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| **UKI Historie** | **51** |

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| **INTERNASJONALE MESTERSKAP** |  |

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| **Verdensmesterskap senior** |

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| 2022 | 15-23.07 | Oregon | USA |  |
| 3h9 | Jacob Boutera |  | 96 | 3000m hinder | 8:31.47 |

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| 2023 | 19-27-08 | Budapest | Ungarn |  |
| 11h4 | Amalie Sæten |  | 97 | 1500m | 4:08.08 |

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| 2023 | 01.10 Gateløp | Riga | Latvia |  |
| 8 | Awet Kibrab |  | 95 | 10 km | 13:28 |

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| **Europamesterskap senior** |

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| 2012 | 27.06-01.07 | Helsingfors | Finland |  |
| 8 | Thomas Roth |  | 91 | 800m | 1:49.54 |
| SeH1-4 | Thomas Roth |  |  |  | 1:46.88 |
| FoH4-4 | Thomas Roth |  |  |  | 1:47.78 |

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| 2014 | 12-17.08 | Zürich | Sveits |  |
| Fo H3-4 | Thomas Roth |  | 91 | 800m | 1:48.86 |
| Fo H4-7 | Andreas Roth |  | 93 | 800m | 1:48.61 |

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| 2018 | 06-12.08 | Berlin | Tyskland |  |
| Fo H1-8 | Markus Einan |  | 97 | 800m | 1:48.55 |
| Fo H2-4 | Thomas Roth |  | 91 | 800m | 1:46.70 |
| Se H2-6 | Thomas Roth |  | 91 | 800m | 1:46.60 |

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| 2018 | 09.12 | Tilburg | Nederland |  |
| 33 | Silje Fjørtoft |  | 87 | 8km terreng | 27:54 |

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| 2022 | 15-21.08 | München | Tyskland |  |
| 2h2 | Jacob Boutera |  | 96 | 3000m hind | 8:31.03 |
| 11 | Jacob Boutera |  | 96 | 3000m hind | 8:33.38 |
| 15h2 | Fredrik Sandvik |  | 98 | 3000m hind | 9:05.43 |
| 13h1 | Amalie Sæten |  | 97 | 1500m | 4:15.09 |

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| **UKI Historie** | **52** |

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| **INTERNASJONALE MESTERSKAP** |  |

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| **Student OL (Universiaden)**  |

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| 2023 | 01-08.08 | Chengdu | Kina |  |
| Kv.3.8 | Amalie Sæten |  | 97 | 5000m | 17:11.33 |
| Kv.7:4.8 | Amalie Sæten |  | 97 | 1500m | 4:25.26 |
| Fin.4:5.8 | Amalie Sæten |  | 97 | 5000m | 16:08.90 |

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| **Europamesterskap innendørs senior** |

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| 2011 | 04-06.03 | Paris | Frankrike |  |
| 4h2fo | Thomas Roth |  | 91 | 800m | 1:51.91 |

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| 2015 | 05-08.03 | Praha | Tsjekkia |  |
| Fo1-4 | Andreas Roth |  | 93 | 800m | 1:49.09 |
| Fo4-3 | Thomas Roth |  | 91 | 800m | 1:49.73 |
| Se3-6 | Andreas Roth |  | 93 | 800m | 1:57.56 |

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| 2019 | 01-03.03 | Glasgow | Skottland |  |
| Fo5h5 | Markus Einan |  | 97 | 800m | 1:49.14 |
| Fo3h5 | Thomas Roth |  | 91 | 800m | 1:50.42 |

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| 2021 | 04-07.03 | Torun | Polen |  |
| Fo6h2 | Jacob Boutera |  | 96 | 1500m | 3:41.69 |

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| **Europamesterskap terrengløp** |

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| 2022 | 11.12 | Torino | Italia |  |
| 60 | Per Svela |  | 92 | 10km  | 32.15 |
| - | Jacob Boutera |  | 96 | 10km | Syk |

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| 2023 | 10.12 | Brüssel | Belgia |  |
|  2 | Magnus Tuv Myhre | Brandbu IF | 00 | 10km  | 30:20 |
| 12 | Henrik Kristoffersen | Sandnes IL | 91 | 10km | 30:46 |
| 18 | Jacob Boutera | Ullensaker/Kisa IL | 96 | 10km | 30:54 |
|  3 | Lag | Norge |  | 10km | 32p |
| 33 | Fredrik Sandvik | Ullensaker/Kisa IL | 98 | 10km  | 31:23 |

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| **UKI Historie** | **53** |

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| **INTERNASJONALE MESTERSKAP** |  |

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| **Verdensmesterskap junior 19** |

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| 1992 | 15-20.09 | Seoul | Sør-Korea |  |
| - | Tom Erik Olsen |  | 74 | 10-kamp | Brøt |
| Brøt etter 8 øvelser |

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| 2010 | 19-25.07 | Muncton | Canada |  |
| Se. 3h5 | Thomas Roth |  | 91 | 800m | 1:49.39 |
| Fo. 3h4 | Thomas Roth |  | 91 | 800m | 1:49.84 |

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| 2012 | 10-15.07 | Barcelona | Spania |  |
| FoH7 | Andreas Roth |  | 93 | 400m | Brøt Syk |
| Se3-6 |  | Norge |  | 4x400m 14.07 | 3:12.27 |
| Sondre Nyvold Lid94-Andreas Roth93-Marius Bakken Støle93-Markus Loftås94 |

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| 2016 | 19-24-07 | Bydgoszcz | Polen |  |
| F0H4-6 | Andreas Roth |  | 93 | 400m | Brøt Syk |

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| 2022 | 01-07.08 | Cali | Colombia |  |
| Fo.13h1 | Benjamin Olsen |  | 04 | 1500m | 3:57.64 |
| Forsøk | Benjamin Olsen |  | 04 | 800m | Deltok ikke |

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| **Verdensmesterskap junior 17 og yngre** |

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| 2009 | 08-12.07 | Bressanone | Italia |  |
| Kval.2h7 | Vegard L. Gjelsvik |  | 92 | 2000m hinder | 6:02.30 |

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| **UKI Historie** | **54** |

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| **INTERNASJONALE MESTERSKAP** |  |

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| **Europamesterskap junior 22 og yngre** |

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| 2013 | 11-14.07 | Tammerfors | Finland |  |
| 6h2 | Thomas Roth |  | 91 | 800m | 1:48.88 |
| H3 | Andreas Roth |  | 91 | 400m | Brøt |

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| 2015 | 09-12-07 | Tallinn | Estland |  |
| Fo:1h2 | Andreas Roth |  | 93 | 800m | 1:49.34 |
| Se:1h5 | Andreas Roth |  | 93 | 800m | 1:48.74 |
| 5 | Andreas Roth |  | 93 | 800m | 1:48.64 |

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| 2019 | 11-14.07 | Gävle | Sverige |  |
| Fo:4h2 | Markus Einan |  | 97 | 800m | 1:49.91 |
| Fi:7 | Markus Einan |  | 97 | 800m | 1:49.79 |
| Kv:7gr2 | Birgitte Kjuus |  | 99 | Stav | 4.05 |

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| **Europamesterskap junior 19** |

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| 2009 | 23-26.07 | Novi Sad | Serbia |  |
| Fo: 4h4 | Thomas Roth |  | 91 | 800m | 1:52.50 |
| Se: 2h5 | Thomas Roth |  | 91 | 800m | 1:51.53 |

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| 2013 | 18-21.07 | Rieti | Italia |  |
| Se:1h | Eirik Richenberg |  | 94 | 1500m | Brøt |

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| 2015 | 16-19-07 | Eskilstuna | Sverige |  |
| Fo:4h3 | Markus Einan |  | 97 | 800m | 1:55.39 |
| Se:3h7 | Markus Einan |  | 97 | 800m | 1:55.53 |
| Se:1h8 | Sigurd Blom Breivik |  | 96 | 1500m | 3:51.07 |

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| 2017 | 13-16.07 | Bydegoszcz | Polen |  |
| - | Marcus Theodor Moen |  | 99 | 110m hekk 100 | Skadet |

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| 2023 | 07-10.08 | Jerusalem | Israel |  |
| Kv1h1 | Andreas Fjeld Halvorsen |  | 05 | 3000m | 8:32.20 |
| Finale | Andreas Fjeld Halvorsen | Fall | 05 | 3000m | Brøt |
| Finale | Andreas Fjeld Halvorsen |  | 05 | 5000m | DNS |

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| **UKI Historie** | **55** |

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| **Europamesterskap junior U20 terrengløp** |

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| 2022 | 11.12 | Torino | Italia |  |
| 27 | Simen Gløgård Stensrud |  | 05 | 6km | 18:27 |
| 67 | Andreas Fjeld Halvorsen |  | 05 | 6km | 19:12 |

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| 2023 | 10.12 | Brüssel | Belgia |  |
| 50 | Andreas Fjeld Halvorsen |  | 05 | 6km | 17:50 |
| - | Kristian Bråthen Børve |  | 06 | 6km | Forfall |
| - | Simen Gløgård Stensrud |  | 05 | 6km | Forfall |

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| **INTERNASJONALE MESTERSKAP BANE** |  |

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| **EYOF – 16-17 år** |

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| 2007 | 23-28.07 | Beograd | Serbia |   |
| Fo. 3h-3 | Linn Helene Bakke |   | 91 | 200m + 3.7 | 24.79 |
| Se. 1h-6 | Linn Helene Bakke |   | 91 | 200m + 0.5 | 25.09 |

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| 2016 | 14-17-07 | Tblisi | Georgia |   |
| Fo. 2h3 | Marcus Theodor Moen |   | 99 | 110m hekk 91.4 | 13.90+2.1 |
| Se. 2h7 | Marcus Theodor Moen |  | 99 | 110m hekk 91.4 | 14.18 |
| Fo. 4h6 | Vår Åsheim |  | 99 | 400m hekk 76.2 | 62.92 |

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| 2022 | 04-07.07 | Jerusalem | Israel |   |
| Fo. 2h2 | Andreas Fjeld Halvorsen |   | 05 | 1500m | 3:54.90 |
| 2 | Andreas Fjeld Halvorsen |  | 05 | 1500m | 3:52.14 |
| 2 | Andreas Fjeld Halvorsen |  | 05 | 3000m | 8:13.48 |
| 12 | Simen Gløgård Stensrud |  | 05 | 3000m | 8:42.90 |
| Fo.3h1 | Kristian Bråthen Børve |  | 06 | 2000m h 84 | 5:58.36 |
| 9 | Kristian Bråthen Børve |  | 06 | 2000m h 84 | 5:53.68 |

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| 2023 | 23-29.07 | Maribor | Slovenia |   |
| Fo. 2h2 | Kristian Bråthen Børve |   | 06 | 1500m | 3:57.59 |
| 1 | Kristian Bråthen Børve |  | 06 | 1500m | 3:52.37 |
| 12 | Wilma Thorbjørnsson |  | 07 | 3000m | 10:15.77 |

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| **UKI Historie** | **56** |

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| **INTERNASJONALE MESTERSKAP** |  |

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| **Nordisk mesterskap mangekamp** |

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| 1986 | 25-26.07 | Hyrvyla | Finland |  |
| 6 | Jo Henning H.s Nilssen |  | 68 | 10-kamp 17-18 | 5994 |
| 11.98-6.50-11.56-1.80-52.17/16.36-33.20-3.50-55.54-4:53.37 |
| 9 | Morten Knutsen |  | 70 | 8-kamp 15-16 | 4747 |
| 12.64-5.90-12.88-1.72/15.51-38.20-2.70-50.06-3:31.59 |

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| 1987 | 27-28.06 | Fredrikstad/Li |  |  |
| 5 | Jo Henning H. Nilssen |  | 68 | 10-kamp MJ | 6171 |
| 11.67w-6.53w-11.09-1.81-54.61/15.56-37.54-3.50-47.70-5:08.24 |

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| 1992 | 1-2.08 | Stockholm | Sverige |  |
| 1 | Tom Erik Olsen |  | 74 | 10-kamp 17-18 | 6964 |
| 11.31-6.78-13.40-1.87-51.10/14.72-39.32-4.30-42.64-5:02.12 |

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| **Nordisk mesterskap terrengløp senior og junior** |

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| 2012 | 10.11 | Tårnby | Danmark |
| 23 | Jørgen Frost Bø | Menn junior | 94 | 6km | 20:04 |

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| 2018 | 10.11 | Reykjavik | Island |
| 6 | Silje Fjørtoft | Kvinner senior | 87 | 7.5km | 28:25 |
| 2019 | 10.11 | Vierumäki | Finland |
| 7 | Amalie Sæten | Kvinner senior | 97 | 7.5km | 26:46 |
| 1 | Norge |  |  |  | 15p |
| 3 Marie Sagnes Wågen – 5 Live Solemdal – **7 Amalie Sæten** |

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| 2021 | 07.11 | Tullinge | Sverige |
| 6 | Erik Udø Pedersen | Menn senior | 94 | 9km | 29:42 |

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| 2022 | 06.11 | Kristiansand | Norge |
| 3 | Senay Fissehatsion | Menn senior | 95 | 9km | 34:04 |
| 11 | Erik Udø Pedersen | Menn senior | 94 | 9km | 34:59 |
| 12 | Awet Kibrab | Menn senior | 95 | 9km | 35.35 |
| 13 | Merith Solomon | Menn senior | 91 | 9km | 35:36 |
| 3 | Andreas Fjeld Halvorsen | Menn junior | 05 | 6km | 21:24 |
| 4 | Simen Gløgård Stensrud | Menn junior | 05 | 6km | 21:26 |
| 13 | Kristian Bråthen Børve | Menn junior | 06 | 6km | 22.45 |

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| 2023 | 05.11 | Reykjavik | Island |
| 2 | Jacob Boutera | Menn senior | 96 | 9km | 28:03 |
| Norge:2: 28:03-2Boutera-1:-Dahl4: Øgaard - lag |
| 2 | Kristian Bråthen Børve | Menn junior | 06 | 6km | 19:11 |
| 3 | Simen Gløgård Stensrud | Menn junior | 05 | 6km | 19:20 |
| 2Børve19:11-3Stensrud19:20-4Berg19:26 – lag :noge 1 |

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| **UKI Historie** | **57** |

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| **Nordisk Baltisk mesterskap U23** |

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| 2012 | 21-22.09 | Jessheim |   |
| 1 | Thomas Roth |  | 91 | 800m | 1:49.18 |
| 3 | Vetle Aasland |  | 91 | 1500m | 4:08.93 |
| 4  | Vetle Aasland |  | 91 | 800m | 1:50.40 |
| 5 | Thomas Roth |  | 91 | 400m | 48.06 |
| 5 | Andreas Roth |  | 93 | 400m | 48.19 |
| 8 | Vegard L. Gjelsvik |  | 92 | 800m | 1:52.32 |
| 1 | Norge |  |  | 4x400m | 3:14.01 |
| Anders Idås-Torbjørn Lysne-Martin Loftås Kåstad-**Thomas Roth** |

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| 2016 | 20-21.08 | Espoo | Finland |
| 4 | Sigurd Blom Breivik |  | 96 | 800m | 1:52.27 |

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| **Universiaden** |

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| 2015 | 08-12-07 | Gwangju | Sør-Korea |
| Fo | Norge |  |   | 4x400m | 3:18.25 |
| Carl Emil Kåshagen-Mauritz Kåshagen-Henrik Holmberg-**Håvard Hildeskor** |

