

NORDISKA VETERANREKORD INOMHUS

Uppdaterad av Mikael Magnusson 2020-04-04

Endast resultat där alla uppgifter rapporterats

(födelsedatum, ålder och datum för tävlingen) är giltiga som officiella rekord.

Endast elektrisk tidtagning godtages för distanser upp till och med 800m.

För distanser från 200m och uppåt måste rundbanan vara max 220 yards (201.168m).

Födelseåret enbart gäller för nordiska rekord.

ANM.: Om varvlängden överstiger 220 yards (201,168 m.),

Lb. är resultat i löpningar (200 m. eller längre) ej giltiga som officiellt inomhusrekord.

Nya uppgifter är markerade i rött.

Nu finns även femkampen med i listorna.

60m

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|------|-------|----------------------|-----|---------------------|-----|----------------|
| M35 | 6.74 | Sami Länsivuori | FIN | 31-mar-63 Tampere | FIN | 1998-02-14 |
| M40 | 6.91 | Christian Trajkovski | DEN | 11-aug-65 Malmö/A | SWE | 2007-01-27 |
| M45 | 7.06 | Christian Trajkovski | DEN | 11-aug-65 Köpenhamn | DEN | 2010-02-28 |
| M50 | 7.39 | Christian Trajkovski | DEN | 11-aug-65 Malmö/A | SWE | 2018-01-27 |
| M55 | 7.52 | Harri Huotari | FIN | 04-apr-55 Espoo/A | FIN | 2012-02-29 |
| M60 | 7.66 | Harri Huotari | FIN | 04-apr-55 Tampere | FIN | 2016-02-20 |
| M65 | 7.99 | Jorma Manninen | FIN | 06-jul-42 Helsinki | FIN | 2007-11-24 |
| M70 | 8.44 | Aimo Mikkola | FIN | 09-feb-39 Ancona | ITA | 2009-03-26 VEM |
| M75 | 8.66 | Aimo Mikkola | FIN | 09-feb-39 Tampere | FIN | 2014-02-01 |
| M80 | 9.34 | Lars Wennblom | SWE | 28-okt-34 Sättra | SWE | 2014-01-11 |
| M85 | 10.31 | Arne Ueland | NOR | 20-jun-34 Hvam | NOR | 2019-03-10 |
| M90 | 10.96 | Herbert Liedtke | SWE | 29-apr-16 Linz | AUT | 2006-03-18 VVM |
| M95 | 14.09 | Pekka Penttilä | FIN | 03-jan-19 Torun | POL | 2019-03-27 VVM |
| M100 | 30.28 | Ilmari Koppinen | FIN | 08-jan-18 Salo | FIN | 2018-03-02 |
| K35 | 7.34 | Susanna Kallur | SWE | 16-feb-81 Malmö/A | SWE | 2016-02-27 ISM |
| K40 | 8.02 | Anna Björkstedt | SWE | 26-apr-78 Torun | POL | 2019-03-27 VVM |
| K45 | 7.82 | Arja Ruotsalainen | FIN | 05-jul-64 Helsinki | FIN | 2009-02-14 |
| K50 | 8.23 | Annelie Bergsjö | SWE | 27-dec-69 Sättra | SWE | 2019-01-12 |
| K55 | 8.66 | Heidi Barth | NOR | 28-apr-61 Torun | POL | 2019-03-27 |
| K60 | 9.08 | Ingela Bluhm | DEN | 05-jan-46 Malmö/A | SWE | 2006-03-04 VNM |
| K65 | 9.34 | Asta Larsson | SWE | 23-okt-31 Malmö/A | SWE | 1997-02-01 |
| K70 | 9.73 | Ingela Bluhm | DEN | 05-jan-46 Huddinge | SWE | 2017-03-10 VNM |
| K75 | 10.44 | Asta Larsson | SWE | 23-okt-31 Malmö/A | SWE | 2006-01-28 |
| K80 | 11.68 | Gunni Svensson | SWE | 17-nov-20 Lund | SWE | 2000-02-06 |
| K85+ | 12.57 | Nora Wedemo | SWE | 19-apr-13 Sättra | SWE | 2001-01-21 VDM |

200m

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|------|-------|-------------------|-----|-----------------------|-----|-----------------|
| M35 | 21.11 | Johan Wissman | SWE | 02-nov-82 Växjö | SWE | 2017-02-26 |
| M40 | 22.27 | Mattias Sunneborn | SWE | 27-sep-70 Budapest | HUN | 2014-03-28 IVVM |
| M45 | 22.80 | Mattias Sunneborn | SWE | 27-sep-70 Göteborg/Fh | SWE | 2015-02-07 |
| M50 | 23.74 | Mattias Sunneborn | SWE | 27-sep-70 Göteborg/Fh | SWE | 2020-02-01 |
| M55 | 24.93 | Jörgen Åberg | SWE | 13-nov-62 Malmö | SWE | 2019-12-14 |
| M60 | 26.10 | Harri Huotari | FIN | 04-apr-55 Helsinki | FIN | 2016-01-23 |
| M65 | 26.95 | Jorma Manninen | FIN | 06-jul-42 Clermont | FRA | 2008-03-19 VVM |
| (Lb) | 26.51 | Jorma Manninen | FIN | 06-jul-42 Tampere | FIN | 2008-02-10 |
| M70 | 28.50 | Aimo Mikkola | FIN | 09-feb-39 Helsinki | FIN | 2009-02-15 |
| (Lb) | 28.48 | Aimo Mikkola | FIN | 09-feb-39 Tampere | FIN | 2012-03-18 |
| M75 | 29.78 | Aimo Mikkola | FIN | 09-feb-39 Torun | POL | 2015-03-27 VVM |
| (Lb) | 29.51 | Aimo Mikkola | FIN | 09-feb-39 Tampere | FIN | 2014-02-02 |
| M80 | 31.84 | Lars Wennblom | SWE | 28-okt-34 Örebro | SWE | 2014-11-29 |
| M85 | 36.19 | Herbert Liedtke | SWE | 29-apr-16 Bollnäs | SWE | 2001-02-11 VSM |
| M90 | 39.63 | Herbert Liedtke | SWE | 29-apr-16 Linz | AUT | 2006-03-16 VVM |
| M95 | 62.03 | Pekka Penttilä | FIN | 03-jan-19 Torun | POL | 2019-03-29 VVM |

