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| **GUTTER 18** | **318** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.67 | Emil Nordal | 03 | Jessheim | 03.06.2021 |
| 7.71 | Marius Fuglerud | 87 | Asker/Fø | 28.05.2005 |
| 7.96 | Jo Oddmund Vaagaasar | 92 | Asker/Fø | 06.06.2010 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.2 | Ola Nerhagen | 71 | Jessheim | 25.09.1989 |
| 7.2 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 7.9 | Hans Georg Haug | 67 | Jessheim | 30.09.1985 |
| 8.0 | Frode Nygård | 69 | Jessheim | 23.09.1987 |
| 8.4 | Kristoffer Stanger | 33 | Hauerseter | 17.06.1951 |
| 8.6 | Per Kopperud | 39 | Mo | 04.08.1957 |

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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 |
| 11.39 | Eirik Haus | 79 | Jessheim | 01.09.1997 |
| 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 |
| 11.61 | Runar Homble | 72 | Jessheim | 29.09.1990 |
| 11.61 | Sander Steen Myrvang | 00 | Jessheim | 11.08.2018 |
| 11.78 | Martin Opaker | 94 | Ravnanger | 31.08.2012 |
| 11.88 | Thomas Roth | 91 | Jessheim | 16.06.2009 |
| 11.91 | Bjørn Tore Ottersen | 66 | Krikenær | 19.05.1984 |
| 11.92 | Filip Aas | 00 | Asker/Fø | 08.06.2018 |
| 12.00 | Jonas Nødtvedt Wenger | 99 | Jessheim | 23.05.2017 |
| 12.03 | Marius Fuglerud | 87 | Oslo/St | 15.08.2005 |
| 12.16 | Jørgen Opaker | 97 | Lillehammer/Ss | 21.06.2015 |
| 12.29 | Martin Lundemo Syvertsen | 92 | Lillehammer/Ss | 20.06.2010 |
| 12.30 | Martin Aarbogh Brustad | 04 | Oslo/Bi | 13.07.2022 |
| 12.32 | Sven Inge Bråten | 76 | Bjørkelangen | 28.05.1994 |
| 12.66 | Per-Arne Østerud | 81 | Jessheim | 24.09.1999 |
| 12.68 | Morten Knutsen | 70 | Hyrvyla, FIN | 25.08.1988 |
| 12.70 | Espen Hofoss | 76 | Bjørkelangen | 28.05.1994 |
| 12.71 | Mads Røslie | 82 | Jessheim | 22.05.2000 |
| 12.83 | Anders Sandholtbråten | 76 | Bjørkelangen | 28.05.1994 |
| 12.90 | Jo Oddmund Vaagaasar | 92 | Lillestrøm | 29.05.2010 |

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| **GUTTER 18** | **319** |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.5 | Jan Bredesen | 40 | Jessheim | 23.08.1958 |
| 11.5 | Ola Nerhagen | 71 | Jessheim | 30.05.1989 |
| 11.6 | Halvor Berger | 40 | Eidsvoll/My | 10.09.1958 |
| 11.6 | Jo Henning Hals Nilssen | 68 | Jessheim | 30.06.1986 |
| 11.6 | Finn Ugletveit | 49 | Lillestrøm | 03.09.1967 |
| 11.6 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 11.8 | Kåre Gismervik | 57 | Strømmen | 01.07.1975 |
| 11.8 | Bjørn Tore Ottersen | 66 | Årnes | 26.06.1984 |
| 11.9 | Kjell Arne Johansen | 44 | Jessheim | 06.09.1962 |
| 11.9 | Jon Martinsen | 47 | Råholt | 28.08.1965 |
| 12.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 18.05.1992 |
| 12.1 | Hans Asak | 41 | Kløfta | 31.05.1959 |
| 12.1 | Lars Petter Syversrud | 69 | Jessheim | 28.05.1987 |
| 12.1 | Stian Fredriksen | 81 | Ski | 09.08.1999 |
| 12.2 | Per Kollerud | 39 | Jessheim | 28.08.1957 |
| 12.2 | Bjørn Hellum | 48 | Lillestrøm | 10.09.1966 |
| 12.3 | Knut Fossum | 22 | Eidsvoll | 30.06.1940 |
| 12.3 | Pål Trøgstad | 32 | Lillestrøm/Vi | 30.07.1950 |
| 12.3 | Geir Pedersen | 44 | Jessheim | 06.09.1962 |
| 12.3 | Thorstein Gystad | 67 | Nadderud | 22.06.1985 |
| 12.4 | Finn Asak | 39 | Jessheim | 10.08.1957 |
| 12.4 | Arne Bjørndal | 67 | Oslo/La | 11.06.1985 |
| 12.5 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 12.5 | Shaun Matheson | 43 | Jessheim | 17.08.1961 |
| 12.5 | Frode Nygård | 69 | Jessheim | 28.09.1987 |
| 12.5 | Per-Arne Østerud | 81 | Ski | 09.08.1999 |
| 12.6 | Harald Jahren | 33 | Kløfta | 09.06.1951 |
| 12.6 | Fred Arild Kjernli | 64 | Strømmen | 18.08.1982 |
| 12.7 | Kristoffer Stanger | 33 | Kløfta | 09.06.1951 |
| 12.7 | Ole Johan Pedersen | 67 | Oslo/La | 16.05.1985 |
| 12.7 | Hans Georg Haug | 67 | Oslo/La | 16.05.1985 |
| 12.8 | Tormod Holand | 33 | Kløfta | 09.06.1951 |
| 12.8 | Nils Kristen Wiig | 43 | Jessheim | 17.08.1961 |

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| **150m E** |  |

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| --- | --- | --- | --- | --- |
| 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 |
| 18.99 | Per-Arne Østerud | 81 | Jessheim | 23.08.1999 |

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| **GUTTER 18** | **320** |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 21.98 | Marcus Theodor Moen | 99 | Mannheim, GER | 02.07.2017 |
| 22.62 | Andreas Roth | 93 | Lillehammer/Ss | 24.06.2011 |
| 22.81 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2021 |
| 22.97 | Marius Mellum | 96 | Oslo/Sp | 10.07.2014 |
| 23.04 | Tom Erik Olsen | 74 | Sofiemyr | 14.06.1992 |
| 23.14 | Thomas Roth | 91 | Oslo/St | 10.08.2009 |
| 23.38 | Eirik Haus | 79 | Jessheim | 11.08.1997 |
| 23.58 | Sverre Blom Breivik | 96 | Oslo/Bi | 24.07.2014 |
| 23.67 | Runar Homble | 72 | Oslo/Bi | 24.07.1990 |
| 23.85 | Martin Opaker | 94 | Lillehammer/Ss | 22.06.2012 |
| 23.96 | Marius Fuglerud | 87 | Göteborg, SWE | 03.07.2005 |
| 24.08 | Filip Aas | 00 | Oslo/Bi | 02.06.2018 |
| 24.14 | Sondre Opaker Øines | 98 | Jessheim | 25.06.2016 |
| 24.18 | Njord Erlend Wiker | 91 | Asker/Fø | 07.06.2009 |
| 24.19 | Stian Fredriksen | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.28 | Håvard Hildeskor | 92 | Lillestrøm | 30.05.2010 |
| 24.28 | Sigurd Blom Breivik | 96 | Oslo/Bi | 24.07.2014 |
| 24.33 | Jørgen Opaker | 97 | Nadderud | 12.06.2015 |
| 24.40 | Odd Arne Urnes | 73 | Grimstad | 14.06.1991 |
| 29.66 | Jonas Nødtvedt Wenger | 99 | Göteborg, SWE | 02.07.2017 |
| 24.77 | Tor Eilert Navestad | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.78 | Per-Arne Østerud | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.92 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 22.06.2007 |
| 25.07 | Sven Inge Bråten | 76 | Oslo/Bi | 18.07.1994 |
| 25.41 | Bjørn Bjørnstad | 93 | Lillehammer/Ss | 24.06.2011 |
| 25.51 | Espen Hofoss | 76 | Lillehammer/Ss | 03.09.1994 |
| 25.62 | Halvor Marius Mangerud | 81 | Jessheim | 21.06.1999 |
| 26.19 | Anders Sandholtbråten | 76 | Sofiemyr | 03.06.1994 |
| 26.39 | Mads Røslie | 82 | Lillehammer/Ss | 30.06.2000 |
| 26.77 | Jo Oddmund Vaagaasar | 92 | Nadderud | 11.06.2010 |
| 27.18 | Sigurd Fjeldbo | 82 | Jessheim | 22.05.2000 |
| 29.02 | Stian Tufte | 81 | Jessheim | 21.06.1999 |

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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 |
| 23.8 | 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 |
| 24.1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 06.07.1992 |
| 24.5 | Halvor Berger | 40 | Kløfta | 22.09.1958 |
| 24.5 | Espen Hofoss | 76 | Jessheim | 26.09.1994 |

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| **GUTTER 18** | **321** |

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| **200m M forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.0 | Einar Hellum | 47 | Råholt | 29.08.1965 |
| 25.0 | Lars Petter Syversrud | 69 | Oslo/Bi | 21.05.1987 |
| 25.4 | Frode Nygård | 69 | Jessheim | 21.09.1987 |
| 25.5 | Paul Trøgstad | 33 | Jessheim | 17.08.1951 |
| 25.6 | Hans Georg Haug | 67 | Jessheim | 03.10.1985 |
| 25.7 | Per Kopperud | 39 | Jessheim | 05.06.1957 |
| 25.7 | Kjell Arne Johansen | 44 | Råholt | 23.06.1962 |
| 26.6 | Shaun Matheson | 43 | Strømmen | 19.06.1961 |
| 26.8 | Rune Skinnerlien | 69 | Jessheim | 21.09.1987 |
| 26.9 | Kristoffer Stanger | 33 | Jessheim | 17.08.1951 |
| 27.2 | Tor Håkon Nygård | 84 | Jessheim | 19.08.2002 |
| 28.2 | Martin Carlsen | 71 | Jessheim | 25.09.1989 |
| 31.0 | Jørgen Nygård | 13 | Jessheim | 26.09.1931 |

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| --- | --- |
| **300m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.12 | Andreas Roth | 93 | Moss/Me | 01.08.2011 |
| 37.07 | Marius Mellum | 96 | Nadderud | 06.05.2014 |
| 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 |

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 45.1 | Hans Agnar Grønnvoll | 84 | Jessheim | 18.04.2002 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.38 | Andreas Roth | 93 | Oslo/Bi | 09.06.2011 |
| 48.99 | Markus Einan | 97 | Nittedal | 22.08.2015 |
| 49.37 | Thomas Roth | 91 | Lillehammer/Ss | 20.06.2009 |
| 50.28 | Vegard Løberg Gjelsvik | 92 | Nadderud | 13.06.2010 |
| 50.74 | Sverre Blom Breivik | 96 | Oslo/Sp | 06.07.2014 |
| 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 |
| 51.10 | Tom Erik Olsen | 74 | Stockholm, SWE | 02.08.1992 |
| 51.50 | Vidar Aasland | 91 | Oslo/Bi | 04.09.2009 |
| 51.63 | Sigurd Blom Breivik | 96 | Nadderud | 15.06.2014 |
| 52.55 | Jon Gunnar Alfsen | 97 | Lillehammer/Ss | 20.06.2015 |
| 52.63 | Marius Mellum | 96 | Oslo/Bi | 17.08.2014 |
| 53.01 | Fredrik Fuglerud | 89 | Nadderud | 09.06.2007 |
| 53.16 | Peder Holm | 92 | Sofiemyr | 26.06.2010 |
| 53.22 | Njord Erlend Wiker | 91 | Oslo/Bi | 21.09.2009 |

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| **GUTTER 18** | **322** |

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| **400m E forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.27 | Marius Fuglerud | 87 | Drammen/Ma | 05.05.2005 |
| 53.53 | Stian Fredriksen | 81 | Oslo/Bi | 27.07.1999 |
| 53.58 | Sondre Opaker Øines | 98 | Nittedal | 20.08.2016 |
| 54.28 | Jo Henning Hals Nilssen | 68 | Helsingfors, FIN | 28.06.1986 |
| 54.32 | Andrew Stevens | 81 | Jessheim | 24.08.1999 |
| 54.46 | Jan-Olav Arnegård | 71 | Jessheim | 03.07.1989 |
| 54.56 | Anders Sandholtbråten | 76 | Bjørkelangen | 28.05.1994 |
| 53.56 | Henrik Hanssen | 97 | Lillehammer/Ss | 20.06.2015 |
| 54.60 | Jørgen Opaker | 97 | Nittedal | 22.08.2015 |
| 54.62 | Jonas Krossøy | 95 | Nadderud | 16.06.2013 |
| 54.85 | Espen Hofoss | 76 | Oslo/Bi | 13.06.1994 |
| 55.98 | Tor Eilert Navestad | 81 | Lillehammer/Ss | 26.06.1999 |
| 56.61 | Eirik Haus | 79 | Jessheim | 28.09.1997 |
| 56.62 | Martin Lundemo Syvertsen | 92 | Lillehammer/Ss | 19.06.2010 |
| 56.91 | Sven Inge Bråten | 76 | Lillehammer/Ss | 05.09.1994 |
| 57.02 | Per-Arne Østerud | 81 | Jessheim | 22.07.1999 |
| 57.74 | Tore Klungland | 97 | Nadderud | 14.06.2015 |
| 57.05 | Jonas Nødtvedt Wenger | 99 | Göteborg, SWE | 01.07.2017 |
| 58.76 | Kenneth Vestgøte | 76 | Lillehammer/Ss | 11.09.1994 |
| 59.57 | Hans Marius Mangerud | 81 | Jessheim | 22.07.1999 |
| 62.13 | Espen Næss | 94 | Nadderud | 17.06.2012 |
| 67.01 | Trym Rostad | 91 | Jessheim | 16.06.2009 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 52.4 | Einar Hellum | 47 | Oslo/Bi | 09.10.1965 |
| 53.1 | Finn Ugletveit | 49 | Lillestrøm | 09.09.1967 |
| 53.7 | Bjørn Hellum | 48 | Lillestrøm | 10.09.1966 |
| 53.8 | Thor Martin Furuseth | 41 | Oslo/Bi | 04.09.1959 |
| 53.9 | Fred Arild Kjernli | 64 | Oslo/St | 29.09.1982 |
| 54.7 | Jon Martinsen | 47 | Råholt | 28.08.1965 |
| 54.9 | Jonas Krossøy | 95 | Jessheim | 30.05.2013 |
| 55.3 | Thorstein Gystad | 67 | Oslo/So | 10.06.1985 |
| 55.6 | Kjell Arne Johansen | 44 | Jessheim | 06.09.1962 |
| 55.6 | Hans Georg Haug | 67 | Jessheim | 03.10.1985 |
| 56.8 | Frode Nygård | 69 | Jessheim | 01.08.1987 |
| 56.9 | Harald Jahren | 33 | Jessheim | 22.08.1951 |
| 59.0 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 58.2 | Pål Trøgstad | 32 | Lillestrøm/Vi | 20.09.1950 |
| 58.3 | Kristoffer Stanger | 33 | Jessheim | 11.07.1931 |
| 59.3 | Erik Lerdahl | 10 | Eidvoll | 16.09.1928 |
| 59.6 | Lars Stokstad | 18 | Jessheim | 20.09.1936 |
| 60.0 | Geir Pedersen | 44 | Råholt | 12.09.1962 |
| 60.2 | Håvard Uhlen | 39 | Jessheim | 27.05.1957 |

