

## Norges Fri-idrettsforbund / Norwegian Athletics Federation

## Alle tiders beste utendørs / All Time Best Outdoor

## Kvinner - 300m hekk / Women - 300m hurdles

pr. 31.12.2025 (oppdatert / updated 18.01.2026)

**300m hekk / hurdles 76.2 cm kvinner 50-54 år / Women 50-54 years - 65.00/64.9**

|       |       |                                      |      |                 |            |
|-------|-------|--------------------------------------|------|-----------------|------------|
| 49.49 | (1)   | Anny Undheim, IL Framsteg            | (56) | Geithus         | 01.07.2006 |
| 51.35 | (1)   | Oddbjørg Haakensveen, Veldre IL      | (45) | Bismo           | 13.08.1995 |
| 52.36 | (1)h2 | Marit Huflåten, IL Flint             | (53) | Århus, DEN      | 26.07.2004 |
| 53.42 | (2)   | Elise Marie Wåle, Larvik FIK         | (42) | Athen, GRE      | 05.06.1994 |
| 53.60 | (1)   | Bjørg (Hillersøy) Reknes, Florø T&IF | (52) | Askim           | 30.06.2002 |
| 63.92 | (1)   | Herdis Elin Lexau, Florø T&IF        | (54) | Ravnanger       | 17.06.2007 |
| 64.55 | (2)   | Ellen Merethe Dunseth, Kvinesdal IL  | (51) | Eskilstuna, SWE | 18.08.2001 |

**300m hekk / hurdles 76.2 cm kvinner 55-59 år / Women 55-59 years - 70.00/69.9**

|       |     |                                      |      |                   |            |
|-------|-----|--------------------------------------|------|-------------------|------------|
| 51.58 | (1) | Anny Undheim, IL Framsteg            | (56) | Lappeenranta, FIN | 02.07.2011 |
| 53.50 | (1) | Oddbjørg Haakensveen, Veldre IL      | (45) | Ravnanger         | 02.07.2000 |
| 54.11 | (4) | Heidi Barth (Andersen), Larvik T&IF  | (61) | Málaga, ESP       | 07.09.2018 |
| 55.86 | (1) | Bjørg (Hillersøy) Reknes, Florø T&IF | (52) | Ravnanger         | 17.06.2007 |
| 58.41 | (1) | Elise Marie Wåle, Larvik T&IF        | (42) | Lillehammer       | 16.08.1997 |
| 61.06 | (1) | Gerd Mjelde, Bærum SK                | (33) | Glostrup, DEN     | 28.06.1991 |
| 64.03 | (2) | Herdis Elin Lexau, Florø T&IF        | (54) | Huddinge, SWE     | 27.06.2009 |
| 69.05 | (1) | Ellen Merethe Dunseth, Kvinesdal IL  | (51) | Geithus           | 01.07.2006 |

**300m hekk / hurdles 76.2 cm kvinner 60-64 år / Women 60-64 years - 75.00/74.9**

|       |     |                       |      |               |            |
|-------|-----|-----------------------|------|---------------|------------|
| 61.16 | (2) | Gerd Mjelde, Bærum SK | (33) | Miyazaki, JPN | 13.10.1993 |
|-------|-----|-----------------------|------|---------------|------------|

**300m hekk / hurdles 76.2 cm kvinner 65-69 år / Women 65-69 years - 85.00/84.9**

|       |     |                       |      |                |            |
|-------|-----|-----------------------|------|----------------|------------|
| 65.74 | (1) | Gerd Mjelde, Bærum SK | (33) | Gateshead, GBR | 01.08.1999 |
|-------|-----|-----------------------|------|----------------|------------|

**300m hekk / hurdles 68.6 cm kvinner 60-64 år / Women 60-64 years - 75.00/74.9**

|       |     |                                        |      |                    |            |
|-------|-----|----------------------------------------|------|--------------------|------------|
| 53.40 | (2) | Oddbjørg Haakensveen, Veldre Friidrett | (45) | San Sebastian, ESP | 26.08.2005 |
| 54.60 | (2) | Anny Undheim, IL Framsteg              | (56) | Málaga, ESP        | 07.09.2018 |
| 58.74 | (1) | Bjørg (Hillersøy) Reknes, Florø T&IF   | (52) | Moss               | 29.06.2013 |
| 63.35 | (1) | Elise Marie Wåle, Larvik T&IF          | (42) | Stjørdal           | 03.08.2003 |
| 69.36 | (6) | Herdis Elin Lexau, Florø T&IF          | (54) | Málaga, ESP        | 07.09.2018 |

**300m hekk / hurdles 68.6 cm kvinner 65-69 år / Women 65-69 years - 85.00/84.9**

|       |     |                                        |      |                  |            |
|-------|-----|----------------------------------------|------|------------------|------------|
| 54.39 | (1) | Anny Undheim, IL Framsteg              | (56) | Göteborg, SWE    | 17.08.2024 |
| 55.30 | (1) | Oddbjørg Haakensveen, Veldre Friidrett | (45) | Nyiregyhaza, HUN | 18.07.2010 |
| 64.90 | (4) | Bjørg (Hillersøy) Reknes, Florø T&IF   | (52) | Málaga, ESP      | 07.09.2018 |
| 69.55 | (1) | Gerd Mjelde, Bærum SK                  | (33) | Jyväskylä, FIN   | 08.07.2000 |

**300m hekk / hurdles 68.6 cm kvinner 70-74 år / Women 70-74 years**

|       |     |                       |      |               |            |
|-------|-----|-----------------------|------|---------------|------------|
| 71.67 | (1) | Gerd Mjelde, Bærum SK | (33) | Carolina, PUR | 05.07.2003 |
|-------|-----|-----------------------|------|---------------|------------|