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| **MENN JUNIOR 22** | **155** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.33 | Julian Bastesen | 04 | Alicante, ESP | 01.02.2020 |
| 7.48 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2020 |
| 7.61 | Martin Opaker | 94 | Asker/Fø | 06.10.2010 |
| 7.63 | Andreas Roth | 93 | Asker/Fø | 06.06.2010 |
| 7.66 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1991 |
| 7.66 | Martin Jørgensen | 91 | Asker/Fø | 20.05.2006 |
| 7.66 | Marius Mellum | 96 | Oslo/La | 27.09.2012 |
| 7.67 | Andrew Stevens | 81 | Jessheim | 08.06.2000 |
| 7.67 | Jonathan Joo | 91 | Asker/Fø | 02.06.2007 |
| 7.71 | Marius Fuglerud | 87 | Asker/Fø | 28.05.2005 |
| 7.75 | Lars Georg Aas | 92 | Liillehammer | 24.06.2006 |
| 7.76 | Oatthawut Panklang | 02 | Jessheim | 23.05.2017 |
| 7.80 | Christer Amundsen | 92 | Asker/Fø | 06.06.2009 |
| 7.80 | Martin Opaker | 94 | Asker/Fø | 06.06.2009 |
| 7.90 | Gudmund Bjotveit | 77 | Jessheim | 26.09.1991 |
| 7.95 | Jonas Wenger | 99 | Jessheim | 01.09.2013 |
| 7.95 | Ådne Opaker Øines | 02 | Lillestrøm | 17.09.2016 |
| 7.96 | Jo Oddmund Vaagaasar | 92 | Asker/Fø | 06.06.2010 |
| 7.97 | Sugel Dieguez Jaime | 91 | Lillehammer/Ss | 26.06.2004 |
| 7.99 | Audun Sjøstrøm Johansen | 09 | Jessheim | 13.08.2023 |

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| **MENN JUNIOR 22** | **156** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.1 | Thorstein Gystad | 67 | Jessheim | 23.09.1987 |
| 7.1 | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |
| 7.2 | Ola Nerhagen | 71 | Jessheim | 25.09.1989 |
| 7.2 | Runar Homble | 72 | Jessheim | 25.09.1989 |
| 7.2 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 7.4 | Hans Kristian Hansen | 41 | Sandvika/Ka | 30.06.1957 |
| 7.4 | Eirik Haus | 79 | Jessheim | 26.09.1994 |
| 7.5 | Sverre Støverud | 37 | Bergen/Kr | 13.09.1953 |
| 7.5 | Hans Asak | 41 | Sandvika/Ka | 30.06.1957 |
| 7.5 | Runar Homble | 72 | Årnes | 22.06.1988 |
| 7.5 | Martin Opaker | 94 | Jessheim | 10.06.2010 |
| 7.6 | Lars Petter Syversrud | 69 | Jessheim | 29.09.1986 |
| 7.6 | Jan-Olav Arnegård | 71 | Jessheim | 03.10.1988 |
| 7.6 | Tom Erik Olsen | 74 | Jessheim | 25.09.1989 |
| 7.6 | Odd Arne Urnes | 73 | Jessheim | 25.09.1989 |
| 7.6 | Gudmund Bjotveit | 77 | Lillehammer/Ss | 29.06.1991 |
| 7.7 | Arne Bjørndal | 70 | Nannestad | 01.09.1985 |
| 7.7 | Andreas Roth | 93 | Jessheim | 04.06.2009 |
| 7.8 | Knut Larsen | 22 | Jessheim | 30.08.1939 |
| 7.8 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 7.8 | Thor Lasse Johansen | 63 | Lillestrøm | 28.08.1979 |
| 7.8 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.09.1989 |
| 7.8 | Pål Korsmo | 71 | Jessheim | 23.09.1985 |
| 7.9 | Gunnar Ruud | 17 | Jessheim | 24.09.1932 |
| 7.9 | Knut Fossum | 22 | Eidsvoll | 02.08.1938 |
| 7.9 | Øivind Larsen | 42 | Lillestrøm | 15.06.1958 |
| 7.9 | Hans Georg Haug | 67 | Jessheim | 30.09.1985 |
| 7.9 | Morten Knutsen | 70 | Oslo/Bi | 04.06.1984 |
| 7.9 | Jonathan Joo | 91 | Jessheim | 09.06.2005 |
| 7.9 | Lars Georg Aas | 92 | Jessheim | 12.06.2006 |

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| **MENN JUNIOR 22** | **157** |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.97 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 25.06.2017 |
| 10.98 | Tom Erik Olsen | 74 | Oslo/Bi | 30.06.1995 |
| 11.11 | Markus Einan | 97 | Oslo/Bi | 24.08.2018 |
| 11.32 | Marius Mellum | 96 | Oslo/Bi | 02.07.2014 |
| 11.37 | Henrik Huser | 96 | Oslo/Bi | 19.08.2012 |
| 11.39 | Eirik Haus | 79 | Jessheim | 01.09.1997 |
| 11.48 | Øystein Iversen | 73 | Sofiemyr | 23.07.1995 |
| 11.48 | Martin Jørgensen | 91 | Oslo/Bi | 19.08.2007 |
| 11.51 | Julian Bastesen | 04 | Elchel, ESP | 26.09.2020 |
| 11.52 | Ola Nerhagen | 71 | Lillehammer/Ss | 25.06.1989 |
| 11.54 | Emil Nordal | 03 | Oslo/Bi | 07.07.2021 |
| 11.56 | Andreas Roth | 93 | Oslo/Bi | 26.07.2011 |
| 11.60 | Marius Fuglerud | 87 | Jessheim | 22.05.2006 |
| 11.61 | Runar Homble | 72 | Jessheim | 29.09.1990 |
| 11.61 | Sander Steen Myrvang | 00 | Jessgheim | 11.08.2018 |
| 11.67 | Jo Henning Hals Nilssen | 68 | Fredrikstad | 28.06.1987 |
| 11.76 | Håvard Hildeskor | 92 | Oslo/St | 31.08.2011 |
| 11.76 | Jesse Pedersen Amey | 95 | Oslo/Bi | 21.07.2012 |
| 11.76 | Martin Opaker | 94 | Lillehammer/Ss | 20.06.2010 |
| 11.82 | Vegard Løberg Gjelsvik | 92 | Jessheim | 16.06.2009 |
| 11.85 | Martin Lundemo Syversen | 92 | Oslo/Bi | 17.08.2012 |
| 11.87 | Louis Santiago | 91 | Oslo/Bi | 29.08.2013 |
| 11.88 | Thomas Roth | 91 | Jessheim | 16.06.2009 |
| 11.89 | Martin Aarbogh Brustad | 04 | Jessheim | 08.08.2021 |
| 11.91 | Bjørn Tore Ottersen | 66 | Kirkenær | 19.05.1984 |
| 11.92 | Filip Aas | 00 | Asker/Fø | 08.06.2018 |
| 11.96 | Lars Georg Aas | 92 | Lillehammer/Ss | 24.06.2007 |
| 11.99 | Oatthawut Panklang | 02 | Oslo/Bi | 01.06.2019 |
| 12.00 | Jonas Nødtvedt Wenger | 99 | Jessheim | 23.05.2017 |
| 12.00 | Ådne Opaker Øines | 02 | Lillestrøm | 27.05.2017 |
| 12.04 | Eirik Johansen | 84 | Jessheim | 25.09.2003 |
| 12.04 | Alan Ringo | 07 | Jessheim | 12.08.2023 |
| 12.08 | Jørgen Opaker | 97 | Lillestrøm | 24.05.2014 |
| 12.11 | Kjetil Brynhildsen | 71 | Bjørkelangen | 15.05.1993 |
| 12.11 | Mats Tokerud | 00 | Oslo/Bi | 19.07.2017 |
| 12.15 | Stian Fredriksen | 81 | Nadderud | 21.06.1998 |
| 12.16 | Christer Amundsen | 92 | Nadderud | 08.06.2008 |
| 12.17 | Odd Arne Urnes | 73 | Jessheim | 29.05.1990 |
| 12.07 | Jonathan Joo | 91 | Lillehammer/Ss | 24.06.2007 |

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| **MENN JUNIOR 22** | **158** |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.4 | Bjarne Hansen Gardermoen IF | 27 | Kløfta | 07.07.1946 |
| 11.4 | Tom Erik Olsen | 74 | Jessheim | 23.09.1993 |
| 11.5 | Jan Bredesen | 40 | Jessheim | 23.08.1958 |
| 11.5 | Bjørn Tore Ottersen | 66 | Jessheim | 29.05.1986 |
| 11.5 | Jo Henning Hals Nilssen | 68 | Jessheim | 28.09.1987 |
| 11.5 | Eirik Haus | 79 | Jessheim | 29.05.1995 |
| 11.5 | Marius Fuglerud | 87 | Jessheim | 12.06.2006 |
| 11.5 | Ola Nerhagen | 71 | Jessheim | 30.05.1989 |
| 11.6 | Halvor Berger | 40 | Eidsvoll/My | 10.09.1958 |
| 11.6 | Hans Kristian Hansen | 41 | Råholt | 26.08.1961 |
| 11.6 | Finn Ugletveit | 49 | Blaker/Br | 12.07.1970 |
| 11.6 | Thorstein Gystad | 67 | Jessheim | 06.07.1987 |
| 11.6 | Runar Homble | 72 | Jessheim | 18.05.1992 |
| 11.6 | Øystein Iversen | 73 | Jessheim | 21.06.1993 |
| 11.6 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 11.7 | Tor Mikaelsen | 14 | Jessheim | 09.09.1934 |
| 11.7 | Runar Homble | 72 | Bjørkelangen | 09.09.1989 |
| 11.7 | Eirik Johansen | 84 | Jessheim | 27.05.2004 |
| 11.7 | Mortin Opaker | 94 | Jessheim | 15.09.2011 |
| 11.8 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 11.8 | Knut Fossum | 22 | Lillestrøm | 19.08.1939 |
| 11.8 | Stein Vik-Strandli | 58 | Oslo/Tr | 10.06.1974 |
| 11.8 | Kåre Gismervik | 57 | Strømmen | 01.07.1975 |
| 11.8 | Lars Petter Syverstad | 69 | Jessheim | 31.05.1986 |
| 11.8 | Øystein Iversen | 73 | Jessheim | 23.09.1993 |
| 11.8 | Jonathan Joo | 91 | Jessheim | 04.06.2007 |
| 11.9 | Kjell Arne Johansen | 44 | Strømmen | 17.08.1961 |
| 11.9 | Einar Hellum | 47 | Strømmen | 22.06.1963 |
| 11.9 | Jon Martinsen | 47 | Råholt | 28.08.1965 |
| 11.9 | Halvor Bogstad | 46 | Råholt | 12.08.1966 |
| 11.9 | Jon Martinsen | 47 | Lillestrøm | 22.08.1964 |
| 11.9 | Edward Hughes | 71 | Bjørkelangen | 12.09.1987 |
| 11.9 | Lars Georg Aas | 92 | Jessheim | 04.06.2007 |

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| **MENN JUNIOR 22** | **159** |

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| **150m E** |  |

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| --- | --- | --- | --- | --- |
| 17.14 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2020 |
| 17.67 | Marius Mellum | 96 | Jessheim | 23.08.2012 |
| 18.06 | Martin Opaker | 94 | Jessheim | 23.08.2012 |
| 18.31 | Stian Fredriksen | 81 | Jessheim | 23.08.1999 |
| 18.64 | Henrik Hanssen | 97 | Oslo/La | 13.05.2015 |
| 18.90 | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 12.05.1990 |
| 18.99 | Per-Arne Østerud | 81 | Jessheim | 23.08.1999 |
| 19.01 | Markus Einan | 97 | Jessheim | 23.08.2012 |
| 19.63 | Jonas Krossøy | 95 | Jessheim | 23.08.2012 |
| 19.79 | Mads Røslie | 82 | Jessheim | 23.08.1999 |

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| **MENN JUNIOR 22** | **160** |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 21.96 | Marcus Theodor Moen | 99 | Sandnes | 04.09.2016 |
| 22.21 | Andreas Roth | 93 | Karlstad, SWE | 23.07.2013 |
| 22.35 | Tom Erik Olsen | 74 | Tønsberg/Gr | 27.05.1995 |
| 22.56 | Markus Einan | 97 | Oslo/Bi | 25.08.2018 |
| 22.66 | Marius Mellum | 96 | Lillehammer/Ss | 07.09.2013 |
| 22.81 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2021 |
| 22.87 | Thomas Roth | 91 | Lillestrøm | 30.05.2010 |
| 23.05 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 22.06.2012 |
| 23.10 | Marius Fuglerud | 87 | Nadderud | 18.06.2006 |
| 23.19 | Martin Lundemo Syversen | 92 | Oslo/Bi | 17.08.2013 |
| 23.28 | Håvard Hildeskor | 92 | Lillehammer/Ss | 22.06.2014 |
| 23.34 | Runar Homble | 72 | Asker/Fø | 12.09.1992 |
| 23.38 | Eirik Haus | 79 | Jessheim | 11.08.1997 |
| 23.39 | Øystein Iversen | 73 | Oslo/Bi | 01.07.1995 |
| 23.40 | Thorstein Gystad | 67 | Lillehammer/Ss | 18.07.1987 |
| 23.45 | Ola Nerhagen | 71 | Overhalla | 27.07.1990 |
| 23.47 | Martin Opaker | 94 | Lillehammer/Ss | 20.06.2014 |
| 23.50 | Hans Jørgen Borgen | 70 | Jessheim | 08.08.1989 |
| 23.58 | Sverre Blom Breivik | 96 | Oslo/Bi | 24.07.2014 |
| 23.70 | Ola Nerhagen | 72 | Bergen/Fa | 25.08.1989 |
| 23.91 | Andrew Stevens | 81 | Jessheim | 08.06.2000 |
| 23.97 | Martin Jørgensen | 91 | Lillehammer/Ss | 23.06.2007 |
| 23.98 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 23.06.2017 |
| 24.08 | Filip Aas | 00 | Oslo/Bi | 02.06.2018 |
| 24.12 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 18.07.1983 |
| 24.12 | Hauk Are Fjeld | 94 | Oslo/Bi | 08.08.2015 |
| 24.15 | Njord Erlend Wiker | 91 | Oslo/Bi | 28.08.2010 |
| 24.19 | Stian Fredriksen | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.23 | Jørgen Opaker | 97 | Lillehammer/Ss | 20.06.2014 |
| 24.28 | Sigurd Blom Breivik | 96 | Oslo/Bi | 24.07.2014 |
| 24.28 | Jostein Steffensen | 96 | Oslo/Bi | 24.05.2016 |
| 24.33 | Hans Martin Hoftseth | 94 | Lillehammer/Ss | 24.06.2011 |
| 24.34 | Gudbrand Rognstad | 82 | Oslo/Bi | 21.06.2003 |
| 24.36 | Julian Bastesen | 04 | Petrer, ESP | 17.07.2020 |
| 24.37 | Are Hauk Fjeld | 94 | Oslo/Sp | 08.06.2014 |
| 24.43 | Jonathan Joo | 91 | Asker/Fø | 03.06.2007 |

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| **MENN JUNIOR 22** | **161** |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 23.0 | Ola Nerhagen | 71 | Bjørkelangen | 10.09.1983 |
| 23.2 | Thorstein Gystad | 67 | Jessheim | 02.07.1987 |
| 23.3 | Finn Ugletveit | 49 | Strømmen | 17.08.1969 |
| 23.2 | Bjørn Tore Ottersen | 66 | Oslo/St | 06.07.1984 |
| 23.3 | Øystein Iversen | 73 | Jessheim | 26.09.1994 |
| 23.5 | Finn Ugletveit | 49 | Lillestrøm | 10.09.1967 |
| 23.7 | Runar Homble | 72 | Bjørkelangen | 10.09.1989 |
| 23.7 | Hans Jørgen Borgen | 70 | Bjørkelangen | 10.09.1989 |
| 23.8 | Jon Martinsen | 47 | Råholt | 08.08.1965 |
| 23.8 | Bjørn Hellum | 48 | Lillestrøm | 11.09.1966 |
| 23.8 | Kåre Gismervik | 57 | Elverum | 31.08.1975 |
| 23.9 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 23.9 | Jo Henning Hals Nilssen | 68 | Jessheim | 26.09.1988 |
| 24.0 | Kjetil Brynhildsen | 71 | Jessheim | 27.09.1993 |
| 24.1 | Runar Homble | 72 | Jessheim | 26.09.1988 |
| 24.1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 06.07.1992 |
| 24.2 | Halvor Bogstad | 46 | Råholt | 11.09.1966 |
| 24.2 | Eirik Johansen | 84 | Jessheim | 27.05.2004 |
| 24.3 | Odd Arne Urnes | 73 | Jessheim | 25.09.1989 |
| 24.3 | Kjell Vidar Solheim | 70 | Jessheim | 06.07.1992 |

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| **300m E** |  |

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| --- | --- | --- | --- | --- |
| 34.88 | Andreas Roth | 93 | Nadderud | 03.05.2012 |
| 36.52 | Emil Nordal | 03 | Nadderud | 17.06.2020 |
| 37.07 | Marius Mellum | 96 | Nadderud | 06.05.2014 |
| 37.42 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 01.07.2007 |
| 37.52 | Marius Fuglerud | 87 | Oslo/Bi | 15.05.2008 |
| 38.38 | Martin Lundemo Syvertsen | 92 | Nadderud | 06.05.2014 |
| 38.45 | Jørgen Opaker | 97 | Oslo/Bi | 17.09.2014 |
| 38.78 | Martin Jørgensen | 90 | Brumunddal | 04.10.2007 |
| 38.87 | Henrik Hanssen | 97 | Oslo/La | 13.05.2015 |
| 38.91 | Jonas Krossøy | 96 | Oslo/Bi | 17.09.2014 |
| 39.00 | Espen Hofoss | 76 | Oslo/Bi | 27.09.1994 |
| 39.36 | Jørgen Hjelm Bakkerud | 74 | Skien | 10.08.1990 |
| 39.90 | Sondre Opaker Øines | 98 | Oslo/Bi | 17.09.2014 |
| 42.19 | Fredrik Fuglerud | 89 | Göteborg, SWE | 03.07.2004 |

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 40.1 | Per Kristian Aarstad | 86 | Jessheim | 18.04.2002 |
| 42.1 | Kåre Svensson | 61 | Strømmen | 23.08.1976 |
| 43.3 | Kåre Gismervik | 57 | Lillestrøm | 18.09.1971 |
| 45.1 | Hans Agnar Grønnvoll | 84 | Jessheim | 18.04.2002 |

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| **MENN JUNIOR 22** | **162** |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 47.14 | Andreas Roth | 93 | Oslo/Bi | 11.06.2014 |
| 47.76 | Markus Einan | 97 | Oslo/B i | 24.08.2018 |
| 47.92 | Thomas Roth | 91 | Kristiansand | 26.08.2012 |
| 49.74 | Elias Ottosen | 93 | Lillehammer/Ss | 21.06.2014 |
| 50.19 | Vegard Løberg Gjelsvik | 92 | Drammen/Ma | 08.09.2012 |
| 50.34 | Hans Jørgen Borgen | 70 | Sofiemyr | 11.06.1989 |
| 50.44 | Sverre Blom Breivik | 96 | Oslo/Bi | 24.05.2016 |
| 50.57 | Hauk Are Fjeld | 94 | Oslo/Bi | 24.05.2016 |
| 50.68 | Håvard Hildeskor | 92 | Nadderud | 15.06.2014 |
| 51.06 | Bjørn Tore Ottersen | 66 | Raufoss | 23.06.1984 |
| 51.07 | Emil Nordal | 03 | Lillehammer/Ss | 26.06.2021 |
| 51.09 | Sondre Lehmann | 07 | Jessheim | 12.08.2023 |
| 51.10 | Tom Erik Olsen | 74 | Stockholm, SWE | 02.08.1992 |
| 51.21 | Marius Fuglerud | 87 | Nadderud | 18.06.2006 |
| 51.27 | Sigurd Blom Breivik | 96 | Nadderud | 14.06.2015 |
| 51.39 | Vetle Aasland | 91 | Oslo/Bi | 20.06.2010 |
| 51.40 | Øystein Iversen | 73 | Sofiemyr | 23.07.1995 |
| 51.50 | Vidar Aasland | 91 | Oslo/Bi | 04.09.2009 |
| 51.57 | Kjetil Brynhildsen | 71 | Oslo/Tr | 18.08.1993 |
| 51.57 | Dag Håkon Eriksen | 73 | Sofiemyr | 13.06.1992 |
| 51.62 | Thorstein Gystad | 67 | Grimstad | 20.06.1987 |
| 51.87 | Martin Lundemo Syversen | 02 | Oslo/Bi | 17.07.2014 |
| 52.08 | Runar Homble | 72 | Lillehammer/Ss | 27.06.1992 |
| 52.37 | Njord Erlend Wiker | 91 | Oslo/Bi | 15.08.2010 |
| 52.43 | Johan Sebastian Evensen | 96 | Oslo/Bi | 14.08.2016 |
| 52.47 | Øystein Iversen | 73 | Oslo/Bi | 20.07.1993 |
| 52.51 | Nikolai Solum | 05 | Oslo/Bi | 24.05.2022 |
| 52.55 | Jon Gunnar Alfsen | 97 | Lillehammer/Ss | 20.06.2015 |
| 52.56 | Sander Rustad Johansen | 06 | Oslo/Bi | 29.08.2023 |
| 52.63 | Marius Mellum | 96 | Oslo/Bi | 17.08.2014 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 50.5 | Bjørn Tore Ottersen | 66 | Oslo/St | 04.06.1986 |
| 51.0 | Kjetil Brynhildsen | 71 | Jessheim | 01.06.1993 |
| 51.3 | Øystein Iversen | 73 | Sofiemyr | 23.07.1995 |
| 51.8 | Hans Jørgen Borgen | 70 | Jessheim | 30.04.1989 |
| 51.9 | Kjell Frostelid | 61 | Oslo/St | 30.06.1982 |
| 51.9 | Einar Hellum | 47 | Oslo/Bi | 08.07.1966 |
| 51.9 | Thorstein Gystad | 67 | Jessheim | 28.06.1987 |
| 52.2 | Finn Ugletveit | 49 | Oslo/Bi | 26.09.1969 |
| 52.4 | Einar Hellum | 47 | Oslo/Bi | 09.10.1965 |

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| **MENN JUNIOR 22** | **163** |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:18.43 | Markus Einan | 97 | Jessheim | 27.08.2016 |
| 1:18.8 | Thomas Roth | 91 | Trondheim/St | 29.04.2010 |
| 1:20.82 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 12.09.2009 |
| 1:21.17 | Sigurd Blom Breivik | 96 | Nadderud | 04.05.2015 |
| 1:21.29 | Håvard Hildeskor | 92 | Lillestrøm | 18.09.2013 |
| 1:22.2 | Vetle Aasland | 91 | Trondheim/St | 29.04.2010 |
| 1:22.48 | Marith Solomon | 91 | Nesodden | 01.09.2022 |
| 1.22.61 | Trym Fjøsne Hexeberg | 03 | Nesodden | 01.09.2022 |
| 1:23.22 | Sondre Strande Omland | 07 | Nesodden | 01.06.2023 |
| 1:23.34 | Nokolai Solum | 05 | Nesodden | 01.09.2022 |
| 1:23.9 | Njord Erlend Wiker | 91 | Trondheim/St | 29.04.2010 |
| 1:24.9 | Andreas Roth | 93 | Trondheim/St | 29.04.2010 |
| 1:24.90 | Simen Gløgård Stensrud | 05 | Nesodden | 11.06.2023 |
| 1.25.11 | Linus Ber nhard | 00 | Nesodden | 01.09.2022 |
| 1:25.23 | Johan Sebastian Evensen | 96 | Oslo/Be | 07.05.2017 |
| 1:25.24 | Kristian Tokstad | 00 | Jessheim | 27.08.2016 |
| 1:25.55 | Henrik Hanssen | 97 | Nadderud | 04.05.2015 |
| 1:25.61 | Jonas Krossøy | 95 | Nadderud | 04.05.2015 |
| 1:25.77 | Jostein Steffensen | 96 | Oslo/Be | 07.05.2017 |
| 1:26.5 | Markus Høgne | 98 | Bjørkelangen | 07.05.2015 |
| 1:26.67 | Iver Hjelbak Eriksen | 06 | Jessheim | 01.09.2022 |
| 1:27.44 | Nani Kuli | 01 | Oslo/Sp | 07.05.2022 |
| 1:27.59 | Jørgen Opaker | 97 | Nadderud | 03.05.2016 |
| 1:27.75 | Benjamin Olsen | 04 | Rud | 04.05.2023 |
| 1:27.9 | Jostein Sætra Schefte | 96 | Bjørkelangen | 07.05.2015 |
| 1:28.24 | Ole-Martin Sandness | 00 | Oslo/Be | 14.09.2016 |
| 1:28.3 | Claus Nerhagen | 59 | Oslo/Bi | 27.05.1974 |
| 1:28.4 | Gullbrand Julius Aas | 97 | Jessheim | 31.07.2008 |
| 1:28.67 | Fredrik Anthi Svinø | 92 | Lillestrøm | 12.09.2009 |
| 1:28.88 | Jan Gunnar Alfsen | 97 | Nadderud | 06.05.2014 |
| 1:28.9 | Peder Holm | 92 | Lillestrøm | 25.09.2010 |
| 1:28.93 | Espen Hofoss | 76 | Oslo/Bi | 29.09.1994 |
| 1:29.2 | Anders Buraas | 92 | Jessheim | 31.07.2008 |
| 1:29.64 | Sondre Opaker Øines | 98 | Oslo/B | 07.05.2017 |
| 1:29.75 | Andreas Lindboe Kværner | 06 | Oslo/Sp | 07.05.2022 |
| 1:30.1 | Kevin Fritz | 91 | Jessheim | 31.07.2008 |
| 1:30.23 | Andrè Nilsson | 82 | Jessheim | 22.05.2000 |
| 1:30.25 | Tore Klungland | 97 | Oslo/Be | 07.05.2017 |
| 1:30.4 | John Backe-Bogstad | 61 | Oslo/Bi | 28.08.1975 |
| 1:30.58 | Philip Regbo Gulbrandsen | 07 | Nesodden | 01.06.2023 |
| 1:30.64 | Marcus Eek | 08 | Rud | 04.05.2023 |
| 1:30.91 | Jonas Haarborg Bolgen | 96 | Nadderud | 03.05.2016 |
| 1:30.98 | Mats Tokstad | 00 | Oslo/Be | 07.05.2017 |
| 1:31.01 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 10.09.2022 |
| 1:31.72 | Sigurd Fjeldbo | 82 | Jessheim | 22.05.2000 |

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| **MENN JUNIOR 22** | **164** |

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| **800m** |  |

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| 1:46.77 | Andreas Kramer | 97 | Oslo/Bi | 13.06.2019 |
| 1:46.88 | Thomas Roth | 91 | Helsinki, FIN | 28.06.2012 |
| 1:47.10 | Andreas Roth | 93 | Oslo/Bi | 11.07.2014 |
| 1:47.64 | Markus Einan | 97 | Oordegem, BLE | 26.05.2018 |
| 1:48.32 | Elias Ottosen | 93 | Tønsberg/Gr | 24.05.2014 |
| 1:50.40 | Vetle Aasland | 91 | Jessheim | 21.09.2012 |
| 1:50.91 | Benjamin Olsen | 04 | Tønsberg/Gr | 21.05.2022 |
| 1:50.92 | Sigurd Blom Breivik | 96 | Leiden, NED | 11.06.2016 |
| 1:50.94 | Sverre Blom Breivik | 96 | Sollentuna, SWE | 28.06.2016 |
| 1:51.62 | Håvard Hildeskor | 92 | Göteborg, SWE | 29.06.2014 |
| 1:52.09 | Andreas Fjeld Halvorsen | 05 | Tønsberg/Gr | 21.05.2022 |
| 1:52.13 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 08.07.2012 |
| 1:52.61 | Hans Jørgen Borgen | 70 | Raufoss | 27.06.1989 |
| 1:52.95 | Hauk Are Fjeld | 94 | Nadderud | 11.06.2016 |
| 1:53.29 | Sondre Strande Omland | 07 | Jessheim | 06.07.2023 |
| 1:54.48 | Henrik Hanssen | 97 | Oslo/Bi | 29.08.2018 |
| 1:54.49 | Trym Fjøsne Hexeberg | 03 | Jessheim | 06.07.2023 |
| 1:54.67 | Sondre Søgård Lehmann | 07 | Jessheim | 06.07.2023 |
| 1:55.39 | Kristian Bråthen Børve | 06 | Tønsberg/Gr | 20.05.2023 |
| 1:55.43 | Jørgen Frost Bø | 94 | Oslo/Bi | 17.08.2013 |
| 1:55.51 | Nahan Tewelde | 06 | Bergen/Fa | 10.09.2023 |
| 1:55.89 | Mats Morgan Langøy | 01 | Oslo/Bi | 17.07.2019 |
| 1:56.4 | Claus Nerhagen | 59 | Oslo/Bi | 20.06.1977 |
| 1:56.49 | Nikolai Solum | 05 | Göteborg, SWE | 17.06.2022 |
| 1.56.65 | Simen Gløgård Stensrud | 05 | Tønsberg/Gr | 21.05.2022 |
| 1:56.99 | Anders Sandholtbråten | 76 | Jessheim | 20.06.1994 |
| 1:57.2 | Bjørn Tore Ottersen | 66 | Jessheim | 01.08.1986 |
| 1:57.34 | Njord Erlend Wiker | 91 | Göteborg, SWE | 04.07.2010 |
| 1:57.39 | Eirik Richenberg | 94 | Brandbu | 22.05.2013 |
| 1:57.55 | Markus Høgne | 98 | Oslo/Bi | 28.06.2015 |
| 1:57.6 | Harald Lindstrøm | 54 | Oslo/Bi | 13.09.1974 |
| 1:57.7 | Einar Hellum | 47 | Råholt | 28.08.1966 |
| 1:57.77 | Nikolai Smestad | 92 | Oslo/Bi | 03.09.2013 |
| 1:57.79 | Kjetil Brynhildsen | 71 | Oslo/Bi | 13.07.1993 |
| 1:58.1 | Kjell Frostelid | 61 | Oslo/St | 29.06.1983 |
| 1:58.17 | Erlend Magnus Homble | 04 | Sandnes | 26.08.2023 |
| 1:58.19 | Stian Klungland | 93 | Oslo/Bi | 19.05.2011 |
| 1:58.3 | Trygve Stanger | 62 | Oslo/Bi | 04.05.1983 |
| 1:58.34 | Theodor Hansen | 06 | Bergen/Fa | 10.09.2023 |
| 1:58.37 | Linus Christian Bernhard | 00 | Nittedal | 17.09.2022 |
| 1.58.58 | Andreas Lindboe Kværner | 06 | Rud | 27.08.2022 |
| 1:58.78 | Carl Johan Owre | 82 | Lillehammer/Ss | 02.07.2000 |
| 1:58.9 | Kjell Arild Kjernli | 64 | Oslo/St | 28.07.1982 |
| 1:59.22 | Jostein Steffensen | 96 | Oslo/Bi | 24.06.2016 |
| 1:59.28 | Ole-Kristian Lindboe Kværner | 05 | Sandnes | 26.08.2023 |
| 1:59.28 | Philip Gulbrandsen | 07 | Bergen/Fa | 09.09.2023 |
| **MENN JUNIOR 22** | | **165** | | |

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| **1000m** |  |

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| 2:28.30 | Vetle Aasland | 91 | Karlstad, SWE | 23.07.2009 |
| 2:29.39 | Hauk Are Fjeld | 94 | Göteborg, SWE | 15.07.2016 |
| 2:31.03 | Trym Fjøsne-Hexeberg | 03 | Rud | 04.05.2023 |
| 2:32.67 | Nahon Tewelde | 06 | Rud | 04.05.2023 |
| 2:32.8 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |
| 2:33.10 | Kristian Bråthen Børve | 06 | Rud | 04.05.2023 |
| 2:34.8 | Thomas Roth | 91 | Ås | 01.10.2007 |
| 2:35.93 | Stian Klungland | 93 | Nadderud | 03.05.2011 |
| 2:40.40 | Iver GHjelbak Eriksen | 06 | Oslo/Sp | 07.05.2022 |
| 2:40.7 | Kjell Arild Kjernli | 64 | Arvika, SWE | 17.07.1982 |
| 2:41.3 | Hans Georg Haug | 67 | Jessheim | 27.09.1986 |
| 2:41.6 | Anders Sandholtbråten | 76 | Jessheim | 27.09.1993 |
| 2:43.26 | Gard Smevik Tørum | 03 | Oslo/Sp | 07.05.2022 |
| 2:43.28 | Jens Kristian Aas | 05 | Oslo/Sp | 07.05.2022 |
| 2.44.28 | Andreas Ullern Tonning | 04 | Oslo/Sp | 07.05.2022 |
| 2:45.12 | Ole-Kristian Lindboe Kværner | 05 | Rud | 04.05.2023 |
| 2:45.4 | John Backe Bogstad | 61 | Arvika, SWE | 20.07.1975 |
| 2:50.99 | Jonas Kveen | 03 | Oslo/Sp | 07.05.2022 |
| 2:51.14 | Tomas Finstad Mandt | 05 | Oslo/Sp | 07.05.2022 |
| 2:52.5 | Claus Nerhagen | 59 | Oslo/Bi | 04.10.1974 |
| 2:45.4 | John Backe-Bogstad | 61 | Arvika, SWE | 20.07.1975 |
| 2:54.11 | Simon Skrewde Paulsen | 06 | Oslo/Sp | 07.05.2022 |
| 3:00.9 | Martin Furuseth | 53 | Lillestrøm | 21.08.1970 |
| 3:01.2 | Thorbjørn Næss | 68 | Skotterud | 03.07.1983 |
| 3:02.2 | Lars Petter Syversrud | 69 | Nadderud | 31.05.1985 |

