

Alle tiders statistikk for IL Gular

Ajour per 1.11.2023

I utarbeidinga av denne statistikken er det brukt tidlegare klubbstatistikkar saman med Stein Fossen sin Hordalands-statistikk og NFIF sine statistikkar.

Teiknforklaring:

*: ubekrefta resultat

+: utanlandsk statsborgar

w: medvind mellom 2.0 og 4.0 m/s (for enkeltresultat i mangelkamp)

i: Innandørs-resultat

På nokre sprintdistansar er statistikkane for manuell og elektronisk tid slått saman.

Då er det brukt vanlege omrekningsfaktorar:

0.24 sekund tillegg for manuelle tider på 100 og 200m, 0.14 sekund på 400m.

Menn

100m elektronisk tid

Even Meinseth (96)	10.29 2022
Erlend Sæterstøl (75)	10.31 1996
Thomas Mellin-Olsen (77)	10.39 1999
Jacob Vaula (01)	10.39 2023
Thomas B. Green (72)	10.55 1996
Kenneth Halhjem (76)	10.62 1999
Quincy Douglas (75)	10.66 2000
Torbjørn Lysne (90)	10.68 2013
August Hemstad (02)	10.68 2023
Sondre Faugstad Amundsen (98)	10.69 2022
(10)	
Erik Kringeland (77)	10.73 1998
Andreas Kristiansen (81)	10.74 2002
Gøran Moen (71)	10.75 1996
Christian Marthinussen (83)	10.75 2015
Alexander Karlsson (88)	10.76 2011
Andreas Haara Bakketun (01)	10.77 2022
Jarle Hollund (88)	10.78 2009
Sondre Lindaas Gjesdal (98)	10.78 2022
Bjarte Holmelid (77)	10.83 2002
Filip Bøe (00)	10.90 2022
(20)	
Jostein Rekkavik (65)	10.91 1987
Bård Venholen (75)	10.92 2001
Daniel Alejandro Johnsen (98)	10.98 2020
Tor Junor Kringstad Vedde (97)	10.98 2021
Joakim Dang (90)	10.99 2016
Kurt Hessvik (74)	11.01 1996
Magnus Kleppe (65)	11.02 1997
Ådne Nerhus (75)	11.02 2001

Tore Bergan (61)	11.07 1986
Karl Henrik Felde (77)	11.11 2002
(30)	
Andre Sævik (79)	11.12 2000
Rune Hetland (64)	11.16 1986
Harald Osland (63)	11.16 1987
Erlend Hognestad Nilsen (98)	11.16 2021
Øistein Sjøvik (63)	11.18 1987
Jon Anders Løkkevik (91)	11.18 2008
Rune Fantoft (74)	11.21 1991
Mats Tønning (76)	11.24 1996
Marius Bull Hjeltnes (96)	11.24 2013
Sivert Fløgstad Sellevold (00)	11.25 2023
(40)	
Roger Hovland (65)	11.28 1991
Lars Åke Andersen (70)	11.31 1988
Finn Tore Ødegaard (66)	11.34 1987
Kjetil Myrnel (81)	11.34 2005
Sebastian Plows (01)	11.35 2021
Finn H. H. Monsen (58)	11.39 1977
Kjetil Espetvedt (71)	11.41i 1995 (11.56 1995)
Thomas Ulset (75)	11.43 1999
Henning Hofstad (57)	11.44 1979
Eystein Lysholm (80)	11.46 2004
(50)	
+Remark Rrozhani (04)	11.48 2022
Tore Fredriksen (59)	11.56 1983
Bård Sandal (67)	11.57 1990
Jan Isdahl (68)	11.58 1988
Kjell Utne (80)	11.60 2001

100m manuell tid - supplement

Quincy Douglas (75)	10.5 1997
Kenneth Halhjem (76)	10.6 1997
Rune Tjore (46)	10.7 1972
Bjørn Birknes (46)	10.9 1970
Håkon Fimland (42)	10.9 1971
Tore Bergan (61)	10.9 1986
Norvald Herstad (30)	11.0 1956
Gunnar Værnes (35)	11.0 1957
Ottar Midtkandal (44)	11.0 1965
Arvid Tveit (48)	11.0 1970
(10)	
Harald Sverre Breivik (49)	11.0 1972
Jan Nævdal (48)	11.0 1974
Rune Hetland (64)	11.0 1986
+Keeve Wetland ()	11.0 1987
Harald Osland (63)	11.0 1987
Ådne Nerhus (75)	11.0 1997

Lars Gåsemyr (31)	11.1 1957
Magnus Borge (44)	11.1 1965
Erik Wagner-Larsen (44)	11.1 1965
Stein Sletten (45)	11.1 1967
(20)	
Eivind Senneseth (55)	11.1 1975
Finn H. H. Monsen (58)	11.1 1976
Per Hermund Høgheim (64)	11.1 1984
Finn Tore Ødegaard (66)	11.1 1987
Lars Åke Andersen (70)	11.1 1988
Thomas Ulset (75)	11.1 1999
Knut Dolve (43)	11.2 1968
Tor Monsen (44)	11.2 1969
Harald Gjengedal (56)	11.2 1977
Paul Nordgreen (67)	11.2 1987
(30)	
Jan Isdahl (68)	11.2 1988
Roger Hovland (65)	11.2 1990
Rune Fantoft (74)	11.2 1990
+Hjörtur Gislason (58)	11.2 1991
Arnfinn Munkeby (31)	11.3 1951
Gunnar Kalstad (35)	11.3 1959
Ragnar Thesen (46)	11.3 1972
Kjell Egil Gjerde (51)	11.3 1974
Dag Røberg (52)	11.3 1976
Jørgen Rørvik (50)	11.3* 1976
(40)	
Henning Hofstad (57)	11.3 1977
Nils Ove Roset (66)	11.3 1987
Bård Sandal (67)	11.3 1989

200m elektronisk tid

Quincy Douglas (75)	21.01 2000
Erlend Sæterstøl (75)	21.07 1995
Andreas Haara Bakketun (01)	21.13 2022
Torbjørn Lysne (90)	21.37 2013
Thomas Mellin-Olsen (77)	21.39 1998
Erik Kringeland (77)	21.41 1998
Even Meinseth (96)	21.46 2020
Alexander Karlsson (88)	21.52 2011
Sondre Lindaas Gjesdal (98)	21.53 2022
Jacob Vaula (01)	21.55 2022
(10)	
Sondre Faugstad Amundsen (98)	21.58 2023
Filip Bøe (00)	21.64 2022
August Hemstad (02)	21.67 2023
Tor Junor Kringstad Vedde (97)	21.91 2021
Andreas Kristiansen (81)	21.97 2001
Jostein Rekkavik (65)	22.03 1987

Bård Venholen (75)	22.03 2001
Daniel Alejandro Johnsen (98)	22.08i 2020 (22.11 2020)
Rune Hetland (64)	22.17 1987
Thomas B. Green (72)	22.19 1995
(20)	
Karl Henrik Felde (77)	22.25 2002
Magnus Kleppe (65)	22.26 1996
Øistein Sjøvik (63)	22.27 1987
Marius Bull Hjeltnes (96)	22.33 2014
Harald Osland (63)	22.38 1987
Bjarte Holmelid (77)	22.42 2001
Eystein Lysholm (80)	22.52 2005
Kenneth Halhjem (76)	22.55 1996
Sebastian Plows (01)	22.57 2021
Sivert Fløgstad Sellevold (00)	22.59 2023
(30)	
Morten Aasland (75)	22.60 1995
Andre Sævik (79)	22.61 2001
Finn Tore Ødegaard (66)	22.63 1987
Joakim Dang (90)	22.65 2014
Akin Olowo (72)	22.66 1997
Jon Anders Løkkevik (91)	22.67 2008
Gøran Moen (71)	22.68 1997
Jarle Hollund (88)	22.72 2011
Ådne Nerhus (75)	22.73 1996
Per Hermund Høgheim (64)	22.75 1983
(40)	
+Remark Rrozhani (04)	22.94 2022
Bård Sandal (67)	22.95 1989
Lars Åke Andersen (70)	22.97 1988
Bjørnar Pettersen (81)	22.97 2000
Atle Douglas (68)	23.00 1998
Thomas Ulset (75)	23.01 1999
Hans C. N. v. Nijkerk (82)	23.04 2001
Ådne Svahn Dæhlin (82)	23.04i 2002 (23.05 2001)
Roger Hovland (65)	23.08 1986
Kjell Utne (80)	23.08 2001
(50)	
Kjetil Myrmel (81)	23.08 2003
Peter Quarcoo (93)	23.08 2013
Sondre Dingsør (96)	23.11 2015
+Patrick Muthaka (71)	23.15 2003
Erlend Hognestad Nilsen (98)	23.16 2020
Ivar Olsen (76)	23.22 1999
Steinar van der Meeren (90)	23.32 2008
Espen Andreas Aam (88)	23.34 2004
Runar Heltne (80)	23.38 1997
Ståle Gulestøl (77)	23.47 1996
(60)	
Rune Fantoft (74)	23.48 1990

Øystein Kandal (83)	23.53 1999
Frank Otto Meinseth (64)	23.54 1987
John S. Ottersen (66)	23.57 1986
Trygve Spanne (76)	23.59 1995
Vidar Dahle (88)	23.60 2009

200m manuell tid - supplement

Rune Tjore (46)	21.6 1972
Harald Osland (63)	21.8 1987
Bjørn Birknes (46)	21.9 1972
Jostein Rekkavik (65)	21.9 1987
Rune Hetland (64)	22.1 1986
Jan Nævdal (48)	22.3 1973
Erik Wagner Larsen (44)	22.4 1966
Lars Åke Andersen (70)	22.4 1988
Arvid Tveit (48)	22.4 1970
Ottar Midtkandal (44)	22.5 1965
(10)	
Finn Tore Ødegaard (66)	22.5 1988
Eivind Senneseth (55)	22.6 1975
Harald Gjengedal (56)	22.7 1977
Per Hermund Høgheim (64)	22.7 1985
Bård Sandal (67)	22.7 1989
Lars Gåsemyr (31)	22.8 1955
Magnus Borge (44)	22.8 1965
Håkon Fimland (42)	22.8 1970
Einar Lura (45)	22.8 1970
Finn H. Monsen (58)	22.9 1976
(20)	
Kjell Steen (32)	23.0 1956
Gunnleik Langeland (40)	23.0 1963
Knut Dolve (43)	23.0 1963
Thorolf Krüger (45)	23.0 1969
Kjell Egil Gjerde (51)	23.0 1974
Birger Lundestad (55)	23.0 1977
Roger Hovland (65)	23.0 1986
Harald Sverre Breivik (49)	23.1 1972
Gunnar Kalstad (35)	23.2 1957
Bjørn Gismervik (38)	23.2 1962
(30)	
Nils Lysne (40)	23.2 1964
Ola Thune (47)	23.2 1969
Ragnar Thesen (46)	23.2 1973 (23.0* 1973)
Ola Eiken (57)	23.2 1977
Bengt Clausen (66)	23.2 1989
Rune Fantoft (74)	23.2 1991
Norvald Herstad (30)	23.3 1957
Eilif H. Nilsen (51)	23.3 1974 (23.0* 1974)
Asgeir Thomassen (62)	23.3 1984

300m

Quincy Douglas (75)	32.82 1999
Andreas Haara Bakketun (01)	33.38 2023
Torbjørn Lysne (90)	34.04 2013
Tor Kringstad Vedde (97)	34.27 2021
Karl Henrik Felde (77)	34.64 2002
Sondre Lindaas Gjesdal (98)	34.73 2022
Thomas Mellin-Olsen (77)	35.37 2005
Hans Chr. N. v. Nijkerk (82)	35.45 2002
Sebastian Plows (01)	35.47 2021
Morten Aasland (75)	35.56 1995
(10)	
Kjell Utne (80)	35.71 2001
Daniel Alejandro Johnsen (98)	35.72 2020
Alexander Karlsson (88)	35.73 2012
Sivert Fløgstad Sellevold (00)	35.86 2021
Ådne Svahn Dæhlin (82)	35.91 2001
Bjørnar Pettersen (81)	36.06 2000
Eystein Lysholm (80)	36.14 2003
Kjetil Myrmel (81)	36.18 2002
Akin Olowo (72)	36.26 1998
Bård Venholen (75)	36.39 1999
(20)	
Marius Bull Hjeltnes (96)	36.47 2014
Gøran Moen (71)	36.62 1988
Ivar Olsen (76)	36.65 1999
Trygve Spanne (76)	36.82 1994
Øystein Kandal (80)	36.87 1998
Johan Mohr (70)	36.98 1995
Tord Indredavik (84)	37.04 2004
Anders Flatlandsmo (76)	37.05 1998
Espen Andreas Aam (88)	37.45 2005
Kjetil Kvist (83)	37.48 2001
(30)	
Jon Erlend Kjærland (84)	37.59 2002
Stian Gøransson (80)	37.6 1997
+Alexander Tesfamariam (97)	37.90 2014
Askild Solberg (80)	37.91 1999
Morten Solheim (76)	37.94 2020
Magnus Kleppe (65)	37.96 2004
Vegard Stokke (88)	37.99 2005
Steinar van der Meeren (90)	37.99 2010

400m

Quincy Douglas (75)	46.11 1999
Andreas Haara Bakketun (01)	46.50 2021
Rune Tjore (46)	46.8 1973 (47.83 1973)

Bjørn Birknes (46)	47.4 1973
Torbjørn Lysne (90)	47.87 2013
Karl Henrik Felde (77)	47.93 2002
Tor Junor Kringstad Vedde (97)	47.93 2020
Jan Nævdal (48)	47.9 1974
Ådne Svahn Dæhlin (82)	48.59 2003
Per Hermund Høgheim (64)	48.5 1985 (49.18 1983)
(10)	
Hans Chr. N. van Nijkerk (82)	48.84 2005
Sondre Dingsør (96)	48.96 2015
Rune Hetland (64)	48.97 1986
Harald Gjengedal (56)	48.98 1977
Eystein Lysholm (80)	49.11 2004
Erik Wagner Larsen (44)	49.0 1966
Sebastian Plows (01)	49.20 2021
Atle Douglas (68)	49.22 1997
Kristoffer Janson Grindedal (89)	49.38 2010
Akin Olowo (72)	49.42 1997
(20)	
Jostein Rekkavik (65)	49.3 1987 (49.85 1987)
Sivert Fløgstad Sellevold (00)	49.51 2020
Bård Sandal (67)	49.55 1990
Morten Aasland (75)	49.55 1995
Terje Dyb (69)	49.5 1989 (49.67 1993)
Kjell Utne (80)	49.71 2001
Harald Osland (63)	49.6 1986
Vidar Dahle (88)	49.74 2009
Nils Ove Roset (66)	49.76 1987
Bjørnar Pettersen (81)	49.92 2000
(30)	
Frank Otto Meinseth (64)	49.94 1986 (49.8 1986)
Thorolf Krüger (45)	49.8 1969
Håkon Fimland (42)	49.8 1973
Raymond Maudal (81)	49.97 2003
Even Meinseth (96)	50.03 2018
Kjell Egil Gjerde (51)	49.9 1974
Eigil Hannestad (60)	49.9 1983 (50.26 1983)
Kjell Sigmund Sandgrind (62)	49.9 1985 (50.24 1984)
Øistein Sjøvik (63)	49.9 1986
Finn Tore Ødegaard (66)	50.13 1990 (50.0 1987)
(40)	
Nils Lysne (40)	50.0 1970
Ola Eiken (57)	50.0 1977 (51.76 1983)
Kjetil Myrmel (81)	50.20 2002
Steinar van der Meeren (90)	50.21 2008
John Harris Christensen (63)	50.22 1988
Arne Hamarsland (33)	50.1 1959
Asgeir Thomassen (62)	50.1 1983 (50.37 1984)
Ottar Midtkandal (44)	50.2 1966
Paul Georg Skogen (64)	50.2 1986(50.72 1986)

