

## IL Fri: Alle tiders beste utendørs - 1929-2020

## 5000m menn senior (18:00.00/18:00.0)

13:47.56	(3)	Lars Ove Strømø	(63)	Oslo/Bi	20.05.1986
14:24.16	(2)U	Lars Nesbø Bakke	(89)	Söderhamn, SWE	04.09.2010
14:25.4	(3)	Tor Vevle	(40)	Fana	11.09.1979
14:31.04	(9)	Johannes Rosvold	(66)	Tønsberg	15.06.1991
14:40.27	(3)	Brigt Strømmen	(59)	Voss	25.07.1987
14:55.11	(3)	Terje Søilen	(49)	Fana	11.06.1988
15:00.4	(7)	Jan Frode Seim	(59)	Fana	19.06.1980
15:05.1	(2)	Torgeir Markhus	(61)	Oslo/Bi	22.05.1979
15:06.88	(4)	Jonny Andersen	(75)	Fana	04.09.1999
15:11.2	(6)J	Hein Rune Skjoldal	(48)	Kristiansand	03.08.1968
		(10)			
15:13.26	(3)	Torgils Fossen	(70)	Fana	30.07.2003
15:16.62	(6)	Svein Glomnes	(67)	Fana	25.08.1988
15:18.20	(5)	Magne Eivind Glomnes	(66)	Fana	11.06.1988
15:19.01	(2)	Roald Solberg	(53)	Fana	03.07.1985
15:19.2	(3)D	Terje Danielsen Kvamme	(51)	Ålesund	07.08.1987
15:21.6	(7)	Roy Åge Thunestvedt	(55)	Bergen/Kr	24.08.1974
15:23.55	(5)	Kurt Roar Olsen	(65)	Voss	02.08.1986
15:26.5	(5)	Hans Alfred Unneland	(58)	Fana	26.05.1977
15:31.8	(1)	Jan Magne Skjoldal	(50)	Bergen/Kr	04.10.1970
15:43.73	(4)A	Espen Joensen	(92)	Indre Arna	12.08.2019
		(20)			
15:45.0	(1)B	Harry Tunestveit	(43)	Bergen/Kr	15.09.1969
15:46.96	(6)	Alv Ole Esperås	(68)	Fana	04.09.1999
15:51.9	(10)	Geir Atle Mjelde	(61)	Fana	06.10.1983
15:52.6	(5)	Arne Bjørndal	(59)	Bergen/Kr	12.07.1978
15:55.52	(23)h1	Andreas Vågen	(00)	Oslo/Bi	26.09.2020
15:56.6		Harald Dyngen	(60)		.1987
15:57.1	(7)	Jørn Unneland	(60)	Fana	19.06.1984
16:05.9	(2)B	Kai Arntsen	(49)	Fana	05.10.1984
16:10.62	(6)	Christopher Ullrich (GER)	(88)	Fana	13.06.2009
16:14.2	(2)	Bjarne Nesse	(36)	Bergen/Sk	08.10.1964
		(30)			
16:20.0		Steinar Daltveit	(58)		.1980
16:20.2	(1)J	Leif Karlsen	(16)	Voss	30.06.1946
16:20.77	(1)	Øyvind Loftås	(80)	Indre Arna	18.09.2019
16:21.85	(1)D	Robert Gulbrandsen	(70)	Ravnanger	15.06.2007
16:25.9	(15)D	Ragnar Mjelstad	(47)	Fana	28.07.1984
16:34.06	(1)	Eirik Vestrheim	(82)	Indre Arna	01.10.2012
16:35.06	(1)D	Jon Are Sundland	(78)	Ravnanger	20.06.2014
16:35.62	(1)	Jan Vidar Akselberg	(73)	Hatland	23.05.2008
16:35.7		Kåre Voldsund	(40)	Leirvik	30.05.1981
16:39.20	(6)	Jan Vevle	(43)	Ravnanger	23.08.1986
		(40)			
16:45.2		Trond Knutsen	(61)	Fana	05.06.1979
16:48.81	(3)	Helge Vestrheim	(74)	Hatland	23.05.2008
16:51.71	(6)	Jarle Vikør Ekanger	(84)	Fana	30.07.2003
16:54.3	(2)E	Tore Trohaug	(46)	Haukås	16.09.1989
17:02.25	(2)	Stig Atle Eide	(69)	Fana	12.07.2006
17:10.30	(2)	Jan-Henrik Olsnes	(79)	Fana	30.07.2013
17:13.01	(4)	Espen Irgens Haugen	(85)	Hatland	26.06.2019
17:17.19	(3)U	Jørgen Åsheim	(84)	Hatland	10.09.2005
17:22.5	(1)J	Martin Unneland	(30)	Odda	07.08.1949
17:23.80	(1)E	Erik Iden	(69)	Indre Arna	02.10.2010
		(50)			
17:25.05	(1)	Marius Kalsås Worren	(88)	Indre Arna	10.10.2010
17:28.7	(2)J	Gerhard Thunestvedt	(29)	Odda	07.08.1949
17:33.06	(3)	Jan Ove Landøy	(69)	Larvik	18.09.2003
17:33.1	(10)B	Sigbjørn Torheim	(67)	Fana	05.10.1984
17:35.24	(3)J	Mathias Reither	(65)	Fana	02.06.1984
17:38.72	(2)E	Rune Gullachsen	(72)	Indre Arna	07.09.2013
17:43.04	(9)B	Christer Sælen	(81)	Indre Arna	08.07.2020
17:51.9	( )G	Malvin Haugland	(37)	Knarvik	15.09.1984
17:54.1	(-)D	Magnus Mostrøm	(48)	Hatland	04.07.1987
17:57.2	(1)J	Helge Johannes Eide	(31)	Nesttun	14/15.08.1948
		(60)			
<b>Sannsynligvis oppnådd i uapprobert stevne:</b>					
17:23.0	(1)	Øystein Mjelde	(53)		.1975
17:27.0	(-)	Geir Arne Ivarsflaten	(59)		09.10.1976
17:55.2	(1)	John Brattåker	(53)		09.10.1976