

Nya NÅID-rekord 2014

Herrar

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|------------|--------|---------------|-----------------------------------------------------------------------------------------------------|----------------------------|---------------------------------|------------|
| 100 m | P-15 | 11,22 (-1,6) | Lauri Tuomilehto -99 Akilles | Esbo/A | 14.6 | |
| | | 11,07 (+0,7) | Lauri Tuomilehto -99 Akilles | Esbo/A | 14.6 | |
| 400 m | H-22 | 47,52 | Oskari Mörö -93 Esbo IF | Lahtis | 15.6 | |
| | | 47,40 | Oskari Mörö -93 Esbo IF | Helsingfors/S30.8 | | |
| 110 m häck | H-22 | 13,88t (+0,6) | Jussi Kanervo -93 Hfors IFK | Jacksonville | 30.5 | |
| 400 m häck | H | 50,67 | Jussi Kanervo -93 Hfors IFK | Jacksonville | 30.5 | |
| | | 50,33 | Oskari Mörö -93 Esbo IF | Kuopio | 3.8 | |
| | | 49,97 | Oskari Mörö -93 Esbo IF | Zürich | 12.8 | |
| | | 49,08 | Oskari Mörö -93 Esbo IF | Zürich | 13.8 | |
| | H-22 | 50,67 | Jussi Kanervo -93 Hfors IFK | Jacksonville | 30.5 | |
| | | 50,33 | Oskari Mörö -93 Esbo IF | Kuopio | 3.8 | |
| | | 49,97 | Oskari Mörö -93 Esbo IF | Zürich | 12.8 | |
| | | 49,08 | Oskari Mörö -93 Esbo IF | Zürich | 13.8 | |
| | H-17 | 55,79 | Jonni Blomqvist -98 Akilles | Jämsänkoski | 26.6 | |
| | | 55,30 | Jonni Blomqvist -98 Akilles | Pedersöre | 18.7 | |
| | | 54,65 | Jonni Blomqvist -98 Akilles | Esbo/A | 27.7 | |
| | Stav | P-15 | 410 | Anton Kunnas -99 IF SibboV | Mariehamn | 13.9 |
| | Slägga | H | 71,50 | Joachim Koivu -88 Esbo IF | Potchefstroom | 14.2 |
| | | | 71,67 | Joachim Koivu -88 Esbo IF | El Paso, US | 12.4 |
| H-19 | | 59,54 | Fredrik Fröberg -95 Sjundeå IF | Karis | 8.6 | |
| | | 59,63 | Fredrik Fröberg -95 Sjundeå IF | Jyväskylä | 11.6 | |
| | | 60,00 | Fredrik Fröberg -95 Sjundeå IF | Nurmijärvi | 17.6 | |
| | | 60,10 | Fredrik Fröberg -95 Sjundeå IF | Nurmijärvi | 17.6 | |
| | | 60,42 | Fredrik Fröberg -95 Sjundeå IF | Nurmijärvi | 17.6 | |
| | | 61,81 | Fredrik Fröberg -95 Sjundeå IF | Nurmijärvi | 17.6 | |
| | | 62,26 | Fredrik Fröberg -95 Sjundeå IF | Kaustby | 26.6 | |
| | | 62,38 | Fredrik Fröberg -95 Sjundeå IF | Esbo/E | 13.7 | |
| | | 62,54 | Fredrik Fröberg -95 Sjundeå IF | Esbo/A | 26.7 | |
| | | 64,52 | Fredrik Fröberg -95 Sjundeå IF | Huittinen | 9.8 | |
| | | Spjut | H-19 | 69,04 | Oliver Helander -97 IF Raseborg | Pihtipudas |
| H-17 | 79,34 | | Oliver Helander -97 IF Raseborg | Helsingfors/S30.8 | | |
| 4x100 m | H-19 | 42,69 | Helsingfors IFK Jani Rastas -96, Joni Arponen -95, Jevgeni Aleksandrov -95, Ilari Mäkinen -95 | Riihimäki | 23.6 | |
| | | 42,46 | Helsingfors IFK Joni Arponen -95, Jani Rastas -96, Jevgeni Aleksandrov -95, Ilari Mäkinen -95 | Lahtis | 5.7 | |
| 4x300 m | H-17 | 2.24,80 | Borgå Akilles | Lahtis | 6.7 | |