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| **REPRESENTASJON** |  |

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| **BRUVOLLENSTAFETTEN** |  |

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| 1.5.1982 |

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| Menn senior B  |  1 | Ullensaker/Kisa IL | 16:04 |

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| **Ullensaker/Kisa IL vinnerlag:** Claus Nerhagen59:2:15.1-Trygve K. Stanger 62:2:13.8 |
| Fred Arild Kjernli 64:2:23.5-Kjell Frostlid61:2:16.1- Stein Rosenberg60:2:14.1-  |

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| 1.5.2015 |
| Menn senior  |  1 | Ullensaker/Kisa IL 2 | 15:53 |

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| **Ullensaker/Kisa IL vinnerlag:** Sigurd Blom Breivik96-Sverre Blom Breivik96- |
| Jon Gunnar Alfsen97-Jørgen Opaker97-Jonas Krossøy95-Sigurd Blom Breivik96 |

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| 1.5.2016 |
| Menn senior  |  1 | Ullensaker/Kisa IL  | 13:58 |  1 lag |

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| **Ullensaker/Kisa IL vinnerlag:** Sigurd Blom Breivik96-Sverre Blom Breivik96 |
| Jostein Steffensen96-Jørgen Opaker97 |

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| 1.5.2017 |
| Menn senior  |  1 | Ullensaker/Kisa IL  | 14:01 |   |

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| **Ullensaker/Kisa IL vinnerlag:** Andreas Roth93-Terje Snarby89-  |
| Jonas Nødtvedt Wenger99-Sverre Blom Breivik96 |
| **UKI Historie** | **58** |

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| **REPRESENTASJON** |  |

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| **FJELLHAMARSTAFETTEN** |  |

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| **25.04.2018** |  |

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| Menn senior | 1 | Ullensaker/Kisa iL | 15:23 | Ny rekord |

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| **Ullensaker/Kisa IL vinnerlag:** Thomas Roth93-Sverre Blom Breivik96- |
| Terje Snarby89-Eivind Klokkehaug91-Andreas Roth93-Johan Evensen96 |

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| **Norske rekorder utendørs** |
| **KVINNER SENIOR** |

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| Høyde | 1.58 | Tove Dønnum |  | Drammen/Ma | 18.08.1962 |

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| **Norske rekorder innendørs** |

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| **MENN SENIOR** |

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| 1000m | 2:20.96 | Thomas Roth | Hvam | 17.02.2018 |

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| **Norske rekorder utendørs** |

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| 5km vei | 13:28 | Awet Kibrab | Riga, LAT | 01.10.2023 |

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| **MENN JUNIOR 22**  |

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| 4x400m | 3:14.13 | Ullensaker/Kisa Idrettslag | Sandnes | 26.05.2013 |
| Vegard Løberg Gjelsvik92-Andreas Roth93-Elias Ottosen93-Thomas Roth91 |

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| 4x800m | 7:38.92 | Ullensaker/Kisa Idrettslag | Oslo/Bi | 10.09.2010 |
| Håvard Hildeskor92-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 |

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| **MENN JUNIOR 19** |

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| 3000m | 7:47.04 | Andreas Fjeld Halvorsen | Trier, GER | 08.09.2022 |

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| 3000mi | 9:14.61 | Wilma Torbjørnsson | Steinkjer | 18.02.2024 |

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| 4x400m | 3:18.53 | Ullensaker/Kisa Idrettslag | Steinkjer/Gu | 22.05.2010 |
| Andreas Roth93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Thomas Roth91 |

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| 4x800m | 7:38.92 | Ullensaker/Kisa Idrettslag | Oslo/Bi | 10.05.2010 |
| Håvard Hildeskor92-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 |

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| **UKI Historie** | **59** |

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| **LANDSKAMPER** |  |

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| **MENN SENIOR** |

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| **Svein Skolt, f. 16.06.25**  |
| 1951 | 23-24.07 | Oslo/Bi | Sverige |
| 4 | 3000m hinder | 10:05.8 |  |
|  |
|  | 12-13.09 | Oslo/Bi | Sverige |
| 6 | 3000m hinder | 9:36.2 |  |

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| **Pål Berntsen, f. 09.01.60**  |
| 1993 | 12-13.06 | Brüssel, BEL | Belgia-Bulgaria-Finland-Romania-Sverige |
|  |  |  | Sveits-Ungarn |
| 6 | Spyd | 65.12 |  |

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| **Thomas Roth, f. 11.02.91** |
| 2010 | 19-20.06 | Bergen/Fana | E.Cup: 12 deltagernasjoner |
| 10 | 800m | 1:48.82 |  |
| 11 | 4x400m | 3:12.71 |  |
| Lars Jahr Røine-**Thomas Roth**-Carl Emil Kåshagen-Mauritz Kåshagen |
|  |
| 2013 | 22-23.06 | Gateshead, GBR | E.Cup: 12 deltagernasjoner |
| RUS,GBR,GRE,POL,FRA,UKR,ESP,ITA,TYR,BLR,GER, NOR |
| 10 | 800m | 1:49.43 |  |
|  |
| 2014 | 21-22.06 | Tallinn, EST | E.Cup: 12 deltagernasjoner |
| IRL-ROM-GRE-BLE-BLR-LIT-FIN-SLO-POR-UNG-EST-NOR |
| 5 | 1500m | 3:51.98 |  |
|  |
| 2015 | 20-21-06 | Tsjeboksary, RUS | E.Cup: 12 deltagernasjoner |
| RUS-GER-FRA-POL-GBR-ITA-UKR-SPA-BLE-SWE-FIN-NOR |
| 12 | 800,9 | 1:48.01 |  |
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| --- |
| **Andreas Roth, f. 29.04.93** |
| 2011 | 18-19.06 | Izmir, TUR | E.Cup: 12 deltagernasjoner |
| 12 | 400m | 49.06 |  |
| 12 | 4x400m | 3:14.18 |  |
| Tormod Hjortnæs Larsen-Per Magne Florvaag-Sondre Lid-**Andreas Roth** |
| BLE, HUN, TUR, NED, GRE, CRO, IRL, FIN, SUI, ROU, SLO, NOR |
|  |
| 2013 | 22-23.06 | Gateshead, GBR | E.Cup: 12 deltagernasjoner |
| 11 | 400m | 47.46 |  |
| 11 | 4x400m | 3:13.36 |  |
| Sondre Nyvold Lid-Øyvind Kjerpeset-Mauritz Kåshagen-**Andreas Roth** |
| RUS, GBR, GRE, POL, FRA, UKR, ESP, ITA, TYR, BLR, GER, NOR |

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| **UKI Historie** | **60** |

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| **LANDSKAMPER** |  |

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| **MENN SENIOR** |

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| **Andreas Roth, f. 29.04.93** |
| 2014 | 21-22.06 | Tallinn, EST | E.Cup: 12 deltagernasjoner |
| 6 | 800m | 1:49.34 |  |
| 4 | 4x400m | 3:09.08 |  |
| Sondre Nyvold Lid-**Andreas Roth**-Mauritz Kåshagen-Karsten Warholm |
| 2017 | 23-25.06 | Vaasa, FIN | E.Cup: 12 deltagernasjoner |
| 4 | 800m | 1:50.19 |  |

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| **Markus Einan, f. 04.02.97**  |
| 2019 | 09-11.08 | Sandnes | E.Cup: 11 deltagernasjoner |
| 8 | 800m | 1:50.99 |  |
| 9 | 4x400m | ? | Ingen tid |
| Joachim Sandberg-Luca Thomsen-Fredrik Øvereng-**Markus Einan** |

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| --- |
| **Fredrik Sandvik f. 23.03.98** |
| 2021 | 19-20.06 | Cluj-Napoca, ROU | E.Cup: 12 deltagernasjoner |
| 5 | 3000m hinder | 8:42.38 |  |

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| **UKI Historie** | **61** |

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| **Landskamper innendørs** |

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| --- |
| Finland – Sverige – Norge: Tammerfors, FIN 05.02.2011 – 333m bane |
| 400m | 4 | 48.70 | Andreas Roth |  |

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| --- |
| Finland – Sverige – Norge: Steinkjer 11.02.2012 – 200m bane |
| 400m | 4 | 48.70 | Andreas Roth |  |
| 800m | 3 | 1:51.92 | Thomas Roth |  |
| 1500m | 4 | 3:55.20 | Vetle Aasland |  |

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| --- |
| Finland – Sverige – Norge: Växjö, SWE 09.02.2013 – 200m bane  |
| 800m | 2 | 1:49.50 | Thomas Roth |  |
| 1500m | 5 | 3:58.73 | Vegard Løberg Gjelsvik |  |

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| --- |
| Finland – Sverige – Norge: Växjö, SWE 13.02.2016 – 200m bane  |
| 800m | 1 | 1:48.60 | Thomas Roth |  |
| 800m | 4 | 1:50.01 | Markus Einan |  |

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| Finland – Sverige – Norge: Tammerfors, FIN 11.02.2017 – 333m bane  |
| 1500m | 3 | 3:49.13 | Sigurd Blom Breivik |  |

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| --- |
| Finland – Sverige – Norge: Uppsala, SWE 11.02.2018 – 200m bane  |
| 800m | 2 | 1:48.62 | Thomas Roth |  |
| 60m hekk | 6 | 8.42 | Marcus Theodor Moen |  |

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| Finland – Sverige – Norge: Helsingfors, FIN 09.02.2020 – 200m bane  |
| 3000m | 3 | 8:02.35 | Per Svela |  |

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| --- |
| Finland – Sverige – Norge: Uppsala, SWE 13.02.2022 – 200m bane  |
| 3000m | 2 | 7:54.72 | Per Svela |  |
| 1500m | 4 | 3:46.08 | Fredriks Sandvik |  |
| 800m | 7 | 1:55.08 | Benjamin Olsen |  |

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| Finland – Sverige – Norge: Uppsala, SWE 13.02.2022 – 200m bane  |
| 1500m | 5 | 3:41.77 | Andreas Fjeld Halvorsen |  |

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| **UKI Historie** | **62** |

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| **LANDSKAMPER** |  |

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| **KVINNER SENIOR** |

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| **Kari Mo, f. 18.07.38**  |
| 1955 | 25-26.07 | Oslo/Bi | Romania |
| 2 | 4x100m | 49.6 |  |
| Reidun Buer-**Kari Mo**-Jorun Tangen-Anne Lise Thoresen |

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| --- |
| **Tove Dønnum, f. 29.10.40**  |
| 1960 | 20-21.07 | Oslo/Bi | Danmark |
| 4 | Høyde | 1.45 |  |
| 1961 | 01-02.07 | Aalborg, DEN | Danmark |
| 4 | Høyde | 1.45 |  |
|  |
| 1962 | 28-29.06 | Stavanger | Danmark |
| 2 | Høyde | 1.56 |  |
|  |
|  | 24.07 | Oslo/Bi | Syd-Sverige |
| 3 | Høyde | 1.50 |  |

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| --- |
| **Berit Dønnum, f. 25.11.41**  |
| 1961 | 01-02.07 | Aalborg, DEN | Danmark |
| 3 | 800m | 2:27.3 |  |
|  |
| 1962 | 28-29.06 | Stavanger | Danmark |
| 3 | 800m | 2:27.8 |  |
|  |
|  | 24.07 | Oslo/Bi | Syd-Sverige |
| 3 | 800m | 2:22.6 |  |

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| --- |
| **Else Opsahl, f. 01.04.32**  |
| 1965 | 21-22.07 | Oslo/Bi | Danmark |
| 4 | Diskos | 38.06 |  |
|  |
| 1967 | 09-10.09 | Tammerfors, FIN | Finland – Estland |
| 6 | Kule | 11.89 |  |
| 5 | Diskos | 37.00 |  |
|  |
| 1968 | 25-26.06 | Parnu, EST | Estland |
| 4 | Kule | 12.22 |  |
|  |
|  | 23-24.07 | Oslo/Bi | Canada |
| 4 | Kule | 11.38 |  |
|  |
|  | 27-28.07 | Granaa, DEN | Danmark |
| 4 | Kule | 10.95 |  |

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| **UKI Historie** | **63** |

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| **LANDSKAMPER** |  |

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| **KVINNER SENIOR** |

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| **Else Opsahl, f. 01.04.32**  |
| 1968 | 10-11.09 | Oslo/Bi | Finland |
| 4 | Kule | 11.55 |  |
|  |
| 1969 | 25-26.06 | Oslo/Bi | Danmark |
| 5 | Kule | 11.37 |  |

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| **Astrid Sundby, f. 17.07.42**  |
| 1965 | 21-22.07 | Oslo/Bi | Danmark |
| 4 | Kule | 10.98 |  |
|  |  |  |  |
| **Astrid Willersrud, f. 17.07.42** |
| 1966 | 21.08 | Skive, DEN | Danmark |
| 4 | Kule | 11.42 |  |
|  |
|  | 20-21.09 | Oslo/Bi | Sverige |
| 4 | Kule | 11.35 |  |
|  |
| 1967 | 09-10.09 | Tammerfors, FIN | Finnland – Estland |
| 6 | Diskos | 34.56 |  |

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| --- |
| **Anne Mette Olsen, f. 13.04.54**  |
| 1972 | 16.09 | Odense, DEN | Danmark |
| 2 | Høyde | 1.63 |  |

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| **Amalie Sæten f. 01.12.97** |
| 2021 | 20.06 | Cluj-Napoca | Romania – E.cup 12 nasjoner |
| 5 | 1500m | 4:17.79 |  |

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| **Landskamper innendørs** |  |

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| Finland – Sverige – Norge: Tammerfors, FIN 11.02.2017 – 333m bane  |
| Stav | 5 | 3.65 | Birgitte Kjuus |  |

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| Finland – Sverige – Norge: Uppsala, SWE 11.02.2018 – 200m bane  |
| Stav | 7 | 3.78 | Birgitte Kjuus |  |

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| --- |
| Finland – Sverige – Norge: Rud 10.02.2019 – 200m bane  |
| 1500m | 5 | 4:28.01 | Amalie Sætem |  |
| Stav | 4 | 3.95 | Birgitte Kjuus |  |

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| Finland – Sverige – Norge: Rud 11.02.2023 – 200m bane  |
| Kule | 7 | 13.51 | Hanna Emilie Hjeltnes |  |

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| **UKI Historie** | **64** |

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| **LANDSKAMPER** |  |

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| **MENN JUNIOR** |

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| **Bjørn Dæhlie, f. 19.06.67**  |
| 1987 | 25-26.07 | Esjberg, DEN | Danmark/Island – Finland – Sverige |
| 6 | 5000m | 14:58.00 |  |

