

U23 Match

(When Baltic athletes has best performance, also best Nordic nations athlete is included)

Men

100 m	10.40	+0,5	Eetu Rantala	FIN	København, DEN	2014
200 m	20.45	+1,7	Samuli Purola	FIN	Malmö, SWE	2022
400 m	46.82		Håvard Bentsdal Ingvaldsen	NOR	Malmö, SWE	2022
800 m	1:49.18		Thomas Roth	NOR	Jessheim, NOR	2012
1500 m	3:48.36		Snorre Holtan Løken	NOR	Espoo, FIN	2016
5000 m	14:06.48		Marius Vedvik	NOR	København, DEN	2014
110 m hurdles	13.85	+1,7	Max Hrelja	SWE	Gävle, SWE	2018
400 m hurdles	50.39		Silvestras Guogis	LTU	Jessheim, NOR	2012
	50.93		Oskari Mörrö	FIN	København, DEN	2014
3000 m steeplechase	8:40.27		Henrik Skoog	SWE	Göteborg, SWE	2000
High jump	2.33		Stefan Holm	SWE	Eurajoki, FIN	1998
Pole vault	5.50		Patrik Kristiansson	SWE	Eurajoki, FIN	1998
Long jump	7.90	+1,4	Peter Häggström	SWE	Eurajoki, FIN	1998
Triple jump	16.10	-0,3	Mikko Kivinen	FIN	Söderhamn, SWE	2010
Shot put	19.65		Jimmy Nordin	SWE	Göteborg, SWE	2000
Discus throw	63.61		Daniel Ståhl	SWE	København, DEN	2014
Hammer throw	72.81		Thomas Mardal	NOR	Gävle, SWE	2018
Javelin throw	78.27		Tero Järvenpää	FIN	Aarhus, DEN	2006
4x100 m relay	39.81		Finland		Espoo, FIN	2016
4x400 m relay	3:09.65		Sweden		Eurajoki, FIN	1998

Women

100 m	11.69	+1,0	Maria Räsänen	FIN	Jessheim, NOR	2012
200 m	23.32	+1,5	Julia Henriksson	SWE	Malmö, SWE	2022
400m	52.51		Mette Baas	FIN	Malmö, SWE	2022
800 m	2:06.03		Kristin Roset	NOR	Göteborg, SWE	2000
1500 m	4:18.67		Sara Christiansson	SWE	Gävle, SWE	2018
5000 m	15:62.86		Sara Christiansson	SWE	Gävle, SWE	2018
100 m hurdles	13.25	+1,3	Isabelle Pedersen	NOR	København, DEN	2014
400 m hurdles	56.08		Arna Stefania Guðmundsdóttir	ISL	Espoo, FIN	2016
3000 m steeplechase	10:11.13		Ingeborg Løvnes	NOR	København, DEN	2014
High jump	1.88		Victoria Dronsfield	SWE	Jessheim, NOR	2012
	1.88		Elerin Haas	EST	Jessheim, NOR	2012
	1.88		Elina Kakko	FIN	Gävle, SWE	2018
Pole vault	4.25		Aino Siitonen	FIN	Espoo, FIN	2016
Long jump	6.65		Camilla Johansson	SWE	Eurajoki, FIN	1998
Triple jump	13.26	+1,6	Marie Åhlander	SWE	Göteborg, SWE	2000
Shot put	16.52		Erna Sóley Gunnarsdóttir	ISL	Malmö, SWE	2022
Discus throw	59.58		Tiina Kankaanpää	FIN	Eurajoki, FIN	1998
Hammer throw	65.66		Marinda Petersson	SWE	Espoo, FIN	2016
Javelin throw	61.01		Taina Uppa	FIN	Eurajoki, FIN	1998
4x100 m relay	45.08		Finland		Espoo, FIN	2016
4x400 m relay	3:37.67		Norway		Espoo, FIN	2016