

|                                                |                              |              |           |                  |              |
|------------------------------------------------|------------------------------|--------------|-----------|------------------|--------------|
| <b>Alle tiders Osterøy IL Menn:</b>            |                              |              |           |                  |              |
| <b>Hekk og hinder</b>                          |                              |              |           |                  |              |
| <b>1950 - 2025 (sist oppdatert 13.12.2025)</b> |                              |              |           |                  |              |
|                                                |                              |              |           |                  |              |
| <b>Tid</b>                                     |                              | <b>Alder</b> | <b>År</b> | <b>Kommentar</b> | <b>Øving</b> |
|                                                | <b>60m hekk 76</b>           |              |           |                  |              |
| <b>9,70</b>                                    | Markus Loftås (-94)          | 13           | 2007      |                  | 60hk76       |
| <b>9,97</b>                                    | Vebjørn Borge (-94)          | 13           | 2007      |                  | 60hk76       |
| <b>10,11</b>                                   | Frode Bergheim (-73)         | 14           | 1987      |                  | 60hk76       |
| <b>10,33</b>                                   | Stian B. Johannessen (-91)   | 13           | 2004      |                  | 60hk76       |
| <b>10,43</b>                                   | Sebastian Haugland (-97)     | 13           | 2010      |                  | 60hk76       |
| <b>10,3</b>                                    | Roald Bergheim (-77)         | 14           | 1991      |                  | 60hk76-man   |
| <b>10,57</b>                                   | Arnstein Borge (-98)         | 13           | 2011      |                  | 60hk76       |
| <b>10,5</b>                                    | Jon A. Tangerås (-71)        | 14           | 1985      |                  | 60hk76-man   |
| <b>10,5</b>                                    | Mats Elvik (-71)             | 14           | 1985      |                  | 60hk76-man   |
| <b>10,5</b>                                    | Åsmund Varden (-74)          | 14           | 1988      |                  | 60hk76-man   |
| <b>10,61</b>                                   | Morten Skaar (-83)           | 12           | 1995      |                  | 60hk76       |
| <b>10,99</b>                                   | Kristoffer Vikne -00         | 13           | 2013      |                  | 60hk76       |
| <b>11,09</b>                                   | Stig Andreas Langeland (-94) | 13           | 2007      |                  | 60hk76       |
| <b>11,0</b>                                    | Ken R. Adolfsen (-75)        | 12           | 1987      |                  | 60hk76-man   |
| <b>11,0</b>                                    | Eirik R. Aasheim (-75)       | 14           | 1989      |                  | 60hk76-man   |
| <b>11,3</b>                                    | Dag R. Aasheim (-77)         | 13           | 1990      |                  | 60hk76-man   |
| <b>11,4</b>                                    | Stig Mæhle (-74)             | 13           | 1987      |                  | 60hk76-man   |
| <b>11,42</b>                                   | Erlend Mjøs (-92)            | 13           | 2005      |                  | 60hk76       |
| <b>11,44</b>                                   | Ragnar Bergheim (-82)        | 10           | 1992      |                  | 60hk76       |
| <b>11,45</b>                                   | Anders Flæsland (-91)        | 13           | 2004      |                  | 60hk76       |
| <b>11,46</b>                                   | Steffen S. Gjøstein (-90)    | 13           | 2003      |                  | 60hk76       |
| <b>11,56</b>                                   | Simon M. Kveen (-93)         | 13           | 2006      |                  | 60hk76       |
| <b>11,7</b>                                    | Pål K. Tufta (-82)           | 12           | 1994      |                  | 60hk76-man   |
| <b>11,9</b>                                    | Sigbjørn Reigstad (-78)      | 13           | 1991      |                  | 60hk76-man   |
| <b>12,3</b>                                    | Helge Brandsdal (-71)        | 11           | 1982      |                  | 60hk76-man   |