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| **Tom Erik Olsen, f. 20.10.74**  |
| 1992 | 22-23.08 | Valkeakoski, FIN | Finland – Sverige |
| - | Stav | - |  |
| **Thomas Roth, f. 110291** |
| 2008 | 16-17-08 | Bergen/Fa | Finland – Danmark/Island – Sverige |
| 3 | 800m | 1:52.82 |  |
|  |  |  |  |
| 2009 | 22-23-08 | Vasa/Finland | Finland – Danmark/Island – Sverige |
| 3 | 800m | 1:51.27 |  |
| 3 | 4x400m | 3:17.01 |  |
| Torbjørn Lysne-Carl Emil Kåshagen-Martin Kåstad-**Thomas Roth** |
|  |
| 2010 | 28-29-08 | Akureyri/Island | Finland – Danmark/Island – Sverige |
| 1 | 800m | 1:51.44 |  |
| 1 | 4x400m | 3:14.68 |  |
| Carl Emil Kåshagen-Øyvind Kjerpeset-Per Magnus Solli-**Thomas Roth** |
|  |
| **Andreas Roth, f. 29.04.1994** |
| 2010 | 28-29-08 | Akureyri/Island | Finland – Danmark/Island – Sverige |
| 5 | 400m | 51.54 |  |
| 2011 | 03-04.09 | København/Danmark | Finland – Danmark/Island – Sverige |
| 2 | 400m | 48.40 |  |
| 1 | 4x400m | 3:13.84 |  |
| Sondre Nyvold Lie-Per Magne Florvaag-Roald Frøskeland-**Andreas Roth** |
|  |
| 2012 | 18-19.09 | Växjö/Sverige | Finland – Danmark/Island – Sverige |
| 2 | 400m | 48.55 |  |
| 1 | 4x400m | 3:14.36 |  |
| Roald Frøskeland-Torbjørn Heldal-**Andreas Roth**-Marius Bakken Støle |
|  |
| **Vegard Løberg Gjelsvik, f. 31.01.1992** |
| 2011 | 03-04.09 | København/Danmark | Finland – Danmark/Island – Sverige |
| 4 | 3000m hinder | 9:24.96 |  |
|  |
| **Jørgen Frost Bø, f. 10.08.1994** |
| 2012 | 18-19.08 | Växjö/Sverige | Finland – Danmark/Island – Sverige |
| 2 | 5000m | 15:17.23 |  |

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| **UKI Historie** | **65** |

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| **LANDSKAMPER** |  |

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| **MENN JUNIOR** |

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| **Markus Einan, f. 04.02.1997** |
| 2014 | 16-17-08 | Kristiansand | Finland – Danmark/Island – Sverige |
| 2 | 800m | 1:54.10 |  |
| 2 | 4x400m | 3:17.11 |  |
| Haakon Høye-Joachim Sandberg-**Markus Einan**-Josh Talm |
|  |
| 2015 | 29-30.08 | Espoo/Finland | Finland – Danmark/Island – Sverige |
| 1 | 800m | 1:50.74 |  |
| 1 | 4x400m | 3:15.35 |  |
| **Markus Einan**-Markus Berner-Sondre Skogen-Karsten Warholm |
|  |
| 2016 | 13-14.08 | Hafnar/Island | Finland – Danmark/Island – Sverige |
| 2 | 800m | 1:49.38 |  |
| 2 | 4x400m | 3:18.50 |  |
| Toralv Opsal-Emanuel Quarcco-**Markus Einan**-Markus Nikolai Berner |
|  |
| **Sverre Blom Breivik, f. 18.05.1996** |
| 2015 | 29-30.08 | Espoo/Finland | Finland – Danmark/Island – Sverige |
| 4 | 800m | 1:53.11 |  |

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| **Marcus Theodor Moen, f. 06.01.1999** |
| 2016 | 13-14.08 | Hafnar/Island | Finland – Danmark/Island – Sverige |
| 3 | 110m hekk 99.1 | 14.66 |  |

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| **Benjamin Olsen f. 16.06.2004** |
| 2022 | 16-17.07 | Malmø/Sverige | Finland – Danmark/Island – Sverige |
| 3 | 1500m | 3:59.36 |  |
| 5 | 800m | 1:55.67 |  |

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| **Sondre Strande Omland f. 25.04.2007** |
| 2023 | 22-23.07 | Oslo/Bi | Finland – Danmark/Island – Sverige |
| 1 | 1500m | 3:54.11 |  |
| 6 | 800m | 1:56.99 |  |

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| **UKI Historie** | **66** |

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| **LANDSKAMPER** |  |

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| **KVINER JUNIOR** |

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| **Anne Mette Olsen, f. 13.04.54**  |
| 1972 | 26-27.08 | Ås | Danmark |
| 2 | Høyde | 1.64 |  |

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| **Runa Nordal, f. 07.07.56**  |
| 1974 | 06.07 | Gausdal | Danmark |
| 1 | Spyd | 40.22 |  |

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| **Inger Birgitte Reppe, f. 01.01.68**  |
| 1988 | 27-28.08 | Huddinge, SWE | Sverige – Finland |
| 2 | 100m hekk | 14.78 |  |

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| **Anita Dale, f. 11.01.76**  |
| 1993 | 21-22.08 | Skien | Finland – Sverige |
| 6 | Høyde | 1.68 |  |

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| **Linn Helene Bakke, f. 14.09.91** |
| 2007 | 01-02.09 | Esjberg, DEN | Finland – Danmark/Island – Sverige |
| 3 | 100m | 12.10 |  |
| 2 | 200m | 24.55 |  |
| 2 | 4x100m | 46.88 |  |
| Oda Utsi Onstad-**Linn Helene Bakke**-Folake Akinyemi-Caroline Pedersen |

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| **Birgitte Kjuus f. 30.09.99** |
| 2016 | 13-18.08 | Hafnar, ISL | Finland – Danmark/Island – Sverige |
| 4 | Stav | 3.60 |  |
|  |
| 2017 | 19-20.08 | Umeå, SVE | Finland – Danmark/Island – Sverige |
| 3 | Stav | 3.80 |  |
|  |
| 2018 | 11-12.08 | Hvidovre, DAN | Finland – Danmark/Island – Sverige |
| 3 | Stav | 3.91 |  |
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| **Tonje Moen f. 20.10.00** |
| 2018 | 11-12.08 | Hvidovre, DAN | Finland – Danmark/Island – Sverige |
| 7 | 100m hekk | 23.97 | Hektet i første hekk |
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| **Vår Åsheim f. 28.04.99** |
| 2018 | 11-12.08 | Hvidovre, DAN | Finland – Danmark/Island – Sverige |
| 2 | 4x400m | 3:45.20 |   |
| Kaitisi Ertzgaard-Solveig Hernandes-Marie Skjæggestad-**Vår Åsheim** |

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| **UKI Historie** | **67** |

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| **LANDSKAMPER** |  |

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| **KVINER JUNIOR** |

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| **Hanna Emilie Hjeltnes f. 23.06.2004** |
| 2022 | 16-17.07 | Malmø/Sverige | Finland – Danmark/Island – Sverige |
| 7 | Kule | 11.33 |   |
| 5 | Diskos | 43.44 |  |

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| 2023 | 22-23.07 | Oslo/Bi | Finland – Danmark/Island – Sverige |
| 4 | Kule | 13.46 |   |
| 5 | Diskos | 43.45 |  |

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| **UKI Historie** | **68** |

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| **LANDSKAMP** |  |

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| **Deltagelse på landslag innendørs** |

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| **Kvinner senior** |
| 1966 | 30.01 | Göteborg, SWE | Vest Sverige – Øst Norge |
| Kule | 4 | 10.79 | Astrid Sundby |  |
| Diskos | 3 | 34.53 | Else Opsahl |  |
| Diskos | 4 | 32.78 | Astrid Sundby |  |
| Banen var ca. 380m  |

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| **Kvinner senior** |
| 2022 | 13.02 | Uppsala, SWE | Sverige-Finland-Norge |
| Kule | 7 | 13.34 | Hanna Emilie Hjeltnes |  |

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| **Kvinner senior** |
| 2023 | 12.02 | Karlstad, SWE | Sverige-Finland-Norge |
| 3000m | 1 | 9:13.92 | Amalie Sæten |  |

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| **Uoffisiell kastlandskamp** |
| 1976 | 08.05 | Karlstad, SWE | Sverige |
| Spyd | 8 | 41.70 | Rune Nordal |  |

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| **Løpslandskamp** |

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| 2008 | 24.06 | Göteborg, SWE | Sverige – Opp til 19 år |
| 800m | 1 | 1:55.75 | Thomas Roth |  |
| 800m | 6 | 1:57.08 | Vegard Løberg Gjelsvik |  |

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| **GULLSKO 2023 – KONDIS** | **BESTE JUNIORER I LØP FRA 3000m** |

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| **Andreas Fjeld Halvorsen** | **F. 2005** |

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| **Wilma Torbjørnsson** | **F. 2007** |

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| **ECCC Terrengløp 25.02.2024 – 9130m** | **Albufeira, POR** |

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| **8 Ullensaker/Kisa IL** | **103p**  |

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| **10 Fredrik Sandvik f. 98** | **28:18** |

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| **37 Senay Fissehatsion f. 95** | **29:41** |

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| **56 Trym Tønnesen f. 00** | **30:27** |

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| **UKI Historie** | **69** |

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| **NORGESMESTERSKAP** |  |

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| **MENN SENIOR** |  |

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| **400m** |  |
| 2011 | 2 | 49.08 | Andreas Roth |  | Byrkjelo |
| 2012 | 1 | 47.93 | Thomas Roth |  | Kristiansand |
| 2013 | 1 | 47.37 | Andreas Roth |  | Tønsberg |
| 2014 | 2 | 47.44 | Andreas Roth |  | Jessheim |
| **800m** |  |
| 2009 | 3 | 1:50.39 | Thomas Roth |  | Lillehammer/Ss |
| 2010 | 1 | 1:50.05 | Thomas Roth |  | Sandnes |
| 2012 | 1 | 1:51.35 | Thomas Roth |  | Kristiansand |
| 2013 | 3 | 1:48.82 | Thomas Roth |  | Tønsberg |
| 2014 | 1 | 1:47.97 | Thomas Roth |  | Jessheim |
|  | 2 | 1:48.53 | Andreas Roth |  |  |
| 2015 | 1 | 1:56.04 | Andreas Roth |  | Haugesund |
|  | 3 | 1:57.17 | Markus Einan |  |  |
| 2016 | 2 | 1:52.38 | Andreas Roth |  | Ravnanger |
|  | 3 | 1:52.98 | Markus Einan |  |  |
| 2017 | 1 | 1:50.07 | Thomas Roth |  | Sandnes |
|  | 2 | 1:50.12 | Andreas Roth |  |  |
| 2018 | 1 | 1:50.63 | Thomas Roth |  | Byrkjelo |
|  | 3 | 1:51.02 | Markus Einan |  |  |
| 2019 | 2 | 1:48.61 | Markus Einan |  | Hamar |
| 2023 | 3 | 1:51.21 | Markus Einan |  | Jessheim |
| **5000m** |  |
| 2015 | 3 | 14:31.35 | Jørgen Frost Bø |   | Haugesund |
| 2021 | 3 | 14:01.80 | Sigurd Ruud Skjeseth |  | Kristiansand |
| 2023 | 2 | 13:33.65 | Awet Kibrab |  | Jessheim |
| **10000m** |  |
| 2021 | 3 | 29:11.78 | Sigurd Ruud Skjeseth |   | Kristiansand |
| 2023 | 2 | 28:57.62 | Senay Fissehatsion |  | Jessheim |
| **110m hekk** |  |
| 1994 | 3 | 14.65 | Tom Erik Olsen |  | Jessheim |
| 1995 | 2 | 14.18 | Tom Erik Olsen |  | Lillehammer/Ss |
| **3000m hinder** |  |
| 1951 | 3 | 9:30.8 | Svein Skolt |  | Oslo/Bi |
| 2020 | 2 | 8:53.16 | Fredrik Sandvik |  | Bergen/Fa |
| 2021 | 2 | 8:49.11 | Fredrik Sandvik |  | Kristiansand |
| 2022 | 2 | 8:38.53 | Fredrik Sandvik |  | Stjørdal |
| 2023 | 2 | 8:37.21 | Fredrik Sandvik |  | Jessheim |
| **Spyd** |  |
| 1992 | 1 | 75.02 | Pål Berntsen |  | Mosjøen |
| **10-kamp** |  |
| 1992 | 3 | 6825 | Jo Henning Hals Nilssen |  | Trondheim/Le |
| 11.58-6.63-12.18-1.85-53.65/15.29-41.34-4.00-59.84-4:59.57 |

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| **UKI Historie** | **70** |

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| **NORGESMESTERSKAP** |  |

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| **MENN SENIOR** |  |

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| **4x400m** |  |
| 2012 | 3 | 3:17.76 | Ullensaker/Kisa IL |  | Jessheim |
| Vegard Gjelsvik92-Thomas Roth91-Vetle Aasland91-Andreas Roth93 |
| 2013 | 1 | 3:14.13 | Ullensaker/Kisa IL |  | Sandnes |
| Vegard Gjelsvik92-Andreas Roth93-Elias Ottosen93-Thomas Roth91 |
| 2014 | 2 | 3:19.07 | Ullensaker/Kisa IL |  | Grimstad |
| Håvard Hildeskor92-Hauk Fjeld94-Markus Einan97-Elias Ottosen93 |
| 2015 | 1 | 3:19,16 | Ullensaker/Kisa IL |  | Larvik/Lo |
| Håvard Hildeskor92-Andreas Roth93-Elias Ottosen93-Markus Einan97 |
| 2015 | 3 | 3:29.03 | Ullensaker/Kisa IL |  | Larvik/Lo |
| Martin Syversen92-Terje Snarby89-Hauk Are Fjeld94-Sverre Breivik96 |
| 2022 | 1 | 3:36.48 | Ullensaker/Kisa IL |  | Ås |
| Abrirahim Dahir94-Nani Kula01-Jonas Krossøy95-Merith Solomon91 |

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| **4x1500m** |  |
| 2011 | 3 | 16:16.26 | Ullensaker/Kisa IL |  | Drammen |
| Halvor Marius Mangerud-Vetle Aasland-Njord Wiker-Thomas Roth |
| 2012 | 2 | 15:54.49 | Ullensaker/Kisa IL |  | Jessheim |
| Vegard Gjelsvik92-Jørgen Frost Bø94-Thomas Roth91-Vetle Aasland91 |
| 2013 | 3 | 15:49.81 | Ullensaker/Kisa IL |  | Sandnes |
| Thomas Roth91-Jørgen Frost Bø94-Vetle Aasland91-Elias Ottosen93 |
| 2014 | 1 | 15:53.71 | Ullensaker/Kisa IL |  | Grimstad |
| Stian Klungland93-Jørgen Frost Bø94-Terje Snarby89-Elias Ottosen93 |
| 2015 | 1 | 16:27.85 | Ullensaker/Kisa IL |  | Larvik/Lo |
| Andreas Roth93-Terje Snarby89-Hauk Are Fjeld94-Elias Ottosen93 |
| 2016 | 3 | 17:43.73 | Ullensaker/Kisa IL |  | Trondheim/St |
| Sverre Breivik96-Markus Høgne98-Jostein Steffensen96-Ole Sandness00 |
| 2017 | 2 | 16:38.07 | Ullensaker/Kisa IL |  | Hamar |
| Andreas Roth93-Markus Høgne98-Thomas Roth91-Jonas Krossøy95 |

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| **1000m** |  |
| 2012 | 3 | 1:56.27 | Ullensaker/Kisa IL |  | Kristiansand |
| Henrik Huser96-Marius Mellum96-Andreas Roth93-Thomas Roth91 |
| 2013 | 3 | 1:55.21 | Ullensaker/Kisa IL |  | Tønsberg |
| Marius Mellum96-Vegard L. Gjelsvik92-Andreas Roth93-Thomas Roth91 |
| 2014 | 1 | 1:54.09 | Ullensaker/Kisa IL |  | Jessheim |
| Marius Mellum96-Markus Einan97-Andreas Roth93-Thomas Roth91 |
| 2018 | 1 | 1:53.98 | Ullensaker/Kisa IL |  | Byrkjelo |
| Sander Myrvang00-Andreas Roth93-Markus Einan97-Thomas Roth91 |

