

## U20 Match

(From introduction of U20-class in 2003)

### Men

100 m	10.47	+1,2	Niko Kangasoja	FIN	Malmö, SWE	2022
200 m	20.94	+0,1	Henrik Larsson	SWE	Umeå, SWE	2017
400 m	47.09		Josh-Kevin Ramirez Talm	NOR	Espoo, FIN	2015
800 m	1:49.34		Andreas Kramer	SWE	Hafnarfjörður, ISL	2016
1500 m	3:50:56		Hans Kristian Fløystad	NOR	Bergen, NOR	2008
5000 m	14:16.57		Sondre Nordstad Moen	NOR	Vaasa, FIN	2009
110 m hurdles	13.73	+1,2	Max Hrelja	SWE	Umeå, SWE	2017
400 m hurdles	51.47		Karsten Warholm	NOR	Espoo, FIN	2015
3000 m steeplechase	8:52.56		Henrik Ingebrigtsen	NOR	Vaasa, FIN	2009
5000 m race walking	22:23.91		Jonathan Ekberg	FIN	Malmö, SWE	2022
High jump	2.22		Linus Törnblad	SWE	Odense, DEN	2003
Pole vault	5.30		Melker Svärd Jacobsson	SWE	Espoo, FIN	2013
	5.30		Urho Kujanpää	FIN	Hafnarfjörður, ISL	2016
Long jump	7.69	+0,9	Kristian Pulli	FIN	Espoo, FIN	2013
Triple jump	15.64	+1,1	Mikko Kivinen	FIN	Esbjerg, DEN	2007
	15.64	+0,9	Simo Lipsanen	FIN	Kristiansand, NOR	2014
Shot put	21.09		Eero Ahola	FIN	Hvidovre, DEN	2018
Discus throw	62.69		Sven Martin Skagestad	NOR	Kristiansand, NOR	2014
Hammer throw	79.93		Aleksi Jaakola	FIN	Hafnarfjörður, ISL	2016
Javelin throw	77.69		Teemu Wirkkala	FIN	Odense, DEN	2003
4x100 m relay	40.17		Finland	FIN	Espoo, FIN	2013
4x400 m relay	3:12:28		Sweden	SWE	Kristiansand, NOR	2014

### Women

100 m	11.72	+0,5	Ingvild Meinseth	NOR	Umeå, SWE	2017
200 m	23.89	+1,7	Moa Hjelmer	SWE	Vaasa, FIN	2009
400 m	53.45		Henriette Jæger	NOR	Malmö, SWE	2022
800 m	2:03.66		Aníta Hinriksdóttir	ISL	Växjö, SWE	2012
1500 m	4:18.18		Aníta Hinriksdóttir	ISL	Espoo, FIN	2013
3000 m	9:16.94		Karoline Bjerkeli Grøvdal	NOR	Eskilstuna, SWE	2006
100 m hurdles	13.57	-0,5	Elisa Hakamäki	FIN	Espoo, FIN	2004
400 m hurdles	59.11		Anne Sofie Kirkegaard	DEN	Espoo, FIN	2015
3000 m steeplechase	10:02.45		Alisa Vainio	FIN	Espoo, FIN	2015
5000 m race walking	23:41.75		Maren Karlsen Bekkestad	NOR	Malmö, SWE	2022
High jump	1.86		Maja Nilsson	SWE	Ymeå, SWE	2017
Pole vault	4.30		Saga Andersson	SWE	Hvidovre, DEN	2018
Long jump	6.17	+2,0	Noora Pesola	FIN	Eskilstuna, SWE	2006
	6.17	+2,0	Mia Guldteig Lien	NOR	Kristiansand, NOR	2019
Triple jump	13.22	0,0	Lynn Johnson	SWE	Espoo, FIN	2013
Shot put	15.85		Erna Sóley Gunnarsdóttir	ISL	Kristiansand, NOR	2019
Discus throw	55.46		Caisa-Marie Lindfors	SWE	Kristiansand, NOR	2019
Hammer throw	66.19		Eleni Larsson	SWE	Växjö, SWE	2012
Javelin throw	55.63		Jelena Jaakola	FIN	Esbjerg, DEN	2003
4x100 m relay	45.52		Norway	NOR	Umeå, SWE	2017
4x400 m relay	3:38.39		Norway	NOR	Espoo, FIN	2015

