

HÅVARD HAUKENES

Born: 22.04.1990

Club: IL I BUL

Coach: Robert Heffernan (technical coach)

Personal bests:

Road:

40:14 [10kmW/2020].

1.23:15 [20kmW/2016].

2:07.42 [30kmW/2020].

3.42:50 [50kmW/2019].

Track:

11:26.95 [3000m/2019].

42:38.5 [10km].

Merits:

OG: 2016: 7/50km.

WCH: 2013: DQ/50km. 2015: 24/50km. 2017: DQ/50km. 2019: DQ/50km.

ECH: 2014: DQ/20km. 2018: 4/50km.

Norwegian Championships: 20km: 2014. 50km: 2012. 5km track: 2017-2018.

Norwegian Indoor Championships: 5000m: 2011+2013+2020.

Norwegian best performance (senior): 30km road.

World Athletics profile: <https://www.worldathletics.org/athletes/norway/havard-haukenes-241401>

NFIF statistic: <https://www.friidrett.no/aktivitet/statistikk/arsstatistikker/statistikk-kappgang/>