

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

## 3000m menn U21 (junior-20) (10:00.00/10:00.0)

8:27.0	(7)A	Lars Ove Strømø	(63)	Fana	02.09.1980
8:33.31	(9)	Jonny Andersen	(75)	Fana	07.09.1994
8:35.54	(17)	Lars Nesbø Bakke	(89)	Stavanger/St	13.06.2007
8:44.0	(6)A	Torgeir Markhus	(61)	Fana	04.07.1979
8:50.9	(5)	Jan Frode Seim	(59)	Fana	18.07.1979
8:53.25	(8)	Kurt Roar Olsen	(65)	Fana	13.08.1985
8:52.4	(1)	Hein Rune Skjoldal	(48)	Ytre Arna	07.09.1968
8:52.8	(5)	Jan Magne Skjoldal	(50)	Fana	14.09.1970
8:54.2	(1)B	Roy Åge Thunestvedt	(55)	Bergen/Sk	18.06.1974
8:55.56	(9)aA	Åge Førland	(68)	Nadderud	22.06.1985
		(10)			
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
8:59.8	(1)	Hans Alfred Unneland	(58)	Hønefoss	12.09.1976
9:02.42	(2)J	Espen Joensen	(92)	Fana	06.06.2010
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
9:09.5		Geir Arne Ivarsflaten	(59)		.1977
9:13.4	(19)	Geir Atle Mjelde	(61)	Fana	10.10.1979
9:13.5		Jørn Unneland	(60)		.1977
		(20)			
9:13.5	(1)J	Alv Ole Esperås	(68)	Knarvik	08.07.1987
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
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
9:20.9	(6)B	Brigt Strømmen	(59)	Fana	04.07.1979
9:21.49	(4)J	Inge Mjelde	(64)	Voss	27.08.1983
9:23.5		Ronny Legreid	(65)	Fana	10.10.1980
		(30)			
9:25.6	( )	Bjarne Nesse	(36)		.1956
9:25.82	(1)	Sondre Brattabø	(05)	Indre Arna	14.10.2020
9:30.0		Bjørn Mjelde	(63)		.1981
9:30.1	(2)J	Leif Karlsen	(16)	Nesttun	15/16.08.1936
9:30.2	(2)J	Sigbjørn Torheim	(67)	Fana	24.07.1986
9:31.4		Geir Nordbø	(62)		.1981
9:33.8		Arild Røen	(58)		.1976
9:34.8	( )	Trygve Minde	(27)	Bergen/Sk	31.08.1947
9:35.4	(7)a	Vidar Skulstad	(65)	Fana	24.06.1983
9:39.09	(19)	Jarle Vikør Ekanger	(84)	Fana	20.05.2003
		(40)			
9:39.12	(9)b	Geir Thunestvedt	(67)	Fana	09.09.1984
9:40.88	(19)	Endre Lilletvedt	(75)	Fana	14.08.1991
9:45.46	(6)J	Frank R. Olsen	(68)	Fana	26.06.1986
9:49.0	(3)	Gerhard Thunestvedt	(29)	Nesttun	09.09.1948
9:49.2	(7)J	Per Bjørgås	(54)	Ytre Arna	31.07.1971
9:49.2		Trond Bjerke	(58)		.1975
9:54.58	(1)b	Torstein Olai Leiren Mastervik	(03)	Hatland	21.09.2020
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
		(50)			
<b>Uklart resultat:</b>					
9:55.0		Trond Olav Vassdal	(57)		.1974