

Nordic records 1.1.2023

Men U20 Outdoors

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(As of World Athletics statistics)

100 m	10.22	+1,4	Henrik Larsson	SWE	Tampere, FIN	11.07.2018
200 m	20.48	+0,3	Tazana Kamanga-Dyrbak	DEN	Lusaka, ZAM	11.04.2021
300 m	32.94		Håvard Bentsdal Ingvaldsen	NOR	Lillehammer, NOR	25.09.2021
400 m	45.94		Håvard Bentsdal Ingvaldsen	NOR	Kristiansand, NOR	10.09.2021
800 m	1:45.65		Andreas Almgren	SWE	Eugene, USA	27-07-2014
1500 m	3:30.16		Jakob Ingebrigtsen	NOR	Lausanne, SUI	05.07.2019
1 mile	3:51.30		Jakob Ingebrigtsen	NOR	Palo Alto, USA	30.06.2019
3000 m	7:43.2h		Ari Paunonen	FIN	Köln, GER	22.06.1977
5000 m	13:02.03		Jakob Ingebrigtsen	NOR	London, GBR	20.07.2019
10000 m	28:11.71		Abdullahi Dahir Rabi	NOR	Oslo, NOR	13.04.2022
10 km road race	27:54		Jakob Ingebrigtsen	NOR	Hole, NOR	19.10.2019
Half marathon	1:02:53		Emil Millán de la Oliva	SWE	Gdynia, POL	17.10.2020
110 m hurdles 99cm	13.42		Vladimir Vukicevic	NOR	Oslo, NOR	04.06.2010
110 m hurdles	13.55*		Arto Bryggare	FIN	Oulu, FIN	10.07.1977
	13.63		Philip Nossmy	SWE	Helsinki, FIN	02.09.2000
400 m hurdles	50.15		Oskar Edlund	SWE	Uppsala, SWE	16.08.2020
2000 m steeplechase	5:30.2h		Vesa Laukkanen	FIN	Donetsk, URS	21.08.1977
3000 m steeplechase	8:26.81		Jakob Ingebrigtsen	NOR	Kortrijk, BEL	08.07.2017
5000 m race walk	20:23:34		Sajan Irincheev	FIN	Kuopio, FIN	19.02.2022
10000 m race walk	40:50.0h		Erling Andersen	NOR	Oslo, NOR	03.08.1979
10 km race walk	43:06		Jerry Jokinen	FIN	Podébrady, CZE	16.05.2021
	43:06		Sajan Irincheev	FIN	Laitila, FIN	21.05.2022
High jump	2.33		Patrick Sjöberg	SWE	Oslo, NOR	09.07.1983
	2.33		Patrick Sjöberg	SWE	Eberstadt, FRG	10.06.1984
	2.33		Patrick Sjöberg	SWE	Los Angeles, USA	11.08.1984
Pole vault	6.05		Armand Duplantis	SWE	Berlin, GER	12.08.2018
Long jump	7.95	+0,5	Matias Ghansah	SWE	Belfast, GBR	21.06.1991
Triple jump	16.43	+1,1	Gabriel Wallmark	SWE	Nairobi, KEN	22.08.2021
Shot put 6kg	21.36		Marcus Thomsen	NOR	Grosseto, ITA	21.07.2017
Shot put	19.40		Marcus Thomsen	NOR	Sandnes, NOR	27.08.2017
Discus throw 1,75kg	65.66		Sven Martin Skagestad	NOR	Oslo, NOR	12.06.2014
Discus throw	62.04		Kenth Gardenkrans	SWE	Helsingborg, SWE	11.08.1974
Hammer throw 6kg	80.54		Aleksi Jaakkola	FIN	Nokia, FIN	28.04.2016
Hammer throw	78.33		Olli-Pekka Karjalainen	FIN	Seinäjoki, FIN	05.08.1999
Javelin throw	83.87		Andreas Thorkildsen	NOR	Bergen, NOR	07.06.2001
Decathlon junior	8.238		Markus Rooth	NOR	Oslo, NOR	28.06.2020
			(11.03-7,53-15.81-1.97-49.56 – 14.18-46.07-4.75-59.80-4:39.79)			
4x100 m relay	39.73		Sweden		Eskilstuna, SWE	19.07.2015
			(Emil von Barth, Austin Hamilton, Thobias Nilsson Montler, Gustav Kjell)			
4x400 m relay	3:09.76		Sweden		Skien, NOR	22.08.1993
			(Tobias Karlsson, David Bergdahl, Mathias Sundin, Rikard Rasmusson)			
Sprint Medley 1000m	1:53:36		Norway U18	NOR	Jerusalem, ISR	07.07.2022
			(Jonathan Hertwig-Ødegaard, Sebastian Berntsen, Even Elias Grannes Pedersen, Bastian Elnan Aurstad)			

* 110 m hurdles 13.55 Arto Bryggare reported as +3,1, but are still listed at World Athletics