Bjørn Steinar Økland (63)	50.43 1987
(50)	
Ernst Olsen (45)	50.3 1969
Anfin Rosendahl (57)	50.3 1977
Birger Lundestad (55)	50.3* 1977
Per Arne Michelsen (60)	50.45 1982 (50.4 1982)
Johan Mohr (70)	50.47 1993
Ivar Olsen (76)	50.49 1998
John Petter Stevik (03)	50.51 2023
Thomas Heggøy (94)	50.52 2016
Frode Hansen (62)	50.53 1987
Erlend Gjøen (59)	50.4 1978
(60)	
Lars Johan Fjelde (57)	50.4 1983 (50.75 1983)
Håkon Vestbøstad (61)	50.57 1983
Thorbjørn Unhammer (80)	50.62 2003
Bengt Clausen (66)	50.64 1988
Eivind Senneseth (55)	50.5 1975
Einar Lura (45)	50.6 1970
Eilif Hjalmar Nilsen (51)	50.6 1979
+Sigurdur Jonsson (78)	50.81 1994
Bård Venholen (75)	50.89i 2001 (51.63 2000)
Geir Tore Hamarsland (66)	50.8 1985
(70)	
Øystein Pettersen (78)	51.02 2002
Ola Thune (47)	50.9 1967
Jarle Henriksen (57)	50.9 1981
Tord Indredavik (84)	51.08 2003
Thomas Solberg Eide (92)	51.09 2012
Marius Bull Hjeltnes (96)	51.13 2014
Sigmund Myking (28)	51.0 1957
Kjetil Kvist (83)	51.28 2003
Trygve Spanne (76)	51.30 1995
Runar Heltne (80)	51.30 1997
(80)	
Vebjørn Borge (94)	51.33 2016
Alexander Tesfamariam (97)	51.33 2018
Johan Petter Hesselberg (32)	51.2 1957
Harald Sverre Breivik (49)	51.2 1972
Finn H. Monsen (58)	51.3 1976
Gøran Moen (71)	51.3 1988 (52.00 1988)
Rune Halle (74)	51.54 1995
Leif Skogseth (29)	51.4 1955
Arvid Tveit (49)	51.5 1970
Jacob Lothe (50)	51.5 1973
(90)	
Ove Talsnes (62)	51.5 1987
Arnljot Gåsemyr (37)	51.6 1960
Petter Nicolaysen ()	51.6 1969
Stian Gøransson (80)	51.6 1997

Øystein Kandal (83)	51.83 1998
Jon Erlend Kjærland (84)	51.84 2002
Lars Gåsemyr (31)	51.7 1953
Norvald Herstad (30)	51.7 1955
Sverre Ålvik (41)	51.7 1968
Hans Fosse (45)	51.7 1969
(100)	
Lars Åke Andersen (70)	51.86 1988
Sverre Morten Slethaug (71)	51.86 1993
Knut Forthun (53)	51.8 1985
Øyvind Ytrehus (60)	51.97 1986
Tore Hagen (65)	51.99 1990
Gunvald Thomassen (35)	51.9 1958
Gunnleik Langeland (40)	51.9 1967

600m

Atle Douglas (68)	1:17.79i 1997 (1:19.23 1997)
Ådne Svahn Dæhlin (82)	1:18.63 2007
Quincy Douglas (75)	1:19.23 2000
Karl Henrik Felde (77)	1:19.70 1998
Thomas Heggøy (94)	1:21.40 2016
Per Thomas Thomassen (70)	1:22.04 1997
Vidar Dahle (88)	1:22.39 2007
Bengt Clausen (66)	1:22.45 1988
Sverre Morten Slethaug (71)	1:22.48 1994
+Alexander Tesfamariam (97)	1:22.80 2016
(10)	
Njål Kvendseth (81)	1:22.82 2003
Tord Indredavik (84)	1:22.93 2002
Ivar Olsen (76)	1:22.94 1997
Eystein Lysholm (80)	1:23.0 2006
Eigil Hannestad (60)	1:23.2 1985
Steinar van der Meeren (90)	1:23.31 2008
Vebjørn Borge (94)	1:23.34 2016
Eirik Myrmel (83)	1:23.73 2006
Bjørnar Pettersen (81)	1:24.16 1999
Thorbjørn Unhammer (80)	1:24.27 2003
(20)	
Terje Dyb (69)	1:24.4 1996
Kjetil Kvist (83)	1:24.61 2003
Jon Erlend Kjærland (84)	1:24.74 2002
+Sigurdur Jonsson (78)	1:24.78 1994
Thomas Iversen-Skoge (04)	1:24.93 2022
Bjørnar Sandnes Lillefosse (92)	1:25.19 2012
Ivar Stefansson (92)	1:25.19 2013
Sondre Dingsør (96)	1:25.41i 2013
Sondre Hoff (93)	1:25.46i 2020
Øystein Andersen (85)	1:25.64 2008
(30)	

Øystein Pettersen (78)	1:25.72 2001
Sigurd Edvardsen (79)	1:25.87 1996

800m

Ådne Svahn Dæhlin (82)	1:46.05 2005
Atle Douglas (68)	1:47.41 1997
Kjell Sigmund Sandgrind (62)	1:48.68 1987
Frank Otto Meinseth (64)	1:48.73 1987
Eigil Hannestad (60)	1:48.93 1983
Frode Hansen (62)	1:49.00 1985
Arne Hamarsland (33)	1:49.1 1958
Asgeir Thomassen (62)	1:49.36 1986
Thomas Heggøy (94)	1:49.46 2017
Terje Dyb (69)	1:49.53 1992

(10)

Sondre Dingsør (96)	1:49.58 2017
Thomas Solberg Eide (92)	1:49.59 2012
John Petter Stevik (03)	1:49.66 2023
Anfin Rosendahl (57)	1:49.7 1977
Erik Mathisen (52)	1:50.0 1977
Karl Henrik Felde (77)	1:50.0 1998
Mats Hauge (97)	1:50.02 2020
Vidar Dahle (88)	1:50.07 2010
John Harris Christensen (63)	1:50.1 1988
Hans Chr. N. v. Nijkerk (82)	1:50.59 2001

(20)

Geir Tore Hamarsland (66)	1:50.7 1985
Per Hermund Høgheim (64)	1:50.8 1985
Håkon Vestbøstad (61)	1:51.2 1983
Sverre Sørnes (45)	1:51.3 1971
Ove Talsnes (62)	1:51.39 1987
Johan Mohr (70)	1:51.55 1993
Jan Nævdal (48)	1:51.6 1974
Per Thomas Thomassen (70)	1:51.78 1994
Knut Forthun (53)	1:51.9 1985
Bjørn Steinar Økland (63)	1:52.0 1989

(30)

Kjetil Måkestad (85)	1:52.04 2012
Robin Wathne Nedrehagen (99)	1:52.20 2021
Raymond Maudal (81)	1:52.37 2003
Tord Indredavik (84)	1:52.53 2004
Bengt Clausen (66)	1:52.54 1989
Kristoffer Janson Grindedal (89)	1:52.60 2010
Kjell Egil Gjerde (51)	1:52.7 1974
Jarle Henriksen (57)	1:52.8 1981
Johannes Teigland (95)	1:52.84 2023
Lars Johan Fjelde (57)	1:52.87 1984

(40)

Paul Georg Skogen (64)	1:52.89 1986
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Ivar Olsen (76)	1:53.01 1999
Knut Høiaas (69)	1:53.1 1990
Bjarte Bogstad (63)	1:53.16 1992
Lars Røttingen (80)	1:53.18 2005
Rune Høgheim (49)	1:53.2 1974
Jan Ove Pilskog (67)	1:53.20 1990
Ernst Olsen (45)	1:53.3 1969
+Quincy Douglas (75)	1:53.39 1995
Morten Thorgersen (51)	1:53.4 1976
(50)	
Arne Opheim (50)	1:53.5 1976
Jørn Krogh (48)	1:53.6 1971
Trond Brevik (66)	1:53.61 1988
Jacob Boutera (96)	1:53.66 2018
Jostein Blænes (49)	1:53.7 1976
Thor Høydahl (51)	1:53.8 1975
Erik Hovlandsdal (89)	1:53.86 2012
Sverre Morten Slethaug (71)	1:53.89 1994
Matias Andersen Førde (98)	1:53.90 2022
Thomas Iversen-Skoge (04)	1:53.93 2023
(60)	
Tore Hagen (65)	1:53.94 1990
Paul Bruvik (43)	1:54.0 1966
Jens Gjerde (43)	1:54.0 1967
Nils Lysne (40)	1:54.0 1970
Arne Rikstad (57)	1:54.0 1977
Torgeir Fyllingsnes (55)	1:54.0 1979
+Alexander Tesfamariam (97)	1:54.04 2016
Sondre Arne Hoff (93)	1:54.05 2022
Hans Fosse (45)	1:54.1 1971
Jostein Skeie (66)	1:54.15 1986
(70)	
Bjørnar Sandnes Lillefosse (92)	1:54.19 2021
Harald Gjengedal (56)	1:54.2 1978
Geirmund Drivenes (65)	1:54.27 1986
Kjell Leira (46)	1:54.4 1970
Vebjørn Borge (94)	1:54.44 2016
Øyvind Fauskanger (55)	1:54.5 1974
Petter Nørve (69)	1:54.5 1989
Timmi Brandvik Anderl (99)	1:54.63 2021
Marius Vedvik (92)	1:54.63 2021
+Eric Berger (99)	1:54.69 2023
(80)	
Erik Wagner Larsen (44)	1:54.7 1967
Atle Fosse (48)	1:54.9 1975
Gard Hagen (64)	1:55.07 1986
Tormod Bønes (42)	1:55.1 1963
John Lien (50)	1:55.1 1970
Jørn Ingvaldsen (65)	1:55.1 1990
Ivar Stefansson (92)	1:55.10 2013

Odd Johan Litsheim (50)	1:55.2	1970
Roger Bjugn (61)	1:55.45	1990
Reidar Borge (51)	1:55.6	1977
(90)		
Lars Frode Leknes (62)	1:55.6	1984
Eirik Myrmel (83)	1:55.67	2006
Johan P. Hesselberg (32)	1:55.7	1958
Gunvald Thomassen (34)	1:55.7	1958
Torbjørn Ryssevik (48)	1:55.7	1972
Karstein Oen (56)	1:55.7	1976
Asbjørn Strandskog (33)	1:55.8	1962
Frank Sourza (44)	1:55.8	1969
Harald Dyngen (60)	1:55.8	1990
Kjell Utne (80)	1:55.82	2001
(100)		
Asbjørn Høyem Amundsen (79)	1:55.93	2005
Thorbjørn Unhammer (80)	1:55.97	2003
Gaute Bjaanes (52)	1:56.0	1974
Odd Magne Øgreid (70)	1:56.07	1996
Håkon Landro (72)	1:56.23	1994
Knut Havnen Johansen (89)	1:56.29	2006
Terje O. Knudsen (44)	1:56.3	1965
Stian Gran Sørskår (80)	1:56.31	2006
Bjørn Steinar Nedrebø (72)	1:56.33	1996
Odd Mikkelsen (37)	1:56.5	1965
(110)		
Anbjørn Mellingen (54)	1:56.5	1983
Oddvar Eimstad (39)	1:56.6	1964
Øystein Engum Andersen (85)	1:56.62	2008
Ole Kristensen (47)	1:56.7	1971
Jonny Humlevåg (62)	1:56.7	1985
Espen Kristiansen (82)	1:56.76	2007
Tor Grini (52)	1:56.8	1975
Kjetil Kvist (83)	1:56.85	2003
Agnar Karstensen (34)	1:56.9	1958
Lorentz Nergård (42)	1:56.9	1970
(120)		
Stein Åge Jorddal (53)	1:56.9	1976
Ole Asbjørn Vik (65)	1:56.96	1987
Jon Erlend Kjærland (84)	1:57.02	2005
Øyvind Ytrehus (60)	1:57.03	1986
Arthur Sande (38)	1:57.2	1966
Paal Nupen (70)	1:57.2	1988
Frank Hem (68)	1:57.3	1988
Knut Bjørnstad (54)	1:57.4	1976
Leonard-Johan Nesheim (95)	1:57.43	2018
Truls Nygaard (64)	1:57.45	1988
(130)		
Øystein Kandal (83)	1:57.47	1999
Helge Brekke (41)	1:57.5	1968

Torstein Brox (59)	1:57.5	1976
Erlend Gjøen (59)	1:57.5	1978
Geir Storetvedt Skaten (74)	1:57.53	2006
Benjamin Bjørnstad (03)	1:57.73	2023
Erik Serigstad (90)	1:57.76	2007
Per Dyblie (46)	1:57.9	1972
Kjetil Hildeskor (60)	1:57.90	1985
Jann Martin Fjellbakk (65)	1:57.99	1990
(140)		
Odd Dugstad (29)	1:58.0	1958
Henrik Øvrebø (49)	1:58.0	1970
Magnus Monstad (50)	1:58.0	1974

1000m

Anfin Rosendahl (57)	2:19.86	1980
Frank Otto Meinseth (64)	2:19.91	1987
Arne Hamarsland (33)	2:20.0	1959
Kjell Sigmund Sandgrind (62)	2:20.47	1987
Atle Douglas (68)	2:20.91	1997
Frode Hansen (62)	2:22.5	1985
Geir Tore Hamarsland (66)	2:22.6	1985
Hans Chr. N. V. Nijkerk (82)	2:23.83	2002
Asgeir Thomassen (62)	2:24.53	1984
Ove Talsnes (62)	2:24.6	1986
(10)		
Sondre Hoff (93)	2:26.74	2020
Per Thomas Thomassen (70)	2:26.75	1995
Petter Kleppe (62)	2:28.4	1982
Jostein Skeie (66)	2:28.8	1986
Anbjørn Mellingen (54)	2:29.0	1982
Knut Høiaas (69)	2:29.65	1994
Ådne Svahn Dæhlin (82)	2:31.13	2008
Gunvald Thomassen (34)	2:31.6	1958
Matias Andersen Førde (98)	2:31.67	2020
Steinar Opheim (66)	2:33.5	1986
(20)		
Geir Storetvedt Skaten (74)	2:33.71	2007
Bjørnar Sandnes Lillefosse (92)	2:34.18i	2014
Bjørn Gausvik (58)	2:34.2	1982
Asbjørn Strandskog (33)	2:34.4	1958

1500m

Ove Talsnes (62)	3:39.25	1988
Mats Hauge (97)	3:39.40	2021
Arne Hamarsland (33)	3:39.8	1958
Anfin Rosendahl (57)	3:40.1	1980
Jacob Boutero (96)	3:41.08	2020
Thomas Solberg Eide (92)	3:41.46	2012