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| **UKI Historie** | **71** |

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| **NORGESMESTERSKAP** |  |

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| **3km terrengløp** |  |
| 2022 | 1 | 8:52 | Jacob Boutera |  | Trondheim |
| 2022 | 2 | 8.53 | Fredrik Sandvik |  | Trondheim |
| 2023 | 1 | 9:22 | Senay Fissehatsion |  | Grimstad |
| 2023 | 2 | 9:25 | Fredrik Sandvik |  | Grimstad |

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| **3km terrengløp lag** |  |
| 2022 | 1 | 16:21 | Ullensaker/Kisa IL |  | Trondheim |
| Sigurd Ruud Skjeseth-Fredrik Sandvik |  |
| 2023 | 1 | 18:19 | Ullensaker/Kisa IL |  | Grimstad |
| Erik Udø Pedersen-Fredrik Sandvik |  |
| 2023 | 2 | 18:21 | Ullensaker/Kisa IL |  | Grimstad |
| Merith Solomon-Senay Fissehatsion |  |

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| **10km terrengløp** |  |
| 2021 | 2 | 30:39 | Senay Fissehatsion |  | Oslo/Fr |
| 2022 | 2 | 29:23 | Jacob Boutera |  | Bergen/Fa |
| 2023 | 1 | 30:32 | Senay Fissehatsion |  | Oslo/Fr |

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| **Halvmaraton 21098m** |  |
| 1999 | 2 | 1:08:14 | Tor Erik Nyqvist |  | Oslo |

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| **Maraton 42195m** |  |
| 1994 | 3 | 2:23:54 | Tor Erik Nyqvist |  | Tromsø |
| 1995 | 2 | 2:25:41 | Tor Erik Nyqvist |  | Stavanger |
| 1996 | 2 | 2:20:57 | Tor Erik Nyqvist |  | Tromsø |
| 1997 | 2 | 2:23:14 | Tor Erik Nyqvist |  | Jølster |

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| **UKI Historie** | **72** |

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| **MENN SENIOR** |  |

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| **B-NORGESMESTERE** |  |

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| **5000m** |  |
| 1975 | 1 | 15:00.89 | Harald Lindstrøm |  | Stjørdal |

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| **400m** |  |
| 1996 | 1 | 50.66 | Frank Øines |  | Oslo/St |
| 1997 | 1 | 50.35 | Frank Øines |  | Oslo/St |

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| **100m** |  |
| 1995 | 1 | 13.16 | Lena Opaker |  | Øvre Årdal |
| 1996 | 1 | 13.15 | Lena Opaker Øines |  | Oslo/St |

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| **1500m** |  |
| 1996 | 1 | 4:41.72 | Hilde Høgbakken |  | Øvre Årdal |

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| **3000m** |  |
| 1995 | 1 | 10:07.96 | Hilde Høgbakken |  | Øvre Årdal |

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| **1000m** |  |
| 1996 | 1 | 2:03.44 | Ullensaker/Kisa IL |  | Oslo/St |
| Øystein Iversen-Jørn Jevne-Arne Svardahl-Frank Øines |

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| **UKI Historie** | **73** |

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| **NORGESMESTERSKAP** |  |

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|  **KVINNER SENIOR** |  |

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| **800m** |  |
| 1962 | 1 | 2:25.4 | Berit Dønnum |  | Drammen/Ma |
| 1963 | 1 | 2:22.0 | Berit Dønnum |  | Trondheim |
| 2018 | 2 | 2:07.63 | Amalie Sæten |   | Byrkjelo |
| 2019 | 3 | 2:08.22 | Amalie Sæten |  | Hamar |
| 2020 | 2 | 2:05.55 | Amalie Sæten |  | Bergen/Fa |
| **1500m** |  |
| 2019 | 3 | 4:24.03 | Amalie Sæten |  | Hamar |
| 2020 | 1 | 4:38.30 | Amalie Sæten |  | Bergen/Fa |
| 2021 | 2 | 4:15.38 | Amalie Sæten |  | Kristiansand |
| 2022 | 2 | 4:13.84 | Amalie Sæten |  | Stjørdal |
| 202.3 | 3 | 4:12.30 | Amalie Sæten |  | Jessheim |
| **5000m** |  |
| 2022 | 1 | 16:02.16 | Amalie Sæten |  | Stjørdal |
| 2023 | 1 | 15:38.63 | Amalie Sæten |  | Jessheim |
| **10000m** |  |
| 2020 | 3 | 33:39.39 | Hanne Maridal |  | Bergen/Fa |
| **Halvmaraton** |  |
| 2020 | 2 | 1:14:25 | Hanne Maridal |  | Jessheim |
| **100m hekk** |  |
| 1988 | 2 | 4:24.33 | Inger Birgitte Reppe |  | Hamar |
| **Høyde** |  |
| 1960 | 3 | 1.50 | Tove Dønnum |  | Sarpsborg |
| 1961 | 1 | 1.55 | Tove Dønnum |  | Bergen/Kr |
| 1962 | 1 | 1.58 | Tove Dønnum |  | Drammen/Ma |
| 1963 | 1 | 1.55 | Tove Dønnum |  | Trondheim |
| 1972 | 3 | 1.61 | Anne Mette Olsen |  | Stavanger |
| **Stav** |  |
| 2017 | 2 | 3.80 | Birgitte Kjuus |  | Sandnes |
| 2018 | 1 | 3.90 | Birigtte Kjuus |  | Byrkjelo |
| 2019 | 2 | 4.00 | Birgitte Kjuus |  | Hamar |
| 2022 | 3 | 3.70 | Birgitte Kjuus |  | Stjørdal |
| 2023 | 3 | 3.81 | Birgitte Kjuus |  | Jessheim |
| **Kule** |  |
| 1965 | 3 | 10.84 | Astrid Sundby |   | Haugesund |
| 1966 | 2 | 11.75 | Astrid Willersrud |   | Nadderud |
| 1967 | 2 | 11.82 | Else Opsahl |   | Trondheim |
|  | 3 | 11.14 | Astrid Willersrud |   |  |
| 1968 | 2 | 11.13 | Else Opsahl |   | Kongsvinger/Gj |
| 1969 | 3 | 11.98 | Else Opsahl |   | Bergen/Fa |
| 2020 | 3 | 12.95 | Hanna Emilie Hjeltnes |  | Bergen/Fa |
| 2021 | 1 | 13.46 | Hanna Emilie Hjeltnes |  | Kristiansand |
| 2023 | 3 | 13.37 | Hanna Emilie Hjeltnes |  | Jessheim |

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| **UKI Historie** | **74** |

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| **NORGESMESTERSKAP** |  |

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|  **KVINNER SENIOR** |  |

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| **Diskos** |  |
| 1964 | 3 | 34.98 | Astrid Sundby |   | Gjøvik |
| 1965 | 2 | 35.90 | Else Opsahl |   | Haugesund |
| 1966 | 3 | 36.80 | Astrid Willersrud |   | Nadderud |
| 1967 | 2 | 36.40 | Astrid Willersrud |   | Trondheim |

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| **Spyd** |  |
| 1957 | 2 | 26.93 | Astrid Sundby |   | Bergen |
| 1960 | 3 | 33.61 | Ragnhild Sundby |   | Sarpsborg |
| 1975 | 3 | 42.42 | Runa Nordahl |   | Bergen/Fa |

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| **3-kamp: 100m-Høyde-Diskos** |  |
| 1962 | 3 | 1933 | Tove Dønnum |   | Fredrikstad |
| 14.3-1.53-25.31 |

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| **5-kamp: 80m hekk-Kule-Høyde/Lengde-200m**  |  |
| 1963 | 3 | 3401 | Astrid Sundby |   | Tønsberg |
| 13.7-10.46-1.45/4.68-29.5 |

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| **4x100m** |  |
| 1955 | 3 | 53.1 | Ullensaker/Kisa IL |  | Oslo/Bi |
| Ingrid Sundby38-Irene Belsvik42-Åshild Sørum39-Kari Mo38 |

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| **4x400m** |  |
| 2015 | 3 | 4:02.04 | Ullensaker/Kisa IL |  | Larvik/Lo |
| Veronica Undseth94-Vår Åsheim99-Pia Bålsrud95-Emilie Hov Andreassen00 |
| 2018 | 2 | 3:54.74 | Ullensaker/Kisa IL |  | Nesodden |
| Vår Åsheim99-Amalie Sæten97-Emilie Andreassen99-Caroline Foss Høistad98 |

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| **4x800m** |  |
| 2012 | 3 | 11:00.05 | Ullensaker/Kisa IL |  | Jessheim |
| Sofie Rostad94-Stine Granerud92-Anne Lillegård73-Vilde Alfarrustad96 |
| 2015 | 1 | 9:22.33 | Ullensaker/Kisa IL |  | Larvik/Lo |
| Pia Bålsrud95-Caroline Foss høistad98-Veronica Undseth94-Emilie Andreassen00 |
| 2017 | 2 | 9:18.82 | Ullensaker/Kisa IL |  | Hamar |
| Veronika Undseth94-Silje Fjørtoft87-Caroline Foss Høistad98-Pia Bålsrud95 |

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| **1000m** |  |
| 2018 | 3 | 2:15.10 | Ullensaker/Kisa IL |  | Byrkjelo |
| Tonje Moen00-Birgitte Kjuus99-Vår Åsheim99-Amalie Sæten97 |

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| **UKI Historie** | **75** |

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| **NORGESMESTERSKAP** |  |

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|  **KVINNER SENIOR** |  |

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| **Terrengløp 6 km** |  |
| 2018 | 3 | 21:42 | Silje Fjørtoft |  | Trondheim |
| 2020 | 3 | 20:50 | Silje Fjørtoft |  | Skien |

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| **Halvmaraton 21.1 km lag** |  |
| 1987 | 1 | 39p | Ullensaker/Kisa IL |  | Stavanger |
| Anne Torill Garli12-Anne Marie Frydenlund13-Line Røen14 |

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| **Terrengløp Sprint** |  |
| 2015 | 3 | 21:14 | Ullensaker/Kisa IL |  | Ås |
| Caroline Foss Høistad98-Emilie Hov Andreassen00 |

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| **UKI Historie** | **76** |

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| **NORGESMESTERSKAP** |  |

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| **MENN JUNIOR 20** |  |

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| **5000m** |  |
| 1987 | 3 | 15:11.45 | Bjørn Dæhlie |   | Lillehammer |
|  |  |  |  |  |  |
| **110m hekk** |  |
| 1992 | 3 | 15.07 | Tom Erik Olsen |   | Kongsvinger |
| 1994 | 2 | 14.53 | Tom Erik Olsen |   | Drammen |
|  |  |  |  |  |  |
| **Høyde** |  |
| 1951 | 3 | 1.75 | Tormod Holand |   | Hamar |
|  |  |  |  |  |  |
| **Stav** |  |
| 1992 | 2 | 4.80 | Tom Erik Olsen |   | Kongsvinger |
|  |  |  |  |  |  |
| **Lengde uten tilløp** |  |
| 1987 | 3 | 3.11 | Ola Nerhagen |   | Dokka |

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| **10-kamp** |  |
| 1987 | 3 | 6328 | Jo Henning Hals Nilssen |   | Byrkjelo |
| 11.77-6.68-10.60-1.84-53.45/15.63-36.00-3.80-47.52-4:57.68 |
| 1992 | 1 | 6810 | Tom Erik Olsen |   | Trondheim |
| 11.21-6.82-12.91-1.80-51.24/15.14-32.62-4.60-43.68-5:03.00 |

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| **UKI Historie** | **77** |

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| **NORGESMESTERSKAP** |  |

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| **NORGESMESTERSKAP MENN JUNIOR 22** |  |

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| **400m** |  |
| 2012 | 2 | 48.65 | Thomas Roth |   | Prestfoss |
| 2013 | 1 | 47.73 | Andreas Roth |  | Overhalla |
| 2018 | 1 | 48.66 | Markus Einan |  | Oslo/Bi |
|  |  |  |  |  |  |
| **800m** |  |
| 2011 | 3 | 1:53.86 | Vetle Aasland |   | Kristiansand |
| 2012 | 2 | 1:52.70 | Vetle Aasland |  | Prestfoss |
|  | 3 | 1:55.69 | Vegard L. Gjelsvik |  |  |
| 2013 | 2 | 1:55.89 | Elias Ottosen |  | Overhalla |
|  | 3 | 1:57.31 | Håvard Hildeskor |  |  |
| 2016 | 1 | 1:51.77 | Sigurd Blom Breivik |  | Brandbu |
| 2018 | 3 | 1:55.84 | Henrik Hanssen |  | Oslo/Bi |
| 2019 | 2 | 1:55.75 | Henrik hanssen |  | Prestfoss |
|  |  |  |  |  |  |
| **1500m** |  |
| 2011 | 3 | 3:55.24 | Vetle Aasland |   | Kristiansand |
| 2012 | 1 | 3:46.82 | Thomas Roth |  | Prestfoss |
|  | 2 | 3:48.12 | Vetle Aasland |  |  |
| 2013 | 3 | 3:57.05 | Elias Ottosen |  | Overhalla |
| 2018 | 2 | 3:51.54 | Markus Einan |  | Oslo/Bi |
|  |  |  |  |  |  |
| **3000m hinder** |  |
| 2012 | 3 | 9:17.60 | Vetle Aasland |  | Prestfoss |
| 2014 | 2 | 9:55.96 | Nikolai Smestad |  | Lisleby |
|  |  |  |  |  |  |
| **5000m** |  |
| 2014 | 3 | 15:07.49 | Jørgen Frost Bø |  | Lisleby |
|  |  |  |  |  |  |
| **1000m**  |  |
| 2012 | 1 | 1:55.54 | Ullensaker/Kisa IL |  | Prestfoss |
| Marius Mellum96-Vegard Gjelsvik92-Andreas Roth93-Thomas Roth91 |
| 2013 | 2 | 1:57.42 | Ullensaker/Kisa IL |  | Overhalla |
| Martin Syversen92-Vegard Gjelsvik92-Elias Ottosen94-Andreas Jahr93 |
| 2013 | 3 | 2:09.39 | Ullensaker/Kisa IL |  |  |
| Jonas Krossøy95-Stian Klungland93-Håvard Hildeskor92-Nikolai Smestad92 |

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| **UKI Historie** | **78** |

