

Flash Quotes

Ida Bakke HANSEN (NOR)**200m Women national**

Jeg er veldig fornøyd med løpet. Det var ikke forventet siden jeg har slitt med hamstringen i det siste tre ukene, men jeg er i form. Jeg haaper aa ta EM-kravet, for det var ikke et optimalt løp, jeg holdt igjen i første sving.

09/06/2016 18:49

Håkon MORKEN (NOR)**200m Men national - PB 100 meter. Ikke paa 200 meter.**

Jeg er veldig fornøyd med 100-meteren. 100-meteren har ikke vært distansen min, men i år har jeg løpt aatte stykker og alle har vært bedre enn den beste fra før. 30 minutter pause til 200-meteren, saa den kom litt braatt paa, saa jeg er veldig fornøyd med den.

09/06/2016 18:58

Jakob INGEBRIGTSEN (NOR)**1500m Men national - PB**

Det var veldig bra det, har ikke følt at jeg har faatt potensialet ut enda, men naa er det kort vei til EM-kravet. Jeg kommer nok ikke til aa løpe EM-senior, men har uansett som maal aa ta det iløpet av aaret.

09/06/2016 19:03

Snorre Holtan LØKEN (NOR)**1500m Men national - PB og EM-krav**

Det er helt fantastisk aa ta EM-kravet. Saa bra som det har gaatt paa trening, saa hadde jeg forventet det, men ble litt usikker etter et daarlig løp paa Jessheim sist. Det var ny personlig rekord med fire sekunder.

09/06/2016 19:10

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Jakob INGEBRIGTSEN (NOR)**1500m Men national - 15 years old**

Very good race for me. Before this race I did not show my full potential, now I m not far away from Amsterdam standard but anyway I do not want to go as my priority is European Youth Championships. I still hope to run the senior standard until end of the season.

09/06/2016 19:12

Luke MATHEWS (AUS)**1500m Men national - Winner**

My aim was to win today and that worked. I was not too much following the time, interestingly it is exactly two seconds behind my PB. Im already selected for Rio in the 800 m but I also want to run the 1500 m at the Olympic Games. What must I do, just wait until July 11 to be picked as I did not run the trials. We are based in Teddington in London and having still lot of races ahead of us in Europe, next one in Stockholm.

09/06/2016 19:19

Sandra PERKOVIC (CRO)**Discus Throw Women - Unbeaten this year, 3rd win in Oslo in a row**

I always push myself, so it was not easy, I want everytime the best possible result. Today the 4th attempt which was not valid was maybe the best, but I did not had the right angle. Every win is good also for me, here they changed the circle so I hope when I come back next time I will be able to deliver a 70 m. Now still Stockholm, then training camp, then European Championships, again training camp before Olympic Games.

09/06/2016 19:30

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Trine MJÅLAND (NOR)**800m Women national - Klarte EM-krav**

I dag er sønnen min fire måneder. Jeg hadde ikke forventet det. Dette var i overkant.

09/06/2016 19:43

Yeimer LÓPEZ (CUB)**800m Men national - winner 1:45.75**

Everything was perfect, stadium, race, but my body not yet. I had difficulties and could not produce better time. But it will come. And my plans? I want to compete at Olympic Games under the Olympic flag. How? I do not know...

09/06/2016 19:45

Hedda HYNNE (NOR)**800m Women national - Klarte EM-kravet**

Dette var sesongdebuten min, så dette må man si seg fornøyd med, men jeg hadde en klar målsetting om å løpe rundt denne tiden.

09/06/2016 19:47

Lovisa LINDH (SWE)**800m Women national - PB by 1.22 s**

It is amazing for me to run such a big personal best so early in the season. It is only beginning of June. 200 m to go my coach shouted on me that I just should push. And I did that. Now it looks like to run under 2 minutes is not that far away, maybe in a strong race. Definitely it would be nice to qualify into the final in Amsterdam.

09/06/2016 19:49



Flash Quotes

Karsten WARHOLM (NOR)**400m Hurdles Men**

Det er en bra tid, men jeg må si at jeg er mer fornøyd med plasseringen enn tiden. Femteplass i Diamond League på 400 meter hekk er bra, det er noen hakk opp fra sjuendeplassen i fjor. OL-kravet er ikke noe jeg stresser med, men det ligger i bakhodet. Det er likevel ikke en faktor.

09/06/2016 20:09

Yasmani COPELLO (TUR)**400m Hurdles Men - Wins from lane 1**

This is big for me. Winning the Diamond League and from lane 1 and in fastest time this year. I always have the second part faster. Now I live in Istanbul but my coach is in Italy, in Salerno. Next targets Amsterdam and Rio. And yes twice Copello is the winning name nearly in the same time. Very good feeling.