| <b>12,5</b>                                    | Håkon Bru Reigstad -01       | 12           | 2013      |                  | 60hk76       |
| <b>12,76</b>                                   | Stephan Vik (-93)            | 12           | 2005      |                  | 60hk76       |
| <b>12,82</b>                                   | Martin Loftås Kåstad (-90)   | 11           | 2001      |                  | 60hk76       |
| <b>13,43</b>                                   | Snorre Martinsen -01         | 12           | 2013      |                  | 60hk76       |
| <b>13,84</b>                                   | Bjarte Vik Larsen (-94)      | 11           | 2005      |                  | 60hk76       |
| <b>15,23</b>                                   | Andreas Markmanrud -02       | 13           | 2015      |                  | 60hk76       |
|                                                | <b>60m hekk 68</b>           |              |           |                  |              |
| <b>10,08</b>                                   | Markus Loftås (-94)          | 12           | 2006      |                  | 60hk68       |
| <b>10,47</b>                                   | Stian B. Johannessen (-91)   | 12           | 2003      |                  | 60hk68       |
| <b>10,92</b>                                   | Vebjørn Borge (-94)          | 12           | 2006      |                  | 60hk68       |
| <b>11,1</b>                                    | Steffen S. Gjøstein (-90)    | 10           | 2002      |                  | 60hk68-man   |
| <b>11,24</b>                                   | Espen Skaar (-85)            | 12           | 1997      |                  | 60hk68       |
| <b>11,46</b>                                   | Anders Flæsland (-91)        | 12           | 2003      |                  | 60hk68       |
| <b>11,58</b>                                   | Sebastian Haugland (-97)     | 11           | 2008      |                  | 60hk68       |
| <b>11,81</b>                                   | Stephan Vik (-93)            | 12           | 2005      |                  | 60hk68       |
| <b>11,9</b>                                    | Henrik E. Waring (-91)       | 11           | 2002      |                  | 60hk68-man   |

|       |                                  |    |      |       |            |
|-------|----------------------------------|----|------|-------|------------|
| 12,17 | Simon M. Kveen (-93)             | 11 | 2004 |       | 60hk68     |
| 12,58 | Martin Loftås Kåstad (-90)       | 11 | 2001 |       | 60hk68     |
| 12,78 | Arnstein Borge (-98)             | 10 | 2008 |       | 60hk68     |
| 12,88 | Kristoffer Vikne (-00)           | 10 | 2010 |       | 60hk68     |
| 12,89 | Espen N. Mjøs (-91)              | 11 | 2002 |       | 60hk68     |
| 13,09 | Martin N. Mjøs (-97)             | 11 | 2008 |       | 60hk68     |
| 13,28 | Olav Småland -06                 | 11 | 2017 |       | 60hk68     |
| 13,59 | Fredrik S. Blichfeldt -02        | 11 | 2013 |       | 60hk68     |
| 13,62 | Andre Skår Bernes (-94)          | 11 | 2005 |       | 60hk68     |
| 14,6  | Kjetil Stokke (-91)              | 10 | 2001 |       | 60hk68-man |
| 14,95 | Hjalmar J. Hauge (-98)           | 12 | 2010 |       | 60hk68     |
| 15    | Andreas Markmanrud -02           | 11 | 2013 |       | 60hk68     |
| 15,03 | Trym Tvedt Aastvedt -02          | 10 | 2012 |       | 60hk68     |
|       | <b>80m hekk 84</b>               |    |      |       |            |
| 12,09 | Markus Loftås (-94)              | 14 | 2008 |       | 80hk84     |
| 12,61 | Vebjørn Borge (-94)              | 14 | 2008 |       | 80hk84     |
| 12,6  | Frode Bergheim (-73)             | 15 | 1988 |       | 80hk84man  |
| 12,8  | Mats Elvik (-71)                 | 16 | 1987 |       | 80hk84man  |
| 12,9  | Atle Mæhle (-44)                 | 16 | 1960 |       | 80hk84man  |
| 13,01 | Morten Skaar (-83)               | 14 | 1997 |       | 80hk84     |
| 13,0  | Eirik R. Aasheim (-75)           | 15 | 1990 |       | 80hk84man  |
| 13,37 | Sebastian Haugland (-97)         | 14 | 2011 |       | 80hk84     |
| 13,3  | Alex Ferreira (-74)              | 16 | 1990 |       | 80hk84man  |
| 13,5  | Jens Njåstad (-43)               | 16 | 1959 | 84cm? | 80hk84man  |
| 13,82 | Arnstein Borge -98               | 14 | 2012 |       | 80hk84     |
| 14,3  | Magnus Reigstad -03              | 14 | 2017 |       | 80hk84     |
| 14,38 | Espen Skaar (-83)                | 14 | 1999 |       | 80hk84     |
| 14,38 | Benjamin Strand Blichfeldt (-09) | 14 | 2023 |       | 80hk84     |
| 14,51 | Stian B. Johannessen (-91)       | 14 | 2005 |       | 80hk84     |
| 14,61 | Sigbjørn Reigstad (-78)          | 14 | 1992 |       | 80hk84     |