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| **GUTTER 18** | **323** |

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| **400m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 61.3 | Martin Carlson | 71 | Jessheim | 30.05.1989 |
| 62.5 | Thorolf Bekkedal | 03 | Jessheim | 21.08.1921 |
| 67.9 | Bjørn Huso | 32 | Sand | 20.08.1950 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:19.02 | Thomas Roth | 91 | Lillestrøm | 12.09.2009 |
| 1:20.48 | Markus Einan | 97 | Nadderud | 04.05.2015 |
| 1:22.90 | Vetle Aasland | 91 | Askim | 21.09.2009 |
| 1:23.9 | Håvard Hildeskor | 92 | Trondheim/St | 29.04.2010 |
| 1:24.90 | Simen Gløgård Stensrud | 05 | Nesodden | 11.06.2023 |
| 1:25.55 | Henrik Hanssen | 97 | Nadderud | 04.05.2015 |
| 1:25.73 | Njord Erlend Wiker | 91 | Oslo/Bi | 23.09.2009 |
| 1:28.32 | Jonas Krossøy | 95 | Nadderud | 07.05.2013 |
| 1:28.9 | Peder Holm | 92 | Lillestrøm | 25.09.2010 |
| 1:28.93 | Espen Hofoss | 76 | Oslo/Bi | 29.09.1994 |
| 1:29.68 | Sondre Opaker Øines | 98 | Nadderud | 03.05.2016 |
| 1:30.23 | Andrè Nilsson | 82 | Jessheim | 22.05.2000 |
| 1:31.79 | Sigurd Fjeldbo | 82 | Jessheim | 22.05.2000 |
| 1:38.53 | Tore Klungland | 97 | Askim | 20.05.2015 |
| 1:42.9 | Tor Håkon Mangerud | 84 | Jessheim | 15.04.2002 |

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| **800m**  |  |

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| --- | --- | --- | --- | --- |
| 1:50.39 | Thomas Roth | 91 | Lillehammer/Ss | 01.09.2009 |
| 1:50.74 | Markus Einan | 97 | Espoo, FIN | 29.08.2015 |
| 1:50.91 | Benjamin Olsen | 04 | 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 |
| 1:52.44 | Sigurd Blom Breivik | 96 | Sollentuna, SWE | 26.06.2014 |
| 1:54.27 | Håvard Hildeskor | 92 | Lillestrøm | 29.05.2010 |
| 1:54.41 | Sverre Blom Breivik | 96 | Oslo/Bi | 22.05.2014 |
| 1:54.53 | Andreas Roth | 93 | Lillehammer/Ss | 26.06.2011 |
| 1:55.89 | Mats Morgan Langøy | 01 | Oslo/Bi | 17.07.2019 |
| 1:56.2 | Jørgen Frost Bø | 94 | Oslo/Sp | 06.09.2012 |
| 1:56.4 | Claus Nerhagen | 59 | Oslo/Bi | 20.06.1977 |
| 1:56.99 | Anders Sandholtbråten | 76 | Jessheim | 20.06.1994 |
| 1:57.69 | Henrik Hanssen | 97 | Oslo/Bi | 28.06.2015 |
| 1:58.0 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 13.06.1984 |
| 1:58.19 | Stian Klungland | 93 | Oslo/Bi | 19.05.2011 |
| 1:58.24 | Simen Gløgård Stensrud | 05 | Oslo/Bi | 04.06.2023 |
| 1:58.78 | Carl Johan Owre | 82 | Lillehammer/Ss | 02.07.2000 |
| 1:58.80 | Markus Høgne | 98 | Lillestrøm | 28.05.2016 |
| 1:58.9 | Kjell Arild Kjernli | 64 | Oslo/St | 28.07.1982 |
| 1:58.96 | Njord Erlend Wiker | 91 | Lillestrøm | 30.05.2009 |

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| **GUTTER 18** | **324** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 1:59.22 | Magnus Erlend Homble | 04 | Nadderud | 11.06.2022 |
| 1:59.28 | Ole-Kristian Lindboe Kværner | 05 | Sandnes | 26.08.2023 |
| 1:59.98 | Fredrik Fuglerud | 89 | Göteborg, SWE | 01.07.2007 |
| 2:00.62 | Jostein Nyquist | 91 | Lillehammer/Ss | 21.06.2009 |
| 2:00.77 | Åsmund Wennemo | 94 | Lillestrøm | 03.07.2012 |
| 2:01.4 | Einar Hellum | 47 | Oslo/Jo | 08.06.1965 |
| 2:01.4 | Hans Georg Haug | 67 | Oslo/St | 02.09.1985 |
| 2:01.99 | Fredrik Anthi Svinø | 92 | Oslo/Bi | 19.05.2010 |
| 2:02.30 | Jonas Krossøy | 95 | Lillehammer/Ss | 23.06.2013 |
| 2:02.8 | Thor Martin Furuseth | 41 | Oslo/Bi | 13.08.1959 |
| 2:02.89 | Jon Gunnar Alfsen | 97 | Lillehammer/Ss | 21.06.2015 |
| 2:03.02 | Peder Holm | 92 | Oslo/Bi | 28.08.2010 |
| 2:03.7 | Harald Lindstrøm | 54 | Lørenfallet | 30.09.1972 |
| 2:03.8 | Rune Skinnerlien | 69 | Jessheim | 31.07.1987 |
| 2:04.02 | Kevin Fritz | 91 | Oslo/Bi | 09.07.2009 |
| 2:04.37 | Odin Fjøsne-Hexeberg | 05 | Gøteborg, SWE | 02.07.2023 |
| 2:04.8 | Thorstein Gystad | 67 | Nadderud | 22.06.1985 |
| 2:05.03 | Espen Hofoss | 76 | Skien | 05.08.1994 |
| 2:05.7 | Torgeir Sørum | 45 | Oslo/Bi | 28.07.1963 |
| 2:05.9 | Bjørn Ingvar Jensen | 66 | Jessheim | 03.09.1984 |
| 2:05.93 | Stian Fredriksen | 81 | Jessheim | 27.05.1999 |
| 2:06.02 | Espen Næss | 94 | Lillehammer/Ss | 24.06.2012 |
| 2:06.03 | Halvor Marius Mangerud | 81 | Oslo/Bi | 12.06.1999 |
| 2:06.10 | Bjørnar Bjørnstad | 93 | Nadderud | 18.06.2011 |
| 2:06.44 | Roger Mohagen | 76 | Lillehammer/Ss | 26.06.1994 |
| 2:06.5 | Trygve Stanger | 62 | Lillestrøm | 26.08.1980 |
| 2:07.36 | Andrè Nilsson | 82 | Jessheim | 08.06.2000 |
| 2:07.64 | Henrik Schultze Toverud | 04 | Lillestrøm | 22.05.2022 |
| 2:08.2 | Jan-Olav Arnegård | 71 | Sofiemyr | 10.06.1989 |
| 2:08.58 | Sondre Opaker Øines | 98 | Lillestrøm | 28.05.2016 |
| 2:09.82 | Andreas Ullern Tonning | 04 | Brandbu | 23.06.2022 |
| 2:09.94 | Jonas Haarborg Bolgen | 96 | Lillehammer/Ss | 22.06.2014 |
| 2:10.54 | Jens Kristian Aas | 05 | Lillehammer/Ss | 25.06.2023 |
| 2:10.8 | Terje Mikalsen | 43 | Strømmen | 03.09.1961 |
| 2:10.8 | Frode Nygård | 69 | Jessheim | 31.07.1987 |
| 2:10.89 | Jostein Sætre Schefte | 96 | Lisleby | 08.08.2014 |
| 2:11.06 | Stian Aaserud | 81 | Jessheim | 27.05.1999 |
| 2:11.78 | Jørgen Opaker | 97 | Lillehammer/Ss | 21.06.2015 |
| 2:12.0 | Erlend Morthen | 92 | Oslo/Bi | 28.08.2010 |
| 2:12.08 | Ole Petter Kjærstad | 80 | Jessheim | 26.08.1998 |
| 2:13.0 | Harald Jahren | 37 | Lillestrøm | 04.09.1955 |
| 2:13.1 | Finn Ugletveit | 49 | Lillestrøm | 10.09.1967 |
| 2:13.8 | Arne Gulbrandsen | 44 | Jessheim | 07.09.1962 |
| 2:14.39 | Tor Eilert Navestad | 81 | Oslo/Bi | 12.06.1999 |
| 2:14.5 | Hans Kristian Hoff | 40 | Jessheim | 24.08.1958 |

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| **GUTTER 18** | **325** |

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| **800m forts.** |  |

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| 2:15.31 | Kenneth Vestgøte | 76 | Nadderud | 17.06.1994 |
| 2:15.4 | Mads Johansson | 78 | Jessheim | 19.06.1966 |
| 2:15.5 | Shaun Matheson | 43 | Råholt | 11.06.1961 |
| 2:18.4 | Alf Roger Holme | 77 | Jessheim | 14.08.1995 |
| 2:18.64 | Tor Håkon Mangerud | 84 | Lillehammer/Ss | 30.06.2002 |
| 2:21.5 | Per Arne Østerud | 81 | Jessheim | 16.08.1999 |
| 2:26.6 | Anders Carlsson | 71 | Jessheim | 21.08.1989 |
| 2:27.9 | Atle Sander | 71 | Jessheim | 21.08.1989 |
| 2:28.6 | Stian Aaserud | 81 | Jessheim | 16.08.1999 |
| 2:33.3 | Kristian Finstad | 76 | Jessheim | 29.08.1994 |
| 2:39.7 | Svenn Erik Sørum | 77 | Jessheim | 14.08.1995 |
| 2:56.9 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 17.08.1992 |
| 2:57.9 | Alexander Jørgensen | 71 | Jessheim | 21.08.1989 |

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| **1000m**  |  |

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| 2:28.30 | Vetle Aasland | 91 | Karlstad, SWE | 23.07.2009 |
| 2:35.93 | Stian Klungland | 93 | Nadderud | 03.05.2011 |
| 2:36.7 | Harald Lindstrøm | 54 | Gjøvik | 26.08.1972 |
| 2:40.7 | Kjell Arild Kjernli | 64 | Arvika, SWE | 17.07.1982 |
| 2:44.28 | Andreas Ullern Tonning | 04 | Oslo/Sp | 07.05.2022 |
| 2:45.12 | Ole-Kristian Lindboe Kværner | 05 | Rud | 04.05.2023 |

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| **1500m**  |  |

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| --- | --- | --- | --- | --- |
| 3:42.34 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 29.08.2023 |
| 3:47.93 | Benjamin Olsen | 04 | Jessheim | 02.06.2022 |
| 3:50.92 | Jørgen Frost Bø | 94 | Oslo/Bi | 07.06.2012 |
| 3:52.97 | Simen Gløgård Stensrud | 05 | Sandnes | 26.08.2023 |
| 3:56.87 | Vetle Aasland | 91 | Oslo/Bi | 03.07.2009 |
| 3:58.56 | Sigurd Blom Breivik | 96 | Jessheim | 05.06.2014 |
| 3:58.79 | Markus Høgne | 98 | Oslo/Bi | 24.06.2016 |
| 3:58.91 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 17.06.2010 |
| 4:00.38 | Mats Morgan Langøy | 01 | Göteborg, SWE | 16.08.2019 |
| 4:00.45 | Stian Klungland | 93 | Lillehammer/Ss | 23.06.2011 |
| 4:01.76 | Henrik Hanssen | 97 | Oslo/Bi | 29.08.2015 |
| 4:03.6 | Anders Sandholtbråten | 76 | Jessheim | 15.06.1994 |
| 4:05.62 | Erlend magnus Homble | 04 | Jessheim | 02.06.2022 |
| 4:07.20 | Ole-Kristian Lindboe Kværner | 05 | 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 |
| 4:08.79 | Håvard Hildeskor | 92 | Göteborg, SWE | 03.07.2010 |
| 4:09.25 | Hans Georg Haug | 67 | Oslo/Bi | 30.07.1985 |
| 4:09.7 | Einar Hellum | 47 | Oslo/Bi | 19.09.2018 |
| 4:09.92 | Njord Erlend Wiker | 91 | Göteborg, SWE | 27.06.2009 |

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| **GUTTER 18** | **326** |

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| **1500m forts.** |  |

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| 4:10.7 | Øivind Kjørmo | 56 | Oslo/Bi | 15.05.1974 |
| 4:11.9 | Carl Jørgen Owre | 82 | Jessheim | 13.06.2000 |
| 4:12.20 | Roger Bråten | 71 | Jessheim | 08.08.1989 |
| 4:13.09 | Peder Holm | 92 | Oslo/Bi | 29.06.2010 |
| 4:13.86 | Jostein Nyquist | 91 | Göteborg, SWE | 27.06.2009 |
| 4:14.6 | Harald Lindstrøm | 54 | Oslo/Bi | 12.09.1972 |
| 4:15.20 | Andreas Ullern Tonning | 04 | Jessheim | 02.06.2022 |
| 4:15.7 | Trygve Stanger | 62 | Rolvsrud | 17.06.1980 |
| 4:16.29 | Fredrik Anthi Svinø | 92 | Asker/Fø | 05.06.2010 |
| 4:18.0 | Ole Kristian Westby | 66 | Jessheim | 08.06.1984 |
| 4:18.2 | Bjørn Ingvar Jensen | 66 | Jessheim | 08.06.1984 |
| 4:19.16 | Jonas Krossøy | 95 | Jessheim | 06.06.2013 |
| 4:20.1 | Torgeir Sørum | 45 | Jessheim | 19.07.1963 |
| 4:20.5 | Claus Nerhagen | 59 | Jessheim | 13.06.1977 |
| 4:20.5 | Fred Arild Kjernli | 64 | Jessheim | 14.06.1982 |
| 4:20.7 | Roger Mohaugen | 76 | Jessheim | 15.06.1994 |
| 4:21.8 | Thorbjørn Næss | 68 | Jessheim | 13.06.1986 |
| 4:22.01 | Kevin Fritz | 91 | Asker/Fø | 07.06.2009 |
| 4:23.39 | Stian Aaserud | 81 | Asker/Fø | 04.09.1999 |
| 4:24.4 | Ole Johnny Pedersen | 67 | Oslo/Bi | 20.08.1985 |
| 4:25.0 | Jon Stormoen | 65 | Jessheim | 10.06.1983 |
| 4:25.48 | Espen Hofoss | 76 | Lillehammer/Ss | 11.09.1994 |
| 4:27.3 | Bjørn Tore Ottersen | 66 | Jessheim | 08.06.1984 |
| 4:27.3 | Runar Kristiansen | 71 | Jessheim | 12.06.1989 |
| 4:27.90 | Bjørnar Bjørnstad | 93 | Lillehammer/Ss | 23.06.2011 |
| 4:28.1 | Arne Gulbrandsen | 44 | Råholt | 22.06.1962 |
| 4:28.1 | Ole Pedersen | 69 | Jessheim | 10.06.1987 |
| 4:29.1 | Sigurd Fjeldbo | 82 | Jessheim | 13.06.2000 |
| 4:31.2 | Alf Roger Holme | 77 | Jessheim | 12.06.1995 |
| 4:32.2 | Øystein Samuelsen | 62 | Jessheim | 09.06.1980 |
| 4:33.76 | Jens Kristian Aas | 05 | Jessheim | 08.06.2023 |
| 4:34.8 | Bjørn Langsett | 71 | Jessheim | 12.06.1989 |
| 4:36.66 | Sondre Opaker Øines | 98 | Jessheim | 02.06.2016 |
| 4:38.5 | Knut Kjellskau | 66 | Jessheim | 08.06.1984 |
| 4:38.5 | Jan-Olav Arnegård | 71 | Jessheim | 12.06.1989 |
| 4:38.7 | Finn Ugletveit | 49 | Nadderud | 30.07.1967 |
| 4:40.4 | Frode Nygård | 69 | Jessheim | 04.06.1987 |
| 4:41.0 | Terje Mikalsen | 43 | Strømmen | 17.08.1961 |
| 4:42.0 | Audun Kjos | 71 | Jessheim | 12.06.1989 |
| 4:42.6 | Halvor Marius Mangerud | 81 | Jessheim | 14.06.1999 |
| 4:43.0 | Kristian Stokstad | 19 | Jessheim | 18.07.1937 |
| 4:43.7 | Mads Johansson | 78 | Jessheim | 17.06.1966 |
| 4:48.0 | Pål Mogens Furuseth | 65 | Jessheim | 10.06.1983 |
| 4:48.2 | Rune Murud | 65 | Jessheim | 10.06.1983 |
| 4:48.97 | Gaute Fosstveit | 02 | Jessheim | 04.06.2020 |

