

## Men Senior Outdoors

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(As of World Athletics statistics)

100 m	9.99	+1,0	Jaysuma Saidy Ndure	NOR	Oslo, NOR	30.06.2011
200 m	19.89	+1,3	Jaysuma Saidy Ndure	NOR	Stuttgart, GER	23.09.2007
300 m	32.10		Johan Wissman	SWE	Sollentuna, SWE	08.07.2008
400 m	44.56		Johan Wissman	SWE	Osaka, JPN	29.08.2007
600 m	1:15.29		Vebjørn Rodal	NOR	Tønsberg, NOR	15.07.1995
800 m	1:41.11		Wilson Kipketer	DEN	Köln, GER	24.08.1997
1000 m	2:16.29		Wilson Kipketer	DEN	København, DEN	23.08.1995
1500 m	3:28.32		Jakob Ingebrigtsen	NOR	Tokyo, JPN	07.08.2021
1 mile	3:46.46		Jakob Ingebrigtsen	NOR	Oslo, NOR	16.06.2022
2000 m	4:50.01		Jakob Ingebrigtsen	NOR	Oslo, NOR	11.06.2020
3000 m	7:27.05		Jakob Ingebrigtsen	NOR	Roma, ITA	17.09.2020
2 miles	8:14.0h		Lasse Viren	FIN	Stockholm, SWE	14.08.1972
5000 m	12:48.45		Jakob Ingebrigtsen	NOR	Firenze, ITA	10.06.2021
10000 m	27:24.78		Sondre Nordstad Moen	NOR	Kristiansand, NOR	31.08.2019
5 km road race	13:37		Sondre Nordstad Moen	NOR	Monaco, MON	17.02.2019
10 km road race	27:39		Zerei Kbrom Mezngi	NOR	Valencia, ESP	03.10.2021
15 km road race	43:09		John Halvorsen	NOR	Tulsa, USA	28.10.1989
10 miles road race	46:13		Carsten Jörgensen	DEN	Newry City, GBR	20.09.1998
20 km road race	58:49		Jussi Utriainen	FIN	Alphen an den Rijn, NED	09.03.2003
Halfmarathon	59:48		Sondre Nordstad Moen	NOR	Valencia, ESP	22.10.2017
Marathon	2:05:48		Sondre Nordstad Moen	NOR	Fukuoka, JPN	03.12.2017
110 m hurdles	13.31	-0,3	Elmo Lakka	FIN	Jyväskylä, FIN	02.06.2021
400 m hurdles	45.94		Karsten Warholm	NOR	Tokyo, JPN	03.08.2021
2000 m steeplechase	5:26.18		Jim Svenøy	NOR	Elnesvågen, NOR	24.05.1999
3000 m steeplechase	8:05.75		Mustafa Mohamed	SWE	Heusden-Zolder, BEL	28.07.2007
3000 m race walk	11:11.2h		Erling Andersen	NOR	Bergen, NOR	23.09.1981
5000 m race walk	18:32.46		Erik Tysse	NOR	Askim, NOR	10.08.2007
5 km race walk	19:01		Erik Tysse	NOR	Hildesheim, GER	14.09.2003
10000 m race walk	37:57:02		Perseus Karlström	SWE	Dublin, IRL	26.06.2022
10 km race walk	37:33		Erik Tysse	NOR	Hildesheim, GER	27.08.2006
20000 m race walk	1:18:352h		Stefan Johansson	SWE	Bergen, NOR	15.05.1992
20 km race walk	1:18:07		Perseus Karlström	SWE	La Coruna, ESP	08.06.2019
30 km race walk	2:07:03		Veli-Matti Partanen	FIN	Espoo, FIN	17.06.2018
35 km race walk	2:23:44		Perseus Karlström	SWE	Eugene, USA	24.07.2022
50 km race walk	3:39:34		Valentin Kononen	FIN	Dudince, SVK	25.03.2000
High jump	2.42		Patrick Sjöberg	SWE	Stockholm, SWE	30.06.1987
Pole vault	6.21		Armand Duplantis	SWE	Eugene, USA	24.07.2022
Long jump	8.44	+1,8	Michel Tornéus	SWE	Sierra Nevada, ESP	10.07.2016
Triple jump	17.79	+1,4	Christian Olsson	SWE	Athina, GRE	22.09.2004
Shot put	21.69		Reijo Ståhlberg	FIN	Fresno, USA	05.05.1979
Discus throw	71.86		Daniel Ståhl	SWE	Bottnaryd, SWE	29.06.2019
Hammer throw	83.30		Olli-Pekka Karjalainen	FIN	Lahti, FIN	14.07.2004
Javelin throw	93.09		Aki Parviainen	FIN	Kuortane, FIN	26.06.1999
Decathlon	8.730		Eduard Hämäläinen	FIN	Athina, GRE	06.08.1997
			(10.81/+0,8-6.57/+0,9-15.71-1.97-46.71-13.74/+0,8-50,50-5.20-59.82-4:37.10)			
4x100 m relay	38.16		Denmark		Tokyo, JPN	05.08.2021
			(Simon Hansen, Tazana Mikkel Kamanga-Dyrbak, Kojo Musah, Frederik Schou-Nielsen)			
4x400 m relay	3:01.12		Finland		München, FRG	10.09.1972
			(Stig Lönnqvist, Ari Salin, Ossi Kartunen, Markku Kukkuaho)			

**Nordic records** | 1.1.2023

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