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| **MENN SENIOR**  | **622** |

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| **400m E Under 49.00** |  |

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| 47.14 | Andreas Roth | 93 | Oslo/Bi | 11.06.2014 |
| 47.30 | Andreas Roth | 93 | Oordergem, BEL  | 05.07.2014 |
| 47.37 | Andreas Roth | 93 | Tønsberg/Gr | 23.08.2013 |
| 47.44 | Andreas Roth | 93 | Göteborg, SWE | 28.06.2014 |
| 47.44 | Andreas Roth | 93 | Jessheim | 22.08.2014 |
| 47.46 | Andreas Roth | 93 | Gateshead, GBR | 22.06.2013 |
| 47.46 | Andreas Roth | 93 | Lillehammer/Ss | 20.06.2015 |
| 47.54 | Andreas Roth | 93 | Oslo/Bi | 13.06.2013 |
| 47.65 | Andreas Roth | 93 | Tønsberg/Gr | 24.05.2014 |
| 47.69 | Andreas Roth | 93 | Oslo/Bi | 18.08.2013 |
|  |  |  |  |  |
| 47.73 | Andreas Roth | 93 | Overhalla | 03.08.2013 |
| 47.76 | Markus Einan | 97 | Oslo/Bi | 24.08.2018 |
| 47.77 | Andreas Roth | 93 | Oslo/Bi | 07.06.2012 |
| 47.91 | Andreas Roth | 93 | Oerdegem, BEL  | 01.06.2013 |
| 47.93 | Thomas Roth | 91 | Kristiansand | 28.06.2012 |
| 48.05 | Andreas Roth | 93 | Valence, FRA | 29.08.2013 |
| 48.06 | Thomas Roth | 91 | Jessheim | 21.07.2012 |
| 48.13 | Andreas Roth | 93 | Berlin, GDR | 19.05.2013 |
| 48.16 | Andreas Roth | 93 | Oslo/Bi | 24.05.2012 |
| 48.16 | Thomas Roth | 91 | Oslo/Bi | 03.09.2013 |
|  |  |  |  |  |
| 48.17 | Andreas Roth | 93 | Tønsberg/Gr  | 23.08.2013 |
| 48.18 | Markus Einan | 97 | Jessheim | 06.06.2019 |
| 48.19 | Andreas Roth | 93 | Jessheim | 21.07.2012 |
| 48.21 | Andreas Roth | 93 | Prestfoss | 28.07.2012 |
| 48.23 | Andreas Roth | 93 | Hamar | 16.08.2017 |
| 48.24 | Markus Einan | 97 | Brandbu | 06.08.2016 |
| 48.31 | Andreas Roth | 93 | Trysil | 06.06.2015 |
| 48.36 | Andreas Roth | 93 | Kristiansand | 04.06.2017 |
| 48.38 | Andreas Roth | 93 | Köbenhavn, DEN | 03.09.2011 |
| 48.38 | Andreas Roth | 93 | Oslo/Bi | 09.06.2012 |
|  |  |  |  |  |
| 48.40 | Thomas Toth | 91 | Hamar | 16.08.2017 |
| 48.42 | Andreas Roth | 93 | Göteborg, SWE | 09.07.2011 |
| 48.43 | Thomas Roth | 91 | Nadderud | 02.09.2014 |
| 48.51 | Andreas Roth | 93 | Sandnes | 26.08.2017 |
| 48.52 | Andreas Roth | 93 | Kristiansand | 09.07.2011 |
| 48.58 | Thomas Roth | 91 | Nadderud | 13.06.2010 |
| 48.58 | Andreas Roth | 93 | Jessheim | 22.08.2014 |
| 48.70 | Thomas Roth | 91 | Jessheim | 22.08.2014 |
| 48.70 | Markus Einan | 97 | Sandnes | 02.09.2016 |
| 48.90 | Thomas Roth | 91 | Jessheim | 22.08.2014 |

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| **MENN SENIOR** | **623** |

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| **400m E Under 49.00** |  |

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| 48.99 | Markus Einan | 97 | Nittedal | 23.08.2015 |
| 48.99 | Markus Einan | 97 | Lillestrøm | 11.09.2015 |

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| **Innendørs** |  |

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| --- | --- | --- | --- | --- |
| 47.75 | Andreas Kramer | 97 | Ulsteinvik | 25.01.2019 |
| 48.35 | Andreas Roth | 93 | Sandnes | 09.03.2012 |
| 48.37 | Andreas Roth | 93 | Leikvang | 01.02.2015 |
| 48.49 | Andreas Roth | 93 | Rud | 13.02.2016 |
| 48.58 | Markus Einan | 97 | Rud | 06.02.2016 |
| 48.70 | Andreas Roth | 93 | Steinkjer | 11.02.2012 |
| 48.78 | Andreas Roth | 93 | Haugesund | 07.02.2015 |
| 48.80 | Markus Einan | 97 | Hvam | 16.01.2016 |

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| **UKI-medlem – løp for svensk klubb:** |
| 48.15 | Andreas Kramer 1h1SMI | 97 | Gefle, SWE  | 17.02.2018 |

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| **MENN SENIOR** | **624** |

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| **800m Under 1:50.0** |  |

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| 1:45.75 | Thomas Roth | 91 | Oslo/Bi | 07.06.2018 |
| 1:46.00 | Thomas Roth | 91 | Karlstad, SWE | 25.07.2018 |
| 1:46.15 | Thomas Roth | 91 | Heusdon, BEL  | 19.07.2014 |
| 1:46.27 | Thomas Roth | 91 | Rieti, ITA | 07.09.2014 |
| 1:46.44 | Thomas Roth | 91 | Jessheim | 13.09.2014 |
| 1:46.52 | Andreas Roth | 91 | Stockholm, SWE | 10.06.2018 |
| 1:46.77 | Andreas Kramer | 97 | Oslo/Bi | 13.06.2019 |
| 1:46.85 | Thomas Roth | 91 | Tübingen, GER | 16.06.2018 |
| 1:46.85 | Thomas Roth | 91 | Oslo/Bi | 13.06.2019 |
| 1:46.85 | Thomas Roth | 91 | Tübingen, GER | 22.06.2019 |
|  |  |  |  |  |
| 1:46.88 | Thomas Roth | 91 | Helsingfors, FIN | 28.06.2012 |
| 1:46.90 | Thomas Roth | 91 | Bergen/Fa | 22.08.2018 |
| 1:46.92 | Thomas Roth | 91 | Oslo/Bi | 11.07.2014 |
| 1:46.95 | Thomas Roth | 91 | Roverto, ITA | 04.09.2012 |
| 1:46.98 | Thomas Roth | 91 | Stockholm, SWE | 17.08.2012 |
| 1:46.98 | Thomas Roth | 91 | Sollentuna, SWE | 18.06.2019 |
| 1:47.03 | Thomas Roth | 91 | Szczecin, POL | 09.08.2015 |
| 1:47.10 | Andreas Roth | 93 | Oslo/Bi | 11.07.2014 |
| 1:47.24 | Thomas Roth | 91 | Heusdon, BEL  | 18.07.2015 |
| 1:47.25 | Thomas Roth | 91 | Wrzesnia, POL | 30.08.2014 |
|  |  |  |  |  |
| 1:47.30 | Thomas Roth | 91 | Rieti, ITA | 13.09.2015 |
| 1:47.32 | Thomas Roth | 91 | Heusden, BEL  | 07.07.2012 |
| 1:47.32 | Thomas Roth | 91 | Oslo/Bi | 11.09.2014 |
| 1:47.35 | Thomas Roth | 91 | Oordegem, BEL  | 30.05.2015 |
| 1:47.40 | Thomas Roth | 91 | Watford, GBR | 17.05.2014 |
| 1:47.43 | Thomas Roth | 91 | Oordegem, BEL | 26.05.2018 |
| 1:47.45 | Thomas Roth | 91 | Karlstad, SWE | 22.07.2015 |
| 1:47.46 | Thomas Roth | 91 | Palo Atlo, USA | 04.05.2014 |
| 1:47.60 | Andreas Roth | 93 | Karlstad, SWE | 22.07.2015 |
| 1:47.74 | Markus Einan | 97 | Oslo/Bi | 13.06.2019 |
|  |  |  |  |  |
| 1:48.00 | Andreas Roth | 93 | Bydgoszcz, POL | 14.06.2014 |
| 1:48.32 | Elias Ottosen | 93 | Tønsberg/Gr | 24.05.2014 |
| 1:48.53 | Andreas Rorh | 93 | Jessheim | 24.08.2014 |
| 1:47.58 | Thomas Roth | 91 | København, DEN | 05.08.2015 |
| 1:47.67 | Thomas Roth | 91 | Göteborg, SWE | 14.06.2012 |
|  |  |  |  |  |
| 1:47.67 | Markus Einan | 97 | Kortrijk, BEL | 14.07.2018 |
| 1:47.76 | Thomas Roth | 91 | Stockholm, SWE | 30.07.2015 |
| 1:47.77 | Thomas Roth | 91 | Oslo/Bi | 11.06.2015 |
| 1:47.78 | Thomas Roth | 91 | Helsingfors, FIN | 27.06.2012 |
| 1:47.85 | Thomas Roth | 91 | Oordegem, BLE  | 01.06.2013 |

