

IL Fri: Alle tiders beste utendørs - 1929-2020

1500m menn U20 (junior-19) (4:30.00/4:30.0)

3:54.7	(5)J	Lars Ove Strømø	(63)	Oslo/St	26.07.1981
3:56.98	(3)A	Jonny Andersen	(75)	Fana	17.08.1994
4:01.09	(1)J	Lars Nesbø Bakke	(89)	Fana	09.07.2008
4:01.7	(4)J	Geir Arne Ivarsflaten	(59)	Fana	23.08.1978
4:03.93	(1)J	Jaad Orten	(92)	Leirvik	15.08.2010
4:04.0	(3)	Ole Morten Fadnes	(73)	Voss	30.05.1990
4:04.18	(11)	Ronny Legreid	(65)	Fana	23.05.1984
4:04.2	(5)J	Geir Nordbø	(62)	Fana	02.09.1980
4:04.2	(4)	Kurt Roar Olsen	(65)	Fana	08.10.1984
4:04.46	(6)	Jan Erik Lie Thorkildsen	(77)	Fana	11.09.1996
		(10)			
4:05.4	(3)	Torgeir Markhus	(61)	Oslo/Bi	13.09.1979
4:07.7		Steinar Daltveit	(58)		.1977
4:08.0		Trond Reigstad	(63)	Oslo/Bi	14.09.1982
4:08.3		Jostein Rønhovde	(59)		.1975
4:08.5		Jan Frode Seim	(59)	Fana	23.08.1978
4:10.9	(5)J	Åge Førland	(68)	Fana	30.06.1985
4:11.2	(10)	Erik Iden	(69)	Fana	16.09.1986
4:11.3		Jan Magne Skjoldal	(50)		.1968
4:11.6		Roy Åge Thunestvedt	(55)		.1973
4:12.7		Geir Atle Mjelde	(61)		.1980
		(20)			
4:12.9	(1)J	Vinjar Dalseid	(74)	Fana	26.09.1990
4:13.1	(1)B	Ove Leon Låstad	(63)	Fana	10.10.1982
4:13.2		Arne Bjørndal	(59)	Fana	13.09.1978
4:14.08	(1)bB	Andreas Vågen	(00)	Göteborg, SWE	02.07.2016
4:14.1		Bright Strømmen	(59)	Fana	23.08.1978
4:14.4	(5)J	Frode Hauken	(70)	Knarvik	29.05.1985
4:14.5		Per Bjørgås	(54)		.1971
4:14.5		Vidar Rolland	(60)	Fana	23.08.1978
4:14.5	(2)J	Morten Tangen	(68)	Fana	10.09.1987
4:14.72	(6)J	Tore Gatland Jacobsen	(69)	Fana	14.08.1986
		(30)			
4:15.80	(7)J	Alv Ole Esperås	(68)	Fana	14.08.1986
4:16.0		Bjørn Mjelde	(63)		.1981
4:16.6	(1)J	Bjarne Nesse	(36)	Bergen/Br	28.08.1955
4:16.9		John Brattåker	(53)		.1971
4:18.30	(7)J	Geir Thunestvedt	(67)	Fana	03.06.1984
4:18.4	()	Harry Tunestveit	(43)		.1961
4:18.71		Vidar Skulstad	(65)	Byrkjelo	02.07.1983
4:19.9	()	Hein Rune Skjoldal	(48)		.1966
4:20.0		Jørn Unneland	(60)	Fana	05.07.1978
4:20.4		Arvid Borge	(53)		.1971
		(40)			
4:21.08	(15)a	Halvar Lie	(71)	Lillehammer	22.06.1989
4:21.5	(6)J	Helge Iversen	(68)	Knarvik	29.05.1985
4:22.0	(11)J	Rune Hansen	(65)	Fana	18.08.1981
4:22.1		Rune Kvam	(67)		.1982
4:22.28	(3)B	Hans Norvald Lie	(75)	Fana	29.06.1994
4:22.60	(3)a	Jan Ove Landøy	(69)	Fana	06.09.1986
4:23.31	(10)J	Inge Mjelde	(64)	Fana	18.05.1982
4:23.6	(6)J	Helge Johannes Eide	(31)	Nesttun	08.08.1950
4:23.6		Hans Alfred Unneland	(58)		.1974
4:24.78	(5)	Tobias Svendheim	(04)	Indre Arna	08.07.2020
		(50)			
4:25.3	(1)a	Roald Lie	(70)	Voss	20/21.08.1988
4:25.4	(1)a	Trond Knutsen	(61)	Bergen/Sk	26/27.05.1979
4:26.39	(12)J	Sigbjørn Torheim	(67)	Fana	14.08.1986
4:27.22	(5)B	Jarle Vikør Ekanger	(84)	Fana	08.09.2002
4:27.9	(2)b	Kåre Bjørn Voldsund	(68)	Fana	15.06.1985
4:28.1	(6)J	Frank R. Olsen	(68)	Knarvik	28.05.1986
4:28.4	(7)J	Øistein Istad	(68)	Knarvik	29.05.1985
4:29.1		Asbjørn Tunes	(49)		.1967
4:29.6	(3)J	Martin Unneland	(30)	Bergen/Sk	03.06.1949
4:30.0		John Helge Vikne	(68)	Oslo	23.08.1982
		(60)			
Uklart resultat:					
4:21.01		Erik Skogen	(65)		.1984
		(Sannsynligvis oppnådd av Erik Iden)			