

IL Fri: Alle tiders beste utendørs - 1929-2020

3000m kvinner senior (13:00.00/13:00.0)

9:12.24	(1)	Bente Landøy	(72)	Göteborg, SWE	03.08.2000
10:20.68	(9)J	Nora Midttun	(01)	Prestfoss	25.08.2019
10:26.60	(1)E	Irene Gulli	(57)	Ulvik	05.07.1998
10:28.52	(1)	Vigdis Gaupholm Reigstad	(73)	Indre Arna	13.08.2018
10:29.2	(1)	Berit Karin Vik	(57)	Åstveit	31.05.1974
10:31.2	(1)c	Ingrid Brattabø	(03)	Hatland	23.09.2019
10:32.86	(2)	Siv Merete Voldsund	(67)	Fana	23.05.1984
10:40.23	(1)J	Anne Kristin Iversen	(69)	Fana	26.08.1986
10:40.95	(1)b	Line Rosvold	(69)	Raufoss	06.09.1986
10:44.70	(4)	Helene Pemmer	(71)	Fana	03.06.2007
		(10)			
11:04.47	(1)	Åsta Hansen	(54)	Fana	13.05.1993
11:06.1	(2)	Astrid Helene Haldorsen Eide (Olafsdottir)	(64)	Fana	24.07.1985
11:12.68	(8)	Elise Orten	(64)	Fana	15.06.2008
11:19.66	(10)B	Liv Kjersti Eikeland	(79)	Fana	31.07.1996
11:20.0	(2)	Ingunn Gatland Jacobsen	(67)	Fana	25.08.1987
11:30.98	(4)	Christel Jansen	(67)	Fana	03.06.1986
11:38.29	(4)	Vibecke Gatland Jacobsen	(74)	Fana	30.05.1989
11:40.18	(1)	Amalie Joensen	(96)	Indre Arna	14.05.2014
11:40.88	(1)b	Celine Visted	(76)	Haukås	12.09.1993
12:24.60	(1)D	Marianne Nesbø Adland	(69)	Fana	07.08.2007
		(20)			
12:38.3		Ann Kristin Herland	(60)	Oslo/St	17.06.1978
12:47.08	(2)	Ida Marie Erslund	(90)	Indre Arna	06.09.2017
12:48.94	(1)	Sissel Bjørke	(63)	Fana	24.09.2014