Erik Mathisen (52)	3:41.8	1977
Sverre Sørnes (45)	3:42.9	1971
Bjørnar Sandnes Lillefosse (92)	3:43.17	2022
Frank Otto Meinseth (64)	3:43.5	1986
(10)		
Eivind Trym Wikshåland (97)	3:43.95	2022
Marius Vedvik (92)	3:44.04	2019
John Harris Christensen (63)	3:44.37	1990
Bjørn Steinar Økland (63)	3:44.62	1989
Eigil Hannestad (60)	3:45.16	1983
Kjetil Måkestad (85)	3:45.26	2007
Kjell Sigmund Sandgrind (62)	3:45.77	1987
Morten Thorgersen (51)	3:45.8	1978
Per Thomas Thomassen (70)	3:45.88	1994
Thor Høydahl (51)	3:46.3	1976
(20)		
Vidar Dahle (88)	3:46.42	2012
Geir Tore Hamarsland (66)	3:47.00	1993
Johannes Teigland (95)	3:47.07	2023
Lars Johan Fjelde (57)	3:47.19	1983
Per Svela (92)	3:47.38	2019
Knut Høiaas (69)	3:47.5	1990
Bjarte Bogstad (63)	3:47.50	1993
Petter Nørve (69)	3:47.69	1991
Truls Nygaard (64)	3:47.86	1988 (3:47.8 1989)
Jostein Blænes (49)	3:48.0	1975
(30)		
Frode Hansen (62)	3:48.27	1988 (3:48.2 1985)
Lars Røttingen (80)	3:48.47	2005
Erik Hovlandsdal (89)	3:48.61	2012
Håkon Vestbøstad (61)	3:48.71	1988
Lars Frode Leknes (62)	3:48.89	1987
Kjell Leira (46)	3:49.0	1971
Sondre Hoff (93)	3:49.03	2022
Reidar Borge (51)	3:49.1	1975
Kjetil Foss Angeltvedt (85)	3:49.35	2011
Atle Fosse (48)	3:49.8	1975
(40)		
Arne Rikstad (57)	3:50.0	1978
Ole Kristensen (47)	3:50.1	1972
Knut Forthun (53)	3:50.14	1982
Arne Risa (44)	3:50.6	1972
Ådne Svahn Dæhlin (82)	3:50.81	2005
Jan Ove Pilskog (67)	3:50.82	1990
Asbjørn Høyem Amundsen (79)	3:50.95	2005
Johannes Helland (45)	3:51.3	1970
Asgeir Thomassen (62)	3:51.3	1985
John Arild Tellevik (57)	3:51.4	1980
(50)		
Hans Fosse (45)	3:51.6	1971

Matias Andersen Førde (98)	3:51.82 2022
Tord Indredavik (84)	3:52.03 2007
Paul Bruvik (43)	3:52.1 1967
Torgeir Fyllingsnes (55)	3:52.1 1979
Jørn Krogh (48)	3:52.2 1971
Alf Magnar Tveit (48)	3:52.2 1976
Tore Akerlie (99)	3:52.23 2023
Thomas Heggøy (94)	3:52.94 2019
Rune Høgheim (49)	3:53.2 1974
(60)	
Sondre Dingsør (96)	3:53.29 2018
Jens Gjerde (43)	3:53.5 1967
Jens Åstveit (97)	3:53.55 2018
Jostein Skeie (66)	3:53.8 1986
Torbjørn Ryssevik (49)	3:54.0 1973
Bjørn Gausvik (58)	3:54.3 1980
Lorentz Nergård (42)	3:54.4 1970
Trond Brevik (66)	3:54.42 1988 (3:54.0* 1988)
Geirmund Drivenes (65)	3:54.61 1986
Anbjørn Mellingen (54)	3:54.70 1983
(70)	
Eldar Thomassen Fagerbakke (97)	3:54.75i 2023 (3:54.89 2020)
Jonny Humlevåg (62)	3:54.76 1984
Stein Åge Jorddal (53)	3:55.6 1977
Oddvar Eimstad (39)	3:55.8 1964
Arild Nordeide (59)	3:55.9 1978
Harald Dyngen (60)	3:56.25 1990
Ernst Olsen (45)	3:56.3 1971
Odd Johan Litsheim (50)	3:56.4 1970
Torstein Brox (59)	3:56.4 1976
Helge Brekke (42)	3:56.5 1967
(80)	
Njål Eidhammer (43)	3:56.5 1969
Øyvind Fauskanger (55)	3:56.6 1977
Tomas Windheim (87)	3:56.85 2011
Magnus Sirnes Hjellum (94)	3:56.89 2017
Hans Utkilen (45)	3:56.9 1971
Jann Martin Fjellbakk (65)	3:56.94 1990
Ingvald Hagen (25)	3:57.0 1955
Halfdan-Emil Færø (91)	3:57.06 2013
Bjørn Hansen (60)	3:57.1 1978
Bjørn Steinar Nedrebø (72)	3:57.27 1995
(90)	
Petter Kleppe (62)	3:57.4 1982
Jarle Henriksen (57)	3:57.60 1982
Terje Aggvin (74)	3:57.89 2008
Terje O. Knudsen (44)	3:58.0 1965
Knut Bjørnstad (54)	3:58.0 1976
Gunnar Svåsand (62)	3:58.0 1988
Hans Chr. Netteland v. Nijkerk (82)	3:58.01 2002

Jonas Lurås Hammer (91)	3:58.39 2012
Daniel Jacobsen (98)	3:58.40 2023
Jon Høydahl (55)	3:58.5 1974
(100)	
Tommy B. Laitinen (83)	3:58.52 2006
Bjørn Vonheim (62)	3:58.60 1986
Karl Henrik Felde (77)	3:58.6 1996
Håkon Landro (72)	3:58.69 1994
Arne Opheim (50)	3:59.0 1976
John Ørjan Strand (57)	3:59.06 1983
+Alexander Tesfamariam (97)	3:59.13 2016
Gard Hagen (64)	3:59.18 1986
Per Hermund Høgheim (64)	3:59.23 1989
Eirik Myrmel (83)	3:59.23 2008
(110)	
Amund Leiren (77)	3:59.44 1999
Nils Landro (40)	3:59.5 1973
Bengt Clausen (66)	3:59.5 1989
Terje Dyb (69)	3:59.5 1989
Jomar Thy (56)	3:59.6 1981
Jan-Eirik Berntsen (68)	3:59.7 1997
Morten Kjønsberg (76)	3:59.79 2002
Endre Gåsemyr (29)	3:59.8 1958
Nils Erik Haukeland (69)	3:59.82 1988
Jens Bøhmer (93)	4:00.03 2017
(120)	
Anders Huun Monsen (90)	4:00.04 2011
Ivar Stefansson (92)	4:00.19 2014
Asbjørn Strandskog (34)	4:00.2 1958
Martin Hefre Johnsen (88)	4:00.29 2010
Arthur Sande (38)	4:00.3 1965
Odd Magne Øgreid (70)	4:00.37 1996
Nils Teigland (41)	4:00.4 1964
Lars-Olav Måkestad Apold (92)	4:00.51 2023
Ivar Olsen (76)	4:00.56 1996
Arnfinn Holand (62)	4:00.6 1985
(130)	
Per Felde (37)	4:00.7 1966
Jon Ingvald Håbrekke (42)	4:00.9 1966
Sverre Morten Slethaug (71)	4:01.03 1996
Thomas Iversen-Skoge (03)	4:01.22 2023
Guttorm Fretheim (47)	4:01.3 1974
Hallvard Nilsen (78)	4:01.47 2006
Jonas Dalland (85)	4:01.48 2013
Tormod Bønes (42)	4:01.8 1963
Ole Asbjørn Vik (65)	4:01.8 1987
Frank Håvard Hem (68)	4:01.8 1988
(140)	
John Agnar Lien (50)	4:01.9 1969
Steinar Opheim (66)	4:02.0 1986

Roger Bjugn (61)	4:02.20 1990
Daniel Måkestad Fadnes (04)	4:02.62 2023
Kjetil Hildeskor (60)	4:02.7 1985
Johan Mohr (70)	4:02.78 1993
Normann Bakken (36)	4:02.8 1961
Didrik Thrane-Nielsen (66)	4:02.89 1989
Odd Dugstad (29)	4:03.1 1957
Sveinung Heiberg Strand (45)	4:03.4 1973
(150)	
Robin Wathne Nedrehagen (99)	4:03.59i 2019
Ottar Haugen (52)	4:03.6 1972
Helge Nordal (69)	4:03.75 1996
John Arild Andersen (50)	4:04.0 1970
Kristoffer Grindedal (89)	4:04.16 2016
Ådne Nesje Hernes (02)	4:04.37 2023
Jens Øvrebø (51)	4:04.4 1971
Johannes Bruvik (36)	4:04.5 1960
+Filip Zizka (93)	4:04.57 2018
Tor Grini (52)	4:04.7 1975
(160)	
Ove Drange (52)	4:04.8 1974
Johan Petter Hesselberg (32)	4:05.0 1958

Mile

Mats Hauge (97)	3:57.25 2020
Jacob Bouteru (96)	3:57.38 2020
Bjørnar Sandnes Lillefosse (92)	3:59.81 2020
Arne Hamarland (33)	4:00.8 1959
Anfin Rosendahl (57)	4:03.26 1982
Eivind Trym Wikshåland (97)	4:04.79 2022
Ove Talsnes (62)	4:04.91 1988
Sverre Sørnes (45)	4:07.2 1969
Sondre Arne Hoff (93)	4:07.22 2020
Lars Johan Fjelde (57)	4:10.00 1983
(10)	
Eigil Hannestad (60)	4:10.61 1982
Anbjørn Mellingen (54)	4:13.14 1982
Per Thomas Thomassen (70)	4:14.16 1992
Bjarte Bogstad (63)	4:14.35 1992
Knut Forthun (53)	4:14.68 1982
Asgeir Thomassen (62)	4:15.76 1985
Knut Høiaas (69)	4:16.21 1992
Bjørn Steinar Økland (63)	4:17.51 1992
Frode Hansen (62)	4:18.7 1989
Reidar Borge (51)	4:19.69 1982
(20)	
Matias Andersen Førde (98)	4:19.79 2022
Ingvald Hagen (24)	4:22.4 1956
Endre Gåsemyr (29)	4:24.0 1955

3000m

Marius Vedvik (92)	7:53.01 2021
Anfin Rosendahl (57)	7:53.78 1981
Per Sveta (92)	7:54.66 2017
Bjørnar Sandnes Lillefosse (92)	7:57.83i 2022(7:59.17 2021)
Truls Nygaard (64)	7:59.77 1988
Mats Hauge (97)	8:01.20 2021
Sverre Sørnes (45)	8:01.6 1970
Arne Risa (44)	8:02.6 1971
Ove Talsnes (62)	8:03.31 1989
Lars Frode Leknes (62)	8:05.04 1987
(10)	
Jacob Boutera (96)	8:05.24 2020
Eivind Trym Wikshåland (97)	8:06.58 2022
Petter Nørve (69)	8:07.23 1992
Arne Hamarsland (33)	8:08.4 1963
Paul Bruvik (43)	8:08.6 1968
Atle Fosse (48)	8:09.2 1978
Tore Akerlie (99)	8:10.33 2023
Morten Thorgersen (51)	8:11.6 1977
Kjetil Måkestad (85)	8:12.26 2010
Sondre Arne Hoff (93)	8:12.76 2023
(20)	
Reidar Borge (51)	8:13.0 1976
Vidar Dahle (88)	8:13.75 2017
Ole Kristensen (47)	8:15.0 1972
Bjarte Bogstad (63)	8:15.07 1993
Jørn Krogh (48)	8:15.2 1972
Erik Hovlandsdal (89)	8:15.30 2012
Lars Johan Fjelde (57)	8:15.36 1985
Bjørn Steinar Økland (63)	8:15.7 1989
Johannes Helland (45)	8:16.0 1970
Arild Nordeide (59)	8:16.1 1978
(30)	
Bjørn Gausvik (58)	8:16.4 1978
Thomas Solberg Eide (92)	8:17.25 2012
Kjell Leira (46)	8:17.4 1969
Arne Rikstad (57)	8:17.6 1977
Lorentz Nergård (42)	8:18.8 1973
Eldar Thomassen Fagerbakke (97)	8:18.96 2021
Johannes Teigland (95)	8:19.23 2022
Matias Andersen Førde (98)	8:19.57 2022
Kjetil Foss Angeltvedt (85)	8:19.71 2011
John Harris Christensen (63)	8:20.3 1989 (8:18.4* 1988)
(40)	
Asbjørn Høyem Amundsen (79)	8:20.39 2005
Jostein Blænes (49)	8:21.0 1975
John Arild Tellevik (57)	8:21.0 1980

Per Thomas Thomassen (70)	8:21.2	1991
Hans Fosse (45)	8:21.8	1971
Lars Røttingen (80)	8:22.38	2005
Helge Andersen (73)	8:22.47	2001
Erik Mathisen (52)	8:24.2	1976
Knut Høiaas (69)	8:24.43	1994
Frank Otto Meinseth (64)	8:24.5	1986
(50)		
Håkon Vestbøstad (61)	8:25.7	1983
Tomas Windheim (87)	8:25.95	2012
Anders Huun Monsen (90)	8:26.20	2010
Njål Eidhammer (43)	8:26.2	1969
Frode Hansen (62)	8:26.94	1987
Halfdan-Emil Færø (91)	8:27.48i	2013 (8:31.89 2013)
Knut Forthun (53)	8:27.8	1983
Tommy B. Laitinen (83)	8:27.97	2006
Jan Ove Pilskog (67)	8:28.0	1990
Jens Bøhmer (93)	8:28.06	2017
(60)		
John Ørjan Strand (57)	8:28.2	1983
Øyvind Gausvik (60)	8:29.6	1978
Bjørn Hansen (60)	8:29.8	1978
Jonny Humlevåg (62)	8:30.4	1983 (8:30.0* 1985)
Ingvald Hagen (25)	8:30.8	1956
Espen Kristiansen (82)	8:30.91	2007
Magnus Sirnes Hjellum (94)	8:31.01	2014
Terje Aggvin (74)	8:31.04	2008
Kjell Sigmund Sandgrind (62)	8:31.13	1987
Didrik Thrane-Nielsen (66)	8:31.17	1990
(70)		
Petter Kleppe (62)	8:31.7	1982
Jørn Ingvaldsen (65)	8:32.4	1990
Asgeir Thomassen (62)	8:33.0	1986
Gunnar Svåsand (62)	8:33.4	1989
Morten Kjønsberg (76)	8:33.48	2002
Arnfinn Holand (62)	8:33.77	1986
Daniel Jacobsen (98)	8:33.99	2022
Ottar Haugen (57)	8:34.2	1981
Jonas Lurås Hammer (91)	8:34.22	2013
Hans Utkilen (42)	8:34.4	1971
(80)		
Oddvar Eimstad (39)	8:34.6	1964
Thor Høydahl (51)	8:34.6	1976
Terje O. Knudsen (44)	8:35.0	1966
Hallvard Nilsen (78)	8:35.08	2010
Bjørn Vonheim (62)	8:35.4	1989
Lars-Olav Måkestad Apold (92)	8:35.44	2023
Hans Jacob Berge (59)	8:36.0	1977
Johannes Rosvold (66)	8:36.05	1997
Thomas Myklebust Heggøy (94)	8:36.09	2019

Trond Brevik (66)	8:36.1	1989
(90)		
Harald Nygård (51)	8:36.4	1971
Geir Tore Hamarsland (66)	8:36.40	1985
Jens Gjerde (43)	8:36.6	1968
Anbjørn Mellingen (54)	8:36.62	1982
Jon Tvedt (66)	8:37.02	1999
Martin Johnsen (88)	8:37.32	2010
Bjørn Steinar Nedrebø (72)	8:37.77	1996
Odd Johan Litsheim (50)	8:38.2	1970
Nils Teigland (41)	8:38.4	1964
Jonas Dalland (85)	8:38.60	2017
(100)		
Sveinung Heiberg Strand (45)	8:38.8	1973
Nils Landro (40)	8:39.0	1973
Ivar Stefansson (92)	8:39.15i	2018 (8:42.99 2017)
Helge Brekke (41)	8:39.6	1967
Kjetil Hildeskor (60)	8:39.69	1985
Harald Dyngen (60)	8:39.9	1991
Endre Gåsemyr (29)	8:40.0	1958
Stein Åge Jorddal (53)	8:40.0	1977
Knut Bjørnstad (54)	8:40.4	1976
Bjarne Kalgraff (46)	8:40.6	1968
(110)		
Torgeir Fyllingsnes (55)	8:40.6	1979
Egil Jonsbu (66)	8:41.3	1990
Jan-Eirik Berntsen (68)	8:41.85	1996
Steinar Opheim (66)	8:42.0	1986
Odd Anders Grimsbø (91)	8:43.95	2014
Morten Straume (56)	8:44.1	1990
Geirmund Drivenes (65)	8:44.15	1986
Arthur Sande (38)	8:44.6	1965
Alemayehu Sitotaw (62)	8:44.71	1999
Amund Leiren (77)	8:44.86	1999
(120)		
Jon Høydahl (55)	8:45.0	1974
Daniel Beeder (91)	8:45.05	2022
Sigbjørn Groven (87)	8:45.19	2010
Ådne Nesje Hernes (02)	8:45.82	2023
Håkon Torgersen (56)	8:46.6	1973
Stein Rafto (56)	8:46.6	1974
Helge Hekland (35)	8:48.5	1981
Robert Bergstå (91)	8:48.67	2014
Helge Nordal (69)	8:48.83	1996
Tord Indredavik (84)	8:49.75	2007
(130)		

