

**Norges Fri-idrettsforbund / Norwegian Athletics Federation**

**Alle tiders beste innendørs / All Time Best Indoor**

**Menn - 110m hekk / Men - 110m hurdles**

pr. 30.06.2026 (oppdatert / updated 26.07.2026)

**110m hekk / hurdles 106.7 cm menn 35-39 år / Men 35-39 years - 18.00/17.7**

**Manuelle tider / Handtiming:**

|      |     |                              |      |         |            |
|------|-----|------------------------------|------|---------|------------|
| 17.4 | (1) | Jostein Myrvang, Larvik T&IF | (46) | Drammen | 05.04.1981 |
|------|-----|------------------------------|------|---------|------------|

**110m hekk / hurdles 91.4 cm menn 45-49 år / Men 45-49 years - 20.30/20.0**

**Manuelle tider / Handtiming:**

|      |     |                                     |      |         |            |
|------|-----|-------------------------------------|------|---------|------------|
| 17.6 | (1) | Jan Sommerseth, Moss IL             | (35) | Drammen | 05.04.1981 |
| 17.8 | (1) | Knut Henrik Skramstad, Kongsberg IF | (37) | Drammen | 12.02.1983 |

**110m hekk / hurdles 91.4 cm menn 55-59 år / Men 55-59 years - 21.70/21.4**

**Manuelle tider / Handtiming:**

|      |     |                               |      |         |            |
|------|-----|-------------------------------|------|---------|------------|
| 20.0 | (1) | Harald Aanerud, Lørenskog FIL | (27) | Drammen | 17.04.1982 |
|------|-----|-------------------------------|------|---------|------------|

**110m hekk / hurdles 91.4 cm menn 60-64 år / Men 60-64 years - 24.50/24.2**

**Manuelle tider / Handtiming:**

|      |     |                            |      |         |            |
|------|-----|----------------------------|------|---------|------------|
| 23.8 | (1) | Rolv Nordahl-Hansen, Ready | (23) | Drammen | 12.02.1983 |
|------|-----|----------------------------|------|---------|------------|

**100m hekk / hurdles 91.4 cm menn 60-64 år / Men 60-64 years - 22.30/22.0**

**Manuelle tider / Handtiming:**

|      |     |                         |      |         |            |
|------|-----|-------------------------|------|---------|------------|
| 17.2 | (1) | Trygve Syversen, Ski IL | (22) | Drammen | 17.04.1982 |
|------|-----|-------------------------|------|---------|------------|