

## Alle tiders statistikk for IL Gular

Ajour per 31.10.2018

I utarbeidinga av denne statistikken er det brukt tidlegare klubbstatistikkar saman med Stein Fossen sin Hordalands-statistikk og NFIF sine statistikkar.

### Teiknforklaring:

\*: ubekrefta resultat

+: utanlandsk statsborgar

w: medvind mellom 2.0 og 4.0 m/s (for enkeltresultat i mangekamp)

i: Innandørs-resultat

På nokre sprintdistansar er statistikkane for manuell og elektronisk tid slått saman.

Då er det brukt vanlege omrekningsfaktorar:

0.24 sekund tillegg for manuelle tider på 100 og 200m, 0.14 sekund på 400m.

## Menn

### 100m elektronisk tid

|                             |            |
|-----------------------------|------------|
| Erlend Sæterstøl (75)       | 10.31 1996 |
| Thomas Mellin-Olsen (77)    | 10.39 1999 |
| Even Meinseth (96)          | 10.52 2018 |
| Thomas B. Green (72)        | 10.55 1996 |
| Kenneth Halhjem (76)        | 10.62 1999 |
| Quincy Douglas (75)         | 10.66 2000 |
| Torbjørn Lysne (90)         | 10.68 2013 |
| Erik Kringeland (77)        | 10.73 1998 |
| Andreas Kristiansen (81)    | 10.74 2002 |
| Gøran Moen (71)             | 10.75 1996 |
| (10)                        |            |
| Christian Marthinussen (83) | 10.75 2015 |
| Alexander Karlsson (88)     | 10.76 2011 |
| Jarle Hollund (88)          | 10.78 2009 |
| Bjarte Holmelid (77)        | 10.83 2002 |
| Jostein Rekkavik (65)       | 10.91 1987 |
| Bård Venholen (75)          | 10.92 2001 |
| Joakim Dang (90)            | 10.99 2016 |
| Kurt Hessvik (74)           | 11.01 1996 |
| Magnus Kleppe (65)          | 11.02 1997 |
| Ådne Nerhus (75)            | 11.02 2001 |
| (20)                        |            |
| Tore Bergan (61)            | 11.07 1986 |
| Karl Henrik Felde (77)      | 11.11 2002 |
| Andre Sævik (79)            | 11.12 2000 |
| Rune Hetland (64)           | 11.16 1986 |
| Harald Osland (63)          | 11.16 1987 |
| Øistein Sjøvik (63)         | 11.18 1987 |
| Jon Anders Løkkevik (91)    | 11.18 2008 |
| Rune Fantoft (74)           | 11.21 1991 |

|                                |                          |
|--------------------------------|--------------------------|
| Mats Tønning (76)              | 11.24 1996               |
| Marius Bull Hjeltnes (96)      | 11.24 2013               |
| (30)                           |                          |
| Roger Hovland (65)             | 11.28 1991               |
| Lars Åke Andersen (70)         | 11.31 1988               |
| Finn Tore Ødegaard (66)        | 11.34 1987               |
| Kjetil Myrmel (81)             | 11.34 2005               |
| Finn H. H. Monsen (58)         | 11.39 1977               |
| Kjetil Espetvedt (71)          | 11.41i 1995 (11.56 1995) |
| Thomas Ulset (75)              | 11.43 1999               |
| Henning Hofstad (57)           | 11.44 1979               |
| Eystein Lysholm (80)           | 11.46 2004               |
| Tore Fredriksen (59)           | 11.56 1983               |
| (40)                           |                          |
| Bård Sandal (67)               | 11.57 1990               |
| Jan Isdahl (68)                | 11.58 1988               |
| Sivert Fløgstad Sellevold (00) | 11.58 2018               |
| Kjell Utne (80)                | 11.60 2001               |

### 100m manuell tid - supplement

|                            |           |
|----------------------------|-----------|
| Quincy Douglas (75)        | 10.5 1997 |
| Kenneth Halhjem (76)       | 10.6 1997 |
| Rune Tjore (46)            | 10.7 1972 |
| Bjørn Birknes (46)         | 10.9 1970 |
| Håkon Fimland (42)         | 10.9 1971 |
| Tore Bergan (61)           | 10.9 1986 |
| Norvald Herstad (30)       | 11.0 1956 |
| Gunnar Værnes (35)         | 11.0 1957 |
| Ottar Midtkandal (44)      | 11.0 1965 |
| Arvid Tveit (48)           | 11.0 1970 |
| (10)                       |           |
| Harald Sverre Breivik (49) | 11.0 1972 |
| Jan Nævdal (48)            | 11.0 1974 |
| Rune Hetland (64)          | 11.0 1986 |
| +Keeve Wetland ()          | 11.0 1987 |
| Harald Osland (63)         | 11.0 1987 |
| Ådne Nerhus (75)           | 11.0 1997 |
| Lars Gåsemyr (31)          | 11.1 1957 |
| Magnus Borge (44)          | 11.1 1965 |
| Erik Wagner-Larsen (44)    | 11.1 1965 |
| Stein Sletten (45)         | 11.1 1967 |
| (20)                       |           |
| Eivind Senneseth (55)      | 11.1 1975 |
| Finn H. H. Monsen (58)     | 11.1 1976 |
| Per Hermund Høgheim (64)   | 11.1 1984 |
| Finn Tore Ødegaard (66)    | 11.1 1987 |
| Lars Åke Andersen (70)     | 11.1 1988 |
| Thomas Ulset (75)          | 11.1 1999 |
| Knut Dolve (43)            | 11.2 1968 |

|                        |            |
|------------------------|------------|
| Tor Monsen (44)        | 11.2 1969  |
| Harald Gjengedal (56)  | 11.2 1977  |
| Paul Nordgreen (67)    | 11.2 1987  |
| (30)                   |            |
| Jan Isdahl (68)        | 11.2 1988  |
| Roger Hovland (65)     | 11.2 1990  |
| Rune Fantoft (74)      | 11.2 1990  |
| +Hjörtur Gislason (58) | 11.2 1991  |
| Arnfinn Munkeby (31)   | 11.3 1951  |
| Gunnar Kalstad (35)    | 11.3 1959  |
| Ragnar Thesen (46)     | 11.3 1972  |
| Kjell Egil Gjerde (51) | 11.3 1974  |
| Dag Røberg (52)        | 11.3 1976  |
| Jørgen Rørvik (50)     | 11.3* 1976 |
| (40)                   |            |
| Henning Hofstad (57)   | 11.3 1977  |
| Nils Ove Roset (66)    | 11.3 1987  |
| Bård Sandal (67)       | 11.3 1989  |

### 200m elektronisk tid

|                                |            |
|--------------------------------|------------|
| Quincy Douglas (75)            | 21.01 2000 |
| Erlend Sæterstøl (75)          | 21.07 1995 |
| Torbjørn Lysne (90)            | 21.37 2013 |
| Thomas Mellin-Olsen (77)       | 21.39 1998 |
| Erik Kringeland (77)           | 21.41 1998 |
| Alexander Karlsson (88)        | 21.52 2011 |
| Even Meinseth (96)             | 21.75 2018 |
| Andreas Kristiansen (81)       | 21.97 2001 |
| Jostein Rekkavik (65)          | 22.03 1987 |
| Bård Venholen (75)             | 22.03 2001 |
| (10)                           |            |
| Rune Hetland (64)              | 22.17 1987 |
| Thomas B. Green (72)           | 22.19 1995 |
| Karl Henrik Felde (77)         | 22.25 2002 |
| Magnus Kleppe (65)             | 22.26 1996 |
| Øistein Sjøvik (63)            | 22.27 1987 |
| Marius Bull Hjeltnes (96)      | 22.33 2014 |
| Harald Osland (63)             | 22.38 1987 |
| Tor Junor Kringstad Vedde (97) | 22.40 2018 |
| Bjarte Holmelid (77)           | 22.42 2001 |
| Eystein Lysholm (80)           | 22.52 2005 |
| (20)                           |            |
| Kenneth Halhjem (76)           | 22.55 1996 |
| Morten Aasland (75)            | 22.60 1995 |
| Andre Sævik (79)               | 22.61 2001 |
| Finn Tore Ødegaard (66)        | 22.63 1987 |
| Joakim Dang (90)               | 22.65 2014 |
| Akin Olowo (72)                | 22.66 1997 |
| Jon Anders Løkkevik (91)       | 22.67 2008 |

|                                |                          |
|--------------------------------|--------------------------|
| Gøran Moen (71)                | 22.68 1997               |
| Jarle Hollund (88)             | 22.72 2011               |
| Ådne Nerhus (75)               | 22.73 1996               |
| (30)                           |                          |
| Per Hermund Høgheim (64)       | 22.75 1983               |
| Bård Sandal (67)               | 22.95 1989               |
| Lars Åke Andersen (70)         | 22.97 1988               |
| Bjørnar Pettersen (81)         | 22.97 2000               |
| Atle Douglas (68)              | 23.00 1998               |
| Thomas Ulset (75)              | 23.01 1999               |
| Hans C. N. v. Nijkerk (82)     | 23.04 2001               |
| Ådne Svahn Dæhlin (82)         | 23.04i 2002 (23.05 2001) |
| Sivert Fløgstad Sellevold (00) | 23.05 2018               |
| Roger Hovland (65)             | 23.08 1986               |
| (40)                           |                          |
| Kjell Utne (80)                | 23.08 2001               |
| Kjetil Myrmel (81)             | 23.08 2003               |
| Peter Quarcoo (93)             | 23.08 2013               |
| Sondre Dingsør (96)            | 23.11 2015               |
| +Patrick Muthaka (71)          | 23.15 2003               |
| Ivar Olsen (76)                | 23.22 1999               |
| Steinar van der Meeren (90)    | 23.32 2008               |
| Espen Andreas Aam (88)         | 23.34 2004               |
| Runar Heltne (80)              | 23.38 1997               |
| Ståle Gulestøl (77)            | 23.47 1996               |
| (50)                           |                          |
| Rune Fantoft (74)              | 23.48 1990               |
| Øystein Kandal (83)            | 23.53 1999               |
| Frank Otto Meinseth (64)       | 23.54 1987               |
| John S. Ottersen (66)          | 23.57 1986               |
| Trygve Spanne (76)             | 23.59 1995               |
| Vidar Dahle (88)               | 23.60 2009               |

### 200m manuell tid - supplement

|                          |           |
|--------------------------|-----------|
| Rune Tjore (46)          | 21.6 1972 |
| Harald Osland (63)       | 21.8 1987 |
| Bjørn Birknes (46)       | 21.9 1972 |
| Jostein Rekkavik (65)    | 21.9 1987 |
| Rune Hetland (64)        | 22.1 1986 |
| Jan Nævdal (48)          | 22.3 1973 |
| Erik Wagner Larsen (44)  | 22.4 1966 |
| Lars Åke Andersen (70)   | 22.4 1988 |
| Arvid Tveit (48)         | 22.4 1970 |
| Ottar Midtkandal (44)    | 22.5 1965 |
| (10)                     |           |
| Finn Tore Ødegaard (66)  | 22.5 1988 |
| Eivind Senneseth (55)    | 22.6 1975 |
| Harald Gjengedal (56)    | 22.7 1977 |
| Per Hermund Høgheim (64) | 22.7 1985 |

|                            |                        |
|----------------------------|------------------------|
| Bård Sandal (67)           | 22.7 1989              |
| Lars Gåsemyr (31)          | 22.8 1955              |
| Magnus Borge (44)          | 22.8 1965              |
| Håkon Fimland (42)         | 22.8 1970              |
| Einar Lura (45)            | 22.8 1970              |
| Finn H. Monsen (58)        | 22.9 1976              |
| (20)                       |                        |
| Kjell Steen (32)           | 23.0 1956              |
| Gunnleik Langeland (40)    | 23.0 1963              |
| Knut Dolve (43)            | 23.0 1963              |
| Thorolf Krüger (45)        | 23.0 1969              |
| Kjell Egil Gjerde (51)     | 23.0 1974              |
| Birger Lundestad (55)      | 23.0 1977              |
| Roger Hovland (65)         | 23.0 1986              |
| Harald Sverre Breivik (49) | 23.1 1972              |
| Gunnar Kalstad (35)        | 23.2 1957              |
| Bjørn Gismervik (38)       | 23.2 1962              |
| (30)                       |                        |
| Nils Lysne (40)            | 23.2 1964              |
| Ola Thune (47)             | 23.2 1969              |
| Ragnar Thesen (46)         | 23.2 1973 (23.0* 1973) |
| Ola Eiken (57)             | 23.2 1977              |
| Bengt Clausen (66)         | 23.2 1989              |
| Rune Fantoft (74)          | 23.2 1991              |
| Norvald Herstad (30)       | 23.3 1957              |
| Eilif H. Nilsen (51)       | 23.3 1974 (23.0* 1974) |
| Asgeir Thomassen (62)      | 23.3 1984              |

### 300m

|                              |            |
|------------------------------|------------|
| Quincy Douglas (75)          | 32.82 1999 |
| Torbjørn Lysne (90)          | 34.04 2013 |
| Karl Henrik Felde (77)       | 34.64 2002 |
| Thomas Mellin-Olsen (77)     | 35.37 2005 |
| Hans Chr. N. v. Nijkerk (82) | 35.45 2002 |
| Morten Aasland (75)          | 35.56 1995 |
| Kjell Utne (80)              | 35.71 2001 |
| Alexander Karlsson (88)      | 35.73 2012 |
| Ådne Svahn Dæhlin (82)       | 35.91 2001 |
| Bjørnar Pettersen (81)       | 36.06 2000 |
| (10)                         |            |
| Eystein Lysholm (80)         | 36.14 2003 |
| Kjetil Myrmel (81)           | 36.18 2002 |
| Akin Olowo (72)              | 36.26 1998 |
| Bård Venholen (75)           | 36.39 1999 |
| Marius Bull Hjeltnes (96)    | 36.47 2014 |
| Gøran Moen (71)              | 36.62 1988 |
| Ivar Olsen (76)              | 36.65 1999 |
| Trygve Spanne (76)           | 36.82 1994 |

|                             |            |
|-----------------------------|------------|
| Øystein Kandal (80)         | 36.87 1998 |
| Johan Mohr (70)             | 36.98 1995 |
| (20)                        |            |
| Tord Indredavik (84)        | 37.04 2004 |
| Anders Flatlandsmo (76)     | 37.05 1998 |
| Espen Andreas Aam (88)      | 37.45 2005 |
| Kjetil Kvist (83)           | 37.48 2001 |
| Jon Erlend Kjærland (84)    | 37.59 2002 |
| Stian Gøransson (80)        | 37.6 1997  |
| +Alexander Tesfamariam (97) | 37.90 2014 |
| Askild Solberg (80)         | 37.91 1999 |
| Magnus Kleppe (65)          | 37.96 2004 |
| (30)                        |            |
| Vegard Stokke (88)          | 37.99 2005 |
| Steinar van der Meeren (90) | 37.99 2010 |

#### 400m

|                                  |                        |
|----------------------------------|------------------------|
| Quincy Douglas (75)              | 46.11 1999             |
| Rune Tjore (46)                  | 46.8 1973 (47.83 1973) |
| Bjørn Birknes (46)               | 47.4 1973              |
| Torbjørn Lysne (90)              | 47.87 2013             |
| Karl Henrik Felde (77)           | 47.93 2002             |
| Jan Nævdal (48)                  | 47.9 1974              |
| Tor Junor Kringstad Vedde (97)   | 48.07 2018             |
| Ådne Svahn Dæhlin (82)           | 48.59 2003             |
| Per Hermund Høgheim (64)         | 48.5 1985 (49.18 1983) |
| Hans Chr. N. van Nijkerk (82)    | 48.84 2005             |
| (10)                             |                        |
| Sondre Dingsør (96)              | 48.96 2015             |
| Rune Hetland (64)                | 48.97 1986             |
| Harald Gjengedal (56)            | 48.98 1977             |
| Eystein Lysholm (80)             | 49.11 2004             |
| Erik Wagner Larsen (44)          | 49.0 1966              |
| Atle Douglas (68)                | 49.22 1997             |
| Kristoffer Janson Grindedal (89) | 49.38 2010             |
| Akin Olowo (72)                  | 49.42 1997             |
| Jostein Rekkavik (65)            | 49.3 1987 (49.85 1987) |
| Bård Sandal (67)                 | 49.55 1990             |
| (20)                             |                        |
| Morten Aasland (75)              | 49.55 1995             |
| Terje Dyb (69)                   | 49.5 1989 (49.67 1993) |
| Kjell Utne (80)                  | 49.71 2001             |
| Harald Osland (63)               | 49.6 1986              |
| Vidar Dahle (88)                 | 49.74 2009             |
| Nils Ove Roset (66)              | 49.76 1987             |
| Bjørnar Pettersen (81)           | 49.92 2000             |
| Frank Otto Meinseth (64)         | 49.94 1986 (49.8 1986) |
| Thorolf Krüger (45)              | 49.8 1969              |
| Håkon Fimland (42)               | 49.8 1973              |

|                              |                          |
|------------------------------|--------------------------|
| (30)                         |                          |
| Raymond Maudal (81)          | 49.97 2003               |
| Even Meinseth (96)           | 50.03 2018               |
| Kjell Egil Gjerde (51)       | 49.9 1974                |
| Eigil Hannestad (60)         | 49.9 1983 (50.26 1983)   |
| Kjell Sigmund Sandgrind (62) | 49.9 1985 (50.24 1984)   |
| Øistein Søvik (63)           | 49.9 1986                |
| Finn Tore Ødegaard (66)      | 50.13 1990 (50.0 1987)   |
| Nils Lysne (40)              | 50.0 1970                |
| Ola Eiken (57)               | 50.0 1977 (51.76 1983)   |
| (40)                         |                          |
| Kjetil Myrmel (81)           | 50.20 2002               |
| Steinar van der Meeren (90)  | 50.21 2008               |
| John Harris Christensen (63) | 50.22 1988               |
| Arne Hamarsland (33)         | 50.1 1959                |
| Asgeir Thomassen (62)        | 50.1 1983 (50.37 1984)   |
| Ottar Midtkandal (44)        | 50.2 1966                |
| Paul Georg Skogen (64)       | 50.2 1986(50.72 1986)    |
| Bjørn Steinar Økland (63)    | 50.43 1987               |
| Ernst Olsen (45)             | 50.3 1969                |
| Anfin Rosendahl (57)         | 50.3 1977                |
| Birger Lundestad (55)        | 50.3* 1977               |
| (50)                         |                          |
| Per Arne Michelsen (60)      | 50.45 1982 (50.4 1982)   |
| Johan Mohr (70)              | 50.47 1993               |
| Ivar Olsen (76)              | 50.49 1998               |
| Thomas Heggøy (94)           | 50.52 2016               |
| Frode Hansen (62)            | 50.53 1987               |
| Erlend Gjøen (59)            | 50.4 1978                |
| Lars Johan Fjelde (57)       | 50.4 1983 (50.75 1983)   |
| Håkon Vestbøstad (61)        | 50.57 1983               |
| Eivind Senneseth (55)        | 50.5 1975                |
| Thorbjørn Unhammer (80)      | 50.62 2003               |
| (60)                         |                          |
| Bengt Clausen (66)           | 50.64 1988               |
| Einar Lura (45)              | 50.6 1970                |
| Eilif Hjalmar Nilsen (51)    | 50.6 1979                |
| +Sigurdur Jonsson (78)       | 50.81 1994               |
| Bård Venholen (75)           | 50.89i 2001 (51.63 2000) |
| Geir Tore Hamarsland (66)    | 50.8 1985                |
| Øystein Pettersen (78)       | 51.02 2002               |
| Ola Thune (47)               | 50.9 1967 (50.8* 1967)   |
| Jarle Henriksen (57)         | 50.9 1981                |
| Tord Indredavik (84)         | 51.08 2003               |
| (70)                         |                          |
| Thomas Solberg Eide (92)     | 51.09 2012               |
| Marius Bull Hjeltnes (96)    | 51.13 2014               |
| Sigmund Myking (28)          | 51.0 1957                |
| Kjetil Kvist (83)            | 51.28 2003               |
| Trygve Spanne (76)           | 51.30 1995               |

