

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

## 400m menn U23 (junior-22) - elektroniske tider (56.20)

|       |        |                          |      |              |            |
|-------|--------|--------------------------|------|--------------|------------|
| 48.02 | (1)J   | Jon Are Sundland         | (78) | Odense, DEN  | 22.08.1998 |
| 48.51 | (1)UA  | Espen Kvalheim           | (80) | Lillehammer  | 29.06.2002 |
| 49.69 | (1)JMC | Martin Roe               | (92) | Tallinn, EST | 23.07.2011 |
| 49.77 | (2)h   | Vidar Rolland            | (60) | Haugesund    | 09.08.1981 |
| 49.80 | (3)UA  | Ørjan Vie                | (78) | Lillehammer  | 01.07.2000 |
| 50.55 | (2)a   | Morten Solheim           | (76) | Stavanger    | 10.09.1994 |
| 50.82 | (1)UC  | Martin Solheim           | (74) | Oslo/Bi      | 02.07.1995 |
| 50.89 | (3)A   | Sondre Faugstad Amundsen | (98) | Fana         | 02.06.2019 |
| 50.98 | (3)UC  | Jan Erik Lie Thorkildsen | (77) | Oslo/Bi      | 30.06.1996 |
| 50.99 | (2)JA  | Jaad Orten               | (92) | Lillehammer  | 25.06.2011 |
|       |        | (10)                     |      |              |            |
| 51.02 | (2)    | Svein Glomnes            | (67) | Ravnanger    | 17.08.1988 |
| 51.07 | (6)UA  | Bjørnar Pettersen        | (81) | Lillehammer  | 28.06.2003 |
| 51.18 | (2)aB  | Magnus Hjortås           | (85) | Fana         | 01.06.2003 |
| 51.24 | (1)J   | Frode Holdhus            | (72) | Fana         | 14.08.1991 |
| 51.33 | (4)A   | Helge Kåstad             | (63) | Fana         | 03.07.1985 |
| 51.83 | (5)B   | Geir Nordbø              | (62) | Fana         | 18.05.1982 |
| 51.98 | (3)JA  | Ole Morten Fadnes        | (73) | Leirvik      | 17.06.1990 |
| 52.07 | (3)    | Ove Leon Låstad          | (63) | Fana         | 21.08.1985 |
| 52.10 | (6)C   | Jarle Lødemel            | (78) | Oslo/Bi      | 14.05.1998 |
| 52.14 | (4)    | Jonny Andersen           | (75) | Fana         | 15.09.1994 |
|       |        | (20)                     |      |              |            |
| 52.40 | (5)A   | Harald Jeremiassen       | (71) | Fana         | 18.08.1993 |
| 52.67 | (9)    | Torgeir Markhus          | (61) | Fana         | 06.07.1983 |
| 52.78 | (4)B   | Øistein Istad            | (68) | Fana         | 03.06.1986 |
| 53.02 | (6)a   | Ronny Legreid            | (65) | Fana         | 10.09.1983 |
| 53.09 | (3)    | Even Mellum Jondahl      | (95) | Indre Arna   | 02.07.2014 |