| 14,9  | Askild Solberg (-80)             | 13 | 1993 |       | 80hk84man  |
| 15,06 | Askild Solberg (-80)             | 13 | 1993 |       | 80hk84     |
| 16,15 | Stephan Vik (-93)                | 14 | 2007 |       | 80hk84     |
|       | <b>80m hekk 76</b>               |    |      |       |            |
| 12,2  | Frode Bergheim (-73)             | 14 | 1987 |       | 80hk76man  |
| 12,79 | Roald Bergheim (-77)             | 14 | 1991 |       | 80hk76     |
| 12,9  | Alex Ferreira (-74)              | 16 | 1990 |       | 80hk76man  |
| 13,03 | Morten Skaar (-83)               | 13 | 1996 |       | 80hk76     |
| 13,2  | Dag R. Aasheim (-77)             | 14 | 1991 |       | 80hk76     |
| 13,3  | Alf Kristian Karlsen (-67)       | 14 | 1981 |       | 80hk76man  |
| 13,99 | Espen Skaar (-83)                | 13 | 1998 |       | 80hk76     |
| 14,8  | Eirik R. Aasheim (-75)           | 13 | 1988 |       | 80hk76man  |
| 14,8  | David T Lewis (-92)              | 14 | 2006 |       | 80hk76     |
| 15,12 | Mats Elvik (-71)                 | 13 | 1984 |       | 80hk76     |
| 15,82 | Erlend Mjøs (-92)                | 14 | 2006 |       | 80hk76     |
| 16,4  | Arne Reigstad (-67)              | 13 | 1980 |       | 80hk76     |
|       | <b>100m hekk 91</b>              |    |      |       |            |
| 13,84 | Markus Loftås (-94)              | 16 | 2010 |       | 100hk91    |

|       |                              |    |       |  |            |
|-------|------------------------------|----|-------|--|------------|
| 14,5  | Frode Bergheim (-73)         | 18 | 1991  |  | 100hk91man |
| 14,73 | Roald Bergheim (-77)         | 16 | 1993  |  | 100hk91    |
| 14,78 | Eirik Reigstad -07           | 16 | 2023  |  | 100hk91    |
| 15,12 | Dag R. Aasheim (-77)         | 16 | 1993  |  | 100hk91    |
| 15,18 | Morten Skaar (-83)           | 15 | 1998  |  | 100hk91    |
| 15,2  | Sebastian Haugland -97       | 16 | 2013  |  | 100hk91    |
| 15,4  | Dag M. Vedå (-68)            | 16 | 1984  |  | 100hk91man |
| 15,5  | Sigbjørn Reigstad (-78)      | 16 | 1994  |  | 100hk91man |
| 15,5  | Mats Elvik (-71)             | 18 | 1989  |  | 100hk91man |
| 17,0  | Eirik R. Aasheim (-75)       | 16 | 1991  |  | 100hk91man |
| 17,76 | Stig Andreas Langeland (-94) | 16 | 2010  |  | 100hk91    |
| 19,27 | Fredrik S. Blichfeldt -02    | 15 | 2017  |  | 100hk91    |
|       | <b>100m hekk 84</b>          |    |       |  |            |
| 13,76 | Markus Loftås (-94)          | 15 | 2009  |  | 100hk84    |
| 15,82 | Eirik Reigstad -07           | 15 | 2022  |  | 100hk84    |
| 17,40 | Vebjørn Borge (-94)          | 14 | 2008  |  | 100hk84    |
| 19,33 | Erlend Mjøs (-92)            | 14 | 2006  |  | 100hk84    |
|       | <b>110m hekk 106</b>         |    |       |  |            |
| 16,47 | Mats Eirik Elvik (-71)       | 24 | 1995  |  | 110hk106   |
| 16,93 | Sigbjørn Reigstad (-78)      | 21 | 1999  |  | 110hk106   |
| 17,10 | Frode Bergheim (-73)         | 19 | 1992  |  | 110hk106   |
| 17,26 | Markus Loftås (-94)          | 16 | 2010  |  | 110hk106   |
| 17,50 | Vebjørn Borge (-94)          | 16 | 2010  |  | 110hk106   |
| 17,4  | Magnus Borge (-44)           | 18 | 1962  |  | 110h106man |
| 18,5  | Asbjørn Midtun (-32)         | 23 | 1955  |  | 110h106man |
| 19,0  | Arne Reigstad (-67)          | 26 | 1993  |  | 110h106man |
| 19,25 | Martin L. Kåstad (-90)       | 20 | 2010  |  | 110hk106   |
| 19,4  | Einar Vevle (-19)            | 31 | 1950? |  | 110h106man |
| 19,99 | Erlend Mjøs (-92)            | 16 | 2008  |  | 110hk106   |
| 19,9  | Arnljot Rongved (-29)        | 29 | 1958  |  | 110h106man |
| 20,1  | Jens Njåstad (-43)           | 17 | 1960  |  | 110h106man |
| 20,45 | Jørgen Ommedal (-80)         | 28 | 2008  |  | 110hk106   |
| 20,3  | Charles Hartveit (-44)       | 16 | 1960  |  | 110h106man |
| 20,6  | Atle Mæhle (-44)             | 18 | 1962  |  | 110h106man |
| 20,92 | Torbjørn Simmenes (-82)      | 24 | 2006  |  | 110hk106   |
| 21,0  | Vidar Simmenes (-48)         | 35 | 1983  |  | 110h106man |
| 21,17 | Kjetil Stokke (-91)          | 28 | 2019  |  | 110hk106   |
| 21,1  | Ingemar Valestrand (-44)     | 22 | 1966  |  | 110h106man |
| 21,1  | Olai Småland (1898)          | 26 | 1924  |  | 110h106man |
| 21,7  | Ole Reigstad (-44)           | 24 | 1968  |  | 110h106man |
| 21,96 | Frode Langhelle (-68)        | 40 | 2008  |  | 110hk106   |
| 22,37 | Trygve F. Mjelde (-94)       | 16 | 2010  |  | 110hk106   |
| 22,56 | Stig Andreas Langeland (-94) | 15 | 2009  |  | 110hk106   |
| 22,63 | Andreas Varberg (-87)        | 19 | 2006  |  | 110hk106   |
| 22,67 | Odd Idar Mjøs (-69)          | 37 | 2006  |  | 110hk106   |
| 22,8  | Øyvind Bysheim (-48)         | 19 | 1967  |  | 110h106man |