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|------------|--------------|--------------------------|------------|------------------------|------------|-------------------|
| K35 | 24.06 | Lena Aruhn | SWE | 22-apr-70 Malmö/A | SWE | 2005-02-13 SM |
| K40 | 26.29 | Katrin Kreen | FIN | 09-nov-66 Helsinki | FIN | 2007-03-25 VEM |
| K45 | 26.39 | Helen Hermundstad | SWE | 16-jun-73 Torun | POL | 2019-03-29 VVM |
| K50 | 27.18 | Katrin Mertanen | FIN | 11-sep-66 Helsinki | FIN | 2017-01-21 |
| K55 | 29.24 | Anny Undheim | NOR | 31-aug-56 Jyväskylä | FIN | 2012-04-05 VVM |
| K60 | 30.53 | Terhi Kokkonen | FIN | 13-jun-47 Helsinki | FIN | 2007-03-25 VEM |
| K65 | 31.73 | Terhi Kokkonen | FIN | 13-jun-47 Jyväskylä | FIN | 2012-04-05 VVM |
| K70 | 33.39 | Barbro Bobäck | SWE | 15-apr-44 Falun | SWE | 2014-02-09 VSM |
| K75 | 37.82 | Asta Larsson | SWE | 23-okt-31 Malmö/A | SWE | 2006-03-04 VNM |
| K80 | 43.52 | Kristina Carlsson | SWE | 12-aug-40 Malmö | SWE | 2020-03-01 |
| K85+ | 51.80 | Nora Wedemo | SWE | 19-apr-13 Bollnäs | SWE | 2001-02-11 VSM |

400m

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|------------|---------------|--------------------------|------------|-------------------------|------------|-------------------|
| M35 | 47.89 | Johan Wissman | SWE | 02-nov-82 Baerum | NOR | 2017-02-11 |
| M40 | 49.57 | Mattias Sunneborn | SWE | 27-sep-70 Budapest | HUN | 2014-03-30 IVVM |
| M45 | 50.95 | Mattias Sunneborn | SWE | 27-sep-70 Malmö/A | SWE | 2015-01-24 |
| M50 | 53.15 | Mattias Sunneborn | SWE | 27-sep-70 Uppsala | SWE | 2020-02-07 |
| M55 | 56.78 | Mats Olsson | SWE | 16-dec-50 Malmö | SWE | 2020-02-29 |
| M60 | 58.39 | Mauri Lyytikäinen | FIN | 07-feb-50 Jyväskylä | FIN | 2010-03-21 VNM |
| M65 | 61.87 | Reijo Vauhkonen | FIN | 22-maj-51 Jyväskylä | FIN | 2017-02-04 |
| M70 | 67.64 | Unto Mattsson | FIN | 29-okt-29 Kourtane | FIN | 1999-03-20 |
| (Lb) | 66.79 | Sten Haglund | FIN | 20-jul-43 Tampere | FIN | 2014-02-01 |
| M75 | 69.59 | Göte Lindblad | SWE | 16-okt-23 Malmö/A | SWE | 1999-03-07 VEM |
| M80 | 74.41 | Tor Trondset | SWE | 16-nov-35 Huddinge | SWE | 2015-03-07 VSM |
| M85 | 86.72 | Unto Mattsson | FIN | 29-okt-29 Jyväskylä | FIN | 2015-03-07 |
| M90+ | 102.33 | Herbert Liedtke | SWE | 29-apr-16 Malmö/A | SWE | 2006-03-05 VNM |
| K35 | 52.77 | Lena Aruhn | SWE | 22-apr-70 Stockholm/G | SWE | 2005-02-15 |
| K40 | 58.87 | Katrin Kreen | FIN | 09-nov-66 Linz | AUT | 2006-03-20 VVM |
| K45 | 60.20 | Katrin Mertanen | FIN | 09-nov-66 Budapest | HUN | 2014-03-30 IVVM |
| K50 | 62.97 | Marie Cederberg | SWE | 18-okt-64 Örebro | SWE | 2014-01-11 |
| K55 | 65.74 | Anny Undheim | NOR | 31-aug-56 Jyväskylä | FIN | 2012-04-08 VVM |
| K60 | 69.39 | Karin Wählstedt | SWE | 13-apr-60 Malmö | SWE | 2020-02-29 |
| K65 | 73.19 | Lilly Wizén | SWE | 11-mar-55 Madrid | SWE | 2020-02-29 |
| K70 | 82.84 | Ulla Littenheim | SWE | 23-jul-47 Borås | SWE | 2017-02-05 |
| K75 | 94.43 | Kristina Carlsson | SWE | 12-aug-40 Borås | SWE | 2015-03-07 |
| | 91.22 | Inkeri Janhunen | FIN | 23-aug-41 | FIN | |
| (Lb) | 91.06 | Eila Nieminen | FIN | 28-dec-39 Tampere | FIN | 2014-02-02 |
| K80 | 102.15 | Kristina Carlsson | SWE | 12-aug-40 Malmö | SWE | 2020-03-01 |

800m

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|------|---------|-----------------------|-----|-----------------------|-----|----------------|
| M35 | 1.50.72 | Rizak Dirsche | SWE | 05-jan-72 Karlskrona | SWE | 2009-02-22 |
| M40 | 1.55.87 | Lars Bögh | DEN | 29-sep-64 Malmö/A | SWE | 2004-02-28 |
| M45 | 2.01.14 | Gunnar Durén | SWE | 16-sep-63 Jyväskylä | FIN | 2012-04-04 VVM |
| M50 | 1.59.69 | Gunnar Durén | SWE | 16-sep-63 Stockholm/G | SWE | 2014-02-06 |
| M55 | 2.09.19 | René L Pedersen | DEN | 14-jan-61 Ancona | ITA | 2016-03-31 VEM |
| M60 | 2.18.50 | Unto Mattsson | FIN | 29-okt-29 Kuortane | FIN | 1990-03-03 |
| M65 | 2.25.87 | Tom Elmer Christensen | DEN | 07-nov-49 Roskilde | DEN | 2015-03-26 |
| (Lb) | 2.25.5m | Unto Mattsson | FIN | 29-okt-29 Tampere | FIN | 1995-02-01 |
| M70 | 2.33.26 | Magnus Säveros | SWE | 14-dec-46 Bollnäs | SWE | 2016-03-06 |
| M75 | 2.47.35 | Rune Bergman | SWE | 08-okt-24 Göteborg/Fh | SWE | 2000-03-11 VNM |
| M80 | 3.03.41 | Pauli Ahokas | FIN | 09-jul-33 Helsinki | FIN | 2013-12-01 |
| M85 | 3.30.95 | Holger Josefsson | SWE | 04-okt-18 Västerås | SWE | 2004-02-08 VSM |
| M90+ | 4.48.99 | Pentti Saukkosaari | FIN | 12-maj-22 Helsinki | FIN | 2013-03-03 |

