

**100m**

|    |       |                  |     |               |      |
|----|-------|------------------|-----|---------------|------|
| 1  | 11.66 | Filippa Engström | -07 | Uppsala       | 2025 |
| 2  | 11.95 | Evelina Lunner   | -86 | Västerås      | 2006 |
| 3  | 12.03 | Malin Henriksson | -78 | Falun         | 2005 |
| 4  | 12.06 | Maria Murelius   | -70 | Budapest, HUN | 1987 |
| 5  | 12.19 | Virva Rylander   | -00 | Täby          | 2021 |
| 6  | 12.21 | Louise Kronlund  | -90 | Sollentuna    | 2007 |
| 7  | 12.23 | Maud Engbo       | -58 |               | 1983 |
| 7  | 12.23 | Birgitta Lund    | -57 |               | 1979 |
| 9  | 12.24 | Lotta Rollne     | -60 |               | 1976 |
| 10 | 12.29 | Eva Arnell       | -58 |               | 1981 |

**200m**

|    |       |                  |     |             |      |
|----|-------|------------------|-----|-------------|------|
| 1  | 23.35 | Filippa Engström | -07 | Eugene, OR  | 2026 |
| 2  | 24.37 | Malin Henriksson | -78 | Eskilstuna  | 2003 |
| 3  | 24.44 | Evelina Lunner   | -86 | Västerås    | 2006 |
| 4  | 24.45 | Maria Murelius   | -70 | Borlänge    | 1987 |
| 5  | 24.46 | Birgitta Lund    | -57 | Stockholm   | 1978 |
| 6  | 24.71 | Eva Arnell       | -58 |             | 1983 |
| 7  | 24.71 | Anne Halldin     | -60 | Kvarnsveden | 1983 |
| 8  | 24.82 | Maud Engbo       | -58 | Eskilstuna  | 1983 |
| 9  | 24.83 | Virva Rylander   | -00 | Täby        | 2021 |
| 10 | 25.07 | Jennie Gårdhage  | -78 | Västerås    | 1998 |

**400m**

|    |       |                   |     |             |      |
|----|-------|-------------------|-----|-------------|------|
| 1  | 55.25 | Anne Halldin      | -60 | Malmö       | 1986 |
| 2  | 56.02 | Virva Rylander    | -00 | Göteborg    | 2026 |
| 3  | 56.09 | Maud Engbo        | -58 | Stockholm   | 1982 |
| 3  | 56.09 | Tyra Landin       | -02 | Stockholm   | 2022 |
| 5  | 56.10 | Malin Henriksson  | -78 | Västerås    | 2003 |
| 6  | 56.17 | Jenny Holmroos    | -86 | El Paso, TX | 2006 |
| 7  | 57.02 | Jennie Gårdhage   | -78 | Västerås    | 1998 |
| 8  | 57.63 | Ewa Marcinkiewicz | -93 | Västerås    | 2011 |
| 9  | 57.72 | Marie Landgren    | -64 |             | 1985 |
| 10 | 57.79 | Maria Murelius    | -70 |             | 1987 |

**800m**

|    |         |                 |     |                  |      |
|----|---------|-----------------|-----|------------------|------|
| 1  | 2:05.99 | Jenny Holmroos  | -86 | Helsingfors, FIN | 2006 |
| 2  | 2:06.21 | Marie Simonsson | -59 |                  | 1982 |
| 3  | 2:07.53 | Karin Medin     | -67 | Karlskrona       | 1990 |
| 4  | 2:08.21 | Sirpa Niemelä   | -64 | Sollentuna       | 1981 |
| 5  | 2:08.86 | Marie Landgren  | -64 | Kvarnsveden      | 1985 |
| 6  | 2:09.59 | Åsa Svensson    | -64 |                  | 1982 |
| 7  | 2:11.2  | Inger Björk     |     |                  | 1976 |
| 8  | 2:12.25 | Anna Karlström  |     |                  | 1985 |
| 9  | 2:13.29 | Hilda Lindberg  | -01 | Göteborg         | 2016 |
| 10 | 2:13.67 | Mikaela Nyroos  | -73 | Kvarnsveden      | 1992 |

