

## IL Fri: Alle tiders beste utendørs 1929-2020

## Gutter 13-19 år

pr. 31.12.2020 (oppdatert 05.04.2021)

## 3000m gutter 19 år

8:33.31	(9)	Jonny Andersen	(75)	Fana	07.09.1994
8:39.75	(2)J	Lars Nesbø Bakke	(89)	Prestfoss	29.08.2008
8:54.2	(1)B	Roy Åge Thunestvedt	(55)	Bergen/Sk	18.06.1974
8:56.77	(1)J	Kurt Roar Olsen	(65)	Fana	26.06.1984
9:04.6		Torgeir Markhus	(61)		.1980
9:08.6		Jan Frode Seim	(59)	Oslo/St	03.07.1978
9:10.9	(1)J	Geir Arne Ivarsflaten	(59)	Ytre Arna	11.06.1978
9:13.5	(1)J	Alv Ole Esperås	(68)	Knarvik	08.07.1987
9:18.8		Steinar Daltveit	(58)		.1977
9:18.85	(9)U	Christopher Ullrich (GER)	(88)	Lillehammer	23.06.2007
		(10)			
9:21.49	(4)J	Inge Mjelde	(64)	Voss	27.08.1983
9:27.31	(4)J	Morten Tangen	(68)	Odda	31.05.1987
9:29.0	(7)	Bjarne Nesse	(36)	Bergen/Sk	08.09.1955
9:29.4	(17)	Geir Atle Mjelde	(61)	Fana	15.07.1980
9:30.2	(2)J	Sigbjørn Tørheim	(67)	Fana	24.07.1986
9:30.57	(18)J	Andreas Vågen	(00)	Jessheim	06.09.2019
9:31.4		Geir Nordbø	(62)		.1981
9:39.09	(19)	Jarle Vikør Ekanger	(84)	Fana	20.05.2003
9:49.0	(3)	Gerhard Thunestvedt	(29)	Nesttun	09.09.1948
9:57.0	(4)J	Leif Karlisen	(16)	Nesttun	04.08.1935
		(20)			

## 3000m gutter 18 år

8:35.54	(17)	Lars Nesbø Bakke	(89)	Stavanger/St	13.06.2007
8:44.0	(6)A	Torgeir Markhus	(61)	Fana	04.07.1979
8:50.41	(4)a	Jonny Andersen	(75)	Trondheim/Le	15.08.1993
8:59.8	(1)	Hans Alfred Unneland	(58)	Hønefoss	12.09.1976
8:59.8	(1)	Hans Alfred Unneland	(58)	Hønefoss	12.09.1976
9:02.42	(2)J	Espen Joensen	(92)	Fana	06.06.2010
9:03.30	(3)	Jaad Orten	(92)	Fana	29.09.2010
9:05.2		Arne Bjørndal	(59)		.1977
9:06.4		Jan Magne Skjoldal	(50)		.1968
9:07.4		Roy Åge Thunestvedt	(55)		.1973
		(10)			
9:09.5		Geir Arne Ivarsflaten	(59)		.1977
9:10.0	(2)J	Kurt Roar Olsen	(65)	Fana	24.06.1983
9:13.4	(19)	Geir Atle Mjelde	(61)	Fana	10.10.1979
9:14.1		Jørn Unneland	(60)	Bergen/Kr	19.07.1978
9:16.2	(4)a	Morten Tangen	(68)	Odda	31.08.1986
9:17.83	(12)J	Christopher Ullrich (GER)	(88)	Byrkjelo	25.08.2006
9:24.6		John Brattåker	(53)		.1971
9:26.40	(9)	Andreas Vågen	(00)	Lillehammer	23.06.2018
9:27.0		Steinar Daltveit	(58)		.1976
9:27.20	(14)	Jan Ove Landøy	(69)	Fana	04.06.1987
		(20)			
9:30.0		Bjørn Mjelde	(63)		.1981
9:33.2		Jan Frode Seim	(59)		.1977
9:33.8		Arild Røen	(58)		.1976
9:35.4	(7)a	Vidar Skulstad	(65)	Fana	24.06.1983
9:39.72	(4)J	Alv Ole Esperås	(68)	Fana	26.06.1986
9:45.46	(6)J	Frank R. Olsen	(68)	Fana	26.06.1986
9:48.16	(26)a	Geir Thunestvedt	(67)	Nadderud	22.06.1985
9:55.38	(7)J	Helge Iversen	(68)	Fana	26.06.1986
10:05.4		Trond Olav Vassdal	(57)		.1975
10:09.23	(12)a	Jarle Vikør Ekanger	(84)	Lillehammer	29.06.2002
		(30)			

## 3000m gutter 17 år

8:27.0	(7)A	Lars Ove Strømø	(63)	Fana	02.09.1980
8:54.00	(3)J	Lars Nesbø Bakke	(89)	Lillehammer	24.06.2006
8:55.3	(1)	Torgeir Markhus	(61)	Oslo/St	26.08.1978
8:55.56	(9)aA	Åge Førland	(68)	Nadderud	22.06.1985
8:56.38	(1)J	Erik Iden	(69)	Fana	26.06.1986
9:02.72	(1)b	Jaad Orten	(92)	Strandebarm	05.07.2009
9:08.0	(7)B	Hans Alfred Unneland	(58)	Fana	15.07.1975
9:09.70	(12)a	Jonny Andersen	(75)	Haugesund	01.08.1992
9:12.5	(3)a	Jan Magne Skjoldal	(50)	Byrkjelo	20.08.1967
9:13.5		Jørn Unneland	(60)		.1977
		(10)			