|                                |                        |
|--------------------------------|------------------------|
| Runar Heltne (80)              | 51.30 1997             |
| Vebjørn Borge (94)             | 51.33 2016             |
| Alexander Tesfamariam (97)     | 51.33 2018             |
| Johan Petter Hesselberg (32)   | 51.2 1957              |
| Harald Sverre Breivik (49)     | 51.2 1972              |
| (80)                           |                        |
| Sivert Fløgstad Sellevold (00) | 51.41 2018             |
| Finn H. Monsen (58)            | 51.3 1976              |
| Gøran Moen (71)                | 51.3 1988 (52.00 1988) |
| Rune Halle (74)                | 51.54 1995             |
| Leif Skogseth (29)             | 51.4 1955              |
| Arvid Tveit (49)               | 51.5 1970              |
| Jacob Lothe (50)               | 51.5 1973              |
| Ove Talsnes (62)               | 51.5 1987              |
| Arnljot Gåsemyr (37)           | 51.6 1960              |
| Petter Nicolaysen ()           | 51.6 1969              |
| (90)                           |                        |
| Stian Gøransson (80)           | 51.6 1997              |
| Øystein Kandal (83)            | 51.83 1998             |
| Jon Erlend Kjærland (84)       | 51.84 2002             |
| Lars Gåsemyr (31)              | 51.7 1953              |
| Norvald Herstad (30)           | 51.7 1955              |
| Sverre Ålvik (41)              | 51.7 1968              |
| Hans Fosse (45)                | 51.7 1969              |
| Lars Åke Andersen (70)         | 51.86 1988             |
| Sverre Morten Slethaug (71)    | 51.86 1993             |
| Knut Forthun (53)              | 51.8 1985              |
| (100)                          |                        |
| Øyvind Ytrehus (60)            | 51.97 1986             |
| Tore Hagen (65)                | 51.99 1990             |
| Gunvald Thomassen (35)         | 51.9 1958              |
| Gunnleik Langeland (40)        | 51.9 1967              |

## 600m

|                             |                              |
|-----------------------------|------------------------------|
| Atle Douglas (68)           | 1:17.79i 1997 (1:19.23 1997) |
| Ådne Svahn Dæhlin (82)      | 1:18.63 2007                 |
| Quincy Douglas (75)         | 1:19.23 2000                 |
| Karl Henrik Felde (77)      | 1:19.70 1998                 |
| Thomas Heggøy (94)          | 1:21.40 2016                 |
| Per Thomas Thomassen (70)   | 1:22.04 1997                 |
| Vidar Dahle (88)            | 1:22.39 2007                 |
| Bengt Clausen (66)          | 1:22.45 1988                 |
| Sverre Morten Slethaug (71) | 1:22.48 1994                 |
| +Alexander Tesfamariam (97) | 1:22.80 2016                 |
| (10)                        |                              |
| Njål Kvendseth (81)         | 1:22.82 2003                 |
| Tord Indredavik (84)        | 1:22.93 2002                 |
| Ivar Olsen (76)             | 1:22.94 1997                 |
| Eystein Lysholm (80)        | 1:23.0 2006                  |



|                                 |               |
|---------------------------------|---------------|
| Eigil Hannestad (60)            | 1:23.2 1985   |
| Steinar van der Meeren (90)     | 1:23.31 2008  |
| Vebjørn Borge (94)              | 1:23.34 2016  |
| Eirik Myrmel (83)               | 1:23.73 2006  |
| Bjørnar Pettersen (81)          | 1:24.16 1999  |
| Thorbjørn Unhammer (80)         | 1:24.27 2003  |
| (20)                            |               |
| Terje Dyb (69)                  | 1:24.4 1996   |
| Kjetil Kvist (83)               | 1:24.61 2003  |
| Jon Erlend Kjærland (84)        | 1:24.74 2002  |
| +Sigurdur Jonsson (78)          | 1:24.78 1994  |
| Bjørnar Sandnes Lillefosse (92) | 1:25.19 2012  |
| Ivar Stefansson (92)            | 1:25.19 2013  |
| Sondre Dingsør (96)             | 1:25.41i 2013 |
| Øystein Andersen (85)           | 1:25.64 2008  |
| Øystein Pettersen (78)          | 1:25.72 2001  |
| Sigurd Edvardsen (79)           | 1:25.87 1996  |
| (30)                            |               |

## 800m

|                              |              |
|------------------------------|--------------|
| Ådne Svahn Dæhlin (82)       | 1:46.05 2005 |
| Atle Douglas (68)            | 1:47.41 1997 |
| Kjell Sigmund Sandgrind (62) | 1:48.68 1987 |
| Frank Otto Meinseth (64)     | 1:48.73 1987 |
| Eigil Hannestad (60)         | 1:48.93 1983 |
| Frode Hansen (62)            | 1:49.00 1985 |
| Arne Hamarsland (33)         | 1:49.1 1958  |
| Asgeir Thomassen (62)        | 1:49.36 1986 |
| Thomas Heggøy (94)           | 1:49.46 2017 |
| Terje Dyb (69)               | 1:49.53 1992 |
| (10)                         |              |
| Sondre Dingsør (96)          | 1:49.58 2017 |
| Thomas Solberg Eide (92)     | 1:49.59 2012 |
| Anfin Rosendahl (57)         | 1:49.7 1977  |
| Erik Mathisen (52)           | 1:50.0 1977  |
| Karl Henrik Felde (77)       | 1:50.0 1998  |
| Vidar Dahle (88)             | 1:50.07 2010 |
| John Harris Christensen (63) | 1:50.1 1988  |
| Hans Chr. N. v. Nijkerk (82) | 1:50.59 2001 |
| Geir Tore Hamarsland (66)    | 1:50.7 1985  |
| Per Hermund Høgheim (64)     | 1:50.8 1985  |
| (20)                         |              |
| Håkon Vestbøstad (61)        | 1:51.2 1983  |
| Sverre Sørnes (45)           | 1:51.3 1971  |
| Ove Talsnes (62)             | 1:51.39 1987 |
| Johan Mohr (70)              | 1:51.55 1993 |
| Jan Nævdal (48)              | 1:51.6 1974  |
| Per Thomas Thomassen (70)    | 1:51.78 1994 |
| Knut Forthun (53)            | 1:51.9 1985  |

|                                  |         |      |
|----------------------------------|---------|------|
| Bjørn Steinar Økland (63)        | 1:52.0  | 1989 |
| Kjetil Måkestad (85)             | 1:52.04 | 2012 |
| Raymond Maudal (81)              | 1:52.37 | 2003 |
| (30)                             |         |      |
| Tord Indredavik (84)             | 1:52.53 | 2004 |
| Bengt Clausen (66)               | 1:52.54 | 1989 |
| Kristoffer Janson Grindedal (89) | 1:52.60 | 2010 |
| Kjell Egil Gjerde (51)           | 1:52.7  | 1974 |
| Jarle Henriksen (57)             | 1:52.8  | 1981 |
| Lars Johan Fjelde (57)           | 1:52.87 | 1984 |
| Paul Georg Skogen (64)           | 1:52.89 | 1986 |
| Ivar Olsen (76)                  | 1:53.01 | 1999 |
| Knut Høiaas (69)                 | 1:53.1  | 1990 |
| Bjarte Bogstad (63)              | 1:53.16 | 1992 |
| (40)                             |         |      |
| Lars Røttingen (80)              | 1:53.18 | 2005 |
| Rune Høgheim (49)                | 1:53.2  | 1974 |
| Jan Ove Pilskog (67)             | 1:53.20 | 1990 |
| Ernst Olsen (45)                 | 1:53.3  | 1969 |
| +Quincy Douglas (75)             | 1:53.39 | 1995 |
| Morten Thorgersen (51)           | 1:53.4  | 1976 |
| Arne Opheim (50)                 | 1:53.5  | 1976 |
| Jørn Krogh (48)                  | 1:53.6  | 1971 |
| Trond Brevik (66)                | 1:53.61 | 1988 |
| Jacob Boutera (96)               | 1:53.66 | 2018 |
| (50)                             |         |      |
| Jostein Blænes (49)              | 1:53.7  | 1976 |
| Thor Høydahl (51)                | 1:53.8  | 1975 |
| Erik Hovlandsdal (89)            | 1:53.86 | 2012 |
| Sverre Morten Slethaug (71)      | 1:53.89 | 1994 |
| Tore Hagen (65)                  | 1:53.94 | 1990 |
| Paul Bruvik (43)                 | 1:54.0  | 1966 |
| Jens Gjerde (43)                 | 1:54.0  | 1967 |
| Nils Lysne (40)                  | 1:54.0  | 1970 |
| Arne Rikstad (57)                | 1:54.0  | 1977 |
| Torgeir Fyllingsnes (55)         | 1:54.0  | 1979 |
| (60)                             |         |      |
| +Alexander Tesfamariam (97)      | 1:54.04 | 2016 |
| Hans Fosse (45)                  | 1:54.1  | 1971 |
| Jostein Skeie (66)               | 1:54.15 | 1986 |
| Harald Gjengedal (56)            | 1:54.2  | 1978 |
| Geirmund Drivenes (65)           | 1:54.27 | 1986 |
| Kjell Leira (46)                 | 1:54.4  | 1970 |
| Vebjørn Borge (94)               | 1:54.44 | 2016 |
| Øyvind Fauskanger (55)           | 1:54.5  | 1974 |
| Petter Nørve (69)                | 1:54.5  | 1989 |
| Erik Wagner Larsen (44)          | 1:54.7  | 1967 |
| (70)                             |         |      |
| Mats Hauge (97)                  | 1:54.84 | 2018 |
| Atle Fosse (48)                  | 1:54.9  | 1975 |

|                                 |              |
|---------------------------------|--------------|
| Gard Hagen (64)                 | 1:55.07 1986 |
| Tormod Bønes (42)               | 1:55.1 1963  |
| John Lien (50)                  | 1:55.1 1970  |
| Jørn Ingvaldsen (65)            | 1:55.1 1990  |
| Ivar Stefansson (92)            | 1:55.10 2013 |
| Odd Johan Litsheim (50)         | 1:55.2 1970  |
| Roger Bjugn (61)                | 1:55.45 1990 |
| Bjørnar Sandnes Lillefosse (92) | 1:55.47 2017 |
| (80)                            |              |
| Reidar Borge (51)               | 1:55.6 1977  |
| Lars Frode Leknes (62)          | 1:55.6 1984  |
| Eirik Myrmel (83)               | 1:55.67 2006 |
| Johan P. Hesselberg (32)        | 1:55.7 1958  |
| Gunvald Thomassen (34)          | 1:55.7 1958  |
| Torbjørn Ryssevik (48)          | 1:55.7 1972  |
| Karstein Oen (56)               | 1:55.7 1976  |
| Marius Vedvik (92)              | 1:55.75 2016 |
| Asbjørn Strandskog (33)         | 1:55.8 1962  |
| Frank Sourza (44)               | 1:55.8 1969  |
| (90)                            |              |
| Harald Dyngen (60)              | 1:55.8 1990  |
| Kjell Utne (80)                 | 1:55.82 2001 |
| Asbjørn Høyem Amundsen (79)     | 1:55.93 2005 |
| Thorbjørn Unhammer (80)         | 1:55.97 2003 |
| Gaute Bjaanes (52)              | 1:56.0 1974  |
| Odd Magne Øgreid (70)           | 1:56.07 1996 |
| Håkon Landro (72)               | 1:56.23 1994 |
| Knut Havnen Johansen (89)       | 1:56.29 2006 |
| Terje O. Knudsen (44)           | 1:56.3 1965  |
| Stian Gran Sørskår (80)         | 1:56.31 2006 |
| (100)                           |              |
| Bjørn Steinar Nedrebø (72)      | 1:56.33 1996 |
| Odd Mikkelsen (37)              | 1:56.5 1965  |
| Anbjørn Mellingen (54)          | 1:56.5 1983  |
| Oddvar Eimstad (39)             | 1:56.6 1964  |
| Øystein Engum Andersen (85)     | 1:56.62 2008 |
| Ole Kristensen (47)             | 1:56.7 1971  |
| Jonny Humlevåg (62)             | 1:56.7 1985  |
| Espen Kristiansen (82)          | 1:56.76 2007 |
| Tor Grini (52)                  | 1:56.8 1975  |
| Kjetil Kvist (83)               | 1:56.85 2003 |
| (110)                           |              |
| Agnar Karstensen (34)           | 1:56.9 1958  |
| Lorentz Nergård (42)            | 1:56.9 1970  |
| Stein Åge Jorddal (53)          | 1:56.9 1976  |
| Ole Asbjørn Vik (65)            | 1:56.96 1987 |
| Jon Erlend Kjærland (84)        | 1:57.02 2005 |
| Øyvind Ytrehus (60)             | 1:57.03 1986 |
| Arthur Sande (38)               | 1:57.2 1966  |
| Paal Nupen (70)                 | 1:57.2 1988  |

|                             |         |      |
|-----------------------------|---------|------|
| Frank Hem (68)              | 1:57.3  | 1988 |
| Knut Bjørnstad (54)         | 1:57.4  | 1976 |
| (120)                       |         |      |
| Leonard-Johan Nesheim (95)  | 1:57.43 | 2018 |
| Truls Nygaard (64)          | 1:57.45 | 1988 |
| Øystein Kandal (83)         | 1:57.47 | 1999 |
| Helge Brekke (41)           | 1:57.5  | 1968 |
| Torstein Brox (59)          | 1:57.5  | 1976 |
| Erlend Gjøen (59)           | 1:57.5  | 1978 |
| Geir Storetvedt Skaten (74) | 1:57.53 | 2006 |
| Erik Serigstad (90)         | 1:57.76 | 2007 |
| Per Dyblie (46)             | 1:57.9  | 1972 |
| Kjetil Hildeskor (60)       | 1:57.90 | 1985 |
| (130)                       |         |      |
| Jann Martin Fjellbakk (65)  | 1:57.99 | 1990 |
| Odd Dugstad (29)            | 1:58.0  | 1958 |
| Henrik Øvrebø (49)          | 1:58.0  | 1970 |
| Magnus Monstad (50)         | 1:58.0  | 1974 |

### 1000m

|                                 |          |      |
|---------------------------------|----------|------|
| Anfin Rosendahl (57)            | 2:19.86  | 1980 |
| Frank Otto Meinseth (64)        | 2:19.91  | 1987 |
| Arne Hamarsland (33)            | 2:20.0   | 1959 |
| Kjell Sigmund Sandgrind (62)    | 2:20.47  | 1987 |
| Atle Douglas (68)               | 2:20.91  | 1997 |
| Frode Hansen (62)               | 2:22.5   | 1985 |
| Geir Tore Hamarsland (66)       | 2:22.6   | 1985 |
| Hans Chr. N. V. Nijkerk (82)    | 2:23.83  | 2002 |
| Asgeir Thomassen (62)           | 2:24.53  | 1984 |
| Ove Talsnes (62)                | 2:24.6   | 1986 |
| (10)                            |          |      |
| Per Thomas Thomassen (70)       | 2:26.75  | 1995 |
| Petter Kleppe (62)              | 2:28.4   | 1982 |
| Jostein Skeie (66)              | 2:28.8   | 1986 |
| Anbjørn Mellingen (54)          | 2:29.0   | 1982 |
| Knut Høiaas (69)                | 2:29.65  | 1994 |
| Ådne Svahn Dæhlin (82)          | 2:31.13  | 2008 |
| Gunvald Thomassen (34)          | 2:31.6   | 1958 |
| Steinar Opheim (66)             | 2:33.5   | 1986 |
| Geir Storetvedt Skaten (74)     | 2:33.71  | 2007 |
| Bjørnar Sandnes Lillefosse (92) | 2:34.18i | 2014 |
| (20)                            |          |      |
| Bjørn Gausvik (58)              | 2:34.2   | 1982 |
| Asbjørn Strandskog (33)         | 2:34.4   | 1958 |