| 22,9  | Olav O. Reigstad (-12)       | 46 | 1958  |  | 110h106man |
| 23,19 | Agnar Hannisdal (-69)        | 36 | 2005  |  | 110hk106   |

|              |                              |    |      |              |            |
|--------------|------------------------------|----|------|--------------|------------|
| 23,36        | Kristian Hansen Bruvik (-94) | 16 | 2010 |              | 110hk106   |
| 23,44        | Tarjei Raniseth (-76)        | 29 | 2005 |              | 110hk106   |
| 23,46        | Bjørnar Kallekleiv (-85)     | 21 | 2006 |              | 110hk106   |
| 24,02        | Eirik L. Rongved (-87)       | 18 | 2005 |              | 110hk106   |
| 24,18        | Espen N. Mjøs (-91)          | 17 | 2008 |              | 110hk106   |
| 24,42        | Eystein Markmanrud (-69)     | 39 | 2008 |              | 110hk106   |
| 25,66        | Daniel Fossbakken (-90)      | 18 | 2008 |              | 110hk106   |
| 25,95        | Trond Rosnes (-59)           | 47 | 2006 |              | 110hk106   |
| 26,01        | Harald Olsnes (-64)          | 42 | 2006 |              | 110hk106   |
| 30,20        | Per Ole Mostrøm (-85)        | 24 | 2009 |              | 110hk106   |
| 30,48        | Ole Johannes Mjøs (-63)      | 43 | 2006 |              | 110hk106   |
|              | <b>110m hekk 100</b>         |    |      |              |            |
| 15,52        | Markus Loftås (-94)          | 17 | 2011 |              | 110hk100   |
| 16,3         | Frode Bergheim (-73)         | 18 | 1991 |              | 110h100man |
| 16,96        | Sigbjørn Reigstad (-78)      | 18 | 1996 |              | 110hk100   |
| 17,25        | Eirik Reigstad (-07)         | 16 | 2023 |              | 110hk100   |
| 17,44        | Mats E. Elvik (-71)          | 18 | 1989 |              | 110hk100   |
| 19,34        | Sebastian Haugland -97       | 17 | 2014 |              | 110hk100   |
| 21,26        | Kjetil Stokke (-91)          | 19 | 2010 |              | 110hk100   |
|              | <b>110m hekk 91</b>          |    |      |              |            |
| 14,55        | Markus Loftås (-94)          | 17 | 2011 |              | 110hk91    |
| 16,8         | Magnus Borge (-44)           | 17 | 1961 |              | 110hk91man |
| 17,8         | Mats E. Elvik (-71)          | 17 | 1988 | 99cm?        | 110hk91man |
| 18,32        | Sigbjørn Reigstad (-78)      | 17 | 1995 |              | 110hk91    |
| 18,6         | Eirik R. Aasheim (-75)       | 17 | 1992 |              | 110hk91man |
| 18,9         | Jens Njåstad (-43)           |    |      |              | 110hk91man |
| 19,65        | Stig Andreas Langeland (-94) | 17 | 2011 |              | 110hk91    |
|              | <b>200m hekk 76</b>          |    |      |              |            |
| 25,04        | Markus Loftås (-94)          | 19 | 2013 |              | 200hk76    |
| 26,07        | Frode Bergheim (-73)         | 19 | 1992 |              | 200hk76    |
| 26,66        | Vebjørn Borge (-94)          | 17 | 2011 |              | 200hk76    |
| 27,15        | Morten Skaar (-83)           | 16 | 1999 |              | 200hk76    |
| 27,18        | Sigbjørn Reigstad (-78)      | 25 | 2003 |              | 200hk76    |
| 27,85        | Mats E. Elvik (-71)          | 23 | 1994 |              | 200hk76    |
| 27,89        | Arne Reigstad (-67)          | 36 | 2003 |              | 200hk76    |
| 27,73        | Sondre Loftås Kåstad -96     | 19 | 2015 |              | 200hk76    |
| 27,7         | Eirik R. Aasheim (-75)       | 19 | 1994 |              | 200hk76man |
| 28,25 (-1,4) | Eirik Reigstad -07           | 17 | 2024 | Leikv 290914 | 200hk76    |
| 28,61        | Martin L. Kåstad (-90)       | 20 | 2010 |              | 200hk76    |
| 28,69        | Roald Bergheim (-77)         | 16 | 1993 |              | 200hk76    |
| 28,86        | Erlend Mjøs (-92)            | 16 | 2008 |              | 200hk76    |
| 28,9         | Dag M. Vedå (-68)            | 17 | 1985 |              | 200hk76man |
| 29,05        | Vegard H. Trefall -06        | 15 | 2021 |              | 200hk76    |
| 29,1         | Bjarte Lohne (-66)           | 21 | 1987 |              | 200hk76man |
| 29,23        | Dag R. Aasheim (-77)         | 18 | 1995 |              | 200hk76    |
| 29,43        | Arnstein Borge -98           | 14 | 2012 |              | 200hk76    |
| 29,5         | Magnus Borge (-44)           | 39 | 1983 |              | 200hk76man |
| 29,53        | Frank Odin Niyokindi -02     | 16 | 2018 |              | 200hk76    |

|       |                              |    |      |            |            |
|-------|------------------------------|----|------|------------|------------|
| 29,63 | Askild Solberg (-80)         | 15 | 1995 |            | 200hk76    |