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| **MENN SENIOR** | **625** |

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| **800m Under 1:50.0** |  |

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| 1:47.89 | Markus Einan | 97 | Bergen/Fa | 22.08.2018 |
| 1:47.91 | Thomas Roth | 91 | Jessheim | 01.09.2017 |
| 1:47.93 | Thomas Roth | 91 | Oerdegem, BEL | 05.07.2014 |
| 1:47.94 | Thomas Roth | 91 | Oslo/Bi | 28.06.2015 |
| 1:47.97 | Thomas Roth | 91 | Jessheim | 24.08.2014 |
| 1:48.00 | Thomas Roth | 91 | Bergen/Fa | 22.05.2019 |
| 1:48.01 | Thomas Roth | 91 | Cheboksary, RUS | 21.06.2015 |
| 1:48.05 | Thomas Roth | 91 | Oslo/Bi | 22.05.2014 |
| 1:48.05 | Thomas Roth | 91 | Bydgoszcz, POL | 14.06.2015 |
| 1:48.10 | Thomas Roth | 91 | Lier, BLE | 05.08.2017 |
|  |  |  |  |  |
| 1:48.12 | Thomas Roth | 91 | Göteborg, SWE | 14.06.2014 |
| 1:48.14 | Thomas Roth | 91 | Oslo/Bi | 07.06.2012 |
| 1:48.16 | Thomas Roth | 91 | Oslo/Bi | 19.05.2010 |
| 1:48.19 | Thomas Roth | 91 | Oslo/Bi | 29.07.2013 |
| 1:48.20 | Thomas Roth | 91 | Watford, GBR | 09.06.2012 |
| 1:48.28 | Thomas Roth | 91 | Karlstad, SWE | 23.07.2013 |
| 1:48.29 | Markus Einan | 97 | Ninove, BLE  | 29.07.2018 |
| 1:48.33 | Thomas Roth | 91 | Karlstad, SWE | 19.07.2012 |
| 1:48.38 | Thomas Roth | 91 | Rathingen, GER | 28.05.2012 |
| 1:48.39 | Thomas Roth | 91 | Karlstad, SWE | 25.07.2017 |
|  |  |  |  |  |
| 1:48.40 | Markus Einan | 97 | Oslo/Bi | 07.06.2018 |
| 1:48.43 | Thomas Roth | 91 | Ooerdegem, BEL  | 31.05.2014 |
| 1:48.45 | Thomas Roth | 91 | Hamar | 23.05.2015 |
| 1:48.61 | Andreas Roth | 93 | Zürich, SUI | 12.08.2014 |
| 1:48.61 | Markus Einan | 97 | Hamar | 04.08.2019 |
| 1:48.63 | Thomas Roth | 91 | Oslo/Bi | 24.05.2012 |
| 1:48.64 | Andreas Roth | 93 | Tallinn, EST | 12.07.2015 |
| 1:48.65 | Thomas Roth | 91 | Palo Atlo, USA | 02.05.2015 |
| 1:48.67 | Andreas Roth | 93 | Heusden, BLE | 18.07.2015 |
| 1:48.67 | Andreas Roth | 93 | Göteborg, SWE | 10.06.2017 |
|  |  |  |  |  |
| 1:48.68 | Andreas Roth | 93 | Oslo/Bi | 22.05.2014 |
| 1:48.74 | Andreas Roth | 93 | Stretford, GBR | 16.05.2015 |
| 1:48.77 | Andreas Roth | 93 | Oslo/Bi | 24.06.2016 |
| 1:48.79 | Thomas Roth | 91 | Oslo/Bi | 04.06.2010 |
| 1:48.82 | Thomas Roth | 91 | Bergen/Fa | 20.06.2010 |
| 1:48.82 | Thomas Roth | 91 | Tønsberg/Gr | 25.08.2013 |
| 1:48.86 | Thomas Roth | 91 | Zürich, SUI | 12.08.2014 |
| 1:48.88 | Thomas Roth | 91 | Tammerfors, FIN | 11.07.2013 |
| 1:48.88 | Andreas Roth | 93 | Oordegem, BLE  | 31.05.2014 |
| 1:48.89 | Thomas Roth | 91 | Heusden, BLE | 10.07.2010 |

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| **MENN SENIOR** | **626** |

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| **800m Under 1:50.0** |  |

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| 1:48.93 | Markus Einan | 97 | Oslo/Bi | 24.06.2016 |
| 1:48.99 | Markus Einan | 97 | Bergen/Fa | 22.05.2019 |
| 1:49.01 | Andreas Roth | 93 | Kessel, BEL | 19.08.2017 |
| 1:49.06 | Thomas Roth | 91 | Lillestrøm | 29.05.2010 |
| 1:49.09 | Thomas Roth | 91 | Stockholm, SWE | 30.05.2019 |
| 1:49.16 | Thomas Roth | 91 | Nittedal | 08.06.2019 |
| 1:49.17 | Andreas Roth | 93 | Oslo/Bi | 15.06.2017 |
| 1:49.18 | Thomas Roth | 91 | Jessheim | 21.07.2012 |
| 1:49.18 | Andreas Roth | 93 | Karlstad, SWE | 25.07.2017 |
| 1:49.26 | Thomas Roth | 91 | Göteborg, SWE | 10.08.2010 |
|  |  |  |  |  |
| 1:49.27 | Thomas Roth | 91 | Heusden, BEL  | 22.07.2017 |
| 1:49.30 | Thomas Roth | 91 | Oslo/Bi | 09.06.2011 |
| 1:49.30 | Thomas Roth | 91 | Oslo/Bi | 08.07.2020 |
| 1:49.32 | Markus Einan | 97 | Oslo/Bi | 16.09.2015 |
| 1:49.33 | Andreas Roth | 93 | Hamar | 23.05.2015 |
| 1:49.34 | Andreas Roth | 93 | Tallinn, EST | 22.06.2014 |
| 1:49.34 | Andreas Roth | 93 | Tallinn, EST | 10.07.2015 |
| 1:49.34 | Andreas Roth | 93 | Heusden, BLE | 22.07.2017 |
| 1:49.36 | Thomas Roth | 91 | Göteborg, SWE | 04.07.2010 |
| 1:49.38 | Markus Einan | 97 | Hafnar, ISL | 13.08.2016 |
|  |  |  |  |  |
| 1:49.39 | Thomas Roth | 91 | Moncton, CAN | 24.07.2010 |
| 1:49.41 | Markus Einan | 97 | Zürich, SUI | 01.09.2016 |
| 1:49.43 | Thomas Roth | 91 | Gateshead, GBR | 23.06.2013 |
| 1:49.45 | Andreas Roth | 93 | Watford, GBR | 17.05.2014 |
| 1:49.46 | Markus Einan | 97 | Karlstad, SWE | 25.07.2018 |
| 1:49.54 | Thomas Roth | 91 | Helsingfors | 29.06.2012 |
| 1:49.56 | Andreas Roth | 93 | Oordegem, BEL | 04.06.2016  |
| 1:49.63 | Thomas Roth | 91 | Brandbu | 22.05.2013 |
| 1:49.79 | Markus Einan | 97 | Gävle, SWE | 14.07.2019 |
| 1:49.84 | Thomas Roth | 93 | Moncton, CAN | 23.07.2010 |
|  |  |  |  |  |
| 1:49.84 | Andreas Roth | 93 | Oslo/Bi | 04.09.2013 |
| 1:49.86 | Thomas Roth | 91 | Göteborg, SWE | 15.06.2013 |
| 1:49.89 | Andreas Roth | 93 | Jessheim | 03.06.2017 |
| 1:49.91 | Markus Einan | 97 | Gävle, SWE | 12.07.2019 |
| 1:49.99 | Andreas Roth | 93 | Huizingem, BEL | 06.08.2016 |

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| **MENN SENIOR** | **627** |

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| **800m Under 1:50.0** |  |

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| **UKI-medlem – løp for svensk klubb:** |