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| **MENN JUNIOR 22** | **166** |

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| **1500m** |  |

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| 3.42.35 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 29.08.2023 |
| 3:43.75 | Vetle Aasland | 91 | Nadderud | 17.06.2012 |
| 3:45.41 | Thomas Roth | 91 | Oslo/Bi | 13.08.2012 |
| 3:46.32 | Elias Ottosen | 93 | Jessheim | 05.06.2014 |
| 3:47.32 | Fredrik Sandvik | 98 | Oslo/Bi | 23.08.2020 |
| 3:47.77 | Sigurd Blom Breivik | 96 | Stretford, GBR | 16.05.2015 |
| 3:47.93 | Benjamin Olsen | 04 | Jessheim | 02.06.2022 |
| 3.48:37 | Kristian Bråthen Børve | 06 | Oslo/Bi | 29.08.2023 |
| 3:50.64 | Eirik Richenberg | 94 | Oslo/Bi | 13.06.2013 |
| 3:50.79 | Jørgen Frost Bø | 94 | Oslo/Be | 09.07.2015 |
| 3:51.54 | Markus Einan | 97 | Oslo/Bi | 25.08.2018 |
| 3:52.28 | Henrik Hanssen | 97 | Oslo/Bi | 25.08.2018 |
| 3:52.97 | Simen Gløgård Stensrud | 05 | Sandnes | 26.08.2023 |
| 3:53.29 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 07.07.2012 |
| 3:53.35 | Nahon Tewelde | 06 | Sandnes | 26.08.2023 |
| 3:53.97 | Sverre Blom Breivik | 96 | Jessheim | 02.06.2016 |
| 3:54.4 | Harald Lindstrøm | 54 | Oslo/Bi | 19.08.1975 |
| 3:54.41 | Sondre Strande Omland | 07 | Oslo/Bi | 22.07.2023 |
| 3:55.74 | Håvard Hildeskor | 92 | Oslo/Bi | 06.07.2017 |
| 3:58.79 | Markus Høgne | 98 | Oslo/Bi | 24.06.2016 |
| 3.58.81 | Trym Fjøsne Hexeberg | 03 | Oslo/Bi | 29.08.2023 |
| 3:58.84 | Robin Emil Kronkvist | 00 | Jessheim | 01.06.2022 |
| 4:00.3 | Bjørn Dæhlie | 67 | Jessheim | 17.06.1988 |
| 4:00.38 | Mars Morgan Langøy | 01 | Göteborg, SWE | 16.08.2019 |
| 4:00.45 | Stian Klungland | 93 | Lillehammer/Ss | 23.06.2011 |
| 4:01.21 | Njord Erlend Wiker | 91 | Mölndal, SWE | 03.09.2011 |
| 4:01.62 | Nikolai Solum | 05 | Jessheim | 02.06.2022 |
| 4:01.83 | Teodor Hansen | 06 | Sandnes | 25.08.2023 |
| 4:01.95 | Trygve Stanger | 62 | Oslo/Bi | 18.07.1983 |
| 4:02.6 | Torgeir Sørum | 45 | Råholt | 24.08.1967 |
| 4:03.54 | Nikolai Smestad | 92 | Lillehammer/Ss | 20.06.2013 |
| 4:03.6 | Anders Sandholtbråten | 76 | Jessheim | 15.06.1994 |
| 4:04.79 | Hauk Are Fjeld | 94 | Jessheim | 02.06.2016 |
| 4:05.62 | Erlend Magnus Homble | 04 | Jessheim | 02.06.2022 |
| 4:05.73 | Andreas Lindboe Kværner | 06 | Moelv | 10.09.2022 |
| 4:05.97 | Erlend Magnus Homble | 04 | Sandnes | 25.08.2023 |
| 4:06.10 | Gard Smevik Tørum | 03 | Jessheim | 02.06.2022 |
| 4:06.4 | Einar Hellum | 47 | Oslo/Bi | 02.09.1966 |
| 4:07.20 | Ole-Kristian Lindboe Kværner | 05 | Sandnes | 25.08.2023 |
| 4:08.12 | Anders Ullern Tonning | 04 | Sandnes | 25.08.2023 |
| 4:08.18 | Odin Fjøsne-Hexeberg | 05 | Jesshewim | 08.06.2023 |
| 4:08.2 | Bjørn Ingvar Jensen | 66 | Jessheim | 01.08.1986 |
| 4:08.23 | Åsmund Wennemo | 94 | Göteborg, SWE | 07.07.2012 |
| 4:08.05 | Iver Hjelbak Eriksen | 96 | Jessheim | 02.06.2022 |
| 4:08.63 | Andreas Lindboe Kværner | 06 | Jessheim | 08.06.2023 |

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| **MENN JUNIOR 22** | **167** |

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| **1mile 1609m** |  |

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| 4:06.91 | Vetle Aasland | 91 | Mölndal, SWE | 94.08.2012 |
| 4:14.87 | Carl Jørgen Owre | 82 | Oslo/Bi | 27.07.1999 |
| 4:19.78 | Jørgen Frost Bø | 94 | Mölndal, SWE | 04.08.2012 |
| 4:20.47 | Trym Fjøsne Hexeberg | 03 | Moelv | 10.09.2022 |
| 4:21.36 | Kristian Bråthen Børve | 06 | Moelv | 10.09.2022 |
| 4:26.54 | Andreas Lindboe Kværner | 06 | Moelv | 10.09.2022 |
| 4:28.43 | SigurdFjeldbo | 82 | Lillehammer/Ss | 24.06.1999 |
| 4:28.92 | Linus Bernhard | 00 | Moelv | 10.09.2022 |
| 4:41.35 | Odin Fjøsne hexeberg | 05 | Moelv | 10.09.2022 |
| 4:43.08 | Ole-Kristian Lindboe Kværner | 05 | Moelv | 10.09.2022 |
| 4:50.12 | Jens Kristian Aas | 05 | Moelv | 10.09.2022 |
| 4:52.23 | Jonas kveen | 03 | Moelv | 10.09.2022 |
| 4:53.97 | Andre Nilsson | 82 | Jessheim | 23.08.1999 |
| 5:04.15 | Anders Lysbakken | 82 | Jessheim | 23.08.1999 |

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| **MENN JUNIOR 22** | **168** |

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| **3000m** |  |

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| 7:47.04 | Andreas Fjeld Halvorsen | 05 | Trier, GER | 08.09.2023 |
| 7:55.88 | Fredrik Sandvik | 98 | Oslo/Bi | 03.09.2020 |
| 8:05.72 | Kristian Bråthen Børve | 06 | Jessheim | 11.08.2023 |
| 8:20.16 | Jørgen Frost Bø | 94 | Oslo/Bi | 22.05.2014 |
| 8:21.15 | Trym Fjøsne Hexeberg | 03 | Jessheim | 11.08.2023 |
| 8:22.84 | Sondre Strande Omland | 07 | Rud | 16.06.2023 |
| 8:23.76 | Simen Gløgård Stensrud | 05 | Oslo/Bi | 28.05.2022 |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/Bi | 05.09.1974 |
| 8:26.86 | Bjørn Dæhlie | 67 | Oslo/Bi | 31.05.1988 |
| 8:27.57 | Vidar Aasland | 91 | Nadderud | 17.06.2011 |
| 8:31.71 | Henrik Hanssen | 97 | Nadderud | 16.06.2017 |
| 8:33.53 | Nahon Tewelde | 06 | Jessheim | 11.08.2023 |
| 8:36.25 | Vegard Løberg Gjelsvik | 92 | Nadderud | 15.06.2012 |
| 8:37.16 | Benjamin Olsen | 04 | Bergen/Fa | 11.05.2022 |
| 8:37.90 | Nikolai Smestad | 92 | Oslo/Bi | 18.08.2013 |
| 8:39.07 | Markus Høgne | 98 | Göteborg, SWE | 15.07.2016 |
| 8:40.46 | Andreas Ullern Tonning | 04 | Jessheim | 11.08.2023 |
| 8:42.40 | Stian Klungland | 93 | Oslo/Bi | 25.07.2013 |
| 8:45.4 | Stein Rosenberg | 60 | Oslo/St | 25.07.1982 |
| 8:46.47 | Odin Fjøsne Hexeberg | 05 | Rud | 16.06.2023 |
| 8:47.2 | Torgeir Sørum | 45 | Oslo/Bi | 08.09.1967 |
| 8:47.41 | Nikolai Smestad | 92 | Oslo/Bi | 17.08.2014 |
| 8:48.5 | Anders Sandholtbråten | 76 | Jessheim | 31.08.1994 |
| 8:51.31 | Theodor Hansen | 06 | Jessheim | 11.08.2023 |
| 8:52.2 | Trygve Stanger | 62 | Oslo/St | 28.07.1982 |
| 8:54.12 | Mats Morgan Langøyr | 01 | Nadderud | 14.06.2019 |
| 8:54.30 | Johan Hoel | 94 | Lillehammer/Ss | 20.06.2015 |
| 8:54.52 | Stian Klungland | 93 | Ravnanger | 31.08.2012 |
| 8:55.10 | Jørgen Gundersen | 95 | Oslo/Bi | 18.08.2013 |
| 8:56.1 | Hans Georg Haug | 67 | Nadderud | 19.08.1985 |
| 8:57.3 | Ole Kristian Westby | 66 | Oslo/St | 05.06.1985 |
| 8:57.6 | Bjørn Ingvar Jensen | 66 | Jessheim | 15.08.1986 |
| 8:58.85 | Erlend Magnus Homble | 04 | Bergen/Fa | 08.09.2023 |
| 8:58.91 | Roger Bråten | 71 | Bergen/Fa | 27.08.1989 |
| 8:59.44 | Gard Smevik Tørum | 03 | Nadderud | 10.06.2022 |
| 8:59.96 | Njord Erlend Wiker | 91 | Nadderud | 17.06.2011 |
| 9:01.6 | Øivind Kjørmo | 56 | Oslo/Bi | 27.05.1974 |
| 9:02.0 | Ronny Opaker | 66 | Oslo/Bi | 13.06.1983 |
| 9:04.14 | Francesco Bazzanella | 87 | Oslo/La | 23.09.2004 |
| 9:04.84 | Markus Einan | 97 | Oslo/Bi | 27.08.2019 |
| 9:05.09 | Ivar Hjelbak Eriksen | 06 | Trondheim/St | 14.08.2022 |
| 9:06.51 | Andreas Lindboe Kværner | 06 | Trondheim/St | 14.06.2022 |
| 9:08.0 | Jan Erik Viholmen | 49 | Oslo/Bi | 21.08.1970 |
| 9:08.0 | Christopher Wiig | 73 | Jessheim | 31.08.1994 |

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| **MENN JUNIOR 22** | **169** |

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| **5000m** |  |

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| 14:16.75 | Andreas Fjeld Halvorsen | 05 | Rud | 26.08.2022 |
| 14:23.17 | Jørgen Frost Bø | 94 | Oslo/Bi | 28.06.2015 |
| 14:34.74 | Kristian Bråthen Børve | 06 | Rud | 28.08.2022 |
| 14:38.78 | Bjørn Dæhlie | 67 | Oslo/Bi | 18.09.1989 |
| 14:41.32 | Simen Gløgård Stensrud | 05 | København, DEN | 23.08.2022 |
| 14:47.01 | Petter Myhr | 00 | Oslo/Bi | 29.06.2020 |
| 15:00.13 | Nikolai Smestad | 92 | Göteborg, SWE | 28.06.2013 |
| 15:02.79 | Sondre Strande Omland | 07 | Rud | 28.08.2022 |
| 15:06.2 | Harald Lindstrøm | 54 | Jessheim | 18.06.1976 |
| 15:15.94 | Andreas Ullern Tonning | 04 | Sandnes | 27.08.2023 |
| 15:21.48 | Anders Hallingstad | 78 | Strørdal | 16.09.1998 |
| 15:28.46 | Odin Fjøsne Hexeberg | 05 | Sandnes | 27.08.2023 |
| 15:37.07 | Johan Hoel | 94 | Oslo/Bi | 28.06.2015 |
| 15:38.19 | Andreas Ullern Tonning | 04 | Rud | 28.08.2022 |
| 15:42.37 | Roger Bråten | 71 | Oslo/Bi | 16.09.1989 |
| 15:43.7 | Stein Rosenberg | 60 | Oslo/Bi | 21.07.1982 |
| 15:51.22 | Roger Mohaugen | 76 | Jessheim | 11.07.1998 |
| 15:52.4 | Kjell Stokkan | 66 | Strørdal | 30.07.1988 |
| 15:55.13 | Henrik Hanssen | 97 | Harstad | 13.08.2017 |
| 15:55.6 | Øivind Kjørmo | 56 | Rolvsrud | 03.07.1974 |
| 16:05.0 | Ole Kristian Westby | 66 | Rolvsrud | 15.06.1985 |
| 16:12.8 | Vidar Birkelund | 56 | Jessheim | 18.06.1976 |
| 16:15.0 | Torgeir Sørum | 45 | Krødsherad | 23.08.1965 |
| 16:16.0 | Øivind Gulbrandsen | 51 | Jessheim | 15.06.1969 |
| 16:21.6 | Arne Gulbrandsen | 44 | Råholt | 25.08.1963 |
| 16:23.0 | Arne Luke | 44 | Råholt | 13.08.1966 |
| 16:30.4 | Jon Martin Samuelsen | 53 | Jessheim | 16.06.1973 |
| 16:32.1 | Thorbjørn Næss | 68 | Jessheim | 31.07.1987 |
| 16:47.66 | Peder Holm | 92 | Oslo/Bi | 30.06.2011 |
| 16:48.6 | Erik Lerdahl | 10 | Lillestrøm/Vi | 27.07.1930 |
| 16:49.6 | Halvard Bålsrud | 29 | Lillestrøm/Vi | 08.08.1948 |
| 16:56.66 | Lars Anders Tenold | 93 | Oslo/Bi | 08.07.2013 |
| 16:57.8 | Jan Erik Viholmen | 49 | Råholt | 06.10.1968 |
| 17:00.8 | Bjørn Egil Hytjan | 56 | Jessheim | 18.06.1976 |

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| **MENN JUNIOR 22** | **170** |

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| **10000m** |  |

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| 30:31.76 | Bjørn Dæhlie | 67 | Oslo/Bi | 22.06.1989 |
| 31:20.4 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |
| 32:08.67 | Eskil Kinneberg | 92 | Göteborg, SWE | 10.09.2013 |
| 32:57.2 | Stein Rosenberg | 60 | Oslo/St | 22.09.1982 |
| 33:49.4 | Jan Erik Viholmen | 49 | Lillestrøm | 18.09.1970 |
| 34:45.4 | Arne Luke | 44 | Råholt | 10.10.1965 |
| 35:00.0 | Knut Kjellskau | 66 | Lillestrøm | 20.05.1985 |
| 35:03.5 | Erlend Skåre | 73 | Bjørkelangen | 19.09.1992 |
| 36:06.0 | Karl Holm | 11 | Kløfta | 25.06.1933 |
| 36:37.0 | Ole Fossen | 27 | Jessheim | 03.07.1949 |

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| **MENN JUNIOR 22** | **171** |

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| **110m hekk 106.7 cm E** |  |

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| 14.12 | Tom Erik Olsen | 74 | Oslo/Bi | 02.07.1995 |
| 15.46 | Jo Henning Hals Nilssen | 68 | Nesbyen | 14.08.1987 |
| 22.39 | Marius Fuglerud | 87 | Trondheim/St | 23.09.2006 |

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| **110m hekk 106.7 cm M** |  |

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| 15.2 | Jo Henning Hals Nilssen | 68 | Lillehammer/Ss | 17.07.1987 |
| 16.9 | Gunnar Jyssum | 17 | Jessheim | 13.08.1939 |
| 17.6 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 18.1 | Nils Kristen Wiig | 43 | Strømmen | 30.08.1964 |
| 19.1 | Finn Ugletveit | 49 | Råholt | 21.08.1971 |
| 19.1 | Frode Liland | 65 | Strømmen | 26.05.1982 |
| 19.7 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 20.2 | John Arve Johansen | 36 | Kløfta | 18.09.1958 |
| 20.8 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 21.2 | Frode Myrvang | 67 | Strømmen | 26.05.1982 |
| 21.4 | Johan N. Wiig | 17 | Jessheim | 16.08.1939 |
| 22.2 | Halvor Berger | 40 | Kløfta | 18.09.1958 |
| 22.3 | Torgeir Sørum | 45 | Strømmen | 22.09.1965 |

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| **200m hekk 76.2 cm E** |  |

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| 27.27 | Julian Zhang Førsund | 07 | Oslo/La | 12.05.2023 |
| 32.16 | Eirik Johansen | 84 | Jessheim | 31.08.2000 |

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| **200m hekk 76.2 cm M** |  |

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| 25.9 | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |
| 26.9 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| 27.4 | Espen Hofoss | 76 | Ski | 04.10.1996 |
| 28.2 | Espen Hofoss | 76 | Jessheim | 22.09.1994 |
| 28.5 | Thorstein Gystad | 67 | Jessheim | 23.09.1987 |
| 31.4 | Frode Nygård | 69 | Jessheim | 23.09.1987 |

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| **MENN JUNIOR 22** | **172** |

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| **400m hekk 91.4 cm E** |  |

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| 56.34 | Sigurd Blom Breivik | 96 | Haugesund | 06.09.2014 |
| 57.27 | Sverre Blom Breivik | 96 | Haugesund | 06.09.2014 |
| 58.21 | Julian Zhang Førsund | 07 | Sandnes | 26.08.2023 |
| 60.13 | Jon Gunnar Alfsen | 97 | Lillestrøm | 12.09.2015 |
| 61.44 | Sondre Opaker Øines | 98 | Oslo/Bi | 19.07.2017 |
| 63.35 | Molvin Knutsen | 62 | Oslo/La | 02.06.1984 |

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| **400m hekk 91.4 cm M** |  |

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| --- | --- | --- | --- | --- |
| 54.9 | Andreas Roth | 93 | Oslo/Bi | 17.09.2012 |
| 57.0 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 17.09.2012 |
| 59.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.09.1987 |
| 59.4 | Nils Kristen Wiig | 43 | Råholt | 08.08.1965 |
| 59.6 | Finn Ugletveit | 49 | Lillestrøm | 14.06.1970 |
| 60.9 | Kjell Reiestad | 46 | Råholt | 25.08.1968 |
| 61.6 | Einar Hellum | 47 | Råholt | 08.08.1965 |
| 62.8 | Molvin Knutsen | 62 | Oslo/Bi | 17.06.1982 |
| 62.9 | Frode Liland | 65 | Rolvsrud | 29.06.1982 |
| 63.4 | Torgeir Sørum | 45 | Råholt | 29.08.1965 |
| 66.9 | Jon Martinsen | 47 | Råholt | 14.06.1964 |
| 67.8 | John Arne Johansen | 36 | Kløfta | 06.08.1958 |

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| **2000m hinder 91.4 cm** |  |

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| --- | --- | --- | --- | --- |
| 5:54.91 | Kristian Bråthen Børve | 06 | Bergen/Fa | 09.09.2023 |
| 5:56.06 | Vegard Løberg Gjelsvik | 92 | Molde | 04.09.2010 |
| 6:00.70 | Nahan Tewelde | 06 | Bergen/Fa | 09.09.2023 |
| 6:00.87 | Vetle Aasland | 91 | Molde | 04.09.2010 |
| 6:02.91 | Thomas Roth | 91 | Molde | 04.09.2010 |
| 6:05.9 | Trygve Stanger | 62 | Oslo/St | 24.07.1981 |
| 6:13.32 | Markus Høgne | 98 | Jessheim | 25.06.2016 |
| 6:19.45 | Ole-Kristian Lindboe Kværner | 05 | Bergen/Fa | 09.09.2023 |
| 6:30.14 | Hans Agnar Grønnvoll | 84 | Oslo/Bi | 22.06.2001 |
| 6:32.72 | Lars Lysbakken | 79 | Jessheim | 22.06.2001 |
| 6:43.98 | Kevin Fritz | 91 | Göteborg, SWE | 27.06.2008 |
| 6:51.21 | Sigurd Fjeldbo | 82 | Oslo/Bi | 23.06.2000 |
| 6:59.5 | Øystein Samuelsen | 62 | Løken | 25.06.1980 |
| 7:01.58 | Alf Roger Holme | 77 | Jessheim | 22.07.1999 |
| 7:13.2 | Espen Hofoss | 76 | Jessheim | 21.08.1992 |
| 7:28.01 | Stian Aaserud | 81 | Jessheim | 23.08.1999 |

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| **MENN JUNIOR 22** | **173** |

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| **3000m hinder 91.4 M** |  |

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| --- | --- | --- | --- | --- |
| 8:53.16 | Fredrik Sandvik | 98 | Bergen/Fa | 19.09.2020 |
| 9:02.0 | Bjørn Dæhlie | 67 | Jessheim | 25.08.1989 |
| 9:17.60 | Vetle Aasland | 91 | Prestfoss | 29.07.2012 |
| 9:24.96 | Vegard Løberg Gjelsvik | 92 | København, DEN | 04.09.2011 |
| 9:36.1 | Fredrik Bakken | 66 | Jessheim | 21.08.1987 |
| 9:42.6 | Harald Lindstrøm | 54 | Jessheim | 23.08.1974 |
| 9:45.8 | Bjørn Ingvar Jensen | 66 | Jessheim | 21.08.1987 |
| 9:46.24 | Thomas Randem | 71 | Jessheim | 27.08.1992 |
| 9:50.8 | Trygve Stanger | 62 | Oslo/Bi | 14.08.1982 |
| 9:51.5 | Stein Rosenberg | 60 | Årnes | 08.09.1982 |
| 9:54.0 | Torgeir Sørum | 45 | Lillestrøm | 27.10.1967 |
| 9:55.56 | Nikolai Smestad | 92 | Lisleby | 10.08.2014 |
| 9:56.52 | Markus Høgne | 98 | Oslo/Bi | 26.08.2018 |
| 9:57.12 | Ole-Kristian Lindboe Kværner | 05 | Sandnes | 25.08.2023 |
| 10:00.4 | Vidar Birkelund | 56 | Jessheim | 22.08.1977 |
| 10:04.1 | Trygve Stanger | 62 | Jessheim | 19.08.1983 |
| 10:08.8 | Jan Erik Viholmen | 49 | Jessheim | 28.08.1970 |
| 10:18.64 | Hans Agnar Grønnvoll | 84 | Jessheim | 18.08.2001 |
| 10:19.20 | Lars Lysbakken | 79 | Jessheim | 18.08.2001 |
| 10:30.0 | Jon Martin Samuelsen | 53 | Jessheim | 25.08.1973 |
| 10:30.3 | Rune Tunhøvd | 59 | Jessheim | 21.08.1981 |
| 10:33.0 | Bjørn Egil Hytjan | 56 | Jessheim | 25.08.1976 |
| 10:33.6 | Arne Luke | 44 | Lillestrøm | 10.09.1965 |
| 10:33.8 | Øystein Samuelsen | 62 | Jessheim | 18.08.1980 |
| 10:39.0 | Ole Fredrik Mørck | 62 | Jessheim | 19.08.1983 |
| 10:40.0 | Sverre Fosstvedt | 47 | Jessheim | 28.08.1969 |
| 10:39.0 | Claus Nerhagen | 59 | Jessheim | 21.08.1978 |

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| **MENN JUNIOR 22** | **174** |

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| **3 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 9:46 | Jonas Kveen | 03 | Fornebu | 24.05.2022 |
| 10:08 | Marius Myren | 08 | Jessheim | 20.08.2023 |

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| **5 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 14:12 | Andreas Fjeld Halvorsen | 05 | Jessheim | 30.09.2023 |
| 14:24 | Kristian Bråthen Børve | 06 | Jessheim | 30.09.2023 |
| 15:07 | Nahon Tewelde | 06 | Jessheim | 30.09.2023 |
| 15:14 | Rolf Emil Kronkvist | 00 | Jessheim | 01.10.2022 |
| 15:16 | Sondre Strande Omland | 07 | Fornebu | 24.05.2022 |
| 15:48 | Philip Gulbrandsen | 07 | Jessheim | 30.09.2023 |
| 15:49 | Andreas Ullern Tonning | 04 | Jessheim | 30.09.2023 |
| 15:57 | Simen Skeide Paulsen | 06 | Jessheim | 01.10.2022 |
| 15:59 | Finn Gjøsteen | 01 | Sand | 01.08.2021 |
| 16:05 | Andreas Tonning | 04 | Fornebu | 24.05.2022 |
| 16:07 | Ole-Kristian Lindboe Kværner | 05 | Lier | 15.10.2023 |
| 16:10 | Erlend Magnus Homble | 05 | Jessheim | 02.10.2021 |
| 16:24 | Andreas Lindboe Kværner | 06 | Jessheim | 01.10.2022 |
| 16:25 | Magnus Høgne | 98 | Modum | 10.10.2015 |
| 16:29 | Iver Frigaard Faksvåg | 09 | Jessheim | 30.09.2023 |
| 16:44 | Linus Bernhard | 00 | Jessheim | 01.10.2022 |
| 16:56 | Fabian Vibekken | 09 | Jessheim | 01.10.2022 |
| 16:59 | Jonas Kveen | 03 | Jessheim | 01.10.2022 |
| 17:07 | Sander Stuwe | 06 | Jessheim | 30.09.2023 |
| 17:33 | Nani Kula | 01 | Jessheim | 03.10.2020 |
| 17:43 | Fredrik Fyksen Aas | 08 | Modum | 14.10.2023 |
| 17:59 | Andreas Aas | 08 | Jessheim | 01.10.2022 |
| 18:11 | Sondre Opaker Øines | 98 | Jessheim | 03.10.2020 |
| 18:53 | Anders Kastel | 02 | Jessheim | 02.09.2023 |
| 18:57 | Oliver Rustad Johansen | 08 | Jessheim | 28.10.2023 |
| 19:35 | Marius Myren | 09 | Jessheim | 01.10.2022 |
| 19:42 | Oliver Ørvik | 08 | Jessheim | 30.09.2023 |
| 20:29 | Sivert Rustad | 02 | Jessheim | 02.09.2017 |
| 21:10 | Marius Myren | 08 | Jessheim | 02.10.2021 |
| 21:41 | Victor Rosenlind | 00 | Jessheim | 03.10.2020 |

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| **MENN JUNIOR 22** | **175** |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 31:37 | Vetle Aasland | 91 | Modum | 15.10.2011 |
| 31:48 | Andreas Ullern Tonning | 04 | Hole | 21.10.2023 |
| 32:33 | Simen Skeide Paulsen | 06 | Hole | 23.10.2022 |
| 32:58 | Carl August Jensehaugen | 04 | Hole | 23.10.2022 |
| 33:02 | Philip Storm Gulbrandsen | 07 | Hole | 21.10.2023 |
| 33:44 | Finn Gjøsteen | 01 | Jessheim | 02.10.2021 |
| 33:53 | Ole-Kristian Lindboe Kværner | 05 | Hole | 21.10.2023 |
| 35:01 | Rolf Emil Kronqvist | 00 | Hole | 23.10.2022 |
| 36:12 | Tore Klungland | 97 | Drammen | 02.09.2019 |
| 36:24 | Mads Huken Mathiesen | 01 | Jessheim | 03.10.2020 |
| 36:38 | Eirik Bjørk Halvorsen | 04 | Jessheim | 03.10.2020 |
| 37:27 | Oliver Finstad Nystrøen | 05 | Jessheim | 02.10.2021 |
| 37:36 | Kristian Bråthen Børve | 06 | Jessheim | 30.09.2023 |
| 38:20 | Iver Løvgaard Faksvåg | 09 | Oslo | 14.10.2023 |
| 38:56 | Gaute Fosstveit | 02 | Jessheim | 03.10.2020 |
| 39:10 | Sondre Norheim | 05 | Oslo | 15.09.2018 |
| 39:23 | Nani Kula | 01 | Jessheim | 05.10.2019 |
| 40:29 | Erlend Homble | 04 | Jessheim | 03.10.2020 |
| 41:39 | Elias Simonsen | 01 | Jessheim | 05.10.2019 |
| 45:55 | Ådne Opaker Øines | 02 | Jessheim | 05.10.2019 |

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| **MENN JUNIOR 22** | **176** |

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| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:09:19 | Fredrik Bakken | 66 | Egersund | 06.04.1986 |
| 1:10:51 | Bjørn Ingvar Jensen | 66 | Egerdun | 06.04.1986 |
| 1:12:51 | Stein Rosenberg | 60 | Jessheim | 05.10.1980 |
| 1:15:34 | Finn Gjøstein | 01 | Jessheim | 03.10.2020 |
| 1:17:15 | Tore Klungland | 97 | Oslo | 21.09.2019 |
| 1:18:55 | Ole Kristian Westby | 66 | Oslo | 13.09.1986 |
| 1:20:41 | Ole Fredrik Mørck | 62 | Jessheim | 07.10.1984 |
| 1:22.17 | Knut Larsen | 62 | Jessheim | 07.10.1984 |
| 1:26:16 | Geir Asphaug | 65 | Jessheim | 23.11.1986 |
| 1:29:28 | Arne Marthinussen | 69 | Jessheim | 12.10.1986 |
| 1:31:37 | Eirik Kamstrup Hovind | 90 | Jessheim | 19.11.2006 |
| 1:32.44 | Harald Rutle | 68 | Jessheim | 07.10.1990 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:55:22 | Stein Rosenberg | 60 | Drammen | 04.10.1981 |
| 3:05:25 | Ole Krisatian Westby | 66 | Drammen | 05.10.1986 |
| 3:31:20 | Odd Vidar Devold | 61 | Oslo | 03.07.1982 |

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| **MENN JUNIOR 22** | **177** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 2.00 | Frode Myrvang | 67 | Jessheim | 02.08.1986 |
| 1.97 | Michael Reklev | 05 | Arvika, SWE | 23.07.2023 |
| 1.94 | Even Ragnhildsløkken | 08 | Sandnes | 27.08.2023 |
| 1.90 | Jan Andresen | 70 | Jessheim | 07.07.1986 |
| 1.84 | Jo Henning Hals Nilssen | 68 | Byrjkjelo | 01.09.1987 |
| 1.80 | Morten Knutsen | 70 | Nadderud | 31.05.1985 |
| 1.80 | Nicolas Reklev | 07 | Jessheim | 13.08.2023 |
| 1.75 | Henning Enger | 46 | Strømmen | 29.09.1965 |
| 1.75 | Andreas Roth | 93 | Oslo/Bi | 20.09.2012 |
| 1.70 | Frode Liland | 65 | Oslo/Bi | 10.06.1981 |
| 1.70 | Glenn Erik Myrland | 72 | Sofiemyr | 11.06.1989 |
| 1.70 | Lars Petter Syversrud | 69 | Jessheim | 22.09.1985 |
| 1.70 | Odd Arne Urnes | 73 | Jessheim | 29.09.1990 |
| 1.70 | Marcus Theodor Moen | 99 | Nadderud | 16.06.2013 |
| 1.68 | Jens Wethal | 08 | Jessheim | 24.08.1930 |
| 1.68 | Morten Halseth | 97 | Nadderud | 24.09.2011 |
| 1.68 | Emil Nordal | 03 | Nittedal | 19.08.2017 |
| 1.67.5 | Mathis Bogstad | 10 | Jessheim | 25.08.1929 |
| 1.66 | Asbjørn Hertzenberg | 10 | Gjøvik | 17.07.1932 |
| 1.65 | Kjell Myrvoll | 46 | Strømmen | 29.09.1965 |
| 1.65 | Joachim Lauritzen | 05 | Jessheim | 22.05.2020 |
| 1.65 | Alan Ringo | 07 | Jessheim | 13.08.2023 |
| 1.64 | Shaun Matheson | 43 | Jessheim | 10.09.1961 |
| 1.64 | Torgeir Sørum | 45 | Råholt | 14.06.1964 |
| 1.63 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 1.63 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |
| 1.63 | Espen Sollien | 79 | Nadderud | 18.06.1994 |
| 1.62 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 1.61 | Nils Sundby | 14 | Jessheim | 28.06.1936 |
| 1.60 | Hans Fodstad | 27 | Hauerseter | 20.08.1949 |
| 1.60 | Kristoffer Stanger | 33 | Hauerseter | 07.06.1951 |
| 1.60 | Paul Røthe | 35 | Nannestad | 06.07.1952 |
| 1.60 | Petter Ørvik | 48 | Råholt | 16.08.1967 |
| 1.60 | Arvid Bårdslistuen | 55 | Årnes | 09.06.1974 |
| 1.60 | Kjell Erik Klevan | 65 | Oslo/St | 19.08.1981 |
| 1.60 | Torbjørn Strand | 76 | Jessheim | 19.05.1990 |
| 1.60 | Vetle Aasland | 91 | Askim | 21.09.2009 |
| 1.60 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 20.09.2012 |

