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| **UKI POENGMESSIG BEST MENN** | **682** |

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| **Rangert etter internasjonal poengtabell - Utendørs** |

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| 1159 | 3000m hind | 8:21.63 | Jakob Boutera | 96 | Åbo, FIN | 14.06.2022 |
| 1155 | 5000m | 13:15.41 | Awet Kibrab | 95 | Heusden, BEL | 15.07.2023 |
| 1154 | 3000m hind | 8:22.83 | Jacob Boutera | 96 | Toulose, FRA | 26.05.2022 |
| 1154 | Halvmaraton | 1:00:55 | Senay Fissehatsion | 95 | København, DEN | 17.09.2023 |
| 1153 | 3000m hind | 8:22.94 | Jacob Boutera | 96 | Karlsruhe, GER | 11.05.2024 |
| 1152 | 3000m hind | 8:23.21 | Jacob Boutera | 96 | Åbo, FIN | 18.06.2024 |
| 1151 | 800m | 1:45.75 | Thomas Roth | 91 | Oslo/Bi | 07.06.2018 |
| 1143 | 800m | 1:46.00 | Thomas Roth | 91 | Karlstad, SWE | 25.07.2018 |
| 1142 | 5000m | 13:18.59 | Awet Kibrab | 95 | Stockholm, SWE | 18.05.2023 |
| 1139 | 800m | 1:46.15 | Thomas Roth | 91 | Heusdon, BEL | 19.07.2014 |
|  |  |  |  |  |  |  |
| 1136 | 3000m hind | 8:26.80 | Jacob Boutera | 96 | Nice, FRA | 12.06.2021 |
| 1135 | 800m | 1:46.37 | Thomas Roth | 91 | Rieti, ITA | 06.07.2014 |
| 1135 | 3000m hind | 8:27.15 | Jacob Boutera | 96 | Oordegem, BEL | 29.05.2021 |
| 1135 | 3000m hind | 8:27.18 | Jacob Boutera | 96 | Bergen/Fa | 08.06.2022 |
| 1133 | 3000m | 7:47.04 | Andreas Fjeld Halvorsen | 05 | Trier, GER | 08.09.2023 |
| 1133 | 3000m hind | 8:27.50 | Jacob Boutera | 96 | Rehlingen, GER | 19.05.2024 |
| 1131 | 3000m hind | 8:28.08 | Fredrik Sandvik | 98 | Bergen/Fa | 08.06.2022 |
| 1131 | 3000m | 7:47.37 | Awet Kibrab | 95 | Bergen/Fa | 03.06.2023 |
| 1130 | 800m | 1:46.44 | Thomas Roth | 91 | Jessheim | 13.09.2014 |
| 1129 | Halvmaraton | 1:01:27 | Senay Fissehatsion | 95 | Nice, FRA | 30.04.2023 |
|  |  |  |  |  |  |  |
| 1129 | 1500m | 3:38.32 | Andreas Fjeld Halvorsen | 05 | Jessheim | 24.05.2024 |
| 1129 | 3000m hind | 8:28.47 | Fredrik Sandvik | 98 | Roma, UTA | 08.06.2024 |
| 1128 | 800m | 1:46.52 | Thomas Roth | 91 | Stockholm, SWE | 10.06.2018 |
| 1128 | 5000m | 13:23.97 | Per Svela | 92 | Monaco | 13.08.2020 |
| 1126 | 3000m hind | 8:29.03 | Fredrik Sandvik | 98 | Åbo, FIN | 14.06.2022 |
| 1126 | 3000m | 7:48.29 | Senay Fissehatsion | 95 | Jessheim | 09.08.2024 |
| 1126 | Halvmaratob | 1:01:32 | Awet Kibrab | 95 | København, DEN | 15.09.2024 |
| 1125 | 3000m | 7:48.42 | Fredrik Sandvik | 98 | Jessheim | 09.08.2024 |
| 1124 | 3000m hind | 8:29.80 | Fredrik Sandvik | 98 | Chorzow, POL | 18.05.2024 |
| 1122 | 5000m | 13:24.25 | Awet Kibrab | 95 | Sandnes | 29.06.2024 |
|  |  |  |  |  |  |  |
| 1120 | 800m | 1:46.77 | Andreas Kramer | 97 | Oslo/Bi | 13.06.2019 |
| 1120 | 3000m hind | 8:30.47 | Fredrik Sandvik | 98 | Brüssel, BEL | 26.05.2024 |
| 1120 | 3000m hind | 8:30.73 | Jacob Boutera | 96 | København, DEN | 08.06.2021 |
| 1120 | 10km veiløp | 28:08 | Awet Kibrab | 95 | Hole | 21.10.2023 |
| 1118 | 800m | 1:46.85 | Thomas Roth | 91 | Tübingen, GER | 16.06.2018 |
| 1118 | 800m | 1:46.85 | Thomas Roth | 91 | Oslo/Bi | 13.06.2019 |
| 1118 | 800m | 1:46.85 | Thomas Roth | 91 | Tübingen, GER | 22.06.2019 |
| 1118 | 3000m hind | 8:31.03 | Jacob Boutera | 96 | München, GER | 16.08.2022 |
| 1118 | 5000m | 13:25.48 | Awet Kibrab | 95 | Stockholm, SWE | 15.05.2024 |
| 1117 | 800m | 1:46.88 | Thomas Roth | 91 | Helsingfors, FIN | 28.06.2012 |

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| **UKI POENGMESSIG BEST MENN** | **683** |

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| **Rangert etter internasjonal poengtabell – Utendørs** |

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| 1116 | 800m | 1:46.90 | Thomas Roth | 91 | Bergen/Fa | 22.08.2018 |
| 1116 | 800m | 1:46.92 | Thomas Roth | 91 | Oslo/Bi | 11.07.2015 |
| 1116 | 3000m hind | 8:31.47 | Jacob Boutera | 96 | Oregon, USA | 15.07.2022 |
| 1116 | 3000m | 7:49.87 | Jacob Boutera | 96 | Jessheim | 09.08.2024 |
| 1115 | 800m | 1:46.95 | Thomas Roth | 91 | Roverto, ITA | 04.09.2012 |
| 1114 | 800m | 1:46.98 | Thomas Roth | 91 | Stockholm, SWE | 17.08.2012 |
| 1114 | 800m | 1:46.98 | Thomas Roth | 91 | Sollentuna, SWE | 18.06.2019 |
| 1114 | Halvmaraton | 1:01:55 | Senay Fissehatsion | 95 | Barcelona, ESP | 19.02.2023 |
| 1114 | 3000m | 7:50.22 | Senay Fissehatsion | 95 | Bergen/Fa | 03.06.2023 |
| 1113 | 3000m | 7:50.31 | Awet Kibrab | 95 | Jessheim | 11.08.2023 |
|  |  |  |  |  |  |  |
| 1112 | 800m | 1:47.03 | Thomas Roth | 91 | Szszecin, POL | 09.08.2015 |
| 1113 | 3000m hind | 8:32.14 | Jacob Boutera | 96 | Sandnes | 28.06.2024 |
| 1112 | 10km veiløp | 28:13 | Senay Fissehatsion | 95 | Valencia, ESP | 14.01.2024 |
| 1110 | 800m | 1:47.10 | Andreas Roth | 93 | Oslo/Bi | 11.07.2014 |
| 1109 | 5km veiløp | 13:28 | Awet Kibrab | 95 | Riga, LVA | 01.10.2023 |
| 1109 | 2000m hind | 5:30.63 | Fredrik Sandvik | 98 | København, DEN | 03.09.2024 |
| 1108 | 3000m | 7:51.15 | Jacob Boutera | 96 | Jessheim | 05.08.2022 |
| 1107 | 5000m | 13:28.66 | Per Svela | 92 | Heusden, BEL | 02.07.2022 |
| 1107 | 3000m | 7:51.43 | Andreas Fjeld Halvorsen | 05 | Nembro, ITA | 19.06.2024 |
| 1106 | 800m | 1:47.24 | Thomas Roth | 91 | Heusden, BEL | 18.07.2015 |
|  |  |  |  |  |  |  |
| 1106 | 800m | 1:47.25 | Thomas Roth | 91 | Wrzesnia, POL | 30.08.2014 |
| 1106 | 10000m | 28:17.01 | Sigurd Ruud Skjeseth | 96 | London, GBR | 14.05.2022 |
| 1104 | 800m | 1:47.32 | Thomas Roth | 91 | Heusden, BEL | 07.07.2012 |
| 1104 | 800m | 1:47.30 | Thomas Roth | 91 | Rieti, ITA | 13.09.2015 |
| 1104 | 800m | 1:47.32 | Thomas Roth | 91 | Oslo/Bi | 11.09.2014 |
| 1104 | 1500m | 3:40.03 | Fredrik Sandvik | 98 | Oslo/Bi | 09.06.2021 |
| 1103 | 800m | 1:47.35 | Thomas Roth | 91 | Oordegem, BEL | 30.05.2015 |
| 1103 | 1500m | 3:40.23 | Jacob Boutera | 96 | Jessheim | 02.06.2022 |
| 1103 | 1500m | 3:40.24 | Senay Fissehatsion | 95 | Oslo/Bi | 15.06.2023 |
| 1102 | 1500m | 3:40.33 | Andreas Fjeld Halvorsen | 05 | Brandbu | 23.09.2023 |
|  |  |  |  |  |  |  |
| 1102 | 5km veiløp | 13:30 | Awet Kibrab | 95 | Nijmegen, NED | 20.04.2024 |
| 1101 | 800m | 1:47.40 | Thomas Roth | 91 | Watford, GBR | 17.05.2014 |
| 1101 | 1500m | 3:40.43 | Fredrik Sandvik | 98 | Trondheim/St | 21.08.2024 |
| 1101 | 800m | 1:47.43 | Thomas Roth | 91 | Oordegem, BEL | 26.05.2018 |
| 1100 | 800m | 1:47.45 | Thomas Roth | 91 | Karlstad, SWE | 22.07.2015 |
| 1100 | 800m | 1:47.45 | Thomas Roth | 91 | Karlstad, SWE | 22.07.2015 |
| 1100 | 3000m hind | 8:35.08 | Fredrik Sandvik | 98 | Sandnes | 26.08.2024 |
| 1100 | 1500m | 3:40.51 | Fredrik Sandvik | 98 | Oslo/Bi | 27.08.2024 |
| 1099 | 3000m | 7:52.72 | Sigurd Ruud Skjeseth | 96 | Jessheim | 06.08.2021 |
| 1099 | 3000m | 7:52.73 | Per Svela | 92 | Bergen/Fa | 08.06.2022 |

