

# KAROLINE BJERKELI GRØVDAL

**Born:** 14.06.1990

**Club:** IK Tjalve

**Coach:** Knut Jæger Hansen

## Personal best:

4:03.07	[1500m/2021].
4:26.23	[Mile/2016/NR].
8:37.58	[3000m/2017].
8:30.84	[3000m/2021] – mix-race
14:47.67	[5000m/2021].
30.50.84	[10000m/2021].
9:13.35	[3000mst/2017/NR].
15:04	[5km road/2020].
30:32	[10km road/2020].
1:09.41	[Half marathon/2012].

## Merits:

**OG:** 2012: h/5000m. 2016: 7/5000m. 9/10000m.

**WCH:** 2007: h/3000m st.2009: h/3000mst. 2013: 13/5000m. 2015: h/5000m. 2017: h/1500m. DNF fi/5000m. 2019: 13/3000mst. DNF h/5000.

**WJRCH:** 2006: 5/3000mst.

**WU18CH:** 2007: 3/2000mst.

**ECH:** 2010: 10/5000m+DNF/10000m. 2014: 13/5000m. 2015: 3/CC. 2016: 3/10000m+3/CC. 2017: 3/CC. 2018: 3/3000mst+3/CC. 2019: 2/CC.

**EICH:** 2019: 5/3000m.

**EU20CH:** 2006: 2/CC. 2007: 1/3000mst. 2009: 1/5000m+1/3000mst.

**EJRCH:** 2007: 1/3000mst. 2009: 1/5000m+1/3000mst.

**Norwegian Championships:** 1500m: 2013/2015. 5000m: 2008/2010/2012/2014. 3000mst: 2006/2009/2010/2017/2019. 2kmCC: 2009/2010. 6kmCC: 2009+2010+2012+2020.

**Kings Trophy Norwegian championships:** 2017+2019.

**Current Norwegian record holder at (senior):** One Mile, 3000m steeplechase. **Norwegian best performance (senior):** 2000m, 2000m steeplechase, 10km road.

**Others:** EA Rising Star 2009. EA Athlete of the month October 2017 and October 2020.

**World Athletics profile:** <https://www.worldathletics.org/athletes/norway/karoline-bjerkeli-grovdal-226150>

## NFIF database since 2011:

<http://www.minfriidrettsstatistikk.info/php/UtoverStatistikk.php?showathlete=11693&showevent=0&showseason=0&outdoor=Y&listtype=All>