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| **MENN JUNIOR 22** | **178** |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 4.80 | Tom Erik Olsen | 74 | Kongsvinger/Gj | 25.07.1992 |
| 4.60 | Filip Aas | 00 | Oslo/Soi | 09.07.2017 |
| 4.30 | Jan Andresen | 70 | Jessheim | 18.06.1990 |
| 3.80 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 02.08.1987 |
| 3.90 | Odd Arne Urnes | 73 | Jessheim | 09.08.1990 |
| 3.25 | Jørgen Hjelm Bakkerud | 74 | Sofiemyr | 10.06.1989 |
| 2.96 | Morten Knutsen | 70 | Jessheim | 01.06.1986 |
| 2.90 | Anfinn Thoresen | 34 | Lillestrøm | 22.08.1954 |
| 2.90 | Rune Borge | 48 | Strømmen | 30.09.1965 |
| 2.90 | Peter Ørvik | 48 | Råholt | 08.08.1965 |
| 2.88.5 | Knut Fossum | 22 | Kløfta | 05.08.1939 |
| 2.81 | Jens Andersen | 19 | Kløfta | 28.08.1938 |
| 2.80 | Magne Furuseth | 53 | Blaker/Br | 05.10.1969 |
| 2.80 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03.09.1990 |
| 2.75 | Frode Liland | 65 | Prestfoss | 23.05.1981 |
| 2.70 | Hans Kristian Hansen | 41 | Lillestrøm | 05.09.1961 |
| 2.68 | Jens Andersen | 19 | Jessheim | 18.07.1937 |
| 2.60 | Hans Kristian Hansen | 41 | Kløfta | 10.08.1958 |
| 2.60 | John Arve Johansen | 36 | Kløfta | 22.09.1958 |
| 2.60 | Lars Petter Syverstad | 69 | Nadderud | 30.05.1985 |
| 2.60 | Marcus Theodor Moen | 99 | Jessheim | 23.05.2014 |
| 2.60 | Victor Rosenlind | 00 | Nadderud | 13.06.2015 |
| 2.52 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |
| 2.35 | Frode Liland | 65 | Rolvsrud | 29.06.1982 |
| 2.30 | Jan-Olav Arnegård | 71 | Jessheim | 26.09.1988 |
| 2.20 | Ole Semming Wiig | 69 | Jessheim | 17.09.1985 |
| 2.20 | Even Ragnhildsløkken | 08 | Moss/Me | 21.05.2023 |
| 2.00 | Frode Myrvang | 67 | Jessheim | 23.09.1985 |
| 2.00 | Runar Homble | 72 | Jessheim | 26.09.1988 |

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| **MENN JUNIOR 22** | **179** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.85 | Jo Henning Hals Nilssen | 68 | Jessheim | 31.05.1986 |
| 6.82 | Tom Erik Olsen | 74 | Trondheim/Le | 04.07.1992 |
| 6.45 | Andrè Haaland | 75 | Nadderud | 18.06.1994 |
| 6.44 | Anfinn Thoresen | 34 | Lillestrøm | 03.09.1955 |
| 6.39 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 6.30 | Hans Kristian Hansen | 41 | Oslo/Bi | 05.10.1961 |
| 6.27 | Anfinn Thoresen | 34 | Kløfta | 10.06.1956 |
| 6.20 | Morten Knutsen | 70 | Oslo/Bi | 27.09.1986 |
| 6.07 | Erik Herberg | 19 | Jessheim | 25.07.1939 |
| 6.04 | Johan N. Wiig | 17 | Kløfta | 05.08.1939 |
| 6.02 | Finn Ugletveit | 49 | Jessheim | 22.06.1969 |
| 6.02 | Ola Nerhagen | 71 | Lillehammer/Ss | 22.06.1989 |
| 5.96 | Hans Fodstad | 27 | Hauerseter | 20.08.1949 |
| 5.92 | Lars Petter Syversrud | 69 | Jessheim | 31.05.1986 |
| 5.91 | Gunnar Jyssum | 17 | Lillestrøm | 19.08.1939 |
| 5.90 | Knut Fossum | 22 | Jessheim | 09.07.1939 |
| 5.86 | Frode Myrvang | 67 | Kirkenær | 26.05.1985 |
| 5.86 | Even Ragnhildsløkken | 08 | Jessheim | 13.08.2023 |
| 5.85 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |
| 5.81 | Halvor Berger | 40 | Årnes | 17.08.1958 |
| 5.81 | Martin Lundemo Syversen | 92 | Jessheim | 23.08.2012 |
| 5.80 | John Arve Johansen | 36 | Kløfta | 22.06.1958 |
| 5.77 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 5.76 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |
| 5.75 | Andreas Roth | 93 | Jessheim | 18.09.2010 |

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| **Underkjent** |  |

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| 6.37 +2.6 | Marcus Theodor Moen | 99 | Sandnes | 03.09.2016 |

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| **MENN JUNIOR 22** | **180** |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 13.59 | Tom Pedersen | 39 | Råholt | 27.08.1961 |
| 13.28 | Anfinn Thoresen | 34 | Lillestrøm | 04.09.1955 |
| 12.99 | Jo Henning Hals Nilssen | 68 | Jessheim | 10.06.1988 |
| 12.80 | Morten Knutsen | 70 | Jessheim | 31.07.1987 |
| 12.57 | Marcus Theodor Moen | 99 | Haugesund | 06.09.2014 |
| 12.45 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 12.42 | Frode Myrvang | 67 | Kristiansand | 21.06.1987 |
| 12.38 | Mathis Bogstad | 10 | Eidsvoll | 28.07.1929 |
| 12.38 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 12.34 | Øistein Nesje | 49 | Lillestrøm | 11.09.1966 |
| 12.03 | Alan Ringo | 07 | Bergen/Fa | 09.09.2023 |
| 12.02 | Morten Knutsen | 70 | Jessheim | 02.07.1987 |
| 11.96 | Harald Furuseth | 07 | Jessheim | 09.06.1929 |
| 11.88 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 11.86 | Otto Lystad | 09 | Jessheim | 14.08.1931 |
| 11.74 | Hans Kristian Hansen | 41 | Strømmen | 19.06.1961 |
| 11.72 | Terje Thronæs | 39 | Kløfta | 31.05.1959 |
| 11.63 | Runar Homble | 72 | Årnes | 25.06.1988 |
| 11.60 | Kåre Bang | 30 | Jessheim | 17.08.1951 |
| 11.57 | Torgeir Sørum | 45 | Jessheim | 19.08.1965 |
| 11.48 | Tore Strømberg | 31 | Sand | 20.08.1950 |
| 11.45 | Ørnulf Brekke | 67 | Kirkenær | 23.05.1983 |
| 11.40 | Johan N. Wiig | 17 | Jessheim | 16.09.1939 |
| 11.40 | Thomas Roth | 91 | Jessheim | 20.09.2008 |
| 11.37 | Shaun Matheson | 43 | Strømmen | 19.08.1961 |
| 11.30 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |

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| **MENN JUNIOR 22** | **181** |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.13 | Terje Thronæs | 39 | Oslo/Bi | 09.08.1939 |
| 13.07 | Tom Erik Olsen | 74 | Tønsberg/Gr | 02.05.1992 |
| 12.10 | Kåre Bang | 30 | Løken | 11.08.1951 |
| 11.61 | Jo Henning Hals Nilssen | 68 | Jessheim | 10.06.1988 |
| 11.03 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 10.76 | Anfinn Thoresen | 34 | Kløfta | 10.06.1956 |
| 11.02 | Morten Gaarder | 60 | Lillestrøm | 16.08.1980 |
| 10.81 | Terje Finnebråten | 48 | Råholt | 28.08.1966 |
| 10.79 | Mathis Bogstad | 10 | Lillestrøm/Vi | 26.07.1930 |
| 10.68 | Anfinn Thoresen | 34 | Kløfta | 08.08.1954 |
| 10.66 | Michael Løland | 92 | Årnes | 18.09.2013 |
| 10.54 | Halvor Bogstad | 46 | Jessheim | 20.06.1968 |
| 10.48 | Asbjørn Hertzenberg | 10 | Eidsvoll | 30.07.1932 |
| 10.21 | Nils Skogseth | 18 | Jessheim | 11.07.1937 |
| 10.16 | Finn Ugletveit | 49 | Strømmen | 16.08.1969 |
| 10.15 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 10.12 | Mathis Bogstad | 10 | Jessheim | 14.08.1931 |
| 10.11 | John Arve Johansen | 37 | Kløfta | 06.08.1958 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 39.92 | Morten Gaarder | 60 | Løken | 19.08.1981 |
| 39.12 | Jo Henning Hals Nilssen | 68 | Jessheim | 06.07.1987 |
| 38.16 | Tom Erik Olsen | 74 | Jessheim | 27.09.1993 |
| 38.12 | Kåre Bang | 30 | Oslo/Bi | 01.06.1951 |
| 36.23 | Anfinn Thoresen | 34 | Jessheim | 22.08.1956 |
| 35.02 | Terje Thronæs | 39 | Nannestad | 29.08.1959 |
| 34.94 | Gunnar Ruud | 17 | Eidsvoll | 02.08.1938 |
| 33.68 | Morten Knutsen | 70 | Jessheim | 02.08.1986 |
| 32.74 | Lauritz Lund | 06 | Årnes | 09.09.1928 |
| 32.46 | Halvor Bogstad | 46 | Råholt | 13.08.1966 |
| 31.85 | Olav Vestengen | 11 | Jessheim | 08.10.1933 |
| 31.73 | Asbjørn Hertzenberg | 10 | Gjøvik | 30.07.1932 |
| 31.35 | Rolf Nordberg | 32 | Jessheim | 29.07.1951 |
| 30.27 | Nils Sundby | 14 | Jessheim | 28.06.1936 |
| 29.90 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 29.20 | Knut Fossum | 22 | Eidsvoll | 16.06.1939 |

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| **MENN JUNIOR 22** | **182** |

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| **Slegge 7.26 kg** |  |

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| 35.36 | Terje Thronæs | 39 | Nannestad | 30.08.1959 |
| 23.02 | Morten Gaarder | 60 | Rolvsrud | 29.06.1982 |
| 21.37 | John Johansen | 36 | Jessheim | 01.08.1958 |
| 19.76 | Halvor Bogstad | 46 | Jessheim | 25.09.1966 |
| 14.46 | Torgeir Sørum | 45 | Jessheim | 25.09.1966 |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| 59.50 | Axel Kozlowski | 98 | Kongsvinger | 03.05.2017 |
| 58.96 | Bjørn Egil Ludvigsen | 67 | Haugesund | 26.07.1986 |
| 55.55 | Vetle Aasland | 91 | Stockholm, SWE | 02.08.2009 |
| 53.66 | Jo Henning Hals Nilssen | 68 | Jessheim | 02.08.1986 |
| 46.54 | Morten Knutsen | 70 | Jessheim | 02.08.1986 |
| 43.68 | Tom Erik Olsen | 74 | Trondheim/Le | 05.07.1992 |
| 43.24 | Lars Petter Syversrud | 69 | Oslo/Bi | 21.05.1987 |
| 42.82 | Frode Myrvang | 67 | Jessheim | 25.09.1986 |
| 33.56 | Odd Arne Urnes | 73 | Jessheim | 29.09.1990 |
| 35.02 | Thomas Roth | 91 | Ski | 11.08.2012 |
| 32.62 | Glenn Myrland | 72 | Jessheim | 28.09.1989 |
| 32.62 | Runar Homble | 72 | Jessheim | 28.09.1989 |
| 29.84 | Frode Nygård | 69 | Jessheim | 28.09.1989 |
| 28.28 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |

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| **MENN JUNIOR 22** | **183** |

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| **Spyd 800 g Gammel type til og med 1986** |  |

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| 60.98 | Bjørn Egil Ludvigsen | 67 | Raufoss | 07.09.1985 |
| 53.24 | Terje Thronæs | 39 | Oslo/Bi | 10.08.1959 |
| 51.98 | Hans Kristian Hansen | 41 | Jessheim | 07.10.1961 |
| 50.88 | Anfinn Thoresen | 34 | Årnes | 25.08.1956 |
| 50.54 | Jo Henning Hals Nilssen | 68 | Lillestrøm | 20.05.1985 |
| 49.24 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 47.90 | Ivar Skedsmo | 55 | Strømmen | 01.09.1970 |
| 46.95 | Johan Olsen | 19 | Jessheim | 11.09.1938 |
| 44.04 | Terje Finnebråten | 48 | Råholt | 28.08.1966 |
| 43.62 | Frode Myrvang | 67 | Strømmen | 14.08.1985 |
| 43.53 | Halvard Sundby | 39 | Jessheim | 14.09.1959 |
| 43.28 | John Arve Johansen | 36 | Råholt | 07.06.1958 |
| 43.30 | Lauritz Lund | 06 | Jessheim | 19.09.1926 |
| 42.26 | Frode Liland | 65 | Strømmen | 26.05.1982 |
| 41.70 | Ole Jacob Bangstad | 17 | Nannestad | 31.07.1938 |
| 41.34 | Wilhelm Stenberg | 13 | Kløfta | 21.07.1935 |
| 40.54 | Magne Lindholt | 22 | Jessheim | 16.08.1939 |
| 40.08 | Karl Larsen | 04 | Jessheim | 09.09.1923 |

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| **MENN JUNIOR 22** | **184** |

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| **10-kamp E 100m-Lengde-Kule-Høyde-400m** | **100mh-Diskos-Stav-Spyd-1500m M** |

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| 6810 | Tom Erik Olsen | 74 | Trondheim/Le | 04-05.07.1992 |
| 11.21+0.6-6.82-0.4-12.91-1.80-51.24/15.14-1.0-32.62-4.60-43.68-5:03.00 | | | |

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| 6328 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01-02.08.1987 |
| 11.77-6.68-10.60-1.84-53.45/15.63-36.00-3.80-47.52-4:57.68 | | | |

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| 3649 | Marius Fuglerud | 87 | Trondheim/St | 22-23.09.2008 |
| 11.95-0.0-5.44+0.3-6.78-1.40-53.37/22.39-0.0-19.76-2.30-22.59-1.30-4:59.93 | | | |

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| **10-kamp M 100m-Lengde-Kule-Høyde-400m** | **110m hekk-Diskos-Stav-Spyd-1500m** |

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| 6426 | Jo Henning Hals Nilssen | 68 | Florø | 13-14.09.1986 |
| 11.6-6.80-13.12(5.5)1.76-54.2/14.9(100)41.35(1.5)3.50-46.75(800)-5:04.5 | | | |

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| 4661 | Finn Ugletveit | 49 | Strømmen | 13-14.09.1969 |
| 11.9-5.54-9.39-1.59-55.4/19.3-26.78-1.98-40.36-4:44.4 | | | |

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| 4584 | Nils Kristen Wiig | 43 | Råholt | 22-23.08.1964 |
| 12.7-5.76-8.35-1.63-55.6/18.6-25.99-2.52-33.71-4:49.8 | | | |

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| 4223 | Hans Kristian Hansen | 41 | Lillestrøm | 04-05.09.1961 |
| 12.4-6.02-8.52-1.55-57.2/0-27.39-2.70-45.59-5:02.0 | | | |

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| 4004 | Anfinn Thoresen | 34 | Lillestrøm | 10-11.09.1955 |
| 12.2-6.39-10.21-1.50/19.7-34.09-2.80-44.77-5:14.0 | | | |

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| 2849 | Shaun Matheson | 43 | Strømmen | 22-23.09.1962 |
| ? | | | |

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| 2783 | John Arve Johansen | 36 | Jessheim | 06.07.08.1958 |
| ? | | | |

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| **MENN JUNIOR 22** | **185** |

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| **4x100m E** |  |

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| 45.22 | M19 |  | Larvik/Lo | 31.05.2015 |
| Jørgen Opaker97-Jon Gunnar Alfsen97-Marius Mellum96-Sondre Opaker Øines98 | | | |

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| 45.66 | M19 |  | Drammen/Ma | 28.05.2011 |
| Marius Mellum96-Martin Opaker94-Martin Syvertsen92-Hans Martin Hofseth92 | | | |

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| 45.96 | M20 Finale |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Martin Opaker94-Martin Lundemo Syvertsen92-Håvard Hildeskor92 | | | |

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| 45.99 | M20 Forsøk |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Martin Opaker94-Martin Lundemo Syvertsen92-Håvard Hildeskor92 | | | |

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| 46.49 | M19 |  | Asker/Fø | 06.06.2010 |
| Martin Opaker94-Andreas Roth93-Thomas Roth91-Jo Oddmund Vaagaasar92 | | | |

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| 47.19 | G16 |  | Steinkjer/Gu | 22.05.2010 |
| Martin Opaker94-Hans Marius Hofseth94-Espen Næss94-Lars Buraas95 | | | |

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| 47.37 | G16 |  | Grimstad | 31.05.2014 |
| Fredrik Veiby99-Marcus Theodor Moen99-Andreas Børve99-Sondre Opaker Øines98 | | | |

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| 47.40 | M19 |  | Jessheim | 20.05.2012 |
| Marius Mellum96-Martin Opaker93-Håkon Hammer95-Espen Bjørnstad95 | | | |

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| 47.60 | G16 |  | Tromsø/Va | 24.05.2008 |
| Christer Amundsen92-Lars Georg Aas92-Erlend Morthen92-Andreas Roth93 | | | |

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| 47.63 | G17 |  | Moss/Me | 30.05.1998 |
| Per Arne Østerud81-Øyvind Sigvartsen81-Halvor Mangerud81-Stian Fredriksen81 | | | |

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| 47.70 | G16 |  | Lillehammer/St | 25.05.2019 |
| Martin Brustad03-Emil Nordal03-Peder Pedersen03-Vetle Rølsåsen04 | | | |

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| 47.85 | G16 |  | Sandnes | 26.05.2013 |
| Jørgen Opaker97-Jon Gunnar Alfsen97-Sondre Opaker Øines98-Henrik Hanssen97 | | | |

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| 48.29 | G16 |  | Trondheim/St | 21.05.2016 |
| Filip Aas00-Morgan Øqvist01-Mats Tokerud00-Iver Laake01 | | | |

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| 48.44 | G16 |  | Hamar | 20.05.2017 |
| Ådne Opaker Øines02-Oattahawut Panklng02-Iver Laake01-Ole Thomas Moe 01 | | | |

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| 48.45 | G16 |  | Nadderud | 22.06.1985 |
| Morten Knutsen70-Lars Petter Syverstad69-Jarle Sæthermoen70-Arne Bjørndal70 | | | |

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| **MENN JUNIOR 22** | **186** |

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| **4x100m E forts.** |  |

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| 48.51 | G18 |  | Hamar | 21.05.2017 |
| Ole Thomas Moe01-Oattahawut Panklng02-Iver Laake01-Jonas Nødtvedt Wenger99 | | | |

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| 50.07 | G16 |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Markus Einan97-Jonas Haarberg Bolgen96-Sindre Bjørnstad97 | | | |

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| 50.88 | G16 |  | Asker/Fø | 23.08.2003 |
| ? | | | |

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| 52.94 | G15 |  | Asker/Fø | 21.08.2004 |
| Fredrik Fuglerud89-Kristoffer Kvilten90-Martin Fald Gården90-Espen Nyhus89 | | | |

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| **MENN JUNIOR 22** | **187** |

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| **4x100m M** |  |

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| 45.6 | M20 |  | Jessheim | 23.08.1986 |
| Morten Knutsen70-Thorstein Gystad67-Jo Henning Hals Nilssen68-Bjørn T. Ottersen66 | | | |

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| 45.8 | G19 |  | Jessheim | 20.09.1987 |
| Ola Nerhagen71-Jo Henning Hals Nilssen68-Edward Hughes71-Thorstein Gystad67 | | | |

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| 46.4 | M20 |  | Nadderud | 03.09.1989 |
| Runar Homble72-Ola Nerhagen71-Frode Nygård69-Odd Arne Urnes73 | | | |

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| 46.5 | G17-18 |  | Jessheim | 11.09.1986 |
| ? | | | |

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| 48.5 | G18 |  | Bjørkelangen | 24.08.1994 |
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| 49.3 | G16 |  | Jessheim | 30.09.1985 |
| Morten Knutsen70-Lars Petter Syverstad69-Jarle Sæthermoen70-Arne Bjørndal70 | | | |

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| 49.6 | G17 |  | Jessheim | 19.09.1983 |
| Bjørn Ingvar Jensen66-Ronny Opaker66-Michael Knutsen66-Bjørn Tore Ottersen66 | | | |

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| 51.4 | G16 |  | Bjørkelangen | 14.09.1988 |
| Odd Arne Urnes73-Nils Ivar Huuse73-Anders Huuse75-Runar Homble72 | | | |

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| 52.4 | G15-16 |  | Rolvsrud | 09.09.1980 |
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| 54.5 | G13-14 |  | Løken | 16.06.1972 |
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| 54.7 | G13-14 |  | Strømmen | 06.09.1979 |
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| 55.0 | G16 |  | Bjørkelangen | 24.08.1994 |
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| 55.5 | G13-14 |  | Strømmen | 25.08.1971 |
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| **MENN JUNIOR 22** | **188** |

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| **4x400m** |  |

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| 3:14.13 | M22 |  | Sandnes | 26.05.2013 |
| Vegard Løberg Gjelsvik92-Andreas Roth93-Elias Ottosen93-Thomas Roth91 | | | |

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| 3:17.76 | M21 |  | Jessheim | 20.05.2012 |
| Vegard Løberg Gjelsvik92-Andreas Roth93-Vetle Aasland91-Thomas Roth91 | | | |

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| 3:18.53 | M19 |  | Steinkjer/Gu | 22.05.2010 |
| Andreas Roth93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 3:19.07 | M22 |  | Grimstad | 01.06.2014 |
| Håvard Hildeskor92-Hauk Are Fjeld92-Markus Einan97-Elias Ottosen93 | | | |

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| 3:20.23 | M20 |  | Drammen/Ma | 29.05.2011 |
| Njord Erland Wiker91-Vetle Aasland91-Andreas Roth93-Thomas Roth91 | | | |

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| 3:23.21 | M19 |  | Drammen/Ma | 28.05.2011 |
| Vegard Løberg Gjelsvik92-Stian Klungland93-Håvard Hildeskor92-Andreas Roth93 | | | |

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| 3:23.64 | G18 |  | Grimstad | 01.06.2014 |
| Sverre Blom Breivik96-Jon Gunnar Alfsen97-Sigurd Blom Breivik96-Markus Einan97 | | | |

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| 3:24.28 | G18 |  | Strandebarm | 23.05.2009 |
| Njord Erlend Wiker91-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 3:25.51 | M19 |  | Larvik/Lo | 30.05.2015 |
| Sverre Blom Breivik96-Sigurd Blom Breivik96-Jon Gunnar Alfsen97-Markus Einan98 | | | |

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| 3:27.29 | M19 |  | Trondheim/St | 21.05.2016 |
| Jørgen Opaker98-Kristian Tokstad00-Sondre Opaker Øines98-Markus Einan97 | | | |

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| 3:29.54 | M20 |  | Trondheim/St | 22.05.2016 |
| Jørgen Opaker97-Sverre Blom Breivik96-Jostein Steffensen96-Sondre Opaker Øines98 | | | |

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| 3:29.8 | M20 |  | Nadderud | 03.09.1989 |
| Runar Homble72-Hans Jørgen Borgen70-Ola Nerhagen71-Frode Nygård69 | | | |

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| 3:31.0 | M20 |  | Jessheim | 23.08.1986 |
| Thorstein Gystad67-Frode Grøndahl69-Jo Henning Hals Nilssen68-Bjørn T. Ottersen66 | | | |

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| 3:31.69 | M19 |  | Tromsø/Va | 24.05.2008 |
| Vegard Løberg Gjelsvik92-Andreas Buraas92-Fredrik Fuglerud89-Thomas Roth91 | | | |

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| 3:32.37 | MJ |  | Ås | 05.06.2022 |
| Nikolai Solum05-Andreas Kværner06-Ivar Eriksen06-Benjamin Olsen04 | | | |

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| **MENN JUNIOR 22** | **189** |

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| **4x400m** |  |

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| 3:34.75 | M19 |  | Steinkjer/Gu | 22.05.2010 |
| Njord Wiker91-Anders Buraas92-Peder Holm92-Maruis Næss93 | | | |

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| 3:40.99 | G18 |  | Larvik/Lo | 30.05.2015 |
| Jørgen Opaker97-Sondre Opaker Øines98-Henrik Hanssen97-Tore Klungland97 | | | |

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| 3:41.4 | G19 |  | Jessheim | 20.09.1987 |
| Jo Henning Hals Nilssen68-Jan Olav Arnegård71-Frode Nygård69-Ola Nerhagen71 | | | |

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| 3:39.64 | M19 |  | Jessheim | 19.05.2012 |
| Jonas Krossøy95-Espen Næss95-Bjørnar Bjørnstad93-Andreas Roth93 | | | |

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| 3:41.01 | G18 |  | Strandebarm | 23.05.2009 |
| Andreas Roth93-Fredrik Anthi Svinø92-Karl Nyquist91-Kevin Fritz91 | | | |

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| **4x800m** |  |

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| 7:38.92 | M19 |  | Oslo/Bi | 10.09.2010 |
| Håvard Hildeskor92-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| **MENN JUNIOR 22** | **190** |

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| **4x1500m** |  |

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| 15:49.81 | M22 |  | Sandnes | 25.05.2013 |
| Thomas Roth91-Jørgen Frost Bø94-Vetle Aasland91-Elias Ottosen93 | | | |

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| 15:54.49 | M21 |  | Jessheim | 19.05.2012 |
| Vegard Løberg Gjelsvik92-Jørgen Frost Bø94-Thomas Roth91-Vetle Aasland91 | | | |

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| 16:30.80 | M20 |  | Søgne | 14.09.1986 |
| Bjørn Tore Ottersen66-Hans Georg Haug66-Bjørn I. Hansen66-Bjørn Dæhlie67 | | | |

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| 16:31.2 | M20 |  | Jessheim | 23.08.1986 |
| Bjørn Tore Ottersen66-Hans Georg Haug66-Bjørn I. Hansen66-Bjørn Dæhlie67 | | | |

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| 16:42.30 | M19 |  | Grimstad | 01.06.2014 |
| Sverre Blom Breivik96-Sigurd Blom Breivik96-Jonas Krossøy95-Henrik Hanssen97 | | | |

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| 16:46.41 | M19 |  | Sandnes | 26.05.2013 |
| Jonas Krossøy95-Erik Rickenberg94-Åsmund Wennemo94-Jørgen Frost Bø94 | | | |

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| 16:54.43 | M22 |  | Sandnes | 26.05.2013 |
| Vegard Løberg Gjelsvik92-Njord Wiker91-Stian Klungland93-Erik Richenberg94 | | | |

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| 16:55.48 | M19 |  | Drammen/Ma | 28.05.2011 |
| Lars Buraas95-Stian Klungland93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92 | | | |

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| 16:55.64 | M19 |  | Larvik/Lo | 31.05.2015 |
| Jon Gunnar Alfsen97-Sigurd Blom Breivik96-Henrik Hanssen97-Markus Einan97 | | | |

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| 16:57.18 | G18 |  | Strandebarm | 23.05.2009 |
| Jostein Nyquist91-Njord Erlend Wiker91-Vetle Aasland91-Vegard Løberg Gjelsvik92 | | | |

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| 17:06.70 | M19 |  | Steinkjer/Gu | 23.05.2010 |
| Anders Buraas92-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Vetle Aasland91 | | | |

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| 17:17.36 | M19 |  | Trondheim/St | 22.05.2016 |
| Ole Martin Sandness00-Markus Høgne98-Henrik Hanssen97-Markus Einan97 | | | |

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| 17:25.61 | M19 |  | Jessheim | 20.05.2012 |
| Andreas Roth93-Åsmund Wennemo94-Bjørnar Bjørnstad93-Jørgen Frost Bø94 | | | |

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| 17:26.83 | M19 |  | Jessheim | 20.05.2012 |
| Eirik Rickenberg94-Jonas Krossøy95-Jørgen Gundersen95-Lars Anders Tenold93 | | | |

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| 17:32.49 | G18 |  | Strandebarm | 23.05.2009 |
| Fredrik Anthi Svinø92-Thomas Roth91-Kevin Fritz91-Anders Buraas92 | | | |

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| **MENN JUNIOR 22** | **191** |

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| **4x1500m forts.** |  |

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| 17:35.95 | G18 |  | Steinkjer/Gu | 23.05.2010 |
| Åsmund Wennemo94-Thomas Roth93-Peder Holm92-Fredrik Anthi Svinø92 | | | |

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| 17:41.38 | G19 |  | Ås | 05.06.2022 |
| Jonas Kveen03-Gard Tørum03-Ole-Kristian Kværner05-Erlend Homble04 | | | |

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| 17:43.73 | M20 |  | Trondheim/St | 22.05.2016 |
| Sverre Blom Breivik96-Markus Høgne98-Jostein Steffensen96-Ole Martin Sandness00 | | | |

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| 17:46.87 | M19 |  | Tromsø/Va | 25.05.2008 |
| Fredrik Fuglerud89-Vegard Løberg Gjelsvik92-Andreas Buraas92-Thomas Roth91 | | | |

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| 18:33.80 | M19 |  | Hamar | 21.05.2017 |
| Ole-Martin Sandness00-Patrick Fossum98-Sondre Liestøl99-Sondre Opaker Øines98 | | | |

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| 19:17.4 | M20 |  | Jessheim | 20.09.1987 |
| Hans Georg Haug67-Rune Skinnerlien67-Ole Pedersen67-Thorbjørn Næss68 | | | |

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| **MENN JUNIOR 22** | **192** |

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| **1000m** |  |

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| 1:55.21 | M22 |  | Tønsberg | 25.08.2013 |
| Marius Mellum96-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:55.54 | M21 |  | Prestfoss | 29.07.2012 |
| Marius Mellum96-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:56.27 | M21 |  | Kristiansand | 26.08.2012 |
| Henrik Huser96-Marius Mellum96-Andreas Roth93-Thomas Roth91 | | | |

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| 1:57.42 | M22 |  | Overhalla | 04.08.2013 |
| Martin Syversen92-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:58.32 | M19 |  | Fredrikstad | 28.08.2011 |
| Martin Opaker93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

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| 1:58.63 | M19 |  | Kristiansand | 07.08.2011 |
| Martin Opaker93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

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| 1:58.66 | M19 |  | Molde | 05.09.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:58.79 | M19 |  | Ravnanger | 08.08.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:59.35 | M19 |  | Lillestrøm | 13.09.2015 |
| Jørgen Opaker97-Marcus Theodor Moen99-Sverre Blom Breivik96-Markus Einan97 | | | |

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| 2:00.07 | G18 |  | Bodø | 16.08.2009 |
| Njord Wiker01-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:00.76 | M19 |  | Sandnes | 22.08.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 2:00.86 | M19 |  | Byrkjelo | 16.08.2015 |
| Jørgen Opaker97-Jan Gunnar Alfsen97-Sverre Blom Breivik96-Markus Einan97 | | | |

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| 2:01.40 | G18 |  | Nadderud | 30.08.2009 |
| Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:03.18 | M19 |  | Molde | 05.09.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| **MENN JUNIOR 22** | **193** |

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| 2:03.21 | G19 |  | Grimstad | 16.06.1989 |
| Jørgen Hjelm Bakkerud74-Runar Homble72-Ola Nerhagne71-Hans Jørgen Borgen70 | | | |

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| 2:03.42 | G16 |  | Bergen/Fa | 10.09.2023 |
| Kristoffer Dahl08-August Nordvang08-Julian Førsund07-Sondre Lehmann07 | | | |

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| 2:03.83 | G18 |  | Ravnanger | 08.08.2010 |
| Peder Holm92-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

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| 2:03.87 | M21 |  | Lillehammer/Ss | 08.09.2013 |
| Martin Opaker94-Håkon Hammeren95-Marius Mellum96-Jørgen Frost Bø94 | | | |

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| 2:04.03 | M19 |  | Oslo/Bi | 28.08.2010 |
| Håvard Hildeskor92-Peder Holm92-Njord Wiker91-Vetle Aasland91 | | | |

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| 2:04.7 | G19 |  | Bjørkelangen | 10.09.1989 |
| Frode Nygård69-Runar Homble72-Ola Nerhagne71-Hans Jørgen Borgen70 | | | |

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| 2:04.95 | G16 |  | Askøy | 02.09.2012 |
| Jesse Pedersen Amey95-Martin Opaker94-Håkon Hammeren95-Andreas Roth95 | | | |

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| 2:05.69 | G17 |  | Lonevåg | 26.08.2007 |
| Martin Jørgensen91-Jonathan Joo91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:05.85 | G16 |  | Prestfoss | 31.08.2008 |
| Anthony Davies92-Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92 | | | |

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| 2:06.10 | G17 |  | Prestfoss | 31.08.2008 |
| Shoeib Ghanizadeh93-Kevin Fritz91-Fredrik Fuglerud89-Thomas Roth91 | | | |

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| 2:06.10 | G19 |  | Bergen/Fa | 10.09.2023 |
| Alan Ringo07-Daniel Debresay06-Andre Da Silva04-Sander Rustad-Johansen06 | | | |

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| 2:06.61 | M21 |  | Lillehammer/Ss | 08.09.2013 |
| Jørgen Opaker97-Henrik Hanssen97-Jon Gunnar Alfsen97-Markus Einan97 | | | |

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| 2:06.63 | G16 |  | Askøy | 02.09.2012 |
| Jonas Haarborg Bolgen96-Henrik Huser96-Marius Mellum96-Markus Einan97 | | | |

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| 2:06.71 | G18 |  | Overhalla | 14.08.2013 |
| Håkon Hammeren95-Marius Mellum96-Jan Gunnar Alfsen97-Markus Einan97 | | | |

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| 2:08.03 | G18 |  | Trondheim/St | 05.09.2021 |
| Martin Brustad03-Michael Reklev05-Emil Nordal03-Erlend Homble05 | | | |

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| **MENN JUNIOR 22** | **194** |

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| 2:08.62 | G18 |  | Sofiemyr | 11.06.1989 |
| Jørgen Bakkerud74-Odd Arne Urnes73-Ola Nerhagen71-Runar Homble72 | | | |

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| 2:09.39 | M21 |  | Overhalla | 04.08.2013 |
| Jonas Krossøy95-Stian Klungland93-Håvard Hildeskor92-Nikolai Smestad92 | | | |

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| 2:09.56 | G17 2.lag |  | Oslo/St | 06.09.1998 |
| Per Arne Østerud81-Øivind Sigvartsen81-Carl Jørgen Owre82-Stian Fredriksen81 | | | |

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| 2:10.01 | G18 |  | Lillehammer/Ss | 09.08.1998 |
| Per Arne Østerud81-Øivind Sigvartsen81-Halvor Mangerud81-Stian Fredriksen81 | | | |