### 1500m

|                      |         |      |
|----------------------|---------|------|
| Ove Talsnes (62)     | 3:39.25 | 1988 |
| Arne Hamarsland (33) | 3:39.8  | 1958 |

|                                 |         |                    |
|---------------------------------|---------|--------------------|
| Anfin Rosendahl (57)            | 3:40.1  | 1980               |
| Thomas Solberg Eide (92)        | 3:41.46 | 2012               |
| Erik Mathisen (52)              | 3:41.8  | 1977               |
| Sverre Sørnes (45)              | 3:42.9  | 1971               |
| Frank Otto Meinseth (64)        | 3:43.5  | 1986               |
| John Harris Christensen (63)    | 3:44.37 | 1990               |
| Bjørn Steinar Økland (63)       | 3:44.62 | 1989               |
| Eigil Hannestad (60)            | 3:45.16 | 1983               |
| (10)                            |         |                    |
| Kjetil Måkestad (85)            | 3:45.26 | 2007               |
| Kjell Sigmund Sandgrind (62)    | 3:45.77 | 1987               |
| Morten Thorgersen (51)          | 3:45.8  | 1978               |
| Marius Vedvik (92)              | 3:45.83 | 2014               |
| Per Thomas Thomassen (70)       | 3:45.88 | 1994               |
| Thor Høydahl (51)               | 3:46.3  | 1976               |
| Vidar Dahle (88)                | 3:46.42 | 2012               |
| Geir Tore Hamarsland (66)       | 3:47.00 | 1993               |
| Lars Johan Fjelde (57)          | 3:47.19 | 1983               |
| Bjørnar Sandnes Lillefosse (92) | 3:47.31 | 2014               |
| (20)                            |         |                    |
| Knut Høiaas (69)                | 3:47.5  | 1990               |
| Bjarte Bogstad (63)             | 3:47.50 | 1993               |
| Petter Nørve (69)               | 3:47.69 | 1991               |
| Truls Nygaard (64)              | 3:47.86 | 1988 (3:47.8 1989) |
| Jostein Blænes (49)             | 3:48.0  | 1975               |
| Frode Hansen (62)               | 3:48.27 | 1988 (3:48.2 1985) |
| Mats Hauge (97)                 | 3:48.43 | 2018               |
| Lars Røttingen (80)             | 3:48.47 | 2005               |
| Erik Hovlandsdal (89)           | 3:48.61 | 2012               |
| Håkon Vestbøstad (61)           | 3:48.71 | 1988               |
| (30)                            |         |                    |
| Lars Frode Leknes (62)          | 3:48.89 | 1987               |
| Kjell Leira (46)                | 3:49.0  | 1971               |
| Reidar Borge (51)               | 3:49.1  | 1975               |
| Kjetil Foss Angeltvedt (85)     | 3:49.35 | 2011               |
| Jacob Bouterø (96)              | 3:49.42 | 2018               |
| Atle Fosse (48)                 | 3:49.8  | 1975               |
| Arne Rikstad (57)               | 3:50.0  | 1978               |
| Per Svela (92)                  | 3:50.07 | 2017               |
| Ole Kristensen (47)             | 3:50.1  | 1972               |
| Knut Forthun (53)               | 3:50.14 | 1982               |
| (40)                            |         |                    |
| Arne Risa (44)                  | 3:50.6  | 1972               |
| Ådne Svahn Dæhlin (82)          | 3:50.81 | 2005               |
| Jan Ove Pilskog (67)            | 3:50.82 | 1990               |
| Asbjørn Høyem Amundsen (79)     | 3:50.95 | 2005               |
| Johannes Helland (45)           | 3:51.3  | 1970               |
| Asgeir Thomassen (62)           | 3:51.3  | 1985               |
| John Arild Tellevik (57)        | 3:51.4  | 1980               |
| Hans Fosse (45)                 | 3:51.6  | 1971               |

|                                     |                             |
|-------------------------------------|-----------------------------|
| Tord Indredavik (84)                | 3:52.03 2007                |
| Paul Bruvik (43)                    | 3:52.1 1967                 |
| (50)                                |                             |
| Torgeir Fyllingsnes (55)            | 3:52.1 1979                 |
| Jørn Krogh (48)                     | 3:52.2 1971                 |
| Alf Magnar Tveit (48)               | 3:52.2 1976                 |
| Rune Høgheim (49)                   | 3:53.2 1974                 |
| Sondre Dingsør (96)                 | 3:53.29 2018                |
| Jens Gjerde (43)                    | 3:53.5 1967                 |
| Jens Åstveit (97)                   | 3:53.55 2018                |
| Jostein Skeie (66)                  | 3:53.8 1986                 |
| Thomas Heggøy (94)                  | 3:53.95 2017                |
| Torbjørn Ryssevik (49)              | 3:54.0 1973                 |
| (60)                                |                             |
| Bjørn Gausvik (58)                  | 3:54.3 1980                 |
| Lorentz Nergård (42)                | 3:54.4 1970                 |
| Trond Brevik (66)                   | 3:54.42 1988 (3:54.0* 1988) |
| Geirmund Drivenes (65)              | 3:54.61 1986                |
| Anbjørn Mellingen (54)              | 3:54.70 1983                |
| Jonny Humlevåg (62)                 | 3:54.76 1984                |
| Stein Åge Jorddal (53)              | 3:55.6 1977                 |
| Oddvar Eimstad (39)                 | 3:55.8 1964                 |
| Arild Nordeide (59)                 | 3:55.9 1978                 |
| Harald Dyngen (60)                  | 3:56.25 1990                |
| (70)                                |                             |
| Ernst Olsen (45)                    | 3:56.3 1971                 |
| Odd Johan Litsheim (50)             | 3:56.4 1970                 |
| Torstein Brox (59)                  | 3:56.4 1976                 |
| Helge Brekke (42)                   | 3:56.5 1967                 |
| Njål Eidhammer (43)                 | 3:56.5 1969                 |
| Øyvind Fauskanger (55)              | 3:56.6 1977                 |
| Tomas Windheim (87)                 | 3:56.85 2011                |
| Magnus Sirnes Hjellum (94)          | 3:56.89 2017                |
| Hans Utkilen (45)                   | 3:56.9 1971                 |
| Jann Martin Fjellbakk (65)          | 3:56.94 1990                |
| (80)                                |                             |
| Ingvald Hagen (25)                  | 3:57.0 1955                 |
| Halfdan-Emil Færø (91)              | 3:57.06 2013                |
| Bjørn Hansen (60)                   | 3:57.1 1978                 |
| Bjørn Steinar Nedrebø (72)          | 3:57.27 1995                |
| Petter Kleppe (62)                  | 3:57.4 1982                 |
| Jarle Henriksen (57)                | 3:57.60 1982                |
| Terje Aggvin (74)                   | 3:57.89 2008                |
| Terje O. Knudsen (44)               | 3:58.0 1965                 |
| Knut Bjørnstad (54)                 | 3:58.0 1976                 |
| Gunnar Svåsand (62)                 | 3:58.0 1988                 |
| (90)                                |                             |
| Hans Chr. Netteland v. Nijkerk (82) | 3:58.01 2002                |
| Jonas Lurås Hammer (91)             | 3:58.39 2012                |
| Jon Høydahl (55)                    | 3:58.5 1974                 |

|                                 |              |
|---------------------------------|--------------|
| Tommy B. Laitinen (83)          | 3:58.52 2006 |
| Bjørn Vonheim (62)              | 3:58.60 1986 |
| Karl Henrik Felde (77)          | 3:58.6 1996  |
| Håkon Landro (72)               | 3:58.69 1994 |
| Arne Opheim (50)                | 3:59.0 1976  |
| Eldar Thomassen Fagerbakke (97) | 3:59.04 2018 |
| John Ørjan Strand (57)          | 3:59.06 1983 |
| (100)                           |              |
| +Alexander Tesfamariam (97)     | 3:59.13 2016 |
| Gard Hagen (64)                 | 3:59.18 1986 |
| Per Hermund Høgheim (64)        | 3:59.23 1989 |
| Eirik Myrmel (83)               | 3:59.23 2008 |
| Amund Leiren (77)               | 3:59.44 1999 |
| Nils Landro (40)                | 3:59.5 1973  |
| Bengt Clausen (66)              | 3:59.5 1989  |
| Terje Dyb (69)                  | 3:59.5 1989  |
| Jomar Thy (56)                  | 3:59.6 1981  |
| Jan-Eirik Berntsen (68)         | 3:59.7 1997  |
| (110)                           |              |
| Morten Kjønnsberg (76)          | 3:59.79 2002 |
| Endre Gåsemyr (29)              | 3:59.8 1958  |
| Nils Erik Haukeland (69)        | 3:59.82 1988 |
| Jens Bøhmer (93)                | 4:00.03 2017 |
| Anders Huun Monsen (90)         | 4:00.04 2011 |
| Ivar Stefansson (92)            | 4:00.19 2014 |
| Asbjørn Strandskog (34)         | 4:00.2 1958  |
| Martin Hefre Johnsen (88)       | 4:00.29 2010 |
| Arthur Sande (38)               | 4:00.3 1965  |
| Odd Magne Øgreid (70)           | 4:00.37 1996 |
| (120)                           |              |
| Nils Teigland (41)              | 4:00.4 1964  |
| Ivar Olsen (76)                 | 4:00.56 1996 |
| Arnfinn Holand (62)             | 4:00.6 1985  |
| Per Felde (37)                  | 4:00.7 1966  |
| Jon Ingvald Håbrekke (42)       | 4:00.9 1966  |
| Sverre Morten Slethaug (71)     | 4:01.03 1996 |
| Guttorm Fretheim (47)           | 4:01.3 1974  |
| Hallvard Nilsen (78)            | 4:01.47 2006 |
| Jonas Dalland (85)              | 4:01.48 2013 |
| Tormod Bønes (42)               | 4:01.8 1963  |
| (130)                           |              |
| Ole Asbjørn Vik (65)            | 4:01.8 1987  |
| Frank Håvard Hem (68)           | 4:01.8 1988  |
| John Agnar Lien (50)            | 4:01.9 1969  |
| Steinar Opheim (66)             | 4:02.0 1986  |
| Roger Bjugn (61)                | 4:02.20 1990 |
| Kjetil Hildeskår (60)           | 4:02.7 1985  |
| Johan Mohr (70)                 | 4:02.78 1993 |
| Normann Bakken (36)             | 4:02.8 1961  |
| Didrik Thrane-Nielsen (66)      | 4:02.89 1989 |

|                              |              |
|------------------------------|--------------|
| Odd Dugstad (29)             | 4:03.1 1957  |
| (140)                        |              |
| Sveinung Heiberg Strand (45) | 4:03.4 1973  |
| Ottar Haugen (52)            | 4:03.6 1972  |
| Helge Nordal (69)            | 4:03.75 1996 |
| John Arild Andersen (50)     | 4:04.0 1970  |
| Kristoffer Grindedal (89)    | 4:04.16 2016 |
| Jens Øvrebø (51)             | 4:04.4 1971  |
| Johannes Bruvik (36)         | 4:04.5 1960  |
| +Filip Zizka (93)            | 4:04.57 2018 |
| Tor Grini (52)               | 4:04.7 1975  |
| Ove Drange (52)              | 4:04.8 1974  |
| (150)                        |              |
| Johan Petter Hesselberg (32) | 4:05.0 1958  |

### Mile

|                           |              |
|---------------------------|--------------|
| Arne Hamarsland (33)      | 4:00.8 1959  |
| Anfin Rosendahl (57)      | 4:03.26 1982 |
| Ove Talsnes (62)          | 4:04.91 1988 |
| Sverre Sørnes (45)        | 4:07.2 1969  |
| Lars Johan Fjelde (57)    | 4:10.00 1983 |
| Egil Hannestad (60)       | 4:10.61 1982 |
| Anbjørn Mellingen (54)    | 4:13.14 1982 |
| Per Thomas Thomassen (70) | 4:14.16 1992 |
| Bjarte Bogstad (63)       | 4:14.35 1992 |
| Knut Forthun (53)         | 4:14.68 1982 |
| (10)                      |              |
| Asgeir Thomassen (62)     | 4:15.76 1985 |
| Knut Høiaas (69)          | 4:16.21 1992 |
| Bjørn Steinar Økland (63) | 4:17.51 1992 |
| Frode Hansen (62)         | 4:18.7 1989  |
| Reidar Borge (51)         | 4:19.69 1982 |
| Ingvald Hagen (24)        | 4:22.4 1956  |
| Endre Gåsemyr (29)        | 4:24.0 1955  |

### 3000m

|                                 |              |
|---------------------------------|--------------|
| Anfin Rosendahl (57)            | 7:53.78 1981 |
| Per Svela (92)                  | 7:54.66 2017 |
| Marius Vedvik (92)              | 7:58.90 2017 |
| Truls Nygaard (64)              | 7:59.77 1988 |
| Sverre Sørnes (45)              | 8:01.6 1970  |
| Arne Risa (44)                  | 8:02.6 1971  |
| Ove Talsnes (62)                | 8:03.31 1989 |
| Bjørnar Sandnes Lillefosse (92) | 8:04.15 2017 |
| Lars Frode Leknes (62)          | 8:05.04 1987 |
| Petter Nørve (69)               | 8:07.23 1992 |
| (10)                            |              |
| Arne Hamarsland (33)            | 8:08.4 1963  |



|                              |          |                     |
|------------------------------|----------|---------------------|
| Paul Bruvik (43)             | 8:08.6   | 1968                |
| Atle Fosse (48)              | 8:09.2   | 1978                |
| Morten Thorgersen (51)       | 8:11.6   | 1977                |
| Kjetil Måkestad (85)         | 8:12.26  | 2010                |
| Reidar Borge (51)            | 8:13.0   | 1976                |
| Vidar Dahle (88)             | 8:13.75  | 2017                |
| Ole Kristensen (47)          | 8:15.0   | 1972                |
| Bjarte Bogstad (63)          | 8:15.07  | 1993                |
| Jørn Krogh (48)              | 8:15.2   | 1972                |
| (20)                         |          |                     |
| Erik Hovlandsdal (89)        | 8:15.30  | 2012                |
| Lars Johan Fjelde (57)       | 8:15.36  | 1985                |
| Bjørn Steinar Økland (63)    | 8:15.7   | 1989                |
| Johannes Helland (45)        | 8:16.0   | 1970                |
| Arild Nordeide (59)          | 8:16.1   | 1978                |
| Bjørn Gausvik (58)           | 8:16.4   | 1978                |
| Thomas Solberg Eide (92)     | 8:17.25  | 2012                |
| Kjell Leira (46)             | 8:17.4   | 1969                |
| Arne Rikstad (57)            | 8:17.6   | 1977                |
| Lorentz Nergård (42)         | 8:18.8   | 1973                |
| (30)                         |          |                     |
| Kjetil Foss Angeltvedt (85)  | 8:19.71  | 2011                |
| John Harris Christensen (63) | 8:20.3   | 1989 (8:18.4* 1988) |
| Asbjørn Høyem Amundsen (79)  | 8:20.39  | 2005                |
| Jostein Blænes (49)          | 8:21.0   | 1975                |
| John Arild Tellevik (57)     | 8:21.0   | 1980                |
| Per Thomas Thomassen (70)    | 8:21.2   | 1991                |
| Hans Fosse (45)              | 8:21.8   | 1971                |
| Lars Røttingen (80)          | 8:22.38  | 2005                |
| Helge Andersen (73)          | 8:22.47  | 2001                |
| Erik Mathisen (52)           | 8:24.2   | 1976                |
| (40)                         |          |                     |
| Knut Høiaas (69)             | 8:24.43  | 1994                |
| Jacob Boutera (96)           | 8:24.48  | 2018                |
| Frank Otto Meinseth (64)     | 8:24.5   | 1986                |
| Håkon Vestbøstad (61)        | 8:25.7   | 1983                |
| Tomas Windheim (87)          | 8:25.95  | 2012                |
| Anders Huun Monsen (90)      | 8:26.20  | 2010                |
| Njål Eidhammer (43)          | 8:26.2   | 1969                |
| Frode Hansen (62)            | 8:26.94  | 1987                |
| Halfdan-Emil Færø (91)       | 8:27.48i | 2013 (8:31.89 2013) |
| Knut Forthun (53)            | 8:27.8   | 1983                |
| (50)                         |          |                     |
| Tommy B. Laitinen (83)       | 8:27.97  | 2006                |
| Jan Ove Pilskog (67)         | 8:28.0   | 1990                |
| John Ørjan Strand (57)       | 8:28.2   | 1983                |
| Jens Bøhmer (93)             | 8:28.06  | 2017                |
| Øyvind Gausvik (60)          | 8:29.6   | 1978                |
| Bjørn Hansen (60)            | 8:29.8   | 1978                |
| Jonny Humlevåg (62)          | 8:30.4   | 1983 (8:30.0* 1985) |

|                                 |          |                     |
|---------------------------------|----------|---------------------|
| Ingvald Hagen (25)              | 8:30.8   | 1956                |
| Espen Kristiansen (82)          | 8:30.91  | 2007                |
| Magnus Sirnes Hjellum (94)      | 8:31.01  | 2014                |
| (60)                            |          |                     |
| Terje Aggvin (74)               | 8:31.04  | 2008                |
| Kjell Sigmund Sandgrind (62)    | 8:31.13  | 1987                |
| Didrik Thrane-Nielsen (66)      | 8:31.17  | 1990                |
| Petter Kleppe (62)              | 8:31.7   | 1982                |
| Jørn Ingvaldsen (65)            | 8:32.4   | 1990                |
| Asgeir Thomassen (62)           | 8:33.0   | 1986                |
| Gunnar Svåsand (62)             | 8:33.4   | 1989                |
| Morten Kjøsberg (76)            | 8:33.48  | 2002                |
| Arnfinn Holand (62)             | 8:33.77  | 1986                |
| Ottar Haugen (57)               | 8:34.2   | 1981                |
| (70)                            |          |                     |
| Jonas Lurås Hammer (91)         | 8:34.22  | 2013                |
| Eldar Thomassen Fagerbakke (97) | 8:34.36  | 2017                |
| Hans Utkilen (42)               | 8:34.4   | 1971                |
| Oddvar Eimstad (39)             | 8:34.6   | 1964                |
| Thor Høydahl (51)               | 8:34.6   | 1976                |
| Terje O. Knudsen (44)           | 8:35.0   | 1966                |
| Hallvard Nilsen (78)            | 8:35.08  | 2010                |
| Bjørn Vonheim (62)              | 8:35.4   | 1989                |
| Hans Jacob Berge (59)           | 8:36.0   | 1977                |
| Johannes Rosvold (66)           | 8:36.05  | 1997                |
| (80)                            |          |                     |
| Trond Brevik (66)               | 8:36.1   | 1989                |
| Harald Nygård (51)              | 8:36.4   | 1971                |
| Geir Tore Hamarsland (66)       | 8:36.40  | 1985                |
| Jens Gjerde (43)                | 8:36.6   | 1968                |
| Anbjørn Mellingen (54)          | 8:36.62  | 1982                |
| Jon Tvedt (66)                  | 8:37.02  | 1999                |
| Martin Johnsen (88)             | 8:37.32  | 2010                |
| Bjørn Steinar Nedrebø (72)      | 8:37.77  | 1996                |
| Odd Johan Litsheim (50)         | 8:38.2   | 1970                |
| Nils Teigland (41)              | 8:38.4   | 1964                |
| (90)                            |          |                     |
| Jonas Dalland (85)              | 8:38.60  | 2017                |
| Sveinung Heiberg Strand (45)    | 8:38.8   | 1973                |
| Nils Landro (40)                | 8:39.0   | 1973                |
| Ivar Stefansson (92)            | 8:39.15i | 2018 (8:42.99 2017) |
| Helge Brekke (41)               | 8:39.6   | 1967                |
| Kjetil Hildeskor (60)           | 8:39.69  | 1985                |
| Harald Dyngen (60)              | 8:39.9   | 1991                |
| Endre Gåsemyr (29)              | 8:40.0   | 1958                |
| Stein Åge Jorddal (53)          | 8:40.0   | 1977                |
| Knut Bjørnstad (54)             | 8:40.4   | 1976                |
| (100)                           |          |                     |
| Bjarne Kalgraff (46)            | 8:40.6   | 1968                |
| Torgeir Fyllingsnes (55)        | 8:40.6   | 1979                |

|                          |         |      |
|--------------------------|---------|------|
| Egil Jonsbu (66)         | 8:41.3  | 1990 |
| Jan-Eirik Berntsen (68)  | 8:41.85 | 1996 |
| Steinar Opheim (66)      | 8:42.0  | 1986 |
| Odd Anders Grimstbø (91) | 8:43.95 | 2014 |
| Morten Straume (56)      | 8:44.1  | 1990 |
| Geirmund Drivenes (65)   | 8:44.15 | 1986 |
| Arthur Sande (38)        | 8:44.6  | 1965 |
| Alemayehu Sitotaw (62)   | 8:44.71 | 1999 |
| (110)                    |         |      |
| Amund Leiren (77)        | 8:44.86 | 1999 |
| Jon Høydahl (55)         | 8:45.0  | 1974 |
| Sigbjørn Groven (87)     | 8:45.19 | 2010 |
| Håkon Torgersen (56)     | 8:46.6  | 1973 |
| Stein Rafto (56)         | 8:46.6  | 1974 |
| Helge Hekland (35)       | 8:48.5  | 1981 |
| Robert Bergstå (91)      | 8:48.67 | 2014 |
| Helge Nordal (69)        | 8:48.83 | 1996 |
| Tord Indredavik (84)     | 8:49.75 | 2007 |