IL Fri: Alle tiders beste utendørs - 1929-2020

9:14.6	(4)b	Jan Ove Landøy	(69)	Odda	31.08.1986
9:19.6	(4)	Vinjar Dalseid	(74)	Fana	09.07.1991
9:19.8		John Brattåker	(53)		.1970
9:21.52	(15)B	Andreas Vågen	(00)	Oslo/Bi	06.08.2017
9:21.6		Roy Åge Thunestvedt	(55)		.1972
9:25.0		Arne Bjørndal	(59)		.1976
9:25.2		Geir Arne Ivarsflaten	(59)		.1976
9:30.4	(1)b	Bjørn Mjelde	(63)	Fana	21.09.1980
9:38.24	(1)b	Christopher Ullrich (GER)	(88)	Fana	05.06.2005
9:39.12	(9)b	Geir Thunestvedt	(67)	Fana	09.09.1984
		(20)			
9:42.4	(7)b	Morten Tangen	(68)	Leirvik	08.09.1985
9:43.88	(4)J	Kurt Roar Olsen	(65)	Fana	24.08.1982
9:49.2	(7)J	Per Bjørgås	(54)	Ytre Arna	31.07.1971
9:49.2		Trond Bjerke	(58)		.1975
9:50.52	(10)b	Sigbjørn Torheim	(67)	Fana	09.09.1984
9:51.6		Steinar Daltveit	(58)		.1975
9:54.58	(1)b	Torstein Olai Leiren Mastervik	(03)	Hatland	21.09.2020
9:55.4		Trond Olav Vassdal	(57)		.1974
9:57.0		Jan Frode Seim	(59)		.1976
10:03.1		Vidar Skulstad	(65)	Odda	05.09.1982
		(30)			
10:07.5		Ove Leon Låstad	(63)		.1980
<b>Uklart resultat:</b>					
9:55.0		Trond Olav Vassdal	(57)		.1974
<b>3000m gutter 16 år</b>					
8:35.4	(3)a	Lars Ove Strømø	(63)	Fana	01.09.1979
9:10.03	(5)c	Jaad Orten	(92)	Prestfoss	31.08.2008
9:10.09	(19)	Erik Iden	(69)	Fana	06.06.1985
9:11.81	(7)A	Andreas Vågen	(00)	Fana	05.06.2016
9:14.84	(6)c	Vinjar Dalseid	(74)	Fana	18.08.1990
9:15.8	( )	Hans Alfred Unneland	(58)		.1974
9:16.07	(5)c	Jonny Andersen	(75)	Lisleby	18.08.1991
9:22.1		Torgeir Markhus	(61)		.1977
9:27.1	(7)B	Åge Førland	(68)	Fana	06.06.1984
9:35.4		Geir Arne Ivarsflaten	(59)		.1975
		(10)			
9:35.4		Arne Bjørndal	(59)		.1975
9:37.86	(2)c	Jan Ove Landøy	(69)	Fana	12.06.1985
9:40.88	(19)	Endre Lilletvedt	(75)	Fana	14.08.1991
9:41.2		Jan Frode Seim	(59)		.1975
9:42.5		Ronny Legreid	(65)	Oslo/Bi	10.06.1981
9:48.9		Steinar Daltveit	(58)		.1974
9:50.2		Ove Leon Låstad	(63)	Fana	10.10.1979
9:55.97	(12)B	Asbjørn Arnesen	(80)	Fana	03.07.1996
10:01.6		Kurt Roar Olsen	(65)		.1981
10:08.7		Kåre Bjørn Voldsund	(68)	Fana	13.06.1984
		(20)			
10:19.8		Leif Frode Herland	(62)	Fana	10.09.1978
10:21.5		Geir Nordbø	(62)	Oslo/St	16/17.06.1978
<b>3000m gutter 15 år</b>					
9:05.29	(3)d	Frode Hauken	(70)	Fana	24.08.1985
9:23.5	(9)	Ronny Legreid	(65)	Fana	10.10.1980
9:25.82	(1)	Sondre Brattabø	(05)	Indre Arna	14.10.2020
9:26.55	(2)d	Åge Førland	(68)	Fana	15.06.1983
9:27.15	(2)d	Vinjar Dalseid	(74)	Odda	09.09.1989
9:36.4	(10)B	Erik Iden	(69)	Fana	06.06.1984
9:39.4	( )	Geir Arne Ivarsflaten	(59)		.1974
9:45.44	(5)d	Jan Ove Landøy	(69)	Fana	08.09.1984
10:02.2		Steinar Daltveit	(58)		.1973
10:18.0		Trond Litsheim	(58)		.1973
		(10)			
10:19.4		Ove Leon Låstad	(63)	Oslo/St	26.08.1978
10:25.2		Bjørn Mjelde	(63)	Oslo/St	16/17.06.1978
10:25.9		Roar Takvam	(63)	Oslo/St	16/17.06.1978
10:34.5		Kurt Roar Olsen	(65)		.1980
<b>3000m gutter 14 år</b>					
9:53.1	(1)e	Sondre Brattabø	(05)	Hatland	13.05.2019