

Women Senior Outdoors

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(As of World Athletics statistics)

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
300 m	37.22		Elisabeth Slettum	NOR	Bergen, NOR	08.06.2022
400 m	50.14		Riita Salin	FIN	London, GBR	26.05.1976
600 m	1:26.90		Hedda Hynne	NOR	Trondheim, NOR	28.09.2020
800 m	1:58.10		Hedda Hynne	NOR	Bellinzona, ITA	15.09.2020
1000 m	2:35.15		Lovisa Lindh	SWE	Göteborg, SWE	11.07.2017
1500 m	3:56.60		Abebe Aregawi	SWE	Doha, QAT	10.05.2013
1 mile	4:23.07		Abebe Aregawi	SWE	Brüssel, BEL	11.09.2015
2000 m	5:41.04		Karoline Bjerkeli Grøvdal	NOR	Florø, NOR	02.06.2018
3000 m	8:31.75		Grete Waitz	NOR	Oslo, NOR	17.07.1979
2 miles	10:25.99		Carita Sunell	FIN	Turku, FIN	20.07.1993
5000 m	14:31.07		Karoline Bjerkeli Grøvdal	NOR	Oslo, NOR	16.06.2022
10000 m	30:13.74		Ingrid Kristiansen	NOR	Oslo, NOR	05.07.1986
5 km road race	15:04		Karoline Bjerkeli Grøvdal	NOR	Spikkestad, NOR	04.10.2020
10 km road race	30:32		Karoline Bjerkeli Grøvdal	NOR	Hole, NOR	17.10.2020
15 km road race	47:17		Ingrid Kristiansen	NOR	Monaco, MON	21.11.1987
10 miles road race	53:05		Grete Waitz	NOR	Lynchburg, USA	22.09.1979
	53:05		Sara van der Wielen	SWE	Amsterdam, NED	23.09.2018
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
2000 m steeplechase	6:18.09		Johanna Risku-Lehtinen	FIN	Tampere, FIN	17.07.2006
3000 m steeplechase	9:13.35		Karoline Bjerkeli Grøvdal	NOR	Sandnes, NOR	26.08.2017
3000 m race walk	11:59.60		Sari Essayah	FIN	Lapinlahti, FIN	27.06.1993
5000 m race walk	20:28.62		Sari Essayah	FIN	Tuusula, FIN	09.07.1994
5 km race walk	19:46		Kjersti Tysse Plätzer	NOR	Hildesheim, GER	27.08.2006
10000 m race walk	42:13.7h		Madelein Svensson	SWE	Bergen, NOR	15.05.1992
20 km race walk	1:27:07		Kjersti Tysse Plätzer	NOR	Beijing, CHN	21.08.2008
35 km race walk	3:01:33		Elisa Neuvonen	FIN	Leedes, GBR	23.10.2021
50 km race walk	4:10:59		Monica Svensson	SWE	Scanzorosciate, ITA	21.10.2007
High jump	2.06		Kajsa Bergqvist	SWE	Eberstadt, GER	26.07.2003
Pole vault	4.85		Wilma Murto	FIN	München, GER	17.08.2022
Long jump	6.99	+1,9	Erica Johansson	SWE	Lausanne, SUI	05.07.2000
Triple jump	14.64	-0,4	Kristiina Mäkelä	FIN	München, GER	19.08.2022
Shot put	19.42		Fanny Roos	SWE	Chorzów, POL	06.08.2022
Discus throw	69.68		Mette Bergmann	NOR	Florø, NOR	27.05.1995
Hammer throw	74.40		Krista Tervo	FIN	Leiria, POR	19.03.2022
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