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|--------------|----------------|------------------------|------------|------------------|---------------|------------|-------------------|
| K35 | 2.04.96 | Heidi Jensen | DEN | 14-aug-66 | Malmö/A | SWE | 2004-02-28 |
| K40 | 2.11.96 | Heidi Jensen | DEN | 14-aug-66 | Göteborg/Fh | SWE | 2009-02-14 |
| K45 | 2.18.16 | Karin Wählstedt | SWE | 13-apr-60 | Bollnäs | SWE | 2007-03-03 |
| K50 | 2.24.31 | Susanne Pallesen | DEN | 02-jul-67 | Randers | DEN | 2017-02-12 |
| K55 | 2.34.12 | Karin Wählstedt | SWE | 13-apr-60 | Borås | SWE | 2015-03-08 |
| K60 | 2.38.54 | Ingerlise Jensen | DEN | 28-aug-49 | Skive | DEN | 2009-01-31 |
| K65 | 2.55.41 | Oddbjörg Haakensveen | NOR | 29-apr-45 | Stange | NOR | 2011-01-30 |
| K70 | 3.11.17 | Björg Hagen | NOR | 26-okt-42 | Haugesund | NOR | 2013-03-03 |
| K75 | 3.19.16 | Björg Hagen | NOR | 26-okt-42 | Hvam | NOR | 2017-03-05 |
| K80 | 4.05.43 | Viveka Rüffel | SWE | 12-sep-39 | Malmö | SWE | 2019-03-03 |
| 1000m | | | | | | | |
| M35 | 2.22.27 | Rizak Dirsche | SWE | 05-jan-72 | Malmö/A | SWE | 2007-01-20 |
| 1500m | | | | | | | |
| M35 | 3.41.57 | Rizak Dirsche | SWE | 05-jan-72 | Stuttgart | GER | 2007-02-03 |
| M40 | 4.03.44 | Heikki Vakkuri | FIN | 04-mar-48 | Espoo | FIN | 1988-02-13 |
| M45 | 4.08.96 | Harald Nygård | NOR | 26-sep-51 | Malmö/A | SWE | 1999-03-07 VEM |
| M50 | 4.12.61 | Gunnar Durén | SWE | 16-sep-63 | Budapest | HUN | 2014-03-30 IVVM |
| M55 | 4.24.99 | Bill Krohn | SWE | 09-mar-58 | Huddinge/Sh | SWE | 2013-03-24 |
| M60 | 4.47.28 | Harald Nygård | NOR | 26-sep-51 | Haukås | NOR | 2012-03-17 |
| | 4.41.13 | Jukka Kauppila | FIN | 10-aug-57 | | FIN | |
| M65 | 4.55.25 | Rune Bergman | SWE | 08-okt-24 | Örebro | SWE | 1992-03-22 |
| M70 | 5.10.19 | Magnus Säveros | SWE | 14-dec-46 | Bollnäs | SWE | 2016-03-05 |
| M75 | 5.34.06 | Åke Kant | SWE | 25-sep-25 | Sätra | SWE | 2000-02-05 |
| M80 | 6.10.18 | Pauli Ahokas | FIN | 09-jul-33 | Helsinki | FIN | 2013-03-02 |
| M85 | 7.18.32 | Holger Josefsson | SWE | 04-okt-18 | Västerås | SWE | 2004-02-07 VSM |
| M90+ | 9.57.18 | Pentti Saukkosaari | FIN | 12-maj-22 | Helsinki | FIN | 2013-03-02 |
| K35 | 4.11.52 | Ulrika Johansson | SWE | 09-feb-75 | Stockholm/G | SWE | 2010-02-10 |
| K40 | 4.29.94 | Heidi Jensen | DEN | 14-aug-66 | Malmö/A | SWE | 2006-02-26 |
| K45 | 4.46.52 | Vigdis Bringedal | NOR | 29-nov-69 | Sandnes | NOR | 2014-01-15 |
| K50 | 4.54.08 | Susanne Pallesen | DEN | 02-jul-67 | Randers | DEN | 2017-02-11 |
| K55 | 5.14.42 | Karin Wählstedt | SWE | 13-apr-60 | Bollnäs | SWE | 2015-01-02 |
| K60 | 5.25.56 | Karin Wählstedt | SWE | 13-apr-60 | Malmö | SWE | 2020-02-29 |
| K65 | 6.03.92 | Ingrid Sogstad | NOR | 02-apr-26 | Oslo/Ek | NOR | 1991-02-24 |
| K70 | 6.31.4m | Monica Lorentzon | SWE | 16-apr-45 | Falun | SWE | 2016-02-21 |
| K75 | 6.47.56 | Björg Hagen | NOR | 26-okt-42 | Hvam | NOR | 2017-03-04 |
| K80 | 8.06.05 | Viveka Rüffel | SWE | 12-sep-39 | Malmö | SWE | 2019-03-02 |
| 3000m | | | | | | | |
| M35 | 7.49.27 | Erik Sjöqvist | SWE | 04-dec-72 | Stockholm/G | SWE | 2007-02-20 |
| M40 | 8.28.56 | Fredrik Uhrbom | SWE | 13-aug-77 | Norrköping | SWE | 2017-01-28 |
| M45 | 8.54.89 | Göran Sander | SWE | 19-maj-67 | Göteborg/Fh | SWE | 2012-02-04 |
| M50 | 9.10.54 | Heikki Vakkuri | FIN | 04-mar-48 | Espoo | FIN | 1999-01-31 |
| M55 | 9.21.11 | Håkan Eriksson | SWE | 20-aug-61 | Örebro | SWE | 2019-11-16 |
| M60 | 9.50.95 | Jukka Kauppila | FIN | 10-aug-57 | Jyväskylä | FIN | 2018-02-10 |
| M65 | 10.17.02 | Rune Bergman | SWE | 08-okt-24 | Göteborg/Fh | SWE | 1990-03-17 |
| M70 | 11.05.23 | Rune Bergman | SWE | 08-okt-24 | Göteborg/Fh | SWE | 1994-03-05 |
| M75 | 11.48.60 | Anders Hansson | SWE | 28-nov-44 | Örebro | SWE | 2019-03-31 |
| M80 | 14.01.52 | Gunnar Nilsson | SWE | 23-jul-33 | Karlskrona | SWE | 2013-02-10 |
| M85 | 15.45.20 | Gunnar Nilsson | SWE | 23-jul-33 | Västerås | SWE | 2018-03-02 |
| M90 | 20.55.32 | Malte Karlsson | SWE | 07-jan-28 | Västerås | SWE | 2018-03-02 |
| (Lb) | 21.41.51 | Pentti Saukkosaari | FIN | 12-maj-22 | Tampere | FIN | 2014-02-02 |

