

## Women U20 Outdoors

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

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

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(As of World Athletics statistics)

100 m	11.35	+1,7	Irene Ekelund	SWE	Kil, SWE	08.07.2013
200 m	22.92	-0,1	Irene Ekelund	SWE	Donetsk, UKR	14.07.2013
300 m	37.54		Tilde Johansson	SWE	Göteborg, SWE	03.07.2016
400 m	52.23		Ann-Louise Skoglund	SWE	Malmö, SWE	13.08.1981
800 m	2:00.49		Aníta Hinriksdóttir	ISL	Mannheim, GER	30.06.2013
1500 m	4:07.47		Inger Knutsson	SWE	Duisburg, FRG	26.08.1973
3000 m	8:47.83		Anna Emilie Møller	DEN	Zagreb, CRO	06.09.2016
5000 m	14:56.22		Annemari Sandell	FIN	Stockholm, SWE	08.07.1996
10000 m	31:40.42		Annemari Sandell	FIN	Atlanta, USA	27.07.1996
10 km road race	31:29		Karoline Bjerkeli Grøvdal	NOR	Oslo, NOR	03.05.2009
Half marathon	1:12:03		Astrid My Rønne Kristensen	DEN	København, DEN	18.09.2022
100 m hurdles	13.02	-1,7	Susanna Kallur	SWE	Santiago, CHI	19.10.2000
400 m hurdles	56.00		Ann-Louise Skoglund	SWE	Göteborg, SWE	11.08.1981
2000 m steeplechase	6:19.55		Oona Kettunen	FIN	Kotka, FIN	13.07.2013
3000 m steeplechase	9:32.68		Anna Emilie Møller	DEN	Rio de Janeiro, BRA	13.08.2016
5000 m race walk	21:58.51		Taika Nummi	FIN	Stockholm, SWE	12.09.2015
5 km race walk	22:41		Enni Nurmi	FIN	Fredrikstad, NOR	17.09.2016
10000 m race walk	45:44.53		Taika Nummi	FIN	Eskilstuna, SWE	16.07.2015
10 km race walk	45:49		Taika Nummi	FIN	Poděbrady, CZE	09.04.2016
20 km race walk	1:40:45		Heta Veikkola	FIN	Montreuil, FRA	19.09.2021
High jump	1.92		Carolina Klüft	SWE	Kingston, JAM	19.07.2002
Pole vault	4.60		Lisa Gunnarsson	SWE	Austin, TX, USA	31.03.2018
Long jump	6.73	+1,3	Tilde Johansson	SWE	Karlstad, SWE	03.07.2019
Triple jump	14.05	+0,8	Maja Åskag	SWE	Tallinn, EST	16.07.2021
Shot put	17.93		Marika Tuliniemi	FIN	San Sebastian, ESP	29.07.1993
Discus throw	56.80		Helena Leveelahti	FIN	Tampere, FIN	12.07.2018
Hammer throw	73.43		Silja Kosonen	FIN	Vaasa, FIN	28.06.2021
Javelin throw	61.96		Sofi Flink	SWE	Moskva, RUS	16.08.2013
Heptathlon	6.542		Carolina Klüft	SWE	München, GER	10.08.2002
			(13.33-1.89-13.16-23.71-6.36-47.61-2:17.88)			
4x100 m relay	44.40		Finland	FIN	Riga, LAT	08.08.1999
			(Manuela Bosco, Katja Salivaara, Johanna Manninen, Heidi Hannula)			
4x400 m relay	3:33.15		Finland U20	FIN	Cali, COL	06-08.2022
			(Ronja Koskela, Veera Mattila, Katriina Wright, Aada Aho)			