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| **GUTTER 18** | **327** |

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| **1500m forts.** |  |

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| 4:49.9 | Jon Petter Wium | 65 | Jessheim | 10.06.1983 |
| 4:49.9 | Kenneth Vestgøte | 76 | Jessheim | 15.06.1994 |
| 4:51.15 | Tor Håkon Mangerud | 84 | Jessheim | 20.06.2002 |
| 4:53.8 | Svein Anders Skolt | 80 | Jessheim | 15.06.1998 |
| 4:54.03 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 27.06.2002 |
| 4:57.4 | Anders Lysbakken | 82 | Jessheim | 13.06.2000 |
| 4:58.3 | John Vidar Halvorsen | 67 | Jessheim | 09.09.1985 |
| 4:58.5 | Stein Egil Arnestad | 65 | Jessgeim | 10.06.1983 |
| 5:01.1 | Anders Carlsson | 71 | Jessheim | 12.06.1989 |
| 5:01.4 | Ola Nerhagen | 71 | Jessheim | 12.06.1989 |
| 5:02.12 | Tom Erik Olsen | 74 | Stockholm, SWE | 02.08.1992 |
| 5:02.21 | Nani Kula | 01 | Jessheim | 06.06.2019 |
| 5:02.3 | Martin Carlsson | 68 | Jessheim | 13.06.1986 |
| 5:02.6 | Jo Henning Hals Nilssen | 68 | Helsingfors, FIN | 29.06.1986 |
| 5:03.2 | Stian Tufte | 81 | Jessheim | 14.06.1999 |
| 5:03.5 | Trym Rostad | 91 | Jessheim | 04.06.2009 |
| 5:03.9 | Øyvind Arnegård | 75 | Jessheim | 14.06.1993 |
| 5:05.4 | Thor Lasse Johansen | 63 | Jessheim | 12.06.1981 |
| 5:06.0 | Bjørn Huso | 32 | Sand | 19.09.1950 |
| 5:06.4 | Halvor Aasdalen | 65 | Jessheim | 10.06.1983 |
| 5:08.3 | Per Arne Østerud | 81 | Jessheim | 14.06.1999 |
| 5:09.2 | Nils Røkke | 43 | Strømmen | 17.06.1961 |
| 5:11.1 | Molvin Knutsen | 62 | Jessheim | 09.06.1980 |
| 5:11.3 | Michael Knutsen | 66 | Jessheim | 08.06.1984 |
| 5:14.0 | Tor Eilert Navestad | 81 | Jessheim | 14.06.1999 |
| 5:17.0 | Geir Asphaug | 65 | Jessheim | 10.06.1983 |
| 5:18.1 | Kristian Finstad | 76 | Jessheim | 13.06.1994 |
| 5:21.7 | Bjørn Neverlein | 65 | Jessheim | 10.06.1983 |
| 5:22.0 | Eirik Kamstrup Hovind | 86 | Jessheim | 10.06.2004 |
| 5:24.5 | Jan Åge Mangelrød | 65 | Jessheim | 10.06.1983 |
| 5:26.9 | Frode Rognstad | 62 | Jessheim | 09.06.1980 |
| 5:28.0 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |
| 5:35.8 | Svein Lunde | 65 | Jessheim | 10.06.1983 |
| 5:38.1 | Svenn Erik Sørum | 77 | Jessheim | 12.06.1995 |

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| **1 mile 1609m** |  |

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| 4:19.78 | Jørgen Frost Bø | 94 | Mölndal, SWE | 04.08.2012 |

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| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 6:27.2 | Jonas Krossøy | 95 | Jessheim | 27.08.2011 |
| 6:29.2 | Sondre Westby Liestøl | 99 | Jessheim | 15.08.2017 |
| 6:43.67 | Nani Kuli | 01 | Jessheim | 11.08.2019 |
| 6:48.54 | Peder Holm | 92 | Molde | 04.09.2010 |
| 7:32.96 | Snorre Fjellbo | 79 | Jessheim | 26.06.1997 |
| **GUTTER 18** | **328** |

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| **3000m**  |  |

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| --- | --- | --- | --- | --- |
|  7:47.04 | Andreas Fjeld Halvorsen | 05 | Trier, GER | 08.09.2023 |
|  8:22.30 | Jørgen Frost Bø | 94 | Oslo/Bi | 24.06.2012 |
|  8:26.68 | Simen Gløgård Stensrud | 05 | Jessheim | 11.08.2023 |
|  8:37.16 | Benjamin Olsen | 04 | Bergen/Fa | 11.05.2022 |
|  8:39.07 | Markus Høgne | 98 | Göteborg, SWE | 15.07.2016 |
|  8:46.47 | Odin Fjøsne-Hexeberg | 05 | Rud | 16.06.2023 |
|  8:48.5 | Anders Sandholtbråten | 76 | Jessheim | 31.08.1994 |
|  8:52.55 | Henrik Hanssen | 97 | Nadderud | 12.06.2015 |
|  8:54.12 | Mats Morgan Langøy | 01 | Nadderud | 14.06.2019 |
|  8:55.10 | Jørgen Gundersen | 95 | Oslo/Bi | 18.08.2013 |
|  8:55.64 | Stian Klungland | 93 | Fredrikstad/Li | 26.08.2011 |
|  8:56.1 | Hans Georg Haug | 67 | Nadderud | 19.08.1985 |
|  8:57.06 | Andreas Ullern Tonning | 04 | Trondheim/St | 12.08.2022 |
|  8:58.91 | Roger Bråten | 71 | Bergen/Fa | 27.08.1989 |
|  9:01.6 | Øivind Kjørmo | 56 | Oslo/Bi | 27.05.1974 |
|  9:11.9 | Bjørn Ingvar Jensen | 66 | Jessheim | 07.09.1984 |
|  9:12.41 | Åsmund Wennemo | 94 | Nadderud | 15.06.2012 |
|  9:13.2 | John Stormoen | 65 | Jessheim | 19.08.1983 |
|  9:15.4 | Ole Kristian Westby | 66 | Jessheim | 07.09.1984 |
|  9:19.72 | Jostein Nyquist | 91 | Nadderud | 12.06.2009 |
|  9:21.21 | Fredrik Anthi Svinø | 92 | Nadderud | 11.06.2010 |
|  9:22.6 | Trygver Stanger | 62 | Lillehammer/Ss | 03.08.1980 |
|  9:26.7 | Roger Mohagen | 76 | Jessheim | 29.08.1984 |
|  9:27.65 | Jonas Haarborg Bolgen | 96 | Jessheim | 02.09.2014 |
|  9:37.6 | Knut Pedersen | 69 | Jessheim | 19.08.1987 |
|  9:38.2 | Ole Pedersen | 69 | Jessheim | 19.08.1987 |
|  9:38.47 | Ole Petter Kjærstad | 80 | Nadderud | 19.06.1998 |
|  9:39.8 | Torgeir Sørum | 45 | Jessheim | 06.10.1963 |
|  9:43.2 | Knut Kjellskau | 66 | Lørenfallet | 22.08.1984 |
|  9:43.82 | Carl Jørgen Owre | 82 | Asker/Fø | 09.09.2000 |
|  9:44.8 | Rune Skinnerlien | 69 | Jessheim | 19.08.1987 |
|  9:52.0 | Arne Gulbrandsen | 44 | Jessheim | 02.07.1962 |
|  9:53.8 | Runar Kristiansen | 71 | Jessheim | 21.08.1989 |
|  9:54.3 | Bjørn Tore Ottersen | 66 | Jessheim | 07.09.1984 |
|  9:54.3 | Bjørn Langsett | 71 | Jessheim | 21.08.1989 |
|  9:57.78 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 28.06.2002 |
| 10:01.6 | Øivind Gulbrandsen | 51 | Strømmen | 07.09.1969 |
| 10:11.8 | Harald Rutle | 68 | Jessheim | 15.08.1986 |
| 10:12.79 | Gaute Fosstveit | 02 | Jessheim | 08.+08.2020 |
| 10:13.40 | Andrè Nilsson | 82 | Oslo/Bi | 25.06.2000 |
| 10:15.2 | Anders Lysbakken | 82 | Jessheim | 14.08.2000 |
| 10:18.6 | Audun Kjos | 71 | Jessheim | 21.08.1989 |
| 10:20.36 | Sondre Olsson | 91 | Oslo/Bi | 23.08.2009 |
| 10:27.6 | Halvor Marius Mangerud | 81 | Jessheim | 16.08.1999 |
| 10:30.7 | Rune Murud | 65 | Jessheim | 19.08.1983 |

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| **GUTTER 18** | **329** |

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| **3000m**  |  |

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| 10:32.4 | Kenneth Vestgøte | 76 | Jessheim | 31.08.1994 |
| 10:56.8 | Hallvard Aasdalen | 65 | Jessheim | 19.08.1983 |
| 10:59.8 | Svein Anders Skolt | 80 | Jessheim | 17.08.1998 |
| 11:04.2 | Nils Røkke | 43 | Strømmen | 18.06.1961 |
| 11:12.8 | Stian Torstveit | 66 | Jessheim | 17.08.1984 |
| 11:13.3 | Bjørn Neverlein | 65 | Jessheim | 19.08.1983 |
| 11:15.2 | Martin Carlson | 68 | Jessheim | 15.08.1986 |
| 11:32.3 | Geir Asphaug | 65 | Jessheim | 19.08.1983 |
| 11:47.8 | Morten Johansen | 66 | Jessheim | 17.08.1984 |
| 12:00.2 | Jon Øyvind Bendiksen | 66 | Jessheim | 17.08.1984 |
| 12:17.1 | Jan Olav Skibakk | 71 | Jessheim | 21.08.1989 |
| 12:34.1 | Jan-Åge Mangelrød | 65 | Jessheim | 19.08.1983 |
| 12:34.5 | Aksel Askeland | 66 | Jessheim | 17.08.1984 |

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| **5000m** |  |

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| 14:48.45 | Simen Gløgård Stensrud | 05 | Sandnes | 27.08.2023 |
| 14:57.54 | Jørgen Frost Bø | 94 | Göteborg, SWE | 14.06.2012 |
| 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 |
| 16:16.0 | Øivind Gulbrandsen | 51 | Jessheim | 15.06.1969 |
| 17:20.8 | Bjørn Egil Hytjan | 56 | Jessheim | 12.06.1974 |
| 17:54.0 | Erik Lerdahl | 10 | Eidsvoll | 16.09.1928 |
| 18:39.8 | Jens Wethal | 08 | Jessheim | 19.09.1926 |

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| **110m hekk 91.4 cm M** |  |

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| --- | --- | --- | --- | --- |
| 13.7 | Jo Henning Hals Nilssen | 68 | Jessheim | 29.09.1986 |

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| **110m hekk 100 cm E** |  |

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| --- | --- | --- | --- | --- |
| 14.14 | Marcus Theodor Moen | 99 | Mannheim, GER | 01.07.2017 |
| 15.19 | Jo Henning Hals Nilssen | 68 | Raufoss | 06.09.1986 |
| 19.36 | Emil Nordal | 03 | Oslo/St | 24.09.2021 |

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| **110m hekk 100 cm M** |  |

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| 14.9 | Jo Henning Hals Nilssen | 68 | Florø | 14.09.1986 |
| 17.7 | Lars Petter Syversrud | 69 | Jessheim | 01.06.1987 |

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

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| 14.81 | Tom Erik Olsen | 74 | Mosjøen | 14.08.1992 |
| 15.75 | Jo Henning Hals Nilssen | 68 | Oslo/Bi | 20.09.1986 |
| **GUTTER 18** | **330** |

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

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| 22.2 | Halvor Berger | 40 | Kløfta | 18.09.1958 |

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

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| 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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| **300m hekk 91.4 cm E** |  |

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| 40.83 | Jørgen Hjelm Bakkerud | 74 | Haugesund | 01.08.1992 |
| 44.53 | Espen Hofoss | 76 | Sofiemyr | 24.09.1994 |
| 46.66 | Fredrik Fuglerud | 89 | Oslo/Bi | 26.09.2007 |

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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 |
| 60.13 | Jon Gunnar Alfsen | 97 | Lillestrøm | 12.09.2015 |
| 61.48 | Sondre Opaker Øines | 98 | Oslo/Bi | 24.06.2016 |

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

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| --- | --- | --- | --- | --- |
| 61.6 | Einar Hellum | 47 | Råholt | 08.08.1965 |

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

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| 5:56.06 | Vegard Løberg Gjelsvik | 92 | Molde | 04.09.2010 |
| 6:13.32 | Markus Høgne | 98 | Jessheim | 25.06.2016 |
| 6:19.45 | Ole-Kristian Lindboe Kværner | 05 | Bergen/Fa | 09.09.2023 |
| 6:37.00 | Hans Agnar Grønnvoll | 84 | Oslo/Bi | 25.09.2002 |
| 6:40.5 | Trygve Stanger | 62 | Løken | 25.06.1980 |
| 6:51.21 | Sigurd Fjeldbo | 82 | Oslo/Bi | 23.06.2000 |
| 6:59.5 | Øystein Samuelsen | 62 | Løken | 25.06.1980 |
| 7:28.01 | Stian Aaserud | 81 | Jessheim | 23.08.1999 |

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

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|  9:57.12 | Ole-Kristian Lindboe Kværner  | 05 | Sandnes | 25.08.2023 |
| 10:24.9 | Trygve Stanger | 62 | Jessheim | 18.08.1980 |
| 10:33.8 | Øystein Samuelsen | 62 | Jessheim | 18.08.1980 |
| 10:55.3 | Ole Fredrik Mørck | 62 | Jessheim | 18.08.1980 |
| 11:17.6 | Claus Nerhagen | 59 | Jessheim | 22.08.1977 |
| 11:20.8 | Bjørn Egil Hytjan | 56 | Jessheim | 23.08.1974 |
| 12:56.8 | Molvin Knutsen | 62 | Jessheim | 09.06.1980 |
| 13:12.5 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 21.08.1981 |
| **GUTTER 18** | **331** |

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| **5 km landevei** |  |

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| 14:12 | Andreas Fjeld Halvorsen | 05 | Jessheim | 30.09.2023 |
| 16:07 | Ole-Kristian Lindboe Kværner | 05 | Lier | 15.10.2023 |

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| **10 km landevei** |  |

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| 32:44 | Andreas Ullern Tonning | 04 | Hole | 23.10.2022 |
| 32:58 | Carl August Jensehaugen | 04 | Hole | 23.10.2022 |
| 33:50 | Finn Gjøsteen | 01 | Jessheim | 05.10.2019 |
| 33:53 | Ole-Kristian Lindbo Kværner | 05 | Hole | 21.10+.2023 |
| 38:56 | Gautre Fosstveit | 02 | Jessheim | 03.10.2020 |
| 39:23 | Nani Kula | 01 | Jessheim | 05.10.2019 |
| 41:39 | Elias Simonsen | 01 | Jessheim | 05.10.2019 |

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| **20 km landevei** |  |

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| 1:10:52 | Øivind Kjørmo | 56 | Jessheim | 13.10.1974 |
| 1:18:07 | Ole Fredrik Mørck | 62 | Jessheim | 05.10.1980 |
| 1:22:44 | Trygve Stanger | 62 | Jessheim | 05.10.1980 |

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| **Høyde** |  |

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| 1.97 | Michael Reklev | 05 | Arvika, SWE | 23.07.2023 |
| 1.94 | Tom Erik Olsen | 74 | Seoul, KOR | 16.09.1992 |
| 1.91 | Frode Myrvang | 67 | Jessheim | 05.10.1985 |
| 1.89 | Michael Reklev | 04 | Trondheim/St | 13.08.2022 |
| 1.82 | Jo Henning Hals Nilssen | 68 | Jessheim | 31.05.1986 |
| 1.77 | Tormod Holand | 33 | Jessheim | 29.07.1951 |
| 1.64 | Shaun Matheson | 43 | Jessheim | 10.09.1961 |
| 1.63 | Mathis Bogstad | 10 | Årnes | 09.09.1928 |
| 1.63 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 1.60 | Kristoffer Stanger | 33 | Hauerseter | 07.06.1951 |
| 1.60 | Vetle Aasland | 91 | Askim | 21.09.2009 |
| 1.55 | Torgeir Sørum | 45 | Råholt | 25.08.1963 |
| 1.55 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |
| 1.50 | Ola Nerhagen | 71 | Jessheim | 28.09.1989 |
| 1.43 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |
| 1.35 | Erling Vestengen | 03 | Jessheim | 07.08.1921 |