5000m

Marius Vedvik (92) 13:29.46 2019

Per Sveta (92)	13:35.09 2019
Arne Risa (44)	13:41.0 1970
Bjørnar Sandnes Lillefosse (92)	13:44.20 2022
Anfin Rosendahl (57)	13:44.40 1980
Truls Nygaard (64)	13:52.64 1989
Lars Frode Leknes (62)	13:59.42 1987
John Arild Tellevik (57)	14:02.2 1980
Sverre Sørnes (45)	14:04.0 1973
Atle Fosse (48)	14:04.7 1978
(10)	
Arild Nordeide (59)	14:05.8 1978
Sondre Arne Hoff (93)	14:07.16 2022
Thor Høydahl (51)	14:07.6 1978
Erik Mathisen (52)	14:07.8 1977
Eivind Trym Wikshåland (97)	14:08.85 2022
Jacob Boutera (96)	14:12.29 2020
Bjørn Gausvik (58)	14:13.0 1980
Morten Thorgersen (51)	14:16.0 1978
Tore Akerlie (99)	14:16.20 2023
Ole Kristensen (47)	14:16.4 1972
(20)	
Paul Bruvik (43)	14:18.0 1970
Arne Hamarsland (33)	14:19.0 1967
Bjarte Bogstad (63)	14:19.99 1998
Arne Rikstad (57)	14:21.4 1977
Ove Talsnes (62)	14:21.99 1989
Johannes Teigland (95)	14:27.38 2022
Kjetil Foss Angeltvedt (85)	14:27.49 2011
Jostein Blænes (49)	14:29.0 1975
Lorentz Nergård (42)	14:29.4 1974
Petter Nørve (69)	14:31.0 1990
(30)	
Terje Aggvin (74)	14:32.20 2008
Reidar Borge (51)	14:33.0 1979
Hans Jacob Berge (59)	14:33.6 1978
Johannes Rosvold (66)	14:34.01 1997
Øyvind Gausvik (60)	14:35.3 1978
Bjørn Steinar Økland (63)	14:35.6 1989
Tomas Windheim (87)	14:35.86 2011
Anders Huun Monsen (90)	14:40.71 2011
Morten Kjøsberg (76)	14:41.83 2002
Knut Hagen (64)	14:41.86 1985
(40)	
Helge Andersen (73)	14:41.97 2000
Per Thomas Thomassen (70)	14:42.24 1995
John Ørjan Strand (57)	14:43.3 1983
Tommy B. Laitinen (83)	14:43.72 2009
Nils Landro (40)	14:43.8 1973
Bjarne Huseklepp (53)	14:44.6 1977
Lars Johan Fjelde (57)	14:45.3 1985

Kjell Leira (46)	14:46.0	1971
Hans Fosse (45)	14:46.4	1973
Jens Bøhmer (93)	14:47.99	2016
(50)		
Eldar Thomassen Fagerbakke (97)	14:48.30	2021
Njål Eidhammer (43)	14:48.4	1969
Jonas Lurås Hammer (91)	14:49.38	2014
Hans Utkilen (45)	14:50.4	1972
Jon Tvedt (66)	14:50.86	2005
Lars-Olav Måkestad Apold (92)	14:51.24	2023
Frank Otto Meinseth (64)	14:51.9	1989
Oddvar Eimstad (39)	14:53.4	1964
Ingvald Hagen (24)	14:53.6	1957
Bjørn Vonheim (62)	14:53.8	1986
(60)		
Johannes Helland (45)	14:54.6	1971
Sveinung Heiberg Strand (45)	14:54.8	1972
Alemayehu Sitotaw (62)	14:56.32	1999
Knut Høiaas (69)	14:57.27	1992
Ove Drange (55)	14:58.0	1974
Helge Brekke (41)	14:58.2	1967
Matias Førde (98)	15:00.59	2020
Gunnar Svåsand (62)	15:00.9	1989
Ottar Haugen (57)	15:01.2	1980
Per Rekkedal (50)	15:04.6	1972
(70)		
Jonny Humlevåg (62)	15:06.0	1983
Hallvard Nilsen (78)	15:06.43	2010
Jomar Thy (56)	15:07.4	1976
Terje O. Knudsen (44)	15:10.0	1966
Morten Straume (56)	15:10.99	1990
Stein Åge Jorddal (53)	15:11.0	1980
Endre Gåsemyr (29)	15:12.0	1953
Bjørn Steinar Nedrebø (72)	15:12.18	1996
Ivar Stefansson (92)	15:12.30	2018
Bjarte Eikanger (72)	15:12.95	2003
Torgeir Fyllingsnes (55)	15:13.0	1979
Halfdan-Emil Færø (91)	15:13.14	2013
Bjarne Kalgraff (46)	15:13.2	1968
Egil Jonsbu (66)	15:13.37	1990
Harald Dyngen (60)	15:14.0	1989
Andreas Habtamu Fossan (99)	15:14.98	2023
Lars Røttingen (80)	15:15.32	2013
Amund Leiren (77)	15:18.29	1999
Bjørn Hansen (60)	15:21.8	1978
Christopher Wiggen (01)	15:22.01	2023
(90)		
Nils Teigland (41)	15:24.0	1963

10000m

Bjørnar Sandnes Lillefosse (92)	28:11.29 2022
Arne Risa (44)	28:24.41 1971
Marius Vedvik (92)	28:42.15 2018
Atle Fosse (48)	29:03.0 1979
Per Svela (92)	29:09.03 2018
Bjørn Gausvik (58)	29:15.6 1980
Truls Nygaard (64)	29:20.96 1988
Arild Nordeide (59)	29:33.2 1978
Helge Andersen (73)	29:45.95 1998
Ole Kristensen (47)	29:57.6 1972
(10)	
Sondre Arne Hoff (93)	30:03.96 2023
Hans Jakob Berge (59)	30:06.0 1978
Øyvind Gausvik (60)	30:09.6 1978
Anfin Rosendahl (57)	30:10.8 1981
Bjarte Bogstad (63)	30:12.92 1998
Terje Aggvin (74)	30:14.35 2009
Arne Hamarsland (33)	30:22.4 1966
Tore Akerlie (99)	30:29.33 2023
Jon Tvedt (66)	30:35.69 1999
Eldar Thomassen Fagerbakke (97)	30:50.98 2020
(20)	
Sverre Sørnes (45)	30:54.8 1973
Martin Finne (93)	30:55.29 2019
Torgeir Fyllingsnes (55)	30:57.8 1979
Paul Bruvik (43)	31:01.2 1969
Magnus Sirnes Hjellum (94)	31:04.67 2016
Nils Landro (40)	31:05.2 1973
Helge Brekke (41)	31:13.0 1967
Johannes Teigland (95)	31:14.60 2020
Ivar Stefansson (92)	31:15.36 2020
Jens Bøhmer (93)	31:19.26 2017
(30)	
Kjell Leira (46)	31:21.2 1971
Per Thomas Thomassen (70)	31:23.8 1991
Daniel Beeder (91)	31:24.08 2022
Njål Eidhammer (43)	31:25.6 1968
Alemayehu Sitotaw (62)	31:27.51 1999
Bjarne Kalgraff (46)	31:28.0 1970
John Ørjan Strand (57)	31:31.2 1980
Hans Utkilen (42)	31:33.4 1971
Sveinung Heiberg Strand (45)	31:33.6 1974
Johannes Rosvold (66)	31:36.33 1996
(40)	
Ottar Haugen (52)	31:44.6 1980
Tomas Windheim (87)	31:44.75 2020
Ingvald Hagen (25)	31:45.8 1957
Hans Fosse (45)	31:46.6 1972

Matias Andersen Førde (98)	31:48.48 2020
Lars-Olav Måkestad Apold (92)	31:48.93 2021
Nikolas Jon Aarland (88)	31:51.51 2019
Christopher Wiggen (01)	31:56.45 2022
Hallvard Nilsen (78)	31:57.07 2012
Oddvar Eimstad (39)	32:03.0 1965
(50)	
Terje O. Knudsen (44)	32:07.4 1965
Endre Gåsemyr (29)	32:08.4 1958
Bjarte Eikanger (72)	32:16.67 2003
Ken Tony Johansen (91)	32:24.95 2021
Aage Odfjell (46)	32:28.8 1978
Stein Åge Jorddal (53)	32:37.0 1976
Lorentz Nergård (42)	32:37.2 1968
Arne Risnes (49)	32:37.6 1972
Helge Hekland (35)	32:40.0 1981
Gjermund Groven (87)	32:43.16 2012
(60)	
Endre Vassdal (58)	32:52.5 1985
Jonas Dalland (85)	32:53.57 2022
Kjell E. Ådnevik (46)	32:53.8 1972
Morten Straume (56)	32:57.7 1990

20000m

Marius Vedvik (92)	1:00.48 2014
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1 times løp

Marius Vedvik (92)	19742m 2014
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Halvmaraton (lista er under arbeid)

Arne Risa (44)	1:03.44 1976
Marius Vedvik (92)	1:04.14 2015
Atle Fosse (48)	1:05.05 1982
Øyvind Hylleseth (65)	1:05.12 1989
Tore Akerlie (99)	1:06.02 2022
Daniel Jacobsen (98)	1:06.16 2022
Martin Finne (93)	1:06.56 2019
Johannes Teigland (96)	1:07.16 2022
Terje Aggvin (74)	1:07.38 2007
Helge Andersen (73)	1:08.21 2008
(10)	
Magnus Sirnes Hjellum (94)	1:08.24 2020
Ivar Stefansson (92)	1:08.53 2023
Daniel Beeder (91)	1:09.19 2022
Jens Bøhmer (93)	1:09.33 2016
Andreas Habtamu Fossan (99)	1:10.03 2023
Lars-Olav Måkestad Apold (92)	1:10.29 2022

Nikolas Jon Aarland (88)	1:10.33 2019
Jan Erik Berntsen (68)	1:10.34 1996

Maraton (lista er under arbeid)

Atle Fosse (48)	2:15.59 1982
Arild Nordeide (59)	2:19.18 1978
Marius Vedvik (92)	2:21.50 2016
Terje Aggvin (74)	2:25.18 2010
Nikolas Jon Aarland (88)	2:27.04 2019
Kenneth Smeby (81)	2:30.18 2016
Daniel Beeder (91)	2:30.18 2022
Christopher Wiggen (01)	2:31.09 2022
Gjermund Groven (87)	2:34.45 2011

100km

Bjørn Tore Kronen Taranger (79)	7:07.39 2014
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24-timars løp

Bjørn Tore Kronen Taranger (79)	257166m 2015
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110m hekk automatisk tid

Kenneth Halhjem (76)	13.90 2001
Håkon Fimland (42)	14.26 1971
Kjetil Myrmel (81)	14.34 2005
Roger Hovland (65)	14.50 1991
Ådne Nerhus (75)	14.66 1999
+Anders Carlson (73)	14.80 1998
+Hjörtur Gislason (58)	14.83 1992
Sturle Kalstad (61)	15.22 1983
Helge T. Larsen (65)	15.26 1985
Henning Hofstad (57)	15.27 1979
(10)	
Kjetil Espetvedt (71)	15.30 1995
Rune Fantoft (74)	15.31 1993
Bård Sandal (67)	15.33 1990
Lars Jørgen Ytrehus (64)	15.79 1986
Jan Isdahl (68)	15.79 1988
Akin Olowo (72)	16.21 1997
Atle Tidemann (69)	16.31 1986
Bård Venholen (75)	16.33 2000
Andreas Haara Bakketun (01)	16.33 2021
Gøran Moen (71)	16.34 1988
(20)	
Lars Åke Andersen (70)	16.72 1988
Jan Tore Bergh (63)	17.26 1985

110 m hekk manuell tid -supplement

Håkon Fimland (42)	13.9 1970
Bård Sandal (67)	14.7 1989
Bjørn Gismervik (38)	14.9 1962
Fredrik Vogt-Lorentzen (46)	14.9 1972
Henning Hofstad (57)	15.1 1979
Sturle Kalstad (61)	15.2 1983
Ola Eiken (58)	15.4 1977
Jan Isdahl (68)	15.4 1988
Ole Audun Rostad (50)	15.5 1975
Gøran Moen (71)	15.7 1988
(10)	
Dag Røberg (52)	15.7 1973
Lars Gåsemyr (31)	15.9 1955
Finn Tore Ødegaard (66)	15.9 1989
Arne Holtan (30)	16.1 1955
Jan Tore Bergh (63)	16.2 1984
Knut Dolve (43)	16.5 1963
Norvald Herstad (30)	16.5 1961
Magnus Borge (44)	16.6 1963
Runar Framnes (48)	16.6 1970
Erlend Gjøen (59)	16.6 1977
(20)	
Leif Skogseth (29)	16.7 1958
Harald Sverre Breivik (49)	16.9 1972
Sigmund Myking (28)	17.1 1956

200m hekk

Erlend Sæterstøl (75)	23.28 1995
Roger Hovland (65)	24.4 1990 (24.96 1990)
Bjørnar Pettersen (81)	24.84 2002
Kjetil Myrmel (81)	24.88 2003
+Hjörtur Gislason (58)	24.91 1992
Finn Tore Ødegaard (66)	24.9 1986
Rune Fantoft (74)	25.0 1991(27.35 1989)
Fredrik Vogt-Lorentzen (46)	25.5 1970
Harald Gjengedal (56)	25.5 1976
Helge T. Larsen (65)	25.6 1983
(10)	
Henning Hofstad (57)	25.7 1980
Erlend Gjøen (59)	25.9 1978
Øystein Pettersen (78)	26.14 2002
Marius Bull Hjeltnes (96)	26.27 2014
Øystein Kandal (83)	26.33 1998
Gøran Moen (71)	26.1 1988
Erik Wagner Larsen (44)	26.2 1973
Kenneth Schønningesen (69)	26.2 1986
Jostein Rekkavik (65)	26.2 1987

Bård Venholen (75)	26.3 2000
(20)	
Runar Framnes (48)	26.4 1970
Tord Indredavik (84)	26.67 2001
Lars Jørgen Ytrehus (64)	26.8 1985
Espen Andreas Aam (88)	27.20 2005
Bjørn Gismervik (38)	27.0 1965
Frode Haus (56)	27.0 1973
Vegard Stokke (88)	27.42 2005
Øyvind Harkestad (86)	27.53 2003
Anders Østigård (86)	27.61 2003
Magnus Kleppe (65)	27.75 2004
(30)	
Thomas Kandal (79)	27.76 1995
Terje Dyb (69)	27.6 1990
Rolf Nordeide (57)	27.8 1976
Frank Atle Kvinge (54)	27.9 1972
Kjetil Byrkjeland (52)	28.0 1973
Tor Haugland (58)	28.0 1978

300m hekk

Andreas Haara Bakketun (01)	37.21 2020
Bård Sandal (67)	37.81 1990
Bjørnar Pettersen (81)	38.68 1999
Akin Olowo (72)	38.77 1997
Kjetil Myrmel (81)	38.85 2003
Finn Tore Ødegaard (66)	39.05 1990
Tord Indredavik (84)	41.45 2002
Runar Heltne (80)	41.47 1997
Anders Østigård (86)	41.74 2003
Askild Solberg (80)	41.9 1997 (42.14 1998)
(10)	
Christian Olowo (80)	42.19 1997
Kjetil Steinstø (94)	42.30 2012
Øyvind Harkestad (86)	42.56 2003
Dankert Loodtz (74)	42.70 1992
Tarjei Rommetveit (80)	43.27 1997

