

IL Fri: Alle tiders beste utendørs - 1929-2020

10000m menn senior (40:00.00/40:00.0)

29:46.0	(1)	Johannes Rosvold	(66)	Trondheim/Le	08.09.1990
30:20.4	(15)	Tor Vevle	(40)	Larvik/Lo	12.08.1979
31:16.41	(1)	Lars Nesbø Bakke	(89)	Fana	27.06.2007
31:20.63	(7)A	Brigt Strømmen	(59)	Oslo/Bi	04.09.1986
31:56.4	(2)D	Terje Søilen	(49)	Trondheim/Le	30.07.1988
32:00.37	(4)	Torgils Fossen	(70)	Fana	12.08.1998
32:32.6	(5)	Hein Rune Skjoldal	(48)	Bergen/Kr	26.09.1972
33:15.02	(4)	Robert Gulbrandsen	(70)	Fana	12.09.2007
33:40.82	(2)	Øyvind Loftås	(80)	Indre Arna	15.10.2019
33:50.03	(3)	Christopher Ullrich (GER)	(88)	Fana	17.09.2008
		(10)			
34:54.13	(4)	Alv Ole Esperås	(68)	Fana	17.09.2008
35:08.0	(1)	Harry Tunestveit	(43)	Espeland	.10.1967
35:34.8	(3)	Jan Vidar Akselberg	(73)	Hatland	25.10.2008
35:39.43	(4)	Stig Atle Eide	(69)	Fana	16.09.2009
35:43.8	(1)	Jan Frode Seim	(59)	Hatland	24.10.2009
35:50.8		Bjarne Nesse	(36)		.1964
36:27.4	(5)	Leif Karlsen	(16)	Nesttun	07.07.1951
36:29.47	(2)E	Erik Iden	(69)	Indre Arna	28.09.2011
36:53.16	(2)J	Espen Joensen	(92)	Indre Arna	28.09.2011
37:29.27	(2)	Rune Gullachsen	(72)	Indre Arna	19.10.2013
		(20)			
37:48.03	(6)	Christer Sælen	(81)	Indre Arna	15.10.2019
37:51.79	(5)	Marius Kalsås Worren	(88)	Fana	22.09.2010
39:29.55	(3)J	Trond Erik Søilen Storebø	(96)	Indre Arna	28.09.2011