## 5000m

|                                 |          |      |
|---------------------------------|----------|------|
| Arne Risa (44)                  | 13:41.0  | 1970 |
| Per Sveta (92)                  | 13:41.71 | 2018 |
| Anfin Rosendahl (57)            | 13:44.40 | 1980 |
| Marius Vedvik (92)              | 13:45.21 | 2015 |
| Truls Nygaard (64)              | 13:52.64 | 1989 |
| Bjørnar Sandnes Lillefosse (92) | 13:56.17 | 2017 |
| Lars Frode Leknes (62)          | 13:59.42 | 1987 |
| John Arild Tellevik (57)        | 14:02.2  | 1980 |
| Sverre Sørnes (45)              | 14:04.0  | 1973 |
| Atle Fosse (48)                 | 14:04.7  | 1978 |
| (10)                            |          |      |
| Arild Nordeide (59)             | 14:05.8  | 1978 |
| Thor Høydahl (51)               | 14:07.6  | 1978 |
| Erik Mathisen (52)              | 14:07.8  | 1977 |
| Bjørn Gausvik (58)              | 14:13.0  | 1980 |
| Morten Thorgersen (51)          | 14:16.0  | 1978 |
| Ole Kristensen (47)             | 14:16.4  | 1972 |
| Paul Bruvik (43)                | 14:18.0  | 1970 |
| Arne Hamarsland (33)            | 14:19.0  | 1967 |
| Bjarte Bogstad (63)             | 14:19.99 | 1998 |
| Arne Rikstad (57)               | 14:21.4  | 1977 |
| (20)                            |          |      |
| Ove Talsnes (62)                | 14:21.99 | 1989 |
| Kjetil Foss Angeltvedt (85)     | 14:27.49 | 2011 |
| Jostein Blænes (49)             | 14:29.0  | 1975 |
| Lorentz Nergård (42)            | 14:29.4  | 1974 |
| Petter Nørve (69)               | 14:31.0  | 1990 |
| Terje Aggvin (74)               | 14:32.20 | 2008 |
| Reidar Borge (51)               | 14:33.0  | 1979 |

|                              |          |      |
|------------------------------|----------|------|
| Hans Jacob Berge (59)        | 14:33.6  | 1978 |
| Johannes Rosvold (66)        | 14:34.01 | 1997 |
| Øyvind Gausvik (60)          | 14:35.3  | 1978 |
| (30)                         |          |      |
| Bjørn Steinar Økland (63)    | 14:35.6  | 1989 |
| Tomas Windheim (87)          | 14:35.86 | 2011 |
| Anders Huun Monsen (90)      | 14:40.71 | 2011 |
| Morten Kjønsberg (76)        | 14:41.83 | 2002 |
| Knut Hagen (64)              | 14:41.86 | 1985 |
| Helge Andersen (73)          | 14:41.97 | 2000 |
| Per Thomas Thomassen (70)    | 14:42.24 | 1995 |
| John Ørjan Strand (57)       | 14:43.3  | 1983 |
| Tommy B. Laitinen (83)       | 14:43.72 | 2009 |
| Nils Landro (40)             | 14:43.8  | 1973 |
| (40)                         |          |      |
| Bjarne Huseklepp (53)        | 14:44.6  | 1977 |
| Lars Johan Fjelde (57)       | 14:45.3  | 1985 |
| Kjell Leira (46)             | 14:46.0  | 1971 |
| Hans Fosse (45)              | 14:46.4  | 1973 |
| Jens Bøhmer (93)             | 14:47.99 | 2016 |
| Njål Eidhammer (43)          | 14:48.4  | 1969 |
| Jonas Lurås Hammer (91)      | 14:49.38 | 2014 |
| Hans Utkilen (45)            | 14:50.4  | 1972 |
| Jon Tvedt (66)               | 14:50.86 | 2005 |
| Frank Otto Meinseth (64)     | 14:51.9  | 1989 |
| (50)                         |          |      |
| Oddvar Eimstad (39)          | 14:53.4  | 1964 |
| Ingvald Hagen (24)           | 14:53.6  | 1957 |
| Bjørn Vonheim (62)           | 14:53.8  | 1986 |
| Johannes Helland (45)        | 14:54.6  | 1971 |
| Sveinung Heiberg Strand (45) | 14:54.8  | 1972 |
| Alemayehu Sitotaw (62)       | 14:56.32 | 1999 |
| Knut Høiaas (69)             | 14:57.27 | 1992 |
| Ove Drange (55)              | 14:58.0  | 1974 |
| Helge Brekke (41)            | 14:58.2  | 1967 |
| Gunnar Svåsand (62)          | 15:00.9  | 1989 |
| (60)                         |          |      |
| Ottar Haugen (57)            | 15:01.2  | 1980 |
| Per Rekkedal (50)            | 15:04.6  | 1972 |
| Jonny Humlevåg (62)          | 15:06.0  | 1983 |
| Hallvard Nilsen (78)         | 15:06.43 | 2010 |
| Jomar Thy (56)               | 15:07.4  | 1976 |
| Terje O. Knudsen (44)        | 15:10.0  | 1966 |
| Morten Straume (56)          | 15:10.99 | 1990 |
| Stein Åge Jorddal (53)       | 15:11.0  | 1980 |
| Endre Gåsemyr (29)           | 15:12.0  | 1953 |
| Bjørn Steinar Nedrebø (72)   | 15:12.18 | 1996 |
| (70)                         |          |      |
| Jacob Boutero (96)           | 15:12.22 | 2017 |
| Ivar Stefansson (92)         | 15:12.30 | 2018 |

|                                 |               |
|---------------------------------|---------------|
| Bjarte Eikanger (72)            | 15:12.95 2003 |
| Torgeir Fyllingsnes (55)        | 15:13.0 1979  |
| Halfdan-Emil Færø (91)          | 15:13.14 2013 |
| Bjarne Kalgraff (46)            | 15:13.2 1968  |
| Egil Jonsbu (66)                | 15:13.37 1990 |
| Harald Dyngen (60)              | 15:14.0 1989  |
| Lars Røttingen (80)             | 15:15.32 2013 |
| Amund Leiren (77)               | 15:18.29 1999 |
| (80)                            |               |
| Eldar Thomassen Fagerbakke (97) | 15:19.26 2017 |
| Bjørn Hansen (60)               | 15:21.8 1978  |
| Nils Teigland (41)              | 15:24.0 1963  |

### 10000m

|                                 |               |
|---------------------------------|---------------|
| Arne Risa (44)                  | 28:24.41 1971 |
| Marius Vedvik (92)              | 28:42.15 2018 |
| Atle Fosse (48)                 | 29:03.0 1979  |
| Bjørnar Sandnes Lillefosse (92) | 29:05.87 2017 |
| Per Svela (92)                  | 29:09.03 2018 |
| Bjørn Gausvik (58)              | 29:15.6 1980  |
| Truls Nygaard (64)              | 29:20.96 1988 |
| Arild Nordeide (59)             | 29:33.2 1978  |
| Helge Andersen (73)             | 29:45.95 1998 |
| Ole Kristensen (47)             | 29:57.6 1972  |
| (10)                            |               |
| Hans Jakob Berge (59)           | 30:06.0 1978  |
| Øyvind Gausvik (60)             | 30:09.6 1978  |
| Anfin Rosendahl (57)            | 30:10.8 1981  |
| Bjarte Bogstad (63)             | 30:12.92 1998 |
| Terje Aggvin (74)               | 30:14.35 2009 |
| Arne Hamarsland (33)            | 30:22.4 1966  |
| Jon Tvedt (66)                  | 30:35.69 1999 |
| Sverre Sørnes (45)              | 30:54.8 1973  |
| Torgeir Fyllingsnes (55)        | 30:57.8 1979  |
| Paul Bruvik (43)                | 31:01.2 1969  |
| (20)                            |               |
| Magnus Sirnes Hjellum (94)      | 31:04.67 2016 |
| Nils Landro (40)                | 31:05.2 1973  |
| Helge Brekke (41)               | 31:13.0 1967  |
| Jens Bøhmer (93)                | 31:19.26 2017 |
| Kjell Leira (46)                | 31:21.2 1971  |
| Per Thomas Thomassen (70)       | 31:23.8 1991  |
| Njål Eidhammer (43)             | 31:25.6 1968  |
| Alemayehu Sitotaw (62)          | 31:27.51 1999 |
| Bjarne Kalgraff (46)            | 31:28.0 1970  |
| John Ørjan Strand (57)          | 31:31.2 1980  |
| (30)                            |               |
| Hans Utkilen (42)               | 31:33.4 1971  |
| Sveinung Heiberg Strand (45)    | 31:33.6 1974  |

|                        |               |
|------------------------|---------------|
| Johannes Rosvold (66)  | 31:36.33 1996 |
| Ottar Haugen (52)      | 31:44.6 1980  |
| Ingvald Hagen (25)     | 31:45.8 1957  |
| Hans Fosse (45)        | 31:46.6 1972  |
| Hallvard Nilsen (78)   | 31:57.07 2012 |
| Oddvar Eimstad (39)    | 32:03.0 1965  |
| Terje O. Knudsen (44)  | 32:07.4 1965  |
| Endre Gåsemyr (29)     | 32:08.4 1958  |
| (40)                   |               |
| Bjarte Eikanger (72)   | 32:16.67 2003 |
| Tomas Windheim (87)    | 32:18.00 2012 |
| Aage Odfjell (46)      | 32:28.8 1978  |
| Stein Åge Jorddal (53) | 32:37.0 1976  |
| Lorentz Nergård (42)   | 32:37.2 1968  |
| Arne Risnes (49)       | 32:37.6 1972  |
| Helge Hekland (35)     | 32:40.0 1981  |
| Gjermund Groven (87)   | 32:43.16 2012 |
| Endre Vassdal (58)     | 32:52.5 1985  |
| Kjell E. Ådnevik ()    | 32:53.8 1972  |
| (50)                   |               |
| Morten Straume (56)    | 32:57.7 1990  |

## **20000m**

|                    |              |
|--------------------|--------------|
| Marius Vedvik (92) | 1:00.48 2014 |
|--------------------|--------------|

## **1 times løp**

|                    |             |
|--------------------|-------------|
| Marius Vedvik (92) | 19742m 2014 |
|--------------------|-------------|

## **Halvmaraton (lista er under arbeid)**

|                        |              |
|------------------------|--------------|
| Arne Risa (44)         | 1:03.44 1976 |
| Marius Vedvik (92)     | 1:04.14 2015 |
| Atle Fosse (48)        | 1:05.05 1982 |
| Øyvind Hylleseth (65)  | 1:05.12 1989 |
| Terje Aggvin (74)      | 1:07.38 2007 |
| Helge Andersen (73)    | 1:08.21 2008 |
| Jens Bøhmer (93)       | 1:09.33 2016 |
| Jan Erik Berntsen (68) | 1:10.34 1996 |

## **Maraton (lista er under arbeid)**

|                      |              |
|----------------------|--------------|
| Atle Fosse (48)      | 2:15.59 1982 |
| Arild Nordeide (59)  | 2:19.18 1978 |
| Marius Vedvik (92)   | 2:21.50 2016 |
| Terje Aggvin (74)    | 2:25.18 2010 |
| Kenneth Smeby (81)   | 2:30.18 2016 |
| Gjermund Groven (87) | 2:34.45 2011 |

## 100km

Bjørn Tore Kronen Taranger (79) 7:07.39 2014

## 24-timars løp

Bjørn Tore Kronen Taranger (79) 257166m 2015

## 110m hekk automatisk tid

|                          |            |
|--------------------------|------------|
| Kenneth Halhjem (76)     | 13.90 2001 |
| Håkon Fimland (42)       | 14.26 1971 |
| Kjetil Myrmel (81)       | 14.34 2005 |
| Roger Hovland (65)       | 14.50 1991 |
| Ådne Nerhus (75)         | 14.66 1999 |
| +Anders Carlson (73)     | 14.80 1998 |
| +Hjörtur Gislason (58)   | 14.83 1992 |
| Sturle Kalstad (61)      | 15.22 1983 |
| Helge T. Larsen (65)     | 15.26 1985 |
| Henning Hofstad (57)     | 15.27 1979 |
| (10)                     |            |
| Kjetil Espetvedt (71)    | 15.30 1995 |
| Rune Fantoft (74)        | 15.31 1993 |
| Bård Sandal (67)         | 15.33 1990 |
| Lars Jørgen Ytrehus (64) | 15.79 1986 |
| Jan Isdahl (68)          | 15.79 1988 |
| Akin Olowo (72)          | 16.21 1997 |
| Atle Tidemann (69)       | 16.31 1986 |
| Bård Venholen (75)       | 16.33 2000 |
| Gøran Moen (71)          | 16.34 1988 |
| Lars Åke Andersen (70)   | 16.72 1988 |
| (20)                     |            |
| Jan Tore Bergh (63)      | 17.26 1985 |

## 110 m hekk manuell tid -supplement

|                             |           |
|-----------------------------|-----------|
| Håkon Fimland (42)          | 13.9 1970 |
| Bård Sandal (67)            | 14.7 1989 |
| Bjørn Gismervik (38)        | 14.9 1962 |
| Fredrik Vogt-Lorentzen (46) | 14.9 1972 |
| Henning Hofstad (57)        | 15.1 1979 |
| Sturle Kalstad (61)         | 15.2 1983 |
| Ola Eiken (58)              | 15.4 1977 |
| Jan Isdahl (68)             | 15.4 1988 |
| Ole Audun Rostad (50)       | 15.5 1975 |
| Gøran Moen (71)             | 15.7 1988 |
| (10)                        |           |
| Dag Røberg (52)             | 15.7 1973 |
| Lars Gåsemyr (31)           | 15.9 1955 |
| Finn Tore Ødegaard (66)     | 15.9 1989 |

|                            |           |
|----------------------------|-----------|
| Arne Holtan (30)           | 16.1 1955 |
| Jan Tore Bergh (63)        | 16.2 1984 |
| Knut Dolve (43)            | 16.5 1963 |
| Norvald Herstad (30)       | 16.5 1961 |
| Magnus Borge (44)          | 16.6 1963 |
| Runar Framnes (48)         | 16.6 1970 |
| Erlend Gjøen (59)          | 16.6 1977 |
| (20)                       |           |
| Leif Skogseth (29)         | 16.7 1958 |
| Harald Sverre Breivik (49) | 16.9 1972 |
| Sigmund Myking (28)        | 17.1 1956 |

## 200m hekk

|                             |                        |
|-----------------------------|------------------------|
| Erlend Sæterstøl (75)       | 23.28 1995             |
| Roger Hovland (65)          | 24.4 1990 (24.96 1990) |
| Bjørnar Pettersen (81)      | 24.84 2002             |
| Kjetil Myrmel (81)          | 24.88 2003             |
| +Hjörtur Gislason (58)      | 24.91 1992             |
| Finn Tore Ødegaard (66)     | 24.9 1986              |
| Rune Fantoft (74)           | 25.0 1991(27.35 1989)  |
| Fredrik Vogt-Lorentzen (46) | 25.5 1970              |
| Harald Gjengedal (56)       | 25.5 1976              |
| Helge T. Larsen (65)        | 25.6 1983              |
| (10)                        |                        |
| Henning Hofstad (57)        | 25.7 1980              |
| Erlend Gjøen (59)           | 25.9 1978              |
| Øystein Pettersen (78)      | 26.14 2002             |
| Marius Bull Hjeltnes (96)   | 26.27 2014             |
| Øystein Kandal (83)         | 26.33 1998             |
| Gøran Moen (71)             | 26.1 1988              |
| Erik Wagner Larsen (44)     | 26.2 1973              |
| Kenneth Schønningsen (69)   | 26.2 1986              |
| Jostein Rekkavik (65)       | 26.2 1987              |
| Bård Venholen (75)          | 26.3 2000              |
| (20)                        |                        |
| Runar Framnes (48)          | 26.4 1970              |
| Tord Indredavik (84)        | 26.67 2001             |
| Lars Jørgen Ytrehus (64)    | 26.8 1985              |
| Espen Andreas Aam (88)      | 27.20 2005             |
| Bjørn Gismervik (38)        | 27.0 1965              |
| Frode Haus (56)             | 27.0 1973              |
| Vegard Stokke (88)          | 27.42 2005             |
| Øyvind Harkestad (86)       | 27.53 2003             |
| Anders Østigård (86)        | 27.61 2003             |
| Magnus Kleppe (65)          | 27.75 2004             |
| (30)                        |                        |
| Thomas Kandal (79)          | 27.76 1995             |
| Terje Dyb (69)              | 27.6 1990              |
| Rolf Nordeide (57)          | 27.8 1976              |



|                        |           |
|------------------------|-----------|
| Frank Atle Kvinge (54) | 27.9 1972 |
| Kjetil Byrkjeland (52) | 28.0 1973 |
| Tor Haugland (58)      | 28.0 1978 |

### 300m hekk

|                         |                        |
|-------------------------|------------------------|
| Bård Sandal (67)        | 37.81 1990             |
| Bjørnar Pettersen (81)  | 38.68 1999             |
| Akin Olowo (72)         | 38.77 1997             |
| Kjetil Myrmel (81)      | 38.85 2003             |
| Finn Tore Ødegaard (66) | 39.05 1990             |
| Tord Indredavik (84)    | 41.45 2002             |
| Runar Heltne (80)       | 41.47 1997             |
| Anders Østigård (86)    | 41.74 2003             |
| Askild Solberg (80)     | 41.9 1997 (42.14 1998) |
| Christian Olowo (80)    | 42.19 1997             |
| (10)                    |                        |
| Kjetil Steinstø (94)    | 42.30 2012             |
| Øyvind Hørestad (86)    | 42.56 2003             |
| Dankert Loodtz (74)     | 42.70 1992             |
| Tarjei Rommetveit (80)  | 43.27 1997             |