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|------|----------|-------------------------|-----|-----------|-------------|-----|----------------|
| K35 | 9.05.2m | Ulrika Johansson | SWE | 09-feb-75 | Birmingham | GBR | 2010-02-20 |
| K40 | 9.44.04 | Heidi Jensen | DEN | 14-aug-66 | Malmö/A | SWE | 2006-02-25 |
| K45 | 10.16.84 | Vigdis Bringedal | NOR | 29-nov-69 | Stange | NOR | 2014-02-02 |
| K50 | 9.57.83 | Susanne Aaskov Pallesen | DEN | 02-jul-66 | Skive | DEN | 2018-02-18 |
| K55 | 10.58.34 | Karin Schön | SWE | 17-maj-62 | Göteborg/FH | SWE | 2019-02-02 |
| K60 | 12.20.94 | Gudrun Fleetwood | SWE | 24-feb-43 | Eskilstuna | SWE | 2003-02-15 VSM |
| (Lb) | 12.18.89 | Inkeri Janhunen | FIN | 23-aug-41 | Tampere | FIN | 2002-02-17 |
| K65 | 12.25.08 | Marianne Gram | DEN | 28-feb-50 | Skive | DEN | 2015-02-07 |
| K70 | 13.28.0m | Monica Lorentzon | SWE | 16-apr-45 | Falun | SWE | 2015-02-08 |
| K75 | 15.13.2m | Monica Lorentzon | SWE | 16-apr-45 | Falun | SWE | 2020-01-26 |
| K80 | 16.50.55 | Viveka Rüffel | SWE | 12-sep-39 | Malmö | SWE | 2019-03-01 |

STAFETT 4x200m

NATIONSLAG

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|---|---------|---------|--|--|-----------|-----|------------|
| M35 | 1.29.62 | Sverige | | | Malmö | SWE | 2017-01-28 |
| (Lion Martinez + Mattias Sunneborn + Philip Nossmy + Johan Wissman) | | | | | | | |
| M40 | 1.31.27 | SVERIGE | | | Västerås | SWE | 2019-01-20 |
| (Lion Martinez + Anders Logg + Klas Skarin + Mattias Sunneborn) | | | | | | | |
| M45 | 1.33.59 | Sverige | | | Örebro | SWE | 2017-01-14 |
| (Magnus Nilsson + Mattias Sunneborn + Peter Wallin + Angel Galan) | | | | | | | |
| M50 | 1.37.30 | Sverige | | | Västerås | SWE | 2020-01-19 |
| (Peter Johansson + Märten Skogman + Mattias Sunneborn + Anssi Lehtevä) | | | | | | | |
| M55 | 1.42.58 | FINLAND | | | Jyväskylä | FIN | 2012-04-08 |
| (Raimo Koskela + Timo Rajamäki + Hannu Timonen + Harri Huotari) | | | | | | | |
| M60 | 1.50.08 | FINLAND | | | Helsinki | FIN | 2007-03-25 |
| (Jorma Manninen + Toivo Hietanen + Harri Suominen + Seppo Putkinen) | | | | | | | |
| M65 | 1.53.00 | FINLAND | | | Helsinki | FIN | 2007-03-25 |
| (Jorma Ehrström + Raimo Pätäri + Juhani Ollilainen + Sakari Hallia) | | | | | | | |
| M70 | 1.58.02 | FINLAND | | | Jyväskylä | FIN | 2012-04-08 |
| (Juhani Ollilainen + Sakari + Urpo Mikkonen + Aimo Mikkola) | | | | | | | |
| M75 | 2.10.30 | FINLAND | | | Helsinki | FIN | 2007-03-25 |
| (Terho Välimäki + Markus Virrankoski + Unto Mattsson + Jaakko Nieminen) | | | | | | | |
| M80 | 2.27.51 | FINLAND | | | Helsinki | FIN | 2007-03-25 |
| (Pentti Saavalainen + Arvo Heininen + Erkki Kivistö + Kurt Byggmaster) | | | | | | | |
| M85 | 3.04.61 | FINLAND | | | Jyväskylä | FIN | 2012-04-08 |
| (Yrjö Torkka + Aatos Sainio + Pentti Saukkosaari + Kurt Byggmaster) | | | | | | | |

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|--|----------------|--------------------|-----|-----------------------|------------|-------------------|
| K35 | 1.48.45 | SVERIGE | | Eskilstuna | SWE | 2017-01-06 |
| (Ulrika Evjen + Anna Björkstedt + Jenny Adolfsson + Mikaela Kellner) | | | | | | |
| K40 | 1.50.18 | SVERIGE | | Sätra | SWE | 2014-12-06 |
| (Hanna Tegnér + Jenny Åkervall + Jenny Rosén + Lena Aruhn) | | | | | | |
| K45 | 1.50.46 | Sverige | | Uppsala | SWE | 2019-01-27 |
| (Helen Hermundstad + Ulrika Evjen + Jenny Åkervall + Lena Axelson) | | | | | | |
| K50 | 1.56.32 | Finland | | Torun | POL | 2019-03-30 |
| (Kirsi Siekkinen + Riikka Honkanen + Kirsi Spoof-Tuomi + Katrin Mertanen) | | | | | | |
| K55 | 2.07.92 | Finland | | Torun | POL | 2015-04-28 IVVM |
| (Tarja Kailajärvi + Annikka Savolainen + Anne Nurmi + Anna-Lisa Salminen) | | | | | | |
| K60 | 2.15.76 | Sverige | | Torun | POL | 2015-03-28 |
| (Lilly Wizén + Kerstin Nilsson + Ulla Karneback + Ulla Littenheim) | | | | | | |
| K65 | 2.29.82 | FINLAND | | Jyväskylä | FIN | 2012-04-08 |
| (Anna Maija Kukka + Mirja Mäntylä + Kirsti Viitanen + Sirkka-Liisa Ruuskanen) | | | | | | |
| K70 | 2.57.50 | SVERIGE | | Torun | POL | 2019-03-30 |
| (Eva Widelund + Barbro Gadle + Kerstin Nilsson + Ing-Marie Nilsson) | | | | | | |
| K75 | 4.12.80 | FINLAND | | Jyväskylä | FIN | 2012-04-08 |
| (Aino Kostinen + Helvi Sorri + Eila Mikola + Irja Nieminen) | | | | | | |
| 60mh | | | | | | |
| (Häckhöjd 99.1cm eller högre) | | | | | | |
| M35 | 7.56 | Robert Kronberg | SWE | 15-aug-76 Lerum | SWE | 2011-08-19 |
| (Häckhöjd 106.7cm) | | | | | | |
| (M35) | 7.78 | Robert Kronberg | SWE | 15-aug-76 Lerum | SWE | 2011-08-19 |
| (Häckhöjd 99.1cm eller högre) | | | | | | |
| M40 | 8.03 | Robert Kronberg | SWE | 15-aug-76 Lerum | SWE | 2016-06-06 |
| M45 | 8.47 | Mattias Sunneborn | SWE | 27-sep-70 Göteborg/FH | SWE | 2015-02-07 |
| (Häckhöjd 91.4cm) | | | | | | |
| M50 | 8.89 | Mattias Sunneborn | SWE | 27-sep-70 Sätra | SWE | 2020-02-15 |
| M55 | 8.95 | Timo Rajamäki | FIN | 24-mar-57 Helsinki | FIN | 2013-03-03 |
| (Häckhöjd 84.0cm) | | | | | | |
| M60 | 9.11 | Timo Rajamäki | FIN | 24-mar-57 Jyväskylä | FIN | 2018-03-03 |
| M65 | 9.43 | Jan Söderström | SWE | 05-aug-42 Sätra | SWE | 2009-01-18 VDM |
| (Häckhöjd 76.2cm) | | | | | | |
| M70 | 9.98 | Jan Söderström | SWE | 05-aug-42 Huddinge | SWE | 2012-01-28 |
| M75 | 10.62 | Jan Söderström | SWE | 05-aug-42 Sätra | SWE | 2018-01-14 |
| (Häckhöjd 68.6cm eller högre) | | | | | | |
| M80 | 11.74 | Ilpo Sopenan | FIN | 15-okt-33 Budapest | HUN | 2014-03-25 IVVM |
| M85 | 14.58 | Arne Ueland | NOR | 20-jun-34 Hvam | NOR | 2019-03-09 |
| M90+ | 17.56 | Ilmari Koppinen | FIN | 08-jan-18 Tampere | FIN | 2008-02-20 |
| (Häckhöjd 84.0cm) | | | | | | |
| K35 | 8.06 | Susanna Kallur | SWE | 16-feb-81 Tampere | FIN | 2017-02-11 |
| (Häckhöjd 76.2cm) | | | | | | |
| K40 | 9.13 | Anita Norr-Ericson | SWE | 15-jan-60 Bordeaux | FRA | 2001-03-09 VEM |
| K45 | 8.96 | Arja Ruotsalainen | FIN | 05-jul-64 Helsinki | FIN | 2009-02-15 |
| K50 | 9.70 | Katrin Mertanen | FIN | 11-sep-66 Salo | FIN | 2018-02-03 |
| | 9.65 | Katrin Mertanen | FIN | 11-sep-66 | FIN | |
| K55 | 10.61 | Heidi Barth | NOR | 28-apr-61 Torun | POL | 2019-03-30 |
| (Häckhöjd 68.6cm eller högre) | | | | | | |
| K60 | 10.63 | Terhi Kokkonen | FIN | 13-jun-47 Gent | BEL | 2011-03-16 VEM |
| K65 | 10.61 | Terhi Kokkonen | FIN | 13-jun-47 Jyväskylä | FIN | 2012-03-04 VVM |
| K70 | 11.37 | Asta Larsson | SWE | 23-okt-31 Lund | SWE | 2002-02-02 VDM |
| K75+ | 13.32 | Asta Larsson | SWE | 23-okt-31 Lund | SWE | 2006-01-15 |