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| 1:44.47 | Andreas Kramer Svensk rkek.sen | 97 | Ostrava, CZE | 08.09.2020 |
| 1:44.52 | Andreas Kramer | 97 | Bydgoszcz, POL | 03.06.2022 |
| 1:44.57 | Andreas Kramer | 97 | Budapest, UNG | 24.08.2023 |
| 1:44.75 | Andreas Kramer | 97 | Åbo, FIN | 14.06.2022 |
| 1:44.75 | Andreas Kramer | 97 | Paris, FRA | 18.06.2022 |
| 1:44.85 | Andreas Kramer | 97 | Paris, FRA | 09.06.2023 |
| 1:44.94 | Andreas Kramer | 97 | Zürich, SUI | 08.09.2022 |
| 1:44.95 | Andreas Kramer | 97 | Turku, FIN | 13.06.2023 |
| 1:45.03 | Andreas Kramer Svensk rek.sen. | 97 | Karlstad, SWE | 25.07.2018 |
| 1:45.04 | Andreas Kramer | 97 | Stockholm, SWE | 23.08.2020 |
|  |  |  |  |  |
| 1:45.05 | Andreas Kramer | 97 | Sollentuna, SWE | 10.08.2020 |
| 1:45.05 | Andreas Kramer | 97 | Stockholm, SWE | 04.07.2021 |
| 1:45.10 | Andreas Kramer | 97 | London, GBR | 20.07.2019 |
| 1:45.10 | Andreas Kramer | 97 | Zagreb, CRO | 10.09.2023 |
| 1:45.13 | Andreas Kramer Svensk rek.sen. | 97 | Karlstad, SWE | 25.07.2017 |
| 1:45.16 | Andreas Kramer | 97 | Malmø, SWE | 05.08.2023 |
| 1:45.27 | Andreas Kramer | 97 | Göteborg, SWE | 18.08.2018 |
| 1:45.33 | Andreas Kramer | 97 | Roma, ITA | 06.06.2019 |
| 1:45.34 | Andreas Kramer | 97 | Szêkasfehervàn, HUN | 02.07.2018 |
| 1:45.34 | Andreas Kramer | 97 | Göteborg, SWE | 29.08.2020 |
|  |  |  |  |  |
| 1:45.38 | Andreas Kramer  | 97 | Hengelo, NED | 03.06.2018 |
| 1:45.38 | Andreas Kramer | 97 | München, GER | 21.08.2022 |
| 1:45.39 | Andreas Kramer | 97 | Zagrew, CRO | 15.09.2020 |
| 1:45.42 | Andreas Kramer | 97 | Stockholm, SWE | 30.06.0222 |
| 1:45.42 | Andreas Kramer | 97 | Budapest, UNG | 22.08.2023 |
| 1:45.53 | Andreas Kramer SM 1  | 97 | Uppsala, SWE | 16.08.2020 |
| 1:45.53 | Andreas Kramer | 97 | Zagreb, CRO | 14.09.2021 |
| 1:45.59 | Andreas Kramer | 97 | Paris, FRA | 24,08,2019 |
| 1:45.75 | Andreas Kramer | 97 | Heusden, BEL  | 22.07.2017 |
| 1:45.77 | Andreas Kramer VMh | 97 | Eugene, USA | 20.07.2022 |
|  |  |  |  |  |
| 1:45.86 | Andreas Kramer | 97 | Göteborg, SWE | 10.08.2020 |
| 1:45.95 | Andreas Kramer | 97 | Ostrava, CZE | 31.05.2022 |
| 1:45.98 | Andreas Kramer VM se. | 97 | London, GBR | 05.08.2017 |
| 1:46.25 | Andreas Kramer VM fo. | 97 | London, GBR | 06.08.2017 |
| 1:46.25 | Andreas Kramer | 97 | Sollentuna, SWE | 13.06.2021 |
| 1:46.37 | Andreas Kramer | 97 | Bern, SUI | 21.08.2021 |
| 1:46.38 | Andreas Kramer | 97 | Bydgoszcz, POL | 06.06.2023 |
| 1:46.44 | Andreas Kramer fo.5h2 | 97 | Tokio, JAP | 31.07.2021 |
| 1:46.50 | Andreas Kramer EMfo | 97 | München, GER | 18.08.2022 |
| 1:46.55 | Andreas Kramer | 97 | Karlstad, SWE | 03.07.2022 |

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| **MENN SENIOR** | **628** |

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| **800m Under 1:50.0** |  |

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| **UKI-medlem – løp for svensk klubb:** |

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| 1:46.71 | Andreas Kramer VMSe | 97 | Eugene, USA | 21.07.2022 |
| 1:46.74 | Andreas Kramer VM fo | 97 | Duha, QAT | 29.09.2019 |
| 1:46.93 | Andreas Kramer | 97 | Bydgoszcz, POL | 13.07.2017 |
| 1:46.95 | Andreas Kramer | 97 | Karlstad, SWE | 08.07.2020 |
| 1:46.97 | Andreas Kramer | 97 | Moratatalaz, ESP | 22.06.2018 |
| 1:47.03 | Andreas Kramer | 97 | Karlstad, SWE | 22.06.2021 |
| 1:47.08 | Andreas Kramer | 97 | Ostrava, TSJ | 08.09.2018 |
| 1:47.20 | Andreas Kramer | 97 | Stockholm, SWE | 30.05.2019 |
| 1:47.30 | Andreas Kramer | 97 | Palo Alto, USA | 05.05.2017 |
| 1:47.47 | Andreas Kramer 1SM | 97 | Borås, SWE | 29.08.2021 |
| 1:47.49 | Andreas Kramer v/Fin | 97 | Stockholm, SWE | 04.09.2021 |
|  |  |  |  |  |
| 1:47.53 | Andreas Kramer | 97 | Göteborg, SWE | 16.08.2019 |
| 1:47.53 | Andreas Kramer | 97 | Göteborg, SWE | 30.07.2022 |
| 1:47.60 | Andreas Kramer | 97 | Birmingham, GBR | 18.08.2019 |
| 1:47.61 | Andreas Kramer | 97 | Bydgoszcz, POL | 11.08.2019 |
| 1:48.02 | Andreas Kramer | 97 | Sollentuna, SWE | 28.06.2018 |
| 1:48.15 | Andreas Kramer Gull I EM 22 | 97 | Bydgoszcz, POL | 16.07.2017 |
| 1:48.18 | Andreas Kramer | 97 | Doha, QAT | 05.05.2023 |
| 1:48.25 | Andreas Kramer v/FIN | 97 | Helsingfors, FIN | 03.09.2022 |
| 1:48.37 | Andreas Kramer EM1se1 | 97 | München, GER | 19.08.2022 |
| 1:48.89 | Andreas Kramer FIN-SWE: 1 | 97 | Tammerfors, FIN | 05.09.2020 |
|  |  |  |  |  |
| 1:49.40 | Andreas Kramer | 97 | Uppsala | 15.08.2020 |
| 1:49.57 | Andreas Kramer | 97 | Vaasa, FIN | 25.06.2017 |
| 1:49.89 | Andreas Kramer V.Fin | 97 | Stockholm, SWE | 03.09.2017 |

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| **MENN SENIOR** | **629** |

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| **Innendørs - 800m Under 1:50.0** |  |

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| **Innendørs** |  |

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| 1:47.26 | Thomas Roth | 91 | Wien, AUT | 31.01.2015 |
| 1:48.60 | Thomas Roth | 91 | Vaxjö, SWE | 13.02.2016 |
| 1:48.62 | Thomas Roth | 91 | Uppsala, SWE | 11.02.2018 |
| 1:48.90 | Markus Einan | 97 | Haugesund | 03.02.2019 |
| 1:49.14 | Markus Einan | 97 | Glasgow, SKO | 01.03.2019 |

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| 1:49.09 | Andreas Roth | 93 | Praha, TSJ | 06.03.2015 |
| 1:49.50 | Thomas Roth | 91 | Vaxjö, SWE | 09.02.2015 |
| 1:49.73 | Thomas Roth | 91 | Praha, CZE | 06.03.2015 |
| 1:49.74 | Thomas Roth | 91 | Gent, BLE | 07.02.2015 |
| 1:49.77 | Andreas Roth | 93 | Gent, BEL  | 07.02.2015 |
| 1:49.85 | Thomas Roth | 91 | Stockholm, SWE | 10.02.2010 |
| 1:49.87 | Markus Einan | 97 | Göteborg, SWE | 30.01.2016 |

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| **Overlang bane 300m** |  |

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| 1:49.54 | Thomas Roth | 91 | Tammerfors, FIN | 05.02.2011 |

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| **UKI-medlem – løp for svensk klubb:** |