**1500m**

|    |         |                 |     |                  |      |
|----|---------|-----------------|-----|------------------|------|
| 1  | 4:21.79 | Sirpa Niemelä   | -64 | Piteå            | 1982 |
| 1  | 4:21.79 | Karin Medin     | -67 |                  | 1989 |
| 3  | 4:24.20 | Åsa Svensson    | -64 |                  | 1982 |
| 4  | 4:25.39 | Jenny Holmroos  | -86 | Uden, NLD        | 2007 |
| 5  | 4:25.67 | Elsa Wallenius  | -01 | Sollentuna       | 2025 |
| 6  | 4:26.99 | Marie Simonsson | -59 |                  | 1983 |
| 7  | 4:28.08 | Mikaela Nyroos  | -73 | Valkeakoski, FIN | 1992 |
| 8  | 4:32.17 | Nova Ojutkankas | -04 | Bruxelles, BEL   | 2024 |
| 9  | 4:32.21 | Jenny Plahn     | -72 | Mora             | 1992 |
| 10 | 4:32.8  | Inger Björk     |     |                  | 1976 |

**3000m**

|   |         |                   |     |               |      |
|---|---------|-------------------|-----|---------------|------|
| 1 | 9:36.63 | Elsa Wallenius    | -01 | Borås         | 2019 |
| 2 | 9:38.61 | Sirpa Niemelä     | -64 | Huddinge      | 1985 |
| 3 | 9:44.93 | Nova Ojutkangas   | -04 | Pontoise, FRA | 2024 |
| 4 | 9:49.82 | Mikaela Nyroos    | -73 | Umeå          | 1992 |
| 5 | 9:56.24 | Marina Danielsson |     |               | 1981 |
| 6 | 9:57.27 | Susanne Wall      | -73 | Borlänge      | 1993 |

|    |          |                 |     |            |      |
|----|----------|-----------------|-----|------------|------|
| 7  | 10:00.79 | Åsa Svensson    | -64 |            | 1982 |
| 8  | 10:04.03 | Edith Blomqvist | -94 | Huddinge   | 2023 |
| 9  | 10:06.84 | Emma Lindblom   | -77 | Austin, TX | 1998 |
| 10 | 10:07.78 | Moa Rothman     | -96 | Sollentuna | 2018 |

### 5000m

|    |          |                   |     |                   |      |
|----|----------|-------------------|-----|-------------------|------|
| 1  | 16:52.85 | Elsa Wallenius    | -01 | San Francisco, CA | 2023 |
| 2  | 16:55.26 | Nova Ojutkangas   | -04 | St. Louis, MO     | 2026 |
| 3  | 17:11.63 | Edith Blomqvist   | -94 | Uddevalla         | 2024 |
| 4  | 17:25.94 | Marina Danielsson |     |                   | 1981 |
| 5  | 17:33.78 | Moa Rothman       | -96 | Gävle             | 2018 |
| 6  | 17:42.75 | Jenny Holmroos    | -86 | Västerås          | 2009 |
| 7  | 17:48.84 | Åsa Svensson      | -64 |                   | 1980 |
| 8  | 18:07.81 | Hanna Lahti       | -05 | Västerås          | 2024 |
| 9  | 18:16.19 | Emilia Brangefält | -02 | Stockholm         | 2022 |
| 10 | 18:21.98 | Embla Allard      | -12 | Stockholm         | 2025 |

### 10 000m

|   |          |                         |     |                 |      |
|---|----------|-------------------------|-----|-----------------|------|
| 1 | 35:10.18 | Nova Ojutkangas         | -04 | Birmingham, GBR | 2025 |
| 2 | 36:41.73 | Edith Blomqvist         | -94 | Västerås        | 2024 |
| 3 | 37:42.17 | Emilia Brangefält       | -02 | Stockholm/S     | 2020 |
| 4 | 38:18.88 | Embla Allard            | -12 | Västerås        | 2026 |
| 5 | 39:06.76 | Juia Forslin            | -82 | Göteborg/S      | 2023 |
| 6 | 40:37.29 | Emilia Svanberg         | -09 | Västerås        | 2026 |
| 7 | 41:46.82 | Inari Laihonen Sandamas | -07 | Västerås        | 2026 |
| 8 | 43:23.90 | Emilia Lenell           | -09 | Västerås        | 2024 |