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| **UKI POENGMESSIG BEST MENN** | **684** |

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| **Rangert etter internasjonal poengtabell – Utendørs** |

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| --- | --- | --- | --- | --- | --- | --- |
| 1094 | 800m | 1:47.64 | Markus Einan | 97 | Oordegemen, BEL | 26.05.2018 |
| 1092 | 3000m | 7:53.87 | Per Svela | 92 | Bergen/Fa | 29.07.2020 |
| 1092 | 5000m | 13:32.97 | Per Svela | 92 | Heusden, BEL | 03.07.2021 |
| 1092 | 10km veiløp | 28:26 | Awet Kibrab | 95 | Hole | 23.10.2022 |
| 1092 | 10km veiløp | 28:25 | Senay Fissehatsion | 95 | Jessheim | 30.09.2023 |
| 1092 | 10km veiløp | 28:26 | Senay Fissehatsion | 95 | Lille, FRA | 18.11.2023 |
| 1091 | 3000m | 7:54.08 | Per Svela | 92 | Naimette, BEL | 30.06.2021 |
| 1090 | 5000m | 13:30.40 | Per Svela | 92 | Mancester, GBR | 03.06.2022 |
| 1090 | 5000m | 13:33.51 | Senay Fissehatsion | 95 | Sandnes | 29.06.2024 |
| 1089 | 10km veiløp | 18:28 | Awet Kibrab | 95 | Lille, FRA | 17.03.2024 |
|  |  |  |  |  |  |  |
| 1088 | 3000m hind | 8:33.38 | Jacob Boutera | 96 | München, GER | 19.08.2022 |
| 1088 | 5000m | 13:34.13 | Senay Fissehatsion | 95 | Gøteborg, SWE | 18.06.2023 |
| 1086 | 10km veiløp | 28:30 | Senay Fissehatsion | 95 | Drammen | 02.04.2023 |
| 1086 | 10 km veiløp | 28:30 | Senay Fissehatsion | 95 | Hole | 21.10.2023 |
| 1086 | 3000m hind | 8:38.22 | Jacob Boutera | 96 | Roma, ITA | 08.06.2024 |
| 1084 | 3000m | 7:55.19 | Fredrik Sandvik | 98 | Jessheim | 06.08.2021 |
| 1082 | 10km veiløp | 28:33 | Fredrik Sandvik | 98 | Valencia, ESP | 14.01.2024 |
| 1081 | 3000m hind | 8:39.49 | Jacob Boutera | 96 | Karlstad, SWE | 22.06.2021 |
| 1080 | 3000m | 7:55.83 | Fredrik Sandvik | 96 | Oslo/Bi | 03.09.2020 |
| 1078 | 5000m | 13:36.82 | Per Svela | 92 | Oslo/Bi | 04.06.2021 |
|  |  |  |  |  |  |  |
| 1077 | 10000m | 28:35.99 | Per Svela | 92 | Oslo/Bi | 14.04.2022 |
| 1077 | 10000m | 28:36.06 | Sigurd Ruud Skjeseth | 96 | Kristiansand | 26.06.2021 |
| 1077 | Halvmaraton | 1:02:47 | Senay Fissehatsion | 95 | Alicante, ESP | 21.01.2024 |
| 1076 | 1500m | 3:42.25 | Jacob Boutera | 96 | Leuven, BEL | 27.07.2024 |
| 1076 | Halvmaraton | 1:02:48 | Senay Fissehatsion | 95 | København, DEN | 15.09.2024 |
| 1076 | 10km veiløp | 28:37 | Senay Fissehatsion | 95 | Hole | 19.10.2024 |
| 1075 | 1500m | 3:42.35 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 29.08.2023 |
| 1075 | 3000m | 7:56.81 | Senay Fissehatsion | 95 | Karlstad, SWE | 04.07.2024 |
| 1074 | 800m | 1:48.32 | Elias Ottosen | 93 | Tønsberg/Gr | 24.05.2014 |
| 1074 | 10km veiløp | 28:38 | Abet Kibrab | 95 | Lille, FRA | 19.03.2023 |
|  |  |  |  |  |  |  |
| 1073 | 3000m hind | 8:38.53 | Fredrik Sandvik | 98 | Stjørdal | 25.06.2022 |
| 1073 | 10km veiløp | 28:39 | Per Svela | 92 | Hole | 23.10.2022 |
| 1069 | 1500m | 3:42.81 | Jacob Boutera | 96 | Trondheim/St | 21.08.2024 |
| 1069 | 1500m | 3.42.85 | Fredrik Sandvik | 98 | Oslo/Bi | 04.06.2021 |
| 1069 | 3000m hind | 8:42.78 | Fredrik Sandvik | 98 | Cluj-Napoca, RUI | 20.06.2021 |
| 1067 | 5km veiløp | 13:40 | Per Svela | 92 | Forus | 20.05.2020 |
| 1066 | 1500m | 3.43.08 | Fredrik Sandvik | 96 | Jessheim | 02.06.2022 |
| 1066 | 3000m | 7:58.47 | Senay Fissehatsion | 95 | Førde | 16.05.2023 |
| 1065 | 1500m | 3:43.11 | Thomas Roth | 91 | Jessheim | 31.05.2018 |
| 1065 | 3000m | 7:58.47 | Senay Fissehatsion | 95 | Førde | 16.05.2023 |

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| **UKI POENGMESSIG BEST MENN** | **685** |

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| **Rangert etter internasjonal poengtabell – Utendørs** |

