

60 m

Herrar

| | | | | | | | | |
|-----|------|----------|----------|--------|-----|-----|------|-------------|
| HS | 6,99 | <i>i</i> | Jansson | Victor | -93 | JIK | 2014 | Helsingfors |
| H22 | 6,99 | <i>i</i> | Jansson | Victor | -93 | JIK | 2014 | Helsingfors |
| H19 | 7,18 | <i>i</i> | Sjölund | Eric | -00 | IFK | 2018 | Kuortane |
| H17 | 7,20 | <i>i</i> | Sjölund | Eric | -00 | IFK | 2017 | Åbo |
| P15 | 7,45 | <i>i</i> | Sjölund | Dan | -73 | IFK | 1987 | |
| P13 | 7,93 | <i>i</i> | Karlsson | Tomas | -83 | IFK | 1996 | Bosön |

Damer

| | | | | | | | | |
|-----|------|----------|------------|-------|-----|-----|------|---------------|
| DS | 7,49 | <i>i</i> | Wiss | Sara | -87 | IFK | 2023 | Huddinge, Sve |
| D22 | 7,68 | <i>i</i> | Wiss | Hanna | -91 | IFK | 2011 | Helsingfors |
| D19 | 7,81 | <i>i</i> | Gustafsson | Linn | -97 | IFF | 2014 | Helsingfors |
| D17 | 7,81 | <i>i</i> | Gustafsson | Linn | -97 | IFF | 2014 | Helsingfors |
| F15 | 7,90 | <i>i</i> | Westerberg | Anna | -80 | IFK | 1994 | |
| F13 | 8,03 | <i>i</i> | Westerberg | Anna | -80 | IFK | 1993 | |

100 m

Herrar

| | | | | | | | | |
|-----|-------|--|----------|--------|-----|------|------|-------------|
| HS | 10,82 | | Boman | Mats | -85 | IFFK | 2009 | Mariehamn |
| H22 | 10,94 | | Boman | Mats | -85 | IFFK | 2007 | Rhodos, Gre |
| H19 | 11,06 | | Boman | Anders | -76 | IFFK | 1994 | Mariehamn |
| H17 | 11,20 | | Boman | Anders | -76 | IFFK | 1993 | |
| P15 | 11,49 | | Sjölund | Dan | -73 | IFK | 1988 | Reso |
| P13 | 12,59 | | Karlsson | Tomas | -83 | IFK | 1996 | Mariehamn |

Damer

| | | | | | | | | |
|-----|-------|--|------------|-------|-----|-----|------|----------------|
| DS | 11,75 | | Wiss | Sara | -87 | IFK | 2024 | Uddevalla, Sve |
| D22 | 12,01 | | Wiss | Hanna | -91 | IFK | 2010 | Akureyri, Isl |
| D19 | 12,01 | | Wiss | Hanna | -91 | IFK | 2010 | Akureyri, Isl |
| D17 | 12,24 | | Gustafsson | Linn | -97 | IFF | 2014 | Uppsala, Sve |
| F15 | 12,40 | | Westerberg | Anna | -80 | IFK | 1994 | Stockholm |
| F13 | 12,74 | | Westerberg | Anna | -80 | IFK | 1993 | |

200 m

Herrar

| | | | | | | | | |
|-----|-------|----------|----------|----------|-----|------|------|-----------------------------|
| HS | 21,60 | | Boman | Mats | -85 | IFFK | 2011 | Sandown, Isle of Wight, GBR |
| H22 | 21,8 | <i>m</i> | Lindberg | Håkan | -45 | IFK | 1967 | Åbo |
| H19 | 22,30 | | Malmberg | Jonathan | -92 | IFK | 2011 | Falun, Sve |
| H17 | 22,70 | | Sjölund | Eric | -00 | IFK | 2016 | Kajaana |
| P15 | 22,99 | | Sjölund | Dan | -73 | IFK | 1988 | |
| P13 | 26,23 | | Karlsson | Tomas | -83 | IFK | 1996 | Mariehamn |

Damer

| | | | | | | | | |
|-----|-------|----------|------------|-------|-----|-----|------|-----------|
| DS | 24,15 | | Wiss | Hanna | -91 | IFK | 2017 | Borgå |
| D22 | 24,52 | | Wiss | Hanna | -91 | IFK | 2010 | Nykarleby |
| D19 | 24,52 | | Wiss | Hanna | -91 | IFK | 2010 | Nykarleby |
| D17 | 25,03 | | Wiss | Hanna | -91 | IFK | 2007 | Mariehamn |
| F15 | 25,89 | | Gustafsson | Linn | -97 | IFF | 2012 | Mariehamn |
| F13 | 27,0 | <i>m</i> | Holmberg | Eva | -77 | IFF | 1990 | |

300 m

Herrar

| | | | | | | | | |
|-----|-------|--|---------|-----------|-----|-----|------|----------------|
| HS | 34,64 | | Jansson | Christian | -63 | IFK | 1984 | Stockholm, Sve |
| H22 | 34,64 | | Jansson | Christian | -63 | IFK | 1984 | Stockholm, Sve |
| H19 | 34,80 | | Jansson | Simon | -95 | JIK | 2012 | Esbo |

| | | | | | | | | |
|-----|-------|--|---------|-------|-----|-----|------|-------------|
| H17 | 34,80 | | Jansson | Simon | -95 | JIK | 2012 | Esbo |
| P15 | 36,31 | | Sjölund | Dan | -73 | IFK | 1987 | Kuusankoski |
| P13 | 39,29 | | Sjölund | Dan | -73 | IFK | 1985 | |

Damer

| | | | | | | | | |
|-----|-------|----------|---------|-------|-----|-----|------|--------|
| DS | 40,12 | | Wiss | Hanna | -91 | IFK | 2008 | Raisio |
| D22 | 40,12 | | Wiss | Hanna | -91 | IFK | 2008 | Raisio |
| D19 | 40,12 | | Wiss | Hanna | -91 | IFK | 2008 | Raisio |
| D17 | 40,12 | | Wiss | Hanna | -91 | IFK | 2008 | Raisio |
| F15 | 40,67 | | Sjölund | Sofia | -76 | IFK | 1991 | Närpes |
| F13 | 41,9 | <i>m</i> | Lampén | Inger | -62 | IFK | 1975 | |

400 m

Herrar

| | | | | | | | | |
|-----|-------|----------|----------|-----------|-----|-----|------|----------------|
| HS | 47,60 | | Jansson | Christian | -63 | IFK | 1984 | Kajaana |
| H22 | 47,60 | | Jansson | Christian | -63 | IFK | 1984 | Kajaana |
| H19 | 48,18 | | Jansson | Christian | -63 | IFK | 1981 | Stockholm, Sve |
| H17 | 49,94 | | Holmberg | Julius | -07 | IFK | 2024 | Helsingfors |
| P15 | 52,28 | | Sjölund | Dan | -73 | IFK | 1987 | |
| P13 | 55,6 | <i>m</i> | Sjölund | Dan | -73 | IFK | 1986 | |

Damer

| | | | | | | | | |
|-----|-------|--|--------|-------|-----|-----|------|-------------------------|
| DS | 57,11 | | Wiss | Hanna | -91 | IFK | 2007 | Göteborg, Sve |
| D22 | 57,11 | | Wiss | Hanna | -91 | IFK | 2007 | Göteborg, Sve |
| D19 | 57,11 | | Wiss | Hanna | -91 | IFK | 2007 | Göteborg, Sve |
| D17 | 57,11 | | Wiss | Hanna | -91 | IFK | 2007 | Göteborg, Sve |
| F15 | 57,55 | | Nylund | Anni | -02 | JIK | 2017 | Visby, Gotland, Sverige |
| F13 | 61,27 | | Nylund | Anni | -02 | JIK | 2015 | Mariehamn |

600 m

Herrar

| | | | | | | | | |
|-----|---------|----------|------------|------------|-----|-----|------|--------------|
| HS | 1:22,2 | <i>m</i> | Holmberg | John | -67 | IFK | 1993 | Enskede |
| H22 | 1:25,1 | <i>m</i> | Sandbakken | Simon Paul | -95 | JIK | 2013 | Nittedal, No |
| H17 | 1:41,69 | | Berthén | Karl | -86 | IFK | 1999 | Mariehamn |
| P15 | 1:41,69 | | Berthén | Karl | -86 | IFK | 1999 | Mariehamn |
| P13 | 1:41,69 | | Berthén | Karl | -86 | IFK | 1999 | Mariehamn |

Damer

| | | | | | | | | |
|-----|---------|--|--------|------|-----|-----|------|-----------------|
| DS | 1:42,17 | | Nylund | Anni | -02 | JIK | 2015 | Sollentuna, Sve |
| D22 | 1:42,17 | | Nylund | Anni | -02 | JIK | 2015 | Sollentuna, Sve |
| D19 | 1:42,17 | | Nylund | Anni | -02 | JIK | 2015 | Sollentuna, Sve |
| D17 | 1:42,17 | | Nylund | Anni | -02 | JIK | 2015 | Sollentuna, Sve |
| F15 | 1:42,17 | | Nylund | Anni | -02 | JIK | 2015 | Sollentuna, Sve |
| F13 | 1:42,17 | | Nylund | Anni | -02 | JIK | 2015 | Sollentuna, Sve |