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| 2:10.52 | G18 2.lag |  | Asker/Fø | 05.09.1999 |
| Per-Arne Østerud81-Tor Eilert Narvestad81-Stian Fredriksen81-Carl Johan Owre82 | | | |

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| **MENN JUNIOR 22** | **195** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.17 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |
| 7.25 | Eirik Haus | 79 | Askim | 11.02.1996 |
| 7.25 | Marcus Theodor Moen | 99 | Bergen/Le | 21.01.2018 |
| 7.29 | Marius Mellum | 96 | Hvam | 10.12.2016 |
| 7.34 | Henrik Huser | 96 | Oslo/Ek | 03.03.2012 |
| 7.36 | Øystein Iversen | 73 | Stange | 18.03.1995 |
| 7.38 | Sander Steen Myrvang | 00 | Hvam | 26.01.2019 |
| 7.40 | Bjørn Tore Ottersen | 66 | Askim | 01.02.1986 |
| 7.42 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |
| 7.44 | Julian Bastesen | 04 | Valencia, ESP | 25.01.2020 |
| 7.45 | Runar Homble | 72 | Oslo/Ek | 09.02.1992 |
| 7.45 | Martin Lundemo Syversen | 92 | Rud | 08.03.2014 |
| 7.46 | Filip Aas | 00 | Hvam | 13.01.2018 |
| 7.47 | Martin Jørgensen | 91 | Stange | 18.03.2006 |
| 7.51 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 29.03.2009 |
| 7.53 | Martin Opaker | 94 | Stange | 17.03.2012 |
| 7.55 | Andrew Stevens | 81 | Stange | 04.03.2000 |
| 7.55 | Emil Nordal | 03 | Hvam | 06.03.2021 |
| 7.56 | Oatthawit Panklang | 01 | Rud | 08.02.2019 |
| 7.59 | Fredrik Fuglerud | 87 | Stange | 18.03.2006 |
| 7.60 | Lars Georg Aas | 92 | Stange | 17.03.2007 |
| 7.62 | Thomas Roth | 91 | Oslo/Ek | 10.01.2009 |
| 7.62 | Jesse Pedersen Amey | 95 | Oslo/Ek | 03.12.2011 |
| 7.63 | Martin Opaker | 94 | Lillestrøm | 26.03.2011 |
| 7.64 | Martin Aarbogh Brustad | 04 | Hvam | 22.01.2022 |
| 7.65 | Christer Amundsen | 92 | Oslo/Ek | 10.01.2009 |
| 7.65 | Markus Einan | 97 | Lillestrøm | 02.03.2013 |
| 7.66 | Jostein Salemonsen | 73 | Stange | 14.01.1995 |
| 7.67 | Marius Fuglerud | 87 | Oslo/Ek | 03.12.2005 |
| 7.70 | Jonas Nødtvedt Wenger | 99 | Hvam | 09.12.2017 |
| 7.73 | Andrè Haaland | 75 | Oslo/Ek | 04.03.1995 |
| 7.74 | Jørgen Opaker | 97 | Rud | 08.02.2014 |
| 7.74 | Alan Ringo | 07 | Ulsteinvik | 03.03.2023 |
| 7.75 | Iver Laake | 01 | Rud | 02.12.2017 |
| 7.76 | Morten Knutsen | 70 | Askim | 01.02.1986 |
| 7.76 | Jan-Olav Arnegård | 71 | Oslo/Ek | 18.02.1990 |
| 7.76 | Andreas Roth | 93 | Lillestrøm | 29.03.2009 |
| 7.78 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 03.03.1991 |
| 7.80 | Jon Kjetil Hoel | 74 | Stange | 13.01.1996 |
| 7.81 | Jon Arne Skiaker | 79 | Stange | 18.02.1995 |
| 7.85 | Ådne Opaker Øines | 02 | Stange | 18.03.2017 |
| 7.88 | Per Arne Østerud | 81 | Stange | 18.03.2000 |
| 7.89 | Frode Nygård | 69 | Oslo/Ek | 18.02.1990 |
| 7.89 | Victor Rosenlind | 00 | Stange | 18.03.2017 |
| **MENN JUNIOR 22** | | **196** | | |

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| **60m M** |  |

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| 7.2 | Runar Homble | 72 | Lillestrøm | 12.03.1989 |
| 7.3 | Ola Nerhagen | 71 | Lillestrøm | 31.03.1990 |
| 7.4 | Andrè Haaland | 75 | Lillestrøm | 06.03.1994 |
| 7.4 | Martin Jørgensen | 90 | Oslo/Ek | 07.01.2006 |
| 7.5 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 15.12.1990 |
| 7.5 | Morten Knutsen | 70 | Drammen | 08.02.1986 |
| 7.7 | Eirik Haus | 79 | Lillestrøm | 06.03.1994 |
| 7.8 | Odd Arne Urnes | 73 | Lillestrøm | 12.03.1989 |
| 7.8 | Sven Inge Bråten | 76 | Lillestrøm | 11.01.1992 |
| 7.8 | Per Olav Ramstad | 78 | Lillestrøm | 06.03.1994 |

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| **100m E** |  |

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| 11.69 | Øystein Iversen | 73 | Drammen | 29.01.1995 |
| 11.89 | Jostein Samuelsen | 73 | Drammen | 29.01.1995 |
| 12.02 | Andreas Roth | 93 | Drammen | 14.02.2010 |
| 12.06 | Marius Fuglerud | 87 | Drammen | 12.02.2006 |
| 12.12 | Emil Nordal | 03 | Drammen | 06.01.2019 |
| 12.15 | Oatthawut Panklang | 02 | Drammen | 06.01.2019 |
| 12.26 | Martin Lundemo Syvertsen | 92 | Drammen | 10.01.2010 |
| 12.35 | Martin Opaker | 94 | Drammen | 14.02.2010 |
| 12.58 | Ola Nerhagen | 71 | Drammen | 18.02.2002 |
| 12.97 | Jonathan Joo | 91 | Drammen | 11.12.2006 |

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| **100m M** |  |

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| 12.0 | Lars Petter Syversrud | 68 | Drammen | 22.02.1986 |
| 12.1 | Ola Nerhagen | 71 | Drammen | 13.02.1987 |
| 12.1 | Runar Homble | 72 | Drammen | 13.02.1988 |
| 12.2 | Jo Henning Hals Nilssen | 68 | Drammen | 22.02.1986 |
| 12.4 | Edward Hughes | 71 | Drammen | 10.01.1987 |

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| **MENN JUNIOR 22** | **197** |

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| **200m E** |  |

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| 22.68 | Andreas Roth | 93 | Sandnes | 10.03.2012 |
| 23.03 | Marius Mellum | 96 | Stange | 23.03.2014 |
| 23.09 | Thomas Roth | 91 | Stange | 20.03.2011 |
| 23.17 | Emil Nordal | 03 | Steinkjer | 06.03.2022 |
| 23.45 | Martin Lundemo Syversen | 92 | Rud | 09.02.2014 |
| 23.46 | Vegard Løberg Gjelsvik | 92 | Steinkjer | 10.03.2013 |
| 23.80 | Andrew Stevens | 81 | Stange | 19.02.2000 |
| 23.91 | Marius Fuglerud | 87 | Stange | 09.03.2008 |
| 23.95 | Øystein Iversen | 73 | Stange | 15.01.1995 |
| 24.25 | Runar Homble | 72 | Stange | 30.01.1993 |
| 24.41 | Stian Fredriksen | 81 | Stange | 07.03.1999 |
| 24.46 | Njord Erlend Wiker | 91 | Stange | 15.03.2009 |
| 24.47 | Julian Bastesen | 04 | Rud | 08.03.2020 |
| 24.56 | Oatthawut Panklang | 02 | Hvam | 26.01.2019 |
| 24.60 | Jonathan Joo | 91 | Stange | 28.01.2007 |
| 24.75 | Sondre Opaker Øines | 98 | Hvam | 09.12.2017 |
| 24.82 | Jonas Nødtvedt Wenger | 99 | Stange | 19.03.2017 |
| 24.83 | Christer Amundsen | 92 | Stange | 09.03.2008 |
| 24.87 | Eirik Haus | 79 | Stange | 18.02.1995 |
| 24.90 | Jørgen Opaker | 97 | Rud | 06.12.2013 |
| 24.92 | Martin Opaker | 94 | Sandnes | 10.03.2012 |
| 25.12 | Iver Laake | 01 | Rud | 02.12.2017 |
| 25.14 | Alan Ringo | 07 | Rud | 12.02.2023 |
| 25.24 | Øyvind Sigvartsen | 81 | Stange | 08.03.1998 |
| 25.27 | Martin Jørgensen | 90 | Stange | 19.03.2006 |
| 25.32 | Ådne Opaker Øines | 02 | Stange | 19.03.2017 |
| 25.32 | Martin Aarbogh Brustad | 04 | Hvam | 23.01.2022 |
| 25.33 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 10.03.1990 |
| 25.37 | Jonathan Joo | 91 | Stange | 19.03.2006 |
| 25.43 | Odd Arne Urnes | 73 | Oslo/Ek | 10.03.1990 |
| 25.43 | Per Arne Østerud | 81 | Stange | 28.03.1998 |
| 25.46 | Morten Øqvist | 01 | Rud | 12.02.2017 |
| 25.53 | Jon Gunnar Alfsen | 97 | Rud | 09.02.2014 |
| 25.55 | Henrik Holm | 81 | Stange | 06.02.1999 |
| 25.60 | Jørn Kjetil Hoel | 74 | Stange | 14.01.1996 |
| 25.61 | Hans Martin Hofseth | 94 | Trondheim/Ra | 13.03.2011 |
| 25.62 | Christian Iversen | 05 | Hvam | 04.12.2021 |
| 25.65 | Espen Hofoss | 76 | Stange | 15.01.1995 |

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| **200m M** |  |

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| 23.8 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 09.03.1985 |

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| **MENN JUNIOR 22** | **198** |

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| **400m E** |  |

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| 47.75 | Andreas Kramer | 97 | Ulsteinvik | 25.01.2019 |
| 48.35 | Andreas Roth | 93 | Sandnes | 09.03.2012 |
| 48.58 | Markus Einan | 97 | Rud | 06.02.2016 |
| 49.90 | Thomas Roth | 91 | Stange | 23.01.2010 |
| 50.81 | Sverre Blom Breivik | 96 | Rud | 13.02.2016 |
| 51.00 | Vegard Løberg Gjelsvik | 92 | Steinkjer | 08.03.2013 |
| 52.35 | Kjetil Brynhildsen | 71 | Stange | 31.01.1993 |
| 52.78 | Emil Nordal | 03 | Rud | 06.03.2020 |
| 52.78 | Bjørn Tore Ottersen | 66 | Askim | 01.02.1986 |
| 52.82 | Elias Ottosen | 93 | Steinkjer | 08.03.2013 |
| 53.02 | Andrew Stevens | 81 | Stange | 04.03.2000 |
| 53.49 | Martin Lundemo Syversen | 92 | Stange | 01.02.2014 |
| 53.73 | Marius Fuglerud | 87 | Stange | 15.01.2005 |
| 53.80 | Jostein Steffensen | 96 | Hvam | 16.01.2016 |
| 53.81 | Dag Håkon Eriksen | 73 | Oslo/Ek | 09.02.1992 |
| 53.87 | Stian Fredriksen | 81 | Stange | 06.03.1999 |
| 54.46 | Frode Nygård | 69 | Oslo/Ek | 18.02.1990 |
| 54.48 | Kristian Tokstad | 00 | Hvam | 16.01.2016 |
| 54.54 | Jostein Streffensen | 96 | Rud | 10.02.2017 |
| 54.56 | Jon Gunnar Alfsen | 97 | Hvam | 16.01.2016 |
| 55.02 | Runar Homble | 72 | Oslo/Ek | 06.02.1994 |
| 55.02 | Halvor Marius Mangerud | 81 | Stange | 15.03.2003 |
| 55.08 | Sondre Opaker Øines | 98 | Hvam | 10.12.2016 |
| 55.11 | Jørgen Opaker | 97 | Hvam | 16.01.2016 |
| 55.30 | Jan-Olav Arnegård | 71 | Oslo/Ek | 18.02.1990 |
| 55.32 | Espen Hofoss | 76 | Stange | 14.01.1995 |
| 56.17 | Mats Tokstad | 00 | Hvam | 16.01.2016 |
| 56.56 | Henrik Stigen | 74 | Oslo/Ek | 04.03.1995 |
| 56.71 | Frode Nygård | 72 | Oslo/Ek | 05.03.1988 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 48.15 | Andreas Kramer 1h1SMI | 97 | Gefle, SWE | 17.02.2018 |

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| **400m M** |  |

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| 52.5 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 03.03.1984 |
| 53.3 | Torstein Gystad | 67 | Oslo/Ek | 14.03.1987 |

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| **MENN JUNIOR 22** | **199** |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:18.06 | Markus Einan | 97 | Rud | 05.12.2015 |
| 1:19.37 | Andreas Roth | 93 | Stange | 22.03.2014 |
| 1:19.64 | Thomas Roth | 91 | Stange | 17.03.2012 |
| 1:21.22 | Vegard Løberg Gjelsvik | 92 | Stange | 20.03.2010 |
| 1:21.75 | Sigurd Blom Breivik | 96 | Stange | 22.03.2014 |
| 1:22.69 | Hauk Are Fjeld | 94 | Rud | 05.12.2015 |
| 1:22.69 | Sverre Blom Breivik | 96 | Rud | 05.12.2015 |
| 1:23.49 | Vetle Aasland | 91 | Stange | 20.03.2010 |
| 1:26.65 | Njord Erland Wiker | 91 | Oslo/Ek | 11.12.2010 |
| 1:26.79 | Kristian Tokstad | 00 | Rud | 03.02.2016 |
| 1:26.82 | Jonas Krossøy | 95 | Stange | 22.04.2014 |
| 1:27.01 | Hanrik Hanssen | 97 | Rud | 06.12.2014 |
| 1:27.14 | Stian Klungland | 93 | Oslo/Ek | 03.12.2011 |
| 1:27.59 | Mats Tokstad | 00 | Rud | 03.02.2016 |
| 1:28.14 | Jostein Steffensen | 96 | Ranheim | 04.12.2016 |
| 1:28.31 | Peder Holm | 92 | Oslo/Ek | 11.12.2010 |
| 1:28.76 | Jørgen Opaker | 97 | Rud | 05.12.2015 |
| 1:28.92 | Emil Nordal | 03 | Hvam | 25.01.2020 |
| 1:28.91 | Nani Kula | 01 | Hvam | 25.01.2020 |
| 1:29.44 | Anders Buraas | 92 | Stange | 19.03.2011 |
| 1:30.19 | Marius Fuglerud | 87 | Stange | 05.03.2005 |
| 1:30.19 | Åsmund Wennemo | 94 | Oslo/Ek | 11.12.2010 |
| 1:30.22 | Fredrik Anthi Svinø | 92 | Stange | 20.03.2010 |
| 1:30.23 | Espen Hofoss | 76 | Stange | 18.02.1995 |
| 1:30.47 | Francesco Bazzanella | 87 | Oslo/Ek | 04.12.2004 |
| 1:30.73 | Martin Lundemo Syversen | 92 | Stange | 17.03.2012 |
| 1:30.26 | Anders Buraas | 92 | Stange | 20.03.2010 |
| 1:30.28 | Sondre Opaker Øines | 98 | Hvam | 14.01.2017 |
| 1:30.63 | Tore Klungland | 97 | Hvam | 14.01.2017 |
| 1:31.62 | Henrik Schultze Toverud | 04 | Hvam | 04.02.2023 |
| 1:33.10 | Kevin Fritz | 91 | Stange | 08.03.2008 |
| 1:33.73 | Jonas Haarborg Bolgen | 96 | Oslo/Ek | 01.12.2012 |
| 1:33.96 | Fabian Vibekken | 09 | Rud | 11.02.2023 |
| 1:34.04 | Iver Løvgaard Faksvaag | 09 | Rud | 11.02.2023 |
| 1:34.65 | Bjørnar Bjørnstad | 93 | Stange | 19.03.2011 |

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| **MENN JUNIOR 22** | **200** |

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| **800m** |  |

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| 1:48.90 | Markus Einan | 97 | Haugesund | 03.02.2019 |
| 1:49.50 | Thomas Roth | 91 | Vaxjö, SWE | 09.02.2013 |
| 1:49.77 | Andreas Roth | 93 | Gent, BLE | 07.02.2015 |
| 1:52.18 | Sigurd Blom Breivik | 96 | Hvam | 06.02.2016 |
| 1:53.34 | Andreas Fjeld Halvorsen | 05 | Steinkjer | 05.03.2022 |
| 1:54.86 | Benjamin Olsen | 04 | Ulsteinvik | 06.02.2022 |
| 1:55.39 | Vegard Løberg Gjelsvik | 92 | Trondheim/Ra | 18.12.2010 |
| 1:55.44 | Sverre Blom Breivik | 96 | Steinkjer | 08.02.2015 |
| 1:55.46 | Vetle Aasland | 91 | Trondheim/Ra | 14.12.2012 |
| 1:55.70 | Håvard Hildeskor | 92 | Rud | 09.02.2014 |
| 1:56.22 | Nikolai Solum | 05 | Steinkjer | 05.03.2022 |
| 1:56.70 | Sverre Blom Breivik | 96 | Rud | 08.03.2014 |
| 1:57.27 | Trym Fjøsne Hexeberg | 03 | Hvam | 05.02.2023 |
| 1:57.52 | Kristian Bråthen Børve | 06 | Hvam | 05.02.2023 |
| 1:57.66 | Hans Jørgen Borgen | 70 | Oslo/Ek | 05.02.1989 |
| 1:57.78 | Hauk Are Fjeld | 94 | Steinkjer | 08.02.2015 |
| 1:58.10 | Elias Ottosen | 93 | Haugesund | 03.02.2013 |
| 1:59.83 | Njord Erland Wiker | 91 | Trondheim/Ra | 12.03.2011 |
| 1:59.85 | Henrik Hanssen | 97 | Rud | 13.02.2015 |
| 2:00.21 | Ole Kristian Kværner | 05 | Hvam | 05.02.2023 |
| 2:00.23 | Andreas Lindebø Kværner | 06 | Hvam | 05.02.2023 |
| 2:01.25 | Jostein Steffensen | 96 | Hvam | 06.02.2016 |
| 2:01.30 | Anders Sandholtbråten | 76 | Oslo/Ek | 15.01.1994 |
| 2:01.41 | Erland Magnus Homble | 04 | Hvam | 03.12.2022 |
| 2:01.60 | Markus Høgne | 98 | Rud | 13.01.2015 |
| 2:01.68 | Philip Gulbrandsen | 07 | Hvam | 02.12.2023 |
| 2:01.69 | Emil Nordal | 03 | Hvam | 06.03.2021 |
| 2:02.03 | Peder Holm | 92 | Trondheim/Ra | 12.03.2011 |
| 2:02.04 | Trygve Stanger | 62 | Oslo/Ek | 22.01.1983 |
| 2:02.12 | Lukas Buncic | 07 | Hvam | 02.12.2023 |
| 2:02.8 | Ronny Opaker | 66 | Oslo/Ek | 04.02.1984 |
| 2:03.05 | Philip Gundersen | 07 | Ulsteinvik | 04.03.2023 |
| 2:03.28 | Fredrik Anthi Svinø | 92 | Stange | 21.02.2010 |
| 2:03.61 | Runar Bålsrud | 62 | Oslo/Ek | 22.01.1983 |
| 2:03.64 | Henrik Hanssen | 97 | Rud | 09.02.2014 |
| 2:04.28 | Jon Gunnar Alfsen | 97 | Rud | 08.03.2014 |
| 2:04.5 | Frode Nygård | 69 | Oslo/Ek | 20.01.1990 |
| 2:04.78 | Anders Buraas | 92 | Stange | 31.01.2009 |
| 2:04.9 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 04.02.1984 |
| 2:04.90 | Jonas Krossøy | 95 | Haugesund | 03.02.2013 |
| 2:05.4 | Ole Fredrik Mørck | 62 | Oslo/Ek | 21.01.1984 |
| 2:06.00 | Åsmund Wennemo | 94 | Trondheim/Ra | 12.03.2011 |
| 2:06.6 | Hans Georg Haug | 67 | Oslo/Ek | 19.01.1985 |
| 2:07.52 | Kristian Tokstad | 00 | Hvam | 06.02.2016 |
| 2:07.56 | Nana Kuli | 01 | Hvam | 23.02.2022 |

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| **MENN JUNIOR 22** | **201** |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:08.19 | Hans Georg Haug | 67 | Oslo/Ek | 25.03.1983 |
| 2:08.29 | Jan Gunnar Alfsen | 97 | Steinkjer | 09.03.2013 |
| 2:08.8 | Njål Bakke | 71 | Oslo/Ek | 05.03.1988 |
| 2:08.80 | Jacob Breivik | 04 | Hvam | 05.02.2023 |
| 2:08.83 | Stian Aaserud | 81 | Stange | 08.03.1998 |
| 2:09.26 | Nani Kula | 01 | Rud | 09.02.2020 |
| 2:09.28 | Jonas Haarborg Bolgen | 96 | Steinkjer | 09.03.2013 |
| 2:09.43 | Håkon Prøsch Johnsen | 07 | Hvam | 02.12.2023 |
| 2:09.64 | Ole-Kristian Lindbøe Kværner | 05 | Hvam | 06.03.2021 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 1:46.52 | Andreas Kramer | 97 | Karlsruhe, GER | 02.02.2019 |

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| **1000m** |  |

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| 2:50.51 | Iver Løvgaard Faksvåg | 09 | Rud | 14.01.2023 |

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| **MENN JUNIOR 22** | **202** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 3:47.53 | Andreas Fjeld Halvorsen | 05 | Hvam | 04.02.2023 |
| 3:50.54 | Sigurd Blom Breivik | 96 | Ulsteinvik | 04.02.2017 |
| 3:51.68 | Thomas Roth | 91 | Trondheim/Ra | 12.02.2011 |
| 3:54.92 | Vegard Løberg Gjelsvik | 92 | Trondheim/Ra | 12.02.2011 |
| 3:55.20 | Vetle Aasland | 91 | Steinkjer | 11.02.2012 |
| 3:55.92 | Trym Fjøsne Hexeberg | 03 | Hvam | 10.03.2023 |
| 3:56.72 | Fredrik Sandvik | 98 | Rud | 01.02.2020 |
| 3:57.16 | Kristian Bråthen Børve | 06 | Rud | 18.02.2023 |
| 3:57.90 | Benjamin Olsen | 04 | Ulsteinvik | 05.02.2022 |
| 4:00.92 | Andreas Lindebø Kværner | 06 | Hvam | 04.02.2023 |
| 4:01.11 | Jørgen Frost Bø | 94 | Sandnes | 09.03.2012 |
| 4:01.69 | Sigurd Blom Breivik | 96 | Steinkjer | 07.02.2015 |
| 4:03.74 | Stian Klungland | 93 | Steinkjer | 10.03.2013 |
| 4:03.76 | Sigurd Blom Breivik | 96 | Rud | 09.03.2014 |
| 4:04.32 | Stian Klungland | 93 | Trondheim/Ra | 12.02.2011 |
| 4:05.15 | Nicolai Smestad | 92 | Sandnes | 09.03.2012 |
| 4:05.59 | Sondre Strande Omland | 07 | Steinkjer | 04.03.2022 |
| 4:06.38 | Nahan Tewelde | 06 | Hvam | 10.03.2023 |
| 4:08.37 | Henrik Hanssen | 97 | Hvam | 06.02.2016 |
| 4:09.88 | Hans Jørgen Borgen | 70 | Askim | 12.02.1989 |
| 4:10.02 | Anders Sandholtbråten | 76 | Stange | 14.01.1995 |
| 4:14.02 | Andreas Ullern Tonning | 04 | Hvam | 04.02.2023 |
| 4:14.30 | Jørgen Gundersen | 95 | Hvam | 06.02.2016 |
| 4:16.51 | Thomas Roth | 91 | Karlstad, SWE | 16.02.2008 |
| 4:17.07 | Peder Holm | 92 | Trondheim/Ra | 13.03.2011 |
| 4:17.7 | Hans Georg Haug | 67 | Oslo/Ek | 09.03.1985 |
| 4:18.5 | Ronny Opaker | 66 | Oslo/Ek | 03.03.1984 |
| 4:20.58 | Jonas Krossøy | 95 | Haugesund | 02.02.2013 |
| 4:22.40 | Hauk Are Fjeld | 94 | Rud | 09.03.2014 |
| 4:22.84 | Philip Gundersen | 07 | Ulsteinvik | 05.03.20232 |

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| **3000m** |  |

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| 8:11.97 | Andreas Fjeld Halvorsen | 05 | Hvam | 12.03.2022 |
| 8:37.33 | Robin Emil Kronquist | 00 | Hvam | 12.03.2022 |
| 8:49.43 | Markus Høgne | 98 | Rud | 10.02.2017 |
| 9:07.62 | Nikolai Solum | 05 | Hvam | 12.03.2022 |
| 9:22.44 | Jens Kristian Aas | 05 | Hvam | 12.03.2022 |
| 9:27.54 | Andreas Ullern | 04 | Hvam | 12.03.2022 |
| 9:37.50 | Peder Holm | 92 | Trondheim/Ra | 13.02.2011 |
| 9:37.53 | Jonas Kveen | 03 | Rud | 11.02.2023 |

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| **MENN JUNIOR 22** | **203** |

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| **60m hekk 106.7 cm E** |  |

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| 8.11 | Marcus Theodor Moen | 99 | Rud | 04.02.2018 |
| 8.12 | Tom Erik Olsen | 74 | Lillestrøm | 19.02.1995 |
| 8.59 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |
| 8.71 | Jostein Salemonsen | 73 | Lillestrøm | 19.02.1995 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.91 | Tom Erik Olsen | 74 | Drammen | 23.02.1992 |
| 1.90 | Frode Myrvang | 67 | Drammen | 29.01.1984 |
| 1.86 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |
| 1.86 | Michael Reklev | 04 | Steinkjer | 05.03.2022 |
| 1.85 | Even Jakob Ragnhildsløkken | 08 | Rud | 25.11.2023 |
| 1.80 | Nicolas Reklev | 07 | Hvam | 02.12.2023 |
| 1.78 | Marcus Theodor Moen | 99 | Stange | 23.03.2014 |
| 1.75 | Morten Knutsen | 70 | Drammen | 08.02.1986 |
| 1.75 | Vetle Aasland | 91 | Askim | 24.01.2010 |
| 1.70 | Odd Arne Urnes | 73 | Lillestrøm | 02.12.1989 |
| 1.70 | Henning Forsland | 80 | Lillestrøm | 03.03.1996 |
| 1.67 | Victor Rosenlind | 00 | Rud | 14.01.2017 |
| 1.65 | Morten Halseth | 97 | Stange | 18.03.2012 |
| 1.60 | Bent Helseth | 53 | Lillestrøm/Pl | 15.02.1970 |
| 1.60 | Emil Nordal | 03 | Rud | 11.02.2018 |
| 1.60 | Alan Ringo | 07 | Hvam | 04.02.2023 |
| 1.55 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 1.55 | Christer Amundsen | 92 | Lillestrøm | 17.01.2007 |
| 1.55 | Aldric Kenarikdjian | 09 | Hvam | 02.12.2023 |
| 1.50 | Henrik Jacobsen | 01 | Stange | 22.03.2015 |

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| **Stav** |  |

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| 4.50 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |
| 4.30 | Filip Aas | 00 | Rud | 23.03.2017 |
| 3.60 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |
| 3.50 | Odd Arne Urnes | 73 | Askim | 12.02.1989 |
| 2.60 | Victor Rosenlind | 00 | Hvam | 16.01.2016 |

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| **MENN JUNIOR 22** | **204** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.85 | Tom Erik Olsen | 74 | Askim | 16.02.1992 |
| 6.82 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |
| 6.15 | Michael Reklev | 05 | Rud | 12.02.2022 |
| 6.13 | Morten Knutsen | 70 | Lillestrøm | 16.02.1986 |
| 5.84 | Marcus Theodor Moen | 99 | Karlstad, SWE | 17.01.2015 |
| 5.53 | Even Jacob Ragnhildsløkken | 08 | Hvam | 02.12.2023 |
| 5.44 | Bjørn Flatby | 79 | Lillestrøm | 19.02.1995 |
| 5.35 | Jon Arne Skiaker | 79 | Lillestrøm | 19.02.1995 |
| 5.22 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 03.03.2007 |
| 5.20 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 5.10 | Fredrik Veiby | 99 | Stange | 21.02.2015 |
| 5.05 | Fredrik Veiby | 99 | Stange | 22.03.2014 |
| 4.84 | Christer Amundsen | 92 | Stange | 27.01.2007 |
| 4.84 | Victor Rosenlind | 00 | Stange | 21.02.2014 |
| 4.83 | Jan Terje Forsland | 78 | Lillestrøm | 06.03.1994 |
| 4.80 | Emil Nordal | 03 | Uddevalla, SWE | 14.01.2018 |
| 4.79 | Jonathan Joo | 91 | Karlstad, SWE | 18.02.2006 |
| 4.78 | Ole Semming Wiig | 69 | Oslo/Ek | 04.02.1984 |
| 4.76 | Alan Ringo | 07 | Ulsteinvik | 04.03.2023 |
| 4.75 | Per Olav Ramstad | 78 | Lillestrøm | 06.03.1994 |
| 4.75 | Iver Laake | 01 | Hvam | 10.12.2016 |

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| **Tresteg** |  |

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| 12.92 | Morten Knutsen | 70 | Askim | 31.01.1987 |
| 11.54 | Even Jacob Ragnhildsløkken | 08 | Rud | 12.02.2023 |

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| **MENN JUNIOR 22** | **205** |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.55 | Michael Reklev | 05 | Hvam | 22.12.2022 |
| 1.48 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 11.06.1986 |
| 1.48 | Lars Petter Syversrud | 69 | Jessheim/Je | 10.03.1987 |
| 1.45 | Runar Homble | 72 | Jessheim | 20.02.1992 |
| 1.43 | Kjell Larsen | 37 | Eidsvoll | 10.03.1957 |
| 1.41 | Runar Homble | 72 | Jessheim/Je | 16.03.1989 |
| 1.40 | Frode Myrvang | 67 | Jessheim/Je | 16.03.1989 |
| 1.40 | Even Ragnhildsløkken | 08 | Hvam | 22.12.2022 |
| 1.38 | Johannes Harviken | 43 | Gardermoen | 25.02.1961 |
| 1.37 | Kjell Larsen | 37 | Jessheim | 15.02.1959 |
| 1.35 | Einar Hellum | 47 | Jessheim | 26.02.1966 |
| 1.35 | Ola Nerhagen | 71 | Jessheim/Je | 10.03.1987 |
| 1.35 | Jan-Olav Arnegård | 71 | Jessheim/Je | 10.03.1987 |
| 1.35 | Odd Arne Urnes | 73 | Årnes/Ne | 10.02.1989 |
| 1.31 | Tormod Holand | 33 | Årnes | 05.03.1951 |
| 1.31 | Jonny Høgseth | 41 | Jessheim | 15.02.1959 |
| 1.31 | Jarle Sæthermoen | 70 | Jessheim/Je | 12.03.1985 |
| 1.30 | Frode Nygård | 69 | Jessheim/Je | 16.03.1989 |
| 1.30 | Jon Martinsen | 47 | Jessheim | 26.02.1966 |
| 1.30 | Øistein Nesje | 49 | Jessheim | 26.02.1966 |
| 1.30 | Jonathan Joo | 91 | Jessheim | 12.02.2007 |
| 1.28 | Lars Georg Aas | 92 | Jessheim/No | 13.03.2006 |
| 1.27 | Thomas Roth | 91 | Jessheim | 03.03.2008 |
| 1.20 | Shaun Matheson | 43 | Gardermoen | 25.02.1961 |
| 1.20 | Kåre Laake | 64 | Fetsund | 15.03.1980 |
| 1.20 | Ole Semming Wiig | 69 | Jessheim/Je | 12.03.1985 |
| 1.20 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 10.03.1988 |
| 1.20 | Glenn Erik Myrvold | 72 | Jessheim/Je | 16.03.1989 |
| 1.20 | Stig Erik Larsen | 75 | Jessheim/Je | 16.03.1989 |
| 1.20 | Espen Hofoss | 76 | Nittedal | 09.03.1996 |

