

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

**10000m menn U23 (junior-22) (40:00.00/40:00.0)**

30:41.16	(3)	Johannes Rosvold	(66)	Stjørdal	31.07.1988
31:16.41	(1)	Lars Nesbø Bakke	(89)	Fana	27.06.2007
33:50.03	(3)	Christopher Ullrich (GER)	(88)	Fana	17.09.2008
36:53.16	(2)J	Espen Joensen	(92)	Indre Arna	28.09.2011
37:51.79	(5)	Marius Kalsås Worren	(88)	Fana	22.09.2010
39:29.55	(3)J	Trond Erik Søilen Storebø	(96)	Indre Arna	28.09.2011