800 m

Herrar

| | | | | | | | | |
|-----|---------|----------|------------|------------|-----|------|------|---------------|
| HS | 1:52,21 | | Holmberg | John | -67 | IFK | 1993 | Sollentuna |
| H22 | 1:54,0 | <i>m</i> | Holmén | Rune | -45 | FUIA | 1965 | Vammala |
| H19 | 1:55,98 | | Sandbakken | Simon Paul | -95 | JIK | 2013 | Oslo, No |
| H17 | 1:56,71 | | Sandbakken | Simon Paul | -95 | JIK | 2012 | Göteborg, Sve |
| P15 | 1:59,2 | <i>m</i> | Mörn | Mikael | -65 | IFF | 1980 | |
| P13 | 2:08,0 | <i>m</i> | Sjölund | Dan | -73 | IFK | 1986 | |

Damer

| | | | | | | | | |
|-----|---------|----------|----------|------------|-----|-----|------|----------------|
| DS | 2:09,31 | | Nordvall | Gunvor | -63 | JIK | 1981 | Stockholm, Sve |
| D22 | 2:09,31 | | Nordvall | Gunvor | -63 | JIK | 1981 | Stockholm, Sve |
| D19 | 2:09,31 | | Nordvall | Gunvor | -63 | JIK | 1981 | Stockholm, Sve |
| D17 | 2:10,5 | <i>m</i> | Nordvall | Gunvor | -63 | JIK | 1980 | Mariehamn |
| F15 | 2:18,18 | | Nordman | Ann-Catrin | -70 | IFK | 1985 | |
| F13 | 2:19,4 | <i>m</i> | Lampén | Inger | -62 | IFK | 1975 | Helsingfors |

1000 m

Herrar

| | | | | | | | | |
|-----|--------|----------|-----------|----------|-----|-----|------|-----------|
| HS | 2:27,3 | <i>m</i> | Lindqvist | Per-Erik | -54 | JIK | 1975 | Västerås |
| H22 | 2:27,3 | <i>m</i> | Lindqvist | Per-Erik | -54 | JIK | 1975 | Västerås |
| H19 | 2:29,0 | | Holmén | Rune | -45 | IFK | 1964 | Mariehamn |
| H17 | 2:35,1 | <i>m</i> | Holmén | Rune | -45 | JIK | 1962 | St Michel |
| P15 | 2:36,5 | <i>m</i> | Mörn | Mikael | -65 | IFF | 1979 | |
| P13 | 2:46,4 | <i>m</i> | Sjölund | Dan | -73 | IFK | 1986 | |

Damer

| | | | | | | | | |
|-----|---------|--|----------|--------|-----|------|------|-----------|
| DS | 3:06,7 | | Nordvall | Gunvor | -63 | JIK | 1978 | |
| D22 | 3:06,7 | | Nordvall | Gunvor | -63 | JIK | 1978 | |
| D19 | 3:06,7 | | Nordvall | Gunvor | -63 | JIK | 1978 | |
| D17 | 3:06,7 | | Nordvall | Gunvor | -63 | JIK | 1978 | |
| F15 | 3:06,7 | | Nordvall | Gunvor | -63 | JIK | 1978 | |
| F13 | 3:59,30 | | Sundberg | Emma | -07 | IFFK | 2020 | Janakkala |

1500 m

Herrar

| | | | | | | | | |
|-----|---------|----------|----------|-----------|-----|------|------|-------------|
| HS | 3:46,99 | | Salmi | Olof | -52 | IFK | 1981 | Karleby |
| H22 | 3:48,7 | <i>m</i> | Holmén | Rune | -45 | FUIA | 1965 | Helsingfors |
| H19 | 3:49,4 | <i>m</i> | Backas | Kaj | -59 | IFK | 1978 | |
| H17 | 3:58,9 | <i>m</i> | Jansson | Billy | -63 | IFF | 1980 | Åbo |
| P15 | 4:15,8 | <i>m</i> | Åkerblom | Lars-Erik | -60 | IFK | 1975 | |
| P13 | 4:44,4 | <i>m</i> | Sundblom | Göran | -81 | FUIA | 1994 | |

Damer

| | | | | | | | | |
|-----|---------|----------|----------|------------|-----|-----|------|-----------|
| DS | 4:25,62 | | Nordman | Ann-Catrin | -70 | IFK | 1996 | Lahtis |
| D22 | 4:28,17 | | Nordman | Ann-Catrin | -70 | IFK | 1991 | Mariehamn |
| D19 | 4:29,07 | | Nordvall | Gunvor | -63 | JIK | 1981 | Uleåborg |
| D17 | 4:32,6 | <i>m</i> | Nordvall | Gunvor | -63 | JIK | 1980 | Mariehamn |
| F15 | 4:43,2 | <i>m</i> | Nordvall | Gunvor | -63 | JIK | 1978 | |
| F13 | 4:58,9 | <i>m</i> | Lampén | Inger | -62 | IFK | 1975 | Mariehamn |

2000 m

Herrar

| | | | | | | | | |
|-----|--------|----------|-----------|--------|-----|-----|------|-----------|
| HS | 5:29,6 | <i>m</i> | Nordblom | Mikael | -63 | JIK | 1992 | Mariehamn |
| H22 | 5:31,0 | <i>m</i> | Backas | Kaj | -59 | IFK | 1975 | Mariehamn |
| H19 | 5:31,0 | <i>m</i> | Backas | Kaj | -59 | IFK | 1975 | Mariehamn |
| H17 | 5:31,0 | <i>m</i> | Backas | Kaj | -59 | IFK | 1975 | Mariehamn |
| P15 | 5:44,8 | <i>m</i> | Backas | Kaj | -59 | IFK | 1974 | |
| P13 | 6:29,0 | <i>m</i> | Björklund | Yngve | -61 | VIK | 1974 | |

Damer

| | | | | | | | | |
|-----|---------|--|-----------|---------|-----|------|------|-------------------|
| DS | 7:00,24 | | Lindblom | Nora | -08 | IFFK | 2024 | Mariehamn, Baltic |
| D22 | 7:00,24 | | Lindblom | Nora | -08 | IFFK | 2024 | Mariehamn, Baltic |
| D19 | 7:00,24 | | Lindblom | Nora | -08 | IFFK | 2024 | Mariehamn, Baltic |
| D17 | 7:00,24 | | Lindblom | Nora | -08 | IFFK | 2024 | Mariehamn, Baltic |
| F15 | 7:08,79 | | Kimell | Julia | -87 | IFK | 2002 | Iisalmi |
| F13 | 7:46,9 | | Holländer | Henrika | -90 | IFK | 2003 | Mariehamn |

3000 m

Herrar

| | | | | | | | | |
|-----|---------|----------|----------|-----------|-----|-----|------|-----------|
| HS | 8:04,01 | | Holmén | Janne | -77 | JIK | 1999 | Keuruu |
| H22 | 8:04,01 | | Holmén | Janne | -77 | JIK | 1999 | Keuruu |
| H19 | 8:23,8 | | Backas | Kaj | -59 | IFK | 1978 | |
| H17 | 8:35,0 | <i>m</i> | Backas | Kaj | -59 | IFK | 1976 | Mariehamn |
| P15 | 9:06,8 | | Åkerblom | Lars-Erik | -60 | IFK | 1975 | |
| P13 | 10:45,6 | | Eriksson | Greger | -69 | JIK | 1982 | |

Damer

| | | | | | | | | |
|-----|---------|----------|----------|------------|-----|-----|------|---------------|
| DS | 9:29,81 | | Nordman | Ann-Catrin | -70 | IFK | 1996 | Villmanstrand |
| D22 | 9:36,33 | | Nordman | Ann-Catrin | -70 | IFK | 1991 | Tammerfors |
| D19 | 10:01,2 | <i>m</i> | Nordvall | Gunvor | -63 | JIK | 1980 | Vanda |
| D17 | 10:01,2 | <i>m</i> | Nordvall | Gunvor | -63 | JIK | 1980 | Vanda |
| F15 | 10:27,2 | | Nordvall | Gunvor | -63 | JIK | 1978 | |
| F13 | 11:08,2 | | Nordvall | Gunvor | -63 | JIK | 1976 | |

5000 m

Herrar

| | | | | | | | | |
|-----|----------|----------|-----------|----------|-----|-----|------|------------------|
| HS | 13:35,62 | | Holmén | Janne | -77 | JIK | 2001 | Villmanstrand |
| H22 | 13:43,59 | | Holmén | Janne | -77 | JIK | 1999 | Ludvika, Sverige |
| H19 | 14:32,56 | | Lindqvist | Per-Erik | -54 | JIK | 1973 | Stockholm |
| H17 | 14:50,8 | <i>m</i> | Backas | Kaj | -59 | IFK | 1975 | Esbo |
| P15 | 15:43,0 | | Backas | Kaj | -59 | IFK | 1974 | |
| P13 | 17:34,0 | | Jansson | Billy | -63 | IFF | 1976 | |

