

## Norway - national records - 400 metres - men

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NR - 44.87 - 1 - Karsten Warholm - 10/06/2017 - Florø, NOR  
NR - 46.10 - 1 - Karsten Warholm - 31/08/2016 - Kristiansand, NOR  
b.28/02/1996  
NR - 46.11 - 4 - Quincy Douglas - 30/06/1999 - Oslo, NOR - BG  
NR - 46.19 - 2 - Quincy Douglas - 29/05/1999 - Florø, NOR  
NR - 46.33 - 6 - Quincy Douglas - 24/06/1997 - Luzern, SUI  
NR - 46.46 - 1 - Quincy Douglas - 24/05/1997 - Florø, NOR  
b.07/09/1975  
NR - 46.56 - - Vebjørn Rodal - 15/06/1994 - Oslo, NOR  
b.16/09/1972  
NR - 46.71 - 1 - Svein Erik Storlien - 31/07/1983 - Trondheim, NOR  
b.06/04/1958  
NR - 46.73 - 3 - Per Rom - 11/08/1971 - Helsinki, FIN - **10.EC/h2**  
b.28/10/1946  
  
NJR - 46.23 - 6 - Karsten Warholm - 11/06/2015 - Oslo, NOR  
NJR - 46.31 - 2 - Karsten Warholm - 07/06/2014 - Florø, NOR  
b.28/02/1996  
NJR - 46.90 - 1 - Sondre Nyvold Lid - 23/06/2012 - Mannheim, GER  
NJR - 47.04 - 3 - Sondre Nyvold Lid - 07/06/2012 - Oslo, NOR  
NJR - 47.12 - 3 - Sondre Nyvold Lid - 24/05/2012 - Oslo, NOR  
b.12/05/1994  
NJR - 47.58 - - Mauritz Kåshagen - 20/07/2008 - Trondheim, NOR  
NJR - 47.75 - 4 - Mauritz Kåshagen - 08/07/2008 - Bydgoszcz, POL - **12.Wu20C/h7**  
NJR - 47.77 - - Mauritz Kåshagen - 06/06/2008 - Oslo, NOR  
b.15/02/1989  
NJR - 47.80 - - Ragnar Bergheim - 12/08/2001 - Nadderud, NOR  
b.19/06/1982  
  
NiR - 45.05 - 1 - Karsten Warholm - 02/03/2019 - Glasgow, GBR - **35.EiC**  
- also **AiR=**  
NiR - 45.56 - 1 - Karsten Warholm - 25/01/2019 - Ulsteinvik, NOR  
NiR - 45.59 - 1 - Karsten Warholm - 03/02/2018 - Barum, NOR  
NiR - 45.88 - 1 - Karsten Warholm - 27/01/2018 - Ulsteinvik, NOR  
NiR - 45.96 - 1 - Karsten Warholm - 04/02/2017 - Ulsteinvik, NOR  
NiR - 46.31 - 1 - Karsten Warholm - 05/03/2016 - Rud, NOR  
NiR - 46.82 - 1 - Karsten Warholm - 26/02/2016 - Steinkjer, NOR  
NiR - 46.88 - 1 - Mauritz Kåshagen - 30/01/2016 - Rud, NOR  
b.15/02/1989  
NiR - 47.25 - 1 - Karsten Warholm - 14/02/2015 - Rud, NOR  
NiR - 47.29 - 1 - Karsten Warholm - 07/02/2015 - Steinkjer, NOR  
b.28/02/1996  
NiR - 47.43 - 1 - Quincy Douglas - 20/02/1999 - Stange, NOR - NiC  
b.07/09/1975