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| 1:45.09 | Andreas Kramer S.REK | 97 | Torun, POL | 17.02.2021 |
| 1:45.71 | Andreas Kramer | 97 | Torun, POL | 22.02.2022 |
| 1:46.52 | Andreas Kramer | 97 | Karlsruhe, GER | 02.02.2019 |
| 1:46.72 | Andreas Kramer | 97 | Madrid, ESP | 02.03.2022 |
| 1:46.79 | Andreas Kramer | 97 | Karlsruhe, GER | 29.01.2021 |
| 1.46.83 | Andreas kramer | 97 | Karlsruhe, GER | 28.01.2022 |
| 1:46.87 | Andreas Kramer  | 97 | Düsseldorf, GER | 06.02.2018 |
| 1:46.87 | Andreas Kramer EM s | 97 | Torun, POL | 06.03.2021 |
| 1:47.21 | Andreas Kramer VMI: 1h4 | 97 | Birmingham, GBR | 02.03.2018 |
| 1:47.30 | Andreas Kramer | 97 | Torun, POL | 08.02.2020 |
|  |  |  |  |  |
| 1:47.36 | Andreas Kramer | 97 | Torun, POL | 15.02.2018 |
| 1:47.21 | Andreas Kramer VMI: 1h4 | 97 | Birmingham, GBR | 02.03.2018 |
| 1:47.48 | Andreas Kramer | 97 | Lievin, FRA | 09.02.2021 |
| 1:47.55 | Andreas Kramer EM f. | 97 | Torun, POL | 05.03.2021 |
| 1.47.61 | Andreas Kramer | 97 | Lievìn, FRA | 17.02.2022 |
| 1:47.64 | Andreas Kramer | 97 | Dortmund, GER | 07.02.2021 |
| 1:47.66 | Andreas Kramer SM: 1 | 97 | Vaxjö, SWE | 25.02.2020 |
| 1:47.90 | Andreas Kramer | 97 | Stockholm, SWE | 11.02.2020 |
| 1:48.06 | Andreas Kramer EMI:7fin  | 97 | Glasgow, SKO | 03.03.2019 |
| 1:48.19 | Andreas Kramer | 97 | Düsseldorf, GER | 20.02.2019 |

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| **MENN SENIOR** | **630** |

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| **Innendørs - 800m Under 1:50.0** |  |

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| **Innendørs** |  |

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| **UKI-medlem – løp for svensk klubb:** |

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| 1:48.50 | Andreas Kramer | 97 | Stockholm, SWE | 04.03.2019 |
| 1:48.55 | Andreas Kramer | 97 | Växjö, SWE | 26.02.2022 |
| 1:48.67 | Andreas Kramer EMI:4h1f | 97 | Glasgow, SKO | 01.03.2019 |
| 1:48.71 | Andreas Kramer | 97 | Karlsruhe, SWE | 31.01.2020 |
| 1:49.06 | Andreas Kramer EMI:2h3s  | 97 | Glasgow, SKO | 01.03.2019 |
| 1:49.19 | Andreas Kramer 1SM | 97 | Malmø, SWE | 19.02.2021 |

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| **MENN SENIOR** | **631** |

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| **Utendørs -1500m Under 3:52.0** |  |

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| --- | --- | --- | --- | --- |
| 3:40.03 | Fredrik Sandvik | 98 | Oslo/Bi | 09.06.2021 |
| 3:40.23 | Jacob Boutera | 96 | Jessheim | 02.06.2022 |
| 3:40.24 | Senay Fissehatsion | 95 | Oslo/Bi | 15.06.2023 |
| 3:40.33 | Andreas Fjeld Halvorsen | 05 | Brandbu | 23.09.2023 |
| 3:42.35 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 29.08.2023 |
| 3:42.85 | Fredrik Sandvik | 98 | Oslo/Bi | 04.06.2021 |
| 3:43.08 | Fredrik Sandvik | 98 | Jessheim | 02.06.2022 |
| 3:43.11 | Thomas Roth | 91 | Jessheim | 31.05.2018 |
| 3:43.75 | Vetle Aasland | 91 | Nadderud | 17.06.2012 |
| 3:44.49 | Andreas Fjeld Halvorsen | 05 | Stjørdal | 25.06.2022 |
|  |  |  |  |  |
| 3:45.04 | Senay Fissehatsion | 95 | Jessheim | 08.06.2023 |
| 3:45.07 | Andreas Fjeld Halvorsen | 05 | Sandnes | 26.08.2023 |
| 3:45.08 | Thomas Roth | 91 | Jessheim | 06.06.2019 |
| 3:45.20 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 16.06.2022 |
| 3:45.41 | Thomas Roth | 91 | Oslo/Bi | 13.08.2012 |
| 3:45.47 | Vetle Aasland | 91 | Oslo/Bi | 13.08.2012 |
| 3:45.60 | Andreas Fjeld Halvorsen | 05 | Jessheim | 02.06.2022 |
| 3:45.61 | Andreas Fjeld Halvorsen | 05 | Birmingham, GBR | 23.08.2022 |
| 3:45.98 | Andreas Fjeld Halvorsen | 05 | Rud | 27.08.2022 |
| 3:46.08 | Vetle Aasland | 91 | Oordegem BEL | 02.06.2012 |
|  |  |  |  |  |
| 3:46.23 | Vetle Aasland | 91 | Gøteborg, SWE | 14.06.2012 |
| 3:46.61 | Thomas Roth | 91 | Oslo/Bi | 29.08.2015 |
| 3:46.62 | Thomas Roth | 91 | Sigdal | 28.07.2012 |
| 3:46.62 | Eilias Otteson | 91 | Jessheim | 05.06.2014 |
| 3:46.66 | Per Svela | 92 | Oslo/Bi | 14.07.2021 |
| 3:46.69 | Vetle Aasland | 91 | Stockholm, SWE | 17.08.2012 |
| 3:46.82 | Thomas Roth | 91 | Oslo/Bi | 13.08.2012 |
| 3:46.92 | Sigurd Ruud Skjeseth | 96 | Oslo/Bi | 14.07.2021 |
| 3:47.21 | Vetle Aasland | 91 | Oslo/Bi | 20.08.2011 |
| 3:47.32 | Fredrik Sandvik | 98 | Oslo/Bi | 25.08.2020 |
|  |  |  |  |  |
| 4:47.61 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 15.06.2023 |
| 3:47.77 | Sigurd Blom Breivik | 96 | Stanford, GBR | 16.08.2016 |
| 3.47.93 | Benjamin Olsen | 04 | Jessheim | 02.06.2022 |
| 3:48.10 | Benjamin Olsen | 04 | Oslo/Bi | 16.06.2022 |
| 3:48.12 | Vetle Aasland | 91 | Sigdal | 28.07.2012 |
| 3:48.62 | Vetle Aasland | 91 | Mølndal, SWE | 03.09.2011 |
| 3:48.28 | Vetle Aasland | 91 | Oslo/Bi | 07.06.2012 |
| 3:48.37 | Kristian Bråthen Børve | 06 | Oslo/Bi | 29.08.2023 |
| 3:48.44 | Terje Snarby | 89 | Jessheim | 04.06.2015 |
| 3:48.51 | Vetle Aasland | 91 | Kristiansand | 26.08.2012 |

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| **MENN SENIOR** | **642** |

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| **Utendørs -1500m Under 3:52.0** |  |

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| 3:48.54 | Sigurd Blom Breivik | 96 | Jessheim | 02.06.2016 |
| 3:48.69 | Vetle Aasland | 91 | Gøteborg, SWE | 07.07.2012 |
| 3:48.81 | Trym Fjøsne Hexeberg | 03 | Oslo/Bi | 29.08.2023 |
| 3:48.90 | Fredrik Sandvik | 98 | Bergen/Fa | 18.08.2021 |
| 3:49.53 | Elias Ottosen | 93 | Watford, GBR | 17.05.2014 |
| 3:49.54 | Terje Snarby | 89 | Stretford, GBR | 16.05.2015 |
| 3:49.61 | Fredrik Sandvik | 98 | Jessheim | 08.08.2020 |
| 3:49.65 | Bewnjamin Olsen | 04 | Stjørdal | 25.06.2022 |
| 3:49.72 | Fredrik Sandvik | 98 | Ulsteinvik | 05.02.2022 |
| 3:49.76 | Kristian Bråthen Børve | 06 | Jessheim | 08.06.2023 |
|  |  |  |  |  |
| 3:49.77 | Sigurd Blom Breivik | 96 | Kortrijk, BEL  | 11.07.2015 |
| 3:50.02 | Vetle Aasland | 91 | Sollentuna, SWE | 28.06.2011 |
| 3:50.22 | Sigurd Blom Breivik | 96 | Manchester, GBR | 14.05.2016 |
| 3:50.35 | Thomas Roth | 91 | Jessheim | 04.06.2020 |
| 3:50.48 | Terje Snarby | 89 | Jessheim | 31.05.2014 |
| 3:50.55 | Vetle Aasland | 91 | Nijmegen, NED | 25.05.2011 |
| 3:50.64 | Erik Richenberg | 94 | Oslo/Bi | 13.06.2013 |
| 3:50.79 | Jørgen Frost Bø | 94 | Oslo/Be | 09.07.2015 |
| 3:50.92 | Jørgen Frost Bø | 94 | Oslo/Bi | 07.06.2012 |
|  |  |  |  |  |
| 3:51.07 | Sigurd Blom Breivik | 96 | Eskilstuna, SWE | 16.07.2015 |
| 3:51.24 | Markus Einan | 97 | Oslo/Bi | 25.08.2018 |
| 3:51.44 | Erik Udø Pedersen | 94 | Oslo/Bi | 10.06.2020 |
| 3:51.44 | Senay Fissehatsion | 95 | Oslo/Bi | 25.08.2021 |
| 3:51.52 | Thomas Roth | 91 | Sollentuna, SWE | 29.06.2017 |
| 3:51.71 | Jørgen Frost Bø | 94 | Watford, GBR | 17.05.2014 |
| 3:51.9 | Trygve Stanger | 62 | Jessheim | 24.08.1987 |
| 3:51.92 | Henrik Hanssen | 97 | Sollentuna, SWE | 11.06.2023 |
| 3:51.94 | Markus Einan | 97 | Oslo/Bi | 25.08.2018 |
| 3:51.98 | Thomas Roth | 91 | Tallinn, EST | 21.06.2014 |