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| **Stav** |  |

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| 4.80 | Tom Erik Olsen | 74 | Kongsvinger/Gj | 25.07.1992 |
| 3.80 | Odd Arne Urnes | 73 | Fredrikstad/Li | 17.08.1991 |
| 3.73 | Jan Andresen | 70 | Jessheim | 02.10.1988 |
| 3.50 | Jo Henning Hals Nilssen | 68 | Florø | 14.09.1986 |
| 2.68 | Jens Andersen | 19 | Jessheim | 18.07.1937 |
| 2.00 | Frode Myrvang | 67 | Jessheim | 23.09.1985 |
| **GUTTER 18** | **332** |

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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 |
| 6.02 | Ola Nerhagen | 71 | Lillehammer/Ss | 22.06.1989 |
| 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 |
| 5.58 | Finn Ugletveit | 49 | Blaker/Br | 16.07.1967 |
| 5.58 | Marius Fuglerud | 97 | Jessheim | 13.06.2005 |
| 5.56 | Shaun Matheson | 43 | Strømmen | 01.09.1961 |
| 5.40 | Knut Fossum | 22 | Eidsvoll | 30.06.1940 |
| 5.40 | Thor Martin Furuseth | 41 | Jessheim | 14.09.1959 |
| 5.39 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| 5.39 | Vetle Aasland | 91 | Askim | 21.09.2009 |
| 5.36 | Stian Fredriksen | 81 | Jessheim | 23.08.1999 |
| 5.34 | Jan Bredesen | 40 | Jessheim | 23.08.1958 |
| 5.23 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 5.20 | Nils Kristen Wiig | 43 | Jessheim | 10.09.1961 |
| 5.19 | Per Kopperud | 39 | Jessheim | 10.08.1957 |
| 5.16 | Tor Eilert Navestad | 81 | Asker/Fø | 05.09.1999 |
| 5.10 | Hans Kristian Hoff | 40 | Jessheim | 23.08.1958 |
| 5.03 | Tormod Holand | 33 | Jessheim | 29.07.1951 |
| 5.02 | Einar Hellum | 47 | Jessheim | 11.06.1965 |
| 4.79 | Geir Pedersen | 44 | Jessheim | 06.09.1962 |
| 4.58 | Per Arne Østerud | 81 | Jessheim | 23.08.1999 |
| 4.56 | Ole Petter Kjærstad | 80 | Jessheim | 26.09.1998 |

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| **Lengde uten tilløp** |  |

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| 2.68 | Sander Steen Myrvang | 00 | Jessheim | 18.10.2018 |
| 2.51 | Emil Nordal | 03 | Jessheim | 30.08.2021 |

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| **Tresteg** |  |

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| 12.45 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 12.03 | Jo Henning Hals Nilssen  | 68 | Nadderud | 21.06.1986 |
| 11.62 | Frode Myrvang | 67 | Strømmen | 14.08.1985 |
| 11.37 | Shaun Matheson | 43 | Strømmen | 19.08.1961 |
| 11.30 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| 10.47 | Fredrik Fuglerud | 89 | Jessheim | 22.09.2007 |
| 10.08 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |

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| **GUTTER 18** | **333** |

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| **Kule 5.5 kg** |  |

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| 14.98 | Tom Erik Olsen | 74 | Lillehammer/Ss | 28.06.1982 |
| 13.12 | Jo Henning Hals Nilssen | 68 | Florø | 13.09.1986 |
| 12.72 | Terje Finnebråten | 48 | Lillestrøm | 11.09.1966 |
| 12.35 | Morten Gaarder | 60 | Løken | 05.08.1978 |
| 11.04 | Frode Myrvang | 67 | Jessheim | 23.09.1985 |
| 10.87 | Knut Haave | 21 | Jessheim | 09.07.1939 |
| 10.61 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |
| 10.36 | Shaun Matheson | 43 | Råholt | 17.09.1961 |
| 10.21 | Finn Ugletveit | 49 | Nadderud | 30.07.1967 |
|  9.67 | Halvor Berger | 40 | Jessheim | 23.08.1958 |
|  9.47 | Jon Martinsen | 47 | Råholt | 28.08.1965 |
|  8.38 | Martin Carlsen | 71 | Jessheim | 25.09.1989 |

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| **Kule 6 kg** |  |

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| 7.76 | Jo Oddmund Vaagaasar | 92 | Jessheim | 25.05.2010 |

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| **Kule 6.25 kg** |  |

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| 13.40 | Tom Erik Olsen | 74 | Stockholm, SWE | 01.08.1992 |

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| **Kule 7.26 kg** |  |

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| 13.07 | Tom Erik Olsen | 74 | Tønsberg/Gr | 02.05.1992 |
| 11.03 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 10.81 | Terje Finnebråten | 48 | Råholt | 28.08.1966 |
|  9.84 | Johan Olsen | 19 | Hauerseter | 13.06.1937 |

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| **Diskos 1.5 kg** |  |

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| 46.94 | Jo Henning Hals Nilssen | 68 | Larvik/Lo | 31.08.1986 |
| 44.60 | Morten Gaarder | 60 | Hvam | 21.08.1978 |
| 43.24 | Lars Petter Syversrud | 69 | Oslo/Bi | 21.05.1987 |
| 31.45 | Shaun Matheson | 43 | Strømmen | 03.09.1961 |
| 30.54 | Bjørn Egil Ludvigsen | 67 | Haga | 26.09.1985 |
| 28.64 | Frode Myrvang | 67 | Haga | 26.09.1985 |
| 28.41 | Geir Pedersen | 44 | Jessheim | 06.09.1962 |
| 18.50 | Arne Gulbrandsen | 44 | Jessheim | 06.09.1962 |

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| **Diskos 1.75 kg** |  |

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| 41.84 | Tom Erik Olsen | 74 | Lillehammer/Ss | 28.06.1992 |
| 22.48 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |

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| **GUTTER 18** | **334** |

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| **Diskos 2 kg** |  |

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| 37.68 | Jo Henning Hals Nilssen | 60 | Jessheim | 03.07.1986 |
| 36.24 | Morten Gaarder | 60 | Ski | 07.10.1978 |
| 34.58 | Tom Erik Olsen | 74 | Seoul, KOR | 17.09.1992 |
| 32.48 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 28.00 | Rolf Nordberg | 32 | Lillestrøm/Vi | 20.09.1950 |
| 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 |
| 20.14 | Einar Hellum | 47 | Jessheim | 11.06.1965 |
| 14.26 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |

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| **Slegge 6 kg** |  |

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| 26.24 | Morten Gaarder | 60 | Strømmen | 18.09.1978 |
| 20.77 | Emil Nordal | 03 | Oslo/St | 24.09.2021 |

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| **Spyd 700 g** |  |

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| 35.42 | Shaun Matheson | 43 | Jessheim | 17.08.1961 |
| 30.45 | Terje Mikalsen | 43 | Jessheim | 17.08.1961 |

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

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| 55.55 | Vetle Aasland | 91 | Stockholm, SWE | 02.08.2009 |
| 53.66 | Jo Henning Hals Nilssen | 68 | 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 |
| 28.28 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |
| 23.40 | Per Arne Østerud | 81 | Jessheim | 23.08.1999 |
| 22.54 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| 21.99 | Jo Oddmund Vaagaasar | 92 | Jessheim | 15.06.2010 |
| 14.59 | Stian Fredriksen | 81 | Jessheim | 23.08.1999 |

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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 |
| 44.04 | Terje Finnebråten | 48 | Råholt | 28.08.1966 |
| 43.62 | Frode Myrvang | 67 | Strømmen | 14.08.1985 |
| 40.47 | Johan Olsen | 19 | Hauerseter | 13.06.1937 |
| 39.38 | Ragnar Olsen | 18 | Jessheim | 11.06.1936 |
| 38.90 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |
| 38.20 | Finn Ugletveit | 49 | Blaker/Br | 16.07.1967 |
| 32.96 | Morten Gaarder | 60 | Løken | 05.08.1978 |
| 30.90 | Ola Nerhagen | 71 | Jessheim | 28.09.1989 |
| 25.40 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |

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| **GUTTER 18** | **335** |

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| **5kamp M Lengde-Spyd-200m-Diskos-1500m** |  |

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| 2292 | Finn Ugletveit | 49 | Blaker/Br | 18.06.1967 |
| 5.39-35.91-25.7-27.46-4:41.5 |

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| 2193 | Einar Hellum | 47 |  Jessheim | 11.06.1965 |
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| **5kamp M Lengde-Spyd-200m-Diskos-1500m** | **forts.** |

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| 1761 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |
| 5.85-25.40-24.2-14.26-5:28.0  |

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| **10-kamp E 100m-Lengde-Kule-Høyde-400m** | **110m hekk-Diskos-Stav-Spyd-1500m G 18 øvelser** |

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| 6974 | Tom Erik Olsen | 74 | Stockholm, SWE | 01-02.09.1992 |
|  11.31-6.78-13.40-1.87-51.10/14.72-39.32-4.30-42.64-5:02.12 |

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

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| 6810 E | 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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| **10-kamp M 100m-Lengde-Kule-Høyde-400m** | **100mh-Diskos-Stav-Spyd-1500m** |

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| 6426 M | 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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| **4x100m E** |  |

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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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| **4x100m M** |  |

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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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| **GUTTER 18** | **336** |

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| **4x400m**  |  |

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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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| 3:32.37 | G18 |   | Ås | 05.06.2022 |
| Nikolai Solum05-Andreas Kværner06-Ivar Eriksen06-Benjamin Olsen04 |

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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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| **4x600m** |  |

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| 6:01.58 | G18 |  | Lillehammer/Ss | 23.05.1999 |
| Stian Aaserud81-Halvor Marius Mangerud81-Carl Johan Owre82-Stian Fredriksen81 |

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| **3x800m** |  |

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| 7:16.81 | G17-18 |  | Jessheim | 27.05.2002 |
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| **GUTTER 18** | **337** |

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| **4x1500m**  |  |

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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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| 17:32.49 |  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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| **1000m** |  |

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

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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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| 2:06.71 | G18 |  | Overhalla | 04.08.2013 |
| 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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| 2:10.01 | 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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| **GUTTER 18** | **338** |

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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 |
| 7.30 | Marius Mellum | 96 | Stange | 22.03.2014 |
| 7.40 | Sander Steen Myrvang | 00 | Rud | 01.12.2018 |
| 7.46 | Filip Aas | 00 | Hvam | 13.01.2018 |
| 7.47 | Runar Homble | 72 | Oslo/Ek | 18.02.1990 |
| 7.53 | Martin Opaker | 94 | Stange | 17.03.2012 |
| 7.55 | Emil Nordal | 03 | Hvam | 06.03.2021 |
| 7.62 | Thomas Roth | 91 | Oslo/Ek | 10.01.2009 |
| 7.64 | Martin Aabogh Brustad | 04 | Hvam | 22.01.2022 |
| 7.67 | Marius Fuglerud | 87 | Oslo/Ek | 03.12.2005 |
| 7.70 | Jonas Nødtvedt Wenger | 99 | Hvam | 09.12.2017 |
| 7.77 | Martin Lundemo Syvertsen | 92 | Drammen | 10.01.2010 |
| 7.80 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 09.02.1992 |
| 7.82 | Jørgen Opaker | 97 | Lillestrøm | 31.01.2015 |
| 8.14 | Mads Røslie | 82 | Stange | 19.02.2000 |

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| **60m M** |  |

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| 7.2 | Runar Homble | 72 | Lillestrøm | 31.03.1990 |
| 7.5 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 22.02.1992 |

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| **100m E** |  |

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| 12.26 | Martin Lundemo Syvertsen | 92 | Drammen | 10.01.2010 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 12.2 | Jo Henning Hals Nilssen | 68 | Drammen | 22.02.1986 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 23.03 | Andreas Roth | 93 | Stange | 23.03.2011 |
| 23.03 | Marius Mellum | 96 | Stange | 23.03.2014 |
| 23.75 | Thomas Roth | 91 | Stange | 01.02.2009 |
| 24.41 | Stian Fredriksen | 81 | Stange | 07.03.1999 |
| 24.46 | Njord Erlend Wiker | 91 | Stange | 15.03.2009 |
| 24.49 | Marius Fuglerud | 87 | Oslo/Ek | 03.12.2005 |
| 24.82 | Jørgen Nødtvedt Wenger | 99 | Stange | 19.03.2017 |
| 24.92 | Martin Opaker | 94 | Sandnes | 10.03.2012 |
| 25.00 | Sondre Opaker Øynes | 98 | Rud | 07.02.2016 |

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| **GUTTER 18** | **339** |

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| **INNENDØRS** |  |

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| **200m E forts.** |  |

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| 25.32 | Martin Aarbogh Brustad | 04 | Hvam | 23.01.2022 |
| 25.47 | Per Arne Østerud | 81 | Stange | 23.01.1999 |
| 25.55 | Henrik Holm | 81 | Stange | 06.02.1999 |
| 26.45 | Mads Røslie | 82 | Stange | 19.02.2000 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.57 | Andreas Roth | 93 | Stange | 19.03.2011 |
| 51.35 | Vegard Løberg Gjelsvik | 92 | Stange | 20.02.2010 |
| 51.35 | Sverre Blom Breivik | 96 | Stange | 01.02.2014 |
| 53.73 | Marius Fuglerud | 87 | Stange | 15.01.2005 |
| 53.87 | Stian Fredriksen | 81 | Stange | 06.03.1999 |
| 55.08 | Sondre Opaker Øines | 98 | Hvam | 10.12.2016 |

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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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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:18.06 | Markus Einan | 97 | Rud | 05.12.2015 |
| 1:20.41 | Thomas Roth | 91 | Oslo/Ek | 05.12.2009 |
| 1:21.22 | Vegard Løberg Gjelsvik | 92 | Stange | 20.03.2010 |
| 1:21.75 | Sigurd Blom Breivik | 96 | Stange | 22.03.2014 |
| 1:23.15 | Andreas Roth | 93 | Stange | 19.03.2011 |
| 1:27.14 | Stian Klungland | 93 | Oslo/Ek | 03.12.2011 |
| 1:28.31 | Peder Holm | 92 | Oslo/Ek | 11.12.2010 |
| 1:28.57 | Njord Erlend Wiker | 91 | Stange | 14.03.2009 |
| 1:28.76 | Jørgen Opaker | 97 | Rud | 05.12.2015 |
| 1:29.51 | Jonas Krossøy | 95 | Stange | 16.03.2013 |
| 1:30.19 | Marius Fuglerud | 87 | Stange | 05.03.2005 |
| 1:30.22 | Fredrik Anthi Svinø | 92 | Stange | 20.03.2010 |
| 1:30.26 | Anders Buraas | 92 | Stange | 20.03.2010 |
| 1:31.53 | Sondre Opaker Øines | 98 | Rud | 03.12.2016 |
| 1:34.65 | Bjørnar Bjørnstad | 93 | Stange | 19.03.2011 |

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| **GUTTER 18** | **340** |

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| **INNENDØRS** |  |

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| **800m**  |  |

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| --- | --- | --- | --- | --- |
| 1:52.01 | Markus Einan | 97 | Steinkjer | 08.02.2015 |
| 1:53.06 | Thomas Roth | 91 | Stange | 01.03.2009 |
| 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 |
| 1:56.43 | Håvard Hildeskor | 92 | Trondheim/Ra | 18.12.2010 |
| 1:56.70 | Sverre Blom Breivik | 96 | Rud | 08.03.2014 |
| 1:59.85 | Henrik Hanssen | 97 | Rud | 13.02.2015 |
| 2:00.21 | Ole Kristian Kværner | 05 | 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 |
| 2:01.69 | Emil Nordal | 03 | Hvam | 06.03.2021 |
| 2:01.70 | Vetle Aasland | 91 | Stange | 31.01.2009 |
| 2:02.8 | Ronny Opaker | 66 | Oslo/Ek | 04.02.1984 |
| 2:03.11 | Njord Erlend Wiker | 91 | Stange | 01.03.2009 |
| 2:03.28 | Fredrik Anthi Svonø | 92 | Stange | 21.02.2010 |
| 2:04.9 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 04.02.1984 |
| 2:04.90 | Jonas Krossøy | 95 | Haugesund | 03.02.2013 |
| 2:06.6 | Hans Georg Haug | 67 | Oslo/Ek | 19.01.1985 |
| 2:08.83 | Stian Aaserud | 81 | Stange | 08.03.1998 |
| 2:09.90 | Nana Kuli | 01 | Hvam | 07.12.2019 |
| 2:11.12 | Roger Bråthen | 71 | Oslo/Ek | 11.03.1989 |
| 2:11.70 | Sondre Opaker Øines | 98 | Hvam | 06.02.2016 |
| 2:17.70 | Gaute Fosstvedt | 02 | Hvam | 26.01.2020 |