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| 1065 | 3000m | 7:58.38 | Andreas Fjeld Halvorsen | 05 | Nittedal | 20.08.2023 |
| 1064 | 3000m | 7:58.64 | Sigurd Ruud Skjeseth | 96 | Bergen/Fa | 12.05.2021 |
| 1064 | 10000m | 28:44.60 | Awet Kibrab | 95 | London, GBR | 18.05.2024 |
| 1062 | 5000m | 13:41.47 | Sigurd Ruud Skjeseth | 96 | Tønsberg/Gr | 22.05.2021 |
| 1058 | 10km veiløp | 28:49 | Senay Fissehatsion | 95 | Oslo | 21.09.2024 |
| 1057 | 1500m | 3:43.75 | Vetle Aasland | 92 | Nadderud | 17.06.2012 |
| 1056 | 1500m | 3:43.81 | Andreas Fjeld Halvorsen | 05 | Lima, PER | 28.08.2024 |
| 1054 | 3000m | 8:00.38 | Fredrik Sandvik | 98 | Moelv | 21.05.2023 |
| 1052 | 800m | 1:49.09 | Andreas Roth | 93 | Praha, TSJ | 06.08.2015 |
| 1052 | 1500m | 3:44.09 | Andreas Fjeld Halvorsen | 05 | Belfast, IRL | 11.05.2024 |
|  |  |  |  |  |  |  |
| 1052 | 5000m | 13:44.52 | Awet Kibrab | 95 | Oslo/Bi | 30.05.2024 |
| 1052 | 3000m | 8:00.61 | Andreas Fjeld Halvorsen | 05 | Jessheim | 09.08.2024 |
| 1051 | 3000m | 8:00.77 | Per Svela | 92 | Lahti, FIN | 25.05.2022 |
| 1050 | Spyd | 75.02 | Pål Berntsen | 60 | Mosjøen | 16.08.1992 |
| 1049 | 1000m | 2:21.4 | Thomas Roth | 91 | Göteborg, SWE | 05.09.2015 |
| 1049 | 10 km veiløp | 28:55 | Senay Fissehatsion | 95 | Sømna | 20.05.2023 |
| 1047 | 5000m | 13:46.07 | Erik Udø Pedersen | 94 | Oslo/Bi | 04.06.2021 |
| 1047 | 10km veiløp | 28:56 | Fredrik Sandvik | 98 | Hole | 21.10.2023 |
| 1046 | 3000m hind | 8:47.56 | Fredrik Sandvik | 98 | Oslo/Bi | 13.05.2021 |
| 1045 | 10000m | 28:57.62 | Senay Fissehatsion | 95 | Jessheim | 08.07.2023 |
|  |  |  |  |  |  |  |
| 1044 | 110m hekk | 14.12 | Tom Erik Olsen | 74 | Oslo/Bi | 02.07.1995 |
| 1042 | 5000m | 13:47.45 | Per Svela | 92 | Jyväskylä, FIN | 26.07.2022 |
| 1040 | 3000m hind | 8:49.11 | Fredrik Sandvik | 98 | Kristiansand | 11.09.2021 |
| 1040 | 1500m | 3:45.04 | Senay Fissehatsion | 95 | Jessheim | 08.06.2023 |
| 1040 | 10km veiløp | 29:01 | Awet Kibrab | 95 | Knarvik | 03.09.2023 |
| 1038 | 1500m | 3:45.20 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 16.06.2022 |
| 1037 | 10km veiløp | 29:03 | Awet Kibrab | 95 | Parkstell, NED | 02.04.2023 |
| 1036 | 400m | 47.14 | Andreas Roth | 93 | Oslo/Bi | 11.06.2014 |
| 1036 | 10000m | 29:03.41 | Per Svela | 92 | Bergen/Fa | 20.09.2020 |
| 1035 | 2000m hind | 5:41.91 | Fredrik Sandvik | 98 | Jessheim | 05.08.2022 |
|  |  |  |  |  |  |  |
| 1033 | 1500m | 3:45.60 | Andreas Fjeld Halvorsen | 05 | Jessheim | 02.06.2022 |
| 1033 | 5km veiløp | 13:50 | Senay Fissehatsion | 95 | Drammen | 08.09.2024 |
| 1032 | 1500m | 3:45.61 | Andreas Fjeld Halvorsen | 05 | Birmingham, GBR | 23.08.2022 |
| 1032 | 3000m | 8:04.21 | Kristian Bråthen Børve | 06 | Bergen/Fa | 15.05.2024 |
| 1030 | 1500m | 3:45.98 | Andreas Fjeld Halvorsen | 05 | Rud | 27.08.2022 |
| 1030 | 5km vei | 13:51 | Jacob Boutera | 96 | Drammen | 05.04.2025 |
| 1027 | 10 km terren | 29:10 | Senay Fissehatsion | 95 | Warandeloon, NED | 26.11.2023 |
| 1027 | 3000m | 8:04.88 | Fredrik Sandvik | 98 | Rud | 14.06.2024 |
| 1025 | 3000m | 8:05.27 | Awet Kibrab | 95 | Bergen/Fa | 08.06.2022 |
| 1025 | 5000m | 13:52.46 | Awet Kibrab | 95 | Oslo/Bi | 13.07.2022 |

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| **UKI POENGMESSIG BEST MENN** | **686** |

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| **Rangert etter internasjonal poengtabell – Utendørs** |

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| 1025 | 5000m | 13:52.44 | Kristian Bråthen Børve | 06 | Oslo/Bi | 18.06.2024 |
| 1025 | 1500m | 3:46.27 | Kristian Bråthen Børve | 06 | Bodø | 03.08.2024 |
| 1024 | 10000m | 29:11.78 | Sigurd Ruud Skjeseth | 96 | Kristiansand | 12.09.2021 |
| 1024 | 3000m | 8:05.43 | Andreas Fjeld Halvorsen | 05 | Karlstad, SWE | 04.07.2024 |
| 1022 | 3000m hind | 8:53.16 | Fredrik Sandvik | 98 | Bergen/Fa | 19.09.2020 |
| 1022 | 3000m | 8:05.72 | Kristian Børve Bråthen | 06 | Jessheim | 11.08.2023 |
| 1022 | 3000m | 8:05.79 | Lukas Buncic | 07 | Trondheim/Sto | 12.09.2024 |
| 1020 | 1500m | 3:46.58 | Senay Fissehatsion | 95 | Jessheim | 24.05.2024 |
| 1020 | 1500m | 3:46.62 | Elias Ottosen | 93 | Jessheim | 05.06.2014 |
| 1019 | 1500m | 3:46.66 | Per Svela | 92 | Oslo/Bi | 14.07.2021 |
|  |  |  |  |  |  |  |
| 1018 | 5000m | 13:54.60 | Per Svela | 92 | Paris, FRA | 18.06.2022 |
| 1017 | 3000m | 8:06.67 | Andreas Fjeld Halvorsen | 05 | Jessheim | 05.08.2022 |
| 1016 | 1500m | 3:46.92 | Sigurd Ruud Skjeseth | 96 | Oslo/Bi | 14.07.2021 |
| 1013 | 5000m | 13:56.05 | Sigurd Ruud Skjeseth | 96 | Oslo/Bi | 04.06.2021 |
| 1012 | Maraton | 2:18:39 | Tor Erik Nyqvist | 67 | Berlin, GER | 29.09.1986 |
| 1011 | 1500m | 3:47.32 | Fredrik Sandvik | 98 | Oslo/Bi | 25.08.2020 |
| 1010 | 8000m | 8:07.90 | Lukas Buncic | 07 | Jessheim | 09.08.2024 |
| 1009 | 10km vei | 29:22 | Per Svela | 92 | Jessheim | 03.10.2020 |
| 1009 | 5000m | 13:57.07 | Awet Kibrab | 95 | Oslo/Bi | 25.09.2021 |
| 1008 | 10km veiløp | 29:23 | Erik Udø Pedersen | 94 | Drammen | 02.04.2023 |
|  |  |  |  |  |  |  |
| 1007 | 1500m | 3:47.61 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 15.06.2023 |
| 1005 | 1500m | 3:47.77 | Sigurd Blom Breivik | 96 | Stanford, GBR | 16.05.2015 |
| 1005 | 10000m | 29:24.94 | Senay Fissehatsion | 95 | Sandnes | 27.06.2024 |
| 1005 | 1500m | 3:47.78 | Andreas Fjeld Halvorsen | 05 | Sandnes | 28.06.2024 |
| 1005 | 10 km veiløp | 29:25 | Jacob Boutera | 96 | Hole | 19.08.2024 |
| 1003 | 1500m | 3:47.93 | Benjamin Olsen | 04 | Jessheim | 02.06.2022 |
| 1002 | 5000m | 13:58.36 | Senay Fissehatsion | 95 | Jessheim | 06.07.2023 |
| 1002 | 5000m | 13:59.22 | Kristian Bråthen Børve | 06 | Sandnes | 29.06.2024 |
| 1002 | 800m | 1:50.85 | Andreas Fjeld Halvorsen | 05 | Nittedal | 17.08.2024 |
| 1001 | 5000m | 13:59.43 | Awet Kibrab | 95 | Oslo/Bi | 30.06.2023 |
|  |  |  |  |  |  |  |
| 1000 | 800m | 1:50.91 | Benjamin Olsen | 04 | Tønsberg7Gr | 21.05.2022 |
| 1000 | 1500m | 3:48.10 | Benjamin Olsen | 04 | Oslo/Bi | 16.06.2022 |
| 1000 | Halvmaraton | 1:04:50 | Awet Kibrab | 95 | Stavanger | 04.11.2023 |

