

# JAKOB INGEBRIGTSEN

**Born:** 19.09.2000

**Club:** Sandnes IL

**Coach:** Gjert Ingebrigtsen

## Personal best:

|          |                            |
|----------|----------------------------|
| 51.03    | [400m/2017].               |
| 1.46.44  | [800m/2020].               |
| 3:28.68  | [1500m/2020/NR*].          |
| 3:31.80i | [1500m/2021*].             |
| 3:51.30  | [Mile/2019].               |
| 4:50.01  | [2000m/2020/NB*].          |
| 7:27.05  | [3000m/2020/NR].           |
| 12:48.45 | [5000m/2021/NR]            |
| 8:26.81  | [3000m steeplechase/2017]. |
| 13:28    | [5km road/2020].           |
| 27:54    | [10km road/2019/NB].       |

## Merits:

**WCH:** 2017: h/3000mst. 2019: 4/1500m. 5/5000m.

**WJCH:** 2016: 9/1500m. 2018: 2/1500m + 3/5000m. 2019: 12/8kmCC.

**ECH:** 2018: 1/1500m+1/5000m.

**EICH:** 2019: 1/3000m+2/1500m. 2021: 1/1500m+1/3000m.

**EU23CH:** 2017: 1/CC. 2016: 1/CC.

**EU20CH:** 2016: 1/CC. 2017: 1/3000m st + 1/5000m + 8/1500m + 1/CC. 2018: 1/CC + 1/TeamCC. 2019/1CC + 2/TeamCC.

**Norwegian Championships:** 1500m: 2017-2020. 5000m: 2017. 3000mst: 2017. 800m: 2020.

**NCH Indoor:** 2018: 1500m + 3000m.

**\* Current World U20 record holder 1500m indoor. Current European record holder 1500m and 2000m and 1500m indoor.**

**Current Norwegian record holder at (senior):** 1500m, 3000m, 5000m. **Norwegian best performance (senior):** 2000m, 10km road.

**Other:** IAAF Rising Star 2018 (together with Armand Duplantis). EA Male athlete of the month Dec 2018+Feb/Jul/Oct/Dec 2019. European record holder 1500m U20 3:31.18 [2018].

**Kings Trophy Norwegian championships:** 2020.

**World Athletics profile:** <https://www.worldathletics.org/athletes/norway/jakob-ingebriksen-294868>

**NFIF database since 2011:**

<http://www.minfriidrettsstatistikk.info/php/UtoverStatistikk.php?listtype=All&outdoor=N&showsason=0&showevent=0&showathlete=1099>