400m hekk

Harald Gjengedal (56)	51.95 1977
Andreas Haara Bakketun (01)	51.96 2023
Bård Sandal (67)	52.42 1990
Thorolf Krüger (45)	52.9 1969
Kjetil Myrmel (81)	53.11 2002
Ola Eiken (58)	53.5 1977
Erik Wagner Larsen (44)	53.9 1973
Fredrik Vogt-Lorentzen (46)	54.0 1971
Akin Olowo (72)	54.18 1997

Bjørnar Pettersen (81)	54.24 2000
(10)	
Finn Tore Ødegaard (66)	54.33 1987
Håkon Fimland (42)	54.3 1973
Erlend Gjøen (59)	55.0 1978
Arne Hamarsland (33)	55.4 1955
Øystein Pettersen (78)	55.54 2002
Per Hermund Høgheim (64)	55.64 1983
Ådne Svahn Dæhlin (82)	55.67 2006
Runar Framnes (48)	55.6 1970
Ernst Olsen (44)	55.7 1966
Gard Hagen (64)	55.7 1986
(20)	
Sverre Morten Slethaug (71)	56.17 1994
+Hjörtur Gislason (58)	56.21 1991
Leonard Johan Nesheim (95)	56.33 2018
Leif Skogseth (29)	56.3 1959
Kjell Egil Gjerde (51)	56.5 1974
Kjell Utne (80)	57.01 2001
Roger Hovland (65)	57.10 1991
Bjørn Gismervik (39)	57.0 1962
Jens Gjerde (43)	57.1 1966
Henning Hofstad (57)	57.2 1980 (58.23 1983)
(30)	
Kåre Budeng (51)	57.3 1971
Sigmund Myking (28)	57.4 1956
Sturle Kalstad (61)	57.4 1985
Lars Jørgen Ytrehus (64)	57.8 1986
Terje Dyb (69)	57.9 1990
Tormod Bønes (42)	58.0 1963
Askild Solberg (80)	58.20 1998
Runar Heltne (80)	58.22 1997
Kjell Sigmund Sandgrind (62)	58.3 1985
Knut Dolve (43)	58.4 1963
(40)	
Harald Sverre Breivik (49)	58.4 1974
Sverre Ålvik (41)	58.6 1968
Nils Kristen Wiig (43)	58.8 1966
Martin Vikse (93)	58.94 2012
Norvald Herstad (30)	59.0 1956
Kjell Kandal Hansen (57)	59.34 1982
Johan Petter Hesselberg (32)	59.3 1957
Kjell Noremark (45)	59.3 1965
Sverre Sørnes (45)	59.3 1969
Roald Bjørsvik (39)	59.5 1960
(50)	
Kjetil Steinstø (94)	59.91 2012
Magnus Borge (44)	59.8 1963
Karl Karlsen (30)	59.9 1954
Endre Gåsemyr (29)	59.9 1955

2000m hinder

Anfin Rosendahl (57)	5:38.7	1977
Bjarte Bogstad (63)	5:43.6	1992
Arne Rikstad (57)	5:46.6	1977
Bjørn Hansen (60)	5:55.8	1977
Johnny Humlevåg (62)	5:55.95	1984
Arne Risa (44)	5:58.4	1966
Hans Jacob Berge (59)	5:58.4	1977
Øyvind Gausvik (60)	5:58.88	1977
Steinar Opheim (66)	6:00.7	1986
Amund Leiren (77)	6:00.93	1999
(10)		
Odd Johan Litsheim (50)	6:01.6	1970
Sigbjørn Groven (87)	6:06.84	2010
Bjørn Gausvik (58)	6:07.4	1976
Harald Nygård (51)	6:10.6	1971
Ove Drange (55)	6:13.4	1974
Arne Trond Hamarsland (58)	6:14.8	1976
Nils Erik Haukeland (69)	6:16.40	1988
Rolf Nyhus (89)	6:18.43	2006
Knut Høiaas (69)	6:22.1	1990
Håkon Torgersen (56)	6:22.8	1973
(20)		
Morten Straume (56)	6:22.8	1990
Per Fostvedt (50)	6:24.0	1970
Knut Havnen Johansen (89)	6:24.34	2006
Egil Jonsbu (66)	6:25.6	1990
Erlend Gjøen (58)	6:27.8	1976
Arild Nordeide (59)	6:28.6	1975
Aage Odfjell (46)	6:28.6	1976

3000m hinder

Sverre Sørnes (45)	8:26.0	1972
Arne Risa (44)	8:31.6	1970
Anfin Rosendahl (57)	8:33.87	1979
Ole Kristensen (47)	8:40.2	1972
Jacob Boutera (96)	8:43.96	2019
Bjarte Bogstad (63)	8:46.56	1993
Bjørnar Sandnes Lillefosse (92)	8:52.82	2017
Arne Hamarsland (33)	8:56.4	1964
Lars Frode Leknes (62)	8:58.46	1987
Truls Nygaard (64)	9:02.0	1989
(10)		
Atle Fosse (48)	9:03.2	1977
Knut Hagen (64)	9:06.51	1985
Ove Talsnes (62)	9:07.5	1985
Njål Eidhammer (43)	9:07.6	1969

Erik Hovlandsdal (89)	9:08.36 2012
Hans Utkilen (42)	9:09.2 1971
Johnny Humlevåg (62)	9:10.98 1984
Jomar Thy (56)	9:12.59 1981
Arne Rikstad (57)	9:12.6 1976
Jonas Lurås Hammer (91)	9:12.72 2012
(20)	
Endre Gåsemyr (29)	9:13.0 1955
Bjørn Hansen (60)	9:13.1 1978
Hans Fosse (45)	9:16.6 1971
Daniel Jacobsen (98)	9:19.21 2022
Halfdan-Emil Færø (91)	9:20.01 2013
Terje Aggvin (74)	9:20.88 2008
Bjarne Kalgraff (46)	9:22.0 1970
Harald Nygård (51)	9:26.6 1971
Jostein Blenæs (49)	9:27.8 1977
Bjørn Gausvik (60)	9:28.3 1977
(30)	
Morten Kjønnsberg (76)	9:29.14 2002
Aage Odfjell (46)	9:32.2 1978
Petter Kleppe (62)	9:33.4 1982
Sigbjørn Groven (87)	9:36.33 2010
Øyvind Gausvik (60)	9:36.6 1978
Paul Bruvik (43)	9:38.0 1966
Arthur Sande (38)	9:41.8 1963
Helge Brekke (41)	9:43.2 1966
Gunnar Svåsand (62)	9:46.1 1989
Jon Håbrekke (40)	9:47.4 1967
(40)	
Ådne Nesje Hernes (02)	9:49.58 2023
Ottar Haugen (52)	9:52.4 1981
Tomas Windheim (87)	9:54.77 2009
Erik Mathisen (52)	9:55.4 1976
Kjell Leira (46)	9:55.6 1968
Helge Nordahl (69)	9:56.19 1998
Morten Straume (56)	9:56.8 1990
Jarle Stølan (32)	9:58.4 1953
Sveinung Heiberg Strand (45)	9:58.4 1971

Høgde

Jan Langøy (61)	2.23 1990
Gisle Ellingsen (65)	2.22 1987
Lars Erik Drevvatne (60)	2.13 1983
Sturle Kalstad (61)	2.13 1989
Rune Gjengedal (47)	2.12 1974
Terje Totland (57)	2.12 1986
Stein Sletten (45)	2.10 1965
Tor Haugland (58)	2.06 1977
Gøran Moen (71)	2.05 1988

Henning Hofstad (57)	2.00 1978
(10)	
Ove Matland (63)	2.00 1990
Ove Kristian Austgulen (53)	1.98 1973
Einar Ove Fjeldstad (50)	1.96 1970
Tor Arve Monan (54)	1.96 1977
Ove Talsnes (62)	1.96 1985
+William Kurth (76)	1.95 1998
Jan Isdahl (68)	1.91 1988
Harald Håland (48)	1.90 1967
Håkon Fimland (42)	1.90 1969
Rune Fantoft (74)	1.90 1989
(20)	
Per Grundvold (45)	1.88 1965
Vegard Stokke (88)	1.88 2004
Norvald Herstad (30)	1.87 1956 (1.88* 1956)
Trond Sunde (55)	1.87 1972
Fredrik Vogt-Lorentzen (46)	1.86* 1969
Magnus Borge (44)	1.85 1965
Morten Havsgård (54)	1.85 1972
Hallstein Gåsemyr (56)	1.85 1974
Lars Åke Andersen (70)	1.85 1988
Mats Tønning (76)	1.85 1996
(30)	
Ådne Svahn Dæhlin (82)	1.85 2001

Høgde u/t

Sturle Kalstad (61)	1.82 1983
Thomas Mellin-Olsen (77)	1.74 2006
Jan Langøy (61)	1.71 1990
Jacob Lothe (50)	1.69 1973
Gøran Moen (71)	1.68 1996
Stein Sletten (45)	1.65 1966
Jørgen Rørvik (50)	1.65 1977
Tor Kjersem (59)	1.64 1977
Kenneth Halhjem (76)	1.64 2002
Magnus Borge (44)	1.60 1964
(10)	
Per Hermund Høgheim (64)	1.60 1983
Edgar Bjørnseth (51)	1.60 1980
Magne Brakstad (58)	1.58 1996
Morten Havsgård (54)	1.55 1972
Lars Erik Drevvatne (60)	1.55 1982
Askild Solberg (80)	1.55 1998
Thomas Ulset (75)	1.55 2000
Erlend Sæterstøl (75)	1.54 2003
Leif Bystøl (35)	1.51 1956
Einar Fjeldstad (50)	1.50 1968
(20)	

Bjarte Haugsdal (52)	1.50 1970
Tor Haugland (58)	1.50 1973
Kjetil Myrmel (81)	1.50 2005
Martin Vikse (93)	1.50 2012

Stav

Edgar Bjørnseth (51)	4.60 1979
Henning Hofstad (57)	4.50 1978
Christian Vik Pettersen (02)	4.50i 2018 (4.30 2018)
Thorleif Evanger (86)	4.33i 2012 (4.22 2011)
Eskil Njerve (02)	4.10i 2018 (3.90 2018)
Gøran Moen (71)	4.00 1987
Jan Isdahl (68)	4.00 1988
Kjell Nordeide (54)	3.90 1973
Frank Atle Kvinge (54)	3.86 1971
Fredrik Vogt-Lorentzen (46)	3.85 1970
(10)	
Frode Haus (56)	3.85 1973
Thorbjørn Vika Tholo (97)	3.82i 2013 (3.60 2012)
Erlend Gjøen (59)	3.80 1977
Stein Sletten (45)	3.75 1969
Stein Rune Ottesen (56)	3.75 1974
Norvald Herstad (30)	3.67 1956
Espen Andreas Aam (88)	3.66i 2002 (3.35 2003)
Tor Halvorsen (52)	3.50 1973
Asgeir Ytrehus (85)	3.50 2003
Lars Gåsemyr (31)	3.40 1953
(20)	
Leif Bjarne Bøyum (57)	3.35 1973
Vegard Stokke (88)	3.33 2005
Knut Helge Iversen (55)	3.30 1972
Ronald Hamarsland (58)	3.30 1974
Sveinung Fristad (36)	3.20* 1959
Bjørn Gismervik (38)	3.20 1964

Lengde

Thomas Mellin-Olsen (77)	7.91 2002
Gøran Moen (71)	7.80 1995
Bjarte Holmelid (77)	7.43 2003
Henning Hofstad (57)	7.26 1978
Magnus Borge (44)	7.18 1968
Harald Sverre Breivik (49)	7.17 1972
Lars Gåsemyr (31)	7.15 1954
Kenneth Halhjem (76)	7.09 2002
Roger Hovland (65)	7.08 1984
Gunnar Kalstad (34)	7.07 1958
(10)	
Øyvind Kolstad (47)	7.02 1970

+Fridrik Thor Oskarsson (52)	7.02 1974
Dag Røberg (52)	6.95 1977
Marius Bull Hjeltnes (96)	6.95 2013
Lars Åke Andersen (70)	6.90 1989
Jan Langøy (61)	6.86 1991
Sturle Kalstad (61)	6.85i 1985(6.83 1987)
Vegard Stokke (88)	6.85 2006
Øystein Brattetaule (78)	6.81 1998
Magnus Kleppe (65)	6.81 2000
(20)	
Knut Dolve (43)	6.77 1963
Stein Sletten (45)	6.76 1964
Harald Håland (48)	6.75 1968
Christer Kubon (83)	6.73 2004
Svein Hjelle (50)	6.72 1974
Hans Aase (53)	6.70 1970
John S. Ottersen (66)	6.68 1985
Kjetil Espetvedt (71)	6.68 1995
Erlend Gjøen (59)	6.66 1978
Norvald Herstad (30)	6.65 1955
(30)	
Mats Tønning (76)	6.64 1996
Erik Wagner Larsen (44)	6.63 1967
Gunnleik Langeland (40)	6.61 1963 (6.62* 1963)
Thorolf Krüger (43)	6.61 1969
Rune Fantoft (74)	6.61i 1990 (6.60 1989)
Arnljot Gåsemyr (37)	6.60 1956
Hans Ekeberg (42)	6.60 1963
Håkon Fimland (42)	6.60 1969
Jan Isdahl (68)	6.60 1988

Lengde u/t

Kenneth Halhjem (76)	3.62 2001
Thomas Mellin-Olsen (77)	3.40 2001
Sturle Kalstad (61)	3.30 1984
Erlend Sæterstøl (75)	3.25 1999
Mats Tønning (76)	3.19 1996
Roger Hovland (65)	3.18 1988
Magnus Borge (44)	3.17 1965
Rune Fantoft (74)	3.16 1991
Magnus Kleppe (65)	3.16 2000
Inge Tansø (88)	3.16 2011
(10)	
Peder Hole (23)	3.15 1953
Kjartan Sjølvberg (36)	3.14 1959
Svein Aase (51)	3.14 1969
Olav Langeland (27)	3.12 1951
Gunnar Værnes (35)	3.12 1955
Per Tandstad (39)	3.12 1962

Thomas B. Green (72)	3.12 1995
Alexander Karlsson (88)	3.12 2008
Jan Langøy (61)	3.11 1991
Stein Sletten (45)	3.08 1965
(20)	
Magne Brakstad (58)	3.08 1995
Norvald Losnegård (27)	3.07 1950
Gunnleik Langeland (40)	3.06 1963
Per Røthe (27)	3.05 1950
Andreas Engebø (34)	3.05 1964
Sverre Johnsen (38)	3.05 1966
Ommund Rolfsen (49)	3.05 1969
Arne Oen (45)	3.04 1966
Rune Haugland (71)	3.04 1995
Torbjørn Lysne (90)	3.04 2011
(30)	
Arnljot Gåsemyr (32)	3.02 1958
Hans Aase (53)	3.02 1971
Per Løddøen (32)	3.01 1951
Knut Dolve (43)	3.01 1963
Tor Kjersem (59)	3.01 1977
Lars Åke Andersen (70)	3.01 1988
Andreas Kristiansen (81)	3.01 2001
Quincy Douglas (75)	3.00 2004