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| **NORGESMESTERSKAP** |  |

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| **MENN JUNIOR 19** |  |

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| **400m** |  |
| 2009 | 1 | 49.39 | Thomas Roth |   | Bodø |
| 2010 | 2 | 49.00 | Thomas Roth |  | Ravnanger |
|  | 3 | 49.65 | Andreas Roth |  |  |
| 2011 | 2 | 48.52 | Andreas Roth |  | Kristiansand |
| 2012 | 2 | 48.21 | Andreas Roth |  | Prestfoss |
| 2014 | 2 | 49.75 | Markus Einan |  | Lisleby |
| 2016 | 1 | 48.24 | Markus Einan |  | Brandbu |
|  |  |  |  |  |  |
| **800m** |  |
| 2008 | 1 | 1:54.72 | Thomas Roth |   | Stavanger |
| 2009 | 1 | 1:52.20 | Thomas Roth |   | Bodø |
|  | 2 | 1:52.80 | Vegard Løberg Gjelsvik |   |  |
| 2010 | 3 | 1:53.83 | Vetle Aasland |  | Ravnanger |
| 2012 | 1 | 1:51.07 | Andreas Roth |  | Prestfoss |
| 2014 | 1 | 2:00.17 | Markus Einan |  | Lisleby |
|  | 3 | 2:01.50 | Sverre Blom Breivik |  |  |
| 2015 | 1 | 1:58.55 | Markus Einan |  | Byrkjelo |
|  | 2 | 1:58.83 | Sverre Blom Breivik |  |  |
| 2016 | 1 | 1:53.10 | Markus Einan |  | Brandbu |
| 2023 | 2 | 1:57.60 | Sondre Lehmann |  | Sandnes |
| **1500m** |  |
| 2009 | 3 | 4:00.42 | Vetle Aasland |   | Bodø |
| 2010 | 3 | 3:56.62 | Vetle Aasland |  | Ravnanger |
| 2022 | 3 | 3:45.98 | Andreas F. Halvorsen |  | Rud |
| 2023 | 1 | 3:45.07 | Andreas F. Halvorsen |  | Sandnes |
| **5000m** |  |
| 2022 | 2 | 14:16.75 | Andreas F. Halvorsen |   | Rud |
| 2023 | 2 | 14:48.45 | Simen G. Stensrud |  | Sandnes |
| **110m hekk 100 cm** |  |
| 2016 | 1 | 14.14 | Marcus Theodor Moen |  | Brandbu |
| **2000m hinder** |  |
| 2011 | 3 | 6:00.29 | Vegard Løberg Gjelsvik |   | Kristiansand |
| **Stav** |  |
| 2017 | 3 | 4.00 | Filip Aas |   | Harstad |
| **Høyde** |  |
| 2023 | 3 | 1.94 | Michael Reklev |   | Sandnes |
| 2023 | 3 | 1.94 | Even Ragnhildsløkken |  | Sandnes |

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| **UKI Historie** | **79** |

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| **NORGESMESTERSKAP**  |  |

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| **MENN JUNIOR 19** |  |

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| **4x400m forts.** |  |

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| **4x400m**  |  |
| 2008 | 1 | 3:31.69 | Ullensaker/Kisa IL |  | Tromsø |
| Vegard Gjelsvik-Anders Buraas-Fredrik Fuglerud-Tomas Roth  |
| 2009 | 1 | 3:24.28 | Ullensaker/Kisa IL |  | Strandebarm |
| Njord Wiker-Vetle Aasland-Vegard Løberg Gjelsvik-Thomas Roth |
| 2010 | 1 | 3:18.53 | Ullensaker/Kisa IL |  | Steinkjer |
| Andreas Roth-Håvard Hildeskor-Vegard Løberg Gjelsvik-Thomas Roth |
| 2011 | 1 | 3:23.21 | Ullensaker/Kisa IL |  | Drammen |
| Vegard L. Gjelsvik-Stian Klungland-Håvard Hildeskor-Andreas Roth |
| 2014 | 2 | 3:23.64 | Ullensaker/Kisa IL |  | Grimstad |
| Sverre Breivik96-Jon Gunnar Alfsen97-Sigurd Breivik96-Markus Einan97 |
| 2015 | 1 | 3:25.51 | Ullensaker/Kisa IL |  | Larvik/lo |
| Sverre Breivik96-Sigurd Blom Breivik96-Jon Gunnar Alfsen97-Markus Einan97 |
| 2016 | 2 | 3:27.29 | Ullensaker/Kisa IL |  | Trondheim/St |
| Jørgen Opaker97-Kristian Tokstad00-Sondre Øines98-Markus Einan97 |
| 2022 | 2 | 3:32.37 | Ullensaker/Kisa IL |  | Ås |
| Nikolai Solum05-Andreas Kværner06-Iver Eriksen06-Benjamin Olsen04 |

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| **4x1500m** |  |
| 2008 | 2 | 17:46.87 | Ullensaker/Kisa IL |  | Tromsø |
| Fredrik Fuglerud-Vegard Gjelsvik-Arders Buraas-Thomas Roth |
| 2009 | 1 | 16:57.18 | Ullensaker/Kisa IL |  | Strandebarm |
| Karl Nyquist-Njord Wiker-Vetle Aasland-Vegard Løberg Gjelsvik |
|  | 2 | 17:32.49 | Ullensaker/Kisa IL | 2. lag | Strandebarm |
| Fredrik Svinø-Thomas Roth-Kevin Fritz-Anders Buraas |
| 2010 | 1 | 17:06.70 | Ullensaker/Kisa IL |  | Steinkjer |
| Anders Buraas-Håvard Hildeskor-Vegard Gjelsvik-Vetle Aasland |
|  | 3 | 17:35.95 | Ullensaker/Kisa IL | 2. lag |  |
| Åsmund Wennemo-Thomas Roth-Peder Holm-Fredrik Anthi Svinø |
| 2011 | 1 | 16:55.48 | Ullensaker/Kisa IL |   | Drammen |
| Lars Buraas-Stian Klungland-Håvard Hildeskor-Vegard Løberg Gjelsvik |
| 2013 | 3 | 16:46.41 | Ullensaker/Kisa IL |   | Sandnes |
| Jonas Krossøy-Erik Rickenberg-Åsmund Wennemo-Jørgen Frost Bø |
| 2014 | 2 | 16:42.30 | Ullensaker/Kisa IL |   | Grimstad |
| Sverre Breivik96-Sigurd Breivik96-Jonas Krossøy95-Henrik Hanssen97 |
| 2015 | 1 | 16:55.63 | Ullensaker/Kisa IL |   | Larvik/Lo |
| Jon G. Alfsen97-Sigurd Breivik96-Henrik Hanssen97-Markus Einan98 |

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| **NORGESMESTERSKAP**  |  |

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| **MENN JUNIOR 19** |  |

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| **4x1500m forts.** |  |
| 2016 | 1 | 17:17.36 | Ullensaker/Kisa IL |   | Trondheim/St |
| Ole Sandness00-Markus Høgne98-Henrik Hanssen-Markus Einan97 |
| 2017 | 1 | 18:33.89 | Ullensaker/Kisa IL |   | Hamar |
| Ole Sandness00-Patrick Fossum98-Sondre Liestøl99-Sondre Øines98 |
| 2022 | 2 | 17:41.38 | Ullensaker/Kisa IL |  | Ås |
| Jonas Kveen03-Gard Sørum03-Ole-Kristian Kværner05-Erlend Homble04 |

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| **1000m**  |  |
| 2009 | 1 | 2:00.07 | Ullensaker/Kisa IL |  | Bodø |
| Njård Wiker91-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 |
| 2010 | 1 | 1:58.79 | Ullensaker/Kisa IL |  | Ravnanger |
| Martin Opaker94-Vegard Gjelsvik92-Andreas Roth93-Thomas Roth91 |
|  | 3 | 2:03.83 | Ullensaker/Kisa IL |  |   |
| Peder Holm92-Njord Wiker91-Håvard Hildeskor92-Vetle Aasland91 |
| 2011 | 1 | 1:58.63 | Ullensaker/Kisa IL |  | Kristiansand |
| Martin Opaker94-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 |
| 2015 | 3 | 2:00.86 | Ullensaker/Kisa IL |  | Byrkjelo |
| Jørgen Opaker97-Jan Gunnar Alfsen97-Sverre Blom Breivik96-Markus Einan97 |

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| **2km terrengløp**  |  |
| 2010 | 3 | 5:59 | Vegard Løberg Gjelsvik |   | Tønsberg |
| 2015 | 1 | 6:01 | Sigurd Blom Breivik |  | Ås |

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| **Terrengløp lang løype 6 km** |  |
| 2012 | 2 | 20:25 | Jørgen Frost Bø |  | Ås |
| 2023 | 1 | 18:38 | Andreas Fjeld Halvortsen |  | Oslo/Fr |
| 2023 | 2 | 18:39 | Kristian Bråthen Børve |  | Oslo/Fr |
| 2023 | 3 | 19:06 | Simen Gløgård Stensrud |  | Oslo/Fr |

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| **UKI Historie** | **81** |

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| **NORGESMESTERSKAP** |  |

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| **KVINNER JUNIOR 22**  |  |

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| **800m** |  |
| 2018 | 1 | 2:14.93 | Amalie Sæten |   | Oslo/Bi |

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| **KVINNER JUNIOR 20**  |  |

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| **100m hekk** |  |
| 1988 | 3 | 14.95 | Inger Birgitte Reppe |   | Voss |

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| **Høyd**e |  |
| 1972 | 1 | 1.64 | Anne Mette Olsen |   | Trondheim |
| 1994 | 2 | 1.70 | Anita Dale |   | Drammen |

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| **Spyd** |  |
| 1974 | 1 | 41.34 | Runa Nordal |   | Stavanger |

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| **4x100m** |
| 2008 | 3 | 50.07 | Ullensaker/Kisa IL |  | Tromsø/Va |
| Susann Bakke-Linn Helene Bakke-Betina Nilssen-Ragnhild Hammeren |

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| **UKI Historie** | **82** |

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| **NORGESMESTERSKAP** |  |

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| **KVINNER JUNIOR 19**  |  |

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| **400m**  |  |
| 2018 | 3 | 56.84 | Vår Åsheim |   | Oslo/Bi |

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| **1500m** |  |
| 2023 | 3 | 4:26.22 | Wilma Torbjørnsson |   | Sandnes |

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| **3000m** |  |
| 2019 | 3 | 9:52.09 | Julie Hammer |   | Prestfoss |
| 2023 | 2 | 9:39.57 | Wilma Torbjørnsson |  | Sandnes |

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| **400m hekk** |  |
| 2017 | 3 | 66.11 | Vår Åsheim |   | Harstad |

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| **Stav** |  |
| 2016 | 1 | 3.50 | Birgitte Kjuus |   | Brandbu |
| 2017 | 1 | 3.80 | Birigtte Kjuus |  | Harstad |
| 2018 | 1 | 3.90 | Birgitte Kjuus |  | Oslo/Bi |

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| **Lengde** |  |
| 2022 | 2 | 5.59 | Frida Rimstad |   | Rud |

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| **Kule** |  |
| 2022 | 3 | 12.22 | Hanna Emilie Hjeltnes |   | Rud |
| 2023 | 1 | 13.41 | Hanna Emilie Hjeltnes |  | Sandnes |

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| **Diskos** |  |
| 2022 | 2 | 42.70 | Hanna Emilie Hjeltnes |   | Rud |
| 2023 | 1 | 45.44 | Hanna Emilie Hjletnes |  | Sandnes |

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| **Terrengløp 4km** |
| 2012 | 3 | 18:13 | Karoline Næss |  | Ås |

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| **4x400m** |  |
| 2015 | 2 | 4:02.88 | Ullensaker/Kisa IL |  | Larvik/Lo |
| Vår Åsheim99-Emilie Andreassen00-Caroline Høistad98-Charlotte Grasmoe96 |
| 2016 | 2 | 3:50.91 | Ullensaker/Kisa IL |  | Trondheim/St |
| Vår Åsheim99-Emilie Andreassen00-Birgitte Kjuus99-Caroline Høistad98 |
| 2022 | 2 | 4:21.22 | Ullensaker/Kisa IL |  | Ås |
| Linnea Bratteng078-Natalie Jøransen07-Wilma Torbjørnsson07-Sybnne Markussen07 |

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| **4x800m** |  |
| 2016 | 2 | 9:49.75 | Ullensaker/Kisa IL |  | Trondheim/St |
| Emilie Andreassen00-Tina Moen00-Marie Næss00-Caroline Høistad98 |

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| **UKI Historie** | **83** |

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| **HALLMESTERSKAP** |  |

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| **MENN** |  |

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| 2009 | 28.01-01.02 | Stangehallen |  |
| 800m  | 2 | 1:53.96 | Thomas Roth |   |
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| 2010 | 21-22.02 | Stangehallen |  |
| 800m  | 1 | 1:52.48 | Thomas Roth |   |
|  |  |  |  |  |
| 2011 | 12-13.02 | Trondheim/Ranheim |  |
| 1500m | 3 | 3:51.68 | Thomas Roth |   |
|  |  |  |  |  |
| 2013 | 02-03.02 | Steinkjer |  |
| 400m | 1 | 49.38 | Andreas Roth |  |
| 800m | 1 | 1:51.82 | Thomas Roth |  |
|  |  |  |  |  |
| 2017 | 04-05.02 | Ulsteinvik |  |
| 800m | 2 | 1:55.19 | Sigurd Blom Breivik |  |
| 1500m | 2 | 3:50.54 | Sigurd Blom Breivik |  |
|  |  |  |  |  |
| 2018 | 03-04.02 | Rud |  |
| 800m | 1 | 1:51.26 | Thomas Roth |  |
| 60m hekk | 2 | 8.11 | Marecus Theodor Moen |  |
|  |  |  |  |  |
| 2019 | 02-03.02 | Haugeesund |  |
| 800m | 1 | 1:48.90 | Markus Einan |  |
| 1500m | 3 | 3:50.81 | Thomas Roth |  |
| 2020 | 02-03.02 | Haugeesund |  |
| 3000m | 2 | 8:23.74 | Per Svela |  |
| 800m | 3 | 1:51.06 | Thomas Roth |  |
| 1500m | 3 | 3:55.79 | Erik Udø Pedersen |  |
| 2022 | 05-06.02 | Ulsteinvik |  |
| 3000m | 1 | 8:32.26 | Per Svela |  |
| 3000m | 2 | 8:32.64 | Fredrik Sandvik |  |
| 1500m | 2 | 3:49.72 | Fredrik Sandvik |  |
| 800m | 3 | 1:54.86 | Benjamin Olsen |  |

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| **UKI Historie** | **84** |

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| **HALLMESTERSKAP** |  |

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| **HALLMESTERSKAP KVINNER** |   |

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| 1964 | 04-05.04 | Oslo/Huseby | Senior – Første hallmesterskap |
| Hallen målte: 9x22x57m – Medaljevinnere Akershus: |
| Høyde | 3 | 1.50 | Astrid Sundby |   |
|  |  |  |  |  |
| 1965 | 03.04 | Oslo/Huseby |  |
| Kule | 2 | 10.88 | Astrid Sundby |   |
| Diskos | 2 | 30.14 | Else Opsahl |   |
| Diskos ble kastet uten rotering |
| 1966 | 19.03 | Oslo/Huseby |  |
| Kule | 2 | 10.80 | Astrid Willersrud |   |
| Diskos | 2 | 34.17 | Astrid Willersrud |   |
| Kule | 3 | 10.77 | Else Opsahl |   |
| 1967 | 01-02.04 | Oslo/Huseby |  |
| Kule | 2 | 11.54 | Else Opsahl |   |
| Diskos | 2 | 34.90 | Else Opsahl |   |
| Kule | 3 | 10.78 | Astrid Willersrud |   |
| Diskos | 3 | 34.14 | Astrid Willersrud |   |
|  |  |  |  |  |
| 1968 | 16.03 | Oslo/Huseby |   |
| Kule | 1 | 11.80 | Else Opsahl |   |
| Diskos | 1 | 34.54 | Else Opsahl |   |
| Diskos | 3 | 32.88 | Astrid Willersrud |   |
|  |  |  |  |  |
| 1969 | 02-03 | Skien/Skienshallen |  |
| Kule | 2 | 12.05 | Else Opsahl |   |
|  |  |  |  |  |
| 1972 | 25-27.02 | Moss/Mossehallen |  |
| Høyde | 1 | 1.58 | Anne Mette Olsen |   |
|  |  |  |  |  |
| 2007 | 10-11.02 | Stangehallen |  |
| Kule | 2 | 11.80 | Silje Disserud |   |
|  |  |  |  |  |
| 2008 | 16-17.02 | Stangehallen |  |
| Kule | 3 | 10.83 | Silje Disserud |   |
|  |  |  |  |  |
| 2017 | 04-05.02 | Ulsteinvik |  |
| Stav | 1 | 3.50 | Birgitte Kjuus |   |
|  |  |  |  |  |
| 2018 | 03-04.02 | Rud |  |
| Stav | 3 | 3.70 | Birgitte Kjuus |   |
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| **UKI Historie** | **85** |