Teemu Gustavson -99, Samuli Kouri -98,
Viktor Kantele -97, Jonni Blomqvist -98

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| 4x80 m hack P-15 | 46,63 | Helsingfors IFK | Lahtis | 5.7 |
| | | Tatu Heikkinen -00, Casimir Engblom -99, Anton Tallbacka -99, Antti Chen -01 | | |
| 3x3000 m g H | 40,53,91 | Esbo IF | Lahtis | 6.7 |
| | | Eemeli Kiiski -91, Mikko Ruokolainen -81, Elmo Koivunen -94 | | |

Damer

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|------------|------|---------------|---------------------------------|---------------|------|
| 100 m | D-22 | 11,81 (+1,0) | Jonna Berghem -93 Hangö IK | Åbo | 15.7 |
| | D-17 | 12,06t (+1,9) | Iida Kalliomäki -98 Sjundeå IF | Nurmijärvi | 17.6 |
| 200 m | D-17 | 24,51 (0,0) | Iida Kalliomäki -98 Sjundeå IF | Letala | 25.5 |
| | | 24,49 (+1.2) | Nea Mattila -99 Hfors IFK | Helsingfors/D | 4.6 |
| 80 m häck | F-15 | 11,41 (+0,1) | Viivi Lehikoinen -99 Hfors IFK | Esbo/A | 15.6 |
| 100m häck | D | 13,35 (+0,7) | Matilda Bogdanoff -90 Hfors IFK | Kuortane | 13.7 |
| | | 13,30 (+0,1) | Matilda Bogdanoff -90 Hfors IFK | Kuortane | 13.7 |
| | | 13,29 (+0,3) | Matilda Bogdanoff -90 Hfors IFK | Lapinlahti | 20.7 |
| | | 13,12 (+0,9) | Matilda Bogdanoff -90 Hfors IFK | Lapinlahti | 20.7 |
| | | 13,12t (+1,0) | Matilda Bogdanoff -90 Hfors IFK | Joensuu | 24.7 |
| 300 m häck | F-15 | 43,02 | Viivi Lehikoinen -99 Hfors IFK | Helsingfors/D | 9.8 |
| 400 m häck | D-22 | 59,62 | Jessica Rautelin -97 Esbo IF | Helsingfors/S | 30.8 |
| | D-19 | 59,79 | Viivi Lehikoinen -99 Hfors IFK | Jämsänkoski | 26.6 |
| | D-19 | 59,62 | Jessica Rautelin -97 Esbo IF | Helsingfors/S | 30.8 |
| | D-17 | 59,79 | Viivi Lehikoinen -99 Hfors IFK | Jämsänkoski | 26.6 |
| | D-17 | 59,62 | Jessica Rautelin -97 Esbo IF | Helsingfors/S | 30.8 |
| Stav | D | 380 | Saga Andersson -00 Esbo IF | Pedersöre | 19.7 |
| | | 380t | Saga Andersson -00 Esbo IF | Esbo/A | 17.8 |
| | D-22 | 380 | Saga Andersson -00 Esbo IF | Pedersöre | 19.7 |
| | | 380t | Saga Andersson -00 Esbo IF | Esbo/A | 17.8 |
| | D-19 | 380 | Saga Andersson -00 Esbo IF | Pedersöre | 19.7 |
| | | 380t | Saga Andersson -00 Esbo IF | Esbo/A | 17.8 |
| | D-17 | 373t | Saga Andersson -00 Esbo IF | Forssa | 16.7 |
| | | 374 | Saga Andersson -00 Esbo IF | Pedersöre | 19.7 |
| | | 380 | Saga Andersson -00 Esbo IF | Pedersöre | 19.7 |
| | | 380t | Saga Andersson -00 Esbo IF | Esbo/A | 17.8 |
| | F-15 | 372 | Saga Andersson -00 Esbo IF | Tavastehus | 15.7 |
| | | 373 | Saga Andersson -00 Esbo IF | Forssa | 16.7 |
| | | 374 | Saga Andersson -00 Esbo IF | Pedersöre | 19.7 |
| | | 380 | Saga Andersson -00 Esbo IF | Pedersöre | 19.7 |
| | | 380t | Saga Andersson -00 Esbo IF | Esbo/A | 17.8 |