Tresteg

Gøran Moen (71)	15.82 1991
Dag Røberg (52)	15.49 1973
Thomas Mellin-Olsen (77)	15.15 2005
Rune Fantoft (74)	15.08 1991
Roger Hovland (65)	14.86 1984
Lars Jørgen Ytrehus (64)	14.76 1986
Magnus Borge (44)	14.70 1967
+Fridrik Thor Oskarsson (52)	14.69 1975
Kenneth Halhjem (76)	14.66 1996
Arnljot Gåsemyr (37)	14.61 1957
(10)	
Harald Håland (48)	14.33 1967
Helge T. Larsen (65)	14.32 1985
Håkon Fimland (42)	14.20 1971
Lars Gåsemyr (31)	14.19 1954
Frank Atle Kvinge (54)	14.19 1972
Knut Helge Iversen (55)	14.11 1973
Rolf Nordeide (57)	14.08 1976
Marius Bull Hjeltnes (96)	14.06 2014
John S. Ottersen (66)	14.04 1986
Halstein Gåsemyr (56)	14.01 1974
(20)	
Vegard Stokke (88)	13.90 2006

Erlend Gjøen (59)	13.87 1977
Sturle Kalstad (61)	13.80 1988
Ottar Midtkandal (44)	13.73 1968
Knut Dolve (43)	13.69 1969
Arne Sunde (68)	13.69i 1985 (13.57 1984)
Øyvind Kolstad (47)	13.68 1975
Hans Fosse (45)	13.60 1970
Stein Sletten (45)	13.54 1964
Henning Hofstad (57)	13.54 1975
(30)	
Jan Tore Bergh (63)	13.53 1985
Sveinung Fristad (36)	13.52 1959
Ketil Dahle (60)	13.47 1976
Svein Tore Svendsen (46)	13.46 1963
Njål Gravelsæter (64)	13.45 1986
Ådne Svahn Dæhlin (82)	13.40 2001
Kjetil Myrmel (81)	13.38 2002
Sigmund Myking (28)	13.33 1956
Knut Hjeltnes (51)	13.33 1972
Jens Gjerde (43)	13.32 1966
(40)	
Per Tandstad (39)	13.30 1963
Nils Kleppe (40)	13.29 1961
Kjetil Lammedal (95)	13.25 2011
Christer Kubon (83)	13.20 2001

Kule

Knut Hjeltnes (51)	20.55 1980
Arngeir Syversen (64)	17.72 1988
Nils Otto Pettersen (46)	15.67 1980
Arne Lothe (38)	14.90 1973
Sveinung Fristad (36)	14.87 1959
Andreas Engebø (34)	14.68 1962
Thomas Mellin-Olsen (77)	14.10 2003
Kjetil Byrkjeland (52)	14.03 1975
Harald Andersland (48)	13.94 1971
Knut Dolve (43)	13.77 1968
(10)	
Olav Thomassen (45)	13.60 1968
Lasse Thomassen (76)	13.59 1996
Helge Lorentzen (52)	13.44 1978
Stein Sletten (45)	13.31 1968
Birger Karlsen (31)	13.23 1951
Erlend Sæterstøl (75)	12.93 1998
Håkon Fimland (42)	12.91 1969
Jon Rønnekleiv (29)	12.81 1949
Gøran Moen (71)	12.70 1996
Kristoffer Singstad (70)	12.65 1995
(20)	

Danckert Krohn Eeg (60)	12.62 1977
Peder Hole (23)	12.58 1949
Geir Stangeland (53)	12.58 1975
Sven Svendsen ()	12.54* 1964

Diskos

Knut Hjeltnes (51)	69.62 1985
Nils Otto Pettersen (46)	43.76 1980
Arngeir Syversen (64)	43.54 1988
Andreas Engebø (34)	42.99 1964
Arne Lothe (38)	42.92 1973
Ingebrigt Strømsnes (27)	41.82 1964
Arnljot Gåsemyr (37)	41.63 1961
Ronald Hamarsland (58)	40.84 1978
Sveinung Fristad (36)	40.41 1958
Erlend Sæterstøl (75)	40.10 1995
(10)	
Olav Thomassen (45)	39.80 1968
Birger Karlsen (31)	38.84 1951
Lasse Thomassen (76)	38.68 1996
Knut Dolve (43)	38.36 1963
Henning Hofstad (57)	37.38 1982
Harald Andersland (48)	37.22 1971
Gunnar Kalstad (34)	37.03 1957

Slegge

Arne Lothe (38)	65.22 1976
Karl Marthinussen (60)	61.00 1989
Oddvar Hansen (42)	46.46 1960
Lars M. Ulvund (50)	45.98 1975
Gunnar Værnes (35)	45.50 1962
Knut Hjeltnes (51)	44.68 1978 (47.94* 1975)
Tor Christensen (40)	44.10 1960
Ingebrigt Strømsnes (27)	42.38 1958
Joachim Heier (96)	41.12 2012
Lasse Thomassen (76)	38.36 1997
(10)	
Magne Brakstad (58)	37.60 2005
Sigvart Hamarsland (30)	37.25 1952
Asgeir Ytrehus (85)	35.84 2004
Knut Dolve (43)	35.40 1976

Spyd (nytt)

Inge Tansø (88)	66.65 2011
Knut Hjeltnes (51)	63.76 1995
Lasse Thomassen (76)	63.36 1996
Sebastian Wichstrøm Rolland (02)	60.95 2021

Erlend Sæterstøl (75)	54.48 2005
Thomas B. Green (72)	52.90 1995
Arngeir Syversen (64)	52.54 1988
Kristoffer Singstad (70)	51.44 1995
Gøran Moen (71)	50.48 1989
Runar Heltne (80)	49.98 1997

(10)

Jan Isdahl (68)	48.56 1988
Terje Dyb (69)	47.90 1992
Håvard Holder (72)	47.52 1995
Tarjei Rommetveit (80)	47.40 1997
Roar Svåsand (60)	47.38 1988

Spyd (gammalt)

Knut Hjeltnes (51)	77.86 1976
Helge Lorentzen (52)	67.56 1976
Tom Heieren (53)	66.92 1980
Ottar Fjellestad (32)	65.02 1958
Geir Stangeland (53)	62.48 1975
Harald Sverre Breivik (49)	61.88 1974
Svein Arne Forfod (47)	59.86 1970
Henning Hofstad (57)	57.66 1980
Terje Hansen (45)	57.48 1965
Per Tandstad (39)	56.72 1964

(10)

Harald Haaland (48)	53.94 1966
Magnus Borge (44)	53.88 1964
Gunnar Værnes (35)	52.71 1956
Lars Gåsemyr (31)	52.26 1953
Frode Sunde (53)	52.00 1971
Bjarte Haugsdal (52)	51.60 1970
Tor Bergersen (53)	51.60 1971
Ronald Hamarsland (58)	51.58 1977
Knut Dolve (43)	51.02 1964
Torstein Skeie (54)	50.68 1972

(20)

5-kamp

Lars Gåsemyr (31)	3277 1953 (6.72-50.62-23.9-30.38-4:25.0)
Gunnar Kalstad (34)	3260 1957 (6.93-41.65-23.5-34.50-4:32.8)
Knut Dolve (43)	3140 1963 (6.65-47.50-23.7-35.16-4:54.7)
Sigmund Myking (28)	3122 1957 (6.27w-42.48-24.1-30.79-4:13.7)
Arnljot Gåsemyr (37)	3051 1957 (6.49w-38.83-24.9-36.12-4:29.0)
Norvald Herstad (30)	3047 1955 (6.61-40.33-23.8-32.83-4:42.0)
Frank Otto Meinseth (64)	3000 1987 (6.11-44.24-23.24w-21.70-4:18.85)
Gunnleik Langeland (40)	2973 1967 (6.23-44.70-24.4-34.40-4:47.1)
Roar Svåsand (60)	2908 1988 (6.03-47.38-24.4w-29.62-4:41.5)
Fredrik Vogt-Lorentzen (46)	2880 1969 (6.40-43.04-24.4-29.72-4:49.2)

(10)

Ottar Fjellestad (32) 2863 1958 (5.46-65.02-25.6-29.27-4:55.0)

10-kamp

Henning Hofstad (57) 6978 1979 (11.44-7.02-11.15-1.95-52.29/15.46-34.86-4.30-53.82-4:42.2)
Håkon Fimland (42) 6700 1969 (11.0-6.60-12.91-1.90-50.7/14.0w-33.28-3.00-46.42-4:44.2)
Jan Isdahl (68) 6493 1988 (11.36w-6.66w-11.40-1.91-52.79/15.86-34.90-4.00-46.04-5:04.84)
Erlend GjØen (59) 6349 1978 (11.5-6.48-10.67-1.76-50.5/17.1-31.64-3.80-45.92-4:11.1)
Lars Gåsemyr (31) 6293 1955 (11.4-6.79-11.50-1.70-52.0/15.9-34.37-3.30-47.26-4:33.8)
GØran Moen (71) 6285 1988 (11.3-6.65w-10.87-1.94-52.00/16.34-29.08-3.85-42.40-4:52.60)
Norvald Herstad (30) 6247 1955 (11.0-6.65-11.63-1.80-52.3/16.9-34.50-3.40-41.08-4:35.2)
Magnus Borge (44) 6189 1965 (11.2-7.09-12.15-1.83-52.5/17.4-30.54-3.10-48.76-4:46.8)
Harald Sverre Breivik (49) 6000 1972 (11.1-6.83-11.40-1.70-51.2/16.9-29.86-2.70-48.20-4:44.6)
Jens Gjerde (43) 5768 1966 (11.8-6.25-10.55-1.75-53.5/17.4-32.86-3.00-41.50-4:18.2)

(10)

Stein Sletten (45) 5751 1965 (11.4-6.43-11.70-1.96-54.5/18.8-30.24-3.50-41.76-5:05.3)
Lars Åke Andersen (70) 5645 1988 (11.1-6.57w-9.20-1.85-51.95/16.72-27.30-2.85-38.32-5:09.48)
Bjørn Gismervik (38) 5567 1964 (11.5-6.04-10.41-1.65-53.2/15.5-29.52-3.00-35.56-4:47.2)
Bård Venholen (75) 5564 2000 (11.28-6.00-10.28-1.71-51.63/16.33-27.33-3.04-34.96-5:03.80)
Knut Dolve (43) 5561 1962 (11.9-6.33-13.26-1.75-55.4/17.6-35.42-2.60-45.40-5:04.2)
Sigmund Myking (28) 5450 1956 (12.0-5.98-10.07-1.60-52.3/17.1-31.97-2.50-39.31-4:29.8)
Kjetil Myrmel (81) 5251 2001 (11.73-6.08-9.40-1.75-53.13/16.01-23.46-2.48-29.63-4:48.16)
Helge T. Larsen (65) 5250 1984 (11.8-6.27-8.62-1.72-54.8/16.2-21.28-2.60-42.46-4:40.8)
Frode Haus (56) 5202 1974 (11.9-5.97-9.90-1.60-55.4/17.2-29.70-3.70-33.74-5:01.3)
Per StØlan(29) 5167 1951 (11.9-6.14-10.84-1.76-56.0/17.9-28.19-2.72-38.53-4:54.6)

(20)

Gunnleik Langeland (40) 5402 poeng gammel tabell 1966, enkeltresultat ukjent
(anslag: ca. 5280 p med dagens tabell))

Kvinner

100m elektronisk tid

SØlvi Olsen (Meinseth) (67) 11.65 1989
+Naomi Van den Broeck (96) 11.65 2015
Mona Karin Riisnes (66) 11.76 1991
Christine Bjelland Jensen (94) 11.76 2017
Live Haugstad Hilton (99) 11.90 2017
Anne Skudal Dolvik (88) 12.11 2015
Ann Marit Kleive (HolmØy) (68) 12.13 1988
Vilde Svortevik (94) 12.22 2013
Tanja Halhjem (81) 12.39 1998
Hanne Arstein (01) 12.39 2018

(10)

Brita Mehl Lode (00) 12.53 2018
Martine Tharaldsen (04) 12.57 2022
Eli Karin Pilskog (65) 12.60 1990
Aina Marie LØkkevik (88) 12.61 2005

Anne Hansen (91)	12.63 2010
Heidi Ann Bruknapp (91)	12.65 2009
Turid Andreassen (66)	12.68 1986
Rachel Ombeni (01)	12.72 2018
Ingrid Sture (79)	12.73 1995
Anne Karin Skutle (Lyngbø) (63) (20)	12.78 1986
Agnes Christine Gundersen (67)	12.80 1991
Line Stokland Røthing (88)	12.83 2006
Ragnhild Skorpe (66)	12.97 1987
Hanne Kolle (Varden) (68)	12.98 1989
Katrine Haarklau (91)	12.98 2008
Karoline Hellen Nilsson (88)	13.09 2010
Sigrd Brurås Vandvik (90)	13.19i 2008 (13.52 2008)
Jannike Solsvik (82)	13.22 2003
Renate Christianslund (98)	13.23 2016
Malin Ulrika Blomberg (93) (30)	13.24 2008
Lena Indrebø (92)	13.25 2014
Gry Cecilie Magnussen (74)	13.28 1989
Cecilie Hjelle (78)	13.30 1995
Katrine Berg Nødtvedt (90)	13.30 2008
Annette Holmedal (93)	13.33 2009
Eline Beate Sandvik (89)	13.37 2005
Aurora Sommerlade (00)	13.43 2015
Tiril Tresselt (98)	13.48 2014
Regine Sæterstøl (85)	13.52 2001
Solveig Bygstad (92) (40)	13.54 2008
Paula Llano (95)	13.54 2012
Julie Johansen Sasu (89)	13.56 2014
Eva Møldestad (02)	13.56 2017
Julie Woie Flølo (99)	13.59 2015
Stine Elise Berem (89)	13.61 2005
Susanne Johannesen Aas (93)	13.63 2008
Kristin Mellingen (82)	13.68 1997

100m manuell tid - supplement

+Naomi Van den Broeck (96)	11.4 2015
Ann Marit Kleive (Holmøy) (68)	12.0 1988
Turid Andreassen (66)	12.4 1986
Eli Karin Pilskog (65)	12.4 1990
Anne Karin Skutle (Lyngbø) (63)	12.5 1986
Ragnhild Skorpe (66)	12.6 1987
Agnes Chr. Gundersen (67)	12.6i 1988
Sigrunn Lillebø (50)	12.8 1972
Hanne Kolle (Varden) (68)	12.8 1989
Cecilie Hjelle (78)	12.8 1994
(10)	

Gry Cecilie Magnussen (74)	13.1 1989
Gro Kristensen (52)	13.2 1971
Linda Grung ()	13.2 1972
Grete Håheim (52)	13.3 1970

200m

Sølvi Olsen (Meinseth) (67)	23.77 1989
+Naomi Van den Broeck (96)	23.85 2017
Christine Bjelland Jensen (94)	24.10 2013
Mona Karin Riisnes (66)	24.15 1991
Live Haugstad Hilton (99)	24.35i 2016 (24.47 2016)
Vilde Jakobsen Svortevik (94)	24.46 2013
Ann Marit Kleive (Holmøy) (68)	24.52 1989
Anne Skudal Dolvik (88)	24.58 2015
Eli Karin Pilskog (65)	25.42 1989
Hanne Arstein (01)	25.58 2018
(10)	
Martine Tharaldsen (04)	25.61i 2022
Heidi Ann Bruknapp (91)	25.62 2010
Turid Andreassen (66)	25.74 1987
Katrine Haarklau (91)	25.77 2008
Anne Hansen (91)	25.77 2010
Brita Mehl Lode (00)	25.84 2018
Tanja Halhjem (81)	25.91 1998
Ingrid Sture (79)	26.12 1995
Aina Marie Løkkevik (88)	26.12 2008
Hanne Kolle (Varden) (68)	26.15 1989
(20)	
Ragnhild Skorpe (66)	26.16 1987
Line Stokland Røthing (88)	26.20 2006
Gro Aileen Olsen (67)	26.39 1985
Anne Karin Skutle (Lyngbø) (63)	26.42 1986
Agnes Christine Gundersen (67)	26.44 1988
Lena Indrebø (92)	26.60 2014
Rachel Ombeni (01)	26.63 2016
Karoline Hellen Nilsson (88)	26.74 2010
Annette Holmedal (93)	26.84 2010
Mari Hoff (68)	27.09 1988
(30)	
Aurora Sommerlade (00)	27.14 2015
Eva Moldestad (02)	27.18 2018
Cecilie Hjelle (78)	27.26 1995
Katrine Berg Nødtvedt (90)	27.26 2008
Kari Kuvaas Herting (99)	27.31 2015
Malin Blomberg (93)	27.35 2010
Julie Woie Flølo (99)	27.38 2016
Jannike Solsvik (82)	27.47 2003
Solveig Lie Onstad (93)	27.56i 2012
Eline Beate Sandvik (89)	27.57 2005