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| **HALLMESTERSKAP** |  |

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| **HALLMESTERSKAP KVINNER** |   |

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| 2019 | 02-03.02 | Haugesund |  |
| Stav | 1 | 3.80 | Birgitte Kjuus |   |
|  |  |  |  |  |
| 2020 | 01-02.02 | Rud |  |
| Stav | 1 | 3.80 | Birgitte Kjuus |   |
| Kule | 3 | 12.64 | Hanna Emilie Hjeltnes |  |
|  |  |  |  |  |
| 2022 | 05-06.02 | Ulsteinvik |  |
| Kule | 3 | 12.20 | Hanna Emilie Hjeltnes |   |
|  |  |  |  |  |
| 2023 | 18-19.02 | Rud |  |
| 800m | 2 | 2:10.58 | Josefine Heier |   |
|  |  |  |  |  |
| 2024 | 17-18.02 | Steinkjer |  |
| Stav | 2 | 3.90 | Birgitte Kjuus |  |
| Kule | 2 | 13.60 | Hanne Emilie Hjeltnes |   |
| 3000m | 3 | 9:14.61 | Wilma Torbjørnsson |  |
| Kule | 4 | 12.78 | Marielle Morken |  |

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| **UKI Historie** | **86** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Gutter** |

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| **Nordiske Ungdomsleker 19-22** |  |
| 1987 | 05-06.09 | Larvik/Lo |  |
| Lengde | 1 | 6.52 | Jo Henning Hals Nilssen |   | 68 |

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| **Melkecupen 19-22** |   |
| 1987 | 05-06.09 | Larvik/Lo |  |
| 100m hekk | 1 | 15.13 | Inger Birgitte Reppe |   | 68 |

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| **Arco – Lekene 17-18** |   |
| 1985 | 07-08.09 | Raufoss |  |
| Spyd | 2 | 60.98 | Bjørn Egil Lundvigsen |   | 68 |
|  |
| 1986 | 06-07.09 | Raufoss |  |
| 110m hekk | 2 | 15.25 | Jo Henning Hals Nilssen |   | 68 |
| Lengde | 2 | 6.62 | Jo Henning Hals Nilssen |   | 68 |

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| **Ungdomsmesterskap 17-18**  |   |
| 1994 | 12-14.08 | Kristiansand |  |
| 3000m | 2 | 9:00.96 | Anders Sandholtbråten |   | 76 |
|  |
| 2002 | 30.8-1.9 | Oslo/Bi |  |
| 2000m hinder | 3 | 6:37.00 | Hans Agnar Grønvoll |   | 84 |
|  |
| 2008 | 29-31.08 | Prestfoss |  |
| 800m | 1 | 1:57.03 | Thomas Roth |   | 91 |
| 400m | 2 | 50.36 | Thomas Roth |   | 91 |
| 2000m hinder | 2 | 6:44.81 | Kevin Fritz |   | 91 |

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| **Ungdomsmesterskap 18-19**  |   |
| 2009 | 28-30.08 | Nadderud |  |
| 400m | 1 | 49.91 | Thomas Roth |   | 91 |
| 800m | 1 | 1:56.77 | Thomas Roth |   | 91 |
| 800m | 3 | 1:57.58 | Vetle Aasland |   | 91 |
| 1000m | 1 | 2:01.40 | Ullensaker/Kisa IL |   | 92-90 |
| Christer Amundsen-Anderas Roth-Vegard L. Gjelsvik-Thomas Roth |
|  |
| 2010 | 03-05.09 | Molde |  |
| 400m | 1 | 49.06 | Thomas Roth |  | 91 |
| 2000m hinder | 1 | 5:56.06 | Vegard Løberg Gjelsvik |  | 92 |

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| **UKI Historie** | **87** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Gutter** |

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| **Ungdomsmesterskap 18-19**  |   |
| 2011 | 26-28-08 | Fredrikstad |  |
| 400m | 1 | 48.56 | Andreas Roth |  | 93 |
| 800m | 2 | 1:57.73 | Andreas Roth |  | 93 |
| 2000m hinder | 2 | 6:03.41 | Vegard Løberg Gjelsvik |  | 92 |
| 1000m | 2 | 1:58.32 | Ullensaker/Kisa IL |  |  |
| Martin Opaker-Håvard Hildeskor-Vegard Løberg Gjelsvik-Andreas Roth |
|  |
| 2012 | 31.08-02.09 | Askøy |  |
| 3000m | 3 | 8:44.45 | Jørgen Frost Bø |  | 94 |
|  |
| 2013 | 06-08.09 | Lillehammer/Ss |  |
| 3000m | 2 | 8:32.58 | Jørgen Frost Bø |  | 94 |
|  |
| 2014 | 05-07.09 | Haugesund |  |
| 800m | 3 | 1:57.10 | Sigurd Blom Breivik |  | 96 |
|  |
| 2015 | 11-13.09 | Lillestrøm |  |
| 800m | 1 | 1:54.34 | Markus Einan |  | 97 |
| 400m | 2 | 48.99 | Markus Einan |  | 97 |
| 800m | 2 | 1:55.72 | Sverre Blom Breivik |  | 96 |
| 400m hekk | 3 | 60.13 | Jon Gunnar Alfsen |  | 97 |
| 1000m | 2 | 1:59.35 | Ullensaker/Kisa IL |  |  |
| Jørgen Opaker-Marcus Theodor Moen-Sverre Breivik-Markus Einan |
|  |
| 2016 | 02-04.09 | Sandnes |  |
| 400m | 1 | 48.70 | Markus Einan |  | 97 |
| 800m | 1 | 1:51.52 | Markus Einan |  | 97 |
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| 2023 | 08-10.09 | Bergen/Fa |  |
| 2000m h 91.4 | 2 | 6.19.45 | Ole-Kristian Kværner |   | 05 |
| 3000m | 3 | 8:48.67 | Anders Ullern Tonning |  | 04 |
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| **UKI Historie** | **88** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Gutter** |

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| **Ungdomsmesterskap 17**  |  |
| 2009 | 28-30.08 | Nadderud |  |
| 400m | 1 | 50.94 | Vegard Løberg Gjelsvik |   | 92 |
| 800m | 2 | 1:57.89 | Vegard Løberg Gjelsvik |   | 92 |
| 2000m hinder | 1 | 5:56.06 | Vegard Løberg Gjelsvik |  | 92 |
| 800m | 2 | 1:53.79 | Vetle Aasland |  | 91 |
| 1000m | 1 | 2:01.40 | Ullensaker/Kisa IL |  | 91 |
| Martin Opaker-Vegard Løberg Gjelsvik-Andreas Roth-Thomas Roth |
|  |
| 2010 | 03-05.09 | Molde |  |
| 400m | 1 | 49.71 | Andreas Roth |  | 93 |
|  |
| 2011 | 26-28-08 | Fredrikstad |  |
| 3000m | 3 | 8:52.39 | Jørgen Frost Bø |  | 94 |
|  |
| 2014 | 05-07.09 | Haugesund |  |
| 400m | 1 | 50.27 | Markus Einan |   | 97 |
| 800m | 1 | 1:55.72 | Markus Einan |  | 97 |
|  |
| 2015 | 11-13.09 | Lillestrøm |  |
| 800m | 2 | 1:57.96 | Markus Høgne |  | 98 |
| 3000m | 3 | 8:43.59 | Markus Høgne |  | 98 |
|  |
| 2016 | 02-04.09 | Sandnes |  |
| 200m | 1 | 21.96 | Marcus Theodor Moen |  | 99 |
| 110m h 91.4 | 1 | 13.85 | Marcus Therodor Moen |  | 99 |
| Lengde | 1 | 6.35 | Marcus Theodor Moen |  | 99 |
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| 2022 | 12-14.08 | Trondheim/St |  |
| Høyde | 1 | 1.89 | Mikael Reklev |  | 05 |
| 2000mh 84 | 2 | 6:27.49 | Ole Kristian Kværner |  | 05 |

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| 2023 | 08-10.09 | Bergen/Fa |  |
| 2000m h 91.4 | 1 | 5:54.91 | Kristian Bråthen Børve |  | 06 |
| 2000mh 84 | 2 | 6:00.70 | Nahan Tewelde |  | 06 |
| 3000m | 1 | 8:36.81 | Kristian Bråthen Børve |  | 06 |
| 3000m | 2 | 8:39.75 | Kristian Bråthen Børve |  | 06 |
| 3000m | 3 | 8:53.11 | Teodor Hansen |  | 06 |

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| **UKI Historie** | **89** |

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| **Jenter** |

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| **Arco – lekene 17-18 år** |  |
| 1986 | 06-07.09 | Raufoss |  |
| Kule | 1 | 10.18 | Guri Fjeldberg |   | 69 |
|  |
| **Ungdomsmesterskap 17-18-19** |   |
| 1993 | 13-15.08 | Trondheim/Le |  |
| Høyde | 2 | 1.69 | Anita Dale |   | 76 |
|  |
| 1994 | 12-14.08 | Kristiansand |  |
| Høyde | 2 | 1.66 | Anita Dale |   | 76 |
|  |
| 1995 | 11-13.08 | Bergen/Fa |  |
| 3000m | 2 | 10:21.70 | Kamilla Bråthen |   | 77 |
|  |
| 2002 | 30.8-1.9 | Oslo/Bi |  |
| Stav | 2 | 2.80 | Tonje Berg |   | 85 |
|  |
| 2003 | 29-31.08 | Overhalla |  |
| Stav | 2 | 2.50 | Tonje Berg |   | 85 |
|  |
| 2004 | 13-18.08 | Trondheim/St |  |
| Stav | 2 | 2.60 | Tonje Berg |   | 85 |
|  |
| 2005 | 02-04.09 | Moss/Me |  |
| 3000m | 3 | 10:42.34 | Silje Ekroll Jahren |   | 88 |

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| **Ungdomsmesterskap 18-19**  |   |
| 2008 | 29-31.08 | Prestfoss |  |
| Kule | 2 | 11.37 | Silje Disserud |   | 91 |
|  |
| 2009 | 28-30.08 | Nadderud |  |
| Kule 4 | 3 | 10.29 | Silje Disserud |   | 91 |
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| 2017 | 01-03.09 | Berge/Fa |  |
| 400m | 2 | 57.91 | Vår Åsheim |   | 99 |
| 400m h 76.2 | 2 | 63.49 | Vår Åsheim |  | 99 |
| 1000m | 3 | 2:17.67 | Ull/Kisa IL |  |  |
| Tonje Moen00-Summer Steinsrud01-Vår Åsheim99-Caroline Høistad98 |

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| 2022 | 12-14-08 | Trondheim/St |  |
| Diskos 1 | 1 | 42.50 | Hanna Emilie Hjeltnes |  | 04 |
| Kule 4 | 2 | 12.14 | Hanna Emilie Hjeltnes |   | 04 |

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| 2023 | 08-10.09 | Bergen/Fa |  |
| Kule | 1 | 13.31 | Hanna Emilie Hjeltnes |   | 04 |
| Diskos | 1 | 46.56 | Hanna Emilie Hjeltnes |  | 04 |

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| **UKI Historie** | **90** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Jenter 17 år** |

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| 2015 | 11-13.09 | Lillestrøm |  |
| 2000m hinder | 1 | 7:39.16 | Caroline Foss Høistad |   | 98 |
| 800m | 2 | 2:22.74 | Caroline Foss Høistad |  | 98 |
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| 2017 | 01-03.09 | Bergen/Fa |  |
| 100m h 76.2 | 1 | 13.87 | Tonje Moen |   | 00 |
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| **Gutter** |

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| **Vesta Hygea Lekene 15-16** |  |
| 1984 | 19-20.08 | Bergen/Fa |  |
| 100m hekk | 3 | 14.71 | Jo Henning Hals Nilssen |   | 68 |
|  |
| 1985 | 24-25.08 | Bergen/Fa |  |
| Diskos | 3 | 45.68 | Morten Knutsen |   | 70 |
|  |
| 1986 | 16-17.08 | Bergen/Fa |  |
| Stav | 2 | 3.20 | Jan Andresen |   | 70 |
| Diskos | 2 | 49.96 | Morten Knudsen |   | 70 |
|  |
| 1989 | 25-27.08 | Bergen/Fa |  |
| Stav | 2 | 3.80 | Odd Arne Urnes |   | 73 |
|  |
| 2000 | 18-20.08 | Porsgrunn/Kj |  |
| 3000m | 3 | 9:25.41 | Hans Agnar Grønnvoll |   | 84 |

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| **Stafetter 15-16 år** |  |
| 2017 | 20-21.05 | Hamar |  |
| 4x600m | 3 | 6:48.63 |   |  | 00-01 |
| Andreas Kastel02-Kristian Brenni02-Ola Spigseth02-Sivert Rustad02 |

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| **Ungdomsmesterskap 16**  |   |
| 2007 | 24-26.08 | Kristiansand |  |
| 1500m hinder | 3 | 4:26.54 | Thomas Roth |   | 91 |
|  |
| 1000m | 1 | 2:05.69 | Ullensaker/Kisa IL |   |  16-15 |
| Martin Jørgensen-Jonathan Joo-Vegard Løberg Gjelsvik-Thomas Roth |
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| **UKI Historie** | **91** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Gutter** |