Damer

| | | | | | | | | |
|-----|----------|--|----------|------------|-----|------|------|------------|
| DS | 16:53,81 | | Nordman | Ann-Catrin | -70 | IFK | 1996 | Tammerfors |
| D22 | 17:56,17 | | Nordman | Ann-Catrin | -70 | IFK | 1990 | Valk.koski |
| D19 | 19:10,02 | | Isaksson | Meri | -77 | FUIA | 1996 | Vasa |

10000 m

Herrar

| | | | | | | | | |
|-----|----------|----------|----------|-----------|-----|-----|------|-------------|
| HS | 28:09,94 | | Holmén | Janne | -77 | JIK | 2003 | Åbo |
| H22 | 28:36,71 | | Holmén | Janne | -77 | JIK | 1999 | Seinäjäjoki |
| H19 | 30:38,0 | <i>m</i> | Backas | Kaj | -59 | IFK | 1977 | Helsingfors |
| H17 | 31:45,3 | | Jansson | Billy | -63 | IFF | 1980 | |
| P15 | 36:22,4 | | Eriksson | Lars-Erik | -70 | EIK | 1984 | |

Damer

| | | | | | | | | |
|-----|----------|--|---------|------------|-----|-----|------|-------------|
| DS | 35:05,79 | | Nordman | Ann-Catrin | -70 | IFK | 1995 | Vanda |
| D22 | 35:42,71 | | Nordman | Ann-Catrin | -70 | IFK | 1991 | Seinäjäjoki |

20000 m

Herrar

| | | | | | | | | |
|-----|---------|----------|--------|------|-----|-----|------|-----------|
| HS | 1:06,05 | <i>m</i> | Orre | Stig | -55 | IFK | 1981 | Mariehamn |
| H22 | 1:08,17 | <i>m</i> | Backas | Kaj | -59 | IFK | 1975 | Mariehamn |
| H19 | 1:08,17 | <i>m</i> | Backas | Kaj | -59 | IFK | 1975 | Mariehamn |
| H17 | 1:08,17 | <i>m</i> | Backas | Kaj | -59 | IFK | 1975 | Mariehamn |

25000 m

Herrar

| | | | | | | | | |
|-----|---------|----------|--------|------|-----|-----|------|-----------|
| HS | 1:22,51 | <i>m</i> | Orre | Stig | -55 | IFK | 1981 | Mariehamn |
| H22 | 1:26,33 | <i>m</i> | Backas | Kaj | -59 | IFK | 1975 | Mariehamn |
| H19 | 1:26,33 | <i>m</i> | Backas | Kaj | -59 | IFK | 1975 | Mariehamn |
| H17 | 1:26,33 | <i>m</i> | Backas | Kaj | -59 | IFK | 1975 | Mariehamn |

1 mile

Herrar

| | | | | | | | | |
|-----|--------|----------|-----------|---------|-----|-----|------|-----------|
| HS | 4:10,7 | <i>m</i> | Andersson | Kenneth | -54 | JIK | 1980 | Mariehamn |
| H22 | 4:18,4 | <i>m</i> | Rajamäki | Peter | -59 | IFK | 1981 | Mariehamn |
| H19 | 4:18,7 | <i>m</i> | Jansson | Billy | -63 | IFF | 1981 | Mariehamn |
| H17 | 4:22,5 | <i>m</i> | Jansson | Billy | -63 | IFF | 1980 | |
| P15 | 4:40,3 | <i>m</i> | Mörn | Mikael | -65 | IFF | 1980 | |

Damer

| | | | | | | | | |
|-----|--------|------------|----------|------------|-----|-----|------|--|
| DS | 5:07,7 | <i>i</i> | Nordman | Ann-Catrin | -70 | IFK | 1990 | |
| D22 | 5:07,7 | <i>i</i> | Nordman | Ann-Catrin | -70 | IFK | 1990 | |
| D19 | 5:08,5 | <i>m i</i> | Nordvall | Gunvor | -63 | JIK | 1982 | |

D17 5:20,0 *m* Nordvall Gunvor -63 JIK 1980 Mariehamn

3 mile

Herrar

HS 14:01,8 Korpi Allan -35 IFK 1962 Glasgow

60 m häck 76,2 cm

Herrar

P13 10,1 *m* Mörn Jesper -94 JIK 2007 Lemland

Damer

D17 8,85 *i* Gustafsson Linn -97 IFF 2014 Helsingfors

F15 9,13 *i* Gustafsson Linn -97 IFF 2012 Huddinge, Sve

F13 10,17 Gustafsson Linn -97 IFF 2010 Gävle, Sve

60 m häck 84,0 cm

Herrar

P15 10,31 *i* Söreskog Per Alfred -08 IFK 2023 Eckerö

Damer

DS 8,76 *i* Lindqvist Diana -69 LIF 1992 Solna, Sve

D22 8,90 *i* Löfroth Maria -77 SIF 1999 Sätrahallen

D19 9,02 *i* Gustafsson Linn -97 IFF 2015 Åbo

D19 9,02 *i* Lindqvist Diana -69 LIF 1987

D17 9,37 *i* Lindqvist Diana -69 LIF 1986

80 m häck 76,2 cm

Herrar

P13 12,53 Henriksson Sebastian -75 JIK 1988

Damer

D19 11,53 Gustafsson Linn -97 IFF 2012 Mariehamn

D17 11,53 Gustafsson Linn -97 IFF 2012 Mariehamn

F15 11,53 Gustafsson Linn -97 IFF 2012 Mariehamn

F13 13,01 Erämetsä Jarna -77 IFFK 1990

80 m häck 84,0 cm

Herrar

H17 11,96 Sjölund Dan -73 IFK 1987

P15 11,96 Sjölund Dan -73 IFK 1987

Damer

D17 14,6 *m* Gustavsson Tanja -72 HIK 1987

100 m häck 84,0 cm

Herrar

P15 15,51 Sjölund Dan -73 IFK 1987

Damer

DS 14,12 Lindqvist Diana -69 LIF 1992 Jyväskylä

D22 14,28 Lindqvist Diana -69 LIF 1991 Virkby

D19 14,89 Lindqvist Diana -69 LIF 1986 Mariehamn

100 m häck 91,4 cm

Herrar

H19 14,04 Lindqvist Glenn -76 LIF 1992 Kyrkslätt

H17 14,04 Lindqvist Glenn -76 LIF 1992 Kyrkslätt

110 m häck 99,0 cm

Herrar

H19 14,79 Lindqvist Glenn -76 LIF 1993 Köpenhamn

110 m häck 106,7 cm

Herrar

| | | | | | | | | |
|-----|-------|--|-----------|-------|-----|-----|------|-------------|
| HS | 14,95 | | Lindqvist | Glenn | -76 | LIF | 1999 | Seinäjäjoki |
| H22 | 15,27 | | Lindqvist | Glenn | -76 | LIF | 1995 | Nyiregyhaza |

200 m häck

Herrar

| | | | | | | | | |
|-----|-------|----------|------------|------------|-----|-----|------|-----------|
| HS | 25,2 | <i>m</i> | Jansson | Christian | -63 | IFK | 1986 | Mariehamn |
| H22 | 26,6 | <i>m</i> | Lehtonen | Patrik | -68 | LIF | 1990 | |
| H19 | 26,92 | | Sandbakken | Simon Paul | -95 | JIK | 2012 | Oslo, No |
| H17 | 26,92 | | Sandbakken | Simon Paul | -95 | JIK | 2012 | Oslo, No |
| P15 | 29,3 | <i>m</i> | Lindqvist | Glenn | -76 | LIF | 1990 | |
| P13 | 31,1 | <i>m</i> | Selin | Peter | -72 | IFK | 1985 | |

Damer

| | | | | | | | | |
|-----|-------|----------|------------|------|-----|-----|------|-----------|
| DS | 28,49 | | Gustafsson | Linn | -97 | IFF | 2012 | Mariehamn |
| D22 | 28,49 | | Gustafsson | Linn | -97 | IFF | 2012 | Mariehamn |
| D19 | 28,49 | | Gustafsson | Linn | -97 | IFF | 2012 | Mariehamn |
| D17 | 28,49 | | Gustafsson | Linn | -97 | IFF | 2012 | Mariehamn |
| F15 | 28,49 | | Gustafsson | Linn | -97 | IFF | 2012 | Mariehamn |
| F13 | 31,8 | <i>m</i> | Holmberg | Eva | -77 | IFF | 1990 | |