09/06/2016 20:14

Marcus THOMSEN (NOR)**Shot Put Men**

Det er bra, men jeg hadde håpet på å ta den norske rekorden i kule på 17,89 og kanskje å ha kommet over 18 meter. Det var litt irriterende at det var en lang pause mellom andre og tredje kast på grunn av talen og Ezienne-løpet, men sånt må man vel bare bli vane med.

09/06/2016 20:25



Flash Quotes

Konrad BUKOWIECKI (POL)**Shot Put Men - World junior all-time best**

I like to compete, my schedule is very busy. Every 3rd day a competition. So I will go for all top events, Amsterdam, Bydgoszcz and Rio. But most important is to defend my junior title at home in Bydgoszcz. I felt awesome today. All valid throws over 20 m that is very good. I knew I can throw that far.

09/06/2016 20:25

Alexis COPELLO (CUB)**Triple Jump Men - First career DL win**

For me this win is very important, although I wanted to achieve a better result. But the win counts. Yes you are asking about my plans, Im not sure, I want to be at the Games in Rio but I know it is not possible for Cuba. Lets see what the next weeks will bring.

09/06/2016 20:30

Joe KOVACS (USA)**Shot Put Men - First 22 in Europe**

You know Andreas (Thorkildsen) is a good friend and when they stopped us because his farewell I said to myself I must do something special also for him. Last two throws were excellent. Also I did not want to lost to a young guy. I had big warm-ups but it took me through the full competition to achieve the right throws. Now heading to LA and train, maybe I will do one small meet in US. All towards our Olympic Trials.

09/06/2016 20:35



Flash Quotes

Hyvin KIYENG (KEN)**3000m Steeplechase Women - First win in Oslo**

This is exactly what I needed now, an easy race. No pressure, clear win. All according to my plan. Fast times will be on my mind after Olympic Games, not now. If my body will be ok and we will have good pacemakers I think we can attack the World record after Rio.

09/06/2016 20:42

Line KLOSTER (NOR)**400m Women**

Jeg fikk veldig vondt i hodet etter løpet. Tiden var langt bak det jeg forventet. Jeg vet jeg er i god form, men det går ikke i løp. All trening tilsier at jeg skal løpe fortere. Det er kjipt. Men jeg må bare håpe det løsner på 400 meter før fristen for å rekke EM-kravet går ut.

09/06/2016 20:45

Stephenie Ann McPHERSON (JAM)**400m Women - First this year win in DL**

I already won a Diamond League race before but this year is the first. I must admit I expected a bit faster time, but executed well in last 100 m. It was good race, the right preparation before our Trials. We are there a strong group close to each other so it will be about execution in Kingston. Of course my goal is to qualify for the Games.

09/06/2016 20:48



Flash Quotes

Sindre BURAAS (NOR)**5000m Men**

Jeg får det ikke til på 5000 meter enda. Jeg føler meg bra og lett på oppvarming, men det er ikke bra nok i løpet. Jeg må ta en pust i bakken og se hva jeg må endre på.

09/06/2016 20:54

Hagos GEBRHIWET (ETH)**5000m Men - Last lap in 54 s**

I was injured, so coming later to shape. Shanghai was not good, now better. I beat all other candidates for Olympics in our team today but time was not good. I must try in next racet in Stockholm to confirm my Olympic selection. You know in Ethiopia we do not have trials but go by times.

09/06/2016 21:09

Isabelle PEDERSEN (NOR)**100m Hurdles Women**

Jeg kommer nærmere, men jeg vet ikke hva jeg skal si. Jeg vet ikke om jeg er skuffet, jeg vet ikke hva jeg hadde forventet, jeg har ikke peiling.

09/06/2016 21:14

Brianna ROLLINS (USA)**100m Hurdles Women - First career win in DL**

It was great and smooth. I just came and wanted to have fun. I ran the same time as in Birminhgham so the consistency is there. At Olympic Trials just to execute well is the plan. Nothing more.

09/06/2016 21:23



Flash Quotes

Tonje ANGELSEN (NOR)**High Jump Women**

Jeg er kjempefornøyd, fordi jeg får svaret jeg vil ha; jeg har mer inne. Det er mitt første stevne på en stund, men jeg kjenner i hoppet at det er bra. Jeg går lett over 1.85, liksom. Jeg regner med å ta kravene, men jeg må jobbe på for å klare det.

09/06/2016 21:27

Andre de GRASSE (CAN)**100m Men - First career DL win**

Pretty happy with the race, I ran my season best as I wanted. In next races I hope for more improvements. Next should be definitely a sub 10 seconds.