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| **UKI POENGMESSIG BEST MENN** | **687** |

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| **Rangert etter internasjonal poengtabell – Innendørs** |

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| 1162 | 800m | 1:47.26 | Thomas Roth | 91 | Wien, AUT | 31.01.2015 |
| 1162 | 3000mi | 7:46.31 | Jacob Boutera | 96 | Boston, USA | 08.02.2024 |
| 1133 | 1500m | 3:41.69 | Jacob Boutera | 96 | Torun, POL | 04.03.2021 |
| 1132 | 3000m | 7:51.15 | Per Svela | 92 | Sandnes | 26.02.2022 |
| 1132 | 1500m | 3:41.77 | Andreas Fjeld Halvorsen | 05 | Rud | 11.02.2024 |
| 1130 | 1500m | 4:41.93 | Andreas Fjeld Halvorsen | 05 | Ostrava, TCH | 13.02.2025 |
| 1126 | 1500m | 3:42.66 | Andreas Fjeld Halvorsen | 05 | Rud | 22.02.2025 |
| 1122 | 800m | 1:48.60 | Thomas Roth | 91 | Vaxjö, SWE | 13.02.2016 |
| 1121 | 800m | 1:48.62 | Thomas Roth | 91 | Uppsala, SWE | 11.02.2018 |
| 1117 | 1000m | 2:20.96 | Thomas Roth | 91 | Hvam | 17.02.2018 |
|  |  |  |  |  |  |  |
| 1113 | 800m | 1:48.90 | Markus Einan | 97 | Haugesund | 03.02.2019 |
| 1113 | 1500m | 3:43.19 | Andreas Fjeld Halvorsen | 05 | Catalunya, ESP | 27.01.2024 |
| 1110 | 3000m | 7:54.72 | Per Svela | 92 | Uppsala, SWE | 13.02.2022 |
| 1106 | 800m | 1:49.14 | Markus Einan | 97 | Glasgow, GBR | 01.03.2019 |
| 1103 | 1500m | 3:43.90 | Jacob Boutera | 96 | Hvam | 20.02.2021 |
| 1103 | 1500m | 3:43.94 | Andreas Fjeld Halvorsen | 05 | Gent, BEL | 03.02.2024 |
| 1093 | 600m | 1:18.06 | Markus Einan | 97 | Rud | 05.12.2015 |
| 1087 | 800m | 1:49.77 | Andreas Roth | 93 | Gent, BEL | 07.02.2015 |
| 1081 | 1500m | 3:45.52 | Andreas Fjeld Halvorsen | 05 | Sadnnes | 08.03.2024 |
| 1079 | 3000m | 7:59.77 | Jacob Boutera | 96 | Gent, BUL | 03.02.2024 |
|  |  |  |  |  |  |  |
| 1074 | 1500m | 3.46.08 | Fredrik Sandvik | 98 | Uppsala, SWE | 13.02.2022 |
| 1071 | 1500m | 3:46.29 | Thomas Roth | 91 | Trondheim/Ra | 06.02.2016 |
| 1066 | 600m | 1:18.70 | Thomas Roth | 91 | Hvam | 25.01.2020 |
| 1064 | 3000m | 8:02.35 | Per Svela | 92 | Helsingfors, FIN | 09.02.2020 |
| 1061 | 1500m | 3:47.00 | Andreas Fjeld Halvorsen | 05 | Hvam | 25.01.2026 |
| 1058 | 400m | 47.75 | Andreas Kramer | 97 | Ulsteinvik | 25.01.2019 |
| 1054 | 1500m | 3:47.57 | Andreas Fjeld Halvorsen | 05 | Hvam | 10.03.2023 |
| 1053 | 1000m | 2:20.97 | Thomas Roth | 91 | Hvam | 17.02.2018 |
| 1043 | 1500m | 3:48.35 | Andreas Fjeld Halvorsen | 05 | Steinkjer | 17.02.2024 |
| 1039 | 600m | 1:19.37 | Andreas Roth | 93 | Stange | 22.03.2014 |
|  |  |  |  |  |  |  |
| 1039 | 1500m | 3:45.07 | Andreas Fjeld Halvorsen | 05 | Sandnes | 26.08.2023 |
| 1025 | 1500m | 3.49.72 | Fredrik Sandvik | 98 | Ulsteinvik | 05.02.2022 |
| 1023 | 1500m | 3:49.93 | Andreas Fjeld Halvorsen | 05 | Steinkjer | 04.03.2022 |
| 1020 | 400m | 48.25 | Andreas Roth | 93 | Sandnes | 09.02.2012 |
| 1018 | 800m | 1:52.18 | Sverre Blom Breivik | 96 | Hvam | 06.02.2016 |
| 1015 | 1500m | 3:50.54 | Sigurd Blom Breivik | 96 | Ulsteinvik | 04.02.2017 |
| 1009 | 1500m | 3:50.93 | Andreas Fjeld Halvorsen | 05 | Hvam | 22.01.2022 |
| 1008 | 3000m | 8:11.97 | Andreas Fjeld Halvorsen | 05 | Hvam | 12.03.2022 |
| 1006 | 60m hekk | 8.11 | Marcus Theodor Moen | 99 | Rud | 04.02.2018 |
| 1005 | 400m | 48.58 | Markus Einan | 97 | Rud | 06.02.2016 |

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| **UKI POENGMESSIG BEST MENN** | **688** |

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| **Rangert etter internasjonal poengtabell – Innendørs** |

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| 1005 | 2000m | 5:17.05 | Lukas Buncic | 07 | Hvam | 07.12.2024 |
| 1003 | 60m hekk | 8.12 | Tom Erik Olsen | 74 | Lillestrøm | 19.02.1995 |

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| **UKI POENGMESSIG BEST KVINNER** | **689** |

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| **Rangert etter internasjonal poengtabell – Utendørs** |