HÖJD

| | | | | | | |
|------|-----|---------------------------|-----|-------------------------|-----|-----------------|
| M35 | 223 | Stefan Karlsson | SWE | 16-dec-58 Malmö/A | SWE | 1993-02-21 |
| M40 | 203 | Stefan Holm | SWE | 25-maj-76 Karlstad | SWE | 2016-02-06 |
| M45 | 194 | Ola Carlsson | SWE | 13-mar-75 Antequera | ESP | 2020-02-09 |
| M50 | 184 | Ari Liisanantti | FIN | 20-nov-57 Clermont | FRA | 2008-03-18 VVM |
| | 184 | Stefan Karlsson | SWE | 16-dec-58 Huddinge | SWE | 2008-02-10 |
| M55 | 181 | Asko Pesonen | FIN | 15-apr-43 Rovaniemi | FIN | 2000-03-18 |
| M60 | 175 | Asko Pesonen | FIN | 15-apr-43 Kuopio | FIN | 2003-02-22 |
| M65 | 163 | Ulf Tudem | NOR | 25-sep-51 Hvam | NOR | 2017-01-14 |
| M70 | 159 | Carl-Erik Särndahl | SWE | 17-jul-37 Pal di Ancona | ITA | 2009-03-27 VEM |
| M75 | 152 | Carl-Erik Särndahl | SWE | 17-jul-37 Malmö | SWE | 2013-01-20 |
| M80 | 141 | Carl-Erik Särndahl | SWE | 17-jul-37 Borås | SWE | 2017-02-04 |
| M85 | 122 | Nils-Bertil Nevrup | SWE | 29-nov-26 Jvaskylä | FIN | 2012-04-07 VVM |
| M90 | 102 | Axel Magnusson | SWE | 24-apr-21 Helsingborg | SWE | 2011-02-19 |
| M95 | 71 | Ilmari Koppinen | FIN | 08-jan-18 Turku | FIN | 2013-02-21 |
| K35 | 183 | Thordis Lilja Gísladóttir | ISL | 05-mar-61 Reykjavik | ISL | 1997-01-25 |
| K40 | 164 | Kristiina Jatkola | FIN | 24-jun-68 Helsinki | FIN | 2009-02-14 |
| K45 | 160 | Kristiina Jatkola | FIN | 24-jun-68 Helsinki | FIN | 2013-03-02 |
| K50 | 156 | Auli Marttinen | FIN | 05-aug-61 Jvaskylä | FIN | 2012-04-07 VNM |
| K55 | 139 | Grethe Bolstad | NOR | 02-aug-35 Oslo/Ek | NOR | 1991-02-24 |
| K60 | 130 | Terhi Kokkonen | FIN | 13-jun-47 Helsinki | FIN | 2007-03-24 |
| K65 | 123 | Elsa Enarsson | SWE | 30-aug-30 Malmö/A | SWE | 1995-02-04 |
| K70 | 120 | Elsa Enarsson | SWE | 30-aug-30 Göteborg/Fh | SWE | 2000-03-11 VNM |
| K75 | 115 | Barbro Gadle | SWE | 16-mar-42 Malmö | SWE | 2020-02-29 |
| K80 | 100 | Elsa Enarsson | SWE | 30-aug-30 Malmö | SWE | 2012-01-21 |
| K85+ | 85 | Margareta Sarvana | FIN | 30-aug-08 Tampere | FIN | 1993-02-12 |
| | 85 | Senni Sopanen | FIN | 11-sep-27 Budapest | HUN | 2014-03-26 IVVM |