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| **MENN JUNIOR 22** | **206** |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 3.11 | Anfinn Thoresen | 34 | Lillestrøm/Vi | 04.03.1956 |
| 3.11 | Ola Nerhagen | 71 | Dokka | 08.03.1987 |
| 3.06 | Lars Petter Syversrud | 69 | Jessheim/Je | 10.03.1987 |
| 2.94 | Kjell Larsen | 37 | Jessheim | 15.02.1959 |
| 2.94 | Jan Olav Arnegård | 71 | Jessheim/Je | 16.03.1989 |
| 2.92 | Øistein Nesje | 49 | Lillestrøm/Kj | 12.03.1967 |
| 2.92 | Jo Henning Hals Nilssen | 68 | Årnes/Ne | 27.02.1987 |
| 2.92 | Runar Homble | 72 | Jessheim/Je | 16.03.1989 |
| 2.91 | Sander Steen Myrvang | 00 | Rud | 02.04.2019 |
| 2.90 | Anfinn Thoresen | 34 | Lillestrøm/Vo | 14.03.1954 |
| 2.87 | Runar Homble | 72 | Jessheim | 20.02.1992 |
| 2.85 | Thor Martin Furuseth | 41 | Lillestrøm/Hø | 16.03.1958 |
| 2.85 | Morten Knutsen | 70 | Jessheim/Je | 10.03.1987 |
| 2.83 | Tormod Holand | 33 | Årmes | 04.04.1951 |
| 2.82 | Thomas Roth | 91 | Jessheim | 03.03.2008 |
| 2.82 | Marcus Theodor Moen | 99 | Haukås | 21.12.2019 |
| 2.79 | Thor Halvorsen | 46 | Lillestrøm/Vi | 21.02.1962 |
| 2.79 | Jon Martinsen | 47 | Lillestrøm | 27.04.1965 |
| 2.77 | Arne Ullersmo | 27 | Kløfta | 04.03.1948 |
| 2.76 | Øistein Nesje | 49 | Lillestrøm | 27.04.1965 |
| 2.76 | Ørnulf Brekke | 67 | Jessheim/Je | 12.03.1985 |
| 2.76 | Gudmund Bjotveit | 77 | Jessheim/Je | 21.03.1992 |
| 2.75 | Frode Myrvang | 67 | Jessheim/Je | 16.03.1989 |
| 2.75 | Jonathan Joo | 91 | Jessheim | 12.02.2007 |
| 2.73 | Marius Fuglerud | 97 | Jessheim | 03.03.2008 |
| 2.72 | Johannes Harviken | 43 | Gardermoen | 25.02.1961 |
| 2.72 | Odd Arne Urnes | 73 | Jessheim/Je | 16.03.1989 |
| 2.70 | Frode Grøndahl | 69 | Jessheim/Je | 10.03.1987 |
| 2.69 | Shaun Matheson | 43 | Gardermoen | 25.02.1961 |
| 2.69 | Thor Lasse Johansen | 63 | Fetsund | 15.03.1980 |
| 2.68 | Steinar Strøm | 42 | Jessheim | 03.04.1960 |
| 2.68 | Frode Grøndahl | 69 | Jessheim/Je | 12.03.1985 |
| 2.67 | Sven Inge Bråten | 76 | Jessheim/Je | 20.02.1992 |
| 2.67 | Vegard Løberg Gjelsvik | 92 | Jessheim | 03.03.2008 |

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| **MENN JUNIOR 22** | **207** |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.36 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |

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| **7-kamp 60m-Lengde-Kule-Høyde/** | **60m hekk-Stav-1000m** |

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| 4743 | Jo Henning Hals Nilssen | 68 | Drammen | 24-25.02.1990 |
| 7.42-6.82-10.36-1.86/8.59-3.60-2:56.51 | | | |

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| **4x100m E** |  |

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| 51.19 | G14 |  | Stange | 18.03.2006 |
| Lars Georg Aas92-Christer Amundsen92-Erlend Morthen92-Anthony Davies92 | | | |

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| 54.78 | G14 |  | Stange | 05.03.2005 |
| Jonathan Joo91-Anthony Davies92-Christer Amundsen92-Erlend Morthen92 | | | |

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| --- | --- | --- | --- | --- |
| 59.16 | G14 |  | Stange | 14.03.2009 |
| Morten Halseth97-Jonas Haarborg Bolgen96-Thomas Løland95-Anders Rødland | | | |

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| 59.37 | G13 |  | Stange | 15.03.2003 |
| Eivind Hovind90-Andreas Løland90-Lars Sutterud90-Michael Løland92 | | | |

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| 59.89 | G14 |  | Stange | 20.03.2010 |
| Jørgen Opaker97-Jonas Haarberg Bolgen96-Morten Halseth97-Sindre Bjørnstad96 | | | |

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| **4x200m** |  |

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| 1:34.90 | M21 |  | Steinkjer | 10.03.2013 |
| Martin Syvertsen92-Elias Ottosen93-Håkon Hammeren95-Vegard Løberg Gjelsvik92 | | | |

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| 1:35.07 | M19 |  | Sandnes | 11.03.2012 |
| Marius Mellum96-Martin Opaker94-Andreas Roth93-Henrik Huser96 | | | |

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| **MENN JUNIOR 22** | **208** |

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| **1000m** |  |

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| 2:03.07 | G18 |  | Stange | 01.02.2009 |
| Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:04.45 | M19 |  | Stange | 21.03.2010 |
| Marius Næss93-Njord Wiker91-Vegard Løberg Gjelsvik92-Vetle Aasland91 | | | |

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| 2:05.02 | G18 |  | Stange | 15.03.2009 |
| Martin Opaker94-Njord Erlend Wiker91-Vegard Gjelsvik92-Thomas Roth91 | | | |

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| 2:05.77 | G17 |  | Stange | 09.03.2008 |
| Christer Amundsen92-Jonathan Joo91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:08.52 | G18 |  | Stange | 18.03.2007 |
| Lars Georg Aas92-Thomas Roth91-Vegard Løberg Gjelsvik92-Fredrik Fuglerud89 | | | |

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| 2:15.27 | M19 |  | Stange | 19.03.2006 |
| Martin Jørgensen91-Jonathan Joo91-Erik Storenge87-Marius Fuglerud87 | | | |

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| **MENN JUNIOR 19** | **209** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.33 | Julian Bastesen | 04 | Alicante, ESP | 01.02.2020 |
| 7.48 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2020 |
| 7.61 | Martin Opaker | 94 | Asker/Fø | 06.10.2010 |
| 7.63 | Andreas Roth | 93 | Asker/Fø | 06.06.2010 |
| 7.66 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1991 |
| 7.66 | Martin Jørgensen | 91 | Asker/Fø | 20.05.2006 |
| 7.66 | Marius Mellum | 96 | Oslo/La | 27.09.2012 |
| 7.67 | Andrew Stevens | 81 | Jessheim | 08.06.2000 |
| 7.67 | Jonathan Joo | 91 | Asker/Fø | 02.06.2007 |
| 7.71 | Marius Fuglerud | 87 | Asker/Fø | 28.05.2005 |
| 7.75 | Lars Georg Aas | 92 | Lillehammer/Ss | 24.06.2006 |
| 7.76 | Oatthawut Panklang | 02 | Jessheim | 23.05.2017 |
| 7.80 | Christer Amundsen | 92 | Asker/Fø | 06.06.2009 |
| 7.80 | Martin Opaker | 94 | Asker/Fø | 06.06.2009 |
| 7.88 | Iver Laake | 01 | Rud | 03.12.2016 |
| 7.90 | Gudmund Bjotveit | 77 | Jessheim | 26.09.1991 |
| 7.95 | Jonas Wenger | 99 | Jessheim | 01.09.2013 |
| 7.95 | Ådne Opaker Øines | 02 | Lillestrøm | 17.09.2016 |
| 7.96 | Jo Oddmund Vaagaasar | 92 | Asker/Fø | 06.06.2010 |
| 7.97 | Sugel Dieguez Jaime | 91 | Lillehammer/Ss | 26.06.2004 |
| 7.99 | Audun Sjøstrøm Johansen | 09 | Jessheim | 13.08.2023 |
| 8.05 | Per Arne Østerud | 81 | Jessheim | 08.06.2000 |
| 8.05 | Erlend Morthen | 92 | Nadderud | 10.06.2006 |

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| **MENN JUNIOR 19** | **210** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.1 | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |
| 7.2 | Ola Nerhagen | 71 | Jessheim | 25.09.1989 |
| 7.2 | Runar Homble | 72 | Jessheim | 25.09.1989 |
| 7.2 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 7.4 | Hans Kristian Hansen | 41 | Sandvika/Ka | 30.06.1957 |
| 7.4 | Eirik Haus | 79 | Jessheim | 26.09.1994 |
| 7.5 | Sverre Støverud | 37 | Bergen/Kr | 13.09.1953 |
| 7.5 | Hans Asak | 41 | Sandvika/Ka | 30.06.1957 |
| 7.6 | Lars Petter Syversrud | 69 | Jessheim | 29.09.1986 |
| 7.6 | Jan-Olav Arnegård | 71 | Jessheim | 03.101.988 |
| 7.5 | Martin Opaker | 94 | Jessheim | 10.06.2010 |
| 7.6 | Tom Erik Olsen | 74 | Jessheim | 25.09.1989 |
| 7.6 | Odd Arne Urnes | 73 | Jessheim | 25.09.1989 |
| 7.6 | Gudmund Bjotveit | 77 | Lillehammer/Ss | 29.06.1991 |
| 7.7 | Arne Bjørndal | 70 | Nannestad | 01.09.1985 |
| 7.7 | Gudmund Bjotveit | 77 | Jessheim | 08.08.1992 |
| 7.7 | Andreas Roth | 93 | Jessheim | 04.06.2009 |
| 7.8 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 7.8 | Knut Larsen | 22 | Jessheim | 30.08.1939 |
| 7.8 | Thor Lasse Johansen (Løland) | 63 | Lillestrøm | 28.08.1979 |
| 7.8 | Pål Korsmo | 71 | Jessheim | 23.09.1985 |
| 7.8 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.09.1989 |
| 7.8 | Martin Opaker | 94 | Jessheim | 04.06.2009 |
| 7.9 | Gunnar Ruud | 17 | Jessheim | 24.09.1932 |
| 7.9 | Knut Fossum | 22 | Eidsvoll | 02.08.1938 |
| 7.9 | Øivind Larsen | 42 | Lillestrøm | 15.06.1958 |
| 7.9 | Morten Knutsen | 70 | Oslo/Bi | 04.06.1984 |
| 7.9 | Hans Georg Haug | 67 | Jessheim | 30.09.1985 |
| 7.9 | Jonathan Joo | 91 | Jessheim | 09.06.2005 |
| 7.9 | Lars Georg Aas | 92 | Jessheim | 12.06.2006 |

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| **MENN JUNIOR 19** | **211** |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 10.97 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 25.06.2017 |
| 11.21 | Tom Erik Olsen | 74 | Trondheim/Le | 04.07.1992 |
| 11.32 | Marius Mellum | 96 | Oslo/Bi | 02.07.2014 |
| 11.36 | Markus Einan | 97 | Oslo/Sp | 07.06.2014 |
| 11.37 | Henrik Huser | 96 | Oslo/Bi | 19.08.2012 |
| 11.39 | Eirik Haus | 79 | Jessheim | 01.09.1997 |
| 11.48 | Martin Jørgensen | 91 | Oslo/Bi | 19.08.2007 |
| 11.51 | Julian Bastesen | 04 | Elchel, ESP | 26.09.2020 |
| 11.52 | Ola Nerhagen | 71 | Lillehammer/Ss | 25.06.1989 |
| 11.54 | Emil Nordal | 03 | Oslol/Bi | 07.07.2021 |
| 11.56 | Andreas Roth | 93 | Oslo/Bi | 26.07.2011 |
| 11.60 | Marius Fuglerud | 87 | Jessheim | 22.05.2006 |
| 11.61 | Runar Homble | 72 | Jessheim | 29.09.1990 |
| 11.61 | Sander Steen Myrvang | 00 | Jessheim | 11.08.2018 |
| 11.67 | Jo Henning Hals Nilssen | 68 | Fredrikstad | 28.06.1987 |
| 11.76 | Håvard Hildeskor | 92 | Oslo/St | 31.08.2011 |
| 11.76 | Jesse Pedersen Amey | 95 | Oslo/Bi | 21.07.2012 |
| 11.76 | Martin Opaker | 94 | Lillehammer/Ss | 20.06.2010 |
| 11.82 | Vegard Løberg Gjelsvik | 92 | Jessheim | 16.06.2009 |
| 11.89 | Martin Aarbogh Brustad | 04 | Jesswheim | 08.08.2021 |
| 11.91 | Bjørn Tore Ottersen | 66 | Krikenær | 19.05.1984 |
| 11.92 | Filip Aas | 00 | Asker/Fø | 08.06.2018 |
| 11.96 | Lars Georg Aas | 92 | Lillehammer/Ss | 24.06.2007 |
| 11.99 | Oatthawut Panklang | 02 | Oslo/Bi | 01.06.2019 |
| 12.00 | Jonas Nødtvedt Wenger | 99 | Jessheim | 23.05.2017 |
| 12.00 | Ådne Opaker Øines | 02 | Lillestrøm | 27.05.2017 |
| 12.04 | Eirik Johansen | 84 | Jessheim | 25.09.2003 |
| 12.04 | Martin Lundemo Syvertsen | 92 | Lillehammer/Ss | 26.06.2011 |
| 12.04 | Alan Ringo | 07 | Jessheim | 12.08.2023 |
| 12.08 | Jørgen Opaker | 97 | Lillestrøm | 24.05.2014 |
| 12.09 | Thomas Roth | 91 | Jessheim | 20.09.2008 |
| 12.11 | Mats Tokstad | 00 | Oslo/Bi | 19.07.2017 |
| 12.15 | Stian Fredriksen | 81 | Nadderud | 21.06.1998 |
| 12.16 | Christer Amundsen | 92 | Nadderud | 08.06.2008 |
| 12.17 | Odd Arne Urnes | 73 | Jessheim | 29.05.1990 |
| 12.17 | Jonathan Joo | 91 | Lillehammer/Ss | 24.06.2007 |
| 12.21 | Hans Martin Hofseth | 94 | Lillehammer/Ss | 26.06.2011 |
| 12.25 | Iver Laake | 01 | Drammen/Ma | 27.08.2017 |
| 12.26 | Gudmund Bjotveit | 77 | Nadderud | 21.06.1992 |
| 12.29 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.05.1991 |
| 12.32 | Sven Inge Bråten | 76 | Bjørkelangen | 28.05.1994 |
| 12.36 | Mats Røslie | 82 | Oslo/Bi | 11.06.1999 |
| 12.40 | Per Arne Østerud | 81 | Nadderud | 21.06.1998 |
| 12.41 | Kristian Fagerhus | 79 | Nadderud | 18.06.1994 |
| 12.41 | Øyvind Sigvartsen | 81 | Bjørkelangen | 23.05.1998 |

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| **MENN JUNIOR 19** | **212** |

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| **100m M** |  |

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| 11.4 | Bjarne Hsnen Gardermoen IF | 27 | Kløfta | 07.07.1946 |
| 11.4 | Tom Erik Olsen | 74 | Jessheim | 23.09.1993 |
| 11.5 | Jan Bredesen | 40 | Jessheim | 23.08.1958 |
| 11.5 | Jo Henning Hals Nilssen | 68 | Jessheim | 28.09.1987 |
| 11.5 | Ola Nerhagen | 71 | Jessheim | 30.05.1989 |
| 11.5 | Eirik Haus | 79 | Jessheim | 29.05.1995 |
| 11.5 | Marius Fuglerud | 87 | Jessheim | 12.06.2006 |
| 11.6 | Halvor Berger | 40 | Eidsvoll/My | 10.09.1958 |
| 11.6 | Bjørn Tore Ottersen | 66 | Oslo/La | 11.06.1985 |
| 11.6 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 11.7 | Runar Homble | 72 | Bjørkelangen | 09.09.1989 |
| 11.7 | Martin Opaker | 94 | Jessheim | 15.09.2011 |
| 11.8 | Knut Fossum | 22 | Lillestrøm | 19.08.1939 |
| 11.8 | Hans Kristian Hansen | 41 | Lillestrøm | 27.08.1960 |
| 11.8 | Finn Ugletveit | 49 | Blaker/Br | 16.07.1967 |
| 11.8 | Stein Vik-Strandli | 58 | Oslo/Tr | 10.06.1974 |
| 11.8 | Kåre Gismervik | 57 | Strømmen | 01.07.1975 |
| 11.8 | Lars Petter Syverstad | 69 | Jessheim | 31.05.1986 |
| 11.8 | Jonathan Joo | 91 | Jessheim | 04.06.2007 |
| 11.9 | Kjell Arne Johansen | 44 | Jessheim | 06.09.1962 |
| 11.9 | Einar Hellum | 47 | Strømmen | 22.06.1963 |
| 11.9 | Jon Martinsen | 47 | Lillestrøm | 22.08.1964 |
| 11.9 | Edward Hughes | 71 | Bjørkelangen | 12.09.1987 |
| 11.9 | Lars Georg Aas | 92 | Jessheim | 04.06.2007 |
| 12.0 | Hans Asak | 41 | Jessheim | 23.08.1958 |
| 12.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 18.05.1992 |
| 12.1 | Geir Alfredsen | 60 | Årnes | 01.09.1976 |
| 12.1 | Stian Fredriksen | 81 | Ski | 09.08.1999 |
| 12.2 | Per Kollerud | 39 | Jessheim | 28.08.1957 |
| 12.2 | Einar Hellum | 47 | Lillestrøm | 22.08.1964 |
| 12.2 | Bjørn Hellum | 48 | Lillestrøm | 10.09.1966 |
| 12.2 | Jan-Olav Arnegård | 71 | Jessheim | 30.05.1988 |
| 12.2 | Hans Jørgen Borgen | 70 | Jessheim | 30.05.1989 |
| 12.2 | Morten Knutsen | 70 | Oslo/Bi | 27.09.1986 |
| 12.2 | Odd Arne Urnes | 73 | Jessheim | 17.09.1989 |
| 12.2 | Gudmund Bjotveit | 77 | Jessheim | 18.05.1992 |
| 12.2 | Christer Amundsen | 92 | Jessheim | 04.06.2007 |

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| **MENN JUNIOR 19** | **213** |

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| **150m E** |  |

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| 17.14 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2020 |
| 17.67 | Marius Mellum | 96 | Jessheim | 23.08.2012 |
| 18.06 | Martin Opaker | 94 | Jessheim | 23.08.2012 |
| 18.31 | Stian Fredriksen | 81 | Jessheim | 23.08.1999 |
| 18.64 | Henrik Hanssen | 97 | Oslo/La | 13.05.2015 |
| 18.90 | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 12.05.1990 |
| 18.99 | Per-Arne Østerud | 81 | Jessheim | 23.08.1999 |
| 19.01 | Markus Einan | 97 | Jessheim | 23.08.2012 |
| 19.63 | Jonas Krossøy | 95 | Jessheim | 23.08.2012 |
| 19.79 | Mads Røslie | 82 | Jessheim | 23.08.1999 |

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| **MENN JUNIOR 19** | **214** |

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| **200m E** |  |

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| 21.96 | Marcus Theodor Moen | 99 | Sandnes | 04.09.2016 |
| 22.42 | Andreas Roth | 93 | Karlstad, SWE | 19.07.2012 |
| 22.66 | Marius Mellum | 96 | Lillehammer/Ss | 07.09.2013 |
| 22.81 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2021 |
| 22.87 | Thomas Roth | 91 | Lillestrøm | 30.05.2010 |
| 22.88 | Markus Einan | 97 | Oslo/Sp | 08.06.2014 |
| 23.04 | Tom Erik Olsen | 74 | Sofiemyr | 14.06.1992 |
| 23.10 | Marius Fuglerud | 87 | Nadderud | 18.06.2006 |
| 23.38 | Eirik Haus | 79 | Jessheim | 11.08.1997 |
| 23.45 | Ola Nerhagen | 71 | Overhalla | 27.07.1990 |
| 23.50 | Hans Jørgen Borgen | 70 | Jessheim | 08.08.1989 |
| 23.50 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 19.06.2009 |
| 23.58 | Sverre Blom Breivik | 96 | Oslo/Bi | 24.07.2014 |
| 23.67 | Runar Homble | 72 | Oslo/Bi | 24.07.1990 |
| 23.69 | Martin Opaker | 94 | Oslo/Bi | 24.09.2011 |
| 23.91 | Andrew Stevens | 81 | Jessheim | 08.06.2000 |
| 23.93 | Håvard Hildeskor | 92 | Oslo/Bi | 26.07.2011 |
| 23.97 | Martin Jørgensen | 91 | Lillehammer/Ss | 23.06.2007 |
| 23.98 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 23.06.2017 |
| 24.01 | Martin Lundemo Syversen | 92 | Lillehammer/Ss | 24.06.2011 |
| 24.08 | Filip Aas | 00 | Oslo/Bi | 02.06.2018 |
| 24.12 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 18.07.1983 |
| 24.15 | Njord Erlend Wiker | 91 | Oslo/Bi | 28.08.2010 |
| 24.19 | Stian Fredriksen | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.23 | Jørgen Opaker | 97 | Lillehammer/Ss | 20.06.2014 |
| 24.28 | Sigurd Blom Breivik | 96 | Oslo/Bi | 24.07.2014 |
| 24.33 | Hans Martin Hoftseth | 94 | Lillehammer/Ss | 24.06.2011 |
| 24.36 | Julian Bastesen | 04 | Petrer, ESP | 17.07.2020 |
| 24.40 | Odd Arne Urnes | 73 | Grimstad | 14.06.1991 |
| 24.43 | Jonathan Joo | 91 | Asker/Fø | 03.06.2007 |
| 24.58 | Vetle Aasland | 91 | Arvika, SWE | 01.08.2010 |
| 24.66 | Jonas Nødtvedt Wenger | 99 | G>öteborg, SWE | 02.07.2017 |
| 24.72 | Christer Amundsen | 92 | Lillehammer/Ss | 20.06.2008 |
| 24.74 | Ådne Opaker Øines | 02 | Nadderud | 17.06.2017 |
| 24.74 | Oatthawut Panklang | 02 | Wraclaw, POL | 29.05.2019 |
| 24.76 | Jørgen Hjelm Bakkerud | 74 | Oslo/Bi | 03.06.1991 |
| 24.77 | Tor Eilert Navestad | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.78 | Per-Arne Østerud | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.85 | Alan Ringo | 07 | Jessheim | 11.08.2023 |
| 24.86 | Kristian Tokstad | 00 | Oslo/Be | 10.07.2016 |
| 24.88 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 24.06.2005 |
| 24.90 | Øyvind Sigvartsen | 81 | Lillehammer/Ss | 26.08.1998 |

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| **MENN JUNIOR 19** | **215** |

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| **200m M** |  |

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| 23.0 | Ola Nerhagen | 71 | Bjørkelangen | 10.09.1983 |
| 23.2 | Bjørn Tore Ottersen | 66 | Oslo/St | 06.07.1984 |
| 23.5 | Finn Ugletveit | 49 | Lillestrøm | 10.09.1967 |
| 23.7 | Hans Jørgen Borgen | 70 | Bjørkelangen | 10.09.1989 |
| 23.7 | Runar Homble | 72 | Bjørkelangen | 10.09.1989 |
| 23.8 | Jon Martinsen | 47 | Råholt | 08.08.1965 |
| 23.8 | Bjørn Hellum | 48 | Lillestrøm | 11.09.1966 |
| 23.8 | Kåre Gismervik | 57 | Elverum | 31.08.1975 |
| 23.9 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 23.9 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 18.07.1983 |
| 24.1 | Jon Martinsen | 47 | Lillestrøm | 23.08.1964 |
| 24.1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 06.07.1992 |
| 24.3 | Odd Arne Urnes | 73 | Jessheim | 25.09.1989 |
| 24.5 | Halvor Berger | 40 | Kløfta | 22.09.1958 |
| 24.5 | Hans Kristian Hansen | 41 | Lillestrøm | 28.08.1960 |
| 24.5 | Stein Vik-Strandli | 58 | Strømmen | 15.06.1974 |
| 24.5 | Espen Hofoss | 76 | Jessheim | 26.09.1994 |
| 24.5 | Lars Petter Syversrud | 69 | Jessheim | 29.09.1986 |
| 24.5 | Edward Hughes | 71 | Jessheim | 16.08.1987 |

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| **300m E** |  |

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| 34.88 | Andreas Roth | 93 | Nadderud | 03.05.2012 |
| 36.51 | Emil Nordal | 03 | Nadderud | 17.06.2020 |
| 37.07 | Marius Mellum | 96 | Nadderud | 06.05.2014 |
| 38.45 | Jørgen Opaker | 97 | Oslo/Bi | 17.09.2014 |
| 38.78 | Martin Jørgensen | 90 | Brumunddal | 04.10.2007 |
| 38.87 | Henrik Hanssen | 97 | Oslo/La | 13.05.2015 |
| 38.91 | Jonas Krossøy | 96 | Oslo/Bi | 17.09.2014 |
| 39.00 | Espen Hofoss | 76 | Oslo/Bi | 27.09.1994 |
| 39.36 | Jørgen Hjelm Bakkerud | 74 | Skien | 10.08.1990 |
| 39.90 | Sondre Opaker Øines | 98 | Oslo/Bi | 17.09.2014 |
| 37.42 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 01.07.2007 |
| 40.95 | Sondre Opaker Øines | 98 | Göteborg, SWE | 30.06.2013 |
| 42.19 | Fredrik Fuglerud | 89 | Göteborg, SWE | 03.07.2004 |
| 44.23 | Iver Løvgaard Faksvåg | 09 | Drammen/Ma | 22.08.2021 |

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| **300m M** |  |

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| 40.1 | Per Kristian Aarstad | 86 | Jessheim | 18.04.2002 |
| 42.1 | Kåre Svensson | 61 | Strømmen | 23.08.1976 |
| 43.3 | Kåre Gismervik | 57 | Lillestrøm | 18.09.1971 |
| 45.1 | Hans Agnar Grønnvoll | 84 | Jessheim | 18.04.2002 |

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| **MENN JUNIOR 19** | **216** |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 47.77 | Andreas Roth | 93 | Oslo/Bi | 07.06.2012 |
| 48.24 | Markus Einan | 97 | Nittedal | 22.08.2015 |
| 48.58 | Thomas Roth | 91 | Nadderud | 13.06.2000 |
| 50.28 | Vegard Løberg Gjelsvik | 92 | Nadderud | 13.06.2010 |
| 50.34 | Hans Jørgen Borgen | 70 | Sofiemyr | 11.06.1989 |
| 50.66 | Sverre Blom Breivik | 96 | Lillestrøm | 11.09.2015 |
| 50.85 | Håvard Hildeskor | 92 | Oslo/Bi | 15.08.2000 |
| 51.06 | Bjørn Tore Ottersen | 66 | Raufoss | 23.06.1984 |
| 51.07 | Emil Nordal | 03 | Lillehammer/Ss | 26.06.2021 |
| 51.09 | Sondre Lehmann | 07 | Jessheim | 12.08.2023 |
| 51.10 | Tom Erik Olsen | 74 | Stockholm, SWE | 02.08.1992 |
| 51.21 | Marius Fuglerud | 87 | Nadderud | 18.06.2006 |
| 51.27 | Sigurd Blom Breivik | 96 | Nadderud | 14.06.2015 |
| 51.39 | Vetle Aasland | 91 | Oslo/Bi | 20.06.2010 |
| 51.57 | Dag Håkon Eriksen | 73 | Sofiemyr | 13.06.1992 |
| 52.37 | Njord Erlend Wiker | 91 | Oslo/Bi | 15.08.2010 |
| 52.51 | Nikolai Solum | 05 | Oslo/Bi | 24.05.2022 |
| 52.55 | Jan Gunnar Alfsen | 97 | Lillehammer/Ss | 20.06.2015 |
| 52.56 | Sander Rustad Johansen | 06 | Oslo/Bi | 29.08.2023 |
| 52.64 | Marius Mellum | 96 | Oslo/Bi | 19.09.2013 |
| 52.92 | Kristian Tokstad | 00 | Lillehammer/Ss | 18.06.2016 |
| 53.01 | Fredrik Fuglerud | 89 | Nadderud | 09.06.2007 |
| 53.16 | Peder Holm | 92 | Sofiemyr | 26.06.2010 |
| 53.32 | Jonas Krossøy | 95 | Oslo/Bi | 17.09.2014 |
| 53.36 | Henrik Hanssen | 97 | Lillehammer/Ss | 20.06.2015 |
| 53.38 | Stian Fredriksen | 81 | Jessheim | 11.07.1998 |
| 53.40 | Andrew Stevens | 81 | Fredrikstad/Li | 07.07.2000 |
| 53.45 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01.08.1987 |
| 53.58 | Sondre Opaker Øines | 98 | Nittedal | 20.08.2016 |
| 53.67 | Jørgen Opaker | 97 | Nittedal | 16.05.2016 |
| 53.90 | Jon Gunnar Alfsen | 97 | Lillehammer/Ss | 22.06.2013 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 51.0 | Bjørn Tore Ottersen | 66 | Romedal | 26.05.1985 |
| 51.8 | Hans Jørgen Borgen | 70 | Jessheim | 30.04.1989 |
| 51.9 | Einar Hellum | 47 | Oslo/Bi | 08.07.1966 |
| 53.1 | Finn Ugletveit | 49 | Lillestrøm | 09.09.1967 |
| 53.1 | Thorstein Gystad | 67 | Jessheim | 01.08.1986 |
| 53.7 | Bjørn Hellum | 48 | Lillestrøm | 10.09.1966 |
| 53.8 | Thor Martin Furuseth | 41 | Oslo/Bi | 04.09.1959 |
| 53.8 | Claus Nerhagen | 59 | Oslo/St | 16.06.1976 |
| 53.9 | Fred Arild Kjernli | 64 | Oslo/St | 29.09.1982 |

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| **MENN JUNIOR 19** | **217** |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:18.43 | Markus Einan | 97 | Jessheim | 27.08.2016 |
| 1:18.8 | Thomas Roth | 91 | Trondheim/St | 29.04.2010 |
| 1:20.82 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 12.09.2009 |
| 1:21.17 | Sigurd Blom Breivik | 96 | Nadderud | 04.05.2015 |
| 1:22.2 | Vetle Aasland | 91 | Trondheim/St | 29.04.2010 |
| 1:22.61 | Trym Fjøsne Hexeberg | 03 | Nesodden | 01.09.2022 |
| 1:23.22 | Sondre Strande Omland | 07 | Nesodden | 01.06.2023 |
| 1:23.34 | Nikolai Solum | 05 | Nesodden | 01.09.2022 |
| 1:23.9 | Njord Erlend Wiker | 91 | Trondheim/St | 29.04.2010 |
| 1:23.9 | Håvard Hildeskor | 92 | Trondheim/St | 29.04.2010 |
| 1:24.9 | Andreas Roth | 93 | Trondheim/St | 29.04.2010 |
| 1:24.90 | Simen Gløgård Stensrud | 05 | Nesodden | 11.06.2023 |
| 1:25.24 | Kristian Tokstad | 00 | Jessheim | 27.08.2016 |
| 1:25.55 | Henrik Hanssen | 97 | Nadderud | 04.05.2014 |
| 1:25.60 | Jonas Krossøy | 95 | Nadderud | 04.05.2015 |
| 1:26.5 | Markus Høgne | 98 | Bjørkelangen | 07.05.2015 |
| 1:26.67 | Iver Hjelbak Eriksen | 06 | Nesodden | 01.09.2022 |
| 1:27.25 | B enjamin Olsenm | 04 | Rud | 04.05.2023 |
| 1:27.59 | Jørgen Opaker | 97 | Nadderud | 03.05.2016 |
| 1:27.9 | Jostein Sætra Schefte | 96 | Bjørkelangen | 07.05.2015 |
| 1:28.29 | Ole Martin Sandness | 00 | Oslo/Be | 18.09.2016 |
| 1:28.3 | Claus Nerhagen | 59 | Oslo/Bi | 27.05.1974 |
| 1:28.67 | Fredrik Anthi Svinø | 92 | Lillestrøm | 12.09.2009 |
| 1:28.88 | Jan Gunnar Alfsen | 97 | Nadderud | 06.05.2014 |
| 1:28.9 | Peder Holm | 92 | Lillestrøm | 25.09.2010 |
| 1:28.93 | Espen Hofoss | 76 | Oslo/Bi | 29.09.1994 |
| 1:29.2 | Anders Buraas | 92 | Jessheim | 31.07.2008 |
| 1:29.64 | Sondre Opaker Øines | 98 | Oslo/Be | 07.05.2017 |
| 1:29.76 | Andreas Lindboe Kværner | 06 | Oslo/Sp | 07.05.2022 |
| 1:29.83 | Nana Kuli | 01 | Jessheim | 23.05.2020 |
| 1:30.1 | Kevin Fritz | 91 | Jessheim | 31.07.2008 |
| 1:30.23 | Andrè Nilsson | 82 | Jessheim | 22.05.2000 |
| 1:30.4 | John Backe-Bogstad | 61 | Oslo/Bi | 28.08.1975 |
| 1:30.58 | Philip Regbo Gulbrandsen | 07 | Nesodden | 01.06.2023 |
| 1:30.64 | Marcus Eek | 08 | Rud | 04.05.2023 |
| 1:30.98 | Mats Tokstad | 00 | Oslo/Be | 07.05.2017 |
| 1:31.01 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 10.09.2022 |
| 1:31.17 | Jon Gunnar Alfsen | 97 | Nadderud | 07.05.2013 |
| 1:31.79 | Sigurd Fjeldbo | 82 | Jessheim | 22.05.2000 |
| 1:32.2 | Halvor Marius Mangerud | 81 | Jessheim | 24.04.2000 |
| 1:32.14 | Henrik Schultze Toverud | 04 | Jessheim | 23.05.2020 |
| 1:32.80 | Jonas Haarborg Bolgen | 96 | Nadderud | 03.05.2012 |
| 1:32.84 | Herman Eide Troye | 08 | Nesodden | 01.06.2023 |
| 1:33.37 | Kristoffer Kvilten | 90 | Nadderud | 11.06.2004 |
| 1:33.4 | Kåre Gismervik | 57 | Oslo/Bi | 24.05.1973 |