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| **1000m**  |  |

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| 2:59.45 | Tom Erik Olsen | 74 | Drammen | 23.02.1992 |
| 3:16.2 | Jo Henning Hals Nilssen | 68 | Drammen | 23.02.1986 |

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| **1500m**  |  |

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| 3:47.53 | Andreas Fjeld Halvorsen | 05 | Hvam | 04.02.2023 |
| 3:57.90 | Benjamin Olsen | 04 | Ulsteinvik | 05.02.2022 |
| 4:01.11 | Jørgen Frost Bø | 94 | Sandnes | 09.03.2012 |
| 4:03.76 | Sigurd Blom Breivik | 96 | Rud | 09.03.2014 |
| 4:04.32 | Stian Klungland | 93 | Trondheim/Ra | 12.02.2011 |
| 4:09.4 | Henrik Hanssen | 97 | Rud | 11.01.2015 |
| 4:11.98 | Vetle Aasland | 91 | Stange | 01.02.2009 |
| 4:13.02 | Anders Sandholtbråten | 76 | Askim | 06.02.1994 |
| 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 |

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| **GUTTER 18** | **341** |

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| **INNENDØRS** |  |

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| **1500m forts.** |  |

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| 4:25.69 | Morten Kristiansen | 77 | Stange | 14.01.1995 |
| 4:26.44 | Jens Kristian Aas | 05 | Hvam | 04.02.2023 |
| 4:29.11 | Fredrik Anthi Svinø | 92 | Stange | 23.01.2010 |
| 4:29.53 | Stian Aaserud | 81 | Stange | 10.04.1999 |
| 4;30.99 | Ole-Kristian Lindebø Kværner | 05 | Hvam | 10.03.2023 |
| 4:32.45 | Francesco Bazzanella | 87 | Stange | 30.01.2005 |
| 4:33.60 | Kevin Fritz | 91 | Stange | 01.02.2009 |
| 4:43.15 | Åsmund Wennemo | 94 | Stange | 23.01.2010 |

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| **3000m** |  |

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| 9:27.54 | Andreas Ullern | 04 | Hvam | 12.03.2022 |

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

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| 8.38 | Tom Erik Olsen | 74 | Lillestrøm | 22.02.1992 |

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| **60m hekk 100 cm M** |  |

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| 8.9 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 22.02.1992 |

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| **110m hekk 100 cm M** |  |

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| 16.1 | Jo Henning Hals Nilssen | 68 | Drammen | 23.02.1986 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.91 | Tom Erik Olsen | 74 | Drammen | 23.02.1992 |
| 1.85 | Michael Reklev | 05 | Hvam | 04.02.2023 |
| 1.75 | Jo Henning Hals Nilssen | 68 | Drammen | 08.02.1986 |

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| **Stav** |  |

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| 4.50 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |
| 3.50 | Odd Arne Urnes | 73 | Askim | 10.02.1991 |
| 3.20 | Jo Henning Hals Nilssen | 68 | Drammen | 23.02.1986 |

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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 |

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| **GUTTER 18** | **342** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.48 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 11.06.1986 |
| 1.48 | Lars Petter Syversrud | 69 | Jessheim/Je | 10.03.1987 |
| 1.38 | Johannes Harviken | 43 | Gardermoen | 25.02.1961 |
| 1.31 | Tormod Holand | 33 | Årnes | 05.03.1951 |
| 1.31 | Jonny Høgseth | 41 | Jessheim | 15.02.1959 |
| 1.20 | Shaun Matheson | 43 | Gardermoen | 25.02.1961 |

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| **Lengde uten tilløp** |  |

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| 3.10 | Ola Nerhagen | 71 | Jessheim/Je | 16.03.1989 |
| 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 |
| 2.85 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 11.03.1986 |
| 2.83 | Tormod Holand | 33 | Årmes | 04.04.1951 |
| 2.79 | Jon Martinsen | 47 | Lillestrøm | 27.04.1965 |
| 2.76 | Ørnulf Brekke | 67 | Jessheim/Je | 12.03.1985 |
| 2.72 | Johannes Harviken | 43 | Gardermoen | 25.02.1961 |
| 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 |
| 2.54 | Morten Gaarder | 60 | Skedsmo/ST | 04.03.1978 |
| 2.38 | Fredrik Fuglerud | 89 | Jessheim | 12.02.2007 |

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| **Tresteg uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 8.63 | Filip Aas | 00 | Hvam | 17.04.2018 |

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| **Kule 5.5 kg** |  |

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| 13.97 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |
| 12.04 | Jo Henning Hals Nilssen | 68 | Lillestrøm | 16.03.1986 |

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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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| **7-kamp E 60m-Kule5.5-Lengde-Stav/** | **60m hekk-Høyde-1000m** |

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| 5341 | Tom Erik Olsen | 74 | Drammen | 22-23-02.1992 |
| 7.17-13.97(5.5)-6.73-4.50/8.38(100)-1.91-2:59.45 |

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| **GUTTER 18** | **343** |

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| **INNENDØRS** |  |

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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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| --- | --- | --- | --- | --- |
| 2:05.02 | G18 |  | Stange | 15.03.2009 |
| Martin Opaker94-Njord Erlend Wiker91-Vegard 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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| **GUTTER 17** | **344** |

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| **60m E** |  |

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| 7.48 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2020 |
| 7.63 | Andreas Roth | 93 | Asker/Fø | 06.06.2010 |
| 7.66 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1991 |
| 7.80 | Christer Amundsen | 92 | Asker/Fø | 06.06.2009 |
| 8.13 | Per Kristian Aarstad | 85 | Asker/Fø | 23.08.2003 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.2 | Runar Homble | 72 | Jessheim | 25.09.1989 |
| 7.4 | Ola Nerhagen | 71 | Jessheim | 03.10.1988 |
| 7.6 | Lars Petter Syversrud | 69 | Jessheim | 29.09.1986 |
| 7.6 | Jan-Olav Arnegård | 71 | Jessheim | 03.101.988 |
| 7.8 | Knut Larsen | 22 | Jessheim | 30.08.1939 |
| 8.1 | Sverre Støverud | 37 | Jessheim | 16.08.1954 |
| 8.2 | Glenn Myrland | 72 | Jessheim | 25.02.1989 |
| 8.4 | Odd Skedsmo | 37 | Jessheim | 16.08.1954 |
| 8.4 | Sigurd Majorsæter | 44 | Jessheim | 10.09.1961 |
| 8.8 | Håvard Uhlen | 39 | Jessheim | 30.09.1956 |

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| **100m E** |  |

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| 11.36 | Markus Einan | 97 | Oslo/Sp | 07.06.2014 |
| 11.44 | Marius Mellum | 96 | Oslo/Bi | 16.09.2013 |
| 11.62 | Andreas Roth | 93 | Lillestrøm | 29.05.2010 |
| 11.76 | Jesse Pedersen Amey | 95 | Oslo/Bi | 21.07.2012 |
| 11.77 | Martin Opaker | 94 | Oslo/Bi | 26.07.2011 |
| 11.82 | Vegard Løberg Gjelsvik | 92 | Jessheim | 16.06.2009 |
| 11.82 | Emil Nordal | 03 | Oslo/Bi | 14.06.2020 |
| 11.89 | Martin Aarbogh Brustad | 04 | Jessheim | 08.08.2021 |
| 11.93 | Bjørn Tore Ottersen | 66 | Helsingborg, SWE | 09.07.1983 |
| 11.99 | Oattahawut Panklang | 02 | Oslo/Bi | 01.06.2019 |
| 12.05 | Martin Lundemo Syvertsen | 92 | Nesodden | 16.08.2009 |
| 12.08 | Jørgen Opaker | 97 | Lillestrøm | 24.05.2014 |
| 12.09 | Thomas Roth | 91 | Jessheim | 20.09.2008 |
| 12.11 | Runar Homble | 72 | Jessheim | 03.07.1989 |
| 12.11 | Mats Tokstad | 00 | Oslo/Bi | 19.07.2017 |
| 12.15 | Stian Fredriksen | 81 | Nadderud | 21.06.1998 |
| 12.17 | Odd Arne Urnes | 73 | Jessheim | 29.05.1990 |
| 12.21 | Hans Martin Hofseth | 94 | Lilleshammer/Ss | 26.06.2011 |
| 12.29 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.05.1991 |
| 12.36 | Mats Røslie | 82 | Oslo/Bi | 11.06.1999 |
| 12.39 | Sander Steen Myrvang | 00 | Ski | 16.08.2017 |
| 12.40 | Per Arne Østerud | 81 | Nadderud | 21.06.1998 |
| 12.41 | Øyvind Sigvartsen | 81 | Bjørkelangen | 23.05.1998 |

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| **GUTTER 17** | **345** |

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| **100m E forts.** |  |

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| 12.54 | Christer Amundsen | 92 | Nadderud | 14.06.2009 |
| 12.69 | Eirik Johansen | 84 | Jessheim | 17.09.2001 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 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 | Bjørn Tore Ottersen | 66 | Strømmen | 17.08.1983 |
| 11.8 | Lars Petter Syverstad | 69 | Jessheim | 31.05.1986 |
| 11.8 | Ola Nerhagen | 71 | Jessheim | 18.09.1988 |
| 11.9 | Kjell Arne Johansen | 44 | Strømmen | 17.08.1961 |
| 11.9 | Jon Martinsen | 47 | Lillestrøm | 22.08.1964 |
| 12.0 | Hans Kristian Hansen | 41 | Jessheim | 23.07.1958 |
| 12.0 | Hans Asak | 41 | Jessheim | 23.08.1958 |
| 12.1 | Stein Vik-Strandli | 58 | Årnes | 07.09.1975 |
| 12.2 | Einar Hellum | 47 | Lillestrøm | 22.08.1964 |
| 12.2 | Finn Ugletveit | 49 | Råholt | 27.08.1966 |
| 12.2 | Kåre Gismervik | 57 | Strømmen | 11.09.1074 |
| 12.2 | Jan-Olav Arnegård | 71 | Jessheim | 30.05.1988 |
| 12.3 | Gunnar Ruud | 17 | Oslo/Be | 02.09.1934 |
| 12.3 | Mads Røslie | 82 | Ski | 09.08.1999 |
| 12.4 | Paul Trøgstad | 32 | Nannestad | 10.07.1949 |
| 12.4 | Sverre Støverud | 37 | Jessheim | 28.06.1954 |
| 12.5 | Thor Lasse Johansen (Løland) | 63 | Lillestrøm | 25.08.1980 |
| 12.5 | Sven Inge Bråten | 76 | Jessheim | 23.08.1993 |
| 12.6 | Martin Hansen | 47 | Lillestrøm | 22.08.1964 |
| 12.7 | Håkon Mangerud | 47 | Råholt | 13.06.1964 |
| 12.7 | Espen Hofoss | 76 | Oslo/Bi | 28.09.1993 |
| 12.8 | Kristoffer Stanger | 33 | Nannestad | 11.06.1950 |
| 13.2 | Thor Martin Furuseth | 41 | Jessheim | 15.06.1958 |
| 13.3 | Glenn Myrland | 72 | Jessheim | 28.09.1989 |
| 13.5 | Knut Haave | 22 | Eidsvoll | 09.07.1939 |
| 13.8 | Hans Kristiansen | 69 | Jessheim | 15.09.1986 |

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| **150m E** |  |

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| 17.14 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2020 |
| 18.79 | Mads Røslie | 82 | Jessheim | 23.08.1999 |
| 19.63 | Jonas Krossøy | 95 | Jessheim | 23.08.2012 |

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| **GUTTER 17** | **346** |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 21.96 | Marcus Theodor Moen | 99 | Sandnes | 04.09.2016 |
| 22.66 | Marius Mellum | 96 | Lillehammer/Ss | 07.09.2013 |
| 22.88 | Markus Einan | 97 | Oslo/Sp | 08.06.2014 |
| 22.93 | Emil Nordal | 03 | Jessheim | 29.08.2020 |
| 22.99 | Marcus Theodor Moen | 99 | Lillestrøm | 29.05.2016 |
| 23.13 | Andreas Roth | 93 | Lillehammer/Ss | 18.06.2010 |
| 23.47 | Thomas Roth | 91 | Lillehammer/Ss | 20.06.2008 |
| 23.50 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 19.06.2009 |
| 23.69 | Martin Opaker | 94 | Oslo/Bi | 24.09.2011 |
| 23.70 | Ola Nerhagen | 72 | Bergen/Fa | 25.08.1989 |
| 24.12 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 18.07.1983 |
| 24.23 | Jørgen Opaker | 97 | Lillehammer/Ss | 20.06.2014 |
| 24.24 | Runar Homble | 72 | Jessheim | 08.08.1989 |
| 24.33 | Hans Martin Hoftseth | 94 | Lillehammer/Ss | 24.06.2011 |
| 24.50 | Martin Lundemo Syvertsen | 92 | Nesodden | 09.08.2009 |
| 24.51 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 24.06.2006 |
| 24.53 | Stian Fredriksen | 81 | Jessheim | 22.06.1998 |
| 24.55 | Odd Arne Urnes | 73 | Jessheim | 27.09.1990 |
| 24.76 | Oattahawut Panklang | 02 | Wraclaw, POL | 29.05.2019 |
| 24.76 | Jørgen Hjelm Bakkerud | 74 | Oslo/Bi | 03.06.1991 |
| 24.76 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 19.06.2015 |
| 24.88 | Christer Amundsen | 92 | Asker/Fø | 07.06.2009 |
| 24.90 | Øyvind Sigvartsen | 81 | Lillehammer/Ss | 26.08.1998 |
| 24.95 | Jonas Nødtvedt Wenger | 99 | Lillestrøm | 29.05.2016 |
| 24.95 | Martin Aarbogh Brustad | 04 | Jessheim | 06.08.2021 |
| 24.99 | Marius Fuglerud | 87 | Jessheim | 12.07.2004 |
| 25.01 | Per Arne Østerud | 81 | Jessheim | 26.09.1998 |
| 24.01 | Markus Høgne | 98 | Lillehammer/Ss | 19.06.2015 |
| 25.27 | Mads Røslie | 82 | Lillehammer/Ss | 26.06.1999 |
| 25.95 | Carl Johan Owre | 82 | Jessheim | 22.07.1999 |
| 26.03 | Sander Steen Myrvang | 00 | Ski | 16.08.2017 |
| 26.81 | Stian Aaserud | 81 | Jessheim | 26.09.1988 |
| 27.14 | Hans Agnar Grønnvoll | 84 | Jessheim | 19.08.2001 |
| 28.35 | Tor Håkon Mangerud | 84 | Jessheim | 28.05.2001 |

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| **200m M** |  |

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| 23.7 | Runar Homble | 72 | Bjørkelangen | 10.09.1989 |
| 23.8 | Ola Nerhagen | 71 | Jessheim | 26.09.1988 |
| 23.9 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 18.07.1983 |
| 24.1 | Jon Martinsen | 47 | Lillestrøm | 23.08.1964 |
| 24.5 | Lars Petter Syversrud | 69 | Jessheim | 29.09.1986 |
| 24.7 | Kåre Gismervik | 57 | Råholt | 19.06.1974 |
| 24.8 | Kjell Arne Johansen | 44 | Strømmen | 18.08.1961 |

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| **GUTTER 17** | **347** |

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| **200m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 24.8 | Finn Ugletveit | 49 | Råholt | 13.08.1966 |
| 24.9 | Bjørn Hellum | 48 | Råholt | 08.08.1965 |
| 24.9 | Jan-Olav Arnegård | 71 | Jessheim | 26.09.1988 |
| 25.0 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 25.1 | Hans Kristian Hansen | 41 | Kløfta | 22.09.1958 |
| 25.3 | Hans Asak | 41 | Kløfta | 22.09.1958 |
| 25.4 | Morten Sigvartsen | 53 | Råholt | 20.09.1970 |
| 25.6 | Thor Martin Furuseth | 41 | Råholt | 07.06.1958 |
| 26.2 | Paul Trøgstad | 32 | Hauerseter | 06.08.1949 |

