

SONDRE NORDSTAD MOEN

Born: 12.01.1991

Club: IL ROS

Coach: Renato Canova

Personal bests:

7.52.55	[3000m/2017].
13.20.16	[5000m/2017].
27:24.78	[10000m/2019/NR].
13:36	[5km Road/2019].
27:55	[10km Road/2017].
59.48	[Half Marathon/2017].
57:55.00	[20000m/2020/NR].
20703m	[1-hour track/2020/NR]
1:12.46.5	[25000m/2020/ER].
2.05.48	[Marathon/2017/NR].

Merits:

OG: 2016: 19/Marathon.

WCH: 2011: 36/CC. 2017: h/5000m. 2019: 12/10000m.

WJRCH: 2008: 28/CC. 14/5000m. 2009: 74/CC. 2010: 31/CC.

ECH: 2010: h/5000m+14/10000. 2014: 13/CC. 9/10000m. 2016: 13/CC. 2018: DNF/Marathon.

ECHU23: 2011: 3/CC. 1/10000m.

EJRCH: 2007: 6/CC. 2008: 2/CC. 2009: 4/CC. 5/5000m. 2010: 5/CC.

Norwegian Championships: 5000m: 2011. 10000m: 2015+2019. Half marathon: 2015. 10kmCC: 2014.

Current European record holder at 25000m track.

Current Norwegian record holder at (senior): 10000m, 1-hour track, 20000m.

Norwegian best performance (senior): Half marathon, marathon.

Others: EA Athlete of the month December 2017. Improved the European Record on marathon winning the Fukuoka Marathon on 3rd of December 2017; 2.05.48 (later improved by Mo Farah).

World Athletics profile: <https://www.worldathletics.org/athletes/norway/sondre-nordstad-moen-227935>

NFIF database since 2011:

<https://www.minfriidrettsstatistikk.info/php/UtoverStatistikk.php?listtype=All&outdoor=Y&showseason=0&showevent=0&showathl=6456>