### 10 km väg

|    |       |                    |     |               |      |
|----|-------|--------------------|-----|---------------|------|
| 1  | 34:56 | Nova Ojutkangas    | -04 | Valencia, ESP | 2024 |
| 2  | 36:04 | Edith Blomqvist    | -94 | Södertälje    | 2024 |
| 3  | 36:50 | Emilia Brangefeldt | -02 | Örebro        | 2023 |
| 4  | 37:04 | Embla Allard       | -12 | Bålsta        | 2024 |
| 4  | 37:04 | Elsa Wallenius     | -01 | Anderstorp    | 2021 |
| 6  | 37:29 | Leira Sandvall     | -09 | Stockholm     | 2024 |
| 7  | 38:02 | Moa Rothman        | -96 | Stockholm     | 2018 |
| 8  | 38:10 | Susanna Damm       | -75 | Örebro        | 2002 |
| 9  | 38:32 | Nadja Strandberg   | -96 | Stockholm     | 2018 |
| 10 | 39:14 | Hanna Lahti        | -05 | Bålsta        | 2024 |

### Halvmaraton

|   |         |                     |     |               |      |
|---|---------|---------------------|-----|---------------|------|
| 1 | 1:21:32 | Edith Blomqvist     | -94 | Stockholm     | 2026 |
| 2 | 1:21:48 | Emilia Brangefeldt  | -02 | Hannover, GER | 2022 |
| 3 | 1:23:40 | Eva-May Erneby      | -88 | Karlstad      | 2025 |
| 4 | 1:24:89 | Hedda Spinnars      | -85 | Stockholm     | 2010 |
| 5 | 1:31:30 | Jennie Ehn Gårdhage | -78 | Uppsala       | 2024 |

### Maraton

|   |         |                    |     |             |      |
|---|---------|--------------------|-----|-------------|------|
| 1 | 2:46:38 | Emilia Brangefeldt | -02 | Malaga, ESP | 2022 |
| 2 | 2:48:00 | Marina Danielsson  |     | Stockholm   | 1984 |
| 3 | 2:58:31 | Eva-Maj Erneby     | -88 | Stockholm   | 2026 |
| 4 | 3:06:51 | Hannah Lahti       | -05 | Stockholm   | 2025 |
| 5 | 3:12:03 | Hedda Spinnars     | -85 | Stockholm   | 2011 |

### 3000m hinder

|   |          |                         |     |            |      |
|---|----------|-------------------------|-----|------------|------|
| 1 | 10:30.93 | Moa Rothman             | -96 | Eskilstuna | 2015 |
| 2 | 11:15.26 | Elsa Wallenius          | -01 | Huddinge   | 2025 |
| 3 | 11:54.9  | Inari Laihonen Sandamas | -07 | Västerås   | 2024 |
| 4 | 13:10.08 | Clara Jansson           | -06 | Högby      | 2023 |

### 100m häck

|   |       |                   |     |                   |      |
|---|-------|-------------------|-----|-------------------|------|
| 1 | 13.81 | Johanna Sjöström  | -86 | Stockholm         | 2005 |
| 1 | 13.81 | Emma Stenlöf      | -96 | Göteborg          | 2014 |
| 3 | 13.99 | Daniela Karlsson  | -96 | Göteborg          | 2013 |
| 4 | 14.30 | Turanka Puskas    | -52 | Karlstad          | 1975 |
| 5 | 14.80 | Malin Marmbrandt  | -85 | Lawrenceville, NJ | 2010 |
| 6 | 14.93 | Ewa Marcinkiewicz | -93 | Stockholm         | 2012 |
| 7 | 15.06 | Johanna Sundén    | -06 | Västerås          | 2024 |

|    |       |                 |     |  |      |
|----|-------|-----------------|-----|--|------|
| 8  | 15.14 | Lena Kindberg   | -44 |  | 1967 |
| 9  | 15.14 | Karin Sällström |     |  | 1976 |
| 10 | 15.29 | Helena Salvesen | -69 |  | 1986 |

#### 400m häck

|    |         |                   |     |               |      |
|----|---------|-------------------|-----|---------------|------|
| 1  | 59.68   | Ewa Marcinkiewicz | -93 | Mannheim, DEU | 2010 |
| 2  | 1:01.52 | Tyra Landin       | -02 | Karlstad      | 2022 |
| 3  | 1:01.67 | Maud Engbo        | -58 | Skövde        | 1981 |
| 4  | 1:03.26 | Marie Landgren    | -64 | Göteborg      | 1986 |
| 5  | 1:03.61 | Sirpa Niemelä     | -64 |               | 1981 |
| 6  | 1:04.09 | Helena Salvesen   | -69 | Malmö         | 1987 |
| 7  | 1:04.11 | Emma Larsson      | -94 | Västerås      | 2017 |
| 8  | 1:04.31 | Lovisa Robson     | -07 | Stockholm/S   | 2026 |
| 9  | 1:05.51 | Johanna Sjöström  | -86 | Enskede       | 2002 |
| 10 | 1:06.24 | Elisabeth Glans   |     |               | 1974 |