| 53.34 | (4)C   | Trond Hellem Bø          | (74) | Lillehammer  | 24.06.1995 |
| 53.92 | (12)   | Halvar Lie               | (71) | Fana         | 30.08.1989 |
| 53.99 | (1)c   | Filip Rørbakken          | (95) | Fana         | 07.09.2011 |
| 54.00 | (5)=JA | Helge Iversen            | (68) | Fana         | 14.06.1987 |
| 54.06 | (7)U   | Jon Olav Urdal           | (81) | Fana         | 21.05.2000 |
|       |        | (30)                     |      |              |            |
| 54.13 | (7)J   | Frode Reigstad           | (67) | Fana         | 22.05.1985 |
| 54.15 | (10)J  | Inge Mjelde              | (64) | Fana         | 03.06.1984 |
| 54.25 | (4)D   | Morten Tangen            | (68) | Fana         | 10.06.1990 |
| 54.29 | (11)J  | Trond Reigstad           | (63) | Fana         | 22.06.1982 |
| 54.42 | (13)   | Roald Lie                | (70) | Fana         | 30.08.1989 |
| 54.69 | (11)J  | Vidar Skulstad           | (65) | Fana         | 07.07.1982 |
| 54.75 | (12)J  | Rune Kvam                | (67) | Fana         | 01.06.1983 |
| 54.78 | (14)   | Kåre Bjørn Voldsund      | (68) | Fana         | 30.08.1989 |
| 54.82 | (3)JB  | Vinjar Dalseid           | (74) | Leirvik      | 17.06.1990 |
| 54.85 | (5)Jh3 | Erik Skogen              | (65) | Fana         | 12.06.1983 |
|       |        | (40)                     |      |              |            |
| 54.90 | (5)A   | Hans Norvald Lie         | (75) | Fana         | 20.09.1995 |
| 54.95 | (2)JB  | Kurt Roar Olsen          | (65) | Fana         | 03.07.1985 |
| 54.98 | (1)c   | Joel Rørbakken           | (00) | Fana         | 05.06.2016 |
| 54.99 | (4)JB  | Frode Hauken             | (70) | Fana         | 03.07.1985 |
| 55.13 | (1)JM  | Eirik Greibrokk Dolve    | (95) | Nittedal     | 30.08.2014 |
| 55.18 | (3)aD  | Asbjørn Arnesen          | (80) | Lillehammer  | 28.06.1997 |
| 55.24 | (1)c   | Andre Lilletvedt         | (75) | Fana         | 01.09.1991 |
| 55.31 | (2)c   | Adrian Dávøy             | (92) | Fana         | 15.06.2008 |
| 55.50 | (7)J   | Erik Iden                | (69) | Ravnanger    | 23.08.1986 |
| 55.57 | (11)J  | Tore Gatland Jacobsen    | (69) | Odda         | 19.06.1988 |
|       |        | (50)                     |      |              |            |
| 55.76 | (4)JB  | Eivind Kvamme            | (74) | Leirvik      | 17.06.1990 |
| 56.04 | (3)c   | Håkon Sundland           | (95) | Fana         | 07.09.2011 |