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| **300m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.14 | Andreas Roth | 93 | Oslo/Bi | 19.05.2010 |
| 36.51 | Emil Nordal | 03 | Nadderud | 17.06.2020 |
| 37.58 | Marius Mellum | 96 | Nadderud | 07.05.2013 |
| 38.45 | Jørgen Opaker | 97 | Oslo/Bi | 17.09.2014 |
| 38.78 | Martin Jørgensen | 90 | Brumunddal | 04.10.2007 |

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| --- | --- |
| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 49.65 | Andreas Roth | 93 | Ravnanger | 07.08.2010 |
| 49.75 | Markus Einan | 97 | Lisleby | 09.08.2014 |
| 50.23 | Thomas Roth | 91 | Oslo/St | 09.09.2008 |
| 50.54 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 20.06.2009 |
| 51.13 | Emil Nordal | 03 | Jessheim | 28.08.2020 |
| 52.51 | Nikolai Solum | 05 | Oslo/Bi | 24.05.2022 |
| 52.56 | Sander Rustad Johansen | 06 | Oslo/Bi | 29.08.2023 |
| 52.64 | Marius Mellum | 96 | Oslo/Bi | 19.09.2013 |
| 53.07 | Jan Gunnar Alfsen | 97 | Lillestrøm | 25.05.2014 |
| 53.38 | Stian Fredriksen | 81 | Jessheim | 11.07.1998 |
| 53.52 | Fredrik Fuglerud | 89 | Nadderud | 18.06.2006 |
| 53.74 | Henrik Hanssen | 97 | Oslo/Sp | 97,95,2914 |
| 54.63 | Sven Inge Bråten | 76 | Lillehammer/Ss | 05.09.1993 |
| 54.65 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 20.06.2015 |
| 55.01 | Jørgen Opaker | 97 | Nittedalr | 20.09.2014 |
| 55.09 | Jørgen Hjelm Bakkerud | 74 | Lillehammer/Ss | 28.06.1961 |
| 55.40 | Marius Fuglerud | 87 | Jessheim | 20.09.2004 |
| 55.75 | Carl Johan Owre | 82 | Jessheim | 22.07.1999 |
| 55.81 | Jonas Krossøy | 95 | Nadderud | 17.06.2012 |
| 55.92 | Ole-Martin Sandness | 00 | Lillehammer/Ss | 24.06.2017 |
| 56.17 | Christer Amundsen | 92 | Lillehammer/Ss | 20.06.2009 |
| 56.34 | Espen Hofoss | 76 | Lillehammer/Ss | 26.06.1993 |
| 56.42 | Halvor Marius Mangerud | 81 | Jessheim | 24.08.1998 |
| 56.58 | Stian Aaserud | 81 | Lillehammer/Ss | 27.06.1998 |
| 56.60 | Kevin Fritz | 91 | Jessheim | 18.08.2008 |

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| **GUTTER 17** | **34** |

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| **400m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 56.65 | Andreas Løland | 90 | Lillehammer/Ss | 23.06.2007 |
| 56.79 | Per Arne Østerud | 81 | Jessheim | 31.08.1998 |
| 57.08 | Oattahawut Panklang | 02 | Wraclay, POL | 29.05.2019 |
| 57.86 | Emil Strøm | 90 | Jessheim | 21.08.2007 |
| 58.57 | Erik Johansen | 84 | Jessheim | 17.09.2001 |
| 59.46 | Tor Eilert Navestad | 81 | Jessheim | 31.08.1998 |
| 59.62 | Tor Håkon Mangerud | 84 | Jessheim | 21.06.2001 |

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| **400m M forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.7 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 13.06.1983 |
| 52.6 | Einar Hellum | 47 | Råholt | 12.08.1966 |
| 53.8 | Claus Nerhagen | 59 | Oslo/St | 16.06.1976 |
| 54.2 | Marius Mellum | 96 | Jessheim | 30.05.2013 |
| 54.6 | Harald Jahren | 37 | Lillestrøm | 21.08.1954 |
| 54.6 | Thor Martin Furuseth | 41 | Årnes | 17.08.1958 |
| 55.3 | Frode Grøndahl | 69 | Lørenfallet | 05.06.1986 |
| 55.5 | Jan-Olav Arnegård | 71 | Jessheim | 03.10.1988 |
| 55.8 | Jørgen Hjelm Bakkerud | 74 | Ski | 25.08.1991 |
| 55.8 | Sven Inge Bråten | 76 | Jessheim | 01.06.1993 |
| 55.9 | Kåre Gismervik | 57 | Oslo/Bi | 21.05.1974 |
| 56.0 | Jon Martinsen | 47 | Råholt | 13.06.1964 |
| 56.3 | Espen Hofoss | 76 | Jessheim | 23.08.1993 |
| 57.3 | Gunnar Ruud | 17 | Oslo/Be | 02.09.1934 |
| 57.3 | Anders Sandholtbråten | 76 | Jessheim | 23.08.1993 |
| 57.9 | Bjørn Engelstad | 42 | Nannestad | 26.07.1959 |
| 58.0 | Petter Ørvik | 48 | Råholt | 28.08.1965 |
| 58.0 | Bjørn Hellum | 48 | Råholt | 28.08.1965 |
| 58.1 | Lars Petter Syverstad | 69 | Jessheim | 31.05.1986 |
| 58.4 | Morten Sigvartsen | 53 | Råholt | 19.09.1970 |
| 59.7 | Hans Kristian Hansen | 41 | Kløfta | 09.08.1958 |
| 59.9 | Jon Mikalsen | 57 | Oslo/Bi | 21.05.1974 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:19.43 | Markus Einan | 97 | Nittedal | 20.09.2014 |
| 1:20.82 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 12.09.2009 |
| 1:22.73 | Thomas Roth | 91 | Oslo/La | 07.10.2008 |
| 1:23.34 | Nikolai Solum | 05 | Nesodden | 01.09.2022 |
| 1:24.9 | Andreas Roth | 93 | Trondheim/St | 29.04.2010 |
| 1:26.5 | Markus Høgne | 98 | Bjørkelangen | 07.05.2015 |
| 1:27.16 | Henrik Hanssen | 97 | Nadderud | 06.05.2014 |
| 1:27.8 | Kristian Tokstad | 00 | Ski | 21.06.2017 |
| 1:28.67 | Fredrik Anthi Svinø | 92 | Lillestrøm | 12.09.2009 |
| 1:28.88 | Jan Gunnar Alfsen | 97 | Nadderud | 06.05.2014 |

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| **GUTTER 17** | **349** |

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| **600m forts.** |  |

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| --- | --- | --- | --- | --- |
| 1:29.22 | Ole-Martin Sandness | 00 | Oslo/Be | 07.05.2017 |
| 1:30.1 | Kevin Fritz | 91 | Jessheim | 31.07.2008 |
| 1:30.98 | Mats Tokstad | 00 | Oslo/Be | 07.05.2017 |
| 1:32.05 | Sondre Opaker Øines | 98 | Nadderud | 04.05.2015 |
| 1:32.32 | Jørgen Opaker | 97 | Nittedal | 20.03.2014 |
| 1:34.16 | Jonas Haarberg Bolgen | 96 | Nadderud | 07.05.2013 |
| 1:53.3 | Trym Rostad | 91 | Jessheim | 31.07.2008 |

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| **800m**  |  |

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| --- | --- | --- | --- | --- |
| 1:51.06 | Markus Einan | 97 | Jessheim | 13.09.2014 |
| 1:52.09 | Andreas Fjeld Halvorsen | 05 | Tønsberg/Gr | 21.05.2022 |
| 1:52.42 | Thomas Roth | 91 | Bergen/Fa | 16.08.2008 |
| 1:52.80 | Vegard Løberg Gjelsvik | 92 | Bodø | 16.08.2009 |
| 1:55.39 | Kristian Bråthen Børve | 06 | Tønsberg/Gr | 20.05.2023 |
| 1:55.47 | Andreas Roth | 93 | Molde | 05.09.2010 |
| 1:56.49 | Nikolai Solum | 05 | Göteborg, SWE | 17.06.2022 |
| 1:55.51 | Nahan Tewelde | 06 | Bergen/Fa | 10.09.2023 |
| 1:56.55 | Simen Gløgård Stensrud | 05 | Tønsberg/Gr | 21.05.2022 |
| 1:57.55 | Markus Høgne | 98 | Oslo/Bi | 28.06.2015 |
| 1:58.32 | Jørgen Frost Bø | 94 | Oslo/Bi | 26.07.2011 |
| 1:58.34 | Theodor Hansen | 06 | Bergen/Fa | 10.09.2023 |
| 1:58.64 | Andreas Lindebø Kværner | 06 | Rud | 17.06.2023 |
| 1:59.1 | Claus Nerhagen | 59 | Oslo/St | 28.06.1976 |
| 1:59.3 | Anders Buraas | 92 | Oslo/Bi | 05.09.2009 |
| 1:59.7 | Einar Hellum | 47 | Oslo/Bi | 20.04.1964 |
| 1:59.8 | Carl Jørgen Owre | 82 | Jessheim | 16.06.1999 |
| 1:59.86 | Henrik Hanssen | 97 | Haugesund | 07.09.2014 |
| 1:59.99 | Jonas Krossøy | 95 | Oslo/Bi | 18.08.2012 |
| 2:00.97 | Stian Fredriksen | 81 | Oslo/St | 05.09.1998 |
| 2:01.1 | Anders Sandholtbråten | 76 | Oslo/Bi | 23.08.1993 |
| 2:01.68 | Sander Rustad Johansen | 06 | Sandnes | 26.08.2023 |
| 2:01.2 | Francesco Bazzanella | 87 | Jessheim | 16.08.2004 |
| 2:01.57 | Jon Gunnar Alfsen | 97 | Lillestrøm | 24.05.2014 |
| 2:01.57 | Kristian Tokstad | 00 | Oslo/Bi | 06.07.2017 |
| 2:02.03 | Fredrik Fuglerud | 89 | Göteborg, SWE | 07.07.2006 |
| 2:03.1 | Harald Lindstrøm | 54 | Strømmen | 05.09.1971 |
| 2:03.12 | Åsmund Wennemo | 94 | Oslo/Bi | 19.05.2011 |
| 2:03.51 | Fredrik Anthi Svinø | 92 | Lillehammer/Ss | 21.06.2009 |
| 2:04.13 | Kevin Fritz | 91 | Prestfoss | 31.08.2008 |
| 2:04.5 | Bjørn Tore Ottersen | 66 | Jessheim | 05.09.1983 |
| 2:04.70 | Tobias Finstad Mandt | 05 | Brandbu | 22.06.2022 |
| 2:04.72 | Jens Kristian Aas | 05 | Oslo/Bi | 29.05.2022 |
| 2:05.1 | Fred Arild Kjernli | 64 | Oslo/St | 10.07.1981 |

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| **GUTTER 17** | **350** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:05.1 | Jan-Olav Arnegård | 71 | Jessheim | 22.08.1988 |
| 2:05.22 | Ole-Martin Sandness | 00 | Lillehammer/Ss | 25.06.2017 |
| 2:05.34 | Christopher Wiig | 73 | Oslo/Bi | 05.06.1990 |
| 2:05.6 | Øivind Gulbrandsen | 51 | Jessheim | 20.06.1968 |
| 2:05.7 | Ronny Opaker | 66 | Jessheim | 05.09.1983 |
| 2:05.9 | Thor Martin Furuseth | 41 | Årnes | 17.08.1958 |
| 2:06.21 | Odin Fjøsne-Hexeberg | 05 | Oslo/Bi | 29.05.2022 |
| 2:06.44 | Ole-Kristian Lindboe Kværner | 05 | Nittedal | 17.09.2022 |
| 2:06.48 | Andrè Nilsson | 82 | Lillehammer/Ss | 27.06.1999 |
| 2:06.74 | Stian Aaserud | 81 | Jessheim | 04.06.1998 |
| 2:06.8 | Harald Jahren | 37 | Lillestrøm | 22.08.1954 |
| 2:06.85 | Espen Hofoss | 76 | Lillehammer/Ss | 05.09.1993 |
| 2:07.0 | Hans Georg Haug | 67 | Jessheim | 03.09.1984 |
| 2:07.67 | Jonas Haarberg Bolgen | 96 | Lillehammer/Ss | 08.09.2013 |
| 2:07.75 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 01.07.2001 |
| 2:08.0 | Hans Kristian Hansen | 41 | Jessheim | 24.08.1958 |
| 2:08.24 | Henrik Schultze Toverud | 04 | Lillestrøm | 29.08.2021 |
| 2:08.5 | Kristoffer Stanger | 33 | Lillestrøm/Vi | 20.09.1950 |
| 2:09.2 | Øyvind Sigvartsen | 81 | Jessheim | 17.08.1998 |
| 2:10.0 | Jon Martinsen | 47 | Lillestrøm | 23.08.1964 |
| 2:10.35 | Emil Strøm | 90 | Lillehammer/Ss | 24.06.2007 |
| 2:10.69 | Sondre Opaker Øines | 98 | Oslo/Bi | 28.06.2015 |
| 2:10.97 | Jørgen Opaker | 97 | Jessheim | 13.09.2014 |
| 2:11.92 | Andreas Løland | 90 | Lillehammer/Ss | 24.06.2007 |
| 2:11.4 | Trygve Stanger | 62 | Jessheim | 27.06.1979 |
| 2:12.18 | Lars Lysbakken | 82 | Jessheim | 27.05.1999 |
| 2:12.25 | Sigurd Fjeldbo | 82 | Jessheim | 27.05.1999 |
| 2:12.9 | Alf Roger Holme | 77 | Lillehammer/Ss | 26.06.1994 |
| 2:13.26 | Christoper Wiig | 72 | Jessheim | 03.07.1989 |
| 2:13.5 | Øyvind Arnegård | 75 | Jessheim | 17.08.1992 |
| 2:13.8 | Morten Furuseth | 53 | Råholt | 20.09.1970 |
| 2:13.9 | Bjørn Hellum | 48 | Råholt | 29.08.1965 |
| 2:14.5 | Anders Carlson | 71 | Jessheim | 22.08.1988 |
| 2:14.51 | Halvor Marius Mangerud | 81 | Lillehammer/Ss | 28.06.1998 |
| 2:16.15 | Adisak Sween | 98 | Lillestrøm | 30.05.2015 |
| 2:16.16 | Tor Håkon Mangerud | 84 | Jessheim | 19.08.2001 |
| 2:16.9 | Arne Gulbrandsen | 43 | Råholt | 11.06.1961 |
| 2:17.6 | Sondre Olsson | 91 | Lillestrøm | 27.05.2008 |
| 2:18.9 | Espen Langrusten | 82 | Jessheim | 16.08.1999 |
| 2:24.1 | Per Arne Østerud | 81 | Jessheim | 17.08.1998 |
| 2:25.2 | Atle Sander | 71 | Jessheim | 22.08.1988 |
| 2:26.4 | Mads Jakobsson | 78 | Jessheim | 14.08.1995 |
| 2:27.32 | Trym Rostad | 91 | Oslo/Bi | 16.08.2008 |
| 2:32.5 | Kristian Finstad | 79 | Jessheim | 19.08.1996 |
| 2:34.6 | Svenn Erik Sørum | 77 | Jessheim | 29.08.1994 |

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| **GUTTER 17** | **351** |

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| **800m forts.** |  |

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| 2:35.74 | Stian Fredriksen | 81 | Jessheim | 04.06.1998 |
| 2:40.9 | Tron Wiig | 72 | Jessheim | 21.08.1989 |
| 2:41.9 | Jostein Ørum | 75 | Jessheim | 17.08.1992 |
| 2:49.5 | Kristian Finstad | 76 | Jessheim | 16.08.1993 |
| 2:52.7 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 19.08.1991 |