300 m häck

Herrar

| | | | | | | | | |
|-----|-------|--|-----------|-------|-----|-----|------|-------|
| HS | 38,97 | | Lindqvist | Glenn | -76 | LIF | 1992 | Vanda |
| H22 | 38,97 | | Lindqvist | Glenn | -76 | LIF | 1992 | Vanda |
| H19 | 38,97 | | Lindqvist | Glenn | -76 | LIF | 1992 | Vanda |
| H17 | 38,97 | | Lindqvist | Glenn | -76 | LIF | 1992 | Vanda |
| P15 | 41,58 | | Lindqvist | Glenn | -76 | LIF | 1991 | |
| P13 | 47,68 | | Lindqvist | Glenn | -76 | LIF | 1989 | |

Damer

| | | | | | | | | |
|-----|-------|--|-----------|-------|-----|-----|------|-----------|
| DS | 42,92 | | Lindqvist | Diana | -69 | LIF | 1986 | Stockholm |
| D22 | 42,92 | | Lindqvist | Diana | -69 | LIF | 1986 | Stockholm |
| D19 | 42,92 | | Lindqvist | Diana | -69 | LIF | 1986 | Stockholm |
| D17 | 42,92 | | Lindqvist | Diana | -69 | LIF | 1986 | Stockholm |
| F15 | 45,39 | | Holmberg | Eva | -77 | IFF | 1992 | |

400 m häck

Herrar

| | | | | | | | | |
|-----|-------|----------|-----------|-----------|-----|-----|------|------------|
| HS | 53,47 | | Jansson | Christian | -63 | IFK | 1988 | Tavastehus |
| H22 | 54,02 | | Lindqvist | Glenn | -76 | LIF | 1994 | Esbo |
| H19 | 54,02 | | Lindqvist | Glenn | -76 | LIF | 1994 | Esbo |
| H17 | 54,40 | | Lindqvist | Glenn | -76 | LIF | 1993 | |
| P15 | 60,3 | <i>m</i> | Lindqvist | Glenn | -76 | LIF | 1991 | |

Damer

| | | | | | | | | |
|-----|-------|--|-----------|-------|-----|-----|------|----------|
| DS | 60,02 | | Lindqvist | Diana | -69 | LIF | 1989 | Nyköping |
| D22 | 60,02 | | Lindqvist | Diana | -69 | LIF | 1989 | Nyköping |
| D19 | 63,44 | | Andersson | Tove | -85 | IFK | 2004 | Närpes |
| D17 | 63,45 | | Lindqvist | Diana | -69 | LIF | 1986 | Göteborg |

1500 m hinder

Herrar

| | | | | | | | | |
|-----|--------|----------|--------|-----|-----|-----|------|-----|
| H17 | 4:09,7 | <i>m</i> | Backas | Kaj | -59 | IFK | 1976 | Åbo |
| P15 | 4:33,3 | <i>m</i> | Backas | Kaj | -59 | IFK | 1974 | |

Damer

| | | | | | | | | |
|-----|---------|--|----------|------|-----|------|------|--------|
| D17 | 5:39,09 | | Lindblom | Nora | -08 | IFFK | 2023 | Imatra |
| F15 | 5:39,09 | | Lindblom | Nora | -08 | IFFK | 2023 | Imatra |

2000 m hinder

Herrar

| | | | | | | | |
|-----|--------|--------|-----|-----|-----|------|--|
| H19 | 5:51,2 | Backas | Kaj | -59 | IFK | 1977 | |
| H17 | 5:53,6 | Backas | Kaj | -59 | IFK | 1975 | |

Damer

| | | | | | | | |
|-----|---------|----------|------|-----|------|------|---------|
| D17 | 7:41,25 | Lindblom | Nora | -08 | IFFK | 2024 | Nyslott |
|-----|---------|----------|------|-----|------|------|---------|

3000 m hinder

Herrar

| | | | | | | | |
|-----|---------|-------------------|-----------|-----|-----|------|-----------|
| HS | 8:52,07 | Nordblom | Mikael | -63 | JIK | 1990 | Uleåborg |
| H22 | 9:00,47 | Nordblom | Mikael | -63 | JIK | 1985 | Lahtis |
| H19 | 9:10,4 | Åkerblom | Lars-Erik | -60 | JIK | 1979 | Jakobstad |
| H17 | 9:32,9 | <i>m</i> Nordblom | Mikael | -63 | JIK | 1980 | Vanda |
| P15 | 9:52,0 | Åkerblom | Lars-Erik | -60 | IFK | 1975 | |

Halvmaraton

Herrar

| | | | | | | | |
|-----|---------|----------|--------|-----|-----|------|--------------|
| HS | 1:02,35 | Holmén | Janne | -77 | JIK | 2007 | Sevilla, Spa |
| H22 | 1:06,45 | Holmén | Janne | -77 | JIK | 1998 | |
| H19 | 1:09,21 | Holmén | Janne | -77 | JIK | 1996 | Mariehamn |
| H17 | 1:59,50 | Eriksson | Mikael | -90 | IFK | 2007 | Helsingfors |
| P15 | 2:09,17 | Furu | Eddie | -13 | IFK | 2022 | Mariehamn |
| P13 | 2:09,17 | Furu | Eddie | -13 | IFK | 2022 | Mariehamn |

Damer

| | | | | | | | |
|-----|---------|----------|------------|-----|-----|------|-----------------|
| DS | 1:14,31 | Bäcklund | Johanna | -85 | JIK | 2024 | Santa Pola, Spa |
| D22 | 1:19,30 | Nordman | Ann-Catrin | -70 | IFK | 1991 | Mariehamn |
| D19 | 1:44,05 | Kimell | Julia | -87 | IFK | 2002 | Mariehamn |
| D17 | 1:44,05 | Kimell | Julia | -87 | IFK | 2002 | Mariehamn |
| F15 | 1:44,05 | Kimell | Julia | -87 | IFK | 2002 | Mariehamn |

Maraton

Herrar

| | | | | | | | |
|-----|---------|--------|-----------|-----|-----|------|----------------|
| HS | 2:10,46 | Holmén | Janne | -77 | JIK | 2008 | Rotterdam, HOL |
| H22 | 2:28,20 | Orre | Stig | -55 | IFK | 1977 | |
| H19 | 3:27,12 | Saku | Sami | -95 | JIK | 2014 | Åbo |
| H17 | 3:28,51 | Brink | Carl-Erik | -83 | IFK | 1996 | Stockholm |
| P15 | 3:28,51 | Brink | Carl-Erik | -83 | IFK | 1996 | Stockholm |
| P13 | 3:28,51 | Brink | Carl-Erik | -83 | IFK | 1996 | Stockholm |

Damer

| | | | | | | | |
|-----|---------|----------|---------|-----|-----|------|-------------|
| DS | 2:35,10 | Bäcklund | Johanna | -85 | JIK | 2019 | Hamburg, Ty |
| D22 | 3:41,57 | Nordin | Marie | -84 | JIK | 2005 | Mariehamn |

Längd

Herrar

| | | | | | | | |
|-----|-----|------------|-----------|-----|-----|------|-----------|
| HS | 736 | Lindberg | Håkan | -45 | IFK | 1964 | Mariehamn |
| H22 | 736 | Lindberg | Håkan | -45 | IFK | 1964 | Mariehamn |
| H19 | 736 | Lindberg | Håkan | -45 | IFK | 1964 | Mariehamn |
| H17 | 693 | Lindberg | Håkan | -45 | IFK | 1962 | St.Mickel |
| P15 | 602 | Öhman | Petri | -71 | IFK | 1986 | |
| P13 | 523 | Henriksson | Sebastian | -75 | JIK | 1988 | |

Damer

| | | | | | | | |
|-----|-----|---------------|-------|-----|-----|------|------------|
| DS | 627 | Wiss | Hanna | -91 | IFK | 2014 | Täby, Sve |
| D22 | 600 | Wiss | Hanna | -91 | IFK | 2010 | Nykarleby |
| D19 | 600 | Wiss | Hanna | -91 | IFK | 2010 | Nykarleby |
| D17 | 593 | <i>i</i> Wiss | Hanna | -91 | IFK | 2008 | Jyväskylä |
| F15 | 561 | Gustafsson | Linn | -97 | IFF | 2012 | Gävle, Sve |

F13 495 Holmberg Eva -77 IFF 1990

Tresteg

Herrar

HS 14,65 Boman Anders -76 IFFK 1995 Västerås
H22 14,65 Boman Anders -76 IFFK 1995 Västerås
H19 14,65 Boman Anders -76 IFFK 1995 Västerås
H17 13,87 Ekelund Filip -77 IFK 1993 Jalasjärvi
P15 12,41 Boman Anders -76 IFFK 1991
P13 10,88 Granberg Kristian -77 IFFK 1990

Damer

DS 11,91 Wiss Hanna -91 IFK 2011 Sandown, Isle of Wight, GBR
D22 11,91 Wiss Hanna -91 IFK 2011 Sandown, Isle of Wight, GBR
D19 11,54 Wiss Hanna -91 IFK 2008 Mariehamn
D17 11,54 Wiss Hanna -91 IFK 2008 Mariehamn
F15 11,31 *i* Holmberg Eva -77 IFF 1992
F13 10,56 *i* Holmberg Celina -04 IFK 2017 Huddinge, Sve

