

IL Fri: Alle tiders beste utendørs - 1929-2020

1000m menn senior (2:50.00/2:50.0)

2:28.2	(1)	Lars Ove Strømø	(63)	Fana	06.10.1981
2:29.8	(1)A	Geir Nordbø	(62)	Fana	10.08.1983
2:30.44	(7)	Jonny Andersen	(75)	Florø	27.05.1995
2:32.59	(3)	Ove Leon Låstad	(63)	Fana	19.08.1986
2:33.6	(5)	Jan Frode Seim	(59)	Fana	01.10.1982
2:33.80	(2)U	Jarle Lødemel	(78)	Ravnanger	05.06.1999
2:33.9	(2)	Kurt Roar Olsen	(65)	Voss	13.06.1990
2:34.3	(6)A	Ronny Legreid	(65)	Fana	10.08.1983
2:34.5	(3)	Ole Morten Fadnes	(73)	Voss	13.06.1990
2:34.5	(4)	Morten Tangen	(68)	Voss	13.06.1990
		(10)			
2:35.6	(6)	Brigt Strømmen	(59)	Fana	01.10.1982
2:35.72	(9)	Harald Dyingen	(60)	Fana	19.08.1986
2:36.5		Tor Vevle	(40)	Bergen/Sk	11.07.1979
2:37.0		Geir Atle Mjelde	(61)		.1982
2:37.0	(5)	Vinjar Dalseid	(74)	Voss	13.06.1990
2:37.1		Trond Reigstad	(63)		.1982
2:40.0	(1)b	Ronny Legreid	(65)	Knarvik	26.09.1982
2:40.99	(1)J	Lars Nesbø Bakke	(89)	Hatland	05.10.2008
2:41.27	(1)c	Jaad Orten	(92)	Hatland	05.10.2008
2:41.59	(2)	Torgils Fossen	(70)	Braunschweig, GER	28.08.2001
		(20)			
2:41.6		Torgeir Markhus	(61)	Bergen/Sk	06.10.1978
2:42.3		John Brattåker	(53)		.1971
2:43.0	(1)b	Jan Magne Skjoldal	(50)	Bergen/Sk	27.07.1967
2:43.0	(2)b	Åge Førland	(68)	Fana	28.08.1985
2:43.8		Jostein Rønhovde	(59)		.1974
2:44.0		Arvid Borge	(53)		.1971
2:45.7	(2)	Endre Lilletvedt	(75)	Fana	09.07.1991
2:45.8	(2)a	Sigbjørn Torheim	(67)	Fana	28.08.1985
2:46.0	(1)e	Frode Hauken	(70)	Knarvik	23.09.1984
2:46.5	(1)J	Hans Norvald Lie	(75)	Ågotnes	25.08.1995
		(30)			
2:46.9		Arne Bjørndal	(59)		.1977
2:48.1		Harry Tunestveit	(43)	Espeland	.1961
2:48.1	(2)d	Rune Kvam	(67)	Fana	16.09.1982
2:48.7	(1)e	Tore Gatland Jacobsen	(69)	Fana	27.05.1983
2:49.1		Geir Arne Ivarsflaten	(59)		.1975
2:49.1	(7)B	Svein Erik Hjortland	(65)	Fana	10.08.1983
2:49.4	(1)d	Erik Iden	(69)	Knarvik	23.09.1984
2:49.6		Åge Midtun	(50)		.1968