09/06/2016 21:34

Ruth BEITIA (ESP)**High Jump Women**

It was very tough today, wind, cold, wet conditions. I used my experience to win, but the result is horrible. I want to jump high very soon, this is not my result. And you know I love competition, not training, so I'm ready to compete as often as possible. Amsterdam and everything else. My last Europeans and last Olympics, most probably, but you never know.

09/06/2016 21:38

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Filip INGEBRIGTSEN (NOR)**ExxonMobil Dream Mile Men**

Jeg er ikke fornøyd. Det var større forskjell mellom 1500 meter og en engelsk mil enn hva jeg hadde trodd. Jeg tenkte som det var målgang på 1500 meter og ble litt for offensiv. Spesielt på tredjerunden ble jeg litt for ivrig.

09/06/2016 21:48

Thomas RÖHLER (GER)**Javelin Throw Men - WL and PB**

Not too much more I can ask, maybe the 90 m. But we are on the right way towards Rio. I will remain in the competition rhythm, next is Stockholm, also Amsterdam is on my agenda. Im honoured to win here at Bislett which is very famous for us javelin throwers. And Andreas gave me his javelin with which I achieved my PB so even more special.

09/06/2016 21:49

Helene RØNNINGEN (NOR)**200m Women**

Det var utrolig stort å løpe med de store. Jeg hadde gledet meg lenge til løpet, selv om jeg var usikker på om jeg skulle si ja. Jeg er jo bare 17 år, så jeg tenkte kanskje det var litt tidlig, men hvem kan vel takke nei til en slik mulighet? Tiden var ikke så viktig i dag, jeg nöt bare opplevelsen av å løpe her, selv om jeg selvfølgelig hadde ønsket en bedre tid på 200-meteren.

09/06/2016 21:50



Flash Quotes

Asbel KIPROP (KEN)**ExxonMobil Dream Mile Men - Fifth win of Dream Mile**

I wanted to run fast, but weather changed. It became to be chilly, but I tried my best. My second home like Monaco, at this places 5 wins, are very close to my heart. We are now heading towards Olympic Trials and then the Games. I am very satisfied with the season so far. My plan continues.

09/06/2016 21:53

Ivana SPANOVIC (SRB)**Long Jump Women - Her 2 best jumps enough to win**

Win always matters. I did not want to risk in cold weather and passed the last attempt. You always fear from an injury. It was tough today overall. Still busy schedule ahead of me so I need to be careful.

09/06/2016 21:59

Faith KIPYEGON (KEN)**ExxonMobil Dream Mile Women - World lead**

I wanted to run a faster time, but it was not possible because of cold and rain. But overall Im satisfied with where I m currently and mainly towards Olympic Games. I will still run Kenyan Trials. We have strong group of runners so Olympics will be very tough. The best one would win, maybe I will be the one.

09/06/2016 22:08



Flash Quotes

Dafne SCHIPPERS (NED)**200m Women - WL, MR, DLR**

In this conditions to run under 22 seconds is very special for me. The curve here is excellent, but I must admit last 50 m were very tough. After all the Diamond Leagues I need to rest and train little bit before the European Championships in my country. No more races until then.

09/06/2016 22:09

Renaud LAVILLENIE (FRA)**Pole Vault Men - 4th win in Oslo**

Very tough in this conditions. But I managed to win and felt relaxed after I cleared 565 in third attempt. Then my competition was good, I won, I jump 580, all good things for me. And also the attempts at 587 were promising. I only used 16 steps approach, not 20 because of the conditions.

09/06/2016 22:11

Ingvill MÅKESTAD BOVIM (NOR)**ExxonMobil Dream Mile Women**

Det går litt trått, men jeg håper det løsner snart. Jeg har vært ute en stund og det går fort fra start, så man klarer ikke å henge på de raskeste. Avslutningen har jeg ikke helt inne, men jeg håper den kommer.

09/06/2016 22:13

Henrik INGEBRIGTSEN (NOR)**ExxonMobil Dream Mile Men**

Tidmessig er jeg ikke fornøyd, og jeg gjør noen valg som ikke er helt gunstig, men jeg går opp i front og drar i motvinden. Det skaper god stemning i hvert fall.

09/06/2016 22:15



Flash Quotes

Karoline Bjerkeli GRØVDAL (NOR)**ExxonMobil Dream Mile Women**

Det er utrolig stort å slå Grete Waitz' rekord på en engelsk mil, jeg tror ikke det har gått opp helt for meg enda. Jeg hadde det i bakhodet i dag at jeg kunne klar det, men det er enormt stort. Jeg satser egentlig på de lengre distansene, så dette viser bare at jeg har mye fart inne. Det tar jeg med meg.

09/06/2016 22:16

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