| 29,91 | Jørgen Ommedal (-80)         | 26 | 2006 |            | 200hk76    |
| 30,0  | Kjetil Loftås (-57)          | 31 | 1988 |            | 200hk76man |
| 30,0  | Rune Refsnes (-71)           | 18 | 1989 |            | 200hk76man |
| 30,11 | Sebastian Haugland (-97)     | 14 | 2011 |            | 200hk76    |
| 30,72 | Frode Langhelle (-68)        | 33 | 2001 |            | 200hk76    |
| 30,72 | Joakim J. Magnussen -01      | 17 | 2018 |            | 200hk76    |
| 31,04 | Magnus Reigstad -03          | 14 | 2017 |            | 200hk76    |
| 31,3  | Vidar Simmenes (-48)         | 35 | 1983 |            | 200hk76man |
| 31,79 | Fredrik S. Blichfeldt -02    | 15 | 2017 |            | 200hk76    |
| 31,9  | Bjarte Vik (-69)             | 17 | 1986 |            | 200hk76man |
| 31,92 | Tarjei Raniseth (-76)        | 29 | 2005 |            | 200hk76    |
| 32,17 | Torbjørn Simmenes (-82)      | 24 | 2006 |            | 200hk76    |
| 32,27 | Odd Idar Mjøs (-69)          | 37 | 2006 |            | 200hk76    |
| 32,34 | Trygve Feidje Mjelde (-94)   | 15 | 2009 |            | 200hk76    |
| 32,49 | Kristoffer Vikne -00         | 14 | 2014 |            | 200hk76    |
| 32,60 | Espen Skaar (-85)            | 13 | 1998 |            | 200hk76    |
| 32,68 | David T. Lewis (-92)         | 14 | 2006 |            | 200hk76    |
| 32,68 | Agnar Hannisdal (-69)        | 36 | 2005 |            | 200hk76    |
| 32,71 | Stian B. Johannessen (-91)   | 14 | 2005 |            | 200hk76    |
| 33,04 | Kjetil Stokke (-91)          | 21 | 2012 |            | 200hk76    |
| 33,11 | John Bernes (-44)            | 54 | 1998 |            | 200hk76    |
| 33,32 | Andreas Varberg (-87)        | 18 | 2005 |            | 200hk76    |
| 33,6  | Svein O. Søreide (-68)       | 14 | 1982 |            | 200hk76man |
| 33,86 | Bjørnar Kallekleiv (-85)     | 20 | 2005 |            | 200hk76    |
| 34,06 | Eystein Markmanrud (-69)     | 40 | 2009 | (33,9 -03) | 200hk76    |
| 34,14 | Eirik Lohne Rongved (-87)    | 18 | 2005 |            | 200hk76    |
| 33,25 | Aslak Monstad -04            | 17 | 2021 |            | 200hk76    |
| 33,9  | Karl Johan Reigstad (-44)    | 39 | 1983 |            | 200hk76man |
| 34,51 | Markus Markmanrud -97        | 17 | 2014 |            | 200hk76    |
| 34,95 | Thierry Djedje (-82)         | 14 | 1996 |            | 200hk76    |
| 35,59 | Espen Nessestrand Mjøs (-91) | 17 | 2008 |            | 200hk76    |
| 36,03 | Anders Flæsland (-91)        | 13 | 2004 |            | 200hk76    |
| 36,47 | Nils Arne Løkkevik (-62)     | 43 | 2005 |            | 200hk76    |
| 36,97 | Kristian Hansen Bruvik (-94) | 16 | 2010 |            | 200hk76    |
| 36,9  | Stig Andreas Langeland (-94) | 15 | 2009 |            | 200hk76man |
| 37,37 | Harald Olsnes (-64)          | 42 | 2006 |            | 200hk76    |
| 37,2  | Arnljot Rongved (-29)        | 54 | 1983 |            | 200hk76man |
| 38,24 | Ole Johannes Mjøs (-63)      | 43 | 2006 |            | 200hk76    |
| 38,28 | Trond Rosnes (-59)           | 46 | 2005 |            | 200hk76    |
| 39,1  | Robert Lohne (-81)           | 13 | 1994 |            | 200hk76man |
| 41,26 | Magne Vikne (-54)            | 51 | 2005 |            | 200hk76    |
| 43,68 | Per Ole Mostrøm (-85)        | 24 | 2009 |            | 200hk76    |
| 43,68 | Frode Stokke (-93)           | 18 | 2011 |            | 200hk76    |
|       | <b>200m hekk 68</b>          |    |      |            |            |
| 31,47 | Markus Loftås (-94)          | 12 | 2006 |            | 200hk68    |
| 32,08 | Arne Reigstad -67            | 46 | 2013 |            | 200hk68    |

|       |                                  |    |      |           |             |
|-------|----------------------------------|----|------|-----------|-------------|
| 32,56 | Sebastian Haugland (-97)         | 13 | 2010 |           | 200hk68     |
| 33,10 | Magnus Reigstad -03              | 13 | 2016 |           | 200hk68     |
| 33,45 | Arnstein Borge (-98)             | 13 | 2011 |           | 200hk68     |
| 33,96 | Stian Børtveit Johannessen (-91) | 13 | 2004 |           | 200hk68     |
| 34,35 | Anders Flæsland (-91)            | 13 | 2004 |           | 200hk68     |
| 36,09 | Stig Andreas Langeland (-94)     | 12 | 2006 |           | 200hk68     |
| 36,09 | Vebjørn Borge (-94)              | 12 | 2006 |           | 200hk68     |
| 37,19 | Simon Myking Kveen (-93)         | 12 | 2005 |           | 200hk68     |
| 38,99 | Stephan Vik (-93)                | 12 | 2005 |           | 200hk68     |
| 39,17 | Fredrik S. Blichfeldt -02        | 12 | 2014 |           | 200hk68     |
| 40,24 | John Bernes -44                  | 71 | 2015 |           | 200hk68     |
