

IL Fri: Alle tiders beste utendørs - 1929-2020**1 mile (1609.344m) menn senior (5:00.00/5:00.0)**

3:59.10	(6)	Lars Ove Strømø	(63)	Koblenz, GER	28.08.1985
4:19.06	(13)	Tor Vevle	(40)	Fana	24.08.1982
4:20.40	(15)	Geir Nordbø	(62)	Fana	24.08.1982
4:20.95	(12)	Torgeir Markhus	(61)	Fana	16.08.1983
4:21.42	(16)	Jan Frode Seim	(59)	Fana	24.08.1982
4:49.8	(3)	Leif Karlsen	(16)	Bergen/Br	29.08.1938
4:55.45	(2)B	Christer Sælen	(81)	Indre Arna	12.08.2020

2000m menn senior (6:30.00/6:30.0)

5:39.04	(1)	Lars Nesbø Bakke	(89)	Fana	17.09.2006
5:45.61	(1)	Torgils Fossen	(70)	Haukås	28.05.1997
5:52.87	(2)c	Jaad Orten	(92)	Fana	01.06.2008
5:54.2	(1)	Kurt Roar Olsen	(65)	Odda	19.09.1991
5:55.97	(2)J	Espen Joensen	(92)	Fana	02.05.2010
5:59.5	(1)J	Geir Nordbø	(62)	Espeland	26.08.1981
6:03.75	(3)J	Christopher Ullrich (GER)	(88)	Fana	17.09.2006
6:05.06	(3)d	Andreas Vågen	(00)	Oslo/Bi	09.08.2015
6:06.25	(10)d	Tobias Svendheim	(04)	Jessheim	08.09.2019
6:09.1		Torgeir Markhus	(61)		.1977
6:09.1		Jan Frode Seim	(59)		.1977
6:11.44	(1)a	Sigbjørn Tørheim	(67)	Ravnanger	25.09.1985
6:11.97	(1)d	Asbjørn Arnesen	(80)	Knarvik	09.09.1995
6:12.2	(1)b	Geir Atle Mjelde	(61)	Espeland	01.10.1978
6:15.0		Roy Åge Thunestvedt	(55)		.1971
6:16.7	(1)	Vidar Skulstad	(65)	Espeland	07.10.1979
6:19.0	(2)	Ove Leon Låstad	(63)	Espeland	07.10.1979
6:21.8		Jørn Unneland	(60)		.1976
6:24.1	(1)c	Rune Kvam	(67)	Espeland	16.09.1983
6:24.56	(1)a	Jarle Vikør Ekanger	(84)	Fana	18.06.2002
6:29.7	(1)e	Erik Iden	(69)	Espeland	23.09.1983

2 miles (3218.688m) menn senior (11:00.00/11:00.0)

9:48.3	(1)	Harald Dyngen	(60)	Fana	19.09.1984
10:01.6	(3)	Kai Amtsen	(49)	Fana	19.09.1984