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| **MENN SENIOR** | **633** |

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| **Innendørs -1500m Under 3:52.0** |  |

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| 3:41.69 | Jacob Boutera EM | 96 | Torun, POL | 04.03.2021 |
| 3:43.90 | Jacob Boutera | 96 | Hvam | 20.02.2021 |
| 3:46.08 | Fredrik Sandvik | 98 | Uppsala, SWE | 13.02.2022 |
| 3:46.19 | Thomas Roth | 91 | Hvam | 06.02.2016 |
| 3:47.47 | Andreas Fjeld Halvorsen | 05 | Hvam | 04.02.2023 |
| 3:49.72 | Fredrik Sandvik | 98 | Ulsteinvik | 05.02.2022 |
| 3.49.93 | Andreas Fjeld Halvorsen | 05 | Steinkjer | 04.03.2022 |
| 3:50.54 | Sigurd Blom Breivik | 96 | Ulsteinvik | 04.02.2017 |
| 3:50.73 | Andreas Fjeld Halvorsen | 05 | Hvam | 22.01.2022 |
| 3:50.81 | Thomas Roth | 91 | Haugesund | 02.02.2019 |
|  |  |  |  |  |
| 3:50.93 | Andreas Fjeld Halvorsen | 05 | Hvam | 22.01.2022 |
| 3:51.68 | Thomas Roth | 91 | Trondheim | 12.02.2011 |

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| **MENN SENIOR** | **634** |

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| **Utendørs -3000m Under 8:28.0** |  |

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| 7:47.04 | Andreas Fjeld Halvorsen | 05 | Trier, GER | 08.09.2023 |
| 7:47.37 | Awet Kibrab | 95 | Bergen/Fa | 03.06.2023 |
| 7:50.22 | Senay Fissehatsion | 95 | Bergen/Fa | 03.06.2023 |
| 7:50.31 | Awet Kibrab | 95 | Jessheim | 11.08.2023 |
| 7:51.15 | Jacob Boutera | 96 | Jessheim | 05.08.2022 |
| 7:52.72 | Sigurd Ruud Skjeseth | 96 | Jessheim | 06.08.2021 |
| 7:52.73 | Per Svela | 92 | Bergen/Fa | 08.06.2022 |
| 7:58.63 | Sigurd Ruud Skjeseth | 96 | Bergen/Fa | 12.05.2021 |
| 7:53.87 | Per Svela | 92 | Bergen/Fa | 29.07.2020 |
| 7:54.08 | Per Svela | 92 | Naimette, BLE | 30.06.2021 |
|  |  |  |  |  |
| 7:55.19 | Fredrik Sandvik | 98 | Jessheim | 06.08.2021 |
| 7:55.88 | Fredrik Sandvik | 98 | Oslo/Bi | 03.09.2020 |
| 7:58.38 | Andreas Fjeld Halvorsen | 05 | Nittedal | 20.08.2023 |
| 7:58.47 | Senay Fissehatsion | 95 | Førde | 16.05.2023 |
| 7:58.63 | Sigurd Ruud Skjeseth | 96 | Bergen/Fra | 12.05.2021 |
| 8:00.38 | Fredrik Sandvik | 98 | Moelv | 21.05.2023 |
| 8:00.51 | Per Svela | 92 | Lahti, FIN | 25.05.2022 |
| 8:05.72 | Kristian Bråthen Børve | 06 | Jessheim | 11.08.2023 |
| 8:06.67 | Andreas Fjeld Halvorsen | 05 | Jessheim | 05.08.2022 |
| 8:10.96 | Senay Fissehatsion | 95 | Jessheim | 06.08.2021 |
|  |  |  |  |  |
| 8:11.16 | Andreas Fjeld Halvorsen | 05 | Bergen/Fa | 11.05.2022 |
| 8:13.20 | Vidar Birkelund | 56 | Oslo/Bi | 19.06.1984 |
| 8:14.30 | Øystein Syversen | 52 | Oslo/Bi | 19.05.1983 |
| 8:15.53 | Kristian Bråthen Børve | 06 | Moelv | 21.05.2023 |
| 8:16.14 | Erik Udø Pedersen | 94 | Oslo/Bi | 07.06.2020 |
| 8:17.71 | Vidar Birkelund | 56 | Trondheim/Le | 21.05.1985 |
| 8:17.77 | Vidar Birkelund | 56 | Oslo/Bi | 18.06.1987 |
| 8:19.02 | Øystein Syversen | 52 | Oslo/Bi | 19.06.1984 |
| 8:20.1 | Vidar Birkelund | 56 | Oslo/St | 16.07.1986 |
| 8:20.16 | Jørgen Frost Bø | 94 | Oslo/Bi | 22.05.2014 |
|  |  |  |  |  |
| 8:22.12 | Vidar Birkelund | 56 | Oslo/Bi | 19.05.1983 |
| 8:22.30 | Jørgen Frost Bø | 94 | Oslo/Bi | 24.06.2012 |
| 8:22.84 | Sondre Strande Omland | 07 | Rud | 16.06.2023 |
| 8:23.76 | Simen Gløgård Stensrud | 05 | Oslo/Bi | 28.05.2022 |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/Bi | 05.09.1974 |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/St | 28.06.1976 |
| 8:25.56 | Jørgen Frost Bø | 94 | Lillehammer/Ss | 20.06.2015 |
| 8:26.13 | Jørgen Frost Bø | 94 | Karlstad, SWE | 22.07.2015 |
| 8:26.4 | Harald Lindstrøm | 54 | Oslo/Bi | 09.09.1975 |
| 8:26.68 | Simen Gløgård Stensrud | 05 | Jessheim | 11.03.2023 |

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| **MENN SENIOR** | **635** |

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| **Utendørs -3000m Under 8:28.0** |  |

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| --- | --- | --- | --- | --- |
| 8:26.86 | Bjørn Dæhlie | 67 | Oslo/Bi | 31.05.1988 |
| 8:27.57 | Vidar Aasland | 91 | Nadderud | 17.06.2011 |

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| **MENN SENIOR** | **636** |

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| **Innendørs -3000m Under 8:28.0** |  |

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| 7:51.15 | Per Svela | 92 | Sandnes | 26.02.2022 |
| 7:54.72 | Per Svela | 92 | Uppsala, SWE | 13.02.2022 |
| 8:02.35 | Per Svela | 92 | Helsingfors, FIN | 09.02.2020 |
| 8:14.90 | Andreas Fjeld Halvorsen | 05 | Hvam | 12.03.2022 |
| 8:23.74 | Per Svela | 92 | Rud | 02.02.2020 |

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| **MENN SENIOR** | **637** |

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| **Utendørs -5000m Under 15:00.0** |  |