| 41,60 | Andreas Markmanrud -02           | 11 | 2013 |           | 200hk68     |
|       | <b>300m hekk 91</b>              |    |      |           |             |
| 37,95 | Markus Loftås (-94)              | 18 | 2012 |           | 300hk91     |
| 39,66 | Frode Bergheim (-73)             | 18 | 1991 |           | 300hk91     |
| 41,41 | Eirik Reigstad Aasheim (-75)     | 18 | 1993 |           | 300hk91     |
| 43,8  | Sigbjørn Reigstad (-78)          | 17 | 1995 |           | 300hk91 man |
|       | <b>300m hekk 84</b>              |    |      |           |             |
| 37,96 | Markus Loftås (-94)              | 16 | 2010 |           | 300hk84     |
| 39,79 | Vebjørn Borge (-94)              | 17 | 2011 |           | 300hk84     |
| 41,48 | Morten Skaar (-83)               | 16 | 1999 |           | 300hk84     |
| 41,76 | Roald Bergheim (-77)             | 16 | 1993 |           | 300hk84     |
| 41,9  | Frode Bergheim (-73)             | 16 | 1989 | man       | 300hk84     |
| 42,34 | Erlend Mjøs (-92)                | 17 | 2009 |           | 300hk84     |
| 43,44 | Thomas Tveiten Lewis (-88)       | 17 | 2005 |           | 300hk84     |
| 43,66 | Dag Reigstad Aasheim (-77)       | 16 | 1993 |           | 300hk84     |
| 43,92 | Sebastian Haugland -97           | 16 | 2013 |           | 300hk84     |
| 45,86 | Fredrik S. Blichfeldt -02        | 16 | 2018 |           | 300hk84     |
| 45,91 | Joakim J. Magnussen -01          | 17 | 2018 |           | 300hk84     |
| 46,02 | Sigbjørn Reigstad (-78)          | 16 | 1994 |           | 300hk84     |
| 49,82 | John Bernes (-44)                | 53 | 1997 |           | 300hk84     |
| 51,04 | Arne Mjelde (-42)                | 53 | 1995 |           | 300hk84     |
|       | <b>300m hekk 76</b>              |    |      |           |             |
| 40,39 | Markus Loftås (-94)              | 15 | 2009 |           | 300hk76     |
| 40,90 | Sondre Loftås Kåstad -96         | 15 | 2011 |           | 300hk76     |
| 42,77 | Vebjørn Borge (-94)              | 15 | 2009 |           | 300hk76     |
| 42,78 | Frode Bergheim (-73)             | 16 | 1989 |           | 300hk76     |
| 43,92 | Sebastian Haugland -97           | 15 | 2012 |           | 300hk76     |
| 46,45 | Eirik Reigstad -07               | 15 | 2022 |           | 300hk76     |
| 51,69 | John Bernes (-44)                | 59 | 2003 |           | 300hk76     |
| 61,68 | Karl Johan Reigstad (-44)        | 60 | 2004 |           | 300hk76     |
|       | <b>300m hekk 68</b>              |    |      |           |             |
| 57,51 | John Bernes (-44)                | 70 | 2014 |           | 300hk68     |
|       | <b>400m hekk 91</b>              |    |      |           |             |
| 52,56 | Markus Loftås (-94)              | 19 | 2013 |           | 400hk91     |
| 54,75 | Frode Bergheim (-73)             | 19 | 1992 |           | 400hk91     |
| 58,5  | Mats Eirik Elvik (-71)           | 19 | 1990 | 58,75 -93 | 400hk91man  |
| 58,6  | Kjetil Loftås (-57)              | 25 | 1982 |           | 400hk91man  |

|       |                              |    |      |          |             |
|-------|------------------------------|----|------|----------|-------------|
| 58,86 | Martin Loftås Kåstad (-90)   | 18 | 2008 |          | 400hk91     |
| 58,8  | Frode Langhelle (-68)        | 23 | 1991 |          | 400hk91man  |
| 59,16 | Morten Skaar (-83)           | 16 | 1999 |          | 400hk91     |
| 59,2  | Magnus Borge (-44)           | 18 | 1962 |          | 400hk91man  |
| 59,4  | Olav S. Reigstad (-35)       | 23 | 1958 |          | 400hk91man  |
| 60,74 | Roald Bergheim (-77)         | 16 | 1993 |          | 400hk91     |
| 60,7  | Tormod Småland (-49)         | 19 | 1968 |          | 400hk91man  |
| 60,8  | Rune Refsnes (-71)           | 18 | 1989 |          | 400hk91man  |
| 61,04 | Eirik Reigstad Aasheim (-75) | 18 | 1993 |          | 400hk91     |
| 61,2  | Bjarte Lohne (-66)           | 20 | 1986 |          | 400hk91man  |
| 62,2  | Arne Reigstad (-67)          | 23 | 1990 |          | 400hk91man  |
| 62,87 | Sigbjørn Reigstad (-78)      | 18 | 1996 |          | 400hk91     |
| 63,0  | Dag M. Vedå (-68)            | 16 | 1984 |          | 400hk91man  |
| 63,0  | Vidar Simmenes (-48)         | 36 | 1984 |          | 400hk91man  |
| 63,1  | Øyvind Aasheim (-77)         | 19 | 1967 |          | 400hk91man  |
| 63,19 | Jørgen Ommedal (-80)         | 26 | 2006 |          | 400hk91     |
| 65,4  | Charles Hartveit (-44)       | 17 | 1961 |          | 400hk91man  |
| 66,13 | Vebjørn Borge (-94)          | 16 | 2010 |          | 400hk91     |
| 66,8  | Lars O. Reigstad             |    | 1934 |          | 400hk91man  |
| 67,6  | Magnus Mjelde (-49)          | 18 | 1967 |          | 400hk91man  |