### 400m hekk

|                             |            |
|-----------------------------|------------|
| Harald Gjengedal (56)       | 51.95 1977 |
| Bård Sandal (67)            | 52.42 1990 |
| Thorolf Krüger (45)         | 52.9 1969  |
| Kjetil Myrmel (81)          | 53.11 2002 |
| Ola Eiken (58)              | 53.5 1977  |
| Erik Wagner Larsen (44)     | 53.9 1973  |
| Fredrik Vogt-Lorentzen (46) | 54.0 1971  |
| Akin Olowo (72)             | 54.18 1997 |
| Bjørnar Pettersen (81)      | 54.24 2000 |
| Finn Tore Ødegaard (66)     | 54.33 1987 |
| (10)                        |            |
| Håkon Fimland (42)          | 54.3 1973  |
| Erlend Gjøen (59)           | 55.0 1978  |
| Arne Hamarsland (33)        | 55.4 1955  |
| Øystein Pettersen (78)      | 55.54 2002 |
| Per Hermund Høgheim (64)    | 55.64 1983 |
| Ådne Svahn Dæhlin (82)      | 55.67 2006 |
| Runar Framnes (48)          | 55.6 1970  |
| Ernst Olsen (44)            | 55.7 1966  |
| Gard Hagen (64)             | 55.7 1986  |
| Sverre Morten Slethaug (71) | 56.17 1994 |
| (20)                        |            |
| +Hjörtur Gislason (58)      | 56.21 1991 |
| Leonard Johan Nesheim (95)  | 56.33 2018 |
| Leif Skogseth (29)          | 56.3 1959  |
| Kjell Egil Gjerde (51)      | 56.5 1974  |

|                              |                        |
|------------------------------|------------------------|
| Kjell Utne (80)              | 57.01 2001             |
| Roger Hovland (65)           | 57.10 1991             |
| Bjørn Gismervik (39)         | 57.0 1962              |
| Jens Gjerde (43)             | 57.1 1966              |
| Henning Hofstad (57)         | 57.2 1980 (58.23 1983) |
| Kåre Budeng (51)             | 57.3 1971              |
| (30)                         |                        |
| Sigmund Myking (28)          | 57.4 1956              |
| Sturle Kalstad (61)          | 57.4 1985              |
| Lars Jørgen Ytrehus (64)     | 57.8 1986              |
| Terje Dyb (69)               | 57.9 1990              |
| Tormod Bønes (42)            | 58.0 1963              |
| Askild Solberg (80)          | 58.20 1998             |
| Runar Heltne (80)            | 58.22 1997             |
| Kjell Sigmund Sandgrind (62) | 58.3 1985              |
| Knut Dolve (43)              | 58.4 1963              |
| Harald Sverre Breivik (49)   | 58.4 1974              |
| (40)                         |                        |
| Sverre Ålvik (41)            | 58.6 1968              |
| Nils Kristen Wiig (43)       | 58.8 1966              |
| Martin Vikse (93)            | 58.94 2012             |
| Norvald Herstad (30)         | 59.0 1956              |
| Kjell Kandal Hansen (57)     | 59.34 1982             |
| Johan Petter Hesselberg (32) | 59.3 1957              |
| Kjell Noremark (45)          | 59.3 1965              |
| Sverre Sørnes (45)           | 59.3 1969              |
| Roald Bjørsvik (39)          | 59.5 1960              |
| Kjetil Steinstø (94)         | 59.91 2012             |
| (50)                         |                        |
| Magnus Borge (44)            | 59.8 1963              |
| Karl Karlsen (30)            | 59.9 1954              |
| Endre Gåsemyr (29)           | 59.9 1955              |

## 2000m hinder

|                         |              |
|-------------------------|--------------|
| Anfin Rosendahl (57)    | 5:38.7 1977  |
| Bjarte Bogstad (63)     | 5:43.6 1992  |
| Arne Rikstad (57)       | 5:46.6 1977  |
| Bjørn Hansen (60)       | 5:55.8 1977  |
| Johnny Humlevåg (62)    | 5:55.95 1984 |
| Arne Risa (44)          | 5:58.4 1966  |
| Hans Jacob Berge (59)   | 5:58.4 1977  |
| Øyvind Gausvik (60)     | 5:58.88 1977 |
| Steinar Opheim (66)     | 6:00.7 1986  |
| Amund Leiren (77)       | 6:00.93 1999 |
| (10)                    |              |
| Odd Johan Litsheim (50) | 6:01.6 1970  |
| Sigbjørn Groven (87)    | 6:06.84 2010 |
| Bjørn Gausvik (58)      | 6:07.4 1976  |
| Harald Nygård (51)      | 6:10.6 1971  |

|                            |         |      |
|----------------------------|---------|------|
| Ove Drange (55)            | 6:13.4  | 1974 |
| Arne Trond Hamarsland (58) | 6:14.8  | 1976 |
| Nils Erik Haukeland (69)   | 6:16.40 | 1988 |
| Rolf Nyhus (89)            | 6:18.43 | 2006 |
| Knut Høiaas (69)           | 6:22.1  | 1990 |
| Håkon Torgersen (56)       | 6:22.8  | 1973 |
| (20)                       |         |      |
| Morten Straume (56)        | 6:22.8  | 1990 |
| Per Fostvedt (50)          | 6:24.0  | 1970 |
| Knut Havnen Johansen (89)  | 6:24.34 | 2006 |
| Egil Jonsbu (66)           | 6:25.6  | 1990 |
| Erlend Gjøen (58)          | 6:27.8  | 1976 |
| Arild Nordeide (59)        | 6:28.6  | 1975 |
| Aage Odfjell (46)          | 6:28.6  | 1976 |

### 3000m hinder

|                                 |         |      |
|---------------------------------|---------|------|
| Sverre Sørnes (45)              | 8:26.0  | 1972 |
| Arne Risa (44)                  | 8:31.6  | 1970 |
| Anfin Rosendahl (57)            | 8:33.87 | 1979 |
| Ole Kristensen (47)             | 8:40.2  | 1972 |
| Bjarte Bogstad (63)             | 8:46.56 | 1993 |
| Bjørnar Sandnes Lillefosse (92) | 8:52.82 | 2017 |
| Arne Hamarsland (33)            | 8:56.4  | 1964 |
| Lars Frode Leknes (62)          | 8:58.46 | 1987 |
| Truls Nygaard (64)              | 9:02.0  | 1989 |
| Atle Fosse (48)                 | 9:03.2  | 1977 |
| (10)                            |         |      |
| Knut Hagen (64)                 | 9:06.51 | 1985 |
| Ove Talsnes (62)                | 9:07.5  | 1985 |
| Njål Eidhammer (43)             | 9:07.6  | 1969 |
| Erik Hovlandsdal (89)           | 9:08.36 | 2012 |
| Hans Utkilen (42)               | 9:09.2  | 1971 |
| Johnny Humlevåg (62)            | 9:10.98 | 1984 |
| Jomar Thy (56)                  | 9:12.59 | 1981 |
| Arne Rikstad (57)               | 9:12.6  | 1976 |
| Jonas Lurås Hammer (91)         | 9:12.72 | 2012 |
| Endre Gåsemyr (29)              | 9:13.0  | 1955 |
| (20)                            |         |      |
| Bjørn Hansen (60)               | 9:13.1  | 1978 |
| Hans Fosse (45)                 | 9:16.6  | 1971 |
| Jacob Bouterø (96)              | 9:19.09 | 2018 |
| Halfdan-Emil Færø (91)          | 9:20.01 | 2013 |
| Terje Aggvin (74)               | 9:20.88 | 2008 |
| Bjarne Kalgraff (46)            | 9:22.0  | 1970 |
| Harald Nygård (51)              | 9:26.6  | 1971 |
| Jostein Blenæs (49)             | 9:27.8  | 1977 |
| Bjørn Gausvik (60)              | 9:28.3  | 1977 |
| Morten Kjønnsberg (76)          | 9:29.14 | 2002 |
| (30)                            |         |      |

|                              |         |      |
|------------------------------|---------|------|
| Aage Odfjell (46)            | 9:32.2  | 1978 |
| Petter Kleppe (62)           | 9:33.4  | 1982 |
| Sigbjørn Groven (87)         | 9:36.33 | 2010 |
| Øyvind Gausvik (60)          | 9:36.6  | 1978 |
| Paul Bruvik (43)             | 9:38.0  | 1966 |
| Arthur Sande (38)            | 9:41.8  | 1963 |
| Helge Brekke (41)            | 9:43.2  | 1966 |
| Gunnar Svåsand (62)          | 9:46.1  | 1989 |
| Jon Håbrekke (40)            | 9:47.4  | 1967 |
| Ottar Haugen (52)            | 9:52.4  | 1981 |
| (40)                         |         |      |
| Tomas Windheim (87)          | 9:54.77 | 2009 |
| Erik Mathisen (52)           | 9:55.4  | 1976 |
| Kjell Leira (46)             | 9:55.6  | 1968 |
| Helge Nordahl (69)           | 9:56.19 | 1998 |
| Morten Straume (56)          | 9:56.8  | 1990 |
| Jarle Stølan (32)            | 9:58.4  | 1953 |
| Sveinung Heiberg Strand (45) | 9:58.4  | 1971 |

### Høgde

|                             |       |                   |
|-----------------------------|-------|-------------------|
| Jan Langøy (61)             | 2.23  | 1990              |
| Gisle Ellingsen (65)        | 2.22  | 1987              |
| Lars Erik Drevvatne (60)    | 2.13  | 1983              |
| Sturle Kalstad (61)         | 2.13  | 1989              |
| Rune Gjengedal (47)         | 2.12  | 1974              |
| Terje Totland (57)          | 2.12  | 1986              |
| Stein Sletten (45)          | 2.10  | 1965              |
| Tor Haugland (58)           | 2.06  | 1977              |
| Gøran Moen (71)             | 2.05  | 1988              |
| Henning Hofstad (57)        | 2.00  | 1978              |
| (10)                        |       |                   |
| Ove Matland (63)            | 2.00  | 1990              |
| Ove Kristian Austgulen (53) | 1.98  | 1973              |
| Einar Ove Fjeldstad (50)    | 1.96  | 1970              |
| Tor Arve Monan (54)         | 1.96  | 1977              |
| Ove Talsnes (62)            | 1.96  | 1985              |
| +William Kurth (76)         | 1.95  | 1998              |
| Jan Isdahl (68)             | 1.91  | 1988              |
| Harald Håland (48)          | 1.90  | 1967              |
| Håkon Fimland (42)          | 1.90  | 1969              |
| Rune Fantoft (74)           | 1.90  | 1989              |
| (20)                        |       |                   |
| Per Grundvold (45)          | 1.88  | 1965              |
| Vegard Stokke (88)          | 1.88  | 2004              |
| Norvald Herstad (30)        | 1.87  | 1956 (1.88* 1956) |
| Trond Sunde (55)            | 1.87  | 1972              |
| Fredrik Vogt-Lorentzen (46) | 1.86* | 1969              |
| Magnus Borge (44)           | 1.85  | 1965              |
| Morten Havsgård (54)        | 1.85  | 1972              |

|                        |           |
|------------------------|-----------|
| Hallstein Gåsemyr (56) | 1.85 1974 |
| Lars Åke Andersen (70) | 1.85 1988 |
| Mats Tonning (76)      | 1.85 1996 |
| (30)                   |           |
| Ådne Svahn Dæhlin (82) | 1.85 2001 |

### Høgde u/t

|                          |           |
|--------------------------|-----------|
| Sturle Kalstad (61)      | 1.82 1983 |
| Thomas Mellin-Olsen (77) | 1.74 2006 |
| Jan Langøy (61)          | 1.71 1990 |
| Jacob Lothe (50)         | 1.69 1973 |
| Gøran Moen (71)          | 1.68 1996 |
| Stein Sletten (45)       | 1.65 1966 |
| Jørgen Rørvik (50)       | 1.65 1977 |
| Tor Kjersem (59)         | 1.64 1977 |
| Kenneth Halhjem (76)     | 1.64 2002 |
| Magnus Borge (44)        | 1.60 1964 |
| (10)                     |           |
| Per Hermund Høgheim (64) | 1.60 1983 |
| Edgar Bjørnseth (51)     | 1.60 1980 |
| Magne Brakstad (58)      | 1.58 1996 |
| Morten Havsgård (54)     | 1.55 1972 |
| Lars Erik Drevvatne (60) | 1.55 1982 |
| Askild Solberg (80)      | 1.55 1998 |
| Thomas Ulset (75)        | 1.55 2000 |
| Erlend Sæterstøl (75)    | 1.54 2003 |
| Leif Bystøl (35)         | 1.51 1956 |
| Einar Fjeldstad (50)     | 1.50 1968 |
| (20)                     |           |
| Bjarte Haugsdal (52)     | 1.50 1970 |
| Tor Haugland (58)        | 1.50 1973 |
| Kjetil Myrmel (81)       | 1.50 2005 |
| Martin Vikse (93)        | 1.50 2012 |

### Stav

|                              |                        |
|------------------------------|------------------------|
| Edgar Bjørnseth (51)         | 4.60 1979              |
| Henning Hofstad (57)         | 4.50 1978              |
| Thorleif Evanger (86)        | 4.33i 2012 (4.22 2011) |
| Christian Vik Pettersen (02) | 4.30 2018              |
| Gøran Moen (71)              | 4.00 1987              |
| Jan Isdahl (68)              | 4.00 1988              |
| Kjell Nordeide (54)          | 3.90 1973              |
| Frank Atle Kvinge (54)       | 3.86 1971              |
| Eskil Njerve (02)            | 3.86 2018              |
| Fredrik Vogt-Lorentzen (46)  | 3.85 1970              |
| (10)                         |                        |
| Frode Haus (56)              | 3.85 1973              |
| Thorbjørn Vika Tholo (97)    | 3.82i 2013 (3.60 2012) |

|                         |                        |
|-------------------------|------------------------|
| Erlend Gjøen (59)       | 3.80 1977              |
| Stein Sletten (45)      | 3.75 1969              |
| Stein Rune Ottesen (56) | 3.75 1974              |
| Norvald Herstad (30)    | 3.67 1956              |
| Espen Andreas Aam (88)  | 3.66i 2002 (3.35 2003) |
| Tor Halvorsen (52)      | 3.50 1973              |
| Asgeir Ytrehus (85)     | 3.50 2003              |
| Lars Gåsemyr (31)       | 3.40 1953              |
| (20)                    |                        |
| Leif Bjarne Bøyum (57)  | 3.35 1973              |
| Vegard Stokke (88)      | 3.33 2005              |
| Knut Helge Iversen (55) | 3.30 1972              |
| Ronald Hamarsland (58)  | 3.30 1974              |
| Sveinung Fristad (36)   | 3.20* 1959             |
| Bjørn Gismervik (38)    | 3.20 1964              |

### Lengde

|                              |                       |
|------------------------------|-----------------------|
| Thomas Mellin-Olsen (77)     | 7.91 2002             |
| Gøran Moen (71)              | 7.80 1995             |
| Bjarte Holmelid (77)         | 7.43 2003             |
| Henning Hofstad (57)         | 7.26 1978             |
| Magnus Borge (44)            | 7.18 1968             |
| Harald Sverre Breivik (49)   | 7.17 1972             |
| Lars Gåsemyr (31)            | 7.15 1954             |
| Kenneth Halhjem (76)         | 7.09 2002             |
| Roger Hovland (65)           | 7.08 1984             |
| Gunnar Kalstad (34)          | 7.07 1958             |
| (10)                         |                       |
| Øyvind Kolstad (47)          | 7.02 1970             |
| +Fridrik Thor Oskarsson (52) | 7.02 1974             |
| Dag Røberg (52)              | 6.95 1977             |
| Marius Bull Hjeltnes (96)    | 6.95 2013             |
| Lars Åke Andersen (70)       | 6.90 1989             |
| Jan Langøy (61)              | 6.86 1991             |
| Sturle Kalstad (61)          | 6.85i 1985(6.83 1987) |
| Vegard Stokke (88)           | 6.85 2006             |
| Øystein Brattetaule (78)     | 6.81 1998             |
| Magnus Kleppe (65)           | 6.81 2000             |
| (20)                         |                       |
| Knut Dolve (43)              | 6.77 1963             |
| Stein Sletten (45)           | 6.76 1964             |
| Harald Håland (48)           | 6.75 1968             |
| Christer Kubon (83)          | 6.73 2004             |
| Svein Hjelle (50)            | 6.72 1974             |
| Hans Aase (53)               | 6.70 1970             |
| Gunnar Værnes (35)           | 6.69 1959             |
| John S. Ottersen (66)        | 6.68 1985             |
| Kjetil Espetvedt (71)        | 6.68 1995             |
| Erlend Gjøen (59)            | 6.66 1978             |

(30)

|                         |                        |
|-------------------------|------------------------|
| Norvald Herstad (30)    | 6.65 1955              |
| Mats Tonning (76)       | 6.64 1996              |
| Erik Wagner Larsen (44) | 6.63 1967              |
| Gunnleik Langeland (40) | 6.61 1963 (6.62* 1963) |
| Thorolf Krüger (43)     | 6.61 1969              |
| Rune Fantoft (74)       | 6.61i 1990 (6.60 1989) |
| Arnljot Gåsemyr (37)    | 6.60 1956              |
| Hans Ekeberg (42)       | 6.60 1963              |
| Håkon Fimland (42)      | 6.60 1969              |
| Jan Isdahl (68)         | 6.60 1988              |

### Lengde u/t

|                          |           |
|--------------------------|-----------|
| Kenneth Halhjem (76)     | 3.62 2001 |
| Thomas Mellin-Olsen (77) | 3.40 2001 |
| Sturle Kalstad (61)      | 3.30 1984 |
| Erlend Sæterstøl (75)    | 3.25 1999 |
| Mats Tonning (76)        | 3.19 1996 |
| Roger Hovland (65)       | 3.18 1988 |
| Magnus Borge (44)        | 3.17 1965 |
| Rune Fantoft (74)        | 3.16 1991 |
| Magnus Kleppe (65)       | 3.16 2000 |
| Inge Tansø (88)          | 3.16 2011 |

(10)

|                         |           |
|-------------------------|-----------|
| Peder Hole (23)         | 3.15 1953 |
| Kjartan Sjølvberg (36)  | 3.14 1959 |
| Svein Aase (51)         | 3.14 1969 |
| Olav Langeland (27)     | 3.12 1951 |
| Gunnar Værnes (35)      | 3.12 1955 |
| Per Tandstad (39)       | 3.12 1962 |
| Thomas B. Green (72)    | 3.12 1995 |
| Alexander Karlsson (88) | 3.12 2008 |
| Jan Langøy (61)         | 3.11 1991 |
| Stein Sletten (45)      | 3.08 1965 |