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| --- | --- | --- | --- | --- | --- | --- |
| 1141 | 1500m | 4:08.08 | Amalie Sæten | 97 | Budapest, UNG | 19.08.2023 |
| 1140 | 1500m | 4:08.29 | Amalie Sæten | 97 | Heusden, BEL | 15.07.2023 |
| 1136 | 1500m | 4:08.81 | Amalie Sæten | 97 | Oslo/Bi | 04.06.2021 |
| 1134 | 1500m | 4:09.06 | Amalie Sæten | 97 | Oslo/Bi | 27.08.2024 |
| 1130 | 1500m | 4:09.54 | Amalie Sæten | 97 | Oslo/Bi | 30.05.2024 |
| 1130 | 5000m | 15:17.41 | Amalie Sæten | 97 | Roma, ITA | 07.06.2024 |
| 1129 | 1500m | 4:09.62 | Amalie Sæten | 97 | Jessheim | 24.05.2024 |
| 1128 | 1500m | 4:09.78 | Amalie Sæten | 97 | Åbo, FIN | 11.08.2020 |
| 1128 | 1500m | 4:09.80 | Amalie Sæten | 97 | Sollentuna, SWE | 11.06.2022 |
| 1128 | 1500m | 4:09.80 | Amalie Sæten | 97 | Oslo/Bi | 27.08.2024 |
|  |  |  |  |  |  |  |
| 1122 | 1500m | 4:10.58 | Amalie Sæten | 97 | Oslo/Bi | 16.06.2022 |
| 1118 | 1500m | 4:11.04 | Amalie Sæten | 97 | Leverkusen, GER | 27.06.2021 |
| 1116 | 1500m | 4:12.32 | Amalie Sæten | 97 | Jessheim | 02.06.2022 |
| 1115 | 3000m | 8:57.18 | Amalie Sæten | 97 | Tønsberg/Gr | 21.05.2022 |
| 1115 | 1500m | 4:11.43 | Wilma Torbjørnsson | 07 | Jessheim | 24.05.2024 |
| 1115 | 1500m | 4:11.48 | Wilma Torbjørnsson | 07 | Trondheim/St | 21.08.2024 |
| 1111 | 5000m | 15:27.00 | Amalie Sæten | 97 | Berlin, GER | 03.09.2023 |
| 1109 | 1500m | 4:12.30 | Amalie Sæten | 97 | Jessheim | 08.07.2023 |
| 1107 | 1500m | 4:12.57 | Amalie Sæten | 97 | Karlstad, SWE | 03.07.2022 |
| 1107 | 3000m | 8:59.59 | Amalie Sæten | 97 | Jessheim | 09.08.2024 |
|  |  |  |  |  |  |  |
| 1104 | 1500m | 4:12.89 | Amalie Sæten | 97 | Heusden, BEL | 15.06.2024 |
| 1103 | 1500m | 4:13.05 | Amalie Sæten | 97 | Oslo/Bi | 09.06.2021 |
| 1096 | 1500m | 4:13.97 | Amalie Sæten | 97 | Oslo/Bi | 15.06.2023 |
| 1097 | 1500m | 4:13.84 | Amalie Sæten | 97 | Stjørdal | 25.06.2022 |
| 1095 | 3000m | 9:03.17 | Wilma Torbjørnsson | 07 | Jessheim | 09.08.2024 |
| 1093 | 10km veiløp | 32:53 | Amalie Sæten | 97 | Hole | 21.10.2023 |
| 1092 | 1500m | 4:14.81 | Amalie Sæten | 97 | Jessheim | 08.06.2023 |
| 1089 | 5000m | 15:38.63 | Amalie Sæten | 97 | Jessheim | 06.07.2023 |
| 1087 | 1500m | 4:15.09 | Amalie Sæten | 97 | München, GER | 16.08.2022 |
| 1087 | 1500mi | 9:11.91 | Amalie Sæten | 97 | Mancester, GBR | 28.01.2023 |
|  |  |  |  |  |  |  |
| 1085 | 1500m | 4:15.38 | Amalie Sæten | 97 | Kristiansand | 11.09.2021 |
| 1085 | 3000m | 9:06.10 | Amalie Sæten | 97 | Tønsberg/Gr | 22.05.2021 |
| 1082 | 5000m | 15:42.40 | Amalie Sæten | 97 | Bergen/Fa | 22.05.2024 |
| 1081 | 1500m | 4:15.86 | Amalie Sæten | 97 | Pämu, EST | 02.07.2023 |
| 1080 | 1500m | 4:16.03 | Amalie Sæten | 97 | Oordegem, BEL | 28.05.2022 |
| 1080 | 1500m | 4:16.07 | Wilma Torbjørnsson | 07 | Oslo/Bi | 30.05.2024 |
| 1078 | 800m | 2:04.80 | Amalie Sæten | 97 | Oslo/Bi | 07.06.2018 |
| 1078 | 3000m | 9:08.36 | Amalie Sæten | 97 | Oslo/Bi | 25.08.2020 |
| 1077 | 1500m | 4:16.45 | Wilma Torbjørnsson | 97 | Banska Bysrica, SVK | 21.07.2024 |
| 1074 | 10km veiløp | 33:15 | Amalie Sæten | 97 | Hole | 23.10.2022 |

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| **UKI POENGMESSIG BEST KVINNER** | **690** |

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| **Rangert etter internasjonal poengtabell – Utendørs** |

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| --- | --- | --- | --- | --- | --- | --- |
| 1074 | 5km veiløp | 15:47 | Amalie Sæten | 97 | Barcelona, ESP | 31.12.2022 |
| 1074 | 10km veiløp | 33:15 | Amalie Sæten | 97 | Oslo | 21.09.2024 |
| 1074 | 1500m | 4:16.89 | Amalie Sæten | 97 | Sandnes | 29.06.2024 |
| 1067 | 1500m | 4:17.79 | Amalie Sæten | 97 | Cluj-Napoca, ROU | 20.06.2021 |
| 1067 | 3000m | 9:07.67 | Amalie Sæten | 97 | Oslo/Bi | 23.09.2023 |
| 1064 | 800m | 2:05.60 | Amalie Sæten | 97 | Oslo/Bi | 28.06.2023 |
| 1063 | 5000m | 15:52.93 | Amalie Sæten | 97 | Sandnes | 27.06.2024 |
| 1062 | 10km veiløp | 33:29 | Wilma Torbjørnsson | 07 | Hole | 19.10.2024 |
| 1060 | 1500m | 4:18.74 | Wilma Torbjørnsson | 07 | Bodø | 03.08.2024 |
| 1060 | 5000m | 15:54.26 | Amalie Sæten | 97 | Olulu, FIN | 17.08.2024 |
|  |  |  |  |  |  |  |
| 1057 | 800m | 2:06.81 | Amalie Sæten | 97 | Nittedal | 21.08.2022 |
| 1056 | 3000m | 9:14.92 | Amalie Sæten | 97 | Jessheim | 06.08.2021 |
| 1055 | 3000m hinder | 10:16.65 | Silje Fjørtoft | 87 | Karlstad, SWE | 25.07.2017 |
| 1055 | 800m | 2:06.13 | Amalie Sæten | 97 | Jessheim | 05.08.2022 |
| 1053 | 10000m | 33:33.39 | Hanne Mjøen Maridal | 96 | Bergen/Fa | 20.09.2020 |
| 1050 | 5km veiløp | 16:00 | Amalie Sæten | 97 | Jessheim | 03.10.2020 |
| 1050 | 10km veiløp | 33:43 | Amalie Sæten | 97 | Hole | 19.10.2024 |
| 1048 | 5km veiløp | 16:00 | Amalie Sæten | 97 | Jessheim | 30.09.2023 |
| 1048 | 5km veiløp | 16:01 | Wilma Torbjørnsson | 07 | Jessheim | 27.10.2024 |
| 1047 | 800m | 2:06.59 | Amalie Sæten | 97 | Nittedal | 21.08.2021 |
|  |  |  |  |  |  |  |
| 1046 | 5000m | 16:02.16 | Amalie Sæten | 97 | Stjørdal | 24.06.2022 |
| 1044 | 3000m | 9:18.64 | Wilma Torbjørnsson | 07 | Brescia, ITA | 08.09.2024 |
| 1042 | Halvmaraton | 1:14:25 | Hanne Mjøen Maridal | 96 | Jessheim | 03.10.2020 |
| 1041 | 10km veiløp | 33:54 | Wilma Thorbjørnsson | 07 | Hole | 21.10.2023 |
| 1037 | 10km veiløp | 33:58 | Silje Fjørtoft | 87 | Jessheim | 03.10.2020 |
| 1036 | 800m | 2:07.28 | Josefin Heier | 96 | Oslo/Bi | 15.06.2023 |
| 1034 | 800m | 2:07.39 | Wilma Torbjørnsson | 07 | Oslo/Bi | 02.06.2024 |
| 1033 | 5000m | 16:08.90 | Amalie Sæten | 97 | Chengdu, CHI | 05.08.2023 |
| 1032 | 800m | 2:07.47 | Josefin Heier | 96 | Gøteborg, SWE | 31.05.2023 |
| 1029 | 5km veiløp | 16:11 | Amalie Sæten | 97 | Sand | 08.05.2022 |
|  |  |  |  |  |  |  |
| 1028 | 10km veiløp | 34:09 | Hanne Mjøen Maridal | 96 | Hole | 17.10.2020 |
| 1026 | 5km veiløp | 16:13 | Amalie Sæten | 97 | Jessheim | 28.09.2024 |
| 1025 | 1500m | 4:23.23 | Wilma Torbjørnsson | 07 | Banska Bystrica, SVK | 18.07.2024 |
| 1025 | 100m hekk | 13.95 | Tonje Moen | 00 | Oslo/Bi | 07.06.2018 |
| 1024 | 5km veiløp | 16:14 | Wilma Torbjørnsson | 07 | Jessheim | 29.10.2023 |
| 1022 | 3000m | 9:25.35 | Silje Fjørtoft | 87 | Jessheim | 06.08.2021 |
| 1019 | 3000m | 9:26.73 | Wilma Torbjørnsson | 07 | Bodø | 04.08.2024 |
| 1017 | 400m hekk | 60.14 | Vår Åsheim | 99 | Oslo/Bi | 05.07.2018 |
| 1017 | 5km veiløp | 16:36 | Wilma Torbjørnsson | 07 | Jessheim | 28.09.2024 |
| 1015 | 3000m | 9:27.76 | Wilma Thorbjørnsson | 07 | Oslo/Bi | 30.08.2024 |

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| **UKI POENGMESSIG BEST KVINNER** | **691** |

