

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

## 1500m menn U23 (junior-22) (4:30.00/4:30.0)

3:38.76	(6)	Lars Ove Strømø	(63)	Oslo/Bi	27.07.1985
3:50.31	(2)B	Svein Glomnes	(67)	Oslo/Bi	21.07.1988
3:53.76	(6)A	Torgeir Markhus	(61)	Oslo/La	10.09.1983
3:56.7	(6)	Hein Rune Skjoldal	(48)	Bergen/Kr	29.09.1968
3:56.14	(11)	Helge Kåstad	(63)	Nesbyen	23.06.1985
3:56.98	(3)A	Jonny Andersen	(75)	Fana	17.08.1994
3:57.12	(10)	Kurt Roar Olsen	(65)	Fana	11.08.1987
3:57.94	(1)	Lars Nesbø Bakke	(89)	Ravnanger	25.08.2010
3:58.7	(15)	Geir Nordbø	(62)	Larvik/Lo	05.08.1983
4:00.7	(20)A	Bright Strømmen	(59)	Fana	18.08.1981
		(10)			
4:01.7	(4)J	Geir Arne Ivarsflaten	(59)	Fana	23.08.1978
4:01.86	(4)U	Morten Tangen	(68)	Lillehammer	22.06.1989
4:02.3	(5)	Jan Frode Seim	(59)	Fana	06.10.1981
4:03.6	(7)	Rune Brynstad	(64)	Fana	06.09.1985
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
4:04.46	(6)	Jan Erik Lie Thorkildsen	(77)	Fana	11.09.1996
4:04.67	(9)B	Magne Eivind Glomnes	(66)	Fana	12.06.1988
4:04.8	(3)B	Johannes Rosvold	(66)	Fana	19.05.1988
		(20)			
4:06.2	(2)	Jan Magne Skjoldal	(50)	Bergen/Kr	03.09.1970
4:06.65	(9)	Bjørn Inge Midtgård	(67)	Fana	22.06.1988
4:07.7		Steinar Daltveit	(58)		.1977
4:08.0		Trond Reigstad	(63)	Oslo/Bi	14.09.1982
4:08.1	(9)A	Geir Atle Mjelde	(61)	Fana	10.10.1982
4:08.3		Jostein Rønhovde	(59)		.1975
4:08.9		Roy Åge Thunestvedt	(55)		.1975
4:10.43	(22)	Bjørn Mjelde	(63)	Fana	23.05.1984
4:10.7	(-)	Kåre Bjørn Voldsund	(68)	Eidsbøen	08.07.1989
4:10.9	(5)J	Åge Førland	(68)	Fana	30.06.1985
		(30)			
4:11.2	(10)	Erik Iden	(69)	Fana	16.09.1986
4:11.6	(1)J	Bjarne Nesse	(36)	Sandnes	10.06.1956
4:11.7		Alv Ole Esperås	(68)		.1988
4:12.4	(4)	Ove Leon Låstad	(63)	Fana	02.10.1985
4:12.9	(1)J	Vinjar Dalseid	(74)	Fana	26.09.1990
4:13.2		Arne Bjørndal	(59)	Fana	13.09.1978
4:14.08	(1)bB	Andreas Vågen	(00)	Göteborg, SWE	02.07.2016
4:14.4	(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
		(40)			
4:14.7	(2)	Leif Karlsen	(16)	Voss	06.08.1938
4:14.72	(6)J	Tore Gatland Jacobsen	(69)	Fana	14.08.1986
4:15.91	(7)	Hans Norvald Lie	(75)	Fana	24.07.1996
4:16.14	(10)	Jarle Lødemel	(78)	Fana	02.06.1999
4:16.9		John Brattåker	(53)		.1971
4:18.2	(3)J	Gerhard Thunestvedt	(29)	Bergen/Sk	28.08.1949
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
4:19.37	(6)J	Helge Iversen	(68)	Fana	19.05.1988
		(50)			
4:19.8		Hans Alfred Unneland	(58)	Fana	24.05.1978
4:20.0		Jørn Unneland	(60)	Fana	05.07.1978
4:20.4		Arvid Borge	(53)		.1971
4:20.79	(12)A	Martin Solheim	(74)	Fana	08.06.1994
4:21.08	(15)a	Halvar Lie	(71)	Lillehammer	22.06.1989
4:22.0	(11)J	Rune Hansen	(65)	Fana	18.08.1981
4:22.1		Rune Kvam	(67)		.1982
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
		(60)			

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4:24.5	(5)	Malvin Romslo	(27)	Voss	25.09.1949
4:24.78	(5)	Tobias Svendheim	(04)	Indre Arna	08.07.2020
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
4:28.0		Trond Olav Vassdal	(57)	Fana	05.06.1979
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
		(70)			
4:29.6	(3)J	Martin Unneland	(30)	Bergen/Sk	03.06.1949
4:30.0		John Helge Vikne	(68)	Oslo	23.08.1982
<b>Uklart resultat:</b>					
4:21.01		Erik Skogen	(65)		.1984
		<i>(Sannsynligvis oppnådd av Erik Iden)</i>			
<b>Rettt bane:</b>					
4:30.0	(2)	Åsmund Vevle	(12)	Espeland	18.09.1932