| 68,0  | Erling Aasheim (-50)         | 17 | 1967 |          | 400hk91man  |
| 71,1  | Geir Reigstad (-49)          | 18 | 1967 |          | 400hk91man  |
| 71,12 | Karl J. Reigstad (-44)       | 43 | 1987 |          | 400hk91     |
| 71,31 | Agnar Hannisdal (-69)        | 36 | 2005 |          | 400hk91     |
| 71,41 | Trygve F. Mjelde (-94)       | 16 | 2010 |          | 400hk91     |
| 71,61 | Eirik L. Rongved (-87)       | 18 | 2005 |          | 400hk91     |
| 72,2  | John Bernes (-44)            | 42 | 1986 |          | 400hk91man  |
| 72,2  | Stig Andreas Langeland (-94) | 15 | 2009 |          | 400hk91man  |
| 72,34 | Erlend Mjøs (-92)            | 16 | 2008 |          | 400hk91     |
| 73,20 | Torbjørn Simmenes (-82)      | 24 | 2006 |          | 400hk91     |
| 73,69 | Andreas Varberg (-87)        | 18 | 2005 |          | 400hk91     |
| 74,06 | Bjørnar Kallekleiv (-85)     | 21 | 2006 |          | 400hk91     |
| 74,10 | Odd Idar Mjøs (-69)          | 37 | 2006 |          | 400hk91     |
| 78,00 | Kjetil Stokke (-91)          | 18 | 2009 |          | 400hk91     |
| 78,98 | Tarjei Raniseth              | 29 | 2005 |          | 400hk91     |
| 79,89 | Harald Olsnes (-64)          | 42 | 3006 |          | 400hk91     |
| 80,33 | Espen N. Mjøs (-91)          | 16 | 2007 |          | 400hk91     |
| 82,12 | Eystein Markmanrud (-69)     | 36 | 2005 | 82,0 -09 | 400hk91     |
| 86,51 | Trond Rosnes (-59)           | 47 | 2006 |          | 400hk91     |
| 89,51 | Ole Johannes Mjøs (-63)      | 43 | 2006 |          | 400hk91     |
| 93,76 | Nils Arne Løkkevik (-62)     | 43 | 2005 |          | 400hk91     |
| 94,02 | Magne Vikne (-54)            | 51 | 2005 |          | 400hk91     |
| 95,0  | Per Ole Mostrøm (-85)        | 24 | 2009 |          | 400hk91man  |
| 98,71 | Frode Stokke (-93)           | 18 | 2011 |          | 400hk91     |
|       | <b>400m hekk 84</b>          |    |      |          |             |
| 53,22 | Markus Loftås (-94)          | 17 | 2011 |          | 400hk84     |
| 58,4  | Frode Bergheim (-73)         | 16 | 1989 |          | 400hk84 man |
| 68,7  | Erling Aasheim (-50)         | 16 | 1966 |          | 400hk84 man |

|                 |                               |           |             |                               |                   |
|-----------------|-------------------------------|-----------|-------------|-------------------------------|-------------------|
| <b>70,0</b>     | Geir Reigstad (-49)           | 16        | 1965        |                               | 400hk84 man       |
|                 | <b>1500m hinder</b>           |           |             |                               |                   |
| <b>4.24,90</b>  | Vebjørn Borge (-94)           | 16        | 2010        |                               | 1500hi            |
| <b>4.36,3</b>   | Erling Aasheim (-50)          | 18        | 1968        |                               | 1500hi-man        |
| <b>4.46,94</b>  | Trygve F. Mjelde (-94)        | 16        | 2010        |                               | 1500hi            |
| <b>4.48,1</b>   | Geir Reigstad (-49)           | 19        | 1968        |                               | 1500hi man        |
| <b>4.53,7</b>   | Magnus Mjelde (-49)           | 19        | 1968        |                               | 1500hi man        |
| <b>4.59,1</b>   | Ingemar Valestrand (-44)      | 20        | 1964        |                               | 1500hi-man        |
| <b>5.07,43</b>  | Stephan Vik (-93)             | 15        | 2008        |                               | 1500hi            |
| <b>5.14,46</b>  | Markus Markmanrud -97         | 16        | 2013        |                               | 1500hi            |
|                 | <b>2000m hinder</b>           |           |             |                               |                   |
| <b>6.08,7</b>   | Bjarte Vik (-69)              | 20        | 1989        |                               | 2000hi-man        |
| <b>6.23,8</b>   | Kjetil Loftås (-57)           | 17        | 1974        |                               | 2000hi-man        |
| <b>6.24,87</b>  | Magus Gjerstad -00            | 19        | 2019        |                               | 2000hi            |
| <b>6.28,37</b>  | Vebjørn Borge (-94)           | 16        | 2010        |                               | 2000hi            |
| <b>6.29,5</b>   | Rune Strømsnes (-71)          | 18        | 1989        |                               | 2000hi-man        |
| <b>6,38,61</b>  | <b>Dagfinn Gjerstad (-06)</b> | <b>19</b> | <b>2025</b> | <b>Øverlands Minde 250906</b> | <b>2000hu91,4</b> |
| <b>7.02,8</b>   | Torbjørn Simmenes (-82)       | 17        | 1999        |                               | 2000hi-man        |
