

IL Fri: Alle tiders beste utendørs - 1929-2020

3000m menn U23 (junior-22) (10:00.00/10:00.0)

7:56.29	(1)A	Lars Ove Strømø	(63)	Trondheim/Le	21.05.1985
8:25.12	(1)	Lars Nesbø Bakke	(89)	Fana	29.09.2010
8:33.31	(9)	Jonny Andersen	(75)	Fana	07.09.1994
8:34.6	(5)	Jan Frode Seim	(59)	Fana	15.07.1980
8:37.8	(9)	Torgeir Markhus	(61)	Fana	24.06.1983
8:40.8	(3)	Magne Eivind Glomnes	(66)	Storebø	04.08.1988
8:41.48	(10)	Kurt Roar Olsen	(65)	Fana	26.06.1986
8:42.3	(6)	Svein Glomnes	(67)	Fana	28.06.1988
8:44.6	(1)	Johannes Rosvold	(66)	Knarvik	06.07.1988
8:44.79	(6)	Rune Brynestad	(64)	Fana	11.09.1985
		(10)			
8:46.8	(4)	Bright Strømmen	(59)	Knarvik	12.08.1981
8:51.49	(8)	Espen Joensen	(92)	Fana	02.06.2013
8:52.4		Hein Rune Skjoldal	(48)		.1968
8:52.8	(5)	Jan Magne Skjoldal	(50)	Fana	14.09.1970
8:53.1		Geir Nordbø	(62)		.1984
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
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
8:59.08	(8)B	Geir Atle Mjelde	(61)	Voss	27.08.1983
		(20)			
8:59.8	(1)	Hans Alfred Unneland	(58)	Hønefoss	12.09.1976
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
9:07.12	(12)A	Bjørn Mjelde	(63)	Fana	06.06.1984
9:09.5		Geir Arne Ivarsflaten	(59)		.1977
9:13.5		Jørn Unneland	(60)		.1977
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
		(30)			
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
9:21.49	(4)J	Inge Mjelde	(64)	Voss	27.08.1983
9:23.5		Ronny Legreid	(65)	Fana	10.10.1980
9:25.6	()	Bjarne Nesse	(36)		.1956
9:25.82	(1)	Sondre Brattabø	(05)	Indre Arna	14.10.2020
9:27.3	(-)	Leif Karlsen	(16)	Bergen/Sk	19.05.1938
9:30.2	(2)J	Sigbjørn Torheim	(67)	Fana	24.07.1986
		(40)			
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
9:39.12	(9)b	Geir Thunestvedt	(67)	Fana	09.09.1984
9:39.8	()	Gerhard Thunestvedt	(29)	Bergen/Sk	23.09.1951
9:40.88	(19)	Endre Lilletvedt	(75)	Fana	14.08.1991
9:45.46	(6)J	Frank R. Olsen	(68)	Fana	26.06.1986
9:47.73	(15)	Jørgen Åsheim	(84)	Fana	27.07.2005
9:49.2	(7)J	Per Bjørgås	(54)	Ytre Arna	31.07.1971
		(50)			
9:49.2		Trond Bjerke	(58)		.1975
9:54.01	(11)	Marius Kalsås Worren	(88)	Fana	29.09.2010
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
Uklart resultat:					
9:55.0		Trond Olav Vassdal	(57)		.1974