

**IL Fri: Alle tiders beste utendørs - 1929-2020****10000m kvinner senior (50:00.00/50:00.0)**

32:57.3	(6)	Bente Landøy	(72)	Watford, GBR	22.07.2000
36:43.35	(3)	Helene Pemmer	(71)	Askim	10.08.2007
36:53.16	(3)	Irene Gulli	(57)	Ravnanger	31.07.1998
37:46.97	(1)	Nora Midttun	(01)	Indre Arna	15.10.2019
39:20.9	(1)E	Elise Orten	(64)	Hatland	25.10.2008
40:45.3	(1)	Astrid Helene Haldorsen Eide (Olafsdottir)	(64)	Espeland	16.09.1985
42:13.7	(2)	Anne Kristin Iversen	(69)	Espeland	16.09.1985
43:02.68	(2)	Marit Iden	(63)	Fana	22.09.2010