Höjd

Herrar

HS 2,06 Woivalin Dan-Erik -59 IFFK 1980 Vanda, Myrbacka
H22 2,06 Woivalin Dan-Erik -59 IFFK 1980 Vanda, Myrbacka
H19 2,04 Woivalin Dan-Erik -59 IFFK 1977 Mariehamn
H17 1,98 Woivalin Dan-Erik -59 IFFK 1976 Esbo
P15 1,76 Björkén Alexander -09 IFK 2024 Nedervetil
P13 1,65 *i* Karlsson Tomas -83 IFK 1996 Bosön

Damer

DS 1,78 Lindqvist Diana -69 LIF 1991 Virkby
DS 1,78 Lindqvist Diana -69 LIF 1992
D22 1,78 Lindqvist Diana -69 LIF 1991 Virkby
D19 1,72 Mattsson Barbro -57 IFK 1976
D17 1,69 Mattsson Barbro -57 IFK 1974 Sollentuna
F15 1,62 Nordlund Gun -49 SIF 1964 Mariehamn
F13 1,51 Holmberg Celina -04 IFK 2016 Täby, Sve

Stav

Herrar

HS 500 *i* Lindqvist Glenn -76 LIF 1999 Madison, Wisconsin, USA
H22 480 Lindqvist Kenneth -47 LIF 1969 Lovisa
H19 460 Lindqvist Glenn -76 LIF 1994 Lissabon
H19 460 Lindqvist Glenn -76 LIF 1995
H17 430 Lindqvist Glenn -76 LIF 1993 Borgå
P15 370 Lindqvist Glenn -76 LIF 1991
P13 285 Lindqvist Glenn -76 LIF 1988

Damer

DS 260 Pesonen Moa -02 EIK 2019 Närpes
D22 260 Pesonen Moa -02 EIK 2019 Närpes
D19 260 Pesonen Moa -02 EIK 2019 Närpes
D17 260 Pesonen Moa -02 EIK 2019 Närpes
F15 240 Pesonen Moa -02 EIK 2017 Borgå
F13 202 Holmberg Celina -04 IFK 2016 Mariehamn

Diskus 2,0 kg

Herrar

HS 51,48 Eklund Göran -62 IFFK 1995 Mariehamn
H22 46,92 Lehto Ove -72 FUJA 1993

Diskus 1,75 kg

Herrar

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|---------|
| H19 | 44,98 | Lindqvist | Glenn | -76 | LIF | 1995 | Lemland |
|-----|-------|-----------|-------|-----|-----|------|---------|

Diskus 1,5 kg**Herrar**

| | | | | | | | |
|-----|-------|--------|------|-----|-----|------|------|
| H17 | 49,38 | Thölix | Joel | -95 | JIK | 2012 | Esbo |
|-----|-------|--------|------|-----|-----|------|------|

Diskus 1,0 kg**Herrar**

| | | | | | | | |
|-----|-------|--------|------|-----|-----|------|-------------|
| P15 | 45,60 | Thölix | Joel | -95 | JIK | 2010 | Helsingfors |
|-----|-------|--------|------|-----|-----|------|-------------|

Damer

| | | | | | | | |
|----|-------|-----------|-------|-----|-----|------|------------|
| DS | 43,40 | Liljeroos | Linda | -74 | JIK | 1993 | I.of Wight |
|----|-------|-----------|-------|-----|-----|------|------------|

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|------------|
| D22 | 43,40 | Liljeroos | Linda | -74 | JIK | 1993 | I.of Wight |
|-----|-------|-----------|-------|-----|-----|------|------------|

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|------------|
| D19 | 43,40 | Liljeroos | Linda | -74 | JIK | 1993 | I.of Wight |
|-----|-------|-----------|-------|-----|-----|------|------------|

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|---------|
| D17 | 38,76 | Lindqvist | Linda | -79 | LIF | 1995 | Lemland |
|-----|-------|-----------|-------|-----|-----|------|---------|

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|-----|-------|-----------|-------|-----|-----|------|--|
| F15 | 35,92 | Lindqvist | Linda | -79 | LIF | 1993 | |
|-----|-------|-----------|-------|-----|-----|------|--|

Diskus 0,75 kg**Herrar**

| | | | | | | | |
|-----|-------|----------|--------|-----|------|------|-----------|
| P13 | 27,70 | Perander | Henrik | -03 | IFFK | 2016 | Mariehamn |
|-----|-------|----------|--------|-----|------|------|-----------|

Damer

| | | | | | | | |
|-----|-------|-----------|--------|-----|-----|------|-----------------|
| F15 | 33,09 | Lindqvist | Emelie | -07 | LIF | 2022 | Eskilstuna, Sve |
|-----|-------|-----------|--------|-----|-----|------|-----------------|

Diskus 0,6 kg**Herrar**

| | | | | | | | |
|-----|-------|--------|------|-----|-----|------|-----------|
| P13 | 41,50 | Thölix | Joel | -95 | JIK | 2008 | Mariehamn |
|-----|-------|--------|------|-----|-----|------|-----------|

Damer

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|--|
| F13 | 44,62 | Lindqvist | Linda | -79 | LIF | 1992 | |
|-----|-------|-----------|-------|-----|-----|------|--|

Kula 7,26 kg**Herrar**

| | | | | | | | |
|----|-------|-------|-----|-----|------|------|-----------|
| HS | 16,69 | Lehto | Ove | -72 | FUIA | 1997 | Mariehamn |
|----|-------|-------|-----|-----|------|------|-----------|

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|-----|-------|-------|-----|-----|------|------|-----------|
| H22 | 15,67 | Lehto | Ove | -72 | FUIA | 1994 | Mariehamn |
|-----|-------|-------|-----|-----|------|------|-----------|

Kula 6,25 kg**Herrar**

| | | | | | | | |
|-----|-------|-------|-----|-----|------|------|--------|
| H19 | 14,94 | Lehto | Ove | -72 | FUIA | 1990 | Virkby |
|-----|-------|-------|-----|-----|------|------|--------|

Kula 5,44 kg**Herrar**

| | | | | | | | |
|-----|-------|----------|----|-----|------|------|--|
| H17 | 15,35 | Eriksson | Bo | -36 | IFFK | 1953 | |
|-----|-------|----------|----|-----|------|------|--|

Kula 5,0 kg**Herrar**

| | | | | | | | |
|-----|-------|--------|------|-----|-----|------|---------|
| H17 | 15,41 | Thölix | Joel | -95 | JIK | 2012 | Lemland |
|-----|-------|--------|------|-----|-----|------|---------|

Kula 4,0 kg**Herrar**

| | | | | | | | |
|-----|-------|--------|------|-----|-----|------|-------------|
| P15 | 13,81 | Thölix | Joel | -95 | JIK | 2010 | Helsingfors |
|-----|-------|--------|------|-----|-----|------|-------------|

Damer

| | | | | | | | |
|----|-------|-------------|-------|-----|-----|------|------------------|
| DS | 13,54 | i Lindqvist | Linda | -79 | LIF | 2002 | Minneapolis, USA |
|----|-------|-------------|-------|-----|-----|------|------------------|

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|------------|
| D22 | 12,67 | Liljeroos | Linda | -74 | JIK | 1993 | I.of Wight |
|-----|-------|-----------|-------|-----|-----|------|------------|

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|------------|
| D19 | 12,67 | Liljeroos | Linda | -74 | JIK | 1993 | I.of Wight |
|-----|-------|-----------|-------|-----|-----|------|------------|

Kula 3,0 kg**Herrar**

| | | | | | | | |
|-----|-------|--------|------|-----|-----|------|-----------|
| P13 | 12,56 | Thölix | Joel | -95 | JIK | 2008 | Mariehamn |
|-----|-------|--------|------|-----|-----|------|-----------|

Damer

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|---------|
| D17 | 14,93 | Lindqvist | Linda | -79 | LIF | 1996 | Alberga |
|-----|-------|-----------|-------|-----|-----|------|---------|

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|--|
| F15 | 13,50 | Lindqvist | Linda | -79 | LIF | 1994 | |
|-----|-------|-----------|-------|-----|-----|------|--|

Kula 2,5 kg

Damer

| | | | | | | | |
|-----|-------|-------|-------|-----|-----|------|--|
| P13 | 12,64 | Helén | Tomas | -68 | JIK | 1980 | |
|-----|-------|-------|-------|-----|-----|------|--|

| | | | | | | | |
|-----|-------|-------|-------|-----|-----|------|--|
| P13 | 12,64 | Helén | Tomas | -68 | JIK | 1980 | |
|-----|-------|-------|-------|-----|-----|------|--|

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|--|
| F13 | 11,59 | Lindqvist | Linda | -79 | LIF | 1991 | |
|-----|-------|-----------|-------|-----|-----|------|--|

Spjut 800 g

Herrar

| | | | | | | | |
|----|-------|-----------|-------|-----|-----|------|------------------------------|
| HS | 60,40 | Lindqvist | Glenn | -76 | LIF | 1999 | West Lafayette, Indiana, USA |
|----|-------|-----------|-------|-----|-----|------|------------------------------|

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|-----|-------|--------|------|-----|-----|------|-----------------|
| H22 | 60,16 | Thölix | Joel | -95 | JIK | 2016 | Hässleholm, Sve |
|-----|-------|--------|------|-----|-----|------|-----------------|

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|-----|-------|-----------|-------|-----|-----|------|----------|
| H19 | 58,72 | Lindqvist | Glenn | -76 | LIF | 1994 | Karlstad |
|-----|-------|-----------|-------|-----|-----|------|----------|

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|-----|-------|-----------|-------|-----|-----|------|----------------|
| H17 | 55,02 | Lindqvist | Glenn | -76 | LIF | 1993 | Köpenhamn, Dan |
|-----|-------|-----------|-------|-----|-----|------|----------------|

Spjut 800 g fd mod.

