

IL Fri: Alle tiders beste utendørs - 1929-2020

3000m menn senior (10:00.00/10:00.0)

7:56.29	(1)A	Lars Ove Strømø	(63)	Trondheim/Le	21.05.1985
8:22.9	(3)	Tor Vevle	(40)	Fana	10.10.1979
8:25.12	(1)	Lars Nesbø Bakke	(89)	Fana	29.09.2010
8:26.3	(3)	Bright Strømmen	(59)	Ulvik	12.08.1989
8:26.74	(4)	Jonny Andersen	(75)	Fana	21.07.1999
8:28.27	(14)A	Jan Frode Seim	(59)	Oslo/Bi	14.09.1982
8:30.05	(2)	Johannes Rosvold	(66)	Fana	14.08.1991
8:36.40	(5)	Terje Søylen	(49)	Fana	19.08.1986
8:37.8	(2)	Hein Rune Skjoldal	(48)	Bergen/Sk	01.08.1972
8:37.8	(9)	Torgeir Markhus	(61)	Fana	24.06.1983
		(10)			
8:38.1	(8)	Kurt Roar Olsen	(65)	Fana	12.09.1989
8:39.0	(2)A	Harry Tunestveit	(43)	Bergen/Kr	12.08.1970
8:40.8	(3)	Magne Eivind Glomnes	(66)	Storebø	04.08.1988
8:42.3	(6)	Svein Glomnes	(67)	Fana	28.06.1988
8:44.00	(12)	Terje Danielsen Kvamme	(51)	Fana	25.08.1987
8:44.79	(6)	Rune Brynstad	(64)	Fana	11.09.1985
8:45.73	(7)A	Geir Atle Mjelde	(61)	Fana	06.06.1984
8:46.00	(7)	Harald Dyngen	(60)	Fana	22.05.1985
8:46.0	(5)	Roald Solberg	(53)	Fana	24.07.1985
8:51.14	(3)	Torgils Fossen	(70)	Fana	05.08.2003
		(20)			
8:51.49	(8)	Espen Joensen	(92)	Fana	02.06.2013
8:52.8	(5)	Jan Magne Skjoldal	(50)	Fana	14.09.1970
8:53.1		Geir Nordbø	(62)		.1984
8:54.2	(1)B	Roy Åge Thunestvedt	(55)	Bergen/Sk	18.06.1974
8:55.56	(9)A	Åge Førland	(68)	Nadderud	22.06.1985
8:55.91	(12)	Alv Ole Esperås	(68)	Fana	21.07.1999
8:56.38	(1)J	Erik Iden	(69)	Fana	26.06.1986
8:57.98	(2)C	Andreas Vågen	(00)	Oslo/Bi	03.09.2020
8:58.65	(10)	Jørn Unneland	(60)	Fana	26.06.1984
8:59.8	(1)	Hans Alfred Unneland	(58)	Hønefoss	12.09.1976
		(30)			
9:02.72	(1)b	Jaad Orten	(92)	Strandebarm	05.07.2009
9:05.2		Arne Bjørndal	(59)		.1977
9:05.29	(3)d	Frode Hauken	(70)	Fana	24.08.1985
9:07.12	(12)A	Bjørn Mjelde	(63)	Fana	06.06.1984
9:09.5		Geir Arne Ivarsflaten	(59)		.1977
9:10.6		Kåre Voldsund	(40)	Fana	20.05.1980
9:10.8		Bjarne Nesse	(36)		.1964
9:14.0	(4)cup	Harald Kollstrøm	(42)	Laksevåg	17.09.1967
9:14.6	(4)b	Jan Ove Landøy	(69)	Odda	31.08.1986
9:14.84	(6)c	Vinjar Dalseid	(74)	Fana	18.08.1990
		(40)			
9:16.2	(4)a	Morten Tangen	(68)	Odda	31.08.1986
9:17.83	(12)J	Christopher Ullrich (GER)	(88)	Byrkjelo	25.08.2006
9:18.8		Steinar Daltveit	(58)		.1977
9:19.8		John Brattåker	(53)		.1970
9:21.49	(4)J	Inge Mjelde	(64)	Voss	27.08.1983
9:23.0	(11)A	Leif Karlsen	(16)	Bergen/Sk	03.06.1949
9:23.5		Ronny Legreid	(65)	Fana	10.10.1980
9:24.0	(12)	Kai Arntsen	(49)	Fana	18.07.1984
9:25.82	(1)	Sondre Brattabø	(05)	Indre Arna	14.10.2020
9:26.54	(8)	Robert Gulbrandsen	(70)	Fana	18.07.2007
		(50)			
9:27.49	(4)	Jon Are Sundland	(78)	Indre Arna	18.10.2017
9:28.08	(1)	Eirik Vestrheim	(82)	Fana	08.05.2012
9:29.6	(4)	Gerhard Thunestvedt	(29)	Bergen/Kr	01.08.1953
9:30.2	(2)J	Sigbjørn Torheim	(67)	Fana	24.07.1986
9:32.0	(1)	Malvin Romslo	(27)	Bergen/Sk	09/10.09.1950
9:33.8		Arild Røen	(58)		.1976
9:34.30	(13)	Dag Tore Roe	(67)	Voss	17.06.1992
9:34.8	()	Trygve Minde	(27)	Bergen/Sk	31.08.1947
9:35.4	(7)a	Vidar Skulstad	(65)	Fana	24.06.1983
9:35.47	(9)	Jan Vidar Akselberg	(73)	Fana	18.07.2007
		(60)			

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9:36.96	(1)D	Øyvind Loftås	(80)	Indre Arna	06.09.2017
9:38.1	(20)	Jan Vevle	(43)	Fana	19.09.1985
9:39.09	(19)	Jarle Vikør Ekanger	(84)	Fana	20.05.2003
9:39.12	(9)b	Geir Thunestvedt	(67)	Fana	09.09.1984
9:39.4	(11)	Ove Leon Låstad	(63)	Knarvik	06.07.1988
9:40.88	(19)	Endre Lilletvedt	(75)	Fana	14.08.1991
9:43.06	(13)	Stig Atle Eide	(69)	Fana	18.07.2007
9:45.46	(6)J	Frank R. Olsen	(68)	Fana	26.06.1986
9:46.0	()	Thomas Romslo	(23)	Bergen/Sk	31.08.1947
9:47.2	(2)	Per Bratland	(30)	Nesttun	25.09.1954
		(70)			
9:47.73	(15)	Jørgen Åsheim	(84)	Fana	27.07.2005
9:49.2	(7)J	Per Bjørgås	(54)	Ytre Arna	31.07.1971
9:49.2		Trond Bjerke	(58)		.1975
9:53.50	(1)	Jon Ivar Djønne	(79)	Indre Arna	20.10.2012
9:54.01	(11)	Marius Kalsås Worren	(88)	Fana	29.09.2010
9:54.58	(1)b	Torstein Olai Leiren Mastervik	(03)	Hatland	21.09.2020
9:55.37	(5)E=	Christer Sælen	(81)	Fana	29.07.2020
9:55.38	(7)J	Helge Iversen	(68)	Fana	26.06.1986
9:55.4		Trond Olav Vassdal	(57)		.1974
9:55.97	(12)B	Asbjørn Arnesen	(80)	Fana	03.07.1996
		(80)			
9:57.56	(3)	Jan-Henrik Olsnes	(79)	Fana	08.05.2012
Uklart resultat:					
9:55.0		Trond Olav Vassdal	(57)		.1974