#### Höjd

|    |      |                      |     |            |      |
|----|------|----------------------|-----|------------|------|
| 1  | 1.81 | Emma Stenlöf         | -96 | Kalmar     | 2013 |
| 2  | 1.75 | Anna Forsell         | -65 | Södertälje | 1982 |
| 3  | 1.74 | Daniella Eriksson    | -87 | Stockholm  | 2011 |
| 4  | 1.72 | Sofie Lundström      | -83 | Västerås   | 2003 |
| 5  | 1.71 | Inga-Britt Lorentzon | -36 |            | 1961 |
| 5  | 1.71 | Ulrika Öberg         | -67 |            | 1983 |
| 5  | 1.71 | Karin Dahlman        | -64 |            | 1983 |
| 8  | 1.70 | Linda Gerén          |     |            | 1980 |
| 8  | 1.70 | Isolde Väinölä       | -07 | Högby      | 2023 |
| 10 | 1.69 | Maya Persson         | -00 | Gävle      |      |

#### Stav

|    |      |                   |     |            |      |
|----|------|-------------------|-----|------------|------|
| 1  | 3.70 | Linnea Lindqvist  | -06 | Skara      | 2024 |
| 2  | 3.23 | Emma Stenlöf      | -96 | Ystad      | 2011 |
| 3  | 3.22 | Maria Ludvigsson  | -89 | Hudiksvall | 2005 |
| 4  | 3.15 | Antonia Fagerberg | -91 | Gävle      | 2006 |
| 4  | 3.15 | Agnes Anderbro    | -10 | Sollentuna | 2026 |
| 6  | 3.14 | Bea Brusling      | -08 | Göteborg   | 2023 |
| 7  | 3.13 | Louise Kvarforth  | -98 | Västerås   | 2018 |
| 8  | 3.08 | Sofie Lundström   | -83 | Härnösand  | 2000 |
| 9  | 2.85 | Emma Karlsson     | -93 | Västerås   | 2009 |
| 10 | 2.78 | Tove Hedberg      | -94 | Västerås   | 2008 |

#### Längd

|    |      |                            |     |                    |      |
|----|------|----------------------------|-----|--------------------|------|
| 1  | 6.58 | Malin Otterling-Marmbrandt | -85 | Sierra Nevada, ESP | 2019 |
| 2  | 6.18 | Turanka Puskas             | -52 | Sofia, BUL         | 1975 |
| 3  | 6.04 | Emma Stenlöf               | -96 | Söderhamn          | 2015 |
| 4  | 5.82 | Ingegerd Dufberg-Fredman   | -53 |                    | 1972 |
| 4  | 5.82 | Ann-Marie Wikner           | -54 | Göteborg           | 1972 |
| 6  | 5.73 | Camilla Eriksson           | -88 | Falun              | 2004 |
| 7  | 5.69 | Helena Salvesen            | -72 |                    | 1987 |
| 7  | 5.69 | Minya Öryd                 | -11 | Västerås           | 2025 |
| 9  | 5.68 | Jaana Överqvist            | -68 |                    | 1987 |
| 10 | 5.64 | Johanna Sundén             | -08 | Uppsala            | 2025 |

#### Tresteg

|    |       |                            |     |            |      |
|----|-------|----------------------------|-----|------------|------|
| 1  | 13.58 | Johanna Sundén             | -08 | Eugene, OR | 2026 |
| 2  | 13.34 | Malin Otterling-Marmbrandt | -85 | Sätra      | 2017 |
| 3  | 12.59 | Ewa Marcinkiewicz          | -93 | Sollentuna | 2016 |
| 4  | 12.04 | Emma Stenlöf               | -96 | Hässleholm | 2016 |
| 5  | 12.01 | Camilla Eriksson           | -88 | Gävle      | 2005 |
| 6  | 11.61 | Amanda Wegerman            | -91 | Nyköping   | 2006 |
| 7  | 11.41 | Daniella Eriksson          | -87 | Göteborg   | 2008 |
| 8  | 11.24 | Lisa Jansson               | -84 |            | 1999 |
| 9  | 11.10 | Gabriella Lundwall         | -85 | Vellinge   | 2003 |
| 10 | 11.01 | Lisa Wiik                  | -83 | Gävle      | 1998 |

