SWE	Doha, QAT	10.05.2013
5000 m	14:37.33		Ingrid Kristiansen	NOR	Stockholm, SWE	05.08.1986
10000 m	30:13.74		Ingrid Kristiansen	NOR	Oslo, NOR	05.07.1986
Halfmarathon	1:08:41		Ingrid Kristiansen	NOR	New Bedford, USA	19.03.1989
Marathon	2:21:06		Ingrid Kristiansen	NOR	London, GBR	21.04.1985
100 m hurdles	12.47	+1,4	Ludmilla Engquist	SWE	Atlanta, USA	29.07.1996
	12.47	+0,7	Ludmilla Engquist	SWE	Sevilla, ESP	28.08.1999
400 m hurdles	53.55		Sara Slott Petersen	DEN	Rio de Janeiro, BRA	18.08.2016
3000 m steeplechase	9:13.35		Karoline Bjerkeli Grøvdal	NOR	Sandnes, NOR	26.08.2017
20 km Walk	1:27:07		Kjersti Tysse Plätzer	NOR	Beijing, CHN	21.08.2008
High jump	2.06		Kajsa Bergqvist	SWE	Eberstadt, GER	26.07.2003
Pole vault	4.71		Michaela Mejer	SWE	Göteborg, SWE	02.07.2017
Long jump	6.99	+1,9	Erica Johansson	SWE	Lausanne, SUI	05.07.2000
Triple jump	14.39	+1,7	Heli Koivula-Krüger	FIN	Lappeenranta, FIN	03.08.2003
Shot put	18.57		Asta Ovaska	FIN	Stockholm, SWE	20.08.1989
Discus throw	69.68		Mette Bergmann	NOR	Florø, NOR	27.05.1995
Hammer throw	71.52		Ida Storm	SWE	Fränkisch-Crumbach, GER	04.06.2017
Javelin throw	69.48		Trine Hattestad	NOR	Oslo, NOR	28.07.2000
Heptathlon	7.032		Carolina Klüft	SWE	Osaka, JPN	26.08.2007
			(13.15/+0,1-1.95-14.81-23.38/+0,3-6.85/+1,0-47.98-2:12.56)			
4x100 m relay	43.37		Finland		Stuttgart, GER	22.08.1993
			(Anu Pirttimaa, Sisko Hanhijoki, Sanna Hernesniemi, Marja Salmela)			
4x400 m relay	3:25.7h		Finland		Roma, ITA	08.09.1974
			(Marika Lindholm, Mona-Lisa Pusiainen, Pirjo Häggman, Riitta Salin)			

1:06:40 by Ingrid Kristiansen in Sandnes, NOR in 1987 was short track