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| **Ungdomsmesterskap 16**  |   |
| 2008 | 29-31.08 | Prestfoss |  |
| 1500m hinder | 1 | 4:16.97 | Vegard Løberg Gjelsvik |   | 92 |
| 800m | 2 | 1:56.47 | Vegard Løberg Gjelsvik |   | 92 |
| 300m hekk | 2 | 41.01 | Vegard Løberg Gjelsvik |   | 92 |
| 1000m | 2 | 2:05.85 | Ullensaker/Kisa IL |   | 92 |
| Anthony Davies-Christer Amundsen-Andreas Roth-Vegard L. Gjelsvik |
|  |
| 2009 | 28-30.08 | Nadderud |  |
| 400m | 1 | 49.71 | Andreas Roth |  | 93 |
|  |
| 2012 | 31.08-02.09 | Askøy |  |
| 1000m | 3 | 2:06.63 | Ullensaker/Kisa IL |   | 96 |
| Jonas Bolgen-Henrik Huser-Marius Mellum-Markus Einan |
|  |
| 2015 | 30.04 | Askøy |  |
| 1000m | 3 | 2:06.63 | Ullensaker/Kisa IL |   | 96 |
| Jonas Bolgen-Henrik Huser-Marius Mellum-Markus Einan |
|  |
| 2015 | 11-13.09 | Lillestrøm |  |
| 200m | 2 | 23.38 +2.3 | Marcus Theodor Moen |   | 99 |
| 100m | 3 | 11.58 | Marcus Theodor Moen |  | 99 |
| 1000m | 2 | 1:58.35 | Ullensaker/Kisa IL |  | 97 |
| Jonas Bolgen-Henrik Huser-Marius Mellum-Markus Einan |
|  |
| 2016 | 02-04.09 | Sandnes |  |
| Stav | 1 | 3.71 | Filip Aas |   | 00 |
|  |
| 2022 | 04-05.06 | Ås |  |
| 4x600m | 1 | 6:03.44 | Ullensaker/Kisa IL |  | 06-07 |
| Julian Førsund07-Andreas Kværner06-Sondre Omland07-Iver Eriksen06 |
|  |
| 2022 | 12-18.08 | Trondheim |  |
| 3000m | 2 | 8:27.52 | Kristian Bråthen Børve |  | 06 |
| 1500m hinder | 3 | 4:18.12 | Andreas Lindboe Kværner |  | 06 |
|   |
| 2023 | 08-10.09 | Bergen/Fa |  |
| 1000m | 2 | 2:04.26 | Ullensaker/Kisa IL |  | 07 |
| Kristoffer Dahl08-August Nordvang08-Julian Førsund07-Sondre Lehmann07 |
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| **UKI Historie** | **92** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Gutter** |

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| **Ungdomsmesterskap 15**  |  |
| 2007 | 24-26.08 | Kristiansand |  |
| 1500m hinder | 1 | 4:19.88 | Vegard Løberg Gjelsvik |   | 92 |
| 800m | 2 | 2:03.48 | Vegard Løberg Gjelsvik |   | 92 |
|  |
| 2013 | 06-08.09  | Lillehammer/Ss |  |
| 800m | 1 | 1:54.54 | Markus Einan |  | 97 |
|  |
| 2014 | 05-07.09 | Haugesund |  |
| 100m h 84 | 1 | 13.81 | Marcus Theodor Moen |  | 99 |
| Lengde | 2 | 5.57 | Marcus Theodor Moen |  | 99 |
| Tresteg | 2 | 12.57 | Marcus Theodor Moen |  | 99 |
|  |
| 2022 | 12-14.08 | Trondheim/St |  |
| 800m | 2 | 2:00.50 | Sondre Strande Omland |  | 07 |
| 2000m | 2 | 5:37.57 | Sondre Strande Omland |  | 07 |
|  |
| 2023 | 08-10.09 | Bergen/Fa |  |
| Høyde | 1 | 1.87 | Even Ragnhildsløkken |  | 08 |
| Lengde | 3 | 6.03 +2.4 | Even Ragnhildsløkken |  | 08 |
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| **UKI Historie** | **93** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Jenter** |

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| **Tenstarten 15-16** |  |
| 1970 | 05-06.09 | Hamar |  |
| Høyde | 3 | 1.47 | Anne Mette Olsen |   | 54 |

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| **Vesta Hygea Lekene 15-16** |   |
| 1984 | 19-20.08 | Bergen/Fa |  |
| 80m hekk | 1 | 12.07 | Inger Birgitte Reppe |   | 68 |
| Høyde | 1 | 1.61 | Guri Fjeldberg |   | 69 |

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| **Ungdomsmesterskap 15-16** |   |
|  |
| 1992 | 31.07-01.08 | Haugesund |  |
| 2000m | 2 | 6:44.57 | Kamilla Bråthen |   | 77 |
|  |
| 1995 | 11-13.08 | Bergen/Fa |  |
| 800m | 1 | 2:18.38 | Liv Anita Mikkelborg |   | 80 |
| 2000m | 1 | 6:47.25 | Liv Anita Mikkelborg |   | 80 |
|  |
| 2000 | 18-20.08 | Porsgrunn/Kj |  |
| Høyde | 3 | 1.56 | Siv Anita Engh |   | 85 |

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| --- | --- | --- | --- |
| 2001 | 07-09.01 | Bergen/Fa |  |
| Stav | 2 | 2.60 | Tonje Berg |   | 85 |
| Stav | 3 | 2.60 | Siv Anita Engh |   | 85 |
| Spyd | 3 | 27.85 | Tonje Berg |   | 85 |

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| 1990 | 17-19.08 | Bergen/Fa |  |
| Høyde | 3 | 1.61 | Kristin Urnes |   | 75 |

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| 2006 | 25-27.08 | Byrkjelo |  |
| 200m | 1 | 25.46 | Linn Helene Bakke |   | 91 |

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| 2022 | 04-05.06 | Ås |  |
| 4x600m | 2 | 7:24.96 | Ullensaker/Kisa IL |   | 06-07 |
| Linnea Johansen07-Elèn Linchausen06-Natalie Jøransen07-Wilma Torbjørnsson07 |

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| **UKI Historie** | **94** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Jenter 16** |

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| 2007 | 24-26.08 | Kristiansand |  |
| 100m | 1 | 12.21 | Linn Helene Bakke |   | 91 |
| 200m | 1 | 24.99 | Linn Helene Bakke |   | 91 |
| Lengde | 1 | 5.48 +5.7 | Linn Helene Bakke |   | 91 |

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| 2008 | 29-31.08 | Prestfoss |   |
| 100m | 2 | 12.68 | Betina Nilssen |   | 92 |
| 200m | 2 | 25.85 | Betina Nilssen |   | 92 |

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| 2014 | 05-07.09 | Haugesund |   |
| Stav | 1 | 2.81 | Sofie Schancke Krauss |   | 98 |
| 3000m | 2 | 11:17.17 | Caroline Høistad Foss |   | 98 |
| 300m h 76.2 | 3 | 46.92 | Vår Åsheim |  | 99 |

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| 2015 | 11-13-09 | Lillestrøm |   |
| 300m h 76.2 | 3 | 44.66 | Vår Åsheim |  | 99 |

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| 2016 | 02-04.09 | Sandnes |   |
| 80m h 76.2 | 2 | 11.91 | Tonje Moen |  | 00 |

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| 2017 | 01-03.2017 | Bergen/Fa |  |
| 100m | 3 | 12.61 | Summer Steinsrud |   | 01 |
| 200m | 1 | 25.83 | Summer Steinsrud |  | 01 |

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| 2020 | 28-30.08 | Jessheim |  |
| Kule 3 | 1 | 15.01 | Hanna Emilie Hjeltnes |   | 04 |
| Diskos 1 | 1 | 39.99 | Hanna Emilie Hjeltnes |  | 04 |
| Spyd 500 | 2 | 37.26 | Hanna Emilie Hjeltnes |  | 04 |

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| 2021 | 03-05.09 | Trondheim |  |
| Høyde | 1 | 1.56 | Mari Steen Myrvang |   | 06 |

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| 2023 | 03-05.03 | Ulsteinvik |  |
| Høyde | 1 | 1.55 | Frida Rimstad |  | 07 |
| Lengde | 2 | 5.29 | Frida Rimstad |   | 07 |

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| 2023 | 20-21.05 | Moss/Me |  |
| 7-kamp | 2 | 4044 | Frida Rimstad |  | 07 |
| 12.82-1.54-10.53-27.63/5.34-24.03-2:54.02 |

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| 2023 | 08-10.09 | Bergen/Fa |  |
| 3000m | 1 | 10:08.77 | Wilma Thorbjørnsson |  | 07 |
| 1500m h 76.2 | 2 | 5:07.62 | Wilma Thorbjørnsson |  | 07 |
| 800m | 2 | 2:17.31 | Wilma Thorbjørnsson |  | 07 |
| 1000m | 3 | 2:26.79 |  |  | 07 |
| Linnea Bratteng07-Synne Markussen07-Natalie Jøransen07-Wilma Thorbjørnsson07 |

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| **UKI Historie** | **95** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Jenter 16** |

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| 2023 | 08.10 | Oslo/Fr |  |
| Terreng 4 km | 1 | 14:07 | Wilma Thorbjørnsson |  | 07 |

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| **Jenter 15** |  |

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| 2019 | 06-08.09 | Jessheim |  |
| 2000m | 1 | 6:27.93 | Julie Hammer |   | 04 |
| 1500m hinder | 2 | 5:04.00 | Julie Hammer |  | 04 |
| Kule 3 | 1 | 12.76 | Hanna Emilie Hjeltnes |  | 04 |
| Diskos 750 | 1 | 43.22 | Hanna Emilie Hjeltnes |  | 04 |

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| 2022 | 12-14.08 | Trondheim |  |
| 2000m | 1 | 6:31.04 | Wilma Thorbjørnsson |  | 07 |
| Lengde | 2 | 5.26 | Frida Rimstad |  | 07 |
| Tresteg | 2 | 11.44 | Frida Rimstad |   | 07 |

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| **UKI Historie** | **96** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Vesta Hygea Lekene 13-14** |  |
| 1972 | 20.08 | Bergen/Fa |  |
| 600m | 2 | 1:34.7 | Claus Nerhagen |   | 59 |
|  |
| 1974 | 18.08 | Bergen/Fa |  |
| 600m | 2 | 1:34.9 | Jon Backe-Bogstad |   | 61 |

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| **Donald Duck Lekene 13-14** |  |
| 1981 | 05-06.09 | Kongsberg |  |
| Høyde | 3 | 1.75 | Frode Myrvang |   | 67 |
|  |
| 1982 | 28-29.08 | Kongsberg |  |
| 80m hekk | 3 | 12.5 | Jo Henning Hals Nilssen |   | 68 |
|  |
| 1983 | 03-04.09 | Kongsberg |  |
| Kule | 2 | 15.72 | Morten Knutsen |   | 70 |
| Diskos | 2 | 34.68 | Morten Knutsen |   | 70 |
|  |
| 1984 | 01-02.09 | Kongsberg |  |
| Lengde | 3 | 5.30 | Ola Nerhagen |   | 71 |
| Kule | 3 | 16.54 | Morten Knutsen |   | 70 |

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| **Vesta Hygea Lekene 13-14** |
| 1971 | 21-22.08 | Bergen/Fa |  |
| 600m | 3 | 1:43.5 | Karin Kvamme |   | 58 |

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| 1976 | 22.08 | Bergen/Fa |  |
| 60m | 3 | 8.3 | Hilde Verpe |   | 63 |
| Deltok som medlem av Gardermoen IF. Klubben ble senere fusjonert inn i Ull/Kisa. |

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| **Donald Duck Lekene 13-14** |
| 1983 | 03-04.09 | Kongsberg |  |
| 60m hekk | 3 | 9.6 | Tone Sæthermoen |   | 69 |
|  |
| 1988 | 10-11.09 | Kongsberg |  |
| Høyde | 1 | 1.62 | Kristin Urnes |   | 75 |
|  |
| 1989 | 26-27.08 | Kongsberg |  |
| Høyde | 2 | 1.64 | Kristin Urnes |   | 75 |
|  |
| 1993 | 28-29.08 | Kongsberg |  |
| 800m | 2 | 2:27.20 | Liv Anita Mikkelborg |   | 80 |
|  |
| 1994 | 27-28.08 | Kongsberg |  |
| 800m | 2 | 2:21.91 | Liv Anita Mikkelborg |  | 80 |

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| **UKI Historie** | **97** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Telenorlekene 13-14**  |  |
| 1999 | 28-29.08 | Stjørdal |  |
| Høyde | 2 | 1.48 | Victoria Hillveg |   | 86 |
| Diskos | 2 | 31.14 | Tonje Berg |   | 85 |
| 60m h 76.2 | 3 | 10.45 | Victoria Hillveg |   | 86 |
| 3-kamp | 1 | 2899 | Victoria Hillveg |   | 86 |
|  |
| 2000 | 26-27.08 | Stjørdal |  |
| 80m h 76.2 | 2 | 12.98 | Victoria Hillveg |  | 86 |

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| **Følgende medaljer er vunnet i Donald Duck lekene på Kongsberg 1968 – 1980** |

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| 1969 | 13-14.09 | Kongsberg |  |
| Lengde | 1 | 4,35 | Anita Melbye |  | 11 |

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| 1970 | 12-13-08 | Kongsberg |  |
| Terrengløp | 1 | 1:41.0 | Claus Nerhagen |   | 11 |

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| 1971 | 04-05.09 | Kongsberg |  |
| Terrengløp | 1 | 1:49.6 | Claus Nerhagen |   | 12 |

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| **UKI Historie** | **98** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Stafetter** |  |

|  |  |  |  |
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| 1999 | 22-23.05 | Lillehammer/Ss |  |
| 4x600m | 3 | 6:01.58 | Ullensaker/Kisa IL |  |  |
| Stian Aaserud81-Halvor B. Mangerud81-Carl Johan Owre81-Stian Fredriksen81 |
|  |
| 2007 | 26-27-05 | Lonevåg |  |
| 4x600m | 2 | 6:03.43 | Ullensaker/Kisa IL |  |  |
| Michael Løland92-Thomas Roth91-Kevin Fritz91-Vegard Løberg Gjelsvik92 |
| 4x600m | 3 | 53.26 | Ullensaker/Kisa IL |  |  |
| Heidi Holdal92-Linn Helene Bakke91-Ida B. Hansen92-Marie Tømmerberg91 |
|  |
| 2008 | 24-25.05 | Tromsø |  |
| 4x100m | 2 | 47.60 | Ullensaker/Kisa IL |   |   |
| Christer Amundsen92-Lars Georg Aas92-Erlend Morthen92-Andreas Roth93 |
| 4x100m | 2 | 51.93 | Ullensaker/Kisa IL |   |   |
| Heidi Stubb Holdal92-Susann Bakke92-Betina Nilssen92-Frida Forberg92 |
| 4x600m | 2 | 6:38.64 | Ullensaker/Kisa IL |   |   |
| Andreas Roth93-Sondre Olsson93-Erlend Morthen92-Christer Amundsen92 |
| 4x600m | 3 | 7:33.87 | Ullensaker/Kisa IL |   |   |
| Silje Gundersen92-Sina Sandholt92-Frida Forberg92-Ida Berg Hansen92 |
|  |
| 2010 | 22-23.05 | Steinkjer/Gu |  |
| 4x100m | 3 | 47.19 | Ullensaker/Kisa IL |   |   |
| Martin Opaker94-Hans Martin Hofseth94-Espen Næss94-Lars Buraas95 |
| 4x600m | 3 | 6:09.04 | Ullensaker/Kisa IL |   |   |
| Åsmund Wennemo94-Espen Næss94-Thomas Løland95-Lars Buraas95 |
|  |
| 2013 | 25-26.05 | Sandnes |  |
| 4x600m | 1 | 5:52.99 | Ullensaker/Kisa IL |   |   |
| Tore Klungland97-Jon Gunnar Alfsen97-Henrik Hanssen97-Markus Einan97 |
|  |
| 2014 | 31.5-1.06 | Grimstad |  |
| 4x100m | 2 | 47.37 | Ullensaker/Kisa IL |   |   |
| Fredrik Veiby99-Marcus Moen99-Andreas Børve99-Sondre Opaker Øines98 |
|  |
| 2015 | 30-31.05 | Larvik/Lo |  |
| 4x100m | 3 | 55.74 | Ullensaker/Kisa IL |   |   |
| Jonas Wenger99-Fredrik Veiby99-Victor Rosenlind00-Andreas Børve99 |
|  |
| 2016 | 21-22.05 | Trondheim/St |  |
| 4x600m | 2 | 6:06.15 | Ullensaker/Kisa IL |   |   |
| Morten Øqvist01-Mats Tokerud00-Ole Martin Sandness00-Kristian Tokstad00 |
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| **UKI Historie** | **99** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Mangekamp** |

|  |  |  |  |
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| 1984 | 15-16.09 | Florø |  |
| 6-kamp | 3 | 4040 | Morten Knutsen |   | 13-14 |
| 14.7-9.07-1.52/5.14-25.36-2:22.0 |
|  |
| 1985 | 14-15.09 | Florø |  |
| 8-kamp | 3 | 3526 | Morten Knutsen |   | 15-16 |
| 14.9-42.54-44.06-2.80/5.32-4.63-1.66-3:15.3 |
| 1986 | 13-14.09 | Florø |  |
| 10-kamp | 1 | 6426 | Jo Henning Hals Nilssen |   | 17-18 |
| 11.6-6.80w-13.12-1.76-54.2/14.9-41.34-3.50-46.74-5:04.5 |
| 8-kamp | 2 | 4538 | Morten Knutsen |   | 15-16 |
| 14.5w-44.14-0-47.06/5.98-15.35-1.70-3:05.9 |
| 1989 | 02-03.09 | Jessheim |  |
| 6-kamp | 3 | 5422 | Kristin Urnes |  | 14 |
| 8.7-5.16-8.31/10.5-1.64-2:36.7 |