#### Kula

|   |       |                  |     |                  |      |
|---|-------|------------------|-----|------------------|------|
| 1 | 15.52 | Karin Colberg    | -67 | Eskilstuna       | 1992 |
| 2 | 14.00 | Sofie Lundström  | -83 | Halle, DE        | 2001 |
| 3 | 13.91 | Jennie Söderholm | -93 | Eskilstuna       | 2015 |
| 4 | 13.85 | Emma Stenlöf     | -96 | Varberg          | 2014 |
| 5 | 13.72 | Kajsa Borrmann   | -04 | Fort Collins, CO | 2025 |

|    |       |                    |     |                   |      |
|----|-------|--------------------|-----|-------------------|------|
| 6  | 13.35 | Nina Björkman      | -98 | Lawrenceville, NJ | 2021 |
| 7  | 13.29 | Gunnel Hettman     | -60 |                   | 1977 |
| 8  | 13.28 | Jenny Johansson    | -88 | Esbjerg, DNK      | 2007 |
| 9  | 13.11 | Matilda Gunnarsson | -90 | Karlskrona        | 2009 |
| 10 | 12.89 | Sandra Roks        | -57 | Stockholm         | 1975 |

### Diskus

|    |       |                    |     |                   |      |
|----|-------|--------------------|-----|-------------------|------|
| 1  | 58.56 | Karin Colberg      | -67 | Kuortane, FIN     | 1994 |
| 2  | 53.46 | Kajsa Borrmann     | -04 | Clovis, CA        | 2025 |
| 3  | 51.90 | Jenny Johansson    | -88 | Falun             | 2012 |
| 4  | 49.95 | Nina Björkman      | -98 | Lawrenceville, NJ | 2022 |
| 5  | 49.67 | Matilda Gunnarsson | -90 | Helsingborg       | 2010 |
| 6  | 48.20 | Christina Lindgren | -66 | Stockholm         | 1985 |
| 7  | 46.30 | Elisabeth Alenmalm | -49 |                   | 1973 |
| 8  | 43.78 | Kristina Sahlin    | -43 | Karlskrona        | 1967 |
| 9  | 43.64 | Gunnel Hettman     | -60 |                   | 1977 |
| 10 | 42.55 | Jennie Söderholm   | -93 | Stockholm         | 2010 |

### Slägga

|    |       |                    |     |                     |      |
|----|-------|--------------------|-----|---------------------|------|
| 1  | 67.27 | Kajsa Borrmann     | -04 | Golden, CO          | 2025 |
| 2  | 60.43 | Amanda Rydberg     | -93 | Leira, PRT          | 2015 |
| 3  | 59.42 | Jennifer Andersson | -01 | Västerås            | 2020 |
| 4  | 58.61 | Midea Allard       | -08 | Göteborg            | 2026 |
| 5  | 58.54 | Emma Olsson        | -83 | Västerås/Ap         | 2004 |
| 6  | 58.12 | Johanna Rydberg    | -88 | Quinta do Anjo, PRT | 2010 |
| 7  | 57.74 | Isabella Wiklund   | -03 | Arvika              | 2022 |
| 8  | 55.64 | Anna Götberg       | -01 | Göteborg            | 2019 |
| 9  | 54.54 | Nina Björkman      | -98 | Princeton, NJ       | 2019 |
| 10 | 51.75 | Angelica Persson   | -88 | Västerås            | 2005 |

### Spjut

|    |       |                     |     |                  |      |
|----|-------|---------------------|-----|------------------|------|
| 1  | 61.96 | Sofi Flink          | -95 | Moskva, RUS      | 2013 |
| 2  | 51.87 | Maja Gustavsson     | -98 | Uppsala          | 2026 |
| 3  | 47.61 | Matilda Gunnarsson  | -90 | Enskede          | 2020 |
| 4  | 47.11 | Lena Åström         | -64 | Västerås         | 2003 |
| 5  | 44.79 | Matilda Eriksson    | -04 | Sollentuna       | 2026 |
| 6  | 43.59 | Jenny Johansson     | -88 | Hudiksvall       | 2005 |
| 7  | 42.06 | Emma Stenlö         | -96 | Eskilstuna       | 2015 |
| 8  | 40.06 | Anna-Karin Jansson  | -77 | Fredrikstad, NOR | 1996 |
| 9  | 35.70 | Katarina Björkström | -76 | Uppsala          | 1999 |
| 10 | 34.45 | Johanna Lötjönen    | -94 | Uppsala          | 2010 |