

| År   | Navn                     | Tid      |
|------|--------------------------|----------|
| 1998 | Simen Haugen             | 01:15:02 |
| 1999 | Erling Jevne             | 01:14:00 |
| 2000 | Arne Post                | 01:15:29 |
| 2001 | Knut Aalien              | 01:13:08 |
| 2002 | Kristen K. Aaby          | 01:14:24 |
| 2003 | Øystein Sylta            | 01:12:47 |
| 2004 | Kristen K. Aaby          | 01:15:53 |
| 2005 | Odd Snerthammer          | 01:15:31 |
| 2006 | Ørjan Lunde              | 01:15:21 |
| 2007 | Arne Post                | 01:22:18 |
| 2008 | Andre Hammerø Løseth     | 01:22:43 |
| 2009 | John Mnangat Sompol      | 01:09:57 |
| 2010 | Hillary Kipchumba        | 01:09:18 |
| 2011 | John Mnangat Sompol      | 01:14:05 |
| 2012 | Weldu Negash Gebretsadik | 01:10:10 |
| 2013 | Weldu Negash Gebretsadik | 01:05:26 |
| 2014 | Weldu Negash Gebretsadik | 01:05:51 |
| 2015 | Weldu Negash Gebretsadik | 01:07:08 |
| 2016 | Weldu Negash Gebretsadik | 01:05:49 |
| 2017 | Senay Fissehatsion       | 01:08:29 |
| 2018 | Weldu Negash Gebretsadik | 01:05:15 |
| 2019 | Weldu Negash Gebretsadik | 01:07:53 |
| 2021 | Senay Fissehatsion       | 01:10:49 |
| 2022 | Senay Fissehatsion       | 01:09:01 |
| 2023 | Weldu Negash Gebretsadik | 01:07:39 |
| 2024 | Weldu Negash Gebretsadik | 01:10:58 |
| 2025 | Weldu Negash Gebretsadik | 01:08:21 |