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| **1000m**  |  |

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| --- | --- | --- | --- | --- |
| 2:32.67 | Nahon Tewelde | 06 | Rud | 04.05.2023 |
| 2:33.10 | Kristian Bråthen Børve | 06 | Rud | 04.05.2023 |
| 2:41.6 | Anders Sandholtbråten | 76 | Jessheim | 27.09.1993 |
| 2:42.1 | Harald Lindstrøm | 54 | Råholt | 28.07.1971 |
| 2:43.28 | Jens Kristan Aas | 05 | Oslo/Sp | 07.05.2022 |
| 2:51.14 | Tobias Finstad Mandt | 05 | Oslo/Sp | 07.05.2022 |
| 3:00.9 | Martin Furuseth | 53 | Lillestrøm | 21.08.1970 |
| 3:15.8 | Odd Eldevik | 14 | Jessheim | 26.09.1931 |
| 3:19.0 | Gunnar Lorentzen | 14 | Jessheim | 26.09.1931 |

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| **1500m**  |  |

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| --- | --- | --- | --- | --- |
| 3:44.49 | Andreas Fjeld Halvorsen | 05 | Stjørdal | 25.06.2022 |
| 3:38.37 | Kristian Bråthen Børve | 06 | Oslo/Bi | 29.08.2023 |
| 3:53.04 | Simen Gløgård Stensrud | 05 | Jessheim | 02.06.2022 |
| 3:53.35 | Nahon Tewelde | 06 | Sandnes | 26.08.2023 |
| 3:59.49 | Markus Høgne | 98 | Jessheim | 02.07.2015 |
| 4:01.62 | Nikolai Solum | 05 | Jessheim | 02.06.2022 |
| 4:01.83 | Theodor Hansen | 06 | Sandnes | 25.08.2023 |
| 4:06.87 | Anders Sandholtbråten | 76 | Oslo/Bi | 20.07.1993 |
| 4:08.6 | Ronny Opaker | 66 | Oslo/Bi | 26.05.1983 |
| 4:08.63 | Andreas Lindboe Kværner | 06 | Jessheim | 08.06.2023 |
| 4:09.19 | Markus Einan | 97 | Oslo/Bi | 17.09.2014 |
| 4:10.86 | Henrik Hanssen | 97 | Göteborg, SWE | 28.06.2014 |
| 4:11.05 | Francesco Bazzanella | 87 | Oslo/La | 09.09.2004 |
| 4.11.54 | Odin Fjøsne Hexeberg | 05 | Moelv | 10.09.2022 |
| 4:11.6 | Einar Hellum | 47 | Oslo/Bi | 04.08.1964 |
| 4:11.67 | Jonas Krossøy | 95 | Lillehammer/Ss | 20.06.2012 |
| 4:11.8 | Thomas Roth | 91 | Jessheim | 12.06.20085 |
| 4:13.0 | Hans Georg Haug | 67 | Bjørkelangen | 18.09.1984 |
| 4:13.30 | Åsmund Wennemo | 94 | Oslo/Bi | 05.06.2011 |
| 4:15.0 | Carl Jørgen Owre | 82 | Jessheim | 14.06.1999 |
| 4:16.2 | Kevin Fritz | 91 | Jessheim | 12.06.2008 |
| 4:17.1 | Harald Lindstrøm | 54 | Oslo/Fr | 31.05.1971 |
| 4:17.73 | Fredrik Anthi Svinø | 92 | Oslo/Bi | 14.07.2009 |
| 4:17.29 | Ole Kristian Lindboe Kværner | 05 | Jessheim | 02.06.2022 |

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| **GUTTER 17** | **352** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:17.84 | Jens Kristian Aas | 05 | Jessheim | 02.06.2022 |
| 4:18.4 | Anders Hallingstad | 77 | Jessheim | 15.06.1994 |
| 4:18.5 | Christopher Wiig | 73 | Jessheim | 13.06.1990 |
| 4:18.71 | Tobias Mandt | 05 | Jessheim | 02.06.2022 |
| 4:19.1 | Bjørn Ingvar Jensen | 66 | Jessheim | 10.06.1983 |
| 4:21.3 | Knut Harald Pedersen | 69 | Jessheim | 13.06.1986 |
| 4:21.8 | Øivind Gulbrandsen | 51 | Råholt | 31.08.1968 |
| 4:22.44 | Jørgen Gundersen | 95 | Oslo/Bi | 14.05.2012 |
| 4:23.47 | Ole-Martin Sandness | 00 | Jessheim | 01.06.2017 |
| 4:24.3 | Fred Arild Kjernli | 64 | Jessheim | 15.06.1981 |
| 4:24.44 | Sondre Westby Liestøl | 99 | Jessheim | 02.06.2016 |
| 4:25.4 | Runar Kristiansen | 71 | Jessheim | 13.06.1988 |
| 4:26.48 | Jonas Haarberg Bolgen | 96 | Lillehammer/Ss | 20.06.2013 |
| 4:26.96 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 26.08.2001 |
| 4:27.6 | John Stormoen | 65 | Jessheim | 14.06.1982 |
| 4:27.8 | Bjørn Tore Ottersen | 66 | Jessheim | 10.06.1983 |
| 4:28.1 | Alf Roger Holme | 77 | Jessheim | 15.06.1994 |
| 4:29.8 | Thorbjørn Næss | 68 | Jessheim | 18.06.1985 |
| 4:31.2 | Thomas Lundring | 75 | Jessheim | 15.06.1992 |
| 4:31.4 | Eskil Kinneberg | 92 | Jessheim | 04.06.2009 |
| 4:32.9 | Sigurd Fjeldbo | 82 | Jessheim | 14.06.1999 |
| 4:33.42 | Espen Hofoss | 76 | Sofiemyr | 30.06.1993 |
| 4:33.5 | Ole Johnny Pedersen | 67 | Jessheim | 08.06.1984 |
| 4:34.03 | Rene Larsen Fredheim | 97 | Oslo/Bi | 17.09.2014 |
| 4:34.3 | Ole-Henrik Hansen | 72 | Jessheim | 12.06.1989 |
| 4:34.5 | Trygve Stanger | 62 | Rolvsrud | 08.09.1979 |
| 4:35.9 | Finn-Thorer Kjos | 66 | Jessheim | 10.06.1983 |
| 4:36.3 | Eirik Kamstrup Hovind | 90 | Jessheim | 14-06-2007 |
| 4:36.4 | Jan-Olav Arnegård | 71 | Jessheim | 13.06.1988 |
| 4:36.6 | Andrè Nilsson | 82 | Jessheim | 14.06.1999 |
| 4:36.9 | Audun Kjos | 71 | Jessheim | 13.06.1988 |
| 4:37.5 | Michael Knutsen | 66 | Jessheim | 10.06.1983 |
| 4:40.6 | Øyvind Gismervik | 90 | Jessheim | 14.06.2007 |
| 4:42.5 | Martin Furuseth | 53 | Råholt | 19.09.1970 |
| 4:44.3 | Rune Skinnerlien | 69 | Jessheim | 13.06.1986 |
| 4:44.4 | Kjell Bråthen | 64 | Jessheim | 12.06.1981 |
| 4:44.6 | Thorstein Gystad | 67 | Jessheim | 08.06.1984 |
| 4:44.8 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 09.06.1980 |
| 4:45.2 | Adisak Sween | 98 | Jessheim | 04.06.2015 |
| 4:48.8 | Martin Carlson | 71 | Bjørkelangen | 30.08.1988 |
| 4:49.2 | Stian Torstveit | 66 | Jessheim | 10.06.1983 |
| 4:49.33 | Sndre Olsson | 91 | Lillehammer/Ss | 19.06.2008 |
| 4:54.3 | Øystein Kilde | 67 | Jessheim | 08.06.1984 |
| 4:55.7 | Atle Sander | 71 | Jessheim | 13.06.1988 |
| 4:56.2 | Kåre-Christian Olsen | 64 | Jessheim | 12.06.1981 |

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| **GUTTER 17** | **353** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:56.7 | Tor Håkon Mangerud | 84 | Jessheim | 14.06.2001 |
| 4:57.3 | Johnny Røsåsen | 44 | Jessheim | 12.06.1995 |
| 4:58.9 | Jan Øyvind Bendiksen | 66 | Jessheim | 10.06.1983 |
| 4:59.1 | Morten Johansen | 66 | Jessheim | 10.06.1983 |
| 4:59.9 | Freddy Pedersen | 66 | Jessheim | 10.06.1983 |
| 5:01.5 | Helge Sydtangen | 60 | Jessheim | 13.06.1977 |
| 5:01.7 | Harald Rutle | 68 | Jessheim | 09.09.1985 |
| 5:03.15 | Trym Rostad | 91 | Jessheim | 18.08.2008 |
| 5:04.5 | Lars Petter Syverstad | 69 | Jessheim | 13.06.1986 |
| 5:04.9 | Esben Jettestad | 66 | Jessheim | 10.06.1983 |
| 5:05.3 | Jan Olav Skibakk | 71 | Jessheim | 13.06.1988 |
| 5:05.4 | Emil Strøm | 90 | Jessheim | 14.06.2007 |
| 5:06.5 | Sindre Rognerud | 66 | Jessheim | 10.06.1983 |
| 5:06.6 | Ole Morten Jota | 66 | Jessheim | 10.06.1983 |
| 5:08.7 | Runar Olsen | 63 | Jessheim | 12.06.1981 |
| 5:11.6 | Espen Langrusten  | 82 | Jessheim | 14.06.1999 |
| 5:11.7 | Svenn Erik Strøm | 77 | Jessheim | 13.06.1994 |
| 5:12.3 | Dag Indredavik | 70 | Jessheim | 10.06.1987 |
| 5:12.6 | Svein Anders Skolt | 80 | Jessheim | 16.06.1997 |
| 5:13.2 | Øyvind Sigvartsen | 81 | Jessheim | 17.06.1998 |
| 5:13.6 | Molvin Knudsen | 62 | Jessheim | 11.06.1979 |
| 5:15.6 | Per Arne Østerud | 81 | Jessheim | 17.06.1998 |
| 5:16.0 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 5:17.2 | Alexander Jørgensen | 71 | Jessheim | 13.06.1988 |
| 5:24.4 | Terje Auestad | 63 | Jessheim | 09.06.1980 |
| 5:24.5 | Aksel Askeland | 66 | Jessheim | 10.06.1983 |
| 5:27.1 | Hans Jørgen Fløgstad | 64 | Jessheim | 12.06.1981 |
| 5:30.3 | Kristian Finstad | 76 | Jessheim | 14.06.1993 |

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| **1 mile 1609m** |  |

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| 4:14.87 | Carl Jørgen Owre | 82 | Oslo/Bi | 27.07.1999 |
| 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 Lindmoe Kværner | 05 | Moelv | 10.09.2022 |
| 4:50.12 | Jens Kristian Aas | 05 | 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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| **GUTTER 17** | **354** |

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| **3000m**  |  |

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|  8:05.72 | Kristian Bråthen Børve | 06 | Jessheim | 11.08.2023 |
|  8:06.67 | Andreas Fjeld Halvorsen | 05 | Jessheim | 05.08.2022 |
|  8:23.76 | Simen Gløgård Stensrud | 05 | Oslo/Bi | 28.05.2022 |
|  8:33.53 | Nahan Tewelde | 06 | Jessheim | 11.08.2023 |
|  8:43.59 | Markus Høgne | 98 | Lillestrøm | 11.09.2015 |
|  8:51.31 | Theodor Hansen | 06 | Jessheim | 11.08.2023 |
|  8:54.38 | Anders Sandholtbråten | 76 | Trondheim/Le | 15.08.1993 |
|  8:59.2 | Hans Georg Haug | 67 | Oslo/Bi | 12.06.1984 |
|  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 |
|  9:07.3 | Bjørn Ingvar Jensen | 66 | Oslo/Bi | 13.06.1983 |
|  9:09.03 | Henrik Hanssen | 97 | Oslo/Bi | 17.08.2014 |
|  9:20.09 | Jonas Krossøy | 95 | Oslo/Bi | 19.08.2012 |
|  9.21.74 | Jens Kristian Aas | 05 | Trondheim/St | 12.08.2022 |
|  9:21.80 | Carl Jørgen Owre | 82 | Asker/Fø | 04.09.1999 |
|  9:27.0 | Christopher Wiig | 73 | Jessheim | 22.08.1990 |
|  9:31.98 | Jonas Haarberg Bolgen | 96 | Nadderud | 14.06.2013 |
|  9:34.80 | Tobias Finstad Mandt | 05 | Jessheim | 05.08.2022 |
|  9:36.6 | Øivind Gulbrandsen | 51 | Råholt | 10.06.1968 |
|  9:37.6 | Stian Aaserud | 81 | Jessheim | 23.07.1998 |
|  9:39.6 | Runar Kristiansen | 71 | Jesssheim | 19.08.1988 |
|  9:40.40 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 30.06.2001 |
|  9:43.2 | John Stormoen | 65 | Jessheim | 20.08.1982 |
|  9:47.62 | Sander Stuwe | 06 | Oslo/St | 17.09.2023 |
|  9:48.33 | Fredrik Anthi Svinø | 92 | Modum | 08.08.2008 |
|  9:48.6 | Sigurd Fjeldbot | 82 | Jessheim | 16.08.1999 |
|  9:51.3 | Trygve Stanger | 62 | Lillestrøm | 28.08.1979 |
|  9:51.7 | Knut Kjellskau | 66 | Jessheim | 19.08.1983 |
|  9:57.4 | Bjørn Tore Ottersen | 66 | Jessheim | 19.08.1983 |
|  9:58.2 | Kevin Fritz | 91 | Jessheim | 02.06.2008 |
| 10:00.7 | Andrè Nilsson | 82 | Asker/Fø | 04.09.1999 |
| 10:03.1 | Thorbjørn Næss | 68 | Lørenfallet | 18.06.1985 |
| 10:09.6 | Frode Nygård | 72 | Jessheim | 19.08.1988 |
| 10:12.0 | Rune Skinnerlien | 69 | Jessheim | 15.08.1986 |
| 10:12.4 | Hans Kristiansen | 69 | Lørenfallet | 05.06.1986 |
| 10:13.63 | Rene Fredheim Larsen | 97 | Jessheim | 02.09.2014 |
| 10:23.4 | Arne Gulbrandsen | 43 | Strømmen | 19.06.1961 |
| 10:23.5 | Ole Johnny Pedersen | 67 | Jessheim | 17.08.1984 |
| 10:29.2 | Michael Knutsen | 66 | Jessheim | 19.08.1983 |
| 10:30.3 | Freddy Pedersen | 66 | Jessheim | 19.08.1983 |
| 10:33.5 | Finn-Thorer Kjos | 66 | Jessheim | 19.08.1983 |
| 10:37.4 | Hans Kristian Hansen | 41 | Kløfta | 22.09.1958 |

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| **GUTTER 17** | **355** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 10:54.2 | Stian Thorstveit | 66 | Jessheim | 19.08.1983 |
| 10:57.4 | Jan-Olav Arnegård | 71 | Jessheim | 19.08.1988 |
| 11:07.8 | Morten Johansen | 66 | Jessheim | 19.08.1983 |
| 11:18.1 | Esben Jettestad | 66 | Jessheim | 19.08.1983 |
| 11:22.3 | Rune Høgås | 66 | Jessheim | 19.08.1983 |
| 11:22.9 | Sindre Rognerud | 66 | Jessheim | 19.08.1983 |
| 11:23.3 | Jon Øyvind Bendiksen | 66 | Jessheim | 19.08.1983 |
| 11:24.0 | Svein Anders Skolt | 80 | Jessheim | 18.08.1997 |
| 11:30.8 | Ståle Murud | 69 | Jessheim | 15.08.1986 |
| 11:38.0 | Dag Indredavik | 70 | Jessheim | 19.08.1987 |
| 11:43.7 | Morten Haavaldsen | 66 | Jessheim | 19.09.1983 |
| 11:43.8 | Lennart Dønnum | 67 | Jessheim | 17.08.1984 |
| 11:54.1 | Jan Olav Skibakk | 71 | Jessheim | 19.08.1988 |
| 12:01.8 | Alexander Jørgensen | 71 | Jessheim | 19.08.1988 |
| 12:03.3 | Ola Nerhagen | 71 | Jessheim | 19.08.1988 |
| 12:09.7 | Aksel Askeland | 66 | Jessheim | 19.08.1983 |

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| **5000m**  |  |

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| 14.16.75 | Andreas Fjeld Halvorsen | 05 | Rud | 28.08.2022 |
| 14:41.32 | Simen Gløgård Stensrud | 05 | København, DEN | 23.08.2023 |
| 16.47.2 | Harald Lindstrøm | 54 | Jessheim | 12.06.1971 |