STAV

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|------|-----|----------------------|-----|-----------------------|-----|----------------|
| M35 | 555 | Oscar Jansson | SWE | 22-jul-75 Göteborg/FH | SWE | 2010-02-02 |
| M40 | 523 | Oscar Jansson | SWE | 22-jul-75 Växjö | SWE | 2017-02-26 |
| M45 | 507 | Oscar Jansson | SWE | 22-jul-75 Växjö | SWE | 2020-02-23 |
| M50 | 420 | Jouko Mäki-Lohiluoma | FIN | 15-jan-60 Tampere | FIN | 2010-01-16 |
| M55 | 411 | Kristján Gísson | ISL | 06-jun-53 Reykjavik | ISL | 2011-02-23 |
| M60 | 372 | Jarmo Lipasti | FIN | 04-jul-49 Turku | FIN | 2012-02-07 |
| M65 | 354 | Jarmo Lipasti | FIN | 04-jul-49 Turku | FIN | 2015-04-15 |
| M70 | 326 | Jarmo Lipasti | FIN | 04-jul-49 Hyvinkää | FIN | 2020-01-18 |
| M75 | 292 | Ilpo Sopanen | FIN | 15-okt-33 Jvaskylä | FIN | 2010-03-20 VNM |
| M80 | 261 | Lars Wennblom | SWE | 28-okt-34 Sätra | SWE | 2014-01-11 |
| M85 | 220 | Olaf Johansson | SWE | 14-mar-26 Göteborg/Fh | SWE | 2011-02-16 |
| M90+ | 190 | Ahti Pajunen | FIN | 03-dec-09 Vierumäki | FIN | 1999-01-31 |
| K35 | 375 | Maria Mossberg | SWE | 02-feb-71 Karlskrona | SWE | 2006-02-18 VSM |
| K40 | 350 | Simone Frandsen | DEN | 04-jul-61 Malmö/A | SWE | 2001-02-25 |
| K45 | 330 | Malin Weiland | SWE | 20-mar-72 Skellefteå | SWE | 2020-02-19 |
| K50 | 281 | Anita Norr-Ericsson | SWE | 15-jan-60 Norrköping | SWE | 2010-01-04 |
| K55 | 260 | Carin Thornander | SWE | 19-okt-63 Uppsala | SWE | 2019-03-09 |
| K60 | 255 | Pirkko Pitkänen | FIN | 01-okt-41 Kuopio | FIN | 2003-02-23 |
| K65 | 240 | Pirkko Pitkänen | FIN | 01-okt-41 Kuortane | FIN | 2007-02-18 |
| K70 | 195 | Marianne Sullivan | SWE | 27-okt-43 Huddinge | SWE | 2014-02-08 |
| K75 | 185 | Kirsti Viitanen | FIN | 21-aug-42 Turku | FIN | 2018-01-25 |

LÄNGD

| | | | | | | |
|------|-----|---------------------|-----|---------------------|-----|-----------------|
| M35 | 791 | Reijo Toivonen | FIN | 25-aug-36 Berlin | FRG | 1972-01-30 |
| M40 | 759 | Mattias Sunneborn | SWE | 27-sep-70 Sätra | SWE | 2013-02-03 |
| M45 | 690 | Tapani Taavitsainen | FIN | 17-jun-44 Espoo | FIN | 1990-02-03 |
| M50 | 650 | Pertti Ahomäki | FIN | 26-feb-46 Kuopio | FIN | 1997-03-23 |
| M55 | 634 | Stig Bäcklund | FIN | 27-okt-39 Oulu | FIN | 1995-03-19 |
| M60 | 596 | Stig Bäcklund | FIN | 27-okt-39 Malmö | SWE | 1999-03-05 |
| M65 | 535 | Vesa Mäki | FIN | 18-sep-46 Jvaskylä | FIN | 2012-04-07 VVM |
| M70 | 504 | Stig Bäcklund | FIN | 27-okt-39 Loviisa | FIN | 2011-12-17 |
| M75 | 451 | Stig Bäcklund | FIN | 27-okt-39 Loviisa | FIN | 2014-11-13 |
| M80 | 391 | Tor Trondset | SWE | 16-nov-35 Sätra | SWE | 2015-01-10 |
| M85 | 371 | Bure Edström | SWE | 31-jul-31 Malmö | SWE | 2016-01-30 |
| M90 | 307 | Aatos Sainio | FIN | 07-jun-25 Tampere | FIN | 2016-01-29 |
| M95 | 180 | Pekka Penttilä | FIN | 19-mar-24 Torun | POL | 2019-03-25 IVVM |
| K35 | 630 | Arja Jussila | FIN | 29-apr-53 Rovaniemi | FIN | 1988-02-14 |
| K40 | 536 | Arja Ruotsalainen | FIN | 05-jul-64 Tampere | FIN | 2008-02-09 |
| K45 | 533 | Tiia Hautala | FIN | 04-mar-72 Jvaskylä | FIN | 2019-02-22 |
| K50 | 492 | Carina Palmqvist | SWE | 29-maj-62 Budapest | HUN | 2014-03-29 IVVM |
| K55 | 459 | Heidi Barth | NOR | 28-apr-61 Tönsberg | NOR | 2019-04-04 |
| K60 | 436 | Anna-Liisa Salminen | FIN | 13-jul-57 Tampere | FIN | 2018-02-17 |
| K65 | 401 | Marit Huflåtten | NOR | 24-apr-53 Tönsberg | NOR | 2019-12-05 |
| K70 | 357 | Asta Larsson | SWE | 23-okt-31 Lund | SWE | 2001-02-04 |
| | 357 | Asta Larsson | SWE | 23-okt-31 Bordeaux | FRA | 2001-03-08 VEM |
| K75 | 338 | Asta Larsson | SWE | 23-okt-31 Malmö/A | SWE | 2006-03-04 VNM |
| K80 | 264 | Elsa Enarsson | SWE | 30-aug-30 Malmö/A | SWE | 2012-01-22 |
| K85+ | 201 | Senni Sopanen | FIN | 11-sep-27 Budapest | HUN | 2014-03-27 IVVM |

TRESTEG

| | | | | | | |
|------------|------------|------------------------|------------|-------------------------|------------|-------------------|
| M35 | 1697 | Arne Holm | SWE | 22-dec-61 Borlänge | SWE | 1996-02-22 |
| M40 | 1473 | Mattias Sunneborn | SWE | 27-sep-70 Karlskrona | SWE | 2013-02-10 |
| M45 | 1378 | Mattias Sunneborn | SWE | 27-sep-70 Nyköping | SWE | 2015-02-07 |
| M50 | 1391 | Stig Bäcklund | FIN | 27-okt-39 Turku | FIN | 1989-04-01 |
| M55 | 1366 | Stig Bäcklund | FIN | 27-okt-39 Turku | FIN | 1994-03-19 |
| M60 | 1297 | Stig Bäcklund | FIN | 27-okt-39 Kuortane | FIN | 1999-03-20 |
| M65 | 1161 | Stig Bäcklund | FIN | 27-okt-39 Jyväskylä | FIN | 2005-02-13 |
| M70 | 1088 | Pertti Ahomäki | FIN | 26-feb-46 Ancona | ITA | 2016-04-02 IVEM |
| M75 | 969 | Stig Bäcklund | FIN | 27-okt-39 Jyväskylä | FIN | 2015-03-08 |
| M80 | 863 | Samuli Korpi | FIN | 18-aug-29 Kouvola | FIN | 2010-01-30 |
| M85 | 804 | Aatos Sainio | FIN | 07-jun-25 Jyväskylä | FIN | 2010-03-19 |
| M90 | 680 | Aatos Sainio | FIN | 07-jun-25 Tampere | FIN | 2016-02-21 |
| M95 | 341 | Ilmari Koppinen | FIN | 08-jan-18 Budapest | HUN | 2013-03-23 IVEM |
| K35 | 1376 | Natalia Kilpeläinen | FIN | 18-mar-70 Tampere | FIN | 2006-02-26 |
| K40 | 1148 | Linda Holmström | SWE | 15-jun-79 Torun | POL | 2019-03-27 VVM |
| K45 | 1091 | Kristina Jatkola | FIN | 24-jun-68 Tampere | FIN | 2014-02-02 |
| K50 | 1057 | Kirsi Spoof-Tuomi | FIN | 04-aug-67 Madrid | ESP | 2018-03-23 VEM |
| K55 | 961 | Anna-Liisa Salminen | FIN | 13-jul-57 Ancona | ITA | 2016-03-31 |
| K60 | 941 | Anna-Liisa Salminen | FIN | 13-jul-57 Huddinge | SWE | 2017-03-10 |
| K65 | 827 | Marit Huflåtten | NOR | 24-apr-53 Haukås | NOR | 2020-03-01 |
| K70 | 799 | Asta Larsson | SWE | 23-okt-31 San Sebastian | ESP | 2003-03-09 VEM |
| K75 | 715 | Asta Larsson | SWE | 23-okt-31 Malmö/A/Fh | SWE | 2006-03-03 |
| K80 | 633 | Elsa Enarsson | SWE | 30-aug-30 Karlskrona | SWE | 2011-03-05 VSM |
| K85+ | 426 | Senni Sopanen | FIN | 11-sep-27 Budapest | HUN | 2014-03-29 IVVM |