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| **Rangert etter internasjonal poengtabell – Utendørs** |

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| --- | --- | --- | --- | --- | --- | --- |
| 1013 | 3000m | 9:28.19 | Silje Fjørtoft | 87 | Oslo/Bi | 19.07.2017 |
| 1010 | 800m | 2:08.79 | Josefin Heier | 96 | Tønsberg/Gr | 20.05.2023 |
| 1010 | 3000m | 9:29.17 | Venus Teffera | 08 | Oslo/Bi | 01.06.2024 |
| 1009 | 1500m | 4:25.50 | Wilma Torbjørnsson | 07 | Oslo/Bi | 15.06.2023 |
| 1009 | 3000m | 9:29.33 | Venus Teffera | 08 | Rud | 14.06.2024 |
| 1007 | 5000m | 16:23.40 | Hanne Mjøen Maridal | 87 | Bergen/Fa | 17.09.2020 |
| 1004 | 1500m | 4:26.22 | Wilma Thorbjørnsson | 07 | Sandnes | 26.08.2023 |
| 1003 | 1500m | 4:26.32 | Wilma Torbjørnsson | 07 | Jessheim | 02.06.2022 |
| 1002 | 3000m | 9:31.69 | Veuns Teffera | 08 | Banska Bystrica, SVK | 20.07.2024 |
| 1001 | 800m | 2:09.34 | Josefin Heier | 96 | Jessheim | 11.08.2023 |
|  |  |  |  |  |  |  |
| 1001 | 800m | 2:09.32 | Wilma Torbjørnsson | 07 | Bodø | 04.08.2024 |
| 1000 | Stav | 4.13 | Birgitte Kjuus | 99 | Göteborg, SWE | 26.06.2019 |

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| **UKI POENGMESSIG BEST KVINNER** | **692** |

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| **Rangert etter internasjonal poengtabell – Innendørs** |

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| --- | --- | --- | --- | --- | --- | --- |
| 1122 | 3000m | 9:01.55 | Wilma Torbjørnsson | 07 | Espoo, FIN | 09.02.2025 |
| 1097 | 1500m | 4:16.46 | Wilma Torbjørnsson | 07 | Ostrava, TCH | 13.02.2025 |
| 1090 | 1500m | 4:17.30 | Wilma Torbjørnsson | 07 | Hvam | 25.01.2025 |
| 1087 | 1500m | 4:17.46 | Amalie Sæten | 97 | Ulsteinvik | 02.02.2023 |
| 1087 | 3000m | 9:11.91 | Amalie Sæten | 97 | Mancester, GBR | 28.01.2023 |
| 1081 | 3000m | 9:13.92 | Amalie Sæten | 97 | Karlstad, SWE | 12.02.2023 |
| 1078 | 1500m | 4:18.96 | Wilma Torbjørnsson | 07 | Hvam | 03.02.2024 |
| 1078 | 3000m | 9:14.61 | Wilma Torbjørnsson | 07 | Steinkjer | 18.02.2024 |
| 1076 | 800m | 2:06.81 | Marte Hovland | 05 | Espoo, FIN | 09.02.2025 |
| 1072 | 800m | 4:19.66 | Marte Hovland | 05 | Rud | 22.02.2025 |
|  |  |  |  |  |  |  |
| 1065 | 800m | 2:07.50 | Amalie Sæten | 97 | Ulsteinvik | 28.02.2020 |
| 1063 | 1500m | 4:20.84 | Wilma Torbjørnsson | 07 | Hvam | 18.01.2024 |
| 1051 | 1500m | 4:22.50 | Venus Teffera | 08 | Göteborg, SWE | 18.01.2025 |
| 1039 | 3000m | 9:26.77 | Venus Teffera | 08 | Hvam | 26.01.2025 |
| 1038 | 1500m | 4:24.17 | Marte Hovland | 05 | Hvam | 25.01.2025 |
| 1018 | 800m | 2:10.58 | Josefine Heier | 96 | Rud | 19.02.2023 |
| 1017 | 800m | 2:10.62 | Josefine Heier | 96 | Hvam | 05.02.2023 |
| 1009 | 1500m | 4:28.01 | Amalie Sæten | 97 | Rud | 10.02.2019 |
| 1001 | 600m | 1:33.31 | Emilie Hov Andreassen | 00 | Rud | 05.12.2015 |
| 1000 | 800m | 2:11.75 | Marte Hovland | 05 | Rud | 23.02.2025 |

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| **UKI POENGMESSIG BEST MENN KVINNER** | **693** |

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| **Beste prestasjoner rangert etter internasjonal poengtabell – Utendørs – Innendørs** |

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| 1162 | 800m i | 1:47.26 | Thomas Roth | 91 | Wien, AUT | 31.01.2015 |
| 1162 | 3000mi | 7:46.31 | Jacob Boutera | 96 | Boston, USA | 08.02.2025 |
| 1159 | 3000m hind | 8:21.63 | Jacob Boutera | 96 | Åbo, FIN | 14.06.2022 |
| 1155 | 5000m | 13:15.41 | Awet Kibrab | 95 | Heusden, BEL | 15.07.2023 |
| 1154 | 3000m hind | 8:22.83 | Jacob Boutera | 96 | Toulose, FRA | 26.05.2022 |
| 1154 | Halvmaraton | 1:00:55 | Senay Fissehatsion | 95 | København, DEN | 17.09.2023 |
| 1153 | 3000m | 7:43.97 | Awet Kibrab | 95 | Bergen/Fa | 03.06.2023 |
| 1153 | 3000m hind | 8:22.94 | Jacob Boutera | 96 | Karlsruhe, GER | 11.05.2024 |
| 1152 | 3000m hind | 8:23.21 | Jacob Boutera | 96 | Åbo, FIN | 18.06.2024 |
| 1151 | 800m | 1:45.75 | Thomas Roth | 91 | Oslo/Bi | 07.06.2018 |
|  |  |  |  |  |  |  |
| 1143 | 800m | 1:46.00 | Thomas Roth | 91 | Karlstad, SWE | 25.07.2018 |
| 1142 | 5000m | 13:18.59 | Awet Kibrab | 95 | Stockholm, SWE | 18.05.2023 |
| 1141 | 1500m | 4:08.08 | Amalie Sæten | 97 | Budapest, UNGB | 19.08.2023 |
| 1140 | 1500m | 4:08.29 | Amalie Sæten | 97 | Heusden, BEL | 15.07.2023 |
| 1139 | 800m | 1:46.15 | Thomas Roth | 91 | Heusdon, BEL | 19.07.2014 |
| 1137 | 3000m | 7:47.37 | Awet Kibrab | 95 | Bergen/Fa | 03.06.2023 |
| 1136 | 1500m | 4:08.81 | Amalie Sæten | 97 | Oslo/Bi | 04.06.2021 |
| 1136 | 3000m hind | 8:26.80 | Jacob Boutera | 96 | Nice, FRA | 12.06.2021 |
| 1135 | 800m | 1:46.37 | Thomas Roth | 91 | Rieti, ITA | 06.07.2014 |
| 1135 | 3000m hind | 8:27.15 | Jacob Boutera | 96 | Oordegem, BEL | 29.05.2021 |
|  |  |  |  |  |  |  |
| 1135 | 3000m hind | 8:27.18 | Jacob Boutera | 96 | Bergen/Fa | 08.06.2022 |
| 1134 | 3000m | 4:09.06 | Amalie Sæten | 97 | Oslo/Bi | 27.08.2024 |
| 1133 | 1500m i | 3:41.69 | Jacob Boutera | 96 | Torun, POL | 04.03.2021 |
| 1133 | 3000m hind | 8:27.46 | Fredrik Sandvik | 98 | Bergen/Fa | 03.06.2023 |
| 1133 | 3000m | 7:47.04 | Andreas Fjeld Halvorsen | 05 | Trier, GER | 08.09.2023 |
| 1133 | 3000m hind | 8:27.50 | Jacob Boutera | 96 | Rehlingen, GER | 19.05.2024 |
| 1132 | 3000m i | 7:51.15 | Per Svela | 92 | Sandnes | 26.02.2022 |
| 1132 | 1500mi | 3:41.77 | Andreas Fjeld Halvorsen | 05 | Rud | 11.02.2024 |
| 1131 | 3000m hind | 8:28.08 | Fredrik Sandvik | 98 | Bergen/Fa | 08.06.2022 |
| 1131 | 3000m | 7:47.37 | Awet Kibrab | 95 | Bergen/Fa | 03.06.2023 |
| 1130 | 800m | 1:46.44 | Thomas Roth | 91 | Jessheim | 13.09.2014 |
|  |  |  |  |  |  |  |
| 1130 | 1500m | 4:09.54 | Amalie Sæten | 97 | Oslo/Bi | 30.05.2024 |
| 1130 | 5000m | 15:17.41 | Amalie Sæten | 97 | Roma, ITA | 07.06.2024 |
| 1130 | 1500mi | 3:41.93 | Andreas Fjeld Halvorsen | 05 | Ostrava, TCH | 13.02.2025 |
| 1129 | 1500m | 3:38.32 | Andreas Fjeld Halvorsen | 05 | Jessheim | 24.05.2024 |
| 1129 | 1500m | 4:09.62 | Amalie Sæten | 07 | Jessheim | 24.05.2024 |
| 1129 | 3000m hind | 8:28.47 | Fredrik Sandvik | 98 | Roma, UTA | 08.06.2024 |
| 1128 | 800m | 1:46.52 | Thomas Roth | 91 | Stockholm, SWE | 10.06.2018 |
| 1128 | 1500m | 4:09.78 | Amalie Sæten | 97 | Åbo, FIN | 11.08.2020 |
| 1128 | 5000m | 13:23.97 | Per Svela | 92 | Monaco | 13.08.2020 |
| 1128 | 1500m | 4:09.80 | Amalie Sæten | 97 | Sollentuna, SWE | 11.06.2022 |