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| **UKI Historie** | **100** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Terrengløp** |

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| 2008 | 13.09 | Oslo |  |
| 4km | 1 | 15:07 | Vegard Løberg Gjelsvik |   | 92 |

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| 2009 | 18.04 | Trondheim |  |
| 2km | 2 | 6:07 | Vegard Løberg Gjelsvik |   | 92 |
|  |
| 2009 | 03.10 | Jessheim |  |
| 4330m | 1 | 13:45 | Vegard Løberg Gjelsvik |   | 92 |
|  |
| 2012 | 18.09 | Trondheim |  |
| 4km | 3 | 12:55 | Jørgen Frost Bø |  | 94 |

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| 2012 | 18.09 | Trondheim |  |
| 4km | 3 | 12:55 | Jørgen Frost Bø |  | 94 |
|  |
| 2015 | 18.04 | Ås |  |
| 2km | 2 | 6:24 | Markus Høgne |  | 98 |

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| 2022 | 23.04 | Trondheim |  |
| 2km | 1 | 6:04 | Kristian Bråthen Børve |  | 06 |
| 2km | 1 | 6:10 | Nicolai Solum |  | 05 |

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| 2022 | 09.10 | Bergen/Fana |  |
| 4km | 1 | 11:57 | Kristian Bråthen Børve |  | 06 |

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| 2023 | 22.03 | Grimstad |  |
| 2km | 1 | 6:11 | Nahan Tewelde |  | 06 |
| 2km | 2 | 6.21 | Kristian Bråthen Børve |  | 06 |
| 2km | 3 | 6.41 | Sondre Strande Omland |  | 07 |

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| **UKI Historie** | **101** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Ungdomsmesterskap Terrengløp** |  |
| 1989 | 23.09 | Lillestrøm |  |
| 3.0km | 3 | 11:16 | Hege Lundring |   | 73 |
|  |
| 1990 | 29.09 | Lillestrøm |  |
| 2.8km | 3 | 11:00 | Hege Lundring |   | 73 |
|  |
| 1991 | 28.09 | Lillestrøm |  |
| 1.3km | 3 | 5:01 | Kamilla Bråthen |   | 77 |
|  |
| 1999 | 24.04 | Lyngdal |  |
| 2.1km | 1 | 7:07 | Liv Anita Mikkelborg |   | 80 |
|  |
| 2015 | 18.04 | Ås |  |
| 2km | 2 | 7:36 | Caroline Foss Høistad |   | 98 |
|  |
| 2016 | 09.04 | Stavanger |  |
| 2km | 2 | 7:06 | Tina Moen |   | 00 |
|  |
| 2019 | 13.10 | Oslo |  |
| 4km | 2 | 14:22 | Julie Hammer |  | 04 |

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| 2023 | 22.04 | Grimstad |  |
| 2Km | 1 | 7:26 | Wilma Torbjørnsson |  | 07 |

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| **UKI Historie** | **102** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Innendørs** |

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| **Gutter** |

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| 1985 | 09-10.02 | Askim |  |
| Kule | 1 | 15.80 | Morten Knudsen |   | 15-16 |
|  |  |  |  |  |  |
| 1986 | 01-02.02 | Askim |  |
| 400m | 3 | 52.78 | Bjørn Tore Ottersen |   | 19-20 |
| Kule | 3 | 16.03 | Morten Knudsen |   | 15-16 |
|  |  |  |  |  |  |
| 1989 | 11-12.02 | Askim |  |
| 1500m | 2 | 4:09.88 | Hans Jørgen Borgen |   | 19-22 |
|  |  |  |  |  |  |
| 1992 | 15-16.02 | Askim |  |
| Lengde | 2 | 6.75 | Tom Erik Olsen |   | 17-18 |
| 60m hekk | 3 | 8.57 | Tom Erik Olsen |   | 17-18 |
|  |  |  |  |  |  |
| 1994 | 05-06.02 | Askim |  |
| 1500m | 3 | 4:13.02 | Anders Sandholtbråten |   | 17-18 |
|  |  |  |  |  |  |
| 2009 | 30.01-01.0202 | Stange |  |
| 800m | 1 | 1:56.76 | Vegard Løberg Gjelsvik |   | 17 |
| 800m | 1 | 1:56.36 | Thomas Roth |   | 18-18 |
| 800m | 3 | 2:01.70 | Vetle Aasland |   | 18-19 |
| 1500m | 3 | 4:11.98 | Vetle Aasland |   | 18-19 |
| 1000m | 1 | 2:03.07 | Ullensaker/Kisa IL |   | 17-19 |
| Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 |
|  |
| 2010 | 12-14.02 | Drammen |   |
| 60m hekk | 3 | 9.35 | Andreas Roth |   | 17 |
|  |  |  |  |  |  |
| 2011 | 11-13.03 | Trondheim |  |
| 800m | 2 | 1:56.80 | Håvard Hildeskor |  | 18-19 |
|  |  |  |  |  |  |
| 2012 | 09-11.03 | Sandnes |  |
| 200m | 2 | 23.59 | Henrik Huser |  | 16 |
| 400m | 2 | 48.35 | Andreas Roth |  | 18-19 |
|  |  |  |  |  |  |
| 2013 | 08-10.03 | Steinkjer |   |
| 800m  | 1 | 2:02.55 | Elias Ottosen |  | 20-22 |
| 800m | 2 | 2:02.77 | Vegard Løberg Gjelsvik |  | 20-22 |
| 1500m | 2 | 4:03.97 | Stian Klungland |  | 20-22 |
| 400m | 3 | 51.00 | Vegard Løberg Gjelsvik |  | 20-22 |

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| **UKI Historie** | **103** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Innendørs** |

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| **Gutter** |

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| 2014 | 07-09.03 | Rud |   |
| 800m  | 1 | 1:54.91 | Sigurd Blom Breivik |  | 18-19 |
| 60m hekk 84 | 1 | 8.55 Tid annulert | Marcus Theodor Moen |  | 15 |
| 400m | 2 | 51.54 | Markus Einan |  | 17 |
| 800m | 2 | 1:56.23 | Håvard Hildeskor |  | 20-22 |
| 800m | 3 | 1:56.70 | Sverre Blom Breivik |  | 18-19 |
| 1500m | 3 | 4:03.76 | Sigurd Blom Breivik |  | 18-19 |
| Kule 4 | 3 | 12.56 | Marcus Theodor Moen |  | 15 |
|  |  |  |  |  |  |
| 2015 | 06-08.03 | Ulsteinvik |   |
| 80m hekk 84 | 1 | 8.47 | Marcus Theodor Moen |  | 16 |
|  |  |  |  |  |  |
| 2016 | 26-28.02 | Steinkjer |   |
| 80m hekk 91 | 1 | 8.00 | Marcus Theodor Moen |  | 17 |
| Stav | 1 | 3.70 | Filip Aas |  | 16 |
|  |  |  |  |  |  |
| 2017 | 03-05.03 | Rud |   |
| Stav | 1 | 4.25 | Filip Aas |  | 18 |
| 1500m | 3 | 4:27.84 | Tore Klungland |  | 20-22 |
|  |  |  |  |  |  |
| 2022 | 04-06.03 | Steinkjer |   |
| 800m | 1 | 1:53.34 | Andreas Fjeld Halvorsen |  | 17 |
| 1500m | 1 | 3:49.93 | Andreas Fjeld Halvorsen |  | 17 |
| 1500m | 1 | 4:05.42 | Kristian Børve |  | 16 |
| 1500m | 1 | 4:05.59 | Sondre Strande Omland |  | 15 |
| Høyde | 1 | 1.86 | Michael Reklev |  | 17 |
| 800m | 2 | 1:56.22 | Nikolai Solum |  | 17 |
| 800m | 2 | 2:01.17 | Kristian Børve |  | 16 |
| 800m | 3 | 2:02.25 | Kristian Kværner |  | 16 |
| Lengde | 3 | 6.14 | Michael Reklev |  | 17 |

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| 2024 | 08-10.03 | Sandnes |   |
| 800m | 1 | 1:52.47 | Andreas Fjeld Halvorsen |  | 18-19 |
| 1500m | 1 | 3:45.52 | Andreas Fjeld Halvorsen |  | 18-19 |
| 800m | 1 | 2:02.14 | Fabian Vibekken |  | 09 |
| 1500m | 1 | 3:58.84 | Philip Gulbrandsen |  | 17 |
| 1500m | 1 | 4;12,15 | Fabian Vibekken |  | 15 |
| Høyde | 1 | 1.90 | Even Ragnhildsløkken |  | 16 |
| Høyde | 1 | 2.00 | Michael Reklev |  | 18-19 |
| 800m | 2 | 1:59.82 | Haakon Sørstad |  | 16 |
| 1500m | 2 | 4:02.85 | Haakon Sørstad |  | 16 |
| Lengde | 2 | 6.30 | Even Ragnhildsløkken |  | 16 |

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| **UKI Historie** | **104** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Innendørs** |

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| **Gutter** |

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| 2024 | 08-10.03 | Sandnes |   |

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| 4x200m | 2 | 1:34.04 | Ullensaker/Kisa IL |  | 15-17 |
| August Nordvang08-Julian Førsund07-Kristoffer Dahl08-Sondre Lehmann07 |

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| **Jenter** |

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| 1985 | 09-10.02 | Askim |  |
| 400m | 2 | 64.74 | Kari Fjeldberg |   | 17-18 |
|  |  |  |  |  |  |
| 1986 | 01-02.02 | Askim |  |
| 60m hekk | 2 | 9.06 | Inger Birgitte Reppe |   | 17-18 |
|  |  |  |  |  |  |
| 1987 | 31.01-01.02 | Askim |  |
| 60m hekk | 2 | 8.92 | Inger Birgitte Reppe |   | 19-22 |
| Høyde | 3 | 1.50 | Kari Fjeldberg |   | 19-22 |
|  |  |  |  |  |  |
| 1988 | 20-21.02 | Askim |  |
| 60m hekk | 1 | 8.75 | Inger Birgitte Reppe |   | 19-22 |
|  |  |  |  |  |  |
| 1992 | 15-16.02 | Askim |  |
| Høyde | 2 | 1.60 | Kristin Urnes |   | 17-18 |
|  |  |  |  |  |  |
| 2002 | 08-10.02 | Stange |  |
| Stav | 3 | 2.60 | Tonje Berg |   | 17-18 |
|  |  |  |  |  |  |
| 2006 | 10-12.02 | Drammen |  |
| 100m | 1 | 12.67 | Linn Helene Bakke |   | 15 |
| 60m | 3 | 8.09 | Linn Helene Bakke |   | 15 |
|  |  |  |  |  |  |
| 2007 | 26-28.01 | Stange |  |
| Kule | 1 | 13.51 | Silje Disserud |  | 16 |
|  |  |  |  |  |  |
| 2008 | 01-03.02 | Drammen |   |
| Kule | 2 | 11.15 | Silje Disserud |  | 17 |
|  |  |  |  |  |  |
| 2013 | 08-10.03 | Steinkjer |   |
| Stav | 1 | 2.50 | Sofie Skancke Krauss |  | 15 |
|  |  |  |  |  |  |
| 2014 | 07-09.03 | Rud |   |
| Stav | 2 | 2.80 | Sofie Skancke Krauss |  | 16 |

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| **UKI Historie** | **105** |

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| **UNGDOMSMESTERSKAP** |  |

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| **Innendørs** |

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| 2015 | 06-08.03 | Ulsteinvik |   |
| Stav | 1 | 3.10 | Sofie Skancke Krauss |  | 17 |
| 800m | 1 | 2:16.44 | Veronica Undseth |  | 20-22 |
| 1500m | 2 | 4:58.07 | Caroline Foss Høistad |  | 17 |

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| 2016 | 26-28-02 | Steinkjer |   |
| 400m | 1 | 58.55 | Vår Åsheim |  | 17 |

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| 2017 | 03-05.03 | Rud |   |
| 60m hekk 76.2 | 1 | 8.78 | Tonje Moen |  | 17 |

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| 2022 | 04-06.03 | Steinkjer |   |
| 800m | 1 | 2:18.88 | Wilma Torbjørnsson |  | 15 |
| 1500m | 1 | 4:38.50 | Wilma Torbjørnsson |  | 15 |
| Høyde | 1 | 1.53 | Frida Rimstad |  | 15 |
| Høyde | 2 | 1.55 | Mari Steen Myrvang |  | 16 |
| Tresteg | 2 | 10.94 | Frida Rimstad |  | 15 |
| Lengde | 3 | 5.00 | Frida Rimstad |  | 15 |

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| 2024 | 08-10.03 | Sandnes |   |
| 800m | 1 | 2:19.54 | Tuva Forsbacka |  | 15 |
| Kule 4 | 1 | 13.58 | Hanna Emilie Hjeltnes |  | 20-22 |
| Kule 4 | 2 | 13.13.29 | Monica Morken |  | 20-22 |
| 1500m | 3 | 4:41.86 | Venus Teffera |  | 16 |

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| **Mangekamp Innendørs** |
| 1992 | 22-23.02 | Drammen |  |
| 7-kamp | 1 | 5341 | Tom Erik Olsen |  | 17-18 |
| 7.17-13.97-6.73-4.50/8.38-1.91-2:59.45 |

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| **UKI Historie** | **106** |

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| **MEDALJER I NASJONALE MESTERSKAP** |  |

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| **OPPSUMMERING** |

|  |  |
| --- | --- |
| **MENN SENIOR** |  **85** |

|  |  |
| --- | --- |
| **KVINNER SENIOR** |  **83** |

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| --- | --- |
| **MENN JUNIOR** |  **88** |

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| **KVINNER JUNIOR** |  **23** |

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| **GUTTER** | **179** |

|  |  |
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| **JENTER** | **120** |

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| **TOTAL** | **578** |

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| **Medaljer i 11-12 samt B-NM og Veteraner er ikke med i antall medaljer** |

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| 11.03.2024 |