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| **MENN JUNIOR 19** | **218** |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:48.16 | Thomas Roth | 91 | Oslo/Bi | 19.05.2010 |
| 1:48.93 | Markus Einan | 97 | Oslo/Bi | 24.06.2016 |
| 1:50.91 | Benjamin Olsen | 04 | Tønsberg/Gr | 21.05.2022 |
| 1:51.07 | Andreas Roth | 93 | Prestfoss | 29.07.2012 |
| 1:51.40 | Sigurd Blom Breivik | 96 | Oslo/Bi | 11.06.2015 |
| 1:52.09 | Andreas Fjeld Halvorsen | 05 | Tønsberg/Gr | 21.05.2022 |
| 1:52.28 | Vetle Aasland | 91 | Berlin, GER | 30.05.2009 |
| 1:52.29 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 29.05.2010 |
| 1:52.61 | Hans Jørgen Borgen | 70 | Raufoss | 27.06.1989 |
| 1:52.61 | Håvard Hildeskor | 92 | Nadderud | 18.06.2011 |
| 1:53.11 | Sverre Blom Breivik | 96 | Espoo, FIN | 29.08.2015 |
| 1:53.29 | Sondre Strande Omland | 07 | Jessheim | 06.07.2023 |
| 1:54.67 | Sondre Søgård Lehmann | 07 | Jessheim | 06.07.2023 |
| 1:55.39 | Kristian Bråthen Børve | 06 | Tønsberg/Gr | 20.05.2023 |
| 1:55.43 | Jørgen Frost Bø | 94 | Oslo/Bi | 17.08.2013 |
| 1:55.51 | Nahan Tewelde | 06 | Bergen/Fa | 10.09.2023 |
| 1:55.89 | Mats Morgan Langøy | 01 | Oslo/Bi | 17.07.2019 |
| 1:56.4 | Claus Nerhagen | 59 | Oslo/Bi | 20.06.1977 |
| 1:56.99 | Anders Sandholtbråten | 76 | Jessheim | 20.06.1994 |
| 1:56.49 | Nikolai Solum | 05 | Göteborg, SWE | 17.06.2022 |
| 1:56.55 | Simen Gløgård Stensrud | 05 | Tønsberg/Gr | 21.05.2022 |
| 1:56.85 | Trym Fjøsne Hexeberg | 03 | Rud | 27.08.2022 |
| 1:57.34 | Njord Erlend Wiker | 91 | Göteborg, SWE | 04.07.2010 |
| 1:57.39 | Eirik Richenberg | 94 | Brandbu | 22.05.2013 |
| 1:57.55 | Markus Høgne | 98 | Oslo/Bi | 28.06.2015 |
| 1:57.69 | Henrik Hanssen | 97 | Oslo/Bi | 28.06.2015 |
| 1:57.7 | Einar Hellum | 47 | Råholt | 28.08.1966 |
| 1:58.0 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 13.06.1984 |
| 1:58.17 | Erlend Magnus Homble | 04 | Sandnes | 26.08.2023 |
| 1:58.19 | Stian Klungland | 93 | Oslo/Bi | 19.05.2011 |
| 1:58.34 | Theodor Hansen | 06 | Bergen/Fa | 10.09.2023 |
| 1:58.58 | Andreas Lindboe Kværner | 06 | Rud | 27.08.2022 |
| 1:58.78 | Carl Johan Owre | 82 | Lillehammer/Ss | 02.07.2000 |
| 1:58.9 | Kjell Arild Kjernli | 64 | Oslo/St | 28.07.1982 |
| 1:59.28 | Ole-Kristian Lindeboe Kværner | 05 | Sandnes | 26.08.2023 |
| 1:59.28 | Philip Gulbrandsen | 07 | Bergen/Fa | 09.09.2023 |
| 1:59.3 | Anders Buraas | 92 | Oslo/Bi | 05.09.2009 |
| 1:59.4 | Harald Lindstrøm | 54 | Oslo/Bi | 07.06.1973 |
| 1:59.51 | Emil Nordal | 03 | Trondheim/St | 14.08.2022 |
| 1:59.6 | Thorstein Gystad | 67 | Oslo/Bi | 14.08.1986 |
| 1:59.75 | Kristian Tokstad | 00 | Nittedal | 16.05.2016 |
| 1:59.8 | Hans Georg Haug | 67 | Jessheim | 01.08.1986 |
| 1:59.98 | Fredrik Fuglerud | 89 | Göteborg, SWE | 01.07.2007 |
| 1:59.99 | Jonas Krossøy | 95 | Oslo/Bi | 18.08.2012 |
| 2:00.14 | Dag Håkon Eriksen | 73 | Sofiemyr | 14.06.1992 |

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| **MENN JUNIOR 19** | **219** |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:28.30 | Vetle Aasland | 91 | Karlstad, SWE | 23.07.2009 |
| 2:32.67 | Nahon Tewelde | 06 | Rud | 04.05.2023 |
| 2:33.10 | Kristian Bråthen Børve | 06 | Rud | 04.05.2023 |
| 2:34.8 | Thomas Roth | 91 | Ås | 01.10.2007 |
| 2:35.93 | Stian Klungland | 93 | Nadderud | 03.05.2011 |
| 2:36.7 | Harald Lindstrøm | 54 | Gjøvik | 26.08.1972 |
| 2:40.40 | Iver Hjelbak Eriksen | 06 | Oslo/Sp | 07.05.2022 |
| 2:40.7 | Kjell Arild Kjernli | 64 | Arvika, SWE | 17.07.1982 |
| 2:41.3 | Hans Georg Haug | 67 | Jessheim | 27.09.1986 |
| 2:41.6 | Anders Sandholtbråten | 76 | Jessheim | 27.09.1993 |
| 2:43.26 | Gard Smevik Tørum | 03 | Oslo/Sp | 07.05.2022 |
| 2:43.28 | Jens Kristian Aas | 05 | Oslo/Sp | 07.05.2022 |
| 2:44.28 | Andreas Ullern Tonning | 04 | Oslo/Sp | 07.05.2022 |
| 2:45.12 | Ole-Kristian Lindboe Kværner | 05 | Rud | 04.05.2023 |
| 2:45.4 | John Backe Bogstad | 61 | Arvika, SWE | 20.07.1975 |
| 2:50.99 | Jonas Kveen | 03 | Oslo/Sp | 07.05.2022 |
| 2:51.14 | Tobias Finstad Mandt | 05 | Oslo/Sp | 07.05.2022 |
| 2.54.11 | Simon Skeide Paulsen | 06 | Oslo/Sp | 07.05.2022 |
| 3:00.9 | Martin Furuseth | 53 | Lillestrøm | 21.08.1970 |
| 3:02.2 | Lars Petter Syversrud | 69 | Nadderud | 31.05.1985 |
| 3:05.9 | Morten Knutsen | 70 | Florø | 14.09.1986 |
| 3:07.4 | Jo Henning Hals Nilssen | 68 | Florø | 16.09.1984 |
| 3:07.05 | Fredrik Fyksen Aas | 08 | Oslo/Sp | 07.05.2022 |
| 3:10.21 | Andreas Fyksen Aas | 08 | Oslo/Sp | 07.05.2022 |
| 3:15.8 | Odd Eldevik | 14 | Jessheim | 26.09.1931 |
| 3:19.0 | Gunnar Lorentzen | 14 | Jessheim | 26.09.1931 |
| 2:52.5 | Claus Nerhagen | 59 | Oslo/Bi | 04.10.1974 |
| 3:01.2 | Thorbjørn Næss | 68 | Skotterud | 03.07.1983 |
| 3:06.78 | Even Ragnhildsløkken | 08 | Moss/Me | 21.05.2023 |
| 3:07.0 | Frode Grøndahl | 69 | Uddevalla, SWE | 25.07.1982 |
| 3:09.8 | Morten Knutsen | 70 | Nadderud | 31.05.1985 |

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| **MENN JUNIOR 19** | **220** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 3:42.35 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 29.08.2023 |
| 3:47.77 | Sigurd Blom Breivik | 96 | Stretford, GBR | 16.05.2015 |
| 3:47.93 | Benjamin Olsen | 04 | Jessheim | 02.06.2022 |
| 3:48.37 | Kristian Bråthen Børve | 06 | Oslo/Bi | 29.08.2023 |
| 3:50.64 | Eirik Richenberg | 94 | Oslo/Bi | 13.06.2013 |
| 3:50.92 | Jørgen Frost Bø | 94 | Oslo/Bi | 07.06.2012 |
| 3:52.97 | Simen Gløgård Stensrud | 05 | Sandnes | 26.08.2023 |
| 3:53.35 | Nahon Tewelde | 06 | Sandnes | 26.08.2023 |
| 3:54.41 | Sondre Strande Omland | 07 | Oslo/Bi | 22.07.2023 |
| 3:55.18 | Vetle Aasland | 91 | Göteborg, SWE | 03.07.2000 |
| 3:57.38 | Håvard Hildeskor | 92 | Lillehammer/Ss | 23.06.2011 |
| 3:57.94 | Vegard Løberg Gjelsvik | 92 | Lillehamer/Ss | 23.06.2011 |
| 3:58.07 | Henrik Hanssen | 97 | Oslo/Bi | 12.08.2016 |
| 3:58.79 | Markus Høgne | 98 | Oslo/Bi | 24.06.2016 |
| 3:59.79 | Trym Fjøsne Hexeberg | 03 | Moelv | 10.09.2022 |
| 4:00.38 | Mats Morgan Langøy | 01 | Göteborg, SWE | 16.08.2019 |
| 4:00.45 | Stian Klungland | 93 | Lillehammer/Ss | 23.06.2011 |
| 4:01.62 | Nikolai Solum | 05 | Jessheim | 02.06.2022 |
| 4:01.83 | Teodor Hansen | 06 | Sandnes | 25.08.2023 |
| 4:03.6 | Anders Sandholtbråten | 76 | Jessheim | 15.06.1994 |
| 4:03.83 | Njord Erlend Wiker | 91 | Oslo/Bi | 20.07.2010 |
| 4:05.73 | Andreas Lindboe Kværner | 06 | Moelv | 10.09.2022 |
| 4:05.82 | Erlend Magnus Homble | 04 | Jessheim | 02.06.2022 |
| 4:06.1 | Torgeir Sørum | 45 | Oslo/Bi | 15.07.1964 |
| 4:06.10 | Gard Snevik Tørum | 03 | Jessheim | 02.06.2022 |
| 4:06.4 | Einar Hellum | 47 | Oslo/Bi | 02.09.1966 |
| 4:07.20 | Ole-Kristian Lindboe Kværner | 05 | Sandnes | 25.08.2023 |
| 4:07.8 | Bjørn Dæhlie | 67 | Jessheim | 02.08.1986 |
| 4:08.05 | Iver Hjelbak Eriksen | 00 | Moelv | 10.09.2022 |
| 4:08.12 | Andreas Ullern Tonning | 04 | Sandnes | 25.08.2023 |
| 4:08.18 | Odin Fjøsne-Hexeberg | 05 | Jessheim | 08.06.2023 |
| 4:08.23 | Åsmund Wennemo | 94 | Göteborg, SWE | 07.07.2012 |
| 4:08.6 | Ronny Opaker | 66 | Oslo/Bi | 26.05.1983 |
| 4:08.63 | Andreas Lindboe Kværner | 06 | Jessheim | 08.06.2023 |
| 4:08.82 | Lukas Buncic | 07 | Sandnes | 25.08.2023 |
| 4:09.19 | Markus Einan | 97 | Oslo/Bi | 17.09.2014 |
| 4:09.25 | Hans Georg Haug | 67 | Oslo/Bi | 30.07.1985 |
| 4:10.7 | Øivind Kjørmo | 56 | Oslo/Bi | 15.05.1974 |
| 4:10.8 | Bjørn Ingvar Jensen | 66 | Jessheim | 09.09.1985 |
| 4:10.87 | Bjørnar Bjørnstad | 93 | Lillehammer/Ss | 21.06.2012 |
| 4:10.90 | Hans Jørgen Borgen | 70 | Oslo/Bi | 15.08.1989 |
| 4:11.05 | Francesco Bazzanella | 87 | Oslo/La | 09.09.2004 |
| 4.11.54 | Odin Fjøsne Hexeberg | 05 | Moelv | 10.09.2022 |
| 4:11.67 | Jonas Krossøy | 95 | Lillehammer/Ss | 20.06.2012 |
| 4:11.8 | Christopher Wiig | 73 | Jessheim | 15.06.1992 |
| 4:11.8 | Thomas Roth | 91 | Jessheim | 12.06.2008 |
| **MENN JUNIOR 19** | | **221** | | |

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| **1 mile 1609m** |  |

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| --- | --- | --- | --- | --- |
| 4:14.87 | Carl Jørgen Owre | 82 | Oslo/Bi | 27.07.1999 |
| 4:19.78 | Jørgen Frost Bø | 94 | Mölndal, SWE | 04.08.2012 |
| 4:20.47 | Trym Fjøsne Hexeberg | 03 | Moelv | 10.09.2022 |
| 4:21.56 | Kristian Bråthen Børve | 06 | Moelv | 10.09.2022 |
| 4:26.54 | Andreas Lindboe Kværner | 06 | Moelv | 10.09.2022 |
| 4:28.43 | SigurdFjeldbo | 82 | Lillehammer/Ss | 24.06.1999 |
| 4:41.35 | Odin Fjøsne hexeberg | 05 | Moelv | 10.09.2022 |
| 4:43.08 | Ole Kristian Lindboe kværner | 05 | Moelv | 10.09.2022 |
| 4:50.12 | Jens Kristian Aas | 05 | Moelv | 10.09.2022 |
| 4:52.23 | Jonas Kveen | 03 | Moelv | 10.09.2022 |
| 4:53.97 | Andre Nilsson | 82 | Jessheim | 23.08.1999 |
| 5:03.46 | Hans Agnar Grønnvoll | 84 | Jessheim | 23.08.1999 |
| 5:04.15 | Anders Lysbakken | 82 | Jessheim | 23.08.1999 |

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| **MENN JUNIOR 19** | **222** |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 7:47.04 | Andreas Fjeld Halvorsen | 05 | Trier, GER | 08.09.2023 |
| 8.05.72 | Kristian Bråthen Børve | 06 | Jessheim | 11.08.2023 |
| 8:22.30 | Jørgen Frost Bø | 94 | Oslo/Bi | 24.06.2012 |
| 8:22.84 | Sondre Strande Omland | 07 | Rud | 16.06.2023 |
| 8:23.76 | Simen Gløgård Stensrud | 05 | Oslo/Bi | 28.05.2022 |
| 8:33.53 | Nahon Tewelde | 06 | Jessheim | 11.08.2023 |
| 8:38.86 | Henrik Hanssen | 97 | Sandnes | 02.09.2016 |
| 8:39.07 | Markus Høgne | 98 | Göteborg, SWE | 15.07.2016 |
| 8:37.16 | Benjamin Olsen | 04 | Bergen7Fa | 11.05.2022 |
| 8:40.46 | Andreas Ullern Tonning | 04 | Jessheim | 11.08.2023 |
| 8:41.94 | Vegard Løberg Gjelsvik | 92 | Nadderud | 17.06.2011 |
| 8:46.67 | Odin Fjøsne-Hexeberg | 05 | Rud | 16.06.2023 |
| 8:48.5 | Anders Sandholtbråten | 76 | Jessheim | 31.08.1994 |
| 8:51.31 | Theodor Hansen | 06 | Jessheim | 11.08.2023 |
| 8:54.12 | Mats Morgan Langøy | 01 | Nadderud | 14.06.2019 |
| 8:54.52 | Stian Klungland | 93 | Ravnanger | 31.08.2012 |
| 8:55.10 | Jørgen Gundersen | 95 | Oslo/Bi | 18.08.2013 |
| 8:55.64 | Stian Klungland | 93 | Lisleby | 26.08.2011 |
| 8:56.1 | Hans Georg Haug | 67 | Nadderud | 19.08.1985 |
| 8:57.3 | Ole Kristian Westby | 66 | Oslo/St | 05.06.1985 |
| 8:58.91 | Roger Bråten | 71 | Bergen/Fa | 27.08.1989 |
| 8:58.85 | Erlend Magnus Homble | 04 | Bergen/Fa | 08.09.2023 |
| 8:59.44 | Gard Smevik Tørum | 03 | Nadderud | 10.06.2022 |
| 9:01.6 | Øivind Kjørmo | 56 | Oslo/Bi | 27.05.1974 |
| 9:02.0 | Ronny Opaker | 66 | Oslo/Bi | 13.06.1983 |
| 9:03.42 | Odin Fjøsne Hexeberg | 05 | Nadderud | 10.06.2022 |
| 9:04.14 | Francesco Bazzanella | 87 | Oslo/La | 23.09.2004 |
| 9:05.09 | Ivar Hjelbak Eriksen | 06 | Trondheim/St | 14.08.2022 |
| 9:05.9 | Torgeir Sørum | 45 | Moss/Me | 07.06.1964 |
| 9:06.51 | Andreas Lindboe Kværner | 06 | Trondheim/St | 14.08.2022 |
| 9:07.3 | Bjørn Ingvar Jensen | 66 | Oslo/Bi | 13.06.1983 |
| 9:09.03 | Henrik Hanssen | 97 | Oslo/Bi | 17.08.2014 |
| 9:12.41 | Åsmund Wennemo | 94 | Nadderud | 15.06.2012 |
| 9:13.2 | John Stormoen | 65 | Jessheim | 19.08.1983 |
| 9:16.93 | Eivind Duelien Vaaje | 04 | Rud | 16.06.2023 |
| 9:19.72 | Jostein Nyquist | 91 | Nadderud | 12.06.2009 |
| 9:20.09 | Jonas Krossøy | 95 | Oslo/Bi | 19.08.2012 |
| 9:20.4 | Chriatopher Wiig | 73 | Jessheim | 17.08.1992 |
| 9:20.9 | Rune Skinnerlien | 69 | Jessheim | 19.08.1988 |
| 9:21.21 | Fredrik Anthi Svinø | 92 | Nadderud | 11.06.2010 |
| 9:21.6 | Bjørn Ingvar Jensen | 66 | Oslo/Bi | 15.06.1982 |
| 9:21.28 | Ole Kristian Lindboe Kværner | 05 | Trondheim/St | 12.08.2022 |
| 9:21.74 | Jens Kristian Aas | 05 | Trondheim/St | 12.08.2022 |
| 9:21.80 | Carl Jørgen Owre | 82 | Asker/Fø | 04.09.1999 |
| 9.22.6 | Jan Erik Viholmen | 49 | Jessheim | 20.06.1968 |
| 9:22.6 | Trygver Stanger | 62 | Lillehammer/Ss | 03.08.1980 |
| **MENN JUNIOR 19** | | **223** | | |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 14:16.75 | Andreas Fjeld Halvorsen | 05 | Rud | 28.08.2022 |
| 14:34.74 | Kristian Bråthen Børve | 06 | Rud | 28.08.2022 |
| 14:41.32 | Simen Glægård Stensrud | 05 | København, DEN | 23.08.2023 |
| 14:57.54 | Jørgen Frost Bø | 94 | Göteborg, SWE | 14.06.2012 |
| 15:02.79 | Sondre Strande Omland | 07 | Rud | 28.08.2022 |
| 15:15.94 | Andreas Ullern Tonning | 04 | Sandnes | 27.08.2023 |
| 15:28.46 | Odin Fjøsne-Hexeberg | 05 | Sandnes | 27.08.2023 |
| 15:38.19 | Andreas Ullern Tonning | 04 | Rud | 28.08.2022 |
| 15:42.37 | Roger Bråten | 71 | Oslo/Bi | 16.09.1989 |
| 15:55.6 | Øivind Kjørmo | 56 | Rolvsrud | 03.07.1974 |
| 16:05.0 | Ole Kristian Westby | 66 | Rolvsrud | 15.06.1985 |
| 16:16.0 | Øivind Gulbrandsen | 51 | Jessheim | 15.06.1969 |
| 16:21.6 | Arne Gulbrandsen | 44 | Råholt | 25.08.1963 |
| 16:32.1 | Thorbjørn Næss | 68 | Jessheim | 31.07.1987 |
| 16.47.2 | Harald Lindstrøm | 54 | Jessheim | 12.06.1971 |
| 16:47.66 | Peder Holm | 92 | Oslo/Bi | 30.06.2011 |
| 16:49.6 | Halvard Bålsrud | 29 | Lillestrøm/Vi | 08.08.1948 |
| 16:52.0 | Torgeir Sørum | 45 | Strømmen | 30.08.1964 |
| 16:55.6 | Jon Martin Samuelsen | 53 | Jessheim | 14.06.1972 |
| 16:57.8 | Jan Erik Viholmen | 49 | Råholt | 06.10.1968 |
| 17:16.2 | Vidar Birkelund | 56 | Jessheim | 18.06.1975 |
| 17:20.8 | Bjørn Egil Hytjan | 56 | Jessheim | 12.06.1974 |
| 17:32.4 | Ole Skolt | 53 | Jessheim | 16.06.1973 |
| 17:40.0 | Harald Lindstrøm | 54 | Jessheim | 16.06.1973 |
| 17:52.1 | Erik Lerdahl | 10 | Eidsvoll | 01.09.1929 |
| 18:39.8 | Jens Wethal | 08 | Jessheim | 19.09.1926 |
| 19:05.6 | Hans Kristiansen | 70 | Jessheim | 11.08.1986 |
| 20:05.0 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 20:50.6 | Sverre Lauten | 53 | Jessheim | 16.06.1972 |
| 22:58.72 | Eivind Stenhammer | 92 | Oslo/Bi | 30.06.2011 |

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| **10000m** |  |

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| 32:50.12 | Eskil Kinneberg | 92 | Stockholm, SWE | 04.10.2011 |
| 35:00.0 | Knut Kjellskau | 66 | Lillestrøm | 20.05.1985 |
| 35:03.5 | Erlend Skåre | 73 | Bjørkelangen | 19.09.1992 |

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| **MENN JUNIOR 19** | **224** |

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| **100m hekk 100 cm E** |  |

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| 13.85 | Marcus Theodor Moen | 99 | Sandnes | 02.09.2016 |

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| **110m hekk 106.7 cm E** |  |

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| 14.81 | Tom Erik Olsen | 74 | Mosjøen | 14.08.1992 |
| 15.46 | Jo Henning Hals Nilssen | 68 | Nesbyen | 14.08.1987 |
| 22.39 | Marius Fuglerud | 87 | Trondheim/St | 23.09.2006 |

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| **110m hekk 106.7 cm M** |  |

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| 15.2 | Jo Henning Hals Nilssen | 68 | Lillehammer/Ss | 17.07.1987 |
| 19.1 | Frode Liland | 65 | Strømmen | 26.05.1982 |
| 19.5 | Finn Ugletveit | 49 | Strømmen | 08.09.1968 |
| 20.8 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 21.2 | Frode Myrvang | 67 | Strømmen | 26.05.1982 |
| 22.2 | Halvor Berger | 40 | Kløfta | 18.09.1958 |

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| **200m hekk 76.2 cm E** |  |

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| 27.27 | Julian Zhang Førsund | 07 | Oslo/La | 12.05.2023 |
| 32.16 | Eirik Johansen | 84 | Jessheim | 31.08.2000 |

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| **200m hekk 76.2 cm M** |  |

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| 25.9 | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |
| 26.9 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| 28.2 | Espen Hofoss | 76 | Jessheim | 22.09.1994 |
| 31.4 | Frode Nygård | 69 | Jessheim | 23.09.1987 |

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| **400m hekk 91.4 cm E** |  |

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| 56.34 | Sigurd Blom Breivik | 96 | Haugesund | 06.09.2014 |
| 57.27 | Sverre Blom Breivik | 96 | Haugesund | 06.09.2014 |
| 58.21 | Julian Zhang Førsund | 07 | Oslo/La | 12.05.2023 |
| 60.13 | Jon Gunnar Alfsen | 97 | Lillestrøm | 12.09.2015 |
| 61.44 | Sondre Opaker Øines | 98 | Oslo/Bi | 19.07.2017 |

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| **400m hekk 91.4 cm M** |  |

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| 54.9 | Andreas Roth | 93 | Oslo/Bi | 17.09.2012 |
| 59.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.09.1987 |
| 61.6 | Einar Hellum | 47 | Oslo/Bi | 26.07.1963 |
| 62.9 | Frode Liland | 65 | Rolvsrud | 29.06.1982 |
| 66.9 | Jon Martinsen | 47 | Råholt | 14.06.1964 |

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| **MENN JUNIOR 19** | **225** |

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| **1500m hinder 91.4 cm** |  |

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| 4:36.4 | Einar Hellum | 47 | Jessheim | 09.10.1966 |

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| **2000m hinder 91.4 cm** |  |

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| 5:54.91 | Kristian Bråthen Børve | 06 | Bergen/Fa | 09.09.2023 |
| 5:56.06 | Vegard Løberg Gjelsvik | 92 | Molde | 04.09.2010 |
| 6:00.70 | Nahan Tewelde | 06 | Bergen/Fa | 09.09.2023 |
| 6:00.87 | Vetle Aasland | 91 | Molde | 04.09.2010 |
| 6:02.91 | Thomas Roth | 91 | Molde | 04.09.2010 |
| 6:05.9 | Trygve Stanger | 62 | Oslo/St | 24.07.1981 |
| 6:13.32 | Markus Høgne | 98 | Jessheim | 25.06.2016 |
| 6:19.45 | Ole-Kristian Lindboe Kvørner | 05 | Bergen/Fa | 0+9.09.2023 |
| 6:30.14 | Hans Agnar Grønnvoll | 84 | Oslo/Bi | 22.06.2001 |
| 6:43.98 | Kevin Fritz | 91 | Göteborg, SWE | 27.06.2008 |
| 6:51.21 | Sigurd Fjeldbo | 82 | Oslo/Bi | 23.06.2000 |
| 6:59.5 | Øystein Samuelsen | 62 | Løken | 25.06.1980 |
| 7:13.2 | Espen Hofoss | 76 | Jessheim | 21.08.1992 |
| 7:28.01 | Stian Aaserud | 81 | Jessheim | 23.08.1999 |

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| **3000m hinder 91.4 cm** |  |

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| 9:24.96 | Vegard Løberg Gjelsvik | 92 | København, DEN | 04.09.2011 |
| 9:56.7 | Trygve Stanger | 62 | Årnes | 09.09.1981 |
| 9:57.12 | Ole-Kristian Lindboe Kværner | 05 | Sandnes | 25.08.2023 |
| 10:18.64 | Hans Agnar Grønnvoll | 84 | Jessheim | 18.08.2001 |
| 10:30.6 | John Martin Samuelsen | 53 | Jessheim | 20.09.1972 |
| 10:33.8 | Øystein Samuelsen | 62 | Jessheim | 18.08.1980 |
| 10:39.0 | Claus Nerhagen | 59 | Jessheim | 21.08.1978 |
| 10:40.2 | Harald Lindstrøm | 54 | Jessheim | 21.09.1973 |
| 10:47.0 | Vidar Birkelund | 56 | Jessheim | 22.08.1975 |
| 10:48.0 | Bjørn Egil Hytjan | 56 | Jessheim | 22.08.1975 |
| 10:55.3 | Ole Fredrik Mørck | 62 | Jessheim | 18.08.1980 |
| 11:12.0 | Jan Erik Viholmen | 49 | Jessheim | 30.08.1968 |
| 11:13.9 | Ole Pedersen | 69 | Jessheim | 19.08.1988 |
| 11:38.7 | Molvin Knutsen | 62 | Jessheim | 21.08.1981 |
| 11:45.3 | Finn-Thorer Kjos | 66 | Jessheim | 21.08.1981 |
| 11:52.3 | Morten Haavaldsen | 66 | Jessheim | 20.08.1982 |
| 12:03.8 | Kåre-Christian Olsen | 64 | Jessheim | 21.08.1981 |

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| **MENN JUNIOR 19** | **226** |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:15:08 | Bjørn Ingvar Jensen | 66 | Oslo | 31.08.1985 |
| 1:15:34 | Finn Gjøstein | 01 | Jessheim | 03.10.2020 |
| 1:29:28 | Arne Marthinussen | 69 | Jessheim | 12.10.1986 |
| 1:31:37 | Eirik Kamstrup Hovind | 90 | Jessheim | 19.11.2006 |

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| **3 km landevei** |  |

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| 9:46 | Jonas Kveen | 03 | Fornebu | 24.05.2022 |
| 10:08 | Marius Myren | 08 | Jessheim | 20.08.2023 |

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| **5 km landevei** |  |

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| 14:12 | Andreas Fjeld Halvorsen | 05 | Jessheim | 30.09.2023 |
| 14:24 | Kristian Bråthen Børve | 06 | Jessheim | 30.09.2023 |
| 15:07 | Nahon Tewelde | 06 | Jessheim | 30.09.2023 |
| 15:16 | Sondre Strande Omland | 07 | Fornebu | 24.05.2022 |
| 15:48 | Philip Gulbrandsen | 07 | Jessheim | 30.09.2023 |
| 15:49 | Andreas Ullern Tonning | 04 | Jessheim | 30.09.2023 |
| 15:57 | Simen Skeide Paulsen | 06 | Jessheim | 01.10.2022 |
| 16:05 | Andreas Tonning | 04 | Fornebu | 24.05.2022 |
| 16:07 | Ole-Kristian Lindeboe Kværner | 05 | Lier | 15.10.2023 |
| 16:10 | Erlend Magnus Homble | 04 | Jessheim | 02.10.2021 |
| 16:24 | Andreas Lindboe Kværner | 06 | Jessheim | 01.10.2022 |
| 16:25 | Magnus Høgne | 98 | Modum | 10.10.2015 |
| 16:29 | Iver Frigaard Faksvåg | 09 | Jessheim | 30.09.2023 |
| 16:56 | Fabian Vibekken | 09 | Jessheim | 01.10.2022 |
| 16:59 | Jonas Kveen | 03 | Jessheim | 01.10.2022 |
| 17:07 | Sander Stuwe | 06 | Jessheim | 30.09.2023 |
| 17:33 | Nana Kuli | 01 | Jessheim | 03.10.2020 |
| 17:43 | Fredrik Fyksen Aas | 08 | Modum | 14.10.2023 |
| 17:59 | Andreas Aas | 08 | Jessheim | 01.10.2022 |
| 18:57 | Oliver Rustad Johansen | 08 | Jessheim | 28.10.2023 |
| 19:35 | Marius Myren | 08 | Jessheim | 01.10.2022 |
| 19:42 | Oliver Ørvik | 08 | Jessheim | 30.09.2023 |

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| **MENN JUNIOR 19** | **227** |

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| **10 km landevei** |  |

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| 31:48 | Andreas Ullern Tonning | 04 | Hole | 21.10.2023 |
| 32:33 | Simen Skeide Paulsen | 06 | Hole | 23.10.2022 |
| 32:58 | Carl August Jensehaugen | 04 | Hole | 23.10.2022 |
| 33:02 | Philip Storm Gulbrandsen | 07 | Hole | 21.10.2023 |
| 33:50 | Finn Gjøsteen | 01 | Jessheim | 05.10.2019 |
| 33:53 | Ole-Kristian Lineboe Kværner | 05 | Hole | 21.10.2023 |
| 36:24 | Mads Huken Mathiesen | 01 | Jessheim | 03.10.2020 |
| 36:38 | Eirik Bjørk Halvorsen | 04 | Jessheim | 03.10.2020 |
| 37:27 | Oliver Finstad Nystrøen | 05 | Jessheim | 02.10.2021 |
| 37:46 | Kristian Bråthen Børve | 06 | Jessheim | 30.09.2023 |
| 38:20 | Iver Løvgaard Fkasvåg | 09 | Modum | 14.10.2023 |
| 38:56 | Gaute Fosstveit | 02 | Jessheim | 03.10.2020 |
| 39:10 | Sondre Norheim | 05 | Oslo | 15.09.2018 |
| 39:23 | Nani Kula | 01 | Jessheim | 05.10.2019 |
| 40:29 | Erlend Homble | 04 | Jessheim | 03.10.2020 |
| 41:39 | Elias Simonsen | 01 | Jessheim | 05.10.2019 |
| 45:55 | Ådne Opaker Øines | 02 | Jessheim | 05.10.2019 |

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| **MENN JUNIOR 19** | **228** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 2.00 | Frode Myrvang | 67 | Jessheim | 02.08.1986 |
| 1.97 | Michael Reklev | 05 | Arvika, SWE | 23.07.2023 |
| 1.94 | Tom Erik Olsen | 74 | Seoul, KOR | 16.09.1992 |
| 1.94 | Even Ragnhildsløkken | 08 | Sandnes | 27.08.2023 |
| 1.90 | Jan Andresen | 70 | Jessheim | 07.07.1986 |
| 1.84 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01.09.1987 |
| 1.80 | Morten Knutsen | 70 | Nadderud | 31.05.1985 |
| 1.80 | Nicolas Reklev | 07 | Jessheim | 13.08.2023 |
| 1.77 | Tormod Holand | 33 | Jessheim | 29.07.1951 |
| 1.75 | Henning Enger | 46 | Strømmen | 29.09.1965 |
| 1.75 | Andreas Roth | 93 | Oslo/Bi | 20.09.2012 |
| 1.70 | Frode Liland | 65 | Oslo/Bi | 10.06.1981 |
| 1.70 | Lars Petter Syversrud | 69 | Jessheim | 22.09.1985 |
| 1.70 | Glenn Erik Myrland | 72 | Sofiemyr | 11.06.1989 |
| 1.70 | Odd Arne Urnes | 73 | Jessheim | 29.09.1990 |
| 1.70 | Marcus Theodor Moen | 99 | Nadderud | 16.06.2013 |
| 1.68 | Morten Halseth | 97 | Nadderud | 24.09.2011 |
| 1.68 | Emil Nordal | 03 | Nittedal | 19.08.2017 |
| 1.67.5 | Mathis Bogstad | 10 | Jessheim | 25.08.1929 |
| 1.65 | Kjell Myrvoll | 46 | Strømmen | 29.09.1965 |
| 1.65 | Joachim Lauritzen | 05 | Jessheim | 22.05.2020 |
| 1.65 | Alan Ringo | 07 | Jessheim | 13.08.2023 |
| 1.64 | Shaun Matheson | 43 | Jessheim | 10.09.1961 |
| 1.64 | Torgeir Sørum | 45 | Råholt | 14.06.1964 |
| 1.63 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 1.63 | Espen Sollien | 79 | Nadderud | 18.06.1994 |
| 1.62 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 1.60 | Kristoffer Stanger | 33 | Hauerseter | 07.06.1951 |
| 1.60 | Paul Røthe | 35 | Nannestad | 06.07.1952 |
| 1.60 | Petter Ørvik | 48 | Råholt | 16.08.1967 |
| 1.60 | Arvid Bårdslistuen | 55 | Årnes | 09.06.1974 |
| 1.60 | Kjell Erik Klevan | 65 | Oslo/St | 19.08.1981 |
| 1.60 | Torbjørn Strand | 76 | Jessheim | 19.05.1990 |
| 1.60 | Vetle Aasland | 91 | Askim | 21.09.2009 |
| 1.58 | Roger Rønning | 71 | Oslo/So | 29.05.1985 |
| 1.58 | Henning Forsland | 80 | Nadderud | 16.06.1996 |
| 1.56 | Finn Ugletveit | 49 | Strømmen | 07.09.1968 |
| 1.55.5 | Knut Fossum | 22 | Jessheim | 30.08.1939 |
| 1.55 | Paul Røthe | 35 | Hauerseter | 07.06.1951 |
| 1.55 | Torgeir Sørum | 45 | Råholt | 25.08.1963 |
| 1.55 | Claus Nerhagen | 59 | Lillestrøm | 11.08.1974 |
| 1.55 | John Backe-Bogstad | 61 | Årnes | 07.09.1975 |
| 1.55 | Ole Semming Wiig | 69 | Kirkenær | 26.05.1985 |
| 1.55 | Jarle Sæthermoen | 70 | Kirkenær | 26.05.1985 |