Herrar

| | | | | | | | |
|----|-------|-----------|-----|-----|-----|------|-----------|
| HS | 70,80 | Liljeblad | Tom | -49 | JIK | 1976 | Mariehamn |
|----|-------|-----------|-----|-----|-----|------|-----------|

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|-----|-------|------|-------|-----|-----|------|--|
| H22 | 69,94 | Salo | Mauri | -55 | IFK | 1976 | |
|-----|-------|------|-------|-----|-----|------|--|

| | | | | | | | |
|-----|-------|------|-------|-----|-----|------|-----------|
| H19 | 61,84 | Salo | Mauri | -55 | IFK | 1974 | Mariehamn |
|-----|-------|------|-------|-----|-----|------|-----------|

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|-----|-------|------|-------|-----|-----|------|-----------|
| H17 | 60,80 | Salo | Mauri | -55 | IFK | 1972 | Mariehamn |
|-----|-------|------|-------|-----|-----|------|-----------|

Spjut 700 g

Herrar

| | | | | | | | |
|-----|-------|--------|------|-----|-----|------|-----------|
| H17 | 58,18 | Thölix | Joel | -95 | JIK | 2011 | Jyväskylä |
|-----|-------|--------|------|-----|-----|------|-----------|

Spjut 600 g

Herrar

| | | | | | | | |
|-----|-------|--------|------|-----|-----|------|-----------|
| P15 | 50,79 | Thölix | Joel | -95 | JIK | 2010 | Mariehamn |
|-----|-------|--------|------|-----|-----|------|-----------|

Damer

| | | | | | | | |
|----|-------|-----------|-------|-----|-----|------|----------------|
| DS | 53,04 | Lindqvist | Linda | -79 | LIF | 2000 | Iowa City, USA |
|----|-------|-----------|-------|-----|-----|------|----------------|

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|-----|-------|-----------|-------|-----|-----|------|----------------|
| D22 | 53,04 | Lindqvist | Linda | -79 | LIF | 2000 | Iowa City, USA |
|-----|-------|-----------|-------|-----|-----|------|----------------|

| | | | | | | | |
|-----|-------|--------|-------|-----|-----|------|-----------|
| D19 | 31,66 | Clemes | Jenny | -90 | HIK | 2007 | Mariehamn |
|-----|-------|--------|-------|-----|-----|------|-----------|

| | | | | | | | |
|-----|-------|--------|-------|-----|-----|------|-----------|
| D17 | 31,66 | Clemes | Jenny | -90 | HIK | 2007 | Mariehamn |
|-----|-------|--------|-------|-----|-----|------|-----------|

Spjut 600 g fd mod.

Herrar

| | | | | | | | |
|-----|-------|------|-------|-----|-----|------|-----------|
| H17 | 66,28 | Salo | Mauri | -55 | IFK | 1971 | Mariehamn |
|-----|-------|------|-------|-----|-----|------|-----------|

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|-----|-------|-----------|-------|-----|-----|------|--|
| P15 | 54,42 | Lindqvist | Glenn | -76 | LIF | 1991 | |
|-----|-------|-----------|-------|-----|-----|------|--|

Damer

| | | | | | | | |
|----|-------|-----------|-------|-----|-----|------|-----------|
| DS | 56,36 | Lindqvist | Linda | -79 | LIF | 1998 | Odense/DK |
|----|-------|-----------|-------|-----|-----|------|-----------|

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|-----------|
| D22 | 56,36 | Lindqvist | Linda | -79 | LIF | 1998 | Odense/DK |
|-----|-------|-----------|-------|-----|-----|------|-----------|

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|-----------|
| D19 | 56,36 | Lindqvist | Linda | -79 | LIF | 1998 | Odense/DK |
|-----|-------|-----------|-------|-----|-----|------|-----------|

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|------|
| D17 | 54,22 | Lindqvist | Linda | -79 | LIF | 1996 | Vörå |
|-----|-------|-----------|-------|-----|-----|------|------|

Spjut 500 g

Damer

| | | | | | | | |
|-----|-------|--------|--------|-----|-----|------|-----------|
| D17 | 28,03 | Rydell | Anette | -95 | IFK | 2012 | Mariehamn |
|-----|-------|--------|--------|-----|-----|------|-----------|

Spjut 400 g

Herrar

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|--|
| P13 | 40,70 | Lindqvist | Glenn | -76 | LIF | 1988 | |
|-----|-------|-----------|-------|-----|-----|------|--|

Damer

| | | | | | | | |
|-----|-------|-----------|-------|-----|-----|------|--|
| F15 | 46,92 | Lindqvist | Linda | -79 | LIF | 1993 | |
|-----|-------|-----------|-------|-----|-----|------|--|

F13 41,44 Lindqvist Linda -79 LIF 1992

Slägga 7,26 kg

Herrar

HS 45,36 Lehto Ove -72 FUJA 1997 Mariehamn

H22 44,76 Lehto Ove -72 FUJA 1993 Mariehamn

Slägga 6,25 kg

Herrar

H19 38,02 Lehto Ove -72 FUJA 1990 Virkby

Slägga 6,0 kg

Herrar

H19 41,16 Thölix Joel -95 JIK 2013 Lemland

Slägga 5,44 kg

Herrar

H17 46,04 Lundberg Fredrik -78 LIF 1995 Mariehamn

Slägga 5,0 kg

Herrar

H17 44,91 Thölix Joel -95 JIK 2012 Lemland

Slägga 4,0 kg

Herrar

P15 39,27 Wirtanen Jesper -92 IFK 2007 Lemland

Damer

DS 32,27 Lönn Sandra -74 FUJA 2011 Lemland

D22 29,60 Clemes Jenny -90 HIK 2007 Lemland

D19 29,60 Clemes Jenny -90 HIK 2007 Lemland

Slägga 3,0 kg

Herrar

P13 27,88 Thölix Joel -95 JIK 2008 Mariehamn

Damer

D17 33,73 Holmberg Maria -01 HIK 2018 Jakobstad

F15 25,95 Glad Ester -89 JIK 2003 Hangö

Slägga 2,5 kg

Damer

F15 30,44 Sundström Emma -85 LIF 2000 Mariehamn

F13 26,10 Sviberg Annica -84 LIF 1997

7-kamp

Herrar

HS 5582 *i* Lindqvist Glenn -76 LIF 1999 Madison, Wisconsin, USA

H22 5188 *i* Lindqvist Glenn -76 LIF 1996 Columbus

H19 4951 *i* Lindqvist Glenn -76 LIF 1994

Damer

DS 5508 Lindqvist Diana -69 LIF 1991 Virkby

D22 5508 Lindqvist Diana -69 LIF 1991 Virkby

D19 4556 Lindqvist Diana -69 LIF 1986 Uppsala

7-kamp 17 år

Herrar

H17 4766 *i* Lindqvist Glenn -76 LIF 1993 Uleåborg

Damer

D17 4597 Lindqvist Linda -79 LIF 1994 Nokia

7-kamp 15 år

Damer

F15 4089 Lindqvist Linda -79 LIF 1993

7-kamp 13 år

Damer

F13 3428 Lindqvist Linda -79 LIF 1992

10-kamp

Herrar

HS 7578 Lindqvist Glenn -76 LIF 1999 Walnut, Californien, USA

H22 7363 Lindqvist Glenn -76 LIF 1995 Nyíregyháza, Ung

H19 7363 Lindqvist Glenn -76 LIF 1995 Nyíregyháza, Ung

H17 7049 Lindqvist Glenn -76 LIF 1993 Köpenhamn, Dan

4 x 100 m

Herrar

HS 44,42 IFK - -63 IFK 1982 Helsingfors
Thomas Nordström, Christian Jansson, Peter Eriksson, Bengt Johnsson

H22 44,42 IFK - -63 IFK 1982 Helsingfors
Thomas Nordström, Christian Jansson, Peter Eriksson, Bengt Johnsson

H19 44,42 IFK - -63 IFK 1982 Helsingfors
Thomas Nordström, Christian Jansson, Peter Eriksson, Bengt Johnsson

H17 46,06 IFK IFK -07 IFK 2024 Mariehamn, Baltic
Ålfred Söreskog Pero, Julius Holmberg, Alexander Björken, Luca Santos