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| **100m hekk 91.4 cm E** |  |

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| 14.09 | Marcus Theodor Moen | 99 | Göteborg, SWE | 03.07.2016 |
| 16.95 | Victor Rosenlind | 00 | Bergen/Fa | 01.09.2017 |

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| **100m hekk 91.4 cm M** |  |

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| 14.1 | Jo Henning Hals Nilssen | 68 | Jessheim | 07.10.1985 |

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| **110m hekk 100 cm E** |  |

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| 13.85 | Marcus Theodor Moen | 99 | Sandnes | 02.09.2016 |
| 15.47 | Morten Knutsen | 70 | Jessheim | 01.06.1987 |
| 16.07 | Jo Henning Hals Nilssen | 68 | Raufoss | 07.09.1985 |

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| **110m hekk 100 cm M** |  |

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| --- | --- | --- | --- | --- |
| 17.7 | Lars Petter Syversrud | 68 | Jessheim | 01.06.1986 |

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| **GUTTER 17** | **356** |

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

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| 17.0 | Jo Henning Hals Nilssen | 68 | Oslo/La | 08.10.1985 |
| 19.1 | Frode Liland | 65 | Strømmen | 26.05.1982 |

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| **300m hekk 84 cm E** |  |

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| 41.54 | Jørgen Hjelm Bakkerud | 74 | Lisleby | 17.08.1991 |
| 46.08 | Sondre Opaker Øines | 98 | Nadderud | 12.06.2015 |
| 47.93 | Hans Agnar Grønnvoll | 84 | Jessheim | 19.08.2001 |

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| **300m hekk 84 cm M** |  |

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| 41.7 | Jørgen Hjelm Bakkerud | 74 | Bjørkelangen | 08.06.1991 |

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

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| 66.26 | Sondre Opaker Øines | 98 | Oslo/Bi | 08.08.2015 |

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

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| 62.9 | Frode Liland | 65 | Rolvsrud | 29.06.1982 |
| 66.9 | Jon Martinsen | 47 | Råholt | 14.06.1964 |

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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 |
| 6:00.70 | Nahan Tewelde | 06 | Bergen/Fa | 09.099.2023 |
| 6:00.80 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 22.06.2009 |
| 6:30.14 | Hans Agnar Grønnvoll | 84 | Oslo/Bi | 22.06.2001 |
| 6:43.98 | Kevin Fritz | 91 | Göteborg, SWE | 27.06.2008 |
| 6:54.43 | Sigurd Fjeldbo | 82 | Jessheim | 22.07.1999 |

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

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| 10:18.64 | Hans Agnar Grønnvoll | 84 | Jessheim | 18.08.2001 |
| 11:05.7 | Trygve Stanger | 62 | Jessheim | 20.08.1979 |
| 12:03.8 | Kåre-Christian Olsen | 64 | Jessheim | 21.08.1981 |
| 12:41.1 | Terje Auestad | 63 | Jessheim | 18.08.1980 |
| 12:48.8 | Molvin Knutsen | 62 | Jessheim | 20.08.1979 |
| 13:14.8 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 18.08.1980 |

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| **GUTTER 17** | **357** |

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| **5 km landevei** |  |

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| 14:24 | Kristian Bråthen Børve | 06 | Jessheim | 30.09.2023 |
| 14:44 | Andreas Fjeld Halvorsen | 05 | Jessheim | 01.10.2022 |
| 15:07 | Nahan Tewelde | 06 | Jessheim | 30.09.2023 |
| 15:26 | Kristian Bråthen Børve | 06 | Ski | 02.09.2023 |
| 16:25 | Magnus Høgne | 98 | Modum | 10.10.2015 |
| 17:07 | Sander Stuwe | 06 | Jessheim | 30.09.2023 |
| 17:17 | Ole Kristian Lindboe Kværner | 05 | Jessheim | 01.10.2022 |

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| **10 km landevei** |  |

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| 35:20 | Ole-Andreas Lindboe Kværner | 05 | Hole | 23.10.2022 |
| 39:25 | Mads Huken Mathisen | 01 | Jessheim | 01.09.2018 |
| 45:55 | Ådne Opaker Øines | 02 | Jessheim | 05.10.2019 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:20:43 | Kjell Bråthen | 64 | Jessheim | 11.10.1981 |
| 1:44:25 | Trygve Stanger | 62 | Jessheim | 07.10.1979 |

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| **Halvmaraton 21098m** |  |

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| 1:29:28 | Arne Marthinussen | 69 | Jessheim | 12.10.1986 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.80 | Frode Myrvang | 67 | Strømmen | 20.06.1984 |
| 1.80 | Jan Andresen | 70 | Nadderud | 21.06.1987 |
| 1.75 | Jo Henning Hals Nilssen | 68 | Haga | 26.09.1985 |
| 1.70 | Frode Liland | 65 | Strømmen | 12.06.1982 |
| 1.70 | Glenn Erik Myrland | 72 | Sofiemyr | 11.06.1989 |
| 1.70 | Odd Arne Urnes | 73 | Jessheim | 29.09.1990 |
| 1.70 | Andreas Roth | 93 | Jessheim | 25.05.2010 |

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| **Høyde** |  |

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| 1.62 | Lars Petter Syversrud | 69 | Jessheim | 31.05.1986 |
| 1.60 | Paul Røthe | 35 | Nannestad | 06.07.1952 |
| 1.55.5 | Knut Fossum | 22 | Jessheim | 30.08.1939 |
| 1.55 | Peter Ørvik | 48 | Råholt | 28.08.1965 |
| 1.50 | Bjørn Engelstad | 42 | Nannestad | 26.07.1959 |
| 1.50 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 17.06.1980 |
| 1.50 | Runar Homble | 72 | Jessheim | 28.09.1989 |
| 1.50 | Kevin Fritz | 91 | Lillestrøm | 27.09.2008 |
| 1.49 | Arne Martinsen | 21 | Årnes | 25.09.1938 |
| 1.47 | Halvard Sundby | 39 | Jessheim | 30.09.1956 |
| 1.45 | Knut Haave | 22 | Jessheim | 09.07.1939 |
| **GUTTER 17** | **358** |

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| **Høyde forts.** |  |

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| 1.35 | Odd Skedsmo | 37 | Jessheim | 16.08.1954 |
| 1.31 | Kristian Gjelstad | 37 | Jessheim | 16.08.1954 |
| 1.22.5 | Knut Larsen | 22 | Jessheim | 30.08.1939 |

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| **Stav** |  |

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| 4.60 | Filip Aas | 00 | Oslo/So | 09.07.2017 |
| 3.90 | Odd Arne Urnes | 73 | Jessheim | 09.08.1990 |
| 3.75 | Jan Andresen | 70 | Jessheim | 19.09.1987 |
| 3.30 | Jo Henning Hals Nilssen | 68 | Jessheim | 05.10.1985 |
| 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 |
| 2.60 | Hans Kristian Hansen | 41 | Kløfta | 10.08.1958 |
| 2.35 | Frode Liland | 65 | Rolvsrud | 29.06.1982 |
| 2.30 | Jan-Olav Arnegård | 71 | Jessheim | 26.09.1988 |

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| **Lengde** |  |

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| 6.45 | Jo Henning Hals Nilssen | 68 | Hønefoss | 15.09.1985 |
| 5.92 | Lars Petter Syversrud | 69 | Jessheim | 31.05.1986 |
| 5.90 | Knut Fossum | 22 | Jessheim | 09.07.1939 |
| 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 |
| 5.55 | Håkon Mangerud | 47 | Råholt | 13.06.1964 |
| 5.52 | Thomas Roth | 91 | Jessheim | 20.08.2008 |
| 5.47 | Jan Andresen | 70 | Jessheim | 28.09.1987 |
| 5.37 | Finn Ugletveit | 49 | Råholt | 23.06.1968 |
| 5.29 | Runar Homble | 72 | Jessheim | 25.09.1989 |
| 5.17 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1991 |
| 5.10 | Thor Lasse Johansen (Løland) | 63 | Lillestrøm | 25.08.1980 |
| 5.08 | Stian Fredriksen | 81 | Jessheim | 26.09.1998 |
| 5.03 | Frode Grøndahl | 69 | Lørenfallet | 05.06.1986 |
| 5.00 | Ole Semming Wiig | 69 | Oslo/So | 03.06.1985 |
| 5.00 | Glenn Erik Myrland | 72 | Jessheim | 10.09.1989 |
| 4.99 | Kevin Fritz | 91 | Lillestrøm | 27.09.2008 |
| 4.90 | Odd Arne Urnes | 73 | Jessheim | 27.09.1990 |
| 4.89 | Mads Røslie | 82 | Jessheim | 23.08.1999 |
| 4.83 | Knut Haave | 22 | Jessheim | 09.07.1939 |
| 4.80 | Arne Martinsen | 21 | Årnes | 25.09.1938 |
| 4.79 | Knut Larsen | 22 | Jessheim | 30.08.1939 |

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| **GUTTER 17** | **359** |

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| **Lengde forts.** |  |

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| 4.76 | Hans Agnar Grønnvoll | 84 | Jessheim | 19.08.2001 |
| 4.75 | Tore Strømberg | 31 | Gjerdrum | 07.08.1948 |
| 4.67 | Morten Furuseth | 53 | Lillestrøm | 21.06.1970 |
| 4.65 | Halvdan Sundby | 39 | Jessheim | 30.09.1956 |
| 4.28 | Hans Kristiansen | 69 | Jessheim | 25.09.1986 |
| 4.12 | Fred Arild Kjernli | 64 | Kløfta | 20.09.1981 |

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

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| **Tresteg** |  |

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| 12.80 | Morten Knutsen | 70 | Jessheim | 31.07.1987 |
| 12.34 | Øistein Nesje | 49 | Lillestrøm | 11.09.1966 |
| 12.02 | Jo Henning Hals Nilssen | 68 | Strømmen | 14.08.1985 |
| 11.78 | Frode Myrvang | 67 | Strømmen | 27.06.1984 |
| 11.40 | Thomas Roth | 91 | Jessheim | 20.09.2008 |
| 11.13 | Kevin Fritz | 91 | Jessheim | 20.09.2008 |
| 11.06 | Peter Ørvik | 48 | Strømmen | 29.09.1965 |

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| **Kule 4 kg** |  |

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| 11.01 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 01.09.1980 |
| 10.90 | Bjørn Engelstad | 42 | Jessheim | 14.09.1959 |
| 14.11 | Knut Fossum | 22 | Jessheim | 29.06.1939 |
| 12.82 | Halvard Sundby | 39 | Jessheim | 30.09.1956 |
| 11.85 | Arne Martinsen | 21 | Årnes | 25.09.1938 |
| 11.80 | Kristian Gjelstad | 37 | Jessheim | 16.08.1954 |
| 11.08 | Martin Hansen | 48 | Jessheim | 29.09.1964 |
|  9.83 | Bjørn Aastorp | 21 | Årnes | 25.09.1938 |
|  9.52 | Reidar Larsen | 08 | Jessheim | 04.10.1925 |
|  9.36 | Odd Skedsmo | 37 | Jessheim | 16.08.1954 |

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| **Kule 5 kg** |  |

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| 10.47 | Markus Høgne | 98 | Nittedal | 23.08.2015 |
| 10.17 | Emil Nordal | 03 | Oslo/St | 13.09.2020 |

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| **Kule 5.5 kg** |  |

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| 14.11 | Morten Knutsen | 70 | Jessheim | 06.07.1987 |
| 13.26 | Terje Finnebråten | 48 | Råholt | 28.08.1965 |
| 11.81 | Knut Fossum | 22 | Jessheim | 09.07.1939 |
| 11.80 | Jo Henning Hals Nilssen | 68 | Kirkenær | 26.05.1985 |

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| **GUTTER 17** | **360** |

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| **Kule 5.5 kg forts.** |  |

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| 11.67 | Morten Gaarder | 60 | Nannestad | 11.09.1977 |
| 11.49 | Hans Kristian Hansen | 41 | Jessheim | 23.08.1958 |
| 10.95 | Bjørn Tore Ottersen | 66 | Strømmen | 04.06.1983 |
| 10.87 | Knut Haave | 22 | Jessheim | 09.07.1939 |
| 10.60 | Odd Arne Urnes | 73 | Jessheim | 27.09.1990 |
| 10.35 | Knut Larsen | 22 | Jessheim | 09.07.1939 |
|  9.82 | Lars Grøndahl | 69 | Lørenfallet | 05.06.1986 |
|  9.54 | Martin Hansen | 48 | Lillestrøm | 22.08.1964 |
|  9.35 | Magne Aarnes | 22 | Jessheim | 09.07.1939 |
|  9.10 | Hans Agnar Grønnvoll | 84 | Jessheim | 19.08.2001 |

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| **Kule 7.26 kg** |  |
| 12.02 | Morten Knutsen | 70 | Jessheim | 02.07.1987 |
|  9.70 | Jo Henning Hals Nilssen | 68 | Årnes | 07.06.1985 |

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| **Diskos 1.5 kg** |  |

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| 44.34 | Morten Knutsen | 70 | Jessheim | 06.07.1987 |
| 43.36 | Jo Henning Hals Nilssen | 68 | Hønefoss | 14.09.1985 |
| 35.82 | Lars Petter Syversrud | 69 | Jessheim | 01.06.1986 |
| 31.18 | Bjørn Egil Ludvigsen | 67 | Jessheim | 03.09.1984 |
| 29.20 | Knut Fossum | 22 | Jessheim | 30.08.1939 |
| 28.52 | Terje Finnebråten | 48 | Råholt | 29.08.1965 |

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| **Diskos 1.5 kg forts.** |  |

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| 25.34 | Finn Ugletveit | 49 | Lillestrøm | 21.09.1966 |
| 24.48 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 01.09.1980 |

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| **Diskos 2 kg** |  |

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| 33.22 | Morten Gaarder | 60 | Lillestrøm | 21.08.1977 |
| 29.20 | Knut Fossum | 22 | Eidsvoll | 16.06.1939 |
| 19.58 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |

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

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| 40.26 | Lars Petter Syversrud | 69 | Jessheim | 01.06.1986 |
| 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 |
| 23.10 | Odd Arne Urnes | 72 | Jessheim | 28.09.1989 |
| 19.96 | Hans Kristiansen | 69 | Jessheim | 25.09.1986 |

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| **GUTTER 17** | **361** |

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

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| --- | --- | --- | --- | --- |
| 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 |
| 43.42 | Frode Myrvang | 67 | Jessheim | 22.06.1984 |
| 42.26 | Frode Liland | 65 | Strømmen | 26.05.1982 |
| 40.54 | Magne Lindholt | 22 | Jessheim | 16.08.1939 |
| 39.26 | Ivar Lund | 53 | Råholt | 20.09.1970 |
| 37.64 | Thor Lasse Johansen (Løland) | 63 | Rolvsrud | 17.06.1980 |
| 37.48 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 29.33 | Gunnar Lorentzen | 14 | Jessheim | 26.09.1931 |

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| **4kamp M 60m-Lengde-Kule 3-800m** |  |

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| --- | --- | --- | --- | --- |
| 2348 | Fred Are Kjernli | 64 | Kløfta | 20.09.1981 |
| ? |

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| **5kamp MLengde-Spyd-200m –Diskos-1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2023 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
|  5.45-37.48-25.0-19.58-5:16.0 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5135 | Lars Petter Syverstad | 69 | Jessheim | 31.5-1.6.1986 |
| ? |

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| --- | --- |
| **4x100m E** |  |

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

|  |  |
| --- | --- |
| **4x100m M** |  |

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

|  |  |
| --- | --- |
| **3x800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.20.7 | G17 |  | Nadderud | 24.05.1993 |
| Espen Hofoss76-Sven Inge Bråten Bråten76-Anders Sandholtbråten76 |

|  |  |
| --- | --- |
| **4x600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:02.86 | G17 |  | Moss/Me | 30.05.1998 |
| Stian Aaserud81-Stian Fredriksen81-Øyvind Sigvartsen81-Carl Johan Owre81 |

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| **GUTTER 17** | **362** |

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

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

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

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

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

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| **GUTTER 17** | **363** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.34