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| **MENN JUNIOR 19** | **229** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.55 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.09.1990 |
| 1.55 | Petter Lyngmo | 81 | Jessheim | 25.06.1996 |
| 1.55 | Christer Amundsen | 92 | Nadderud | 16.06.2007 |
| 1.55 | Henrik Huser | 96 | Nadderud | 23.09.2011 |
| 1.55 | Henrik Jakobsen | 01 | Moss/Me | 01.06.2016 |
| 1.55 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |

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| **MENN JUNIOR 19** | **230** |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 4.80 | Tom Erik Olsen | 74 | Kongsvinger/Gj | 25.07.1992 |
| 4.60 | Filip Aas | 00 | Oslo/So | 09.07.2017 |
| 4.00 | Jan Andresen | 70 | Jessheim | 40.09.1989 |
| 3.90 | Odd Arne Urnes | 73 | Jessheim | 09.08.1990 |
| 3.80 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 02.08.1987 |
| 3.25 | Jørgen Hjelm Bakkerud | 74 | Sofiemyr | 10.06.1989 |
| 2.96 | Morten Knutsen | 70 | Jessheim | 01.06.1986 |
| 2.90 | Peter Ørvik | 48 | Råholt | 08.08.1965 |
| 2.90 | Rune Borge | 48 | Strømmen | 30.09.1965 |
| 2.88.5 | Knut Fossum | 22 | Kløfta | 05.08.1939 |
| 2.81 | Jens Andersen | 19 | Kløfta | 28.08.1938 |
| 2.80 | Magne Furuseth | 53 | Blaker/Br | 05.10.1969 |
| 2.75 | Frode Liland | 65 | Prestfoss | 23.05.1981 |
| 2.60 | Hans Kristian Hansen | 41 | Kløfta | 10.08.1958 |
| 2.60 | Lars Petter Syverstad | 69 | Nadderud | 30.05.1985 |
| 2.60 | Marcus Theodor Moen | 99 | Jessheim | 23.05.2014 |
| 2.60 | Victor Rosenlind | 00 | Nadderud | 13.06.2015 |
| 2.35 | Frode Liland | 65 | Rolvsrud | 29.06.1982 |
| 2.30 | Jan-Olav Arnegård | 71 | Jessheim | 26.09.1988 |
| 2.20 | Ole Semming Wiig | 69 | Jessheim | 17.09.1985 |
| 2.20 | Even Ragnhildsløkken | 08 | Moss/Me | 21.05.2023 |
| 2.00 | Frode Myrvang | 67 | Jessheim | 23.09.1985 |
| 2.00 | Runar Homble | 72 | Jessheim | 26.09.1988 |

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| **MENN JUNIOR 19** | **231** |

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| **Lengde** |  |

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| 6.85 | Jo Henning Hals Nilssen | 68 | Jessheim | 31.05.1986 |
| 6.82 | Tom Erik Olsen | 74 | Trondheim/Le | 04.07.1992 |
| 6.45 | Andrè Haaland | 75 | Nadderud | 18.06.1994 |
| 6.20 | Morten Knutsen | 70 | Oslo/Bi | 27.09.1986 |
| 6.02 | Ola Nerhagen | 71 | Lillehammer/Ss | 22.06.1989 |
| 5.92 | Lars Petter Syversrud | 69 | Jessheim | 31.05.1986 |
| 5.90 | Knut Fossum | 22 | Jessheim | 09.07.1939 |
| 5.86 | Even Ragnhildsløkken | 08 | Jessheim | 13.08.2023 |
| 5.86 | Frode Myrvang | 67 | Kirkenær | 26.05.1985 |
| 5.85 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |
| 5.81 | Halvor Berger | 40 | Årnes | 17.08.1958 |
| 5.78 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 5.77 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 5.75 | Andreas Roth | 93 | Jessheim | 18.09.2010 |
| 5.69 | Kåre Gismervik | 57 | Lørenfallet | 03.09.1974 |
| 5.68 | Gunnar Ruud | 17 | Oslo/Be | 02.09.1934 |
| 5.67 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 5.66 | Øistein Nesje | 49 | Lillestrøm | 04.09.1966 |
| 5.61 | Marius Mellum | 96 | Oslo/Bi | 18.08.2013 |
| 5.60 | Thomas Roth | 91 | Jessheim | 18.09.2010 |
| 5.58 | Finn Ugletveit | 49 | Blaker/Br | 16.07.1967 |
| 5.58 | Marius Fuglerud | 97 | Jessheim | 13.06.2005 |
| 5.57 | Harald Jahren | 33 | Løken | 06.07.1952 |
| 5.56 | Lars Stokstad | 18 | Jessheim | 11.07.1937 |
| 5.55 | Håkon Mangerud | 47 | Råholt | 13.06.1964 |
| 5.52 | Thomas Roth | 91 | Jessheim | 20.08.2008 |
| 5.49 | Odd Dønnum | 45 | Råholt | 17.09.1961 |
| 5.47 | Jan Andresen | 70 | Jessheim | 28.09.1987 |
| 5.45 | Hans Kristian Hansen | 41 | Jessheim | 30.09.1956 |
| 5.45 | Henning Enger | 46 | Jessheim | 06.10.1962 |
| 5.43 | Einar Hellum | 47 | Råholt | 12.06.1966 |

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| **Underkjent** |  |

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| 6.37 +2.6 | Marcus Theodor Moen | 99 | Sandnes | 03.09.2016 |

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| **MENN JUNIOR 19** | **232** |

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| **Tresteg** |  |

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| 12.80 | Morten Knutsen | 70 | Jessheim | 31.07.1987 |
| 12.57 | Marcus Theodor Moen | 99 | Haugesund | 06.09.2014 |
| 12.45 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 12.39 | Frode Myrvang | 67 | Jessheim | 01.08.1986 |
| 12.38 | Mathis Bogstad | 10 | Eidsvoll | 28.07.1929 |
| 12.34 | Øistein Nesje | 49 | Lillestrøm | 11.09.1966 |
| 12.07 | Jo Henning Hals Nilssen | 68 | Strømmen | 27.06.1984 |
| 12.03 | Alan Ringo | 07 | Bergen/Fa | 09.09.2023 |
| 11.63 | Runar Homble | 72 | Årnes | 25.06.1988 |
| 11.48 | Tore Strømberg | 31 | Sand | 20.08.1950 |
| 11.45 | Ørnulf Brekke | 67 | Kirkenær | 23.05.1983 |
| 11.40 | Thomas Roth | 91 | Jessheim | 20.09.2008 |
| 11.37 | Shaun Matheson | 43 | Strømmen | 19.08.1961 |
| 11.30 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| 11.20 | Frode Grøndahl | 69 | Jessheim | 30.09.1985 |
| 11.14 | Even Ragnhildsløkken | 08 | Rud | 17.06.2023 |
| 11.13 | Kevin Fritz | 91 | Jessheim | 20.09.2008 |
| 11.06 | Torgeir Sørum | 45 | Råholt | 14.06.1964 |
| 11.06 | Peter Ørvik | 48 | Strømmen | 29.09.1965 |
| 10.92 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 10.83 | Arvid Bårdslistuen | 55 | Rolvsrud | 26.09.1970 |
| 10.78 | Jarle Sæthermoen | 70 | Strømmen | 14.08.1985 |
| 10.60 | Odd Arne Urnes | 73 | Jessheim | 27.09.1990 |
| 10.59 | Arne Bjørndahl | 70 | Strømmen | 14.08.1985 |
| 10.48 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |
| 10.47 | Fredrik Fuglerud | 89 | Jessheim | 22.09.2007 |
| 10.44 | Frode Liland | 65 | Jessheim | 01.09.1980 |
| 10.44 | Ole Semming Wiig | 69 | Strømmen | 14.08.1985 |
| 10.38 | Even Ranghildsløkken | 08 | Rjukan | 04.09.2022 |
| 10.26 | Jostein Slaastad | 93 | Jessheim | 20.09.2008 |
| 10.08 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |

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| **MENN JUNIOR 19** | **233** |

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| **Kule 6 kg** |  |

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| **Kule 7.26 kg** |  |

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| 13.07 | Tom Erik Olsen | 74 | Tønsberg/Gr | 02.05.1992 |
| 12.02 | Morten Knutsen | 70 | Jessheim | 02.07.1987 |
| 11.16 | Jo Henning Hals Nilssen | 68 | Jessheim | 06.07.1987 |
| 11.03 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 10.81 | Terje Finnebråten | 48 | Råholt | 28.08.1966 |
| 10.21 | Nils Skogseth | 18 | Jessheim | 11.07.1937 |
| 9.84 | Johan Olsen | 19 | Hauerseter | 13.06.1937 |
| 8.30 | Finn Ugletveit | 49 | Strømmen | 07.09.1968 |

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| **Diskos 1.75 kg** |  |

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| 41.84 | Tom Erik Olsen | 74 | Lilleehammer/Ss | 28.06.1992 |
| 29.27 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 19.06.2022 |
| 22.48 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |

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| **Diskos 2 kg** |  |

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| 39.12 | Jo Henning Hals Nilssen | 68 | Jessheim | 06.07.1987 |
| 36.58 | Morten Gaarder | 60 | Lørenfallet | 21.09.1979 |
| 34.58 | Tom Erik Olsen | 74 | Seoul, KOR | 17.09.1992 |
| 32.48 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 31.35 | Rolf Nordberg | 32 | Jessheim | 29.07.1951 |
| 29.20 | Knut Fossum | 22 | Eidsvoll | 16.06.1939 |
| 27.90 | Johan Olsen | 19 | Jessheim | 11.07.1937 |
| 27.82 | Tormod Holand | 33 | Kløfta | 09.06.1951 |
| 27.42 | Finn Ugletveit | 49 | Blaker/Br | 18.06.1967 |
| 25.65 | Shaun Matheson | 43 | Strømmen | 23.09.1962 |
| 23.57 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |

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| **Slegge 6 kg** |  |

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| 26.24 | Morten Gaarder | 60 | Strømmen | 18.09.1978 |

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| **MENN JUNIOR 19** | **234** |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| --- | --- | --- | --- | --- |
| 59.50 | Axel Kozlowski | 98 | Kongsvinger | 03.05.2017 |
| 58.96 | Bjørn Egil Ludvigsen | 67 | Haugesund | 26.07.1986 |
| 55.55 | Vetle Aasland | 91 | Stockholm, SWE | 02.08.2009 |
| 53.66 | Jo Henning Hals Nilssen | 68 | Jessheim | 02.08.1986 |
| 46.54 | Morten Knutsen | 70 | Jessheim | 02.08.1986 |
| 43.68 | Tom Erik Olsen | 74 | Trondheim/Le | 05.07.1992 |
| 43.24 | Lars Petter Syversrud | 69 | Oslo/Bi | 21.05.1987 |
| 42.82 | Frode Myrvang | 67 | Jessheim | 25.09.1986 |
| 33.56 | Odd Arne Urnes | 73 | Jessheim | 29.09.1990 |
| 32.62 | Glenn Myrland | 72 | Jessheim | 28.09.1989 |
| 32.62 | Runar Homble | 72 | Jessheim | 28.09.1989 |
| 28.28 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |
| 23.88 | Jørgen Stuve Dahl | 04 | Jessheim | 16.09.2019 |
| 23.40 | Per Arne Østerud | 81 | Jessheim | 23.08.1999 |
| 23.10 | Odd Arne Urnes | 72 | Jessheim | 28.09.1989 |

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| **Spyd 800 g Gammel type til og med 1985** |  |

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| 60.98 | Bjørn Egil Ludvigsen | 67 | Raufoss | 07.09.1985 |
| 50.54 | Jo Henning Hals Nilssen | 68 | Lillestrøm | 20.05.1985 |
| 48.82 | Hans Kristian Hansen | 41 | Kløfta | 09.08.1958 |
| 47.90 | Ivar Skedsmo | 55 | Strømmen | 01.09.1970 |
| 46.95 | Johan Olsen | 19 | Jessheim | 11.09.1938 |
| 44.04 | Terje Finnebråten | 48 | Råholt | 28.08.1966 |
| 43.62 | Frode Myrvang | 67 | Strømmen | 14.08.1985 |
| 42.26 | Frode Liland | 65 | Strømmen | 26.05.1982 |
| 40.54 | Magne Lindholt | 22 | Jessheim | 16.08.1939 |
| 40.47 | Johan Olsen | 19 | Hauerseter | 13.06.1937 |
| 40.08 | Karl Larsen | 04 | Jessheim | 09.09.1923 |
| 39.88 | Finn Ugletveit | 49 | Råholt | 23.06.1968 |
| 39.38 | Ragnar Olsen | 18 | Jessheim | 11.06.1936 |
| 39.26 | Ivar Lund | 53 | Råholt | 20.09.1970 |
| 38.90 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |
| 37.64 | Thor Lasse Johansen | 63 | Rolvsrud | 17.06.1980 |
| 37.22 | Lauritz Lund | 06 | Jessheim | 04.10.1925 |
| 35.98 | Shaun Matheson | 43 | Strømmen | 23.09.1962 |
| 33.50 | Einar Hellum | 47 | Råholt | 22.09.1963 |
| 32.96 | Morten Gaarder | 60 | Løken | 05.08.1978 |
| 31.00 | Johan Nygaard | 16 | Jessheim | 26.09.1931 |

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| **MENN JUNIOR 19** | **235** |

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| **10-kamp E 100m-Lengde-Kule-Høyde-400m** | **100mh-Diskos-Stav-Spyd-1500m E** |

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| 6810 | Tom Erik Olsen | 74 | Trondheim/Le | 04-05.07.1992 |
| 11.21+0.6-6.82-0.4-12.91-1.80-51.24/15.14-1.0-32.62-4.60-43.68-5:03.00 | | | |

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| 6328 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01-02.08.1987 |
| 11.77-6.68-10.60-1.84-53.45/15.63-36.00-3.80-47.52-4:57.68 | | | |

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| 3649 | Marius Fuglerud | 87 | Trondheim/St | 22-23.09.2008 |
| 11.95-0.0-5.44+0.3-6.78-1.40-53.37/22.39-0.0-19.76-2.30-22.59-1.30-4:59.93 | | | |

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| **10-kamp M 100m-Lengde-Kule-Høyde-400m** | **110m hekk-Diskos-Stav-Spyd-1500m** |

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| 4127 | Finn Ugletveit | 49 | Strømmen | 07-08.09.1968 |
| 12.0-5.55-8.30-1.56-55.4/19.5-21.34-0-37.52-4:45.8 | | | |

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| 2849 | Shaun Matheson | 43 | Strømmen | 22-23.09.1962 |
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| **4x100m E** |  |

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| 45.22 | M19 |  | Larvik/Lo | 31.05.2015 |
| Jørgen Opaker97-Jon Gunnar Alfsen97-Marius Mellum96-Sondre Opaker Øines98 | | | |

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| 45.66 | M19 |  | Drammen/Ma | 28.05.2011 |
| Marius Mellum96-Martin Opaker94-Martin Syvertsen92-Hans Martin Hofseth92 | | | |

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| 46.49 | M19 |  | Asker/Fø | 06.06.2010 |
| Martin Opaker94-Andreas Roth93-Thomas Roth91-Jo Oddmund Vaagaasar92 | | | |

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| 47.19 | G16 |  | Steinkjer/Gu | 22.05.2010 |
| Martin Opaker94-Hans Marius Hofseth94-Espen Næss94-Lars Buraas95 | | | |

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| 47.37 | G16 |  | Grimstad | 31.05.2014 |
| Fredrik Veiby99-Marcus Theodor Moen99-Andreas Børve99-Sondre Opaker Øines98 | | | |

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| 47.40 | M19 |  | Jessheim | 20.05.2012 |
| Marius Mellum96-Martin Opaker93-Håkon Hammer95-Espen Bjørnstad95 | | | |

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| 47.60 | G16 |  | Tromsø/Va | 24.05.2008 |
| Christer Amundsen92-Lars Georg Aas92-Erlend Morthen92-Andreas Roth93 | | | |

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| 47.63 | G17 |  | Moss/Me | 30.05.1998 |
| Per Arne Østerud81-Øyvind Sigvartsen81-Halvor Mangerud81-Stian Fredriksen81 | | | |

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| 47.70 | G16 |  | Lillehammer/St | 25.05.2019 |
| Martin Brustad03-Emil Nordal03-Peder Pedersen03-Vetle Rølsåsen04 | | | |

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| **MENN JUNIOR 19** | **236** |

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| **4x100m E forts.** |  |

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| 47.85 | G16 |  | Sandnes | 26.05.2013 |
| Jørgen Opaker97-Jon Gunnar Alfsen97-Sondre Opaker Øines98-Henrik Hanssen97 | | | |

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| 48.29 | G16 |  | Trondheim/St | 21.05.2016 |
| Filip Aas00-Morgan Øqvist01-Mats Tokerud00-Iver Laake01 | | | |

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| 48.44 | G16 |  | Hamar | 20.05.2017 |
| Ådne Opaker Øines02-Oattahawut Panklng02-Iver Laake01-Ole Thomas Moe 01 | | | |

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| 48.45 | G16 |  | Nadderud | 22.06.1985 |
| Morten Knutsen70-Lars Petter Syverstad69-Jarle Sæthermoen70-Arne Bjørndal70 | | | |

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| 48.51 | G18 |  | Hamar | 21.05.2017 |
| Ole Thomas Moe01-Oattahawut Panklng02-Iver Laake01-Jonas Nødtvedt Wenger99 | | | |

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| 50.07 | G16 |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Markus Einan97-Jonas Haarberg Bolgen96-Sindre Bjørnstad97 | | | |

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| 50.88 | G16 |  | Asker/Fø | 23.08.2003 |
| ? | | | |

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| 52.94 | G15 |  | Asker/Fø | 21.08.2004 |
| Fredrik Fuglerud89-Kristoffer Kvilten90-Martin Fald Gården90-Espen Nyhus89 | | | |

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| **MENN JUNIOR 19** | **237** |

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| **4x100m M** |  |

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| 45.8 | G19 |  | Jessheim | 20.09.1987 |
| Ola Nerhagen71-Jo Henning Hals Nilssen68-Edward Hughes71-Thorstein Gystad67 | | | |

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| 46.5 | G17-18 |  | Jessheim | 11.09.1986 |
| ? | | | |

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| 48.5 | G18 |  | Bjørkelangen | 24.08.1994 |
| ? | | | |

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| 49.3 | G16 |  | Jessheim | 30.09.1985 |
| Morten Knutsen70-Lars Petter Syverstad69-Jarle Sæthermoen70-Arne Bjørndal70 | | | |

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| 49.6 | G17 |  | Jessheim | 19.09.1983 |
| Bjørn Ingvar Jensen66-Ronny Opaker66-Michael Knutsen66-Bjørn Tore Ottersen66 | | | |

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| 51.4 | G16 |  | Bjørkelangen | 14.09.1988 |
| Odd Arne Urnes73-Nils Ivar Huuse73-Anders Huuse75-Runar Homble72 | | | |

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| 52.4 | G15-16 |  | Rolvsrud | 09.09.1980 |
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| 54.5 | G13-14 |  | Løken | 16.06.1972 |
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| 55.0 | G16 |  | Bjørkelangen | 24.08.1994 |
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| 54.7 | G13-14 |  | Strømmen | 06.09.1979 |
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| 55.5 | G13-14 |  | Strømmen | 25.08.1971 |
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| **MENN JUNIOR 19** | **238** |

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| **4x400m** |  |

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| 3:18.53 | M19 |  | Steinkjer/Gu | 22.05.2010 |
| Andreas Roth93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 3:23.64 | G18 |  | Grimstad | 01.06.2014 |
| Sverre Blom Breivik96-Jon Gunnar Alfsen97-Sigurd Blom Breivik96-Markus Einan97 | | | |

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| 3:23.21 | M19 |  | Drammen/Ma | 28.05.2011 |
| Vegard Løberg Gjelsvik92-Stian Klungland93-Håvard Hildeskor92-Andreas Roth93 | | | |

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| 3:24.28 | G18 |  | Strandebarm | 23.05.2009 |
| Njord Erlend Wiker91-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 3:25.51 | M19 |  | Larvik/Lo | 30.05.2015 |
| Sverre Blom Breivik96-Sigurd Blom Breivik96-Jon Gunnar Alfsen97-Markus Einan98 | | | |

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| 3:27.29 | M19 |  | Trondheim/St | 21.05.2016 |
| Jørgen Opaker98-Kristian Tokstad00-Sondre Opaker Øines98-Markus Einan97 | | | |

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| 3:31.69 | M19 |  | Tromsø/Va | 24.05.2008 |
| Vegard Løberg Gjelsvik92-Andreas Buraas92-Fredrik Fuglerud89-Thomas Roth91 | | | |

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| 3:32.37 | M18 |  | Ås | 05.06.2022 |
| Nikolai Solum05-Andreas Kværner06-Ivar Eriksen06-Benjamin Olsen04 | | | |

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| 3:34.75 | M19 |  | Steinkjer/Gu | 22.05.2010 |
| Njord Wiker91-Anders Buraas92-Peder Holm92-Maruis Næss93 | | | |

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| 3:39.64 | M19 |  | Jessheim | 19.05.2012 |
| Jonas Krossøy95-Espen Næss95-Bjørnar Bjørnstad93-Andreas Roth93 | | | |

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| 3:40.99 | G18 |  | Larvik/Lo | 30.05.2015 |
| Jørgen Opaker97-Sondre Opaker Øines98-Henrik Hanssen97-Tore Klungland97 | | | |

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| 3:41.01 | G18 |  | Strandebarm | 23.05.2009 |
| Andreas Roth93-Fredrik Anthi Svinø92-Karl Nyquist91-Kevin Fritz91 | | | |

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| 3:41.4 | G19 |  | Jessheim | 20.09.1987 |
| Jo Henning Hals Nilssen68-Jan Olav Arnegård71-Frode Nygård69-Ola Nerhagen71 | | | |

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| **4x800m** |  |

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| 7:38.92 | M19 |  | Oslo/Bi | 10.09.2010 |
| Håvard Hildeskor92-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| **MENN JUNIOR 19** | **239** |

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| **4x1500m** |  |

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| 16:42.30 | M19 |  | Grimstad | 01.06.2014 |
| Sverre Blom Breivik96-Sigurd Blom Breivik96-Jonas Krossøy95-Henrik Hanssen97 | | | |

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| 16:46.41 | M19 |  | Sandnes | 26.05.2013 |
| Jonas Krossøy95-Erik Rickenberg94-Åsmund Wennemo94-Jørgen Frost Bø94 | | | |

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| 16:55.48 | M19 |  | Drammen/Ma | 28.05.2011 |
| Lars Buraas95-Stian Klungland93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92 | | | |

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| 16:55.64 | M19 |  | Larvik/Lo | 31.05.2015 |
| Jon Gunnar Alfsen97-Sigurd Blom Breivik96-Henrik Hanssen97-Markus Einan97 | | | |

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| 16:57.18 | G18 |  | Strandebarm | 23.05.2009 |
| Jostein Nyquist91-Njord Erlend Wiker91-Vetle Aasland91-Vegard Løberg Gjelsvik92 | | | |

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| 17:06.70 | M19 |  | Steinkjer/Gu | 23.05.2010 |
| Anders Buraas92-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Vetle Aasland91 | | | |

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| 17:17.36 | M19 |  | Trondheim/St | 22.05.2016 |
| Ole Martin Sandness00-Markus Høgne98-Henrik Hanssen97-Markus Einan97 | | | |

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| 17:25.61 | M19 |  | Jessheim | 20.05.2012 |
| Andreas Roth93-Åsmund Wennemo94-Bjørnar Bjørnstad93-Jørgen Frost Bø94 | | | |

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| 17:26.83 | M19 |  | Jessheim | 20.05.2012 |
| Eirik Rickenberg94-Jonas Krossøy95-Jørgen Gundersen95-Lars Anders Tenold93 | | | |

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| 17:32.49 | G18 |  | Strandebarm | 23.05.2009 |
| Fredrik Anthi Svinø92-Thomas Roth91-Kevin Fritz91-Anders Buraas92 | | | |

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| 17:35.95 | G18 |  | Steinkjer/Gu | 23.05.2010 |
| Åsmund Wennemo94-Thomas Roth93-Peder Holm92-Fredrik Anthi Svinø92 | | | |

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| 17:41.38 | M19 |  | Ås | 05.06.2022 |
| Jonas Kveen03-Gard Tørum03-Ole-Kristian Kværner05-Erlend Homble04 | | | |

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| 17:46.87 | M19 |  | Tromsø/Va | 25.05.2008 |
| Fredrik Fuglerud89-Vegard Løberg Gjelsvik92-Andreas Buraas92-Thomas Roth91 | | | |

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| 18:33.80 | M19 |  | Hamar | 21.05.2017 |
| Ole-Martin Sandness00-Patrick Fossum98-Sondre Liestøl99-Sondre Opaker Øines98 | | | |

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| **MENN JUNIOR 19** | **240** |

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| **1000m** |  |

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| 1:58.32 | M19 |  | Fredrikstad | 28.08.2011 |
| Martin Opaker93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

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| 1:58.63 | M19 |  | Kristiansand | 07.08.2011 |
| Martin Opaker93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

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| 1:58.66 | M19 |  | Molde | 05.09.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:58.79 | M19 |  | Ravnanger | 08.08.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:59.35 | M19 |  | Lillestrøm | 13.09.2015 |
| Jørgen Opaker97-Marcus Theodor Moen99-Sverre Blom Breivik96-Markus Einan97 | | | |

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| 2:00.07 | G18 |  | Bodø | 16.08.2009 |
| Njord Wiker01-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:00.76 | M19 |  | Sandnes | 22.08.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 2:00.86 | M19 |  | Byrkjelo | 16.08.2015 |
| Jørgen Opaker97-Jan Gunnar Alfsen97-Sverre Blom Breivik96-Markus Einan97 | | | |

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| 2:01.40 | G18 |  | Nadderud | 30.08.2009 |
| Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:03.18 | M19 |  | Molde | 05.09.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 2:03.21 | G19 |  | Grimstad | 16.06.1989 |
| Jørgen Hjelm Bakkerud74-Runar Homble72-Ola Nerhagne71-Hans Jørgen Borgen70 | | | |

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| 2:03.42 | G16 |  | Bergen/Fa | 10.09.2023 |
| Kristoffer Dahl08-August Nordvang08-Julian Førsund07-Sondre Lehmann07 | | | |

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| 2:03.83 | G18 |  | Ravnanger | 08.08.2010 |
| Peder Holm92-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

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| 2:04.03 | M19 |  | Oslo/Bi | 28.08.2010 |
| Håvard Hildeskor92-Peder Holm92-Njord Wiker91-Vetle Aasland91 | | | |

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| 2:04.7 | G19 |  | Bjørkelangen | 10.09.1989 |
| Frode Nygård69-Runar Homble72-Ola Nerhagne71-Hans Jørgen Borgen70 | | | |

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| **MENN JUNIOR 19** | **241** |

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| **1000m forts.** |  |

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| 2:04.95 | G16 |  | Askøy | 02.09.2012 |
| Jesse Pedersen Amey95-Martin Opaker94-Håkon Hammeren95-Andreas Roth95 | | | |

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| 2:05.69 | G17 |  | Lonevåg | 26.08.2007 |
| Martin Jørgensen91-Jonathan Joo91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:05.85 | G16 |  | Prestfoss | 31.08.2008 |
| Anthony Davies92-Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92 | | | |

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| 2:06.10 | G19 |  | Bergen/Fa | 10.09.2023 |
| Alan Ringo07-Daniel Debresay06-Andre Da Silva04-Sander Rustad-Johansen06 | | | |

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| 2:06.63 | G16 |  | Askøy | 02.09.2012 |
| Jonas Haarborg Bolgen96-Henrik Huser96-Marius Mellum96-Markus Einan97 | | | |

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| 2:06.10 | G17 |  | Prestfoss | 31.08.2008 |
| Shoeib Ghanizadeh93-Kevin Fritz91-Fredrik Fuglerud89-Thomas Roth91 | | | |

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| 2:06.71 | G18 |  | Overhalla | 14.08.2013 |
| Håkon Hammeren95-Marius Mellum96-Jan Gunnar Alfsen97-Markus Einan97 | | | |

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| 2:08.03 | G18 |  | Trondheim/St | 05.09.2021 |
| Martin Brustad03-Michael Reklev05-Emil Nordal03-Erlend Homble05 | | | |

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| 2:08.62 | G18 |  | Sofiemyr | 11.06.1989 |
| Jørgen Bakkerud74-Odd Arne Urnes73-Ola Nerhagen71-Runar Homble72 | | | |

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| 2:09.56 | G17 2.lag |  | Oslo/St | 06.09.1998 |
| Per Arne Østerud81-Øivind Sigvartsen81-Carl Jørgen Owre82-Stian Fredriksen81 | | | |

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| 2:12.5 | G17 |  | Jessheim | 19.09.1983 |
| Bjørn T. Ottersen66-Michael Knutsen66-Bjørn Tore Ottersen66-Bjørn Ingvar Jensen66 | | | |

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| 2:10.01 | G18 |  | Lillehammer/Ss | 09.08.1998 |
| Per Arne Østerud81-Øivind Sigvartsen81-Halvor Mangerud81-Stian Fredriksen81 | | | |

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| 2:10.52 | G18 2.lag |  | Asker/Fø | 05.09.1999 |
| Per-Arne Østerud81-Tor Eilert Narvestad81-Stian Fredriksen81-Carl Johan Owre82 | | | |

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| 2:15.94 | G16 |  | Jessheim | 08.09.2019 |
| Jørgen Stuve Dahl04-Martin Brustad04-Emil Nordal03-Henrik Schultze Toverud04 | | | |

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| 2:17.06 | G16 |  | Nadderud | 19.06.2005 |
| Martin Fald Gården90-Espen Nyhus89-Kristoffer Kvilten90-Fredrik Fuglerud89 | | | |

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| **MENN JUNIOR 19** | **242** |

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| 2:17.25 | G16 |  | Bergen/Fa | 03.09.2017 |
| Ådne Opaker Øines02-Iver Laake01-Oatthawut Panklang02-Kristian Brenni02 | | | |

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| 2:17.72 | G16 |  | Moss/Me | 04.09.2005 |
| Martin Fald Gården90-Stian Skattum89-Kristoffer Kvilten90-Fredrik Fuglerud89 | | | |

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| 2:19.0 | G16 |  | Jessheim | 19.09.1983 |
| Frode Myrvang67-Jo Henning Hals Nilssen68-Ørnulf Brekke67-Hans Georg Haug67 | | | |

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| **MENN JUNIOR 19** | **243** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.17 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |
| 7.25 | Eirik Haus | 79 | Askim | 11.02.1996 |
| 7.25 | Marcus Theodor Moen | 99 | Bergen/Le | 21.01.2018 |
| 7.30 | Marius Mellum | 96 | Stange | 22.03.2014 |
| 7.34 | Henrik Huser | 96 | Oslo/Ek | 03.03.2012 |
| 7.38 | Sander Steen Myrvang | 00 | Hvam | 26.01.2019 |
| 7.39 | Markus Einan | 97 | Rud | 06.12.2014 |
| 7.44 | Julian Bastesen | 04 | Esp | 25.01.2020 |
| 7.46 | Filip Aas | 00 | Hvam | 13.01.2018 |
| 7.47 | Runar Homble | 72 | Oslo/Ek | 18.02.1990 |
| 7.47 | Martin Jørgensen | 91 | Stange | 18.03.2006 |
| 7.51 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 29.03.2009 |
| 7.53 | Martin Opaker | 94 | Stange | 17.03.2012 |
| 7.55 | Andrew Stevens | 81 | Stange | 04.03.2000 |
| 7.55 | Emil Nordal | 03 | Hvam | 06.03.2021 |
| 7.56 | Oatthawut Panklang | 02 | Rud | 08.02.2019 |
| 7.59 | Fredrik Fuglerud | 87 | Stange | 18.03.2006 |
| 7.60 | Lars Georg Aas | 92 | Stange | 17.03.2007 |
| 7.62 | Thomas Roth | 91 | Oslo/Ek | 10.01.2009 |
| 7.62 | Jesse Pedersen Amey | 95 | Oslo/Ek | 03.12.2011 |
| 7.64 | Martin Aarbogh Brustad | 04 | Hvam | 22.02.2022 |
| 7.65 | Christer Amundsen | 92 | Oslo/Ek | 10.01.2009 |
| 7.70 | Jonas Nødtvedt Wenger | 99 | Hvam | 09.12.2017 |
| 7.74 | Jørgen Opaker | 97 | Rud | 08.02.2014 |
| 7.74 | Alan Ringo | 07 | Ulsteinvik | 03.03.2023 |
| 7.75 | Iver Laake | 01 | Rud | 02.12.2017 |
| 7.76 | Morten Knutsen | 70 | Askim | 01.02.1986 |
| 7.76 | Jan-Olav Arnegård | 71 | Oslo/Ek | 18.02.1990 |
| 7.76 | Andreas Roth | 93 | Lillestrøm | 29.03.2009 |
| 7.77 | Martin Lundemo Syvertsen | 92 | Drammen | 10.01.2010 |
| 7.78 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 03.03.1991 |
| 7.80 | Andrè Haaland | 75 | Oslo/Ek | 15.01.1994 |
| 7.81 | Jon Arne Skiaker | 79 | Stange | 18.02.1995 |
| 7.85 | Ådne Opaker Øines | 02 | Stange | 18.03.2017 |
| 7.88 | Per Arne Østerud | 81 | Stange | 18.03.2000 |
| 7.89 | Victor Rosenlind | 00 | Stange | 18.03.2017 |
| 7.91 | Per Kristian Aarstad | 86 | Lillestrøm | 02.03.2002 |
| 7.93 | Audun Sjøstrøm-Johansen | 09 | Hvam | 02.12.2023 |
| 7.97 | Jonathan Joo | 91 | Stange | 18.03.2006 |
| 7.97 | Hans Martin Hofseth | 94 | Trondheim/Ra | 12.03.2011 |
| 7.97 | Morgan Øqvist | 01 | Hvam | 14.01.2017 |

