

Women Senior Indoors

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

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

Women Senior Indoors

(Individual championship or Nordic indoor match events only)

60 m	7,10	Ezinne Okeparaebo	NOR	Praha, TCH	08.03.2015
200 m	22,99	Henriette Jæger	NOR	Rud, NOR	20.01.2024
400 m	51.05	Henriette Jæger	NOR	Torun, POL	06.02.2024
800 m	2:00.01	Maria Akra	SWE	Stockholm, SWE	19.02.1998
1500 m	3:57.91	Abeba Aregawi	SWE	Stockholm, SWE	06.02.2014
3000 m	8:42.46	Meraj Bahta	SWE	Madrid, ESP	08.02.2018
5000 m	15:06.49	Sara Wedlund	SWE	Stockholm, SWE	25.02.1996
60 m hurdles	7.68	Susanna Kallur	SWE	Karlsruhe, GER	10.02.2008
High jump	2.08	Kajsa Bergqvist	SWE	Arnstadt, GER	04.02.2006
Pole vault	4.81	Angelica Bengtsson	SWE	Clermont-Ferrand, FRA	24.02.2019
Long jump	6.92	Carolina Klüft	SWE	Budapest, HUN	07.03.2004
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	6.92	Khaddi Sagnia	SWE	Glasgow, GBR	25.02.2018
Triple jump	14.38	Kristiina Mäkelä	FIN	Madrid, ESP	08.02.2019
Shot Put	19.29	Fanny Roos	SWE	Torun, POL	05.03.2021
Pentathlon	4.948	Carolina Klüft	SWE	Madrid, ESP	04.03.2005
		(8.19-1.93-13.29-6.65-2:13.47)			
4x200 m relay	1:34.89	Norway		Växjö, SWE	13.02.2016
		(Ezinne Okparaebo, Astrid Mangan Cederqvist, Emily Rose Norum, Tonje Fjellet Kristiansen)			