



	2007	Geithus Fk	68,91f	25	6.42,68	2	1.52,04	1	13.56,71	2	188,359	12					
	2008	Bjugn Fh	37,30	1	6.39,76	1	1.52,09	1	13.53,23	1	<b>156,300</b>	<b>1</b>					
	<i>Første gang siden 1925 at samme løper vinner alle fire distanser i allround-NM for menn</i>																
	2009	Gol	37,51	1	6.51,81	1	1.52,27	1	13.48,57	1	<b>157,542</b>	<b>1</b>	<i>(Alle 4 også for 2009)</i>				
<b>NMe</b>	2005	Larvik									1.58,63	6	6.55,03	5			
	2006	Hamar V				37,10	2	1.12,81	3	1.50,05	2	6.39,29	4				
	2006	Arendal M											13.49,60	5			
	2007	Hamar V				36,25	2	1.11,25	2	1.48,38	2	6.27,37	3				
	2007	Geithus Fk											13.56,71	2			
	2008	Hamar V						<b>36,66</b>	<b>1</b>	<b>1.10,69</b>	<b>1</b>	<b>1.48,07</b>	<b>1</b>	<b>6.27,28</b>	<b>1</b>		
	2008	Bjugn Fh						<i>Eneste løper i historien som har tatt samtlige GULL i NM enkeltdistanser</i>					<b>13.53,23</b>	<b>1</b>			
	2009	Hamar V						<b>35,99</b>	<b>1</b>	<b>1.09,83</b>	<b>1</b>	<b>1.47,29</b>	<b>1</b>	<b>6.27,38</b>	<b>1</b>		
	2009	Gol						<i>Gjentok bedriften fra 2008 !</i>					<b>13.48,57</b>	<b>1</b>			
	2010	Hamar V						<b>36,27</b>	<b>2</b>	<b>1.10,68</b>	<b>1</b>	<b>1.47,34</b>	<b>1</b>	<b>6.24,24</b>	<b>1</b>	<b>13.25,15</b>	<b>1</b>
<b>NMs</b>	2010	Hamar V	36,55	4	1.10,64	1	36,38	3	1.10,39	1	<b>143,445</b>	<b>1</b>					
<b>JNMa</b>	2004	Skien Is	39,78	2	4.22,01	1	2.03,59	2	7.26,45	1	<b>169,289</b>	<b>1</b>					
<b>JNMs</b>	2003	Drammen Mk	41,72	15	1.26,49	24	41,78	16	1.24,48	15	168,985	17					
	2004	Harstad K	39,5	3	1.20,5	6	39,5	4	1.20,5	6	159,500	5					
	2006	Asker R	38,54	1	1.17,99	1	37,89	1	1.15,06	1	<b>152,955</b>	<b>1</b>					
<b>JNMe</b>	2004	Drammen Mk	( 39,68	2	39,59	2 )	79,27	2	1.20,30	2			<b>4.27,73</b>	<b>1</b>	<b>7.40,8</b>	<b>1</b>	
	2005	Bergen	( 39,83	3	38,78	1 )	<b>78,61</b>	<b>1</b>	<b>1.15,82</b>	<b>1</b>	<b>2.01,11</b>	<b>1</b>	<b>4.08,18</b>	<b>1</b>	<b>7.36,86</b>	<b>1</b>	
<b>LM-12</b>	2000	Bergen S	48,4	5	2.48,2f	10	1.40,0	5									
<b>LM-JC</b>	2001	Larvik F	45,66	24	2.25,34	20	1.33,07	20									
<b>LM-14</b>	2002	Trondheim L	45,53	2	2.20,51	4	1.30,19	3									
<b>LM-15</b>	2003	Hamar V	<b>40,61</b>	<b>1</b>	2.18,71f	7	<b>1.20,34</b>	<b>1</b>	<b>4.20,04</b>	<b>1</b>							

#### JUNIOR-VERDENSREKORDER (godkjent av ISU)

<b>1500 m:</b>	1.46,07	Salt Lake City	18.11.2005
<b>3000 m:</b>	3.43,66	Calgary Olympic Oval	05.11.2005
	3.43,20	Calgary Olympic Oval	21.03.2006
<b>5000 m:</b>	6.18,93	Calgary Olympic Oval	13.11.2005

#### NORSKE SENIOR-REKORDER (godkjent av NSF)

<b>1500 m:</b>	1.44,57	Calgary Olympic Oval	04.03.2007
	1.44,21	Salt Lake City	09.11.2007
	1.43,93	Calgary Olympic Oval	16.11.2007
	1.42,67	Salt Lake City	06.03.2009
<b>5000 m:</b>	6.09,94	Salt Lake City	07.03.2009
<b>Stor firk.:</b>	148,077	Hamar / Vikingskipet	07.-08.02.2009
<b>Lagtempo:</b>	3.51,04	Berlin Sportforum	21.11.2004
	3.42,88	Calgary Olympic Oval	18.11.2007
	<b>3.41,59</b>	Calgary Olympic Oval	<b>06.12.2009</b>
	<b>3.39,55</b>	Salt Lake City	<b>13.12.2009</b>

#### NORSKE JUNIOR-REKORDER (godkjent av NSF)

<b>100 m</b>	10,06	Hamar / Vikingskipet	29.01.2006
	10,06 t	Hamar / Vikingskipet	29.01.2006
<b>500 m</b>	37,00	Heerenveen / Thialf	07.01.2005
	36,65	Calgary Olympic Oval	04.11.2005
	36,33	Salt Lake City	20.11.2005
<b>1000 m</b>	1.10,57	Salt Lake City	20.11.2005
<b>1500 m</b>	1.50,05	Hamar / Vikingskipet	22.10.2005
	1.46,80	Calgary Olympic Oval	12.11.2005
	1.46,07	Salt Lake City	18.11.2005
<b>3000 m</b>	3.43,66	Calgary Olympic Oval	05.11.2005
	3.43,20	Calgary Olympic Oval	21.03.2006
<b>5000 m</b>	6.41,94	Hamar / Vikingskipet	31.10.2004
	6.32,01	Hamar / Vikingskipet	14.11.2004
	6.31,91	Berlin Sportforum	20.11.2004
	6.18,93	Calgary Olympic Oval	13.11.2005
<b>10000 m:</b>	13.46,08	Heerenveen / Thialf	09.01.2005
	13.27,99	Heerenveen / Thialf	04.12.2005
	13.24,09	Hamar / Vikingskipet	15.01.2006
<b>Liten firk.:</b>	150,041	Erfurt / GNS-Halle	10.-12.03.2006
<b>Stor firkamp:</b>	155,034	Heerenveen / Thialf	07.-09.01.2005
	152,449	Hamar / Vikingskipet	14.-15.01.2006
	150,369	Calgary Olympic Oval	18.-19.03.2006
<b>Lagtempo:</b>	4.08,08	Erfurt / GNS-Halle	12.03.2006