

# KARSTEN WARHOLM

**Born:** 28.02.1996

**Club:** Dimna IL

**Coach:** Leif Olav Alnes

## Personal best:

33.78 [300mh/2020/WB].

46.70 [400mh/2021/WR].

32.69 [300m/2018].

44.87 [400m/2017/ER].

6.75i [60m/2017].

10.49i [100m/2017].

20.91i [200m/2017].

32.47i [300m/2021].

45.05i [400m/2019]

34.26iOT WIB [300mh/2018].

## Merits:

**OG:** 2016: sf/400mh.

**WCH:** 2017: 1/400mh. 2019/1/400mh.

**ECH:** 2014: h/400m. 2016: 6/400mh. h/4x400m.2018: 1/400mh+8/400m.

**EICH:** 2019: 1/400m.

**WCHJR:** 2014: 10/Decathlon.

**WCHU18:** 2013: 1/Decathlon.

**ECHU23:** 2017: 1/400mh [CHR]. 2/400m.

**ECHJR:** 2015: 2/Decathlon. 2/400m.

**Norwegian Championships:** 400m: 2014-2019. 400mh: 2015-2020. 110mh: 1/2013. 1=/2014.

**Norwegian indoor Championships:** 60mh: 1/2014-2015. 200m: 1/2015-2017. 400m: 1/2014-2018. LJ: 1/2016.

**Kings Trophy Norwegian championships:** 2015-2019.

**Current World record holder at 400mh, and world best performance holder at 300mh. Current European record holder at 400m,**

**Current Norwegian record holder at (senior): 400m, 400mh. Norwegian best performance (senior): 300m, 300mh.**

**Others:** 2017: 2<sup>nd</sup> IAAF Diamond League 400mh. IAAF and EA male "Rising Star" 2017. EA Athlete of the month June 2017, January 2018, May 2018, January 2019, May 2019, and August 2020. His world indoor best at 300mh is faster than the world outdoor best as well. 1 DL 400mh 2019.

**World Athletics profile:** <https://www.worldathletics.org/athletes/norway/karsten-warholm-275867>

## NFIF database since 2011:

<http://www.minfriadrettsstatistikk.info/php/UtoverStatistikk.php?showathlete=1172&showevent=0&showseason=0&outdoor=N>