P15 50,6 m IFK - -71 IFK 1986

P13 51,43 IFK - -02 IFK 2015 Mariehamn

Damer

DS 50,85 IFK - -03 IFK 2018 Åbo
Celina Holmberg, Elsa Andersson, Ellen Mattsson, Ida-Maria Sjölund

D22 50,85 IFK - -03 IFK 2018 Åbo
Celina Holmberg, Elsa Andersson, Ellen Mattsson, Ida-Maria Sjölund

D19 50,85 IFK - -03 IFK 2018 Åbo
Celina Holmberg, Elsa Andersson, Ellen Mattsson, Ida-Maria Sjölund

D17 50,85 IFK - -03 IFK 2018 Åbo
Celina Holmberg, Elsa Andersson, Ellen Mattsson, Ida-Maria Sjölund

F15 50,85 IFK - -03 IFK 2018 Åbo
Celina Holmberg, Elsa Andersson, Ellen Mattsson, Ida-Maria Sjölund

F13 53,74 IFK - -02 IFK 2015 Mariehamn

IF Åland Rekord

Herrar

HS 43,10 IF Åland - -93 IF Ålan 2017 Visby, Sve
Samuel Nylund, Emil Thölix, Joel Thölix, Victor Jansson

H22 43,30 IF Åland - -92 IF Ålan 2012 Helsingfors
William Rosenberg, Victor Jansson, Simon Jansson, Jonathan Malmberg

H19 44,10 IF Åland - -93 IF Ålan 2011 Helsingfors
Tobias Sjöblom, Jonathan Malmberg, Lucas Mattsson, Victor Jansson

H17 45,80 IF Åland - -95 IF Ålan 2012 Mariehamn
Emil Thölix, Isak Karlsson, Joel Thölix, Simon Jansson

P15 50,6 m IFK - -71 IFK 1986

P13 51,43 IFK - -02 IFK 2015 Mariehamn

Damer

DS 47,94 IF Åland Team 2019 -87 IF Ålan 2019 Gibraltar, Eng
Anni Nylund, Adina Renlund, Linn Gustafsson, Sara Wiss

| | | | | | | |
|-----|-------|---|------|-----|--------------|-----------|
| D22 | 49,19 | IF Åland | - | -85 | IF Ålan 2004 | Kajaana |
| | | <i>Försök; Erica Nordqvist. Sonja Kidron, Tove Andersson, Sara Wiss</i> | | | | |
| D19 | 49,19 | IF Åland | - | -85 | IF Ålan 2004 | Kajaana |
| | | <i>Försök; Erica Nordqvist. Sonja Kidron, Tove Andersson, Sara Wiss</i> | | | | |
| D17 | 50,04 | IF Åland | F-16 | -75 | IF Ålan 1991 | |
| | | <i>Maria Löfroth, Sofia Sjölund, Ann-Katrin Jansson, Eva Holmberg</i> | | | | |
| F15 | 51,56 | IF Åland | - | -04 | IF Ålan 2018 | Jakobstad |
| | | <i>Engla Liewendahl, Celina Holmberg, Ellen Mattsson, Ida-Maria Sjölund</i> | | | | |
| F13 | 53,74 | IFK | - | -02 | IFK 2015 | Mariehamn |

4 x 400 m

Herrar

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|-----|---------|---|-----|-----|----------|------------|
| HS | 3:23,67 | JIK | H19 | -93 | JIK 2012 | Björneborg |
| | | <i>Simon Sandbakken -95, Victor Jansson -93, Jesper Mörn -94, Simon Jansson -95</i> | | | | |
| H22 | 3:23,67 | JIK | H19 | -93 | JIK 2012 | Björneborg |
| | | <i>Simon Sandbakken -95, Victor Jansson -93, Jesper Mörn -94, Simon Jansson -95</i> | | | | |
| H19 | 3:23,67 | JIK | H19 | -93 | JIK 2012 | Björneborg |
| | | <i>Simon Sandbakken -95, Victor Jansson -93, Jesper Mörn -94, Simon Jansson -95</i> | | | | |

Damer

| | | | | | | | |
|-----|--------|---|---|---|-----|----------|-----------|
| DS | 4:22,2 | m | LIF | - | -63 | LIF 1982 | Mariehamn |
| | | | <i>Gunilla Welander, Anne Rauttu, Lillian Söderström, Marie-Lousie Sandberg</i> | | | | |
| D22 | 4:22,2 | m | LIF | - | -63 | LIF 1982 | Mariehamn |
| | | | <i>Gunilla Welander, Anne Rauttu, Lillian Söderström, Marie-Lousie Sandberg</i> | | | | |
| D19 | 4:22,2 | m | LIF | - | -63 | LIF 1982 | Mariehamn |
| | | | <i>Gunilla Welander, Anne Rauttu, Lillian Söderström, Marie-Lousie Sandberg</i> | | | | |

IF Åland Rekord

Herrar

| | | | | | | |
|-----|---------|---|-----|-----|----------|------------|
| HS | 3:23,67 | IF Åland | H19 | -93 | JIK 2012 | Björneborg |
| | | <i>Simon Sandbakken -95, Victor Jansson -93, Jesper Mörn -94, Simon Jansson -95</i> | | | | |
| H22 | 3:23,67 | IF Åland | H19 | -93 | JIK 2012 | Björneborg |
| | | <i>Simon Sandbakken -95, Victor Jansson -93, Jesper Mörn -94, Simon Jansson -95</i> | | | | |
| H19 | 3:23,67 | IF Åland | H19 | -93 | JIK 2012 | Björneborg |
| | | <i>Simon Sandbakken -95, Victor Jansson -93, Jesper Mörn -94, Simon Jansson -95</i> | | | | |

Damer

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|-----|---------|--|------|-----|--------------|-----------|
| DS | 3:56,41 | IF Åland | Team | -64 | IF Ålan 1991 | Mariehamn |
| | | <i>Sofia Sjölund, Ann-Catrin Nordman, Benita Gustafsson, Diana Lindqvist</i> | | | | |
| D22 | 4:13,36 | IF Åland | F-18 | -77 | IF Ålan 1994 | Idensalmi |
| | | <i>Maria Löfroth, Minna Roiha, Linda Lindqvist, Eva Holmberg</i> | | | | |
| D19 | 4:13,36 | IF Åland | F-18 | -77 | IF Ålan 1994 | Idensalmi |
| | | <i>Maria Löfroth, Minna Roiha, Linda Lindqvist, Eva Holmberg</i> | | | | |
| D17 | 4:13,36 | IF Åland | F-18 | -77 | IF Ålan 1994 | Idensalmi |
| | | <i>Maria Löfroth, Minna Roiha, Linda Lindqvist, Eva Holmberg</i> | | | | |

4 x 800 m

Herrar

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|-----|----------|---|--|-----------|-----|----------|-----------|
| HS | 8:04,6 | m | IFK | - | -58 | IFK 1976 | Uleåborg |
| | | | <i>Kaj Backas, Göran Engblom, Peter Rajamäki, Danny Eriksson</i> | | | | |
| H22 | 8:04,6 | m | IFK | - | -58 | IFK 1976 | Uleåborg |
| | | | <i>Kaj Backas, Göran Engblom, Peter Rajamäki, Danny Eriksson</i> | | | | |
| H19 | 8:04,6 | m | IFK | - | -58 | IFK 1976 | Uleåborg |
| | | | <i>Kaj Backas, Göran Engblom, Peter Rajamäki, Danny Eriksson</i> | | | | |
| H17 | 9:10,0 | m | IFK | - | -71 | IFK 1986 | |
| P15 | 9:10,0 | m | IFK | - | -71 | IFK 1986 | |
| P13 | 11:04,28 | | IFK | Strandnäs | -02 | IFK 2015 | Mariehamn |

Damer

| | | | | | | |
|----|----------|---|-----|-----|----------|-----------|
| DS | 10:39,45 | IFK | F16 | -68 | IFK 1984 | Mariehamn |
| | | <i>Ann-Louise Berndtsson, Maria Tommiska, Anna Pettersson, Ann-Catrin Nordman</i> | | | | |

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|--|----------|--------------|-----|-----|-----|------|-------------------|
| D22 | 10:39,45 | IFK | F16 | -68 | IFK | 1984 | Mariehamn |
| <i>Ann-Louise Berndtsson, Maria Tommiska, Anna Pettersson, Ann-Catrin Nordman</i> | | | | | | | |
| D19 | 10:39,45 | IFK | F16 | -68 | IFK | 1984 | Mariehamn |
| <i>Ann-Louise Berndtsson, Maria Tommiska, Anna Pettersson, Ann-Catrin Nordman</i> | | | | | | | |
| D17 | 10:39,45 | IFK | F16 | -68 | IFK | 1984 | Mariehamn |
| <i>Ann-Louise Berndtsson, Maria Tommiska, Anna Pettersson, Ann-Catrin Nordman</i> | | | | | | | |
| F15 | 11:47,41 | JIK | - | -99 | JIK | 2014 | Mariehamn |
| <i>Eleonora von Wetter-Rosenthal -02, Hannah Helin -99, Anni Nylund -02, Linn Törnqvist t-02</i> | | | | | | | |
| F13 | 14:43,47 | Vikingaåsens | - | -11 | JIK | 2024 | Mariehamn, Baltic |
| <i>Nikki Taevs, Aada Saarijärvi, Julia Tuzkowski, Nova Ström</i> | | | | | | | |