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| --- | --- | --- | --- | --- |
| 13:15.41 | Abet Kibrab | 95 | Heusden, BEL | 15.07.2023 |
| 13:18.59 | Awet Kibrab | 95 | Stockholm, SWE | 18.05.2023 |
| 13:23.97 | Per Svela | 92 | Monaco, MON | 14.08.2020 |
| 13:28.66 | Per Svela | 92 | Heusden, BEL | 02.07.2022 |
| 13:30.96 | Awet Kibrab | 95 | Oslo/Bi | 15.06.2023 |
| 13:32.97 | Per Svela | 92 | Heusden, BEL | 03.07.2021 |
| 13:33.40 | Per Svela | 92 | Mancester, GBR | 03.06.2022 |
| 13:33.65 | Awet Kibrab | 95 | Jessheim | 06.07.2023 |
| 13:34.13 | Senay Fissehatsion | 95 | Gæteborg, SWE | 18.06.2023 |
| 13:36.82 | Per Svela | 92 | Oslo/Bi | 04.06.2021 |
|  |  |  |  |  |
| 13:38.08 | Per Svela | 92 | Oslo/Bi | 29.06.2020 |
| 13:41.47 | Sigurd Ruud Skjeseth | 96 | Tønsberg/Gr | 22.05.2021 |
| 13:46.07 | Erik Udø Pedersen | 94 | Oslo/Bi | 04.06.2021 |
| 13:47.45 | Per Svela | 92 | Jyväskylä, FIN | 26.07.2022 |
| 13:52.46 | Awet Kibrab | 95 | Oslo/Bi | 13.07.2022 |
| 13:54.60 | Per Svela | 92 | Paris, FRA | 18.06.2022 |
| 13:56.07 | Sigurd Ruud Skjeseth | 96 | Oslo/Bi | 04.06.2021 |
| 13:57.07 | Awet Kibrab | 95 | Oslo/Bi | 25.09.2021 |
| 13:58.36 | Senay Fissehatsion | 95 | Jessheim | 06.07.2023 |
| 13:58.39 | Awet Kibrab | 95 | Chorzow, POL | 25.06.2023 |
|  |  |  |  |  |
| 13:59.43 | Awet Kibrab | 95 | Oslo/Bi | 30.06.2022 |
| 14:01.46 | Awet Kibrab | 95 | Tønsberg/Gr | 21.05.2022 |
| 14:01.56 | Awet Kibrab | 95 | Tønsberg/Gr | 21.05.2022 |
| 14:01.80 | Sigurd Ruud Skjeseth | 96 | Kristiansand | 10.09.2021 |
| 14:03.28 | Senay Fissehatsion | 95 | Oslo/Bi | 30.06.2022 |
| 14:05.61 | Per Svela | 92 | Bergen/Fa | 18.09.2020 |
| 14:05.86 | Awet Kibrab | 95 | Kristiansand | 10.09.2021 |
| 14:12.28 | Erik Udø Pedersen | 94 | Kristiansand | 10.09.2021 |
| 14:12.99 | Senay Fissehatsion | 95 | Oslo/Bi | 25.09.2021 |
| 14:15.67 | Vidar Birkelund | 56 | Lillehammer/Ss | 31.05.1984 |
|  |  |  |  |  |
| 14:16.75 | Andreas Fjeld Halvorsen | 05 | Run | 28.08.2022 |
| 14:18.33 | Senay Fissehatsion | 95 | Tønsberg/Gr | 22.05.2021 |
| 14:18.77 | Senay Fissehatsion | 95 | Oslo/Bi | 14.07.2021 |
| 14:19.14 | Senay Fissehatsion | 95 | Oslo/Bi | 04.06.2021 |
| 14:20.20 | Vidar Birkelund | 56 | Nadderud | 02.08.1985 |
| 14:20.32 | Senay Fissehatsion | 95 | Kristiansand | 10.09.2021 |
| 14:22.29 | Senay Fissehatsion | 95 | Stjørdal | 24.06.2022 |
| 14:23.17 | Jørgen Frost Bø | 94 | Oslo/Bi | 28.06.2015 |
| 14:27.23 | Vidar Birkelund | 56 | Oslo/Bi | 23.07.1987 |
| 14:27.92 | Per Svela | 92 | Kristiansand | 10.09.2021 |

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| **MENN SENIOR** | **638** |

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| **Utendørs -5000m Under 15:00.0** |  |

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| --- | --- | --- | --- | --- |
| 14:29.2 | Vidar Birkelund | 56 | Oslo/St | 29.06.1983 |
| 14:31.25 | Vidar Birkelund | 56 | Sandnes | 08.08.1986 |
| 14:31.35 | Jørgen Frost Bø | 94 | Haugesund | 31.07.2015 |
| 14:33.8 | Øystein Syversen | 52 | Nadderud | 28.06.1983 |
| 14:34.74 | Kristian Børve Bråthen | 06 | Rud | 28.08.2022 |
| 14.35.39 | Senay Fissehatsion | 95 | Tønsberg/Gr | 21.05.2022 |
| 14:38.0 | Harald Lindstrøm | 54 | Oslo/Bi | 23.09.1975 |
| 14:38.78 | Bjørn Dæhlie | 67 | Oslo/Bi | 18.05.1989 |
| 14:41.69 | Fredrik Sandvik | 98 | Oslo/Bi | 30.06.2022 |
| 14:46.09 | Jørgen Frost Bø | 94 | Jessheim | 22.08.2014 |
|  |  |  |  |  |
| 14:47.01 | Petter Myhr | 00 | Oslo/Bi | 29.06.2020 |
| 14:51.18 | Eskil Kinneberg | 92 | Lerum, SWE | 22.06.2016 |
| 14:52.40 | Øystein Syversen | 52 | Byrkjelo | 30.06.1984 |
| 14:53.15 | Øystein Syversen | 52 | Oslo/Bi | 30.07.1985 |
| 14:55.40 | Kristian Monsen | 77 | Oslo/Bi | 03.09.2013 |
| 14:57.54 | Jørgen Frost Bø | 94 | Gøteborg, SWE | 14.06.2012 |
| 14:57.7 | Leif Erling Aronsveen | 57 | Jessheim | 24.08.1987 |
| 14:58.0 | Bjørn Dæhlie | 67 | Esjberg, DEN | 26.07.1987 |

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| **MENN SENIOR** | **639** |

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| **Utendørs -10000m Under 31:32.0** |  |

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| 28:17.01 | Sigurd Ruud Skjeseth | 96 | London, GBR | 14.05.2022 |
| 28:35.79  | Per Svela | 92 | Oslo/Bi | 14.04.2022 |
| 28:36.06 | Sigurd Ruud Skjeseth | 96 | Kristiansand | 26.06.2021 |
| 28:57.62 | Senay Fissehatsion | 95 | Jessheim | 08.07.2023 |
| 29:03.41 | Per Svela | 92 | Bergen/Fa | 20.09.2020 |
| 29:11.78 | Sigurd Ruud Skjeseth | 96 | Kristiansand | 12.09.2021 |
| 29:30.12 | Erik Udø Pedersen | 94 | Kristiansand | 26.06.2021 |
| 29:34.78 | Erik Udø Pedersen | 94 | Bergen/Fa | 20.09.2020 |
| 29:57.28 | Vidar Birkelund | 56 | Sandnes | 10.08.1986 |
| 29:57.27 | Senay Fissehatsion | 95 | Kristiansand | 26.06.2021 |
|  |  |  |  |  |
| 30:02.15 | Senay Fissehatsion | 95 | Stjørdal | 26.06.2022 |
| 30:05.24 | Vidar Birkelund | 56 | Oslo/Bi | 20.05.1985 |
| 30:13.36 | Vidar Birkelund | 56 | Øvre Årdal | 26.08.1984 |
| 30:20.01 | Vidar Birkelund | 56 | Oslo/Bi | 23.07.1987 |
| 30:21.01 | Erik Udø Pedersen | 94 | Kristiansand | 07.08.2020 |
| 30:31.09 | Bjørn Dæhlie | 67 | Oslo/Bi | 29.06.1993 |
| 30:31.76 | Bjørn Dæhlie | 67 | Oslo/Bi | 22.06.1989 |
| 30:32.48 | Øystein Syversen | 52 | Trondheim/Le | 31.07.1983 |
| 30:39.74 | Tor Erik Nyquist | 67 | Oslo/Bi | 18.06.1998 |
| 30:40.39 | Øystein Syversen | 52 | Oslo/Bi | 20.06.1985 |
|  |  |  |  |  |
| 30:46.0 | Bjørn Dæhlie | 67 | Bjørkelangen | 14.09.1988 |
| 30:48.97 | Øystein Syversen | 52 | Oslo/Bi | 18.06.1986 |
| 30:53.0 | Eskil Kinneberg | 92 | Kvärnsveden, SWE | 05.07.2020 |
| 30:53.70 | Senay Fissehatsion | 95 | Kristiansand | 12.09.2021 |
| 31:20.4 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |
| 31:22.99 | Stein Roar Ulseth | 52 | Oslo/Bi | 19.06.1986 |
| 31:27.6 | Stein Roar Ulseth | 52 | Rolvsrud | 10.06.1983 |
| 31:30.24 | Kristian Monsen | 77 | Jessheim | 24.08.2014 |

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| **MENN SENIOR** | **640** |

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| **Utendørs -3000m hinder Under 9:40.0** |  |