KULA

| | | | | | | |
|-----------------------------|------|------------------|-----|-----------------------|-----|----------------|
| (7.26kg) | | | | | | |
| M35 | 1941 | Timo Aaltonen | FIN | 11-apr-69 Turku | FIN | 2005-02-19 |
| M40 | 1805 | Jan Sagedal | NOR | 19-jun-60 Stange | NOR | 2001-02-24 |
| M45+ | 1736 | Matti Jouppila | FIN | 26-aug-44 Kuortane | FIN | 1990-03-04 |
| (6.0kg) | | | | | | |
| M50 | 1798 | Yngve Wahlander | SWE | 15-sep-58 Borås | SWE | 2010-01-24 |
| M55 | 1576 | Bengt Pettersson | SWE | 03-jul-61 Sätra | SWE | 2018-01-13 |
| (5.0kg) | | | | | | |
| M60 | 1538 | Matti Jouppila | FIN | 26-aug-44 Jalasjärvi | FIN | 2006-01-06 |
| | 1615 | Karri Westerlund | FIN | 25-jul-57 | FIN | |
| M65 | 1487 | Raimo Leino | FIN | 14-nov-34 Kuortane | FIN | 1999-03-21 |
| | 1487 | Reino Laine | FIN | 08-feb-35 Göteborg/Fh | SWE | 2000-03-11 VNM |
| (4.0kg) | | | | | | |
| M70 | 1464 | Tauno Kivi | FIN | 22-jul-28 Kuortane | FIN | 1999-03-21 |
| M75 | 1366 | Leo Saarinen | FIN | 27-jun-29 Eskilstuna | SWE | 2005-03-11 VEM |
| (3.0kg eller tyngre) | | | | | | |
| M80 | 1368 | Leo Saarinen | FIN | 27-jun-29 Jyväskylä | FIN | 2010-03-20 VNM |
| M85 | 1250 | Östen Edlund | SWE | 26-nov-34 Sätra | SWE | 2020-01-11 |
| M90 | 968 | Toimi Ahvenjärvi | FIN | 25-jun-21 Jyväskylä | FIN | 2012-04-06 VVM |
| M95 | 685 | Ilmari Saunamäki | FIN | 01-jan-17 Tampere | FIN | 2012-03-18 |
| M100 | 431 | Helge Lönnroth | FIN | 12-aug-16 Turku | FIN | 2017-01-18 |

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|---|-------|----------------------|-----|-------------------------|-----|----------------|
| (4.0kg) | | | | | | |
| K35 | 1734 | Helena Engman | SWE | 16-jun-76 Göteborg/SC | SWE | 2013-03-02 |
| K40 | 1377 | Ingrid Miller | SWE | 22-nov-41 - | | 84-xx-xx |
| K45+ | 1488 | Ingrid Miller | SWE | 22-nov-41 Lidingö/B | SWE | 1987-01-31 |
| (3.0kg) | | | | | | |
| K50 | 1371 | Ingrid Miller | SWE | 22-nov-41 Lidingö/B | SWE | 1991-01-31 |
| K55 | 1211 | Gerda Ribjerg | DEN | 22-nov-60 Hvidore | DEN | 2016-03-13 |
| K60 | 1213 | Anne Kirstine Jensen | DEN | 20-jun-54 Randers | DEN | 2017-12-06 |
| K65 | 11.10 | Anne Kirstine Jensen | DEN | 20-jun-54 Randers? | DEN | 2020-02-01 |
| K70 | 940 | Rosemarie Persson | SWE | 02-maj-37 Malmö/A | SWE | 2007-01-27 |
| (2.0kg eller tyngre, 2.0kg sedan 2010) | | | | | | |
| K75 | 995 | Kirsti Viitanen | FIN | 21-aug-42 Tampere | FIN | 2018-02-17 |
| K80 | 736 | Eila Mikola | FIN | 22-jun-34 Ancona | ITA | 2016-03-31 |
| K85 | 624 | Senni Sopanen | FIN | 11-sep-27 Helsinki | FIN | 2013-03-02 |
| K90 | 419 | Sirkka Rannema | FIN | 17-dec-07 Helsinki | FIN | 2010-01-14 |
| K95 | 230 | Sirkka Rannema | FIN | 17-dec-07 Helsinki | FIN | 2012-01-12 |
| VIKT | | | | | | |
| (15.88kg eller tyngre) | | | | | | |
| M35 | 1978 | Robert Alneroth | SWE | 05-jun-84 Gävle | SWE | 2019-03-11 |
| M40 | 1690 | Antti Örn | FIN | 09-mar-46 Kuortane | FIN | 1990-03-04 |
| M45 | 1697 | Sami Siren | FIN | 14-nov-72 Tampere | FIN | 2018-02-17 |
| (11.34kg) | | | | | | |
| M50 | 2038 | Mikael Leindal | SWE | 10-sep-65 Sätra | SWE | 2015-01-31 |
| M55 | 1785 | Pekka Sinisaari | FIN | 20-mar-62 Tampere | FIN | 2018-02-17 |
| (9.08kg) | | | | | | |
| M60 | 2085 | Heikki Kangas | FIN | 01-maj-51 Jyväskylä | FIN | 2012-04-05 VVM |
| | 2085 | Heikki Kangas | FIN | 01-maj-51 San Sebastian | ESP | 2013-03-22 VEM |
| M65 | 1864 | Peter Hackenschmidt | SWE | 30-sep-43 Huddinge | SWE | 2012-02-12 |
| (7.26kg) | | | | | | |
| M70 | 1956 | Peter Hackenschmidt | SWE | 30-sep-43 Huddinge | SWE | 2014-02-08 VSM |
| M75 | 1800 | Esko Palviainen | FIN | 01-jul-41 Deagu | KOR | 2017-03-22 VVM |
| (5.45kg) | | | | | | |
| M80 | 1876 | Östen Edlund | SWE | 26-nov-34 Huddinge | SWE | 2014-02-04 |
| M85 | 1615 | Östen Edlund | SWE | 26-nov-34 Sätra | SWE | 2019-01-13 |
| M90 | 952 | Helge Lönnroth | FIN | 08-dec-16 Helsinki | FIN | 2007-03-23 VVM |
| M95 | 654 | Helge Lönnroth | FIN | 08-dec-16 Jyväskylä | FIN | 2012-04-04 VVM |
| (9.08kg) | | | | | | |
| K35 | 1779 | Anna Söderberg | SWE | 11-jun-73 Göteborg/Fh | SWE | 2010-02-16 DM |
| K40 | 1574 | Kirsi Koro | FIN | 22-jun-76 Tampere | FIN | 2018-02-18 |
| K45+ | 1344 | Mette Overgaard | DEN | 15-dec-71 Hvidore | DEN | 2016-03-06 |
| (7.26kg) | | | | | | |
| K50 | 1573 | Mirja Kokko | FIN | 08-aug-61 Tampere | FIN | 2016-02-21 |
| K55 | 1652 | Rauha Lehtohalme | FIN | 29-jun-38 Kuortane | FIN | 1993-04-04 |
| (5.45kg) | | | | | | |
| K60 | 1670 | Inge Faldager | DEN | 08-jan-48 Clermont | FRA | 2008-03-19 VVM |
| K65 | 1538 | Inge Faldager | DEN | 08-jan-48 Hvidore | DEN | 2014-03-01 |
| K70 | 1397 | Inge Faldager | DEN | 08-jan-48 Hvidore | DEN | 2018-03-11 |
| (4.0kg eller tyngre) | | | | | | |
| K75 | 1363 | Kirsti Viitanen | FIN | 21-aug-42 Tampere | FIN | 2018-02-18 |
| | 1428 | Kirsti Viitanen | FIN | 21-aug-42 | FIN | |
| K80 | 949 | Eila Mikola | FIN | 22-jun-34 Tampere | FIN | 2018-02-18 |
| K85 | 668 | Margareta Sarvana | FIN | 30-aug-08 Kuortane | FIN | 1993-04-04 |