IF Åland Rekord

Herrar

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|---|---------|---|----------|---|-----|--------------|----------|
| HS | 7:54,3 | m | IF Åland | - | - | IF Ålan 1964 | Lahtis |
| <i>Bo Lundberg, Rune Holmén, Torsten Holmén, Allan Korpi</i> | | | | | | | |
| H22 | 7:57,47 | | IF Åland | - | -63 | IFÅlan 1981 | Joensuu |
| <i>Mikael Mörn 65, Mikael Nordblom 63, Billy Jansson 63, Christian Jansson 63</i> | | | | | | | |
| H19 | 7:57,47 | | IF Åland | - | -63 | IFÅlan 1981 | Joensuu |
| <i>Mikael Mörn 65, Mikael Nordblom 63, Billy Jansson 63, Christian Jansson 63</i> | | | | | | | |
| H17 | 8:17,52 | | IF Åland | - | -80 | IFÅlan 1997 | Kalajoki |
| <i>Göran Sundblom 81, Andreas Ahlqvist 80, Sören Sundblom 81, Fredrik Holmén 80</i> | | | | | | | |
| P15 | 9:10,0 | m | IFK | - | -71 | IFK | 1986 |

Damer

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|--|----------|---|-----|-----|-----|-----|------|-----------|
| DS | 10:39,45 | m | IFK | F16 | -68 | IFK | 1984 | Mariehamn |
| <i>Ann-Louise Berndtsson, Maria Tommiska, Anna Pettersson, Ann-Catrin Nordman</i> | | | | | | | | |
| D22 | 10:39,45 | m | IFK | F16 | -68 | IFK | 1984 | Mariehamn |
| <i>Ann-Louise Berndtsson, Maria Tommiska, Anna Pettersson, Ann-Catrin Nordman</i> | | | | | | | | |
| D19 | 10:39,45 | m | IFK | F16 | -68 | IFK | 1984 | Mariehamn |
| <i>Ann-Louise Berndtsson, Maria Tommiska, Anna Pettersson, Ann-Catrin Nordman</i> | | | | | | | | |
| D17 | 10:39,45 | m | IFK | F16 | -68 | IFK | 1984 | Mariehamn |
| <i>Ann-Louise Berndtsson, Maria Tommiska, Anna Pettersson, Ann-Catrin Nordman</i> | | | | | | | | |
| F15 | 11:47,41 | | JIK | - | -99 | JIK | 2014 | Mariehamn |
| <i>Eleonora von Wetter-Rosenthal -02, Hannah Helin -99, Anni Nylund -02, Linn Törnqvist t-02</i> | | | | | | | | |

3 x 800 m

Damer

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|---|---------|---|-----|----|-----|-----|------|--|
| DS | 7:56,8 | m | IFF | - | -62 | IFF | 1981 | |
| <i>Benita Gustavsson, Marguerite, Holmström, Isabell Jansson</i> | | | | | | | | |
| D22 | 7:56,8 | m | IFF | - | -62 | IFF | 1981 | |
| <i>Benita Gustavsson, Marguerite, Holmström, Isabell Jansson</i> | | | | | | | | |
| D19 | 7:56,8 | m | IFF | - | -62 | IFF | 1981 | |
| <i>Benita Gustavsson, Marguerite, Holmström, Isabell Jansson</i> | | | | | | | | |
| D17 | 8:31,10 | | IFK | FB | -67 | IFK | 1982 | |
| <i>Kristina Karlsson, Ann-Louise Berndtsson, Susanne Tikander</i> | | | | | | | | |
| F15 | 8:31,10 | | IFK | FB | -67 | IFK | 1982 | |
| <i>Kristina Karlsson, Ann-Louise Berndtsson, Susanne Tikander</i> | | | | | | | | |

IF Åland Rekord

Herrar

| | | | | | | | |
|---|---------|--|----------|---|-----|--------------|---------|
| HS | 6:01,26 | | IF Åland | - | -94 | IF Ålan 2013 | Joensuu |
| <i>Svante Lindholm, Lucas Mattsson, Simon Paul Sandbakken</i> | | | | | | | |
| H22 | 6:01,26 | | IF Åland | - | -94 | IF Ålan 2013 | Joensuu |
| <i>Svante Lindholm, Lucas Mattsson, Simon Paul Sandbakken</i> | | | | | | | |
| H19 | 6:01,26 | | IF Åland | - | -94 | IF Ålan 2013 | Joensuu |
| <i>Svante Lindholm, Lucas Mattsson, Simon Paul Sandbakken</i> | | | | | | | |

Damer

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|-----|---------|---|--|------|-----|--------------|------------|
| DS | 6:56,84 | | IF Åland | - | -99 | IF Ålan 2017 | Tammerfors |
| | | | <i>Anni Nylund 2:19,0, Hannah Helin 2:19,0, Maria Söderlund 2:18,0</i> | | | | |
| D22 | 6:56,84 | | IF Åland | - | -99 | IF Ålan 2017 | Tammerfors |
| | | | <i>Anni Nylund 2:19,0, Hannah Helin 2:19,0, Maria Söderlund 2:18,0</i> | | | | |
| D19 | 6:56,84 | | IF Åland | - | -99 | IF Ålan 2017 | Tammerfors |
| | | | <i>Anni Nylund 2:19,0, Hannah Helin 2:19,0, Maria Söderlund 2:18,0</i> | | | | |
| D17 | 7:07,8 | m | IF Åland | - | -61 | IF Ålan 1978 | |
| | | | <i>Majvor Nordvall, Maria Sjölund, Gunvor Nordvall</i> | | | | |
| F15 | 7:40,31 | | IF Åland | F-16 | -70 | IF Ålan 1984 | |
| | | | <i>Maria Tommiska, Pia Hansson, Ann-Catrin Nordman</i> | | | | |

4 x 1500 m

Herrar

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|----|---------|---|--|---|-----|----------|-----------|
| HS | 16:13,7 | m | JIK | - | -54 | JIK 1981 | Mariehamn |
| | | | <i>Lars-Erik Åkerblom, Mikael Nordblom, Stefan Mattsson, Kenneth Andersson</i> | | | | |

IF Åland Rekord

Herrar

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|-----|----------|---|--|---|-----|--------------|-----------|
| HS | 15:45,8 | m | IF Åland | - | - | IF Ålan 1980 | Seinäjäki |
| | | | <i>Stig Orre, Kaj Backas, Olof Salmi, Kenneth Andersson</i> | | | | |
| H22 | 16:04,24 | | IF Åland | - | -63 | IF Ålan 1982 | St Michel |
| | | | <i>Esa Kuosku 63, Mikael Mörn 65, Mikael Nordblom 63, Billy Jansson 63</i> | | | | |
| H19 | 16:04,24 | | IF Åland | - | -63 | IF Ålan 1982 | St Michel |
| | | | <i>Esa Kuosku 63, Mikael Mörn 65, Mikael Nordblom 63, Billy Jansson 63</i> | | | | |

4 x 100 m häck

IF Åland Rekord

Herrar

| | | | | | | | |
|-----|-------|--|--|---|-----|--------------|------|
| HS | 57,04 | | IF Åland | - | -74 | IF Ålan 1993 | Vasa |
| | | | <i>Glenn Lindqvist, Anders Boman, Oscar Bergroth, Christian ackrén</i> | | | | |
| H22 | 57,04 | | IF Åland | - | -74 | IF Ålan 1993 | Vasa |
| | | | <i>Glenn Lindqvist, Anders Boman, Oscar Bergroth, Christian ackrén</i> | | | | |
| H19 | 57,04 | | IF Åland | - | -74 | IF Ålan 1993 | Vasa |
| | | | <i>Glenn Lindqvist, Anders Boman, Oscar Bergroth, Christian ackrén</i> | | | | |

Damer

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|-----|-------|--|--|------|-----|--------------|--|
| DS | 65,40 | | IF Åland | F-18 | -75 | IF Ålan 1994 | |
| | | | <i>Maria Löfroth, Minna Roiha, Linda Lindqvist, Eva Holmberg</i> | | | | |
| D22 | 65,40 | | IF Åland | F-18 | -75 | IF Ålan 1994 | |
| | | | <i>Maria Löfroth, Minna Roiha, Linda Lindqvist, Eva Holmberg</i> | | | | |
| D19 | 65,40 | | IF Åland | F-18 | -75 | IF Ålan 1994 | |
| | | | <i>Maria Löfroth, Minna Roiha, Linda Lindqvist, Eva Holmberg</i> | | | | |