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| --- | --- | --- | --- | --- |
| 8:22.83 | Jacob Boutera | 96 | Toulose, FRA | 26.05.2022 |
| 8:21.63 | Jacob Boutera | 96 | Åbo, FIN | 14.06.2022 |
| 8:26.80 | Jacob Boutera | 96 | Nice, FRA | 12.06.2021 |
| 8:27.15 | Jacob Boutera | 96 | Oordegem, BEL | 29.05.2021 |
| 8:27.18 | Jacob Boutera | 96 | Bergen/Fa | 08.06.2022 |
| 8:27.46 | Fredrik Sandvik | 98 | Bergen/Fa | 03.06.2023 |
| 8:28.02 | Fredrik Sandvik | 98 | Bergen/Fa | 08.06.2022 |
| 8:29.03 | Fredrik Sandvik | 98 | Åbo, FIN | 14.06.2022 |
| 8:30.73 | Jacob Boutera | 96 | København, DEN | 08.06.2021 |
| 8:31.03 | Jacob Boutera | 96 | München, GER | 16.08.2022 |
|  |  |  |  |  |
| 8:31.47 | Jacob Boutera | 96 | Oregon, USA | 15.07.2022 |
| 8:31.64 | Fredrik Sandvik | 98 | Liege, BEL | 12.07.2023 |
| 8:33.38 | Jacob Boutera | 96 | München, GER | 19.08.2022 |
| 8:37.21 | Fredrik Sandvik | 98 | Jessheim | 07.07.2023 |
| 8:38.53 | Fredrik Sandvik | 98 | Stjørdal | 25.06.2022 |
| 8:38.67 | Fredrik Sandvik | 98 | Turku, FIN | 13.06.2023 |
| 8:39.49 | Jacob Boutera | 96 | Karlstad, SWE | 22.06.2021 |
| 8:42.78 | Fredrik Sandvik | 98 | Cluj-Napoca, ROU | 20.06.2021 |
| 8:47.56 | Fredrik Sandvik | 98 | Oslo/Bi | 13.05.2021 |
| 8:49.11 | Fredrik Sandvik | 98 | Kristiansand | 11.09.2021 |
|  |  |  |  |  |
| 8:51.47 | Jacob Boutera | 96 | Turku, FIN | 13.06.2023 |
| 8:53.16 | Fredrik Sandvik | 98 | Bergen/Fa | 19.09.2020 |
| 9:02.0 | Bjørn Dæhlie | 67 | Jessheim | 25.08.1989 |
| 9:05.47 | Fredrik Sandvik | 98 | München, GER | 16.08.2022 |
| 9:09.85 | Erik Udø Pedersen | 94 | Bergen/Fa | 19.09.2020 |
| 9:11.39 | Bjørn Dæhlie | 67 | Oslo/Bi | 03.08.1994 |
| 9:12.60 | Vidar Birkelund | 56 | Byrkjelo | 30.06.1984 |
| 9:13.8 | Vidar Birkelund | 56 | Jessheim | 24.08.1983 |
| 9:17.60 | Vetle Aasland | 91 | Prestfoss | 29.07.2012 |
| 9:17.7 | Bjørn Dæhlie | 67 | Jessheim | 19.08.1988 |
|  |  |  |  |  |
| 9:17.8 | Trygve Stanger | 62 | Jessheim | 21.08.1987 |
| 9:24.96 | Vegard Løberg Gjelsvik | 92 | København, DEN | 04.09.2011 |
| 9:25.4 | Stein Roar Ulseth | 52 | Oslo/St | 16.07.1986 |
| 9:28.6 | Trygve Stanger | 62 | Jessheim | 15.08.1986 |
| 9:30.8 | Svein Skolt | 25 | Oslo/Bi | 18.08.1951 |
| 9:33.8 | Vidar Birkelund | 56 | Jessheim | 22.08.1980 |
| 9:36.1 | Fredrik Bakken | 66 | Jessheim | 21.08.1987 |

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| **KVINNER SENIOR** | **641** |

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| **Utendørs -800m Under 2:15.0** |  |

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| 2:04.80 | Amalie Sæten | 97 | Oslo/Bi | 07.06.2018 |
| 2:05.60 | Amalie Sæten | 97 | Oslo/Bi | 28.06.2023 |
| 2:04.84 | Amalie Sæten | 97 | Kristiansand | 07.06.2020 |
| 2:05.55 | Amalie Sæten | 97 | Bergen/Fa | 20.09.2020 |
| 2:05.90 | Amalie Sæten | 97 | Zürich, SUI | 30.06.2018 |
| 2:06.01 | Amalie Sæten | 97 | Nittedal | 21.08.2021 |
| 2:06.14 | Aamlie Sæten | 97 | Oslo/Bi | 30.06.2020 |
| 2:06.27 | Amalie Sæten | 97 | Oslo/Bi | 14.06.2020 |
| 2:06.81 | Amalie Sæten | 97 | Oordegem, BEL | 26.05.2018 |
| 2:06.81 | Amalie Sæten | 97 | Nittedal | 21.08.2022 |
|  |  |  |  |  |
| 2:06.84 | Amalie Sæten | 97 | Oslo/Bi | 17.09.2010 |
| 2:07.28 | Josefin Heier | 96 | Oslo/Bi | 15.06.2023 |
| 2:07.28 | Josefine Heier | 96 | Oslo/Bi | 15.06.2023 |
| 2:07.47 | Josefine Heier | 96 | Gøteborg, SWE | 31.05.2023 |
| 2:07.63 | Amalie Sæten | 97 | Byrkjelo | 19.08.2018 |
| 2:08.17 | Amalie Sæten | 97 | Merksem, BEL | 27.07.2019 |
| 2:08.22 | Amalie Sæten | 97 | Hamar | 04.08.2019 |
| 2:08.23 | Amalie Sæten | 97 | Watford, GBR | 13.06.2018 |
| 2:08.34 | Amalie Sæten | 97 | Oslo/Bi | 05.07.2019 |
| 2:08.72 | Amalie Sæten | 97 | Bergen/Fa | 22.08.2018 |
|  |  |  |  |  |
| 2:08.79 | Josefine Heier | 96 | Tønsberg/Gr | 20.05.2023 |
| 2:08.86 | Amalie Sæten | 97 | Oslo/Bi | 27.08.2019 |
| 2:09.12 | Amalie Sæten | 97 | Wraclaw, POL | 29.05.2019 |
| 2:10.29 | Amalie Sæten | 97 | Oslo/La | 04.06.2019 |
| 2:09.34 | Josefine Heier | 96 | Jessheim | 11.08.2023 |
| 2:10.41 | Josefine Heier | 97 | Karlstad, SWE | 03.07.2022 |
| 2:10.58 | Josefine Heier | 97 | Nittedal | 17.09.2022 |
| 2:10.69 | Josefine Heier | 97 | Oslo/Bi | 30.06.2022 |
| 2.11.04 | Josefine Heier | 97 | Stjørdal | 26.06.2022 |
| 2:11.45 | Amalie Sæten | 97 | Gøteborg, SWE | 30.06.2019 |
|  |  |  |  |  |
| 2:11.99 | Josefine Heier | 97 | Tønsberg/Gr | 21.05.2022 |
| 2:12.03 | Josefine Heier | 97 | Nadderud | 18.09.2021 |
| 2:12.05 | Josefine Heier | 96 | Nittedal | 21.08.2021 |
| 2:12.58 | Wilma Torbjørnsson | 07 | Gøteborg, SWE | 31.05.2023 |
| 2:12.87 | Veronica Undseth | 94 | Oslo/Bi | 28.06.2015 |
| 2:12.90 | Josefine Heier | 96 | Oslo/St | 14.08.2021 |
| 2:13.53 | Josefine Heier | 96 | Kristiansand | 11.09.2021 |
| 2:13.61 | Amalie Sæten | 97 | Bergen/Fa | 19.09.2020 |
| 2:13.82 | Josefine Heier | 97 | Stjørdal | 25.06.2022 |
| 2:13.89 | Josefine Heier | 97 | Jessheim | 06.07.2023 |

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| **KVINNER SENIOR** | **642** |

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| **Utendørs -800m Under 2:15.0** |  |

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| 2:14.31 | Pia Bålsrud | 95 | Oslo/Bi | 24.06.2016 |
| 2:14.65 | Veronica Undseth | 94 | Nadderud | 14.06.2015 |
| 2:14.82 | Wilma Torbjørnsson | 07 | Rud | 17.06.2023 |
| 2:14.91 | Amalie Sæten | 97 | Hamar | 03.08.2019 |
| 2:14.93 | Amalie Sæten | 97 | Oslo/Bi | 25.08.2018 |
| 2:14.94 | Emilie Hov Andreassen | 00 | Gøteborg, SWE | 03.07.2015 |

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| **Innendørs** |  |

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| 2:09.02 | Amalie Sæten | 97 | Rud | 11.02.2018 |

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| **KVINNER SENIOR** | **643** |

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| **Utendørs -1500m Under 4:40** |  |