(20)

|                         |           |
|-------------------------|-----------|
| Magne Brakstad (58)     | 3.08 1995 |
| Norvald Losnegård (27)  | 3.07 1950 |
| Gunnleik Langeland (40) | 3.06 1963 |
| Per Røthe (27)          | 3.05 1950 |
| Andreas Engebø (34)     | 3.05 1964 |
| Sverre Johnsen (38)     | 3.05 1966 |
| Ommund Rolfsen (49)     | 3.05 1969 |
| Arne Oen (45)           | 3.04 1966 |
| Rune Haugland (71)      | 3.04 1995 |
| Torbjørn Lysne (90)     | 3.04 2011 |

(30)

|                      |           |
|----------------------|-----------|
| Arnljot Gåsemyr (32) | 3.02 1958 |
| Hans Aase (53)       | 3.02 1971 |
| Per Løddøen (32)     | 3.01 1951 |

|                          |           |
|--------------------------|-----------|
| Knut Dolve (43)          | 3.01 1963 |
| Tor Kjersem (59)         | 3.01 1977 |
| Lars Åke Andersen (70)   | 3.01 1988 |
| Andreas Kristiansen (81) | 3.01 2001 |
| Quincy Douglas (75)      | 3.00 2004 |

### Tresteg

|                              |                          |
|------------------------------|--------------------------|
| Gøran Moen (71)              | 15.82 1991               |
| Dag Røberg (52)              | 15.49 1973               |
| Thomas Mellin-Olsen (77)     | 15.15 2005               |
| Rune Fantoft (74)            | 15.08 1991               |
| Roger Hovland (65)           | 14.86 1984               |
| Lars Jørgen Ytrehus (64)     | 14.76 1986               |
| Magnus Borge (44)            | 14.70 1967               |
| +Fridrik Thor Oskarsson (52) | 14.69 1975               |
| Kenneth Halhjem (76)         | 14.66 1996               |
| Arnljot Gåsemyr (37)         | 14.61 1957               |
| (10)                         |                          |
| Harald Håland (48)           | 14.33 1967               |
| Helge T. Larsen (65)         | 14.32 1985               |
| Håkon Fimland (42)           | 14.20 1971               |
| Lars Gåsemyr (31)            | 14.19 1954               |
| Frank Atle Kvinge (54)       | 14.19 1972               |
| Knut Helge Iversen (55)      | 14.11 1973               |
| Rolf Nordeide (57)           | 14.08 1976               |
| Marius Bull Hjeltnes (96)    | 14.06 2014               |
| John S. Ottersen (66)        | 14.04 1986               |
| Halstein Gåsemyr (56)        | 14.01 1974               |
| (20)                         |                          |
| Vegard Stokke (88)           | 13.90 2006               |
| Erlend Gjøen (59)            | 13.87 1977               |
| Sturle Kalstad (61)          | 13.80 1988               |
| Ottar Midtkandal (44)        | 13.73 1968               |
| Knut Dolve (43)              | 13.69 1969               |
| Arne Sunde (68)              | 13.69i 1985 (13.57 1984) |
| Øyvind Kolstad (47)          | 13.68 1975               |
| Hans Fosse (45)              | 13.60 1970               |
| Stein Sletten (45)           | 13.54 1964               |
| Henning Hofstad (57)         | 13.54 1975               |
| (30)                         |                          |
| Jan Tore Bergh (63)          | 13.53 1985               |
| Sveinung Fristad (36)        | 13.52 1959               |
| Ketil Dahle (60)             | 13.47 1976               |
| Svein Tore Svendsen (46)     | 13.46 1963               |
| Njål Gravelseter (64)        | 13.45 1986               |
| Ådne Svahn Dæhlin (82)       | 13.40 2001               |
| Kjetil Myrmel (81)           | 13.38 2002               |
| Sigmund Myking (28)          | 13.33 1956               |
| Knut Hjeltnes (51)           | 13.33 1972               |



|                      |            |
|----------------------|------------|
| Jens Gjerde (43)     | 13.32 1966 |
| (40)                 |            |
| Per Tandstad (39)    | 13.30 1963 |
| Nils Kleppe (40)     | 13.29 1961 |
| Kjetil Lammedal (95) | 13.25 2011 |
| Christer Kubon (83)  | 13.20 2001 |

### Kule

|                          |             |
|--------------------------|-------------|
| Knut Hjeltnes (51)       | 20.55 1980  |
| Arngeir Syversen (64)    | 17.72 1988  |
| Nils Otto Pettersen (46) | 15.67 1980  |
| Arne Lothe (38)          | 14.90 1973  |
| Sveinung Fristad (36)    | 14.87 1959  |
| Andreas Engebø (34)      | 14.68 1962  |
| Thomas Mellin-Olsen (77) | 14.10 2003  |
| Kjetil Byrkjeland (52)   | 14.03 1975  |
| Harald Andersland (48)   | 13.94 1971  |
| Knut Dolve (43)          | 13.77 1968  |
| (10)                     |             |
| Olav Thomassen (45)      | 13.60 1968  |
| Lasse Thomassen (76)     | 13.59 1996  |
| Helge Lorentzen (52)     | 13.44 1978  |
| Stein Sletten (45)       | 13.31 1968  |
| Birger Karlsen (31)      | 13.23 1951  |
| Erlend Sæterstøl (75)    | 12.93 1998  |
| Håkon Fimland (42)       | 12.91 1969  |
| Gunnar Værnes (35)       | 12.87 1960  |
| Jon Rønnekleiv (29)      | 12.81 1949  |
| Gøran Moen (71)          | 12.70 1996  |
| (20)                     |             |
| Kristoffer Singstad (70) | 12.65 1995  |
| Danckert Krohn Eeg (60)  | 12.62 1977  |
| Peder Hole (23)          | 12.58 1949  |
| Geir Stangeland (53)     | 12.58 1975  |
| Sven Svendsen ( )        | 12.54* 1964 |

### Diskos

|                          |            |
|--------------------------|------------|
| Knut Hjeltnes (51)       | 69.62 1985 |
| Nils Otto Pettersen (46) | 43.76 1980 |
| Arngeir Syversen (64)    | 43.54 1988 |
| Andreas Engebø (34)      | 42.99 1964 |
| Arne Lothe (38)          | 42.92 1973 |
| Ingebrigt Strømsnes (27) | 41.82 1964 |
| Arnljot Gåsemyr (37)     | 41.63 1961 |
| Ronald Hamarsland (58)   | 40.84 1978 |
| Sveinung Fristad (36)    | 40.41 1958 |
| Erlend Sæterstøl (75)    | 40.10 1995 |
| (10)                     |            |

|                        |            |
|------------------------|------------|
| Olav Thomassen (45)    | 39.80 1968 |
| Birger Karlsen (31)    | 38.84 1951 |
| Lasse Thomassen (76)   | 38.68 1996 |
| Knut Dolve (43)        | 38.36 1963 |
| Henning Hofstad (57)   | 37.38 1982 |
| Harald Andersland (48) | 37.22 1971 |
| Gunnar Kalstad (34)    | 37.03 1957 |

### **Slegge**

|                          |                          |
|--------------------------|--------------------------|
| Arne Lothe (38)          | 65.22 1976               |
| Karl Marthinussen (60)   | 61.00 1989               |
| Gunnar Værnes (35)       | 50.32 1960               |
| Oddvar Hansen (42)       | 46.46 1960               |
| Knut Hjeltnes (51)       | 44.68 1978 (47.94* 1975) |
| Tor Christensen (40)     | 44.10 1960               |
| Lars M. Ulvund (50)      | 42.78 1976               |
| Ingebrigt Strømsnes (27) | 42.38 1958               |
| Joachim Heier (96)       | 41.12 2012               |
| Lasse Thomassen (76)     | 38.36 1997               |
| (10)                     |                          |
| Magne Brakstad (58)      | 37.60 2005               |
| Sigvart Hamarsland (30)  | 37.25 1952               |
| Asgeir Ytrehus (85)      | 35.84 2004               |
| Knut Dolve (43)          | 35.40 1976               |

### **Spyd (nytt)**

|                          |            |
|--------------------------|------------|
| Inge Tansø (88)          | 66.65 2011 |
| Knut Hjeltnes (51)       | 63.76 1995 |
| Lasse Thomassen (76)     | 63.36 1996 |
| Erlend Sæterstøl (75)    | 54.48 2005 |
| Thomas B. Green (72)     | 52.90 1995 |
| Arngeir Syversen (64)    | 52.54 1988 |
| Kristoffer Singstad (70) | 51.44 1995 |
| Gøran Moen (71)          | 50.48 1989 |
| Runar Heltne (80)        | 49.98 1997 |
| Sebastian Rolland (02)   | 48.94 2018 |
| (10)                     |            |
| Jan Isdahl (68)          | 48.56 1988 |
| Terje Dyb (69)           | 47.90 1992 |
| Håvard Holder (72)       | 47.52 1995 |
| Tarjei Rommetveit (80)   | 47.40 1997 |
| Roar Svåsand (60)        | 47.38 1988 |

### **Spyd (gammalt)**

|                      |            |
|----------------------|------------|
| Knut Hjeltnes (51)   | 77.86 1976 |
| Helge Lorentzen (52) | 67.56 1976 |
| Tom Heieren (53)     | 66.92 1980 |

|                            |            |
|----------------------------|------------|
| Ottar Fjellestad (32)      | 65.02 1958 |
| Geir Stangeland (53)       | 62.48 1975 |
| Harald Sverre Breivik (49) | 61.88 1974 |
| Svein Arne Forfod (47)     | 59.86 1970 |
| Henning Hofstad (57)       | 57.66 1980 |
| Terje Hansen (45)          | 57.48 1965 |
| Per Tandstad (39)          | 56.72 1964 |

(10)

|                        |            |
|------------------------|------------|
| Harald Haaland (48)    | 53.94 1966 |
| Magnus Borge (44)      | 53.88 1964 |
| Gunnar Værnes (35)     | 52.71 1956 |
| Lars Gåsemyr (31)      | 52.26 1953 |
| Frode Sunde (53)       | 52.00 1971 |
| Bjarte Haugsdal (52)   | 51.60 1970 |
| Tor Bergersen (53)     | 51.60 1971 |
| Ronald Hamarsland (58) | 51.58 1977 |
| Knut Dolve (43)        | 51.02 1964 |
| Torstein Skeie (54)    | 50.68 1972 |

(20)

### 5-kamp

|                             |   |
|-----------------------------|---|
| Lars Gåsemyr (31)           | 3277 1953 (6.72-50.62-23.9-30.38-4:25.0)    |
| Gunnar Kalstad (34)         | 3260 1957 (6.93-41.65-23.5-34.50-4:32.8)    |
| Knut Dolve (43)             | 3140 1963 (6.65-47.50-23.7-35.16-4:54.7)    |
| Sigmund Myking (28)         | 3122 1957 (6.27w-42.48-24.1-30.79-4:13.7)   |
| Arnljot Gåsemyr (37)        | 3051 1957 (6.49w-38.83-24.9-36.12-4:29.0)   |
| Norvald Herstad (30)        | 3047 1955 (6.61-40.33-23.8-32.83-4:42.0)    |
| Frank Otto Meinseth (64)    | 3000 1987 (6.11-44.24-23.24w-21.70-4:18.85) |
| Gunnleik Langeland (40)     | 2973 1967 (6.23-44.70-24.4-34.40-4:47.1)    |
| Roar Svåsand (60)           | 2908 1988 (6.03-47.38-24.4w-29.62-4:41.5)   |
| Fredrik Vogt-Lorentzen (46) | 2880 1969 (6.40-43.04-24.4-29.72-4:49.2)    |

(10)

|                       |  |
|-----------------------|--|
| Ottar Fjellestad (32) | 2863 1958 (5.46-65.02-25.6-29.27-4:55.0) |
|-----------------------|--|

### 10-kamp

|                            |  |
|----------------------------|--|
| Henning Hofstad (57)       | 6978 1979 (11.44-7.02-11.15-1.95-52.29/15.46-34.86-4.30-53.82-4:42.2)    |
| Håkon Fimland (42)         | 6700 1969 (11.0-6.60-12.91-1.90-50.7/14.0w-33.28-3.00-46.42-4:44.2)      |
| Jan Isdahl (68)            | 6493 1988 (11.36w-6.66w-11.40-1.91-52.79/15.86-34.90-4.00-46.04-5:04.84) |
| Erlend GjØen (59)          | 6349 1978 (11.5-6.48-10.67-1.76-50.5/17.1-31.64-3.80-45.92-4:11.1)       |
| Lars Gåsemyr (31)          | 6293 1955 (11.4-6.79-11.50-1.70-52.0/15.9-34.37-3.30-47.26-4:33.8)       |
| GØran Moen (71)            | 6285 1988 (11.3-6.65w-10.87-1.94-52.00/16.34-29.08-3.85-42.40-4:52.60)   |
| Norvald Herstad (30)       | 6247 1955 (11.0-6.65-11.63-1.80-52.3/16.9-34.50-3.40-41.08-4:35.2)       |
| Magnus Borge (44)          | 6189 1965 (11.2-7.09-12.15-1.83-52.5/17.4-30.54-3.10-48.76-4:46.8)       |
| Harald Sverre Breivik (49) | 6000 1972 (11.1-6.83-11.40-1.70-51.2/16.9-29.86-2.70-48.20-4:44.6)       |
| Jens Gjerde (43)           | 5768 1966 (11.8-6.25-10.55-1.75-53.5/17.4-32.86-3.00-41.50-4:18.2)       |

(10)

|                        |   |
|------------------------|---|
| Stein Sletten (45)     | 5751 1965 (11.4-6.43-11.70-1.96-54.5/18.8-30.24-3.50-41.76-5:05.3)    |
| Lars Åke Andersen (70) | 5645 1988 (11.1-6.57w-9.20-1.85-51.95/16.72-27.30-2.85-38.32-5:09.48) |

|                      |  |
|----------------------|--|
| Bjørn Gismervik (38) | 5567 1964 (11.5-6.04-10.41-1.65-53.2/15.5-29.52-3.00-35.56-4:47.2)     |
| Bård Venholen (75)   | 5564 2000 (11.28-6.00-10.28-1.71-51.63/16.33-27.33-3.04-34.96-5:03.80) |
| Knut Dolve (43)      | 5561 1962 (11.9-6.33-13.26-1.75-55.4/17.6-35.42-2.60-45.40-5:04.2)     |
| Sigmund Myking (28)  | 5450 1956 (12.0-5.98-10.07-1.60-52.3/17.1-31.97-2.50-39.31-4:29.8)     |
| Kjetil Myrmel (81)   | 5251 2001 (11.73-6.08-9.40-1.75-53.13/16.01-23.46-2.48-29.63-4:48.16)  |
| Helge T. Larsen (65) | 5250 1984 (11.8-6.27-8.62-1.72-54.8/16.2-21.28-2.60-42.46-4:40.8)      |
| Frode Haus (56)      | 5202 1974 (11.9-5.97-9.90-1.60-55.4/17.2-29.70-3.70-33.74-5:01.3)      |
| Per Stølan(29)       | 5167 1951 (11.9-6.14-10.84-1.76-56.0/17.9-28.19-2.72-38.53-4:54.6)     |
| (20)                 |  |

Gunnleik Langeland (40) 5402 poeng gammel tabell 1966, enkeltresultat ukjent  
(anslag: ca. 5280 p med dagens tabell))

## Kvinner

### 100m elektronisk tid

|                                 |                          |
|---------------------------------|--------------------------|
| Sølvi Olsen (Meinseth) (67)     | 11.65 1989               |
| +Naomi Van den Broeck (96)      | 11.65 2015               |
| Mona Karin Riisnes (66)         | 11.76 1991               |
| Christine Bjelland Jensen (94)  | 11.76 2017               |
| Live Haugstad Hilton (99)       | 11.90 2017               |
| Anne Skudal Dolvik (88)         | 12.11 2015               |
| Ann Marit Kleive (Holmøy) (68)  | 12.13 1988               |
| Vilde Svortevik (94)            | 12.22 2013               |
| Tanja Halhjem (81)              | 12.39 1998               |
| Hanne Arstein (01)              | 12.39 2018               |
| (10)                            |                          |
| Brita Mehl Lode (00)            | 12.53 2018               |
| Eli Karin Pilskog (65)          | 12.60 1990               |
| Aina Marie Løkkevik (88)        | 12.61 2005               |
| Anne Hansen (91)                | 12.63 2010               |
| Heidi Ann Bruknapp (91)         | 12.65 2009               |
| Turid Andreassen (66)           | 12.68 1986               |
| Rachel Ombeni (01)              | 12.72 2018               |
| Ingrid Sture (79)               | 12.73 1995               |
| Anne Karin Skutle (Lyngbø) (63) | 12.78 1986               |
| Agnes Christine Gundersen (67)  | 12.80 1991               |
| (20)                            |                          |
| Line Stokland Røthing (88)      | 12.83 2006               |
| Ragnhild Skorpe (66)            | 12.97 1987               |
| Hanne Kolle (Varden) (68)       | 12.98 1989               |
| Katrine Haarklau (91)           | 12.98 2008               |
| Karoline Hellen Nilsson (88)    | 13.09 2010               |
| Sigrid Brurås Vandvik (90)      | 13.19i 2008 (13.52 2008) |
| Jannike Solsvik (82)            | 13.22 2003               |
| Renate Christianslund (98)      | 13.23 2016               |
| Malin Ulrika Blomberg (93)      | 13.24 2008               |
| Lena Indrebø (92)               | 13.25 2014               |
| (30)                            |                          |

|                             |            |
|-----------------------------|------------|
| Gry Cecilie Magnussen (74)  | 13.28 1989 |
| Cecilie Hjelle (78)         | 13.30 1995 |
| Katrine Berg Nødtvedt (90)  | 13.30 2008 |
| Annette Holmedal (93)       | 13.33 2009 |
| Eline Beate Sandvik (89)    | 13.37 2005 |
| Aurora Sommerlade (00)      | 13.43 2015 |
| Tiril Tresselt (98)         | 13.48 2014 |
| Regine Sæterstøl (85)       | 13.52 2001 |
| Solveig Bygstad (92)        | 13.54 2008 |
| Paula Llano (95)            | 13.54 2012 |
| (40)                        |            |
| Julie Johansen Sasu (89)    | 13.56 2014 |
| Eva Moldestad (02)          | 13.56 2017 |
| Julie Woie Flølo (99)       | 13.59 2015 |
| Stine Elise Berem (89)      | 13.61 2005 |
| Susanne Johannesen Aas (93) | 13.63 2008 |
| Kristin Mellingen (82)      | 13.68 1997 |