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| **UKI POENGMESSIG BEST MENN KVINNER** | **694** |

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| **Beste prestasjoner rangert etter internasjonal poengtabell – Utendørs - Innendørs** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1128 | 1500m | 4:09.80 | Wilma Torbjørnsson | 07 | Oslo/Bi | 27.08.2024 |
| 1126 | 3000m hind | 8:29.03 | Fredrik Sandvik | 98 | Åbo, FIN | 14.06.2022 |
| 1126 | 3000m | 7:48.29 | Senay Fissehatsion | 95 | Jessheim | 09.08.2024 |
| 1126 | 1500m | 3:42.26 | Andreas Fjeld Halvorsen | 05 | Rud | 22.02.2025 |
| 1125 | 3000m | 7:48.42 | Fredrik Sandvik | 98 | Jessheim | 09.08.2024 |
| 1124 | 3000m hind | 8:29.80 | Fredrik Sandvik | 98 | Chorzow, POL | 18.05.2024 |
| 1122 | 5000m | 13:24.25 | Awet Kibrab | 95 | Sandnes | 29.06.2024 |
| 1120 | 800m | 1:46.77 | Andreas Kramer | 97 | Oslo/Bi | 13.06.2019 |
| 1122 | 800m i | 1:48.60 | Thomas Roth | 91 | Vaxjö, SWE | 13.02.2016 |
| 1122 | 1500m | 4:10.58 | Amalie Sæten | 97 | Oslo/Bi | 16.06.2022 |
|  |  |  |  |  |  |  |
| 1122 | 3000mi | 9:01.55 | Wilma Torbjørnsson | 07 | Espoo, IN | 09.02.2025 |
| 1121 | 800m i | 1:48.62 | Thomas Roth | 91 | Uppsala, SWE | 11.02.2018 |
| 1120 | 3000m hind | 8:30.47 | Fredrik Sandvik | 98 | Brüssel, BEL | 26.05.2024 |
| 1120 | 3000m hind | 8:30.73 | Jacob Boutera | 96 | København, DEN | 08.06.2021 |
| 1120 | 10km veiløp | 28:08 | Awet Kibrab | 95 | Hole | 21.10.2023 |
| 1118 | 800m | 1:46.85 | Thomas Roth | 91 | Tübingen, GER | 16.06.2018 |
| 1118 | 800m | 1:46.85 | Thomas Roth | 91 | Oslo/Bi | 13.06.2019 |
| 1118 | 800m | 1:46.85 | Thomas Roth | 91 | Tübingen, GER | 22.06.2019 |
| 1118 | 1500m | 4:11.04 | Amalie Sæten | 97 | Leverkusen, GER | 27.06.2021 |
| 1118 | 3000m hind | 8:31.03 | Jacob Boutera | 96 | München, GER | 16.08.2022 |
|  |  |  |  |  |  |  |
| 1118 | 5000m | 13:25.48 | Awet Kibrab | 95 | Stockholm, SWE | 15.05.2024 |
| 1117 | 800m | 1:46.88 | Thomas Roth | 91 | Helsingfors, FIN | 28.06.2012 |
| 1117 | 1000m i | 2:20.96 | Thomas Roth | 91 | Hvam | 17.02.2018 |
| 1116 | 800m | 1:46.90 | Thomas Roth | 91 | Bergen/Fa | 22.08.2018 |
| 1116 | 800m | 1:46.92 | Thomas Roth | 91 | Oslo/Bi | 11.07.2015 |
| 1116 | 1500m | 4:12.32 | Amalie Sæten | 97 | Jessheim | 02.06.2022 |
| 1116 | 3000m | 7:49.87 | Jacob Boutera | 96 | Jessheim | 09.08.2024 |
| 1115 | 3000m hind | 8:31.47 | Jacob Boutera | 96 | Oregon, USA | 15.07.2022 |
| 1115 | 800m | 1:46.95 | Thomas Roth | 91 | Roverto, ITA | 04.09.2012 |
| 1115 | 3000m | 8:57.18 | Amalie Sæten | 97 | Tønsberg/Gr | 21.05.2022 |
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| 1115 | 3000m hind | 8:31.64 | Fredrik Sandvik | 98 | Liege, BEL | 12.07.2023 |
| 1115 | 1500m | 4:11.43 | Wilma Torbjørnsson | 07 | Jessheim | 24.05.2024 |
| 1115 | 1500m | 4:11.48 | Wilma Torbjørnsson | 07 | Trondheim/St | 21.08.2024 |
| 1114 | 800m | 1:46.98 | Thomas Roth | 91 | Stockholm, SWE | 17.08.2012 |
| 1114 | 800m | 1:46.98 | Thomas Roth | 91 | Sollentuna, SWE | 18.06.2019 |
| 1114 | 3000m | 7:50.22 | Senay Fissehatsion | 95 | Bergen/Fa | 03.06.2023 |
| 1113 | 800m i | 1:48.90 | Markus Einan | 97 | Haugesund | 03.02.2019 |
| 1113 | 3000m | 7:50.31 | Awet Kibrab | 95 | Jessheim | 11.08.2023 |
| 1113 | 1500m i | 3:43.19 | Andreas Fjeld Halvorsen | 05 | Catalunya, ESP | 27.01.2024 |
| 1113 | 3000m hind | 8:32.14 | Jacob Boutera | 96 | Sandnes | 28.06.2024 |

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| **UKI POENGMESSIG BEST MENN KVINNER** | **695** |

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| **Beste prestasjoner rangert etter internasjonal poengtabell – Utendørs - Innendørs** |

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| 1112 | 800m | 1:46.92 | Thomas Roth | 91 | Oslo/Bi | 11.07.2015 |
| 1112 | 800m | 1:47.03 | Thomas Roth | 91 | Szszecin, POL | 09.08.2015 |
| 1112 | 10km Veiløp | 28:13 | Senay Fissehatsion | 95 | Valencia, ESP | 14.01.2024 |
| 1111 | 5000m | 15:27.00 | Amalie Sæten | 97 | Berlin, GER | 03.09.2023 |
| 1110 | 800m | 1:47.10 | Andreas Roth | 93 | Oslo/Bi | 11.07.2014 |
| 1110 | 3000m i | 7:54.72 | Per Svela | 92 | Uppsala, SWE | 13.02.2022 |
| 1109 | 1500m | 4:08.29 | Amalie Sæten | 97 | Jessheim | 08.07.2023 |
| 1109 | 5km veiløp | 13:28 | Awet Kibrab | 95 | Riga, LTA | 01.10.2023 |
| 1108 | 3000m | 7:51.15 | Jacob Boutera | 96 | Jessheim | 05.08.2022 |
| 1107 | 5000m | 13:28.66 | Per Svela | 92 | Heusden, BEL | 02.07.2022 |
|  |  |  |  |  |  |  |
| 1107 | 1500m | 4:12.57 | Amalie Sæten | 97 | Karlstad, SWE | 03.07.2022 |
| 1107 | 3000m | 7:51.43 | Andreas Fjeld Halvorsen | 05 | Nembro, ITA | 19.06.2024 |
| 1107 | 3000m | 8:59.59 | Amalie Sæten | 97 | Jessheim | 09.08.2024 |
| 1106 | 800m | 1:47.24 | Thomas Roth | 91 | Heusdon, BEL | 18.07.2015 |
| 1106 | 800m | 1:47.25 | Thomas Roth | 91 | Wrzesnia, POL | 30.08.2014 |
| 1106 | 800m i | 1:49.14 | Markus Einan | 97 | Glasgow, GBR | 01.03.2019 |
| 1106 | 10000m | 28:17.01 | Sigurd Ruud Skjeseth | 96 | London, GBR | 14.05.2022 |
| 1104 | 800m | 1:47.30 | Thomas Roth | 91 | Rieti, ITA | 13.09.2015 |
| 1104 | 800m | 1:47.32 | Thomas Roth | 91 | Heusden, BEL | 07.07.2012 |
| 1104 | 800m | 1:47.32 | Thomas Roth | 91 | Oslo/Bi | 11.09.2014 |
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| 1104 | 1500m | 3:40.03 | Fredrik Sandvik | 98 | Oslo/Bi | 09.06.2021 |
| 1104 | 3000m hind | 8:28.02 | Fredrik Sandvik | 98 | Bergen/Fa | 08.06.2024 |
| 1104 | 3000m hind | 8:28.47 | Fredrik Sandvik | 98 | Roma, ITA | 08.06.2024 |
| 1104 | 1500m | 4:12.89 | Amalie Sæten | 97 | Heusden, BEL | 15.06.2024 |
| 1103 | 800m | 1:47.35 | Thomas Roth | 91 | Oordegem, BEL | 30.05.2015 |
| 1103 | 1500m i | 3:43.90 | Jacob Boutera | 96 | Hvam | 20.02.2021 |
| 1103 | 1500m | 3:43.90 | Jacob Boutera | 96 | Hvam | 20.02.2021 |
| 1103 | 1500m | 4:13.05 | Amalie Sæten | 97 | Oslo/Bi | 09.06.2021 |
| 1103 | 1500m | 3:40.23 | Jacob Boutera | 96 | Jessheim | 02.06.2022 |
| 1103 | 1500m | 3:40.24 | Senay Fissehatsion | 95 | Oslo/Bi | 15.06.2023 |
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| 1103 | 1500m | 3:43.94 | Andreas Fjeld Halvorsen | 05 | Gent, BEL | 03.02.2024 |
| 1102 | 1500m | 3:40.33 | Fredrik Sandvik | 98 | Oslo/Bi | 09.06.2021 |
| 1102 | 1500m | 3:40.33 | Andreas Fjeld Halvorsen | 05 | Brandbu | 23.09.2023 |
| 1102 | 5km veiløp | 13:30 | Awet Kibrab | 95 | Nijmegen, NED | 20.04.2024 |
| 1101 | 800m | 1:47.40 | Thomas Roth | 91 | Watford, GBR | 17.05.2014 |
| 1101 | 800m | 1:47.43 | Thomas Roth | 91 | Oordegem, BEL | 26.05.2018 |
| 1101 | 1500m | 3:40.43 | Fredrik Sandvik | 98 | Trondheim/St | 21.08.2024 |
| 1100 | 800m | 1:47.45 | Thomas Roth | 91 | Karlstad, SWE | 22.07.2015 |
| 1100 | 3000m hind | 8:35.08 | Fredrik Sandvik | 98 | Sandnes | 28.06.2024 |
| 1100 | 1500m | 3:40.51 | Fredrik Sandvik | 98 | Oslo/Bi | 27.08.2024 |

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| **UKI POENGMESSIG BEST MENN KVINNER** | **696** |

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| **Beste prestasjoner rangert etter internasjonal poengtabell – Utendørs - Innendørs** |

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| **UKI POENGMESSIG BEST MENN KVINNER** | **697** |

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| **Beste utøvere rangert etter internasjonal poengtabell – Utendørs – Innendørs** |

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| 1162 | 800m i | 1:47.26 | Thomas Roth | 91 | Wien, AUT | 31.01.2015 |

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| 1162 | 3000mi | 7:46.31 | Jacob Boutera | 96 | Boston, USA | 08.02.2025 |

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| 1155 | 5000m | 13:15.41 | Awet Kibrab | 95 | Heusden, BEL | 15.07.2023 |

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| 1154 | Halvmaraton | 1:00:55 | Senay Fissehatsion | 95 | København, DEN | 17.09.2023 |

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| 1141 | 1500m | 4:08.08 | Amalie Sæten | 97 | Budapest, HUN | 19.08.2023 |

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| 1133 | 3000m hind | 8:27.46 | Fredrik Sandvik | 98 | Bergen/Fa | 03.06.2023 |

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| 1133 | 3000m | 7:47.04 | Andreas Fjeld Halvorsen | 05 | Trier, GER | 08.09.2023 |

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| 1132 | 3000m i | 7:51.15 | Per Svela | 92 | Sandnes | 26.02.2022 |

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| 1128 | 1500m | 4:09.803 | Wilma Thorbjørnsson | 07 | Oslo/Bi | 27.08.2024 |

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| 1120 | 800m | 1:46.77 | Andreas Kramer | 97 | Oslo/Bi | 13.06.2019 |

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| 1113 | 800m i | 1:48.90 | Markus Einan | 97 | Haugesund | 03.02.2019 |

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| 1110 | 800m | 1:47.10 | Andreas Roth | 93 | Oslo/Bi | 11.07.2014 |

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| 1106 | 10000m | 28:17.01 | Sigurd Ruud Skjeseth | 96 | London, GBR | 14.05.2022 |

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| 1076 | 800mi | 2:06.81 | Marte Hovland | 04 | Espoo, FIN | 09.02.2025 |

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| 1074 | 800m | 1:48.32 | Elias Ottosen | 93 | Tønsberg/Gr | 24.05.2014 |

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| 1057 | 1500m | 3:43.75 | Vetle Aasland | 92 | Nadderud | 17.06.2012 |

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| 1055 | 3000m hinder | 10:16.65 | Silje Fjørtoft | 87 | Karlstad, SWE | 25.07.2017 |

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| 1053 | 10000m | 33:33.39 | Hanne Mjøen Maridal | 96 | Bergen/Fa | 20.09.2020 |

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| 1050 | Spyd | 75.02 | Pål Berntsen | 60 | Mosjøen | 16.08.1992 |

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| 1047 | 5000m | 13:46.07 | Erik Udø Pedersen | 94 | Oslo/Bi | 04.06.2021 |

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| 1044 | 110m hekk | 14.12 | Tom Erik Olsen | 74 | Oslo/Bi | 02.07.1995 |

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| 1036 | 800m | 2:07.28 | Josefin Heier | 96 | Oslo/Bi | 15.06.2023 |

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| 1032 | 3000m | 8:04.21 | Kristian Bråthen Børve | 06 | Bergen/Fa | 15.05.2024 |

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| **UKI POENGMESSIG BEST MENN KVINNER** | **698** |

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| **Beste utøvere rangert etter internasjonal poengtabell – Utendørs – Innendørs** |

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| 1012 | Maraton | 2:18:39 | Tor Erik Nyqvist | 67 | Berlin, GER | 29.09.1986 |

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| 1010 | 3000m | 9:29.17 | Venus Teffera | 07 | Oslo/Bi | 01.06.2024 |

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| 1009 | 3000m | 8:07.90 | Lukas Buncic | 07 | Jessheim | 09.08.2024 |

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| 1005 | 1500m | 3:47.77 | Sigurd Blom Breivik | 96 | Stanford, GBR | 16.05.2015 |

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| 1005 | 2000m | 5:17.05 | Lukas Buncic | 07 | Hvam | 07.12.2024 |

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| 1003 | 1500m | 3:47.93 | Benjamin Olsen | 04 | Jessheim | 02.06.2022 |

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| 1001 | 600m | 1:33.31 | Emilie Hov Andreassen | 00 | Rud | 05.12.2015 |

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| 1000 | Stav | 4.13 | Birgitte Kjuus | 99 | Göteborg, SWE | 26.06.2019 |

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| **Løp for Svensk klubb – medlem av Ullensaker/Kisa IL** |

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| 1231 | 800m | 1:43.13 | Andreas Kramer | 97 | Monaco, MON | 12.07.2024 |