**400m menn U23 (junior-22) - manuelle tider (56.0)**

|   |        |                       |      |           |               |
|---|--------|-----------------------|------|-----------|---------------|
| 49.5  | (2)    | Vidar Rolland         | (60) | Byrkjelo  | 12.07.1981    |
| 50.3  | (2)    | Morten Solheim        | (76) | Fana      | 21.09.1994    |
| 50.7  | (3)A   | Helge Kåstad          | (63) | Fana      | 17.07.1985    |
| 50.9  | (2)h   | Geir Nordbø           | (62) | Oslo/St   | 25.07.1981    |
| 51.4  | (1)a   | Lars Ove Strømø       | (63) | Fana      | 06.09.1981    |
| 51.5  | (2)J   | Reidar Kleiven        | (48) | Bergen/Sk | 16/17.09.1967 |
| 51.5  | (3)    | Ove Leon Låstad       | (63) | Eidsbøen  | 10.08.1985    |
| 51.6  |        | Rune Rolland          | (58) | Fana      | 24.06.1979    |
| 52.0  | (1)    | Knut Karlsen (Vaular) | (15) | Voss      | 22.09.1935    |
| 52.0  |        | Torgeir Markhus       | (61) | Nadderud  | 29.08.1983    |
|   |        | (10)                  |      |           |               |
| 52.2  | (7)    | Ronny Legreid         | (65) | Fana      | 28.08.1984    |
| 52.3  | (6)=   | Harald Kollstrøm      | (42) | Bergen/Sk | 07.10.1961    |
| 52.3  |        | Egil Arnesen          | (55) |           | .1973         |
| 52.5  | (3)a   | Rune Hansen           | (65) | Fana      | 06.09.1981    |
| 52.7  |        | Trond Olav Vassdal    | (57) |           | .1977         |
| 52.7  | (1)b   | Øistein Istad         | (68) | Fana      | 15.06.1985    |
| 52.8  |        | Jostein Rønhovde      | (59) |           | .1975         |
| 53.2  | (4)J   | Gunnar Kleiven        | (46) | Bergen/Sk | 19.09.1964    |
| 53.9  | (2)M   | Øyvind Rønhovde       | (64) | Odda      | 16.08.1986    |
| 54.0  | (3)Jh4 | Erik Skogen           | (65) | Fana      | 13.06.1982    |
|   |        | (20)                  |      |           |               |
| 54.0  | (4)    | Trond Reigstad        | (63) | Fana      | 04.10.1983    |
| 54.2  |        | Geir Arne Ivarsflaten | (59) |           | .1976         |
| 54.2  | (4)b   | Erik Iden             | (69) | Odda      | 31.08.1986    |
| 54.2  | (5)    | Morten Tangen         | (68) | Knarvik   | 07.09.1989    |
| 54.4  | (5)J   | Kjell Mørken          | (48) | Bergen/Sk | 10.09.1967    |
| 54.4  | (10)   | Svein Skogen          | (64) | Fana      | 06.10.1981    |
| 54.5  | (3)    | Åsmund Vevle          | (12) | Voss      | 11/12.08.1934 |
| 54.5  |        | Hallvard Hauge        | (49) |           | .1967         |
| 54.6  | (9)B   | Malvin Romslo         | (27) | Bergen/Sk | 03.06.1949    |
| 54.6  | (3)b   | Vidar Skulstad        | (65) | Odda      | 05.09.1982    |
|   |        | (30)                  |      |           |               |
| 54.6  |        | Geir Atle Mjelde      | (61) |           | .1982         |
| 54.7  | (3)B   | Per Bratland          | (30) | Bergen/Sk | 26.05.1952    |
| 54.8  | (1)J   | Hans Thorsvik         | (12) | Bergen/Br | 26.08.1934    |
| 54.8  | (4)J   | Kurt Roar Olsen       | (65) | Fana      | 19.09.1984    |
| 54.8  | (20)   | Endre Lilletvedt      | (75) | Voss      | 09.06.1991    |
| 54.9  |        | Hein Rune Skjoldal    | (48) |           | .1966         |
| 54.9  | (3)a   | Roar Fosse            | (73) | Sveio     | 08.09.1991    |
| 55.0  |        | Bjarne Myklebust      | (19) | Nesttun   | .1939         |
| 55.2  | ( )    | Bjarne Nesse          | (36) |           | .1956         |
| 55.2  | (3)J   | Vigleik Natås         | (45) | Odda      | 07.07.1963    |
|   |        | (40)                  |      |           |               |
| 55.3  | (1)B   | Otto Hellegård        | (44) | Ytre Arna | 30.06.1963    |
| 55.4  | (3)a   | Sigbjørn Torheim      | (67) | Fana      | 15.06.1985    |
| 55.6  | (5)Jh4 | Olav Bjørkås          | (62) | Fana      | 22.06.1980    |
| 55.9  | (4)    | Einar Boge            | (33) | Bergen/Sk | 05.10.1952    |
|   |        |                       |      |           |               |
| <b>Rettt bane:</b>  |        |                       |      |           |               |
| 51.9  | (1)    | Åsmund Vevle          | (12) | Espeland  | 18.09.1932    |
| 53.9  | (2)    | Åsmund Vevle          | (12) | Espeland  | 20.08.1933    |
|   |        |                       |      |           |               |
| <b>Rettt bane - og sannsynligvis oppnådd i uapprobert stevne:</b> |        |                       |      |           |               |
| 51.5  | (1)    | Åsmund Vevle          | (12) | Espeland  | 27.08.1933    |
| 53.5  | (1)    | Åsmund Vevle          | (12) | Espeland  | 12.06.1932    |
| 54.0  | (1)    | Åsmund Vevle          | (12) | Espeland  | 09.08.1933    |