### 100m manuell tid - supplement

|                                 |            |
|---------------------------------|------------|
| +Naomi Van den Broeck (96)      | 11.4 2015  |
| Ann Marit Kleive (Holmøy) (68)  | 12.0 1988  |
| Turid Andreassen (66)           | 12.4 1986  |
| Eli Karin Pilskog (65)          | 12.4 1990  |
| Anne Karin Skutle (Lyngbø) (63) | 12.5 1986  |
| Ragnhild Skorpe (66)            | 12.6 1987  |
| Agnes Chr. Gundersen (67)       | 12.6i 1988 |
| Sigrunn Lillebø (50)            | 12.8 1972  |
| Hanne Kolle (Varden) (68)       | 12.8 1989  |
| Cecilie Hjelle (78)             | 12.8 1994  |
| (10)                            |            |
| Gry Cecilie Magnussen (74)      | 13.1 1989  |
| Gro Kristensen (52)             | 13.2 1971  |
| Linda Grung ()                  | 13.2 1972  |
| Grete Håheim (52)               | 13.3 1970  |

### 200m

|                                |                          |
|--------------------------------|--------------------------|
| Sølvi Olsen (Meinseth) (67)    | 23.77 1989               |
| +Naomi Van den Broeck (96)     | 23.85 2017               |
| Christine Bjelland Jensen (94) | 24.10 2013               |
| Mona Karin Riisnes (66)        | 24.15 1991               |
| Live Haugstad Hilton (99)      | 24.35i 2016 (24.47 2016) |
| Vilde Jakobsen Svortevik (94)  | 24.46 2013               |
| Ann Marit Kleive (Holmøy) (68) | 24.52 1989               |
| Anne Skudal Dolvik (88)        | 24.58 2015               |
| Eli Karin Pilskog (65)         | 25.42 1989               |
| Hanne Arstein (01)             | 25.58 2018               |
| (10)                           |                          |
| Heidi Ann Bruknapp (91)        | 25.62 2010               |

|                                 |             |
|---------------------------------|-------------|
| Turid Andreassen (66)           | 25.74 1987  |
| Katrine Haarklau (91)           | 25.77 2008  |
| Anne Hansen (91)                | 25.77 2010  |
| Brita Mehl Lode (00)            | 25.84 2018  |
| Tanja Halhjem (81)              | 25.91 1998  |
| Ingrid Sture (79)               | 26.12 1995  |
| Aina Marie Løkkevik (88)        | 26.12 2008  |
| Hanne Kolle (Varden) (68)       | 26.15 1989  |
| Ragnhild Skorpe (66)            | 26.16 1987  |
| (20)                            |             |
| Line Stokland Røthing (88)      | 26.20 2006  |
| Gro Aileen Olsen (67)           | 26.39 1985  |
| Anne Karin Skutle (Lyngbø) (63) | 26.42 1986  |
| Agnes Christine Gundersen (67)  | 26.44 1988  |
| Lena Indrebø (92)               | 26.60 2014  |
| Rachel Ombeni (01)              | 26.63 2016  |
| Karoline Hellen Nilsson (88)    | 26.74 2010  |
| Annette Holmedal (93)           | 26.84 2010  |
| Mari Hoff (68)                  | 27.09 1988  |
| Aurora Sommerlade (00)          | 27.14 2015  |
| (30)                            |             |
| Eva Moldestad (02)              | 27.18 2018  |
| Cecilie Hjelle (78)             | 27.26 1995  |
| Katrine Berg Nødtvedt (90)      | 27.26 2008  |
| Kari Kuvaas Herting (99)        | 27.31 2015  |
| Malin Blomberg (93)             | 27.35 2010  |
| Julie Woie Flølo (99)           | 27.38 2016  |
| Jannike Solsvik (82)            | 27.47 2003  |
| Solveig Lie Onstad (93)         | 27.56i 2012 |
| Eline Beate Sandvik (89)        | 27.57 2005  |
| Susanne J. Aas (93)             | 27.69 2008  |
| (40)                            |             |
| Sigrid Brurås Vandvik (90)      | 27.77 2007  |
| Regine Sæterstøl (85)           | 27.81 2001  |

### **200m manuell tid -supplement**

|                                 |           |
|---------------------------------|-----------|
| Anne Karin Skutle (Lyngbø) (63) | 25.7 1986 |
| Gro Aileen Olsen (67)           | 26.2 1985 |
| Sigrunn Lillebø (50)            | 26.4 1971 |
| Ingvill Eimhjellen Blom (53)    | 27.2 1972 |

### **300m**

|                                |            |
|--------------------------------|------------|
| Christine Bjelland Jensen (94) | 39.07 2014 |
| Mona Karin Riisnes (66)        | 39.36 1993 |
| +Naomi Van den Broeck (96)     | 39.68 2015 |
| Anne Skudal Dolvik (88)        | 40.01 2013 |
| Live Haugstad Hilton (99)      | 40.44 2015 |
| Heidi Ann Bruknapp (91)        | 40.69 2010 |

|                            |            |
|----------------------------|------------|
| Eli Karin Pilskog (65)     | 41.06 1990 |
| Ingrid Sture (79)          | 41.40 1995 |
| Anne Hansen (91)           | 42.21 2010 |
| Cecilie Hjelle (79)        | 43.56 1995 |
| (10)                       |            |
| Line Stokland Røthing (88) | 43.71 2004 |
| Aina Marie Løkkevik (88)   | 43.6 2005  |
| Jannike Solsvik (82)       | 44.72 2003 |
| Lene Hove (74)             | 44.7 1989  |
| Gry Cecilie Magnussen (74) | 45.1 1989  |

#### 400m

|                                 |                          |
|---------------------------------|--------------------------|
| Mona Karin Riisnes (66)         | 53.43 1991               |
| Christine Bjelland Jensen (94)  | 54.19 2016               |
| Vilde Jakobsen Svortevik (94)   | 54.35 2013               |
| Sølvi Olsen (Meinseth) (67)     | 54.54 1990               |
| +Naomi Van den Broeck (96)      | 54.57 2018               |
| Anne Skudal Dolvik (88)         | 55.66 2013               |
| Heidi Ann Bruknapp (91)         | 55.85 2009               |
| Ann Marit Kleive (Holmøy) (68)  | 56.1 1990 (56.27 1989)   |
| Eli Karin Pilskog (65)          | 56.35 1989               |
| Karoline Hellen Nilsson (88)    | 57.32 2009               |
| (10)                            |                          |
| Sigrun Lillebø (Ryssevik) (50)  | 57.5 1972                |
| Lena Indrebø (92)               | 57.65 2014               |
| Ingrid Sture (79)               | 58.20 1995               |
| Anne Hansen (91)                | 58.53 2010               |
| Ingunn Nyhammer (67)            | 58.70 1987               |
| Agnes Christine Gundersen (67)  | 58.78 1990 (58.7 1990)   |
| Ingvill Eimhjellen (Blom) (53)  | 58.8 1972                |
| Gro Aileen Olsen (67)           | 58.8 1985                |
| Ragnhild Skorpe (66)            | 59.22 1988               |
| Hanne Kolle (Varden) (68)       | 59.2 1989 (59.59 1989)   |
| (20)                            |                          |
| Hanne Arstein (01)              | 59.73 2018               |
| Ida Kjelkenes (86)              | 59.74 2008               |
| Solveig Lie Onstad (93)         | 59.91i 2012 (60.33 2012) |
| Live Haugstad Hilton (99)       | 60.03 2015               |
| Torborg Jorddal (67)            | 60.19 1987               |
| Mari Hoff (68)                  | 60.33 1988               |
| Lene Hove (74)                  | 60.8 1989                |
| Bjørge Dombestein (Lofnes) (47) | 61.2 1969                |
| Berit Øvrebø (54)               | 61.2 1971                |
| Berit Sjø (53)                  | 61.2 1972                |
| (30)                            |                          |
| Brita Rommetveit (74)           | 61.49 1990               |
| Tone Hostvedt Aarthun (85)      | 61.53 2008               |
| Ragnhild Fjærestad (63)         | 61.4 1985                |
| Katrine Berg Nødtvedt (90)      | 61.63 2008               |

|                           |                        |
|---------------------------|------------------------|
| Mia Bjørlykke (97)        | 61.83 2014             |
| Julie Strøm (95)          | 61.96 2012             |
| Ingvild Berg Saksvik (82) | 61.9 2007 (62.09 2007) |
| Eline Beate Sandvik (89)  | 62.30 2005             |
| Cecilie Hjelle (78)       | 62.36 1994             |
| Marte Svahn Dæhlin (87)   | 62.56 2010             |
| (40)                      |                        |
| Natalie Sæterstøl (88)    | 62.73 2005             |

### 600m

|                                 |              |
|---------------------------------|--------------|
| Lena Indrebø (92)               | 1:35.56 2017 |
| Ida Kjelkenes (Vabø) (86)       | 1:38.26 2007 |
| Ingvild Berg Saksvik (82)       | 1:38.28 2007 |
| Christine Næsheim Bjørkvik (86) | 1:38.50 2010 |
| Frida Berge (94)                | 1:39.09 2011 |
| Mia Bjørlykke (97)              | 1:41.60 2014 |

### 800m

|                                 |              |
|---------------------------------|--------------|
| Ingvill Måkestad Bovim (81)     | 1:59.82 2010 |
| Ingrid Halvorsen Folvik (97)    | 2:10.55 2015 |
| Ingunn Nyhammer (67)            | 2:10.63 1986 |
| Ingrid Kristiansen (92)         | 2:10.67 2017 |
| Frida Berge (94)                | 2:11.21 2012 |
| Lene Hove (74)                  | 2:11.72 1990 |
| Lena Indrebø (92)               | 2:11.75 2014 |
| Ingvill Eimhjellen (Blom) (53)  | 2:12.7 1972  |
| Vilde Jakobsen Svortevik (94)   | 2:12.79 2013 |
| Karoline Finne (93)             | 2:13.07 2013 |
| (10)                            |              |
| Torborg Jorddal (67)            | 2:13.7 1988  |
| Ida Kjelkenes (Vabø) (86)       | 2:13.78 2010 |
| Sigrun Lillebø (Rysevik) (50)   | 2:13.9 1972  |
| Ingeborg Lind (90)              | 2:14.12 2012 |
| Hanne Kolle (Varden) (68)       | 2:16.34 1993 |
| Heidi Ann Bruknapp (91)         | 2:16.76 2011 |
| Solveig Lie Onstad (93)         | 2:16.82 2012 |
| Mona Karin Riisnes (66)         | 2:16.91 1989 |
| Eli Karin Pilskog (65)          | 2:17.01 1991 |
| Ingvild Berg Saksvik (82)       | 2:17.04 2007 |
| (20)                            |              |
| Berit Øvrebø (54)               | 2:17.1 1971  |
| Christine Næsheim Bjørkvik (86) | 2:18.40 2011 |
| Karoline Hellen Nilsson (88)    | 2:18.43 2011 |
| Mia Bjørlykke (97)              | 2:19.35 2014 |
| Berit Sjo (53)                  | 2:19.5 1972  |
| Tonje Svendsen (88)             | 2:20.43 2010 |
| Brita Rommetveit (74)           | 2:20.71 1991 |
| Katrine Haarklau (91)           | 2:20.79 2009 |



|                                |         |      |
|--------------------------------|---------|------|
| Torill Hermansen (66)          | 2:20.8  | 1987 |
| Julie Strøm (95)               | 2:21.74 | 2012 |
| (30)                           |         |      |
| Ragnhild Fjærestad (63)        | 2:22.2  | 1985 |
| Trine Vevle Westerheim (95)    | 2:22.20 | 2011 |
| Natalie Sæterstøl (88)         | 2:22.34 | 2005 |
| Julie Kristin Ness (83)        | 2:22.58 | 2007 |
| Mari Skar Manger (80)          | 2:23.04 | 2010 |
| Marte Svahn Dæhlin (87)        | 2:23.06 | 2011 |
| Anne Hansen (91)               | 2:23.62 | 2006 |
| Anne Indrebø (68)              | 2:23.9  | 1989 |
| Agnes Christine Gundersen (67) | 2:23.9  | 1990 |
| Gro Aileen Olsen (67)          | 2:24.5  | 1985 |
| (40)                           |         |      |

### 1000m

|                             |         |      |
|-----------------------------|---------|------|
| Ingvill Måkestad Bovim (81) | 2:39.65 | 2012 |
|-----------------------------|---------|------|

### 1500m

|                                |          |                     |
|--------------------------------|----------|---------------------|
| Ingvill Måkestad Bovim (81)    | 4:02.20  | 2010                |
| Frida Berge (94)               | 4:17.80  | 2016                |
| Ingrid Halvorsen Folvik (97)   | 4:19.20  | 2015                |
| Karoline Finne (93)            | 4:24.46  | 2014                |
| Ingeborg Lind (90)             | 4:26.85  | 2012                |
| Ingrid Kristiansen (92)        | 4:29.92  | 2017                |
| Ingunn Nyhammer (67)           | 4:36.1   | 1987                |
| Ida Kjelkenes (86)             | 4:38.79  | 2010                |
| Ingvill Eimhjellen (Blom) (53) | 4:39.4   | 1973                |
| Lena Indrebø (92)              | 4:43.57  | 2017                |
| (10)                           |          |                     |
| Torborg Jorddal (67)           | 4:45.6   | 1988                |
| Kjersti Fresvik (92)           | 4:46.85  | 2015                |
| Berit Øvrebø (54)              | 4:48.8   | 1971                |
| Julie Kristin Ness (83)        | 4:50.49  | 2007                |
| Wenche Nesse (Gjesdal) (65)    | 4:51.4   | 1989                |
| Ine Bakken (96)                | 4:52.17  | 2018                |
| Mari Skar Manger (80)          | 4:55.59  | 2008                |
| Synne Mala Visnes (94)         | 4:57.12  | 2010                |
| Trine Vevle Westerheim (95)    | 4:58.52i | 2011 (5:03.75) 2011 |
| Frida Burheim Sommervold (99)  | 4:59.20  | 2015                |
| (20)                           |          |                     |
| Ingvild Berg Saksvik (82)      | 4:59.39  | 2007                |
| Berit Sjø (53)                 | 5:01.2   | 1972                |
| +Johanna Sjøgren (Aggvin) (81) | 5:04.03  | 2010                |
| Natalie Sæterstøl (88)         | 5:04.49  | 2005                |
| Julie Strøm (95)               | 5:05.96  | 2012                |
| Nora Systad (93)               | 5:06.73  | 2009                |
| Rikke Johannesen (88)          | 5:07.05  | 2004                |

## Mile

Ingvill Måkestad Bovim (81) 4:28.49i 2010  
Frida Berge (94) 4:44.75i 2017

## 3000m

Ingvill Måkestad Bovim (81) 8:54.57 2010  
Ingeborg Lind (90) 9:29.95 2012  
Frida Berge (94) 9:30.22i 2017 (9:36.77 2012)  
Ingrid Halvorsen Folvik (97) 9:31.51 2016  
Karoline Finne (93) 9:42.52 2014  
Eli Anne Dvergsdal (91) 9:55.55 2017  
Kjersti Fresvik (92) 9:58.00 2015  
Ingunn Nyhammer (67) 10:07.48 1987  
Ine Bakken (96) 10:09.68 2018  
Lina Rivedal (87) 10:09.88 2018

(10)

Frida Burheim Sommervold (99) 10:19.59 2015  
Torborg Jorddal (67) 10:25.4 1987  
Ingrid Kristiansen (92) 10:25.80 2016  
Julie Kristin Ness (83) 10:28.92 2007  
Anne Kari Vikingstad (80) 10:30.80 2008  
Ingvill Eimhjellen (Blom) (53) 10:41.0 1972  
Wenche Nesse (Gjesdal) (65) 10:42.87 1990  
Andrea Boutera (94) 10:47.66 2018  
Mari Skar Manger (80) 10:50.36 2008  
Nora Systad (93) 10:55.94 2009

(20)

Ida Kjelkenes (86) 10:58.92 2006  
+Johanna (Sjögren) Aggvinn (81) 11:00.05 2010  
Vilde Bergset (94) 11:01.10 2014  
Natalie Sæterstøl (88) 11:10.38 2005  
+Christiane Tröbbe (81) 11:12.09 2008  
Kaja Morken (95) 11:12.13 2018  
Åshild Lunåshaug (84) 11:13.43 2008  
Berit Marie Skorpen (85) 11:13.82 2008

## 5000m

Frida Berge (94) 16:17.27 2014  
Ingrid Halvorsen Folvik (97) 16:41.65 2016  
Eli Anne Dvergsdal (91) 17:06.84 2015  
Ingeborg Lind (90) 17:11.63 2012  
Kjersti Fresvik (92) 17:18.97 2015  
Lina Rivedal (87) 17:32.02 2018  
Elise Selvikvåg Molvik (94) 18:04.84 2017  
Malene Liljedahl Njaastad (92) 18:28.90 2018  
Wenche Nesse (Gjesdal) (65) 18:34.4 1990

|                                |               |
|--------------------------------|---------------|
| Kathrine Rørtveit (92)<br>(10) | 19:28.48 2018 |
| Berit Marie Skorpen (85)       | 19:53.77 2007 |
| Mari Skar Manger (80)          | 20:06.71 2007 |
| Guro Ekroll Nyland (92)        | 20:31.11 2014 |

### 10000m

|                          |               |
|--------------------------|---------------|
| Eli Anne Dvergsdal (91)  | 34:52.28 2015 |
| Kjersti Fresvik (92)     | 36:01.50 2015 |
| Lina Rivedal (87)        | 37:13.1 2018  |
| Åshild Lunåshaug (84)    | 40:25.93 2008 |
| Berit Marie Skorpen (85) | 41:07.47 2008 |

### Halvmaraton

|                                |              |
|--------------------------------|--------------|
| Eli Anne Dvergsdal (91)        | 1:18.51 2016 |
| Kjersti Fresvik (92)           | 1:19.42 2016 |
| Ingeborg Lind (90)             | 1:22.27 2016 |
| Lina Rivedal (87)              | 1:23.37 2018 |
| Malene Liljedahl Njaastad (92) | 1:27.57 2018 |
| Guro Ekroll Nyland (92)        | 1:28.50 2015 |
| Anna Sofie Førre (96)          | 1:29.16 2016 |
| Kaja Morken (95)               | 1:29.18 2018 |
| Birgit Kverneland (90)         | 1:29.52 2015 |

### Maraton

|                                |              |
|--------------------------------|--------------|
| Kjersti Fresvik (92)           | 2:56.25 2018 |
| Lina Rivedal (87)              | 2:57.03 2018 |
| Trine Larsen (92)              | 3:10.58 2017 |
| +Johanna (Sjögren) Aggvin (81) | 3:21.41 2011 |
| Helen Martinsen (73)           | 3:23.20 2014 |
| Guro Ekroll Nyland (92)        | 3:25.35 2015 |
| Hanne Nøvik (82)               | 3:26.02 2011 |

### 24 timars løp

|                    |              |
|--------------------|--------------|
| Øyunn Bygstad (84) | 155610m 2015 |
|--------------------|--------------|