Femkamp

Tabell 2014

| | | | | | | |
|-----|-------|--|-----|--------------------------|-----|--------------------|
| M35 | 3649p | Lasse Ohtamaa 8.72, 6.22, 13.31, 1.82, 2.54.08 | SWE | 19-jun-80 Nyköping | SWE | 2015-02-15 |
| M40 | 4387p | Mattias Sunneborn 8.38, 7.27, 12.84, 1.84, 2.47.78 | SWE | 27-sep-70 San Sebastian | ESP | 2013-03-19 VEM |
| M45 | 4447p | Mattias Sunneborn 8.60, 6.77, 12.44, 1.78, 2.56.99 | SWE | 27-sep-70 Torun | POL | 2015-03-26 VEM |
| M50 | 3639p | Christian Josefsson 9.25, 5.49, 9.00, 1.57, 3.09.66 | SWE | 15-okt-68 Torun | POL | SWE 2019-03-28 VVM |
| M55 | 4082p | Timo Rajamäki 9.18, 5.58, 12.87, 1.54, 3.44.15 | FIN | 24-mar-57 Budapest | HUN | 2014-03-25 |
| M60 | 3863p | Jouko Nikula 9.30, 5.43, 12.95, 1.45, 4.43.08 | FIN | 14-jan-54 Budapest | HUN | 2014-03-25 |
| M65 | 4000p | Harri Suominen 10.13, 4.40, 11.51, 1.51, 4.10.51 | FIN | 10-mar-46 Jyväskylä | FIN | 2012-04-04 |
| M70 | 4051p | Knut Henrik Skramstad 10.73, 4.22, 11.07, 1.37, 3.58.98 | NOR | 10-jan-37 Clermont-Ferra | FRA | 2008-03-17 VVM |
| M75 | 4000p | Kjartan Sölvberg 11.41, 3.76, 11.09, 1.30, 4.33.84 | NOR | 31-jul-36 Gent | BEL | 2011-03-16 VVM |
| M80 | 4471p | Osmo Villanen 11.58, 3.74, 12.07, 1.18, 4.51.00 | FIN | 28-mar-36 Ancona | FIN | 2016-03-30 |
| M85 | 2667p | Kurt Byggmaster 15.70, 2.35, 8.00, 1.03, 7.42.21 | FIN | 03-apr-25 Jyväskylä | FIN | 2012-04-04 |
| K35 | 3296p | Katja Kuusela 9.57, 1.46, 11.11, 5.02, 2.45.93 | FIN | 15-aug-74 Helsinki | FIN | 2011-03-06 |
| K40 | 3705p | Katja Kuusela 10.67, 1.49, 9.70, 4.02, 2.42.06 | FIN | 15-aug-74 Helsinki | FIN | 2012-02-12 |
| K45 | 4052p | Catrine Eriksson 9.86, 1.57, 10.49, 4.82, 2.47.44 | SWE | 16-feb-73 Torun | POL | 2019-03-29 VVM |
| K50 | 4312p | Kirsti Siekkinen 9.72, 1.48, 11.95, 4.87, 3.07.91 | FIN | 12-sep-66 Jyväskylä | FIN | 2016-10-08 |
| K55 | 3753p | Terhi Kokkonen 10.71, 1.26, 7.59, 4.12, 2.52.39 | FIN | 13-jun-47 Helsinki | FIN | 2007-03-23 |
| K60 | 4022p | Terhi Kokkonen 10.61, 1.24, 8.40, 3.86, 3.09.08 | FIN | 13-jun-47 Jyväskylä | FIN | 2012-04-03 |
| K65 | 4124p | Ulla Karneback 11.75, 1.12, 7.26, 3.73, 2.57.99 | SWE | 09-maj-53 Madrid | ESP | 2018-03-24 |
| K70 | 4071p | Asta Larsson 11.43, 1.12, 7.69, 3.57, 4.22.73 | SWE | 23-okt-31 Bordeaux | FRA | 2001-03-08 |
| K75 | 3695p | Sirkka-Liisa Ruuskanen 14.04, 1.05, 6.44, 2.84, 4.17.05 | FIN | 03-mar-44 Helsinki | FIN | 2019-03-03 |