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| **MENN JUNIOR 19** | **244** |

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| **60m M** |  |

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| 7.2 | Runar Homble | 72 | Lillestrøm | 12.03.1989 |
| 7.3 | Ola Nerhagen | 71 | Lillestrøm | 31.03.1990 |
| 7.4 | Andrè Haaland | 75 | Lillestrøm | 06.03.1994 |
| 7.4 | Martin Jørgensen | 90 | Oslo/Ek | 07.01.2006 |
| 7.5 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 15.12.1990 |
| 7.5 | Morten Knutsen | 70 | Drammen | 08.02.1986 |
| 7.7 | Eirik Haus | 79 | Lillestrøm | 06.03.1994 |
| 7.8 | Odd Arne Urnes | 73 | Lillestrøm | 12.03.1989 |
| 7.8 | Sven Inge Bråten | 76 | Lillestrøm | 11.01.1992 |
| 7.8 | Per Olav Ramstad | 78 | Lillestrøm | 06.03.1994 |
| 7.9 | Gudmund Bjotveit | 77 | Lillestrøm | 20.01.1991 |

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| **100m E** |  |

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| 12.02 | Andreas Roth | 93 | Drammen | 14.02.2010 |
| 12.06 | Marius Fuglerud | 87 | Drammen | 12.02.2006 |
| 12.12 | Emil Nordal | 03 | Drammen | 06.01.2019 |
| 12.15 | Oatthawut Panklang | 02 | Drammen | 06.01.2019 |
| 12.26 | Martin Lundemo Syvertsen | 92 | Drammen | 10.01.2010 |
| 12.35 | Martin Opaker | 94 | Drammen | 14.02.2010 |
| 12.58 | Ola Nerhagen | 71 | Drammen | 18.02.2002 |
| 12.97 | Jonathan Joo | 91 | Drammen | 11.12.2006 |
| 13.64 | Atle Skaugen | 77 | Lillehammer/Ss | 26.06.1991 |

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| **100m M** |  |

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| 12.0 | Lars Petter Syversrud | 68 | Drammen | 22.02.1986 |
| 12.1 | Ola Nerhagen | 71 | Drammen | 13.02.1987 |
| 12.1 | Runar Homble | 72 | Drammen | 13.02.1988 |
| 12.2 | Jo Henning Hals Nilssen | 68 | Drammen | 22.02.1986 |
| 12.4 | Edward Hughes | 71 | Drammen | 10.01.1987 |

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| **MENN JUNIOR 19** | **245** |

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| **200m E** |  |

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| 22.68 | Andreas Roth | 93 | Sandnes | 10.03.2012 |
| 23.03 | Marius Mellum | 96 | Stange | 23.03.2014 |
| 23.17 | Emil Nordal | 03 | Steinkjer | 06.03.0222 |
| 23.20 | Markus Einan | 97 | Rud | 11.01.2014 |
| 23.26 | Thomas Roth | 91 | Stange | 24.01.2010 |
| 23.80 | Andrew Stevens | 81 | Stange | 19.02.2000 |
| 23.83 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 16.02.2008 |
| 23.95 | Fredrik Fuglerud | 87 | Stange | 19.03.2006 |
| 24.41 | Stian Fredriksen | 81 | Stange | 07.03.1999 |
| 24.46 | Njord Erlend Wiker | 91 | Stange | 15.03.2009 |
| 24.47 | Julian Bastesen | 04 | Rud | 08.03.2020 |
| 24.49 | Marius Fuglerud | 87 | Oslo/Ek | 03.12.2005 |
| 24.56 | Oatthawut Panklang | 02 | Hvam | 26.01.2019 |
| 24.60 | Jonathan Joo | 91 | Stange | 28.01.2007 |
| 24.75 | Sondre Opaker Øines | 98 | Hvam | 09.12.2017 |
| 24.82 | Jonas Nøtvedt Wenger | 99 | Stange | 19.03.2017 |
| 24.83 | Christer Amundsen | 92 | Stange | 09.03.2008 |
| 24.87 | Eirik Haus | 79 | Stange | 18.02.1995 |
| 24.88 | Stian Fredriksen | 81 | Stange | 08.03.1998 |
| 24.92 | Martin Opaker | 94 | Sandnes | 10.03.2012 |
| 24.90 | Jørgen Opaker | 97 | Rud | 06.12.2013 |
| 25.12 | Iver Laake | 01 | Rud | 02.12.2017 |
| 25.24 | Øyvind Sigvartsen | 81 | Stange | 08.03.1998 |
| 25.27 | Martin Jørgensen | 90 | Stange | 19.03.2006 |
| 25.32 | Ådne Opaker Øines | 02 | Stange | 19.03.2017 |
| 25.32 | Martin Aarbogh Brustad | 04 | Hvam | 23.01.2022 |
| 25.33 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 10.03.1990 |
| 25.34 | Alan Ringo | 07 | Rud | 12.02.2023 |
| 25.37 | Jonathan Joo | 91 | Stange | 19.03.2006 |
| 25.43 | Odd Arne Urnes | 73 | Oslo/Ek | 10.03.1990 |
| 25.43 | Per Arne Østerud | 81 | Stange | 28.03.1998 |
| 25.46 | Morgan Øqvist | 01 | Rud | 12.02.2017 |
| 25.53 | Jon Gunnar Alfsen | 97 | Rud | 09.02.2014 |
| 25.55 | Henrik Holm | 81 | Stange | 06.02.1999 |
| 25.62 | Christian Iversen | 05 | Hvam | 04.12.0221 |
| 25.84 | Lasse Bjørn | 84 | Stange | 19.02.2000 |
| 25.61 | Hans Martin Hofseth | 94 | Trondheim/Ra | 13.03.2011 |
| 25.65 | Espen Hofoss | 76 | Stange | 15.01.1995 |
| 25.97 | Henrik Schultze Toverød | 04 | Hvam | 03.12.2022 |
| 26.00 | Fredrik Veiby | 99 | Stange | 22.03.2015 |
| 26.22 | Jesse Pedersen Amey | 95 | Oslo/Ek | 03.03.2012 |
| 26.34 | Iver Løvgaard Faksvåg | 09 | Rud | 26.11.2022 |

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| **200m M** |  |

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| 23.8 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 09.03.1985 |
| **MENN JUNIOR 19** | | **246** | | |

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| **400m E** |  |

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| 48.35 | Andreas Roth | 93 | Sandnes | 09.03.2012 |
| 48.58 | Markus Einan | 97 | Rud | 06.02.2016 |
| 49.90 | Thomas Roth | 91 | Stange | 23.01.2010 |
| 51.35 | Vegard Løberg Gjelsvik | 92 | Stange | 20.02.2010 |
| 51.35 | Sverre Blom Breivik | 96 | Stange | 01.02.2014 |
| 52.78 | Emil Nordal | 03 | Rud | 06.03.2020 |
| 53.02 | Andrew Stevens | 81 | Stange | 04.03.2000 |
| 53.73 | Marius Fuglerud | 87 | Stange | 15.01.2005 |
| 53.81 | Dag Håkon Eriksen | 73 | Oslo/Ek | 09.02.1992 |
| 53.87 | Stian Fredriksen | 81 | Stange | 06.03.1999 |
| 54.48 | Kristian Tokstad | 00 | Hvam | 16.01.2016 |
| 54.56 | Jon Gunnar Alfsen | 97 | Hvam | 16.01.2016 |
| 55.08 | Sondre Opaker Øines | 98 | Hvam | 10.12.2016 |
| 55.11 | Jørgen Opaker | 97 | Hvam | 16.01.2016 |
| 55.30 | Jan-Olav Arnegård | 71 | Oslo/Ek | 18.02.1990 |
| 55.32 | Espen Hofoss | 76 | Stange | 14.01.1995 |
| 56.17 | Mats Tokstad | 00 | Hvam | 16.01.2016 |
| 56.71 | Frode Nygård | 69 | Oslo/Ek | 21.01.1988 |

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| **400m M** |  |

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| 52.5 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 03.03.1984 |

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| **MENN JUNIOR 19** | **247** |

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| **600m** |  |

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| 1:18.06 | Markus Einan | 97 | Rud | 05.12.2015 |
| 1:20.19 | Thomas Roth | 91 | Oslo/Ek | 11.12.2010 |
| 1:21.22 | Vegard Løberg Gjelsvik | 92 | Stange | 20.03.2010 |
| 1:21.75 | Sigurd Blom Breivik | 96 | Stange | 22.03.2014 |
| 1:22.69 | Sverre Blom Breivik | 96 | Rud | 05.12.2015 |
| 1:23.15 | Andreas Roth | 93 | Stange | 19.03.2011 |
| 1:23.49 | Vetle Aasland | 91 | Stange | 20.03.2010 |
| 1:26.65 | Njord Erland Wiker | 91 | Oslo/Ek | 11.12.2010 |
| 1:26.79 | Kristian Tokstad | 00 | Rud | 03.12.2016 |
| 1:26.82 | Jonas Krossøy | 95 | Stange | 22.04.2014 |
| 1:27.01 | Henrik Hanssen | 97 | Rud | 06.12.2014 |
| 1:27.14 | Stian Klungland | 93 | Oslo/Ek | 03.12.2011 |
| 1:27.59 | Mats Tokstad | 00 | Rud | 03.12.2016 |
| 1:28.31 | Peder Holm | 92 | Oslo/Ek | 11.12.2010 |
| 1:28.76 | Jørgen Opaker | 98 | Rud | 05.12.2015 |
| 1:28.92 | Emil Nordal | 03 | Hvam | 25.01.2020 |
| 1:28.99 | Nani Kula | 01 | Hvam | 25.01.2020 |
| 1:29.44 | Anders Buraas | 92 | Stange | 19.03.2011 |
| 1:29.51 | Jonas Krossøy | 95 | Stange | 16.03.2013 |
| 1:30.19 | Marius Fuglerud | 87 | Stange | 05.03.2005 |
| 1:30.19 | Åsmund Wennemo | 94 | Oslo/Ek | 11.12.2010 |
| 1:30.22 | Fredrik Anthi Svinø | 92 | Stange | 20.03.2010 |
| 1:30.23 | Espen Hofoss | 76 | Stange | 18.02.1995 |
| 1:30.28 | Sondre Opaker Øines | 98 | Hvam | 14.01.2017 |
| 1:30.47 | Francesco Bazzanella | 87 | Oslo/Ek | 04.12.2004 |
| 1:31.62 | Henrik Schultze Toverød | 04 | Hvam | 04.02.2023 |
| 1:33.10 | Kevin Fritz | 91 | Stange | 08.03.2008 |
| 1:34.65 | Bjørnar Bjørnstad | 93 | Stange | 19.03.2011 |
| 1:33.73 | Jonas Haarborg Bolgen | 96 | Oslo/Ek | 01.12.2012 |
| 1:33.96 | Fabian Vibekken | 09 | Rud | 11.02.2023 |
| 1:34.04 | Iver Løvgaard Faksvåg | 09 | Rud | 11.02.2023 |
| 1:34.5 | Harald Lindstrøm | 54 | Oslo/Jo | 08.06.1970 |
| 1:34.9 | Stein Vik-Strandli | 58 | Strømmen | 17.06.1973 |
| 1:35.1 | Øivind Kjørmo | 56 | Lillestrøm | 19.09.1971 |
| 1:37.52 | Espen Bjørnstad | 95 | Oslo/Ek | 03.12.2011 |
| 1:34.54 | Adisak Sween | 98 | Rud | 06.12.2014 |
| 1:36.34 | Andreas Børve | 99 | Nadderud | 06.05.2014 |
| 1:39.84 | Machael Løland | 92 | Stange | 17.03.2007 |
| 1:40.79 | Morkan Øqvist | 01 | Stange | 12.02.2016 |
| 1:40.97 | Erlend Morthen | 92 | Stange | 09.12.2006 |
| 1:41.09 | Thomas Løland | 95 | Stange | 20.03.2010 |

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| **MENN JUNIOR 19** | **248** |

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| **800m** |  |

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| 1:49.85 | Thomas Roth | 91 | Stockholm, SWE | 10.02.2010 |
| 1:49.87 | Markus Einan | 97 | Göteborg, SWE | 30.01.2016 |
| 1:54.34 | Andreas Fjeld Halvorsen | 05 | Steinkjer | 05.03.2022 |
| 1:54.86 | Benjamin Olsen | 04 | Ulsteinvik | 06.02.2022 |
| 1:54.91 | Sigurd Blom Breivik | 96 | Rud | 08.03.2014 |
| 1:55.39 | Vegard Løberg Gjelsvik | 92 | Trondheim/Ra | 18.12.2010 |
| 1:55.44 | Sverre Blom Breivik | 96 | Steinkjer | 08.02.2015 |
| 1.56.22 | Nikolai Solum | 05 | Steinkjer | 05.03.2022 |
| 1:56.43 | Håvard Hildeskor | 92 | Trondheim/Ra | 18.12.2010 |
| 1:56.39 | Vetle Aasland | 91 | Trondheim/Ra | 18.12.2010 |
| 1:56.70 | Sverre Blom Breivik | 96 | Rud | 08.03.2014 |
| 1:57.52 | Kristian Bråthen Børve | 06 | Hvam | 05.02.2023 |
| 1:57.66 | Hans Jørgen Borgen | 70 | Oslo/Ek | 05.02.1989 |
| 1:59.85 | Henrik Hanssen | 97 | Rud | 13.02.2015 |
| 2:00.21 | Ole-Kristian Lindbøe Kværner | 05 | Hvam | 05.02.2023 |
| 2:00.23 | Andreas Lindebø Kværner | 06 | Hvam | 05.02.2023 |
| 2:01.30 | Anders Sandholtbråten | 76 | Oslo/Ek | 15.01.1994 |
| 2:01.41 | Erlend Magnus Homble | 04 | Hvam | 03.12.2022 |
| 2:01.60 | Markus Høgne | 98 | Rud | 13.01.2015 |
| 2:01.68 | Philip Gulbrandsen | 07 | Hvam | 02.12.2023 |
| 2:01.69 | Emil Nordal | 03 | Hvam | 06.03.2021 |
| 2:02.03 | Peder Holm | 92 | Trondheim/Ra | 12.03.2011 |
| 2:02.12 | Lukas Buncic | 07 | Hvam | 02.12.2023 |
| 2:02.8 | Ronny Opaker | 66 | Oslo/Ek | 04.02.1984 |
| 2:03.05 | Philip Gundersen | 07 | Ulsteinvik | 04.03.2023 |
| 2:03.11 | Njord Erlend Wiker | 91 | Stange | 01.03.2009 |
| 2:03.28 | Fredrik Anthi Svinø | 92 | Stange | 21.02.2010 |
| 2:03.64 | Henrik Hanssen | 97 | Rud | 09.02.2014 |
| 2:04.28 | Jon Gunnar Alfsen | 97 | Rud | 08.03.2014 |
| 2:04.78 | Anders Buraas | 92 | Stange | 31.01.2009 |
| 2:04.9 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 04.02.1984 |
| 2:04.90 | Jonas Krossøy | 95 | Haugesund | 03.02.2013 |
| 2:06.00 | Åsmund Wennemo | 94 | Trondheim/Ra | 12.03.2011 |
| 2:06.6 | Hans Georg Haug | 67 | Oslo/Ek | 19.01.1985 |
| 2:07.52 | Kristian Tokstad | 00 | Hvam | 06.02.2016 |
| 2:08.8 | Njål Bakke | 71 | Oslo/Ek | 05.03.1988 |
| 2:08.80 | Jacob Breivik | 04 | Hvam | 05.02.2023 |
| 2:08.83 | Stian Aaserud | 81 | Stange | 08.03.1998 |
| 2:09.26 | Nana Kuli | 01 | Rud | 09.02.2020 |
| 2:09.28 | Jonas Haarborg Bolgen | 96 | Steinkjer | 09.03.2013 |
| 2:09.43 | Håkon Prøch Johnsen | 07 | Hvam | 02.12.2023 |
| 2:10.17 | Henrik Schultze Toverud | 04 | Hvam | 07.12.2019 |
| 2:10.62 | Fabian Vibekken | 09 | Hvam | 05.02.2023 |

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| **1000m** |  |

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| 2:50.51 | Iver Løvgaard Faksvåg | 09 | Rud | 14.01.2023 |
| **MENN JUNIOR 19** | | **249** | | |

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| --- | --- |
| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 3:47.53 | Andreas Fjeld Halvorsen | 05 | Hvam | 04.02.2023 |
| 3:54.92 | Vegard Løberg Gjelsvik | 92 | Trondheim/Ra | 12.02.2011 |
| 3:57.16 | Kristian Bråthen Børve | 06 | Rud | 18.02.2023 |
| 3.57.90 | Benjamin Olsen | 04 | Ulsteinvik | 05.02.2022 |
| 4:00.92 | Andreas Lindebæ Kværner | 06 | Hvam | 04.02.2023 |
| 4:01.11 | Jørgen Frost Bø | 94 | Sandnes | 09.03.2012 |
| 4:01.69 | Sigurd Blom Breivik | 96 | Steinkjer | 07.02.2015 |
| 4:04.32 | Stian Klungland | 93 | Trondheim/Ra | 12.02.2011 |
| 4:05.59 | Sondre Strande Omland | 07 | Steinkjer | 04.03.2022 |
| 4:06.38 | Nahan Tewelde | 06 | Hvam | 10.03.2023 |
| 4:08.37 | Henrik Hanssen | 97 | Hvam | 06.02.2016 |
| 4:09.88 | Hans Jørgen Borgen | 70 | Askim | 12.02.1989 |
| 4:10.02 | Anders Sandholtbråten | 76 | Stange | 14.01.1995 |
| 4:11.98 | Vetle Aasland | 91 | Stange | 01.02.2009 |
| 4:14.02 | Andreas Ullern Tonning | 04 | Hvam | 04.02.2023 |
| 4:16.51 | Thomas Roth | 91 | Karlstad, SWE | 16.02.2008 |
| 4:17.07 | Peder Holm | 92 | Trondheim/Ra | 13.03.2011 |
| 4:17.7 | Hans Georg Haug | 67 | Oslo/Ek | 09.03.1985 |
| 4:18.5 | Ronny Opaker | 66 | Oslo/Ek | 03.03.1984 |
| 4:20.58 | Jonas Krossøy | 95 | Haugesund | 02.02.2013 |
| 4:22.84 | Philip Gundersen | 07 | Ulsteinvik | 05.03.2023 |
| 4:25.00 | Ole-Kristian Lindebø Kværner | 05 | Hvam | 22.01.2022 |
| 4:25.69 | Morten Kristiansen | 77 | Stange | 14.01.1995 |
| 4:26.43 | Jonas Haarborg Bolgen | 96 | Steinkjer | 10.03.2013 |
| 4:26.44 | Jens Kristian Aas | 05 | Hvam | 04.02.2023 |
| 4:28.15 | Åsmund Wennemo | 94 | Steinkjer | 10.03.2013 |
| 4:29.11 | Fredrik Anthi Svinø | 92 | Stange | 23.01.2010 |
| 4:29.05 | Stian Aaserud | 81 | Stange | 16.03.1997 |
| 4:32.45 | Francesco Bazzanella | 87 | Stange | 30.01.2005 |
| 4:33.60 | Kevin Fritz | 91 | Stange | 01.02.2009 |
| 4:33.37 | Tore Klungland | 97 | Steinkjer | 10.03.2013 |

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| **MENN JUNIOR 19** | **250** |

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| --- | --- |
| **3000m** |  |

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| 8:11.97 | Andreas Fjeld Halvorsen | 05 | Hvam | 12.03.2022 |
| 8:49.43 | Markus Høgne | 98 | Rud | 10.02.2017 |
| 9:07.62 | Nikolai Solum | 05 | Hvam | 12.03.2022 |
| 9:22.44 | Jens Kristian Aas | 05 | Hvam | 12.03.2022 |
| 9:27.54 | Andreas Ullern | 04 | Hvam | 12.03.2022 |
| 9:37.50 | Peder Holm | 92 | Trondheim/Ra | 13.02.2011 |

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| **60m hekk 100 cm E** |  |

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| 8.07 | Marcus Theodor Moen | 99 | Bergen/Le | 20.01.2018 |

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| **60m hekk 106.7 cm E** |  |

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| 8.11 | Marcus Theodor Moen | 99 | Rud | 04.02.2018 |
| 8.69 | Jo Henning Hals Nilssen | 68 | Askim | 01.02.1987 |

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| **MENN JUNIOR 19** | **251** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.91 | Tom Erik Olsen | 74 | Drammen | 23.02.1992 |
| 1.90 | Frode Myrvang | 67 | Drammen | 29.01.1984 |
| 1.86 | Michael Reklev | 04 | Steinkjer | 05.03.2022 |
| 1.85 | Even Jakob Ranghildsløkken | 08 | Rud | 25.11.2023 |
| 1.80 | Nicolas Reklev | 07 | Hvam | 02.12.2023 |
| 1.78 | Marcus Theodor Moen | 99 | Stange | 23.03.2014 |
| 1.75 | Morten Knutsen | 70 | Drammen | 08.02.1986 |
| 1.75 | Vetle Aasland | 91 | Askim | 24.01.2010 |
| 1.75 | Jo Henning Hals Nilssen | 68 | Drammen | 08.02.1986 |
| 1.70 | Odd Arne Urnes | 73 | Lillestrøm | 02.12.1989 |
| 1.70 | Henning Forsland | 80 | Lillestrøm | 03.03.1996 |
| 1.67 | Victor Rosenlind | 00 | Rud | 14.01.2017 |
| 1.65 | Morten Halseth | 97 | Stange | 18.03.2012 |
| 1.60 | Bent Helseth | 53 | Lillestrøm/Pl | 15.02.1970 |
| 1.60 | Emil Nordal | 03 | Rud | 11.02.2018 |
| 1.60 | Alan Ringo | 07 | Hvam | 04.02.2023 |
| 1.55 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 1.55 | Christer Amundsen | 92 | Lillestrøm | 17.01.2007 |
| 1.50 | Henrik Jacobsen | 01 | Stange | 22.03.2015 |

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| **Stav** |  |

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| 4.50 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |
| 4.30 | Filip Aas | 00 | Rud | 23.03.2017 |
| 3.50 | Odd Arne Urnes | 73 | Askim | 12.02.1989 |
| 3.20 | Jo Henning Hals Nilssen | 68 | Drammen | 23.02.1986 |
| 2.60 | Victor Rosenlind | 00 | Hvam | 16.01.2016 |

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| **MENN JUNIOR 19** | **252** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.85 | Tom Erik Olsen | 74 | Askim | 16.02.1992 |
| 6.41 | Jo Henning Hals Nilssen | 68 | Drammen | 22.02.1986 |
| 6.15 | Michael Reklev | 05 | Rud | 12.02.2022 |
| 6.13 | Morten Knutsen | 70 | Lillestrøm | 16.02.1986 |
| 5.84 | Marcus Theodor Moen | 99 | Karlstad, SWE | 17.01.2015 |
| 5.53 | Even Jacob Ragnhildsløkken | 08 | Hvam | 02.12.2023 |
| 5.44 | Bjørn Flatby | 79 | Lillestrøm | 19.02.1995 |
| 5.35 | Jon Arne Skiaker | 79 | Lillestrøm | 19.02.1995 |
| 5.22 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 03.03.2007 |
| 5.20 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 5.10 | Fredrik Veiby | 99 | Stange | 21.02.2015 |
| 4.92 | Christer Amundsen | 92 | Stange | 18.03.2006 |
| 4.84 | Victor Rosenlind | 00 | Stange | 21.02.2014 |
| 4.83 | Jan Terje Forsland | 78 | Lillestrøm | 06.03.1994 |
| 4.80 | Emil Nordal | 03 | Uddevalla, SWE | 14.01.2018 |
| 4.79 | Jonathan Joo | 91 | Karlstad, SWE | 18.02.2006 |
| 4.78 | Ole Semming Wiig | 69 | Oslo/Ek | 04.02.1984 |
| 4.76 | Alan Ringo | 07 | Ulsteinvik | 04.03.2023 |
| 4.75 | Per Olav Ramstad | 78 | Lillestrøm | 06.03.1994 |
| 4.75 | Iver Laake | 01 | Hvam | 10.12.2016 |

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| **Tresteg** |  |

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| 12.92 | Morten Knutsen | 70 | Askim | 31.01.1987 |
| 11.54 | Even Jacob Ragnhildsbakken | 08 | Rud | 12.02.2023 |

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| **MENN JUNIOR 19** | **253** |

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| **Høyde uten tilløp** |  |

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| 1.55 | Michael Reklev | 05 | Hvam | 22.12.2022 |
| 1.48 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 11.06.1986 |
| 1.48 | Lars Petter Syversrud | 69 | Jessheim/Je | 10.03.1987 |
| 1.41 | Runar Homble | 72 | Jessheim/Je | 16.03.1989 |
| 1.40 | Even Ragnhildsløkken | 08 | Hvam | 22.12.2022 |
| 1.38 | Johannes Harviken | 43 | Gardermoen | 25.02.1961 |
| 1.35 | Einar Hellum | 47 | Jessheim | 26.02.1966 |
| 1.35 | Ola Nerhagen | 71 | Jessheim/Je | 10.03.1987 |
| 1.35 | Jan-Olav Arnegård | 71 | Jessheim/Je | 10.03.1987 |
| 1.35 | Odd Arne Urnes | 73 | Årnes/Ne | 10.02.1989 |
| 1.31 | Tormod Holand | 33 | Årnes | 05.03.1951 |
| 1.31 | Jonny Høgseth | 41 | Jessheim | 15.02.1959 |
| 1.31 | Jarle Sæthermoen | 70 | Jessheim/Je | 12.03.1985 |
| 1.30 | Jon Martinsen | 47 | Jessheim | 26.02.1966 |
| 1.30 | Øistein Nesje | 49 | Jessheim | 26.02.1966 |
| 1.30 | Runar Homble | 72 | Jessheim/Je | 10.03.1988 |
| 1.30 | Jonathan Joo | 91 | Jessheim | 12.02.2007 |
| 1.28 | Lars Georg Aas | 92 | Jessheim/No | 13.03.2006 |
| 1.27 | Thomas Roth | 91 | Jessheim | 03.03.2008 |
| 1.20 | Shaun Matheson | 43 | Gardermoen | 25.02.1961 |
| 1.20 | Kåre Laake | 64 | Fetsund | 15.03.1980 |
| 1.20 | Ole Semming Wiig | 69 | Jessheim/Je | 12.03.1985 |
| 1.20 | Glenn Erik Myrvold | 72 | Jessheim/Je | 16.03.1989 |

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| **MENN JUNIOR 19** | **254** |

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| **Lengde uten tilløp** |  |

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| 3.11 | Ola Nerhagen | 71 | Dokka | 08.03.1987 |
| 3.06 | Lars Petter Syversrud | 69 | Jessheim/Je | 10.03.1987 |
| 2.94 | Jan Olav Arnegård | 71 | Jessheim/Je | 16.03.1989 |
| 2.92 | Øistein Nesje | 49 | Lillestrøm/Kj | 12.03.1967 |
| 2.92 | Jo Henning Hals Nilssen | 68 | Årnes/Ne | 27.02.1987 |
| 2.92 | Runar Homble | 72 | Jessheim/Je | 16.03.1989 |
| 2.91 | Sander Steen Myrvang | 00 | Rud | 02.04.2019 |
| 2.85 | Thor Martin Furuseth | 41 | Lillestrøm/Hø | 16.03.1958 |
| 2.85 | Morten Knutsen | 70 | Jessheim/Je | 10.03.1987 |
| 2.83 | Tormod Holand | 33 | Årmes | 04.04.1951 |
| 2.83 | Runar Homble | 72 | Jessheim/Je | 10.03.1988 |
| 2.82 | Thomas Roth | 91 | Jessheim | 03.03.2008 |
| 2.79 | Thor Halvorsen | 46 | Lillestrøm/Vi | 21.02.1962 |
| 2.79 | Jon Martinsen | 47 | Lillestrøm | 27.04.1965 |
| 2.76 | Øistein Nesje | 49 | Lillestrøm | 27.04.1965 |
| 2.76 | Ørnulf Brekke | 67 | Jessheim/Je | 12.03.1985 |
| 2.76 | Gudmund Bjotveit | 77 | Jessheim/Je | 21.03.1992 |
| 2.75 | Jonathan Joo | 91 | Jessheim | 12.02.2007 |
| 2.72 | Johannes Harviken | 43 | Gardermoen | 25.02.1961 |
| 2.72 | Odd Arne Urnes | 73 | Jessheim/Je | 16.03.1989 |
| 2.70 | Frode Grøndahl | 69 | Jessheim/Je | 10.03.1987 |
| 2.69 | Shaun Matheson | 43 | Gardermoen | 25.02.1961 |
| 2.68 | Steinar Strøm | 42 | Jessheim | 03.04.1960 |
| 2.68 | Marius Fuglerud | 87 | Jessheim/No | 13.02.2006 |
| 2.68 | Frode Grøndahl | 69 | Jessheim/Je | 12.03.1985 |
| 2.69 | Thor Lasse Johansen | 63 | Fetsund | 15.03.1980 |
| 2.67 | Sven Inge Bråten | 76 | Jessheim/Je | 20.02.1992 |
| 2.67 | Vegard Løberg Gjelsvik | 92 | Jessheim | 03.03.2008 |
| 2.65 | Einar Hellum | 47 | Lillestrøm/Vi | 21.02.1962 |
| 2.65 | Jonathan Joo | 91 | Jessheim/No | 16.01.2006 |
| 2.61 | Kevin Fritz | 91 | Jessheim | 03.03.2008 |
| 2.61 | Thor Lasse Johansen (Løberg) | 63 | Skårer/Kj | 25.03.1979 |
| 2.61 | Arne Bjørndal | 70 | Jessheim/Je | 12.03.1985 |
| 2.60 | Hans Kristian Hansen | 41 | Lillestrøm/Hø | 16.03.1958 |
| 2.60 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 16.03.1989 |
| 2.60 | Martin Jørgensen | 90 | Jessheim/No | 16.01.2006 |

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| **MENN JUNIOR 19** | **255** |

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| **7-kamp M 100m-Lengde-Kule5.5-Høyde/** | **100mh 100-Stav-1000m** |

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| 3813p | Jo Henning Hals Nilssen | 68 | Drammen | 22-23.02.1986 |
| 12.2-6.41-11.34-1.73/16.1-3.20-3:16.2 | | | |

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| **4x100m E** |  |

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| 51.19 | G14 |  | Stange | 18.03.2006 |
| Lars Georg Aas92-Christer Amundsen92-Erlend Morthen92-Anthony Davies92 | | | |

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| 54.78 | G14 |  | Stange | 05.03.2005 |
| Jonathan Joo91-Anthony Davies92-Christer Amundsen92-Erlend Morthen92 | | | |

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| 59.16 | G14 |  | Stange | 14.03.2009 |
| Morten Halseth97-Jonas Haarborg Bolgen96-Thomas Løland95-Anders Rødland | | | |

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| 59.37 | G13 |  | Stange | 15.03.2003 |
| Eivind Hovind90-Andreas Løland90-Lars Sutterud90-Michael Løland92 | | | |

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| 59.89 | G14 |  | Stange | 20.03.2010 |
| Jørgen Opaker97-Jonas Haarberg Bolgen96-Morten Halseth97-Sindre Bjørnstad96 | | | |

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| **4x200m** |  |

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| 1:35.07 | M19 |  | Sandnes | 11.03.2012 |
| Marius Mellum96-Martin Opaker94-Andreas Roth93-Henrik Huser96 | | | |

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| **MENN JUNIOR 19** | **256** |

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| --- | --- |
| **1000m** |  |

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| 2:03.07 | G18 |  | Stange | 01.02.2009 |
| Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:04.45 | M19 |  | Stange | 21.03.2010 |
| Marius Næss93-Njord Wiker91-Vegard Løberg Gjelsvik92-Vetle Aasland91 | | | |

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| 2:05.02 | G18 |  | Stange | 15.03.2009 |
| Martin Opaker94-Njord Erlend Wiker91-Vegard Gjelsvik92-Thomas Roth91 | | | |

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| 2:05.77 | G17 |  | Stange | 09.03.2008 |
| Christer Amundsen92-Jonathan Joo91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:08.52 | G18 |  | Stange | 18.03.2007 |
| Lars Georg Aas92-Thomas Roth91-Vegard Løberg Gjelsvik92-Fredrik Fuglerud89 | | | |

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| 2:15.27 | M19 |  | Stange | 19.03.2006 |
| Martin Jørgensen91-Jonathan Joo91-Erik Storenge87-Marius Fuglerud87 | | | |