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| Längd | D-17 | 594 (-0,2) | Iida Kalliomäki -98 Sjundeå IF | Jämsä | 26.6 |
| Kula | D-17 | 15,23 | Susanna Törrönen -98 Esbo IF | Esbo/E | 10.5 |
| | | 15,49 | Susanna Törrönen -98 Esbo IF | Janakkala | 7.6 |
| | | 15,56 | Susanna Törrönen -98 Esbo IF | Esbo/E | 31.7 |
| 5-kamp | F-15 | 3 028 | Viivi Lehikoinen -99 Hfors IFK (11,56/0,0 571/+1,5 163 30,69 2.20,22) | Jakobstad | 7.9 |
| 7-kamp | D-17 | 5 152 | Jessica Rautelin -97 Esbo IF (14,85/+0,5 151 12,43 26,51/-0,4 563/+1,7 36,26 2.15,83) | Sätra, Sve | 18.5 |
| | | 5 240 | Iida Kalliomäki -98 Sjundeå IF (14,59/+0,1 166 9,79 24,51/0,0 569/+0,7 29,98 2.23,17) | Letala | 25.5 |
| | | 5 334 | Iida Kalliomäki -98 Sjundeå IF (13,99/-1,5 171 11,07 25,02/+0,7 566/0,0 29,74 2.22,99) | Kópavogur, Is | 8.6 |
| | | 5 428 | Jessica Rautelin -97 Esbo IF (14,12/+0,8 160 12,49 25,20/+2,4 558/+0,6 36,33 2.18,21) | Nykarleby | 7.9 |
| 4x100 m | D-19 | 47,80 | Helsingfors IFK Riikka Mäkinen -98, Viivi Lehikoinen -99, Sandra Ekblom -97, Nea Mattila -99 | Lahtis | 5.7 |
| | | 47,75 | Helsingfors IFK Cecilia Sandell -95, Heini Vainionpää -95 Henna Nevala -95, Adelaide Jallow -96 | Lahtis | 5.7 |
| | D-17 | 47,80 | Helsingfors IFK Riikka Mäkinen -98, Viivi Lehikoinen -99, Sandra Ekblom -97, Nea Mattila -99 | Lahtis | 5.7 |
| 4x300 m | D-17 | 2.44,52 | Esbo IF Ida Ounaslehto -00, Jessica Rautelin -97, Jasmin Koivunen -97, Nadia Korkman -97 | Lahtis | 6.7 |
| 3x800 m | D-17 | 6.56,06 | Esbo IF Jasmin Koivunen -97, Nadia Korkman -97, Jessica Rautelin -97 | Lahtis | 5.7 |
| 4x100 m h | D-19 | 60,02 | Helsingfors IFK Linda Aho -95, Adelaide Jallow -96 Cecilia Sandell -95, Henna Nevala -95 | Riihimäki | 24.6 |
| | | 59,24 | Helsingfors IFK Adelaide Jallow -96, Henna Nevala -95, Pinja Pikkupeura -97, Cecilia Sandell -95 | Lahtis | 6.7 |
| | | 58,13 | Helsingfors IFK Adelaide Jallow -96, Henna Nevala -95, Pinja Pikkupeura -97, Cecilia Sandell -95 | Lahtis | 6.7 |