| <b>7.39,03</b>  | Aslak Monstad -04             | 17        | 2021        |                               | 2000hi            |
| <b>7.58,33</b>  | Kjetil Stokke (-91)           | 18        | 2009        |                               | 2000hi            |
| <b>8.35,52</b>  | John Bernes -44               | 69        | 2013        |                               | 2000hi            |
|                 | <b>3000m hinder</b>           |           |             |                               |                   |
| <b>9.10,75</b>  | Bjarte Vik (-69)              | 26        | 1995        |                               | 3000m-hi          |
| <b>9.47,5</b>   | Leiv Mjelde (-34)             | 27        | 1961        |                               | 3000m-hi man      |
| <b>10.12,3</b>  | Odd H. Hatland (-58)          | 27        | 1985        |                               | 3000m-hi man      |
| <b>10.20,1</b>  | Kjetil Loftås (-57)           | 27        | 1984        |                               | 3000m-hi man      |
| <b>10.25,75</b> | Torbjørn Simmenes (-82)       | 21        | 2003        |                               | 3000m-hi          |
| <b>10.47,4</b>  | Einar Skjerping (-39)         | 19        | 1958        |                               | 3000m-hi man      |
| <b>11.02,99</b> | Bjørnar Kallekleiv (-85)      | 21        | 2006        |                               | 3000m-hi          |
| <b>11.07,07</b> | Andreas Varberg               | 18        | 2005        |                               | 3000m-hi          |
| <b>11.23,75</b> | Jørgen Ommedal (-80)          | 26        | 2006        |                               | 3000m-hi          |
| <b>11.28,64</b> | Sigbjørn Reigstad (-78)       | 29        | 2007        |                               | 3000m-hi          |
| <b>11.39,2</b>  | Vebjørn Borge (-94)           | 15        | 2009        |                               | 3000m-hi man      |
| <b>12.14,28</b> | Markus Loftås (-94)           | 16        | 2010        |                               | 3000m-hi          |
| <b>12.17,74</b> | Mats E. Elvik (-71)           | 34        | 2005        |                               | 3000m-hi          |
| <b>12.21,90</b> | Trygve F. Mjelde (-94)        | 16        | 2010        |                               | 3000m-hi          |
| <b>12.30,24</b> | Martin L. Kåstad (-90)        | 18        | 2008        |                               | 3000m-hi          |
| <b>13.06,45</b> | Harald Olsnes (-64)           | 42        | 2006        |                               | 3000m-hi          |
| <b>13.08,34</b> | Kjetil Stokke (-91)           | 19        | 2010        |                               | 3000m-hi          |
| <b>13.22,69</b> | Espen N. Mjøs (-91)           | 15        | 2006        |                               | 3000m-hi          |
| <b>13.24,60</b> | Agnar Hannisdal (-69)         | 36        | 2005        |                               | 3000m-hi          |
| <b>13.29,68</b> | Arne Reigstad (-67)           | 39        | 2007        |                               | 3000m-hi          |
| <b>13.56,79</b> | Frode Langhelle (-68)         | 38        | 2006        |                               | 3000m-hi          |
| <b>13.56,85</b> | Eirik L. Rongved (-87)        | 18        | 2005        |                               | 3000m-hi          |
| <b>14.13,6</b>  | Per Ole Mostrøm (-85)         | 24        | 2009        |                               | 3000m-hi man      |
| <b>14.14,14</b> | Magne Vikne (-54)             | 51        | 2005        |                               | 3000m-hi          |
| <b>14.44,15</b> | Erlend Mjøs (-92)             | 16        | 2008        |                               | 3000m-hi          |

|                 |                              |    |      |  |              |
|-----------------|------------------------------|----|------|--|--------------|
| <b>14.32,30</b> | Tarjei Raniseth (-76)        | 29 | 2005 |  | 3000m-hi     |
| <b>15.12,1</b>  | Stig Andreas Langeland (-94) | 15 | 2009 |  | 3000m-hi man |
| <b>15.20,00</b> | Eystein Markmanrud (-69)     | 37 | 2006 |  | 3000m-hi     |
| <b>15.30,05</b> | Odd Idar Mjøs (-69)          | 38 | 2007 |  | 3000m-hi     |
| <b>15.42,80</b> | Trond Rosnes (-59)           | 47 | 2006 |  | 3000m-hi     |
| <b>15.59,92</b> | Kristian Hansen Bruvik (-94) | 16 | 2010 |  | 3000m-hi     |
| <b>16.15,3</b>  | Vidar Simmenes (-48)         | 57 | 2005 |  | 3000m-hi man |
| <b>16.15,94</b> | Frode Stokke (-93)           | 18 | 2011 |  | 3000m-hi     |
| <b>16.17,70</b> | Ole Johannes Mjøs (-63)      | 43 | 2006 |  | 3000m-hi     |
| <b>19.18,5</b>  | Nils Arne Løkkevik (-62)     | 43 | 2005 |  | 3000m-hi man |