

Norges Fri-idrettsforbund / Norwegian Athletics Federation

Alle tiders beste utendørs / All Time Best Outdoor

Kvinner - 3000m hinder / Women - 3000m steeplechase

pr. 31.12.2025 (oppdatert / updated 18.01.2026)

3000m hinder / steeplechase 76.2 cm kvinner 35-39 år / Women 35-39 years

10:29.47	(1)KS	Hanne Lyngstad, IK Tjalve	(75)	Lillehammer	19.06.2010
10:57.59	(1)	Marit Brennhovd, SK Vidar	(65)	Oslo/Bi	31.07.2001
12:46.4	(3)	Anette Bru, Osterøy IL	(69)	Hatland	28.10.2006
14:36.98	(m)KS	Eli Lunde Simmenes, Osterøy IL	(73)	Hatland	02.10.2010

3000m hinder / steeplechase 76.2 cm kvinner 40-44 år / Women 40-44 years

13:34.51	(m)	Anette Bru, Osterøy IL	(69)	Hatland	03.10.2009
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3000m hinder / steeplechase 76.2 cm kvinner 45-49 år / Women 45-49 years

12:10.3	(1)	Bente Rosvold Midtun, Osterøy IL	(58)	Hatland	28.10.2006
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Utenlandsk statsborger / Foreign citizen:

14:56.44	(1)KS	Claire Phythian, Hurdal IL (GBR)	(73)	Jessheim	19.06.2018
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