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| 4:08.08 | Amalie Sæten | 97 | Budapest, UNG | 19.08.2023 |
| 4:08.29 | Amalie Sæten | 97 | Heusden, BEL | 15.07.2023 |
| 4:08.81 | Amalie Sæten | 97 | Oslo/Bi | 04.06.2021 |
| 4:09.78 | Amalie Sæten | 97 | Åbo, FIN | 11.08.2020 |
| 4:09.80 | Amalie Sæten | 97 | Sollentuna, SWE | 11.06.2022 |
| 4:10.58 | Amalie Sæten | 97 | Oslo/Bi | 16.06.2022 |
| 4:11.04 | Amalie Sæten | 97 | Leverkusen, GER | 27.06.2021 |
| 4:12.30 | Amalie Sæten | 97 | Jessheim | 08.07.2023 |
| 4:12.32 | Amalie Sæten | 97 | Jessheim | 02.06.2022 |
| 4:13.05 | Amalie Sæten | 97 | Oslo/Bi | 09.06.2021 |
|  |  |  |  |  |
| 4:13.11 | Amalie Sæten | 97 | Oslo/Bi | 04.08.2020 |
| 4:13.40 | Amalie Sæten | 97 | Oslo/Bi | 10.06.2020 |
| 4:13.84 | Amalie Sæten | 97 | Stjørdal | 25.06.2022 |
| 4:13.97 | Amalie Sæten | 97 | Oslo/Bi | 15:06.2023 |
| 4:14.81 | Amalie Sæten | 97 | Jessheim | 08.06.2023 |
| 4:15.09 | Amalie Sæten | 97 | München, GER | 16.08.2022 |
| 4:15.38 | Amalie Sæten | 97 | Kristiansand | 11.09.2021 |
| 4:15.86 | Amalie Sæten | 97 | Pärnu, EST | 02.07.2023 |
| 4:16.03 | Amalie Sæten | 97 | Oordegem, BEL | 28.05.2022 |
| 4:16.28 | Amalie Sæten | 97 | Jessheim | 04.06.2020 |
|  |  |  |  |  |
| 4:16.43 | Amalie Sæten | 97 | Huizingen, BLE  | 24.08.2019 |
| 4:17.79 | Amalie Sæten | 97 | Cluj-Napoca, ROU | 20.06.2021 |
| 4:18.62 | Amalie Sæten | 97 | Jessheim | 31.05.2018 |
| 4:19.28 | Amalie Sæten | 97 | København, DEN | 26.06.2018 |
| 4:19.90 | Amalie Sæten | 97 | Gøteborg, SWE | 16.08.2019 |
| 4:20.48 | Amalie Særen | 97 | Jessheim | 10.08.2019 |
| 4:24.33 | Amalie Sæten | 97 | Hamar | 03.08.2019 |
| 4:25.50 | Wilma Torbjørnsson | 07 | Oslo/Bi | 15.06.2023 |
| 4:26.22 | Wilma Torbjørnsson | 07 | Sandnes | 26.08.2023 |
| 4:26.32 | Wilma Torbjørnsson | 07 | Jessheim | 02.06.2022 |
|  |  |  |  |  |
| 4:29.48 | Wilma Torbjørnsson | 07 | Jessheim | 08.06.2023 |
| 4:30.36 | Josefine Heier | 96 | Jessheim | 08.06.2023 |
| 4:30.51 | Silje Fjørtoft | 87 | Jessheim | 06.06.2019 |
| 4:33.44 | Wilma Thorbjørnsson | 97 | Rud | 27.08.2022 |
| 4:33.56 | Hanne Mjøen Maridal | 96 | Trondheim | 22.08.2020 |
| 4:33.81 | Josefine Heier | 96 | Kristiansand | 10.09.2021 |
| 4:36.54 | Josefine Heier | 96 | Jessheim | 02.06.2022 |
| 4:36.86 | Julie Hammer | 04 | Prestfoss | 25.08.2019 |
| 4:36.97 | Nina Holm | 64 | Stjørdal | 31.07.1988 |
| 4:37.63 | Josefine Heier | 96 | Stjørdal | 24.06.2022 |

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| **KVINNER SENIOR** | **644** |

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| **Utendørs -1500m Under 4:40** |  |

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| 4:37.69 | Veronica Undseth | 94 | Jessheim | 04.06.2015 |
| 4:38.30 | Amalie Sæten | 97 | Fana | 19.09.2020 |
| 4:39.28 | Wilma Torbjørnsson | 07 | Nadderud | 17.09.2021 |
| 4:39.44 | Julie Hammer | 94 | Sigdal | 23.08.2019 |

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| **KVINNER SENIOR** | **645** |

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| **Innendørs** |  |

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| 4:17.46 | Amalie Sæten | 97 | Ulsteinvik | 02.02.2023 |
| 4:28.01 | Amalie Sæten | 97 | Rud | 10.02.2019 |
| 4:30.11 | Wilma Torbjørnsson | 07 | Gøteborg, SWE | 11.02.2023 |
| 4:31.17 | Wilma Torbjørnsson | 07 | Hvam | 04.02.2023 |
| 4:32.91 | Wilma Torbjørnsson | 07 | Sollentuna, SWE | 19.02.2022 |
| 4:38.50 | Wilma Torbjørnsson | 07 | Steinkjer | 04.07.2022 |

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| **KVINNER SENIOR** | **646** |

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| **Utendørs -3000m Under 10:20** |  |

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|  8:57.18 | Amalie Sæten | 97 | Tønsberg/Gr | 21.05.2022 |
|  9:06.10 | Amalie Sæten | 97 | Tønsberg/Gr | 22.05.2021 |
| 9:07.67 | Amalie Sæten | 97 | Oslo/Bi | 23.09.2023 |
|  9:08.36 | Amalie Sæten | 97 | Oslo/Bi | 25.08.2020 |
|  9:13.60 | Amalie Sæten | 97 | Tønsberg/Gr | 30.05.2020 |
|  9:14.92 | Amalie Sæten | 97 | Jessheim | 06.08.2021 |
|  9:25.35 | Silje Fjørtoft | 87 | Jessheim | 06.08.2021 |
|  9:28.19 | Silje Fjørtoft | 87 | Oslo/Bi | 19.07.2017 |
|  9:28.61 | Silje Fjørtoft | 87 | Oslo/Bi | 08.07.2020 |
|  9:31.10 | Silje Fjørtoft | 87 | Oslo/Bi | 06.07.2017 |
|  |  |  |  |  |
|  9:33.42 | Hanne Mjøen Maridal | 96 | Trondheim | 23.08.2020 |
|  9:34.42 | Hanne Mjøen Maridal | 96 | Børsa | 09.08.2020 |
|  9:39.57 | Wilma Torbjørnsson | 07 | Sandnes | 27.08.2023 |
|  9:40.10 | Wilma Torbjørnsson | 07 | Tønsberg/Gr | 20.05.2023 |
|  9:52.09 | Julie Hammer | 04 | Prestfoss | 25.08.2019 |
|  9:57.31 | Julie Hammer | 04 | Tønsberg/Gr | 30.05.2020 |
| 10:07.96 | Hilde Rustad Høgbakken | 66 | Øvre Årdal | 26.08.1995 |
| 10:08.2 | Kamilla Bråthen | 77 | Jessheim | 19.08.1996 |
| 10:14.58 | Hilde Rustad Høgbakken | 66 | Oslo/Bi | 26.07.1994 |
| 10:15.46 | Silje Ekroll Jahren | 88 | Brugg, SUI | 03.07.2012 |
|  |  |  |  |  |
| 10:15.75 | Kamilla Bråthen | 77 | Åkrestrømmen | 25.08.1995 |
| 10:16.20 | Anne Nyland | 58 | Oslo/Bi | 27.07.1984 |
| 10:17.5 | Nina Holm | 64 | Jessheim | 19.08.1988 |
| 10:18.94 | Wilma Thorbjørnsson | 07 | Rud | 28.08.2022 |

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| **Innendørs -3000m Under 10:18.0** |  |

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| 9:11.91 | Amalie Sæten | 97 | Mancester, GBR | 28.01.2023 |
| 9:13.92 | Amalie Sæten | 97 | Karlstad, SWE | 12.02.2023 |

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| **KVINNER SENIOR** | **647** |

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| **Utendørs – 5000m – Under 18:00.0** |  |

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| 15:27.00 | Amaile Sæten | 97 | Berlin, GER | 03.09.2023 |
| 15:38.63 | Amalie Sæten | 97 | Jessheim | 06.07.2023 |
| 16:02.16 | Amalie Sæten | 97 | Stjørdal | 24.06.2023 |
| 16:08.90 | Amalie Sæten | 97 | Chengdu, CHI | 05.08.2023 |
| 16:23.40 | Hanne Mjøen Maridal | 96 | Bergen/Fa | 18.09.2020 |
| 16:36.88MX | Hanne Mjøen Maridal | 96 | Trondheim/St | 01.08.2020 |
| 17:11.33 | Amalie Sæten | 97 | Chengdu, CHI | 05.08.2023 |
| 17:15.0 | Silje Fjørtoft | 87 | Jessheim | 18.10.2018 |