(40)

Susanne J. Aas (93)	27.69 2008
Sigrid Brurås Vandvik (90)	27.77 2007
Regine Sæterstøl (85)	27.81 2001

200m manuell tid -supplement

Anne Karin Skutle (Lyngbø) (63)	25.7 1986
Gro Aileen Olsen (67)	26.2 1985
Sigrunn Lillebø (50)	26.4 1971
Ingvill Eimhjellen Blom (53)	27.2 1972

300m

Christine Bjelland Jensen (94)	39.07 2014
Mona Karin Riisnes (66)	39.36 1993
+Naomi Van den Broeck (96)	39.68 2015
Anne Skudal Dolvik (88)	40.01 2013
Live Haugstad Hilton (99)	40.44 2015
Heidi Ann Bruknapp (91)	40.69 2010
Eli Karin Pilskog (65)	41.06 1990
Ingrid Sture (79)	41.40 1995
Anne Hansen (91)	42.21 2010
Cecilie Hjelle (79)	43.56 1995

(10)

Line Stokland Røthing (88)	43.71 2004
Aina Marie Løkkevik (88)	43.6 2005
Jannike Solsvik (82)	44.72 2003
Lene Hove (74)	44.7 1989
Gry Cecilie Magnussen (74)	45.1 1989

400m

Mona Karin Riisnes (66)	53.43 1991
Christine Bjelland Jensen (94)	54.19 2016
Vilde Jakobsen Svortevik (94)	54.35 2013
Sølvi Olsen (Meinseth) (67)	54.54 1990
+Naomi Van den Broeck (96)	54.57 2018
Anne Skudal Dolvik (88)	55.66 2013
Heidi Ann Bruknapp (91)	55.85 2009
Ann Marit Kleive (Holmøy) (68)	56.1 1990 (56.27 1989)
Eli Karin Pilskog (65)	56.35 1989
Karoline Hellen Nilsson (88)	57.32 2009

(10)

Sigrun Lillebø (Ryssevik) (50)	57.5 1972
Lena Indrebø (92)	57.65 2014
Ingrid Sture (79)	58.20 1995
Anne Hansen (91)	58.53 2010
Ingunn Nyhammer (67)	58.70 1987
Agnes Christine Gundersen (67)	58.78 1990 (58.7 1990)

Ingvill Eimhjellen (Blom) (53)	58.8 1972
Gro Aileen Olsen (67)	58.8 1985
Ragnhild Skorpe (66)	59.22 1988
Hanne Kolle (Varden) (68)	59.2 1989 (59.59 1989)
(20)	
Hanne Arstein (01)	59.73 2018
Ida Kjelkenes (86)	59.74 2008
Solveig Lie Onstad (93)	59.91i 2012 (60.33 2012)
Live Haugstad Hilton (99)	60.03 2015
Torborg Jorddal (67)	60.19 1987
Mari Hoff (68)	60.33 1988
Lene Hove (74)	60.8 1989
Bjørg Dombestein (Lofnes) (47)	61.2 1969
Berit Øvrebø (54)	61.2 1971
Berit Sjø (53)	61.2 1972
(30)	
Brita Rommetveit (74)	61.49 1990
Tone Hostvedt Aarthun (85)	61.53 2008
Ragnhild Fjærestad (63)	61.4 1985
Katrine Berg Nødtvedt (90)	61.63 2008
Mia Bjørlykke (97)	61.83 2014
Julie Strøm (95)	61.96 2012
Ingvild Berg Saksvik (82)	61.9 2007 (62.09 2007)
Eline Beate Sandvik (89)	62.30 2005
Cecilie Hjelle (78)	62.36 1994
Marte Svahn Dæhlin (87)	62.56 2010
(40)	
Natalie Sæterstøl (88)	62.73 2005

600m

Erle Musum Lyng (03)	1:35.25i 2023
Lena Indrebø (92)	1:35.56 2017
Ida Kjelkenes (Vabø) (86)	1:38.26 2007
Ingvild Berg Saksvik (82)	1:38.28 2007
Christine Næsheim Bjørkvik (86)	1:38.50 2010
Frida Berge (94)	1:39.09 2011
Mia Bjørlykke (97)	1:41.60 2014

800m

Ingvill Måkestad Bovim (81)	1:59.82 2010
Ingrid Kristiansen (92)	2:08.96 2021
Erle Musum Lyng (02)	2:09.90 2023
Ingrid Halvorsen Folvik (97)	2:10.55 2015
Ingunn Nyhammer (67)	2:10.63 1986
Frida Berge (94)	2:11.21 2012
Lene Hove (74)	2:11.72 1990
Lena Indrebø (92)	2:11.75 2014
Ingvill Eimhjellen (Blom) (53)	2:12.7 1972

Vilde Jakobsen Svortevik (94)	2:12.79 2013
(10)	
Karoline Finne (93)	2:13.07 2013
Torborg Jorddal (67)	2:13.7 1988
Ida Kjelkenes (Vabø) (86)	2:13.78 2010
Sigrun Lillebø (Ryssevik) (50)	2:13.9 1972
Ingeborg Lind (90)	2:14.12 2012
Hanne Kolle (Varden) (68)	2:16.34 1993
Heidi Ann Bruknapp (91)	2:16.76 2011
Solveig Lie Onstad (93)	2:16.82 2012
Mona Karin Riisnes (66)	2:16.91 1989
Eli Karin Pilskog (65)	2:17.01 1991
(20)	
Ingvild Berg Saksvik (82)	2:17.04 2007
Berit Øvrebø (54)	2:17.1 1971
Christine Næsheim Bjørkvik (86)	2:18.40 2011
Karoline Hellen Nilsson (88)	2:18.43 2011
Ida Grytaas Forsmo (04)	2:18.93 2023
Mia Bjørlykke (97)	2:19.35 2014
Berit Sjo (53)	2:19.5 1972
Tuva Thomassen Fagerbakke (99)	2:19.99 2020
Tonje Svendsen (88)	2:20.43 2010
Brita Rommetveit (74)	2:20.71 1991
(30)	
Katrine Haarklau (91)	2:20.79 2009
Torill Hermansen (66)	2:20.8 1987
Julie Strøm (95)	2:21.74 2012
Ragnhild Fjærestad (63)	2:22.2 1985
Trine Vevle Westerheim (95)	2:22.20 2011
Natalie Sæterstøl (88)	2:22.34 2005
Synne Heggøy Fjeldberg (00)	2:22.56 2023
Julie Kristin Ness (83)	2:22.58 2007
Synne Karlsen Amundgård (94)	2:22.58 2023
Mari Skar Manger (80)	2:23.04 2010
(40)	
Marte Svahn Dæhlin (87)	2:23.06 2011
Anne Hansen (91)	2:23.62 2006
Anne Indrebø (68)	2:23.9 1989
Agnes Christine Gundersen (67)	2:23.9 1990
Gro Aileen Olsen (67)	2:24.5 1985

1000m

Ingvill Måkestad Bovim (81)	2:39.65 2012
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1500m

Ingvill Måkestad Bovim (81)	4:02.20 2010
Frida Berge (94)	4:17.80 2016
Ingrid Halvorsen Folvik (97)	4:19.20 2015

Ingrid Kristiansen (92)	4:21.21 2021
Karoline Finne (93)	4:24.46 2014
Ingeborg Lind (90)	4:26.85 2012
Ine Bakken (96)	4:32.05 2020
Ingunn Nyhammer (67)	4:36.1 1987
Ida Grytås Forsmo (04)	4:37.24 2023
Ida Kjelkenes (86)	4:38.79 2010
(10)	
Ingvill Eimhjellen (Blom) (53)	4:39.4 1973
Anzu Lovise Kvam (97)	4:41.57 2023
Lena Indrebø (92)	4:43.57 2017
Hilde Brennskag (97)	4:44.46i 2020 (4:45.24 2020)
Synne Karlsen Amundgård (94)	4:45.20 2023
Torborg Jorddal (67)	4:45.6 1988
Kjersti Fresvik (92)	4:46.85 2015
Berit Øvrebø (54)	4:48.8 1971
Synne Heggøy Fjeldberg (00)	4:49.24 2023
Julie Kristin Ness (83)	4:50.49 2007
(20)	
Wenche Nesse (Gjesdal) (65)	4:51.4 1989
Maren Austevik Bø (01)	4:53.62 2022
Tuva Thomassen Fagerbakke (99)	4:55.33i 2022
Mari Skar Manger (80)	4:55.59 2008
Mia Austevik Bø (07)	4:56.09 2023
Amalie Joensen (96)	4:56.18 2021
Synne Mala Visnes (94)	4:57.12 2010
Hannah Bjelland (99)	4:58.06 2022
Trine Vevle Westerheim (95)	4:58.52i 2011 (5:03.75 2011)
Frida Burheim Sommervold (99)	4:59.20 2015
(30)	
Ingvild Berg Saksvik (82)	4:59.39 2007
Maria Sæterstøl (02)	4:59.72 2021
Berit Sjø (53)	5:01.2 1972
+Johanna Sjögren (Aggvin) (81)	5:04.03 2010
Natalie Sæterstøl (88)	5:04.49 2005
Julie Strøm (95)	5:05.96 2012
Nora Systad (93)	5:06.73 2009
Rikke Johannesen (88)	5:07.05 2004

Mile

Ingvill Måkestad Bovim (81)	4:28.49i 2010
Frida Berge (94)	4:44.75i 2017

3000m

Ingvill Måkestad Bovim (81)	8:54.57 2010
Ine Bakken (96)	9:19.94 2022
Ingeborg Lind (90)	9:29.95 2012
Frida Berge (94)	9:30.22i 2017 (9:36.77 2012)

Ingrid Halvorsen Folvik (97)	9:31.51 2016
Karoline Finne (93)	9:42.52 2014
Ingrid Kristiansen (92)	9:42.85 2021
Ina Rilvaag (00)	9:45.72 2023
Eli Anne Dvergsdal (91)	9:55.55 2017
Kjersti Fresvik (92)	9:58.00 2015
(10)	
Anzu Lovise Kvam (97)	9:59.35 2023
Maren Austevik Bø (01)	9:59.49 2023
Ingunn Nyhammer (67)	10:07.48 1987
Synne Karlsen Amundgård (94)	10:09.16i 2023 (10:29.76 2022)
Lina Rivedal (87)	10:09.88 2018
Hilde Brennskag (97)	10:11.12 2020
Amalie Joensen (96)	10:11.70 2023
Karoline Harnes Mongstad (92)	10:12.10 2022
Johanne Sveen Wessel (96)	10:14.40 2021
Mia Austevik Bø (07)	10:19.35 2023
(20)	
Frida Burheim Sommervold (99)	10:19.59 2015
Ingrid Revheim (92)	10:22.24 2020
Elin Farestveit (96)	10:22.69 2021
Torborg Jorddal (67)	10:25.4 1987
Julie Kristin Ness (83)	10:28.92 2007
Elin Hanevik (96)	10:29.63 2021
Synne Heggøy Fjeldberg (00)	10:30.46 2022
Anne Kari Vikingstad (80)	10:30.80 2008
Hannah Bjelland (99)	10:31.61 2022
Ingvill Eimhjellen (Blom) (53)	10:41.0 1972
(30)	
Wenche Nesse (Gjesdal) (65)	10:42.87 1990
Ida Grytås Forsmo (04)	10:43.51 2022
Maria Sæterstøl (02)	10:45.59 2020
Ingrid Havre (04)	10:46.22i 2023
Andrea Boutera (94)	10:47.66 2018
Mari Skar Manger (80)	10:50.36 2008
Marit Moen Fjeld (96)	10:54.97i 2023
Nora Systad (93)	10:55.94 2009
Ida Kjelkenes (86)	10:58.92 2006
+Johanna (Sjögren) Aggvin (81)	11:00.05 2010
(40)	
Vilde Bergset (94)	11:01.10 2014
Anne Mette Haugen Juuhl (86)	11:02.96 2021
Tuva Thomassen Fagerbakke (99)	11:03.42 2021
Åshild Teigland Tepstad (92)	11:06.08 2022
Natalie Sæterstøl (88)	11:10.38 2005
+Christiane Trøbe (81)	11:12.09 2008
Kaja Morken (95)	11:12.13 2018
Åshild Lunåshaug (84)	11:13.43 2008
Berit Marie Skorpen (85)	11:13.82 2008

5000m

Ine Bakken (96)	15:54.69 2022
Frida Berge (94)	16:17.27 2014
Adele Norheim Henriksen (02)	16:39.00 2021
Ingrid Halvorsen Folvik (97)	16:41.65 2016
Ina Rilvaag (00)	16:45.05 2023
Kjersti Fresvik (92)	16:49.95 2021
Eli Anne Dvergsdal (91)	17:06.84 2015
Karoline Harnes Mongstad (92)	17:08.77 2022
Ingeborg Lind (90)	17:11.63 2012
Maren Austevik Bø (01)	17:15.29 2023
(10)	
Synne Karlsen Amundgård (94)	17:18.59 2023
Hilde Brennskag (97)	17:22.64 2020
Ingrid Revheim (92)	17:23.54 2020
Anzu Lovise Kvam (97)	17:25.62 2023
Amalie Joensen (96)	17:26.39 2021
Lina Rivedal (87)	17:32.02 2018
Elin Farestveit (96)	17:42.26 2021
Ingrid Kristiansen (92)	17:54.42 2020
Mia Austevik Bø (07)	17:57.04 2023
Elise Selvikvåg Molvik (94)	18:04.84 2017
(20)	
Anne Hansen (91)	18:08.11 2022
Hannah Bjelland (99)	18:11.74 2022
Malene Liljedahl Njaastad (92)	18:28.90 2018
Wenche Nesse (Gjesdal) (65)	18:34.4 1990
Elin Hanevik (96)	18:41.15 2021
Anne Mette Haugen Juuhl (86)	18:51.89 2021
Anne Hansen (91)	18:52.04 2023
Åshild Teigland Tepstad (92)	19:07.22 2021
Kathrine Rørtveit (92)	19:28.48 2018
Berit Marie Skorpen (85)	19:53.77 2007
(30)	
Mari Skar Manger (80)	20:06.71 2007
Guro Ekroll Nyland (92)	20:31.11 2014

10000m

Ine Bakken (96)	33:24.73 2022
Adele Norheim Henriksen (02)	34:05.36 2021
Eli Anne Dvergsdal (91)	34:52.28 2015
Maren Austevik Bø (01)	35:41.51 2023
Kjersti Fresvik (92)	35:41.82 2021
Ingrid Revheim (92)	36:43.01 2020
Amalie Joensen (96)	36:49.82 2023
Karoline Harnes Mongstad (92)	37:02.67 2022
Lina Rivedal (87)	37:13.1 2018
Elin Farestveit (96)	37:59.27 2021

(10)

Åshild Lunåshaug (84) 40:25.93 2008
Berit Marie Skorpen (85) 41:07.47 2008

Halvmaraton

Ine Bakken (96) 1:14.11 2021
Adele Henriksen (02) 1:14.18 2021
Maren Austevik Bø (01) 1:16.15 2023
Karoline Harnes Mongstad (92) 1:17.50 2022
Kjersti Fresvik (92) 1:17.56 2021
Eli Anne Dvergsdal (91) 1:18.51 2016
Amalie Joensen (96) 1:19.58 2021
Ingrid Revheim (92) 1:21.22 2020
Elin Hanevik (96) 1:21.26 2021
Hilde Brennskag (97) 1:21.41 2022

