

Norges Fri-idrettsforbund / Norwegian Athletics Federation

Alle tiders beste utendørs / All Time Best Outdoor

Kvinner - 3000m hinder / Women - 3000m steeplechase

pr. 31.12.2010 (oppdatert / updated 25.02.2011)

**3000m hinder / steeplechase 76.2 cm kvinner 35-39 år / Women 35-39 years**

|          |       |                                |      |             |            |
|----------|-------|--------------------------------|------|-------------|------------|
| 10:29.47 | (1)KS | Hanne Lyngstad, IK Tjalve      | (75) | Lillehammer | 19.06.2010 |
| 10:57.59 | (1)   | Marit Brennhovd, SK Vidar      | (65) | Oslo/Bi     | 31.07.2001 |
| 12:46.4  | (3)   | Anette Bru, Osterøy IL         | (69) | Hatland     | 28.10.2006 |
| 14:36.98 | (m)KS | Eli Lunde Simmenes, Osterøy IL | (73) | Hatland     | 02.10.2010 |

**3000m hinder / steeplechase 76.2 cm kvinner 40-44 år / Women 40-44 years**

|          |     |                        |      |         |            |
|----------|-----|------------------------|------|---------|------------|
| 13:34.51 | (m) | Anette Bru, Osterøy IL | (69) | Hatland | 03.10.2009 |
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**3000m hinder / steeplechase 76.2 cm kvinner 45-49 år / Women 45-49 years**

|         |     |                                  |      |         |            |
|---------|-----|----------------------------------|------|---------|------------|
| 12:10.3 | (1) | Bente Rosvold Midtun, Osterøy IL | (58) | Hatland | 28.10.2006 |
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