### 100m hekk

|                            |            |
|----------------------------|------------|
| +Naomi Van den Broeck (96) | 14.03 2017 |
| Katrine Haarklau (91)      | 14.28 2013 |
| Live Haugstad Hilton (99)  | 14.65 2017 |

|                                |            |
|--------------------------------|------------|
| Gro Aileen Olsen (67)          | 14.71 1985 |
| Brita Mehl Lode (00)           | 15.44 2018 |
| Anne Hansen (91)               | 16.79 2008 |
| Hildegunn Stoum (66)           | 16.96 1991 |
| Grete Skarbøvik Leira (52)     | 16.8 1971  |
| Unni S. Andersen (Hansen) (65) | 17.12 1985 |
| Tove Hille (55)                | 17.8 1972  |
| (10)                           |            |
| Gina Wisnes (83)               | 18.08 2001 |

### 200m hekk

|                                 |            |
|---------------------------------|------------|
| Vilde Jakobsen Svortevik (94)   | 26.94 2013 |
| +Naomi Van den Broeck (96)      | 27.13 2013 |
| Hanne Arstein (01)              | 28.12 2018 |
| Live Haugstad Hilton (99)       | 28.62 2017 |
| Anne Karin Skutle (Lyngbø) (63) | 28.5 1986  |
| Katrine Haarklau (91)           | 29.45 2008 |
| Gro Aileen Olsen (67)           | 29.4 1985  |
| Anne Hansen (91)                | 29.74 2007 |
| Solveig Lie Onstad (93)         | 30.02 2012 |
| Line Stokland Røthing (88)      | 31.11 2004 |
| (10)                            |            |
| Kari Kuvaas Herting (99)        | 31.62 2015 |
| Gry Magnussen (74)              | 31.8 1989  |
| Eline Beate Sandvik (89)        | 32.08 2004 |
| Aurora Sommerlade (00)          | 33.05 2015 |
| Tove Hille (55)                 | 33.8 1972  |
| Lene Hove (74)                  | 33.8 1989  |

### 300m hekk

|                               |            |
|-------------------------------|------------|
| Vilde Jakobsen Svortevik (94) | 40.96 2013 |
| Hanne Arstein (01)            | 43.46 2018 |
| Anne Hansen (91)              | 43.90 2010 |
| Eline Beate Sandvik (89)      | 46.03 2005 |
| Ingrid Sture (79)             | 46.37 1995 |
| Kari Kuvaas Herting (99)      | 47.53 2016 |
| Julie Strøm (95)              | 48.95 2012 |
| Line Stokland Røthing (88)    | 50.64 2004 |

### 400m hekk

|                                 |                        |
|---------------------------------|------------------------|
| Vilde Svortevik (94)            | 57.34 2012             |
| Anne Hansen (91)                | 62.75 2010             |
| Solveig Lie Onstad (93)         | 63.13 2012             |
| Anne Karin Skutle (Lyngbø) (63) | 63.8 1986 (65.10 1986) |
| Gro Aileen Olsen (67)           | 63.8 1986 (63.99 1985) |

|                                |            |
|--------------------------------|------------|
| Agnes Christine Gundersen (67) | 67.76 1990 |
| Mona Karin Riisnes (66)        | 69.46 1990 |
| Sarah Hovden Øvsthus (94)      | 70.37 2012 |
| Rikke Johannessen (88)         | 71.98 2006 |
| Julie Strøm (95)               | 72.48 2012 |

(10)

### 1500m hinder

|                        |              |
|------------------------|--------------|
| Frida Berge (94)       | 5:03.33 2010 |
| Nora Systad (93)       | 5:31.39 2009 |
| Rikke Johannessen (88) | 5:59.62 2004 |

### 2000m hinder

|                        |              |
|------------------------|--------------|
| Frida Berge (94)       | 6:50.15 2011 |
| Ingeborg Lind (90)     | 6:58.39 2011 |
| Solveig Onstad (93)    | 7:40.83 2012 |
| Nora Systad (93)       | 7:59.15 2010 |
| Julie Strøm (95)       | 8:11.29 2012 |
| Rikke Johannessen (88) | 8:27.56 2006 |

### 3000m hinder

|                                |               |
|--------------------------------|---------------|
| Frida Berge (94)               | 9:56.79 2016  |
| Ingeborg Lind (90)             | 10:56.15 2011 |
| +Johanna (Sjögren) Aggvin (81) | 12:16.09 2009 |
| Ida Kjelkenes (86)             | 13:34.38 2008 |

### Høgde

|                                |                        |
|--------------------------------|------------------------|
| Julie Woie Flølo (99)          | 1.64i 2015 (1.60 2016) |
| Christine Gulbrandsen (77)     | 1.62i 1998 (1.60 1998) |
| Katrine Haarklau (91)          | 1.61i 2013 (1.60 2010) |
| Brita Mehl Lode (00)           | 1.60 2015              |
| Gro Aileen Olsen (67)          | 1.55i 1985 (1.49 1988) |
| Hanne Arstein (01)             | 1.54 2018              |
| +Naomi Van den Broeck (96)     | 1.53 2015              |
| Agnes Christine Gundersen (67) | 1.50 1988              |
| Anne Hansen (91)               | 1.50 2007              |
| Grete Skarbøvik Leira (52)     | 1.48 1971              |
| (10)                           |                        |
| Hildegunn Stoum (66)           | 1.48 1991              |
| Grete Håheim (52)              | 1.45 1970              |
| Gry Cecilie Magnussen (74)     | 1.45 1989              |
| Tiril Tresselt (98)            | 1.45 2013              |

### Høgde u/t

|                      |           |
|----------------------|-----------|
| Brita Mehl Lode (00) | 1.36 2017 |
|----------------------|-----------|

|                               |           |
|-------------------------------|-----------|
| Katrine Haarklau (91)         | 1.35 2008 |
| Julie Woie Flølo (99)         | 1.27 2015 |
| Aurora Sophie Sommerlade (00) | 1.25 2014 |
| Gry Cecilie Magnussen (74)    | 1.23 1988 |
| +Naomi Van den Broeck (96)    | 1.23 2010 |
| Live Haugstad Hilton (99)     | 1.22 2013 |
| Lene Hove (74)                | 1.20 1988 |
| Elisabeth Oma (79)            | 1.20 1995 |
| Natalie Sæterstøl (88)        | 1.20 2005 |
| (10)                          |           |
| Hanne Arstein (01)            | 1.20 2017 |
| Live Haugstad Hilton (99)     | 1.18 2016 |
| Kristin Mellingen (82)        | 1.15 1999 |
| Annette Holmedal (93)         | 1.15 2007 |

### Stav

|                            |                        |
|----------------------------|------------------------|
| Katrine Haarklau (91)      | 4.35 2013              |
| Paula Llano (95)           | 3.81 2012              |
| Christine Gulbrandsen (77) | 3.68 2000              |
| Tuva Vika Tholo (00)       | 2.90 2016              |
| Solveig Bygstad (92)       | 2.86i 2008 (2.85 2007) |
| Gina Wisnes (83)           | 2.81 1999              |
| Helene Hofstad (91)        | 2.70 2007              |
| Julie Woie Flølo (99)      | 2.51i 2015             |
| Anne Hansen (91)           | 2.05 2009              |
| Hilde Hofstad (88)         | 2.03i 2003             |
| (10)                       |                        |

### Lengde

|                                 |                        |
|---------------------------------|------------------------|
| Live Haugstad Hilton (99)       | 6.14 2017              |
| +Naomi Van den Broeck (96)      | 5.97 2015              |
| Christine Gulbrandsen (77)      | 5.94 1999              |
| Anne Irene Haugland (68)        | 5.77 1991              |
| Gro Aileen Olsen (67)           | 5.69 1985              |
| Anne Karin Skutle (Lyngbø) (63) | 5.69 1986              |
| Tanja Halhjem (81)              | 5.55 1998              |
| Katrine Haarklau (91)           | 5.54 2010              |
| Anne Hansen (91)                | 5.47i 2008 (5.33 2006) |
| Julie Woie Flølo (99)           | 5.39 2016              |
| (10)                            |                        |
| Gry Magnussen (74)              | 5.25 1989              |
| Sigrid Brurås Vandvik (90)      | 5.24 2007              |
| Hanne Arstein (01)              | 5.24 2017              |
| Eline Beate Sandvik (89)        | 5.18 2005              |
| Mona Karin Riisnes (66)         | 5.12 1989              |
| Regine Sæterstøl (85)           | 5.10 2001              |
| Rachel Ombeni (01)              | 5.09 2018              |

|                                |                        |
|--------------------------------|------------------------|
| Agnes Christine Gundersen (67) | 5.06 1988              |
| Grethe Håheim (52)             | 5.05 1971              |
| Hege Almhjell (68)             | 5.05 1991              |
| (20)                           |                        |
| Brita Mehl Lode (00)           | 5.03 2015              |
| Malin Blomberg (93)            | 5.02 2008              |
| Ann Marit Kleive (Holmøy) (68) | 4.96 1989              |
| Solveig Bygstad (92)           | 4.94 2008              |
| Katrine Berg Nødtvedt (90)     | 4.93 2008              |
| Stine Elise Berem (89)         | 4.91i 2006 (4.88 2006) |
| Line Stokland Røthing (88)     | 4.90i 2005 (4.75 2005) |
| Grete Skarbøvik Leira (52)     | 4.88 1971              |
| Tove Hille (55)                | 4.86 1972              |
| Gro Kristensen (52)            | 4.85 1972              |
| (30)                           |                        |
| Karina Larsen (88)             | 4.82 2003              |
| Helene Hofstad (91)            | 4.81 2010              |
| Cecilie Hjelle (78)            | 4.76 1995              |
| Kristin Mellingen (82)         | 4.73 1997              |

### Lengde u/t

|                                |           |
|--------------------------------|-----------|
| Vilde Svortevik (94)           | 2.72 2013 |
| Eli Karin Pilskog (65)         | 2.64 1991 |
| Ingrid Sture (79)              | 2.63 1995 |
| Ann Marit Kleive (Holmøy)(68)  | 2.61 1988 |
| Sølvi Olsen (Meinseth) (67)    | 2.59 1988 |
| Agnes Christine Gundersen (67) | 2.57 1988 |
| Line Stokland Røthing (88)     | 2.55 2005 |
| +Naomi van den Broeck (96)     | 2.53 2013 |
| Live Haugstad Hilton (99)      | 2.51 2016 |
| Hilde Markhus (Weir) (68)      | 2.50 1989 |
| (10)                           |           |
| Tanja Halhjem (82)             | 2.47 1999 |
| Anne Hansen (91)               | 2.47 2008 |
| Katrine Haarklau (91)          | 2.44 2007 |
| Regine Sæterstøl (85)          | 2.40 2000 |
| Dagny Våland ()                | 2.39 1948 |
| Sigrid Vandvik (90)            | 2.39 2008 |
| Hilde Gundersen (74)           | 2.38 2002 |
| Rachel Ombeni (01)             | 2.35 2017 |
| Lene Hove (74)                 | 2.33 1988 |
| (20)                           |           |
| Marianne Valen Eide (78)       | 2.33 1995 |
| Gry Cecilie Magnussen (74)     | 2.32 1988 |

### Tresteg

|                            |            |
|----------------------------|------------|
| Christine Gulbrandsen (77) | 13.14 1999 |
| Anne Irene Haugland (68)   | 12.63 1992 |

|                            |            |
|----------------------------|------------|
| Julie Woie Flølo (99)      | 12.11 2016 |
| Rachel Ombeni (01)         | 11.69 2018 |
| Tanja Halhjem (81)         | 11.67 1998 |
| Line Stokland Røthing (88) | 10.96 2006 |
| Solveig Bygstad (92)       | 10.80 2008 |
| Anne Hansen (91)           | 10.69 2006 |
| Cecilie Hjelle (78)        | 10.67 1995 |
| Eline Beate Sandvik (89)   | 10.44 2004 |
| (10)                       |            |
| Kristin Mellingen (82)     | 10.34 1999 |
| Regine Sæterstøl (85)      | 10.04 2000 |
| Ingrid Sture (79)          | 9.95 1995  |
| Tone Hostvedt Aarthun (85) | 9.90 2008  |
| Live Haugstad Hilton (99)  | 9.84 2015  |
| Hilde Gundersen (74)       | 9.83 2005  |
| Kari Kuvaas Herting (99)   | 9.82i 2014 |
| Eline Sandnes Fosse (98)   | 9.80 2013  |
| Eva Moldestad (02)         | 9.70 2018  |
| Tuva Andersen (00)         | 9.66 2015  |
| (20)                       |            |
| Heidi Ann Bruknapp (91)    | 9.64 2010  |
| Natalie Sæterstøl (88)     | 9.60 2003  |
| Linn C. Karlsen (78)       | 9.54 1995  |
| Marianne Valen Eide (78)   | 9.53 1996  |

### Tresteg u/t

|                            |           |
|----------------------------|-----------|
| +Naomi Van den Broeck (96) | 7.91 2015 |
| Anne Hansen (91)           | 7.15 2008 |
| Tuva Vika Tholo (00)       | 6.66 2015 |
| Oda Myklebust (01)         | 6.30 2015 |

### Kule

|                             |                          |
|-----------------------------|--------------------------|
| Katrine Haarklau (91)       | 13.35 2013               |
| Julie Woie Flølo (99)       | 12.36 2018               |
| Anne Sofie Dreyer Skre (66) | 12.28 1987               |
| Marit Rinnan (65)           | 11.86 1991               |
| +Naomi Van den Broeck (96)  | 10.87 2015               |
| Hilde Markhus (Weir) (68)   | 10.84 1990               |
| Hildegunn Stoum (66)        | 10.67 1991               |
| Gina Wisnes (83)            | 10.59 2001               |
| Beatrice Llano (97)         | 10.49 2012               |
| Paula Llano (95)            | 10.32i 2012 (9.98 2012)  |
| (10)                        |                          |
| Brita Mehl Lode (00)        | 10.28 2018               |
| Reidun Aske (51)            | 10.21 1972 (10.75* 1972) |
| Siren Samdal (71)           | 10.08 1987               |
| Oda Marie Myklebust (01)    | 10.03 2018               |
| Heidi Ann Bruknapp (91)     | 9.71 2009                |



|                            |       |                  |
|----------------------------|-------|------------------|
| Grete Skarbøvik Leira (52) | 9.70  | 1971             |
| Marte Tuft (94)            | 9.68i | 2010             |
| Gro Aileen Olsen (67)      | 9.59  | 1988             |
| Christine Gulbrandsen (77) | 9.58i | 1998 (9.50 1997) |
| Silje Tuft (88)            | 9.42  | 2006             |
| (20)                       |       |                  |
| Vibeke Jansen (73)         | 9.30  | 1989             |
| Lilit Mekertjan (89)       | 9.18  | 2007             |
| Karin Fonn (64)            | 8.98  | 1986             |
| Stine Elise Berem (89)     | 8.92  | 2005             |
| Marianne Valen Eide (78)   | 8.83  | 1996             |

### Diskos

|                                |       |      |
|--------------------------------|-------|------|
| Marit Rinnan (65)              | 49.52 | 1989 |
| Hilde Markhus (Weir)(68)       | 45.88 | 1991 |
| Hedda Hauge Aasgård (01)       | 40.61 | 2018 |
| Oda Marie Myklebust (01)       | 38.31 | 2017 |
| Anne Sofie Dreyer Skre (66)    | 33.62 | 1987 |
| Beatrice Llano (97)            | 32.60 | 2012 |
| Reidun Aske (51)               | 31.38 | 1972 |
| Katrine Haarklau (91)          | 29.82 | 2010 |
| Ann Marit Kleive Holmøy (68)   | 28.64 | 1991 |
| Silje Tuft (88)                | 27.67 | 2006 |
| (10)                           |       |      |
| Gina Wisnes (82)               | 27.23 | 2002 |
| Helene Hofstad (91)            | 26.69 | 2009 |
| Vibeke Jansen (73)             | 26.44 | 1994 |
| Gry Cecilie Magnussen (74)     | 25.64 | 1989 |
| Agnes Christine Gundersen (67) | 24.78 | 1989 |
| May-Britt Karlsen (56)         | 24.70 | 1996 |

### Slegge

|                          |       |      |
|--------------------------|-------|------|
| Beatrice Llano (97)      | 57.43 | 2012 |
| Veronica Juvik (74)      | 54.09 | 1998 |
| Oda Marie Myklebust (01) | 51.02 | 2018 |
| Helene Hofstad (91)      | 50.68 | 2010 |
| Hedda Hauge Aasgård (01) | 48.62 | 2018 |
| Tiril Tresselt (98)      | 34.57 | 2014 |
| Kjersti Ytrehus (87)     | 32.85 | 2004 |
| Katrine Haarklau (91)    | 31.20 | 2014 |
| Paula Llano (95)         | 28.23 | 2012 |
| Vibeke Sletten (86)      | 26.03 | 2003 |
| (10)                     |       |      |
| Astrid Storum (82)       | 22.71 | 1998 |
| Gina Wisnes (83)         | 22.32 | 2001 |
| Silje Tuft (88)          | 20.19 | 2003 |

### Spyd (gammalt)

|                             |            |
|-----------------------------|------------|
| Gro Aileen Olsen (67)       | 35.24 1986 |
| Marianne Valen Eide (78)    | 34.72 1996 |
| Grete Skarbøvik Leira (52)  | 34.64 1971 |
| Anne Sofie Dreyer Skre (66) | 33.60 1987 |
| Hildegunn Stoum (66)        | 29.42 1991 |
| Vibeke Jansen (73)          | 29.14 1994 |
| Brita Rommetveit (74)       | 28.84 1994 |
| Gry Cecilie Magnussen (74)  | 27.20 1989 |

### **Spyd (nytt)**

|                            |            |
|----------------------------|------------|
| Katrine Haarklau (91)      | 49.56 2013 |
| Julie Woie Flølo (99)      | 43.96 2018 |
| Brita Mehl Lode (00)       | 36.17 2018 |
| Silje Tuft (88)            | 31.80 2004 |
| Emilie Berem (93)          | 29.64 2009 |
| +Naomi Van den Broeck (96) | 27.75 2015 |
| Marte Tuft (94)            | 27.42 2010 |
| Solveig Lie Onstad (93)    | 26.78 2012 |
| Gina Wisnes (83)           | 26.28 2001 |
| May-Britt Karlsen (56)     | 24.26 2000 |
| (10)                       |            |

### **7-kamp**

|                            |   |
|----------------------------|---|
| Katrine Haarklau (91)      | 5374 2013 (14.28-1.55-13.35-26.13/5.17-47.58-2:21.67) |
| +Naomi Van den Broeck (96) | 4904 2015 (14.26-1.47-10.43-24.99/5.97-27.75-2:33.17) |
| Hildegunn Stoum (66)       | 3664 1991 (16.96-1.48-10.65-30.95/4.57-28.82-2:39.97) |
| Gina Wisnes (83)           | 2739 2001 (18.60-1.25-10.40-30.72/3.86-25.28-3:07.40) |