(10)

Elin Farestveit (96) 1:21.49 2021
Ingeborg Lind (90) 1:22.27 2016
Anne Hansen (91) 1:22.49 2023
Lina Rivedal (87) 1:23.37 2018
Anne-Mette Juuhl (86) 1:24.21 2022
Ingrid Furnes Havre (04) 1:26.29 2023
Malene Liljedahl Njaastad (92) 1:27.57 2018
Guro Ekroll Nyland (92) 1:28.50 2015
Astrid Emilsen Kristiansen (02) 1:29.14 2023
Anna Sofie Førre (96) 1:29.16 2016

(20)

Kaja Norheim Morken (95) 1:29.18 2018
Birgit Kverneland (90) 1:29.52 2015

Maraton

Kjersti Fresvik (92) 2:56.25 2018
Lina Rivedal (87) 2:57.03 2018
Trine Larsen (92) 3:10.58 2017
+Johanna (Sjögren) Aggvin (81) 3:21.41 2011
Helen Martinsen (73) 3:23.20 2014
Guro Ekroll Nyland (92) 3:25.35 2015
Hanne Nøvik (82) 3:26.02 2011

24 timars løp

Øyunn Bygstad (84) 155610m 2015

100m hekk

+Naomi Van den Broeck (96)	14.03 2017
Katrine Haarklau (91)	14.28 2013
Live Haugstad Hilton (99)	14.65 2017
Gro Aileen Olsen (67)	14.71 1985
Brita Mehl Lode (00)	15.44 2018
Anne Hansen (91)	16.79 2008
Hildegunn Stoum (66)	16.96 1991
Grete Skarbøvik Leira (52)	16.8 1971
Unni S. Andersen (Hansen) (65)	17.12 1985
Tove Hille (55)	17.8 1972
(10)	
Gina Wisnes (83)	18.08 2001

200m hekk

Vilde Jakobsen Svortevik (94)	26.94 2013
+Naomi Van den Broeck (96)	27.13 2013
Hanne Arstein (01)	28.12 2018
Live Haugstad Hilton (99)	28.62 2017
Anne Karin Skutle (Lyngbø) (63)	28.5 1986
Katrine Haarklau (91)	29.45 2008
Gro Aileen Olsen (67)	29.4 1985
Anne Hansen (91)	29.74 2007
Solveig Lie Onstad (93)	30.02 2012
Line Stokland Røthing (88)	31.11 2004
(10)	
Kari Kuvaas Herting (99)	31.62 2015
Gry Magnussen (74)	31.8 1989
Eline Beate Sandvik (89)	32.08 2004
Aurora Sommerlade (00)	33.05 2015
Tove Hille (55)	33.8 1972
Lene Hove (74)	33.8 1989

300m hekk

Vilde Jakobsen Svortevik (94)	40.96 2013
Hanne Arstein (01)	43.46 2018
Anne Hansen (91)	43.90 2010
Eline Beate Sandvik (89)	46.03 2005
Ingrid Sture (79)	46.37 1995
Kari Kuvaas Herting (99)	47.53 2016
Julie Strøm (95)	48.95 2012
Line Stokland Røthing (88)	50.64 2004

400m hekk

Vilde Svortevik (94)	57.34 2012
Anne Hansen (91)	62.75 2010
Solveig Lie Onstad (93)	63.13 2012
Anne Karin Skutle (Lyngbø) (63)	63.8 1986 (65.10 1986)
Gro Aileen Olsen (67)	63.8 1986 (63.99 1985)
Agnes Christine Gundersen (67)	67.76 1990
Mona Karin Riisnes (66)	69.46 1990
Sarah Hovden Øvsthus (94)	70.37 2012
Rikke Johannessen (88)	71.98 2006
Julie Strøm (95)	72.48 2012
(10)	

1500m hinder

Frida Berge (94)	5:03.33 2010
Nora Systad (93)	5:31.39 2009
Rikke Johannessen (88)	5:59.62 2004

2000m hinder

Ine Bakken (96)	6:46.02 2020
Frida Berge (94)	6:50.15 2011
Ingeborg Lind (90)	6:58.39 2011
Ingrid Kristiansen (92)	7:06.41 2021
Solveig Onstad (93)	7:40.83 2012
Nora Systad (93)	7:59.15 2010
Julie Strøm (95)	8:11.29 2012
Rikke Johannessen (88)	8:27.56 2006

3000m hinder

Frida Berge (94)	9:56.79 2016
Ine Bakken (96)	10:29.81 2020
Ingeborg Lind (90)	10:56.15 2011
+Johanna (Sjögren) Aggvin (81)	12:16.09 2009
Ida Kjelkenes (86)	13:34.38 2008

Høgde

Julie Woie Flølo (99)	1.64i 2015 (1.60 2016)
Christine Gulbrandsen (77)	1.62i 1998 (1.60 1998)
Katrine Haarklau (91)	1.61i 2013 (1.60 2010)
Brita Mehl Lode (00)	1.60 2015
Gro Aileen Olsen (67)	1.55i 1985 (1.49 1988)
Hanne Arstein (01)	1.54 2018
+Naomi Van den Broeck (96)	1.53 2015
Agnes Christine Gundersen (67)	1.50 1988
Anne Hansen (91)	1.50 2007

Grete Skarbøvik Leira (52) (10)	1.48 1971
Hildegunn Stoum (66)	1.48 1991
Grete Håheim (52)	1.45 1970
Gry Cecilie Magnussen (74)	1.45 1989
Tiril Tresselt (98)	1.45 2013

Høgde u/t

Brita Mehl Lode (00)	1.36 2017
Katrine Haarklau (91)	1.35 2008
Julie Woie Flølo (99)	1.27 2015
Aurora Sophie Sommerlade (00)	1.25 2014
Gry Cecilie Magnussen (74)	1.23 1988
+Naomi Van den Broeck (96)	1.23 2010
Live Haugstad Hilton (99)	1.22 2013
Lene Hove (74)	1.20 1988
Elisabeth Oma (79)	1.20 1995
Natalie Sæterstøl (88) (10)	1.20 2005
Hanne Arstein (01)	1.20 2017
Live Haugstad Hilton (99)	1.18 2016
Kristin Mellingen (82)	1.15 1999
Annette Holmedal (93)	1.15 2007

Stav

Katrine Haarklau (91)	4.35 2013
Paula Llano (95)	3.81 2012
Christine Gulbrandsen (77)	3.68 2000
Tuva Vika Tholo (00)	2.90 2016
Solveig Bygstad (92)	2.86i 2008 (2.85 2007)
Gina Wisnes (83)	2.81 1999
Helene Hofstad (91)	2.70 2007
Julie Woie Flølo (99)	2.51i 2015
Anne Hansen (91)	2.05 2009
Hilde Hofstad (88) (10)	2.03i 2003

Lengde

Live Haugstad Hilton (99)	6.14 2017
+Naomi Van den Broeck (96)	5.97 2015
Christine Gulbrandsen (77)	5.94 1999
Anne Irene Haugland (68)	5.77 1991
Gro Aileen Olsen (67)	5.69 1985
Anne Karin Skutle (Lyngbø) (63)	5.69 1986
Tanja Halhjem (81)	5.55 1998
Katrine Haarklau (91)	5.54 2010

Anne Hansen (91)	5.47i 2008 (5.33 2006)
Julie Woie Flølo (99)	5.39 2016
(10)	
Gry Magnussen (74)	5.25 1989
Sigrid Brurås Vandvik (90)	5.24 2007
Hanne Arstein (01)	5.24 2017
Eline Beate Sandvik (89)	5.18 2005
Mona Karin Riisnes (66)	5.12 1989
Regine Sæterstøl (85)	5.10 2001
Rachel Ombeni (01)	5.09 2018
Agnes Christine Gundersen (67)	5.06 1988
Grethe Håheim (52)	5.05 1971
Hege Almhjell (68)	5.05 1991
(20)	
Brita Mehl Lode (00)	5.03 2015
Malin Blomberg (93)	5.02 2008
Ann Marit Kleive (Holmøy) (68)	4.96 1989
Solveig Bygstad (92)	4.94 2008
Katrine Berg Nødtvedt (90)	4.93 2008
Stine Elise Berem (89)	4.91i 2006 (4.88 2006)
Line Stokland Røthing (88)	4.90i 2005 (4.75 2005)
Grete Skarbøvik Leira (52)	4.88 1971
Tove Hille (55)	4.86 1972
Gro Kristensen (52)	4.85 1972
(30)	
Karina Larsen (88)	4.82 2003
Helene Hofstad (91)	4.81 2010
Cecilie Hjelle (78)	4.76 1995
Kristin Mellingen (82)	4.73 1997

Lengde u/t

Vilde Svortevik (94)	2.72 2013
Eli Karin Pilskog (65)	2.64 1991
Ingrid Sture (79)	2.63 1995
Ann Marit Kleive (Holmøy)(68)	2.61 1988
Sølvi Olsen (Meinseth) (67)	2.59 1988
Agnes Christine Gundersen (67)	2.57 1988
Line Stokland Røthing (88)	2.55 2005
+Naomi van den Broeck (96)	2.53 2013
Live Haugstad Hilton (99)	2.51 2016
Hilde Markhus (Weir) (68)	2.50 1989
(10)	
Tanja Halhjem (82)	2.47 1999
Anne Hansen (91)	2.47 2008
Katrine Haarklau (91)	2.44 2007
Regine Sæterstøl (85)	2.40 2000
Dagny Våland (15)	2.39 1948
Sigrid Vandvik (90)	2.39 2008
Hilde Gundersen (74)	2.38 2002

Rachel Ombeni (01)	2.35 2017
Lene Hove (74)	2.33 1988
(20)	
Marianne Valen Eide (78)	2.33 1995
Gry Cecilie Magnussen (74)	2.32 1988

Tresteg

Christine Gulbrandsen (77)	13.14 1999
Anne Irene Haugland (68)	12.63 1992
Julie Woie Flølo (99)	12.11 2016
Rachel Ombeni (01)	11.69 2018
Tanja Halhjem (81)	11.67 1998
Line Stokland Røthing (88)	10.96 2006
Solveig Bygstad (92)	10.80 2008
Anne Hansen (91)	10.69 2006
Cecilie Hjelle (78)	10.67 1995
Eline Beate Sandvik (89)	10.44 2004
(10)	
Kristin Mellingen (82)	10.34 1999
Regine Sæterstøl (85)	10.04 2000
Ingrid Sture (79)	9.95 1995
Tone Hostvedt Aarthun (85)	9.90 2008
Live Haugstad Hilton (99)	9.84 2015
Hilde Gundersen (74)	9.83 2005
Kari Kuvaas Herting (99)	9.82i 2014
Eline Sandnes Fosse (98)	9.80 2013
Eva Moldestad (02)	9.70 2018
Tuva Andersen (00)	9.66 2015
(20)	
Heidi Ann Bruknapp (91)	9.64 2010
Natalie Sæterstøl (88)	9.60 2003
Linn C. Karlsen (78)	9.54 1995
Marianne Valen Eide (78)	9.53 1996

Tresteg u/t

+Naomi Van den Broeck (96)	7.91 2015
Anne Hansen (91)	7.15 2008
Tuva Vika Tholo (00)	6.66 2015
Oda Myklebust (01)	6.30 2015

Kule

Katrine Haarklau (91)	13.35 2013
Julie Woie Flølo (99)	12.36 2018
Anne Sofie Dreyer Skre (66)	12.28 1987
Marit Rinnan (65)	11.86 1991
+Naomi Van den Broeck (96)	10.87 2015
Hilde Markhus (Weir) (68)	10.84 1990

Hildegunn Stoum (66)	10.67 1991
Gina Wisnes (83)	10.59 2001
Beatrice Llano (97)	10.49 2012
Paula Llano (95)	10.32i 2012 (9.98 2012)
(10)	
Brita Mehl Lode (00)	10.28 2018
Reidun Aske (51)	10.21 1972 (10.75* 1972)
Siren Samdal (71)	10.08 1987
Oda Marie Myklebust (01)	10.03 2018
Heidi Ann Bruknapp (91)	9.71 2009
Grete Skarbøvik Leira (52)	9.70 1971
Marte Tuft (94)	9.68i 2010
Gro Aileen Olsen (67)	9.59 1988
Christine Gulbrandsen (77)	9.58i 1998 (9.50 1997)
Silje Tuft (88)	9.42 2006
(20)	
Vibeke Jansen (73)	9.30 1989
Lilit Mekertjan (89)	9.18 2007
Karin Fonn (64)	8.98 1986
Stine Elise Berem (89)	8.92 2005
Marianne Valen Eide (78)	8.83 1996

Diskos

Marit Rinnan (65)	49.52 1989
Hilde Markhus (Weir)(68)	45.88 1991
Hedda Hauge Aasgård (01)	40.61 2018
Oda Marie Myklebust (01)	38.31 2017
Anne Sofie Dreyer Skre (66)	33.62 1987
Beatrice Llano (97)	32.60 2012
Reidun Aske (51)	31.38 1972
Katrine Haarklau (91)	29.82 2010
Ann Marit Kleive Holmøy (68)	28.64 1991
Silje Tuft (88)	27.67 2006
(10)	
Gina Wisnes (82)	27.23 2002
Helene Hofstad (91)	26.69 2009
Vibeke Jansen (73)	26.44 1994
Gry Cecilie Magnussen (74)	25.64 1989
Agnes Christine Gundersen (67)	24.78 1989
May-Britt Karlsen (56)	24.70 1996

Slegge

Beatrice Llano (97)	57.43 2012
Veronica Juvik (74)	54.09 1998
Oda Marie Myklebust (01)	51.02 2018
Helene Hofstad (91)	50.68 2010
Hedda Hauge Aasgård (01)	48.62 2018
Tiril Tresselt (98)	34.57 2014

Kjersti Ytrehus (87)	32.85 2004
Katrine Haarklau (91)	31.20 2014
Paula Llano (95)	28.23 2012
Vibeke Sletten (86)	26.03 2003
(10)	
Astrid Storum (82)	22.71 1998
Gina Wisnes (83)	22.32 2001
Silje Tuft (88)	20.19 2003

Spyd (gammalt)

Gro Aileen Olsen (67)	35.24 1986
Marianne Valen Eide (78)	34.72 1996
Grete Skarbøvik Leira (52)	34.64 1971
Anne Sofie Dreyer Skre (66)	33.60 1987
Hildegunn Stoum (66)	29.42 1991
Vibeke Jansen (73)	29.14 1994
Brita Rommetveit (74)	28.84 1994
Gry Cecilie Magnussen (74)	27.20 1989

Spyd (nytt)

Katrine Haarklau (91)	49.56 2013
Julie Woie Flølo (99)	43.96 2018
Brita Mehl Lode (00)	36.17 2018
Silje Tuft (88)	31.80 2004
Emilie Berem (93)	29.64 2009
+Naomi Van den Broeck (96)	27.75 2015
Marte Tuft (94)	27.42 2010
Solveig Lie Onstad (93)	26.78 2012
Gina Wisnes (83)	26.28 2001
May-Britt Karlsen (56)	24.26 2000
(10)	

7-kamp

Katrine Haarklau (91)	5374 2013 (14.28-1.55-13.35-26.13/5.17-47.58-2:21.67)
+Naomi Van den Broeck (96)	4904 2015 (14.26-1.47-10.43-24.99/5.97-27.75-2:33.17)
Hildegunn Stoum (66)	3664 1991 (16.96-1.48-10.65-30.95/4.57-28.82-2:39.97)
Gina Wisnes (83)	2739 2001 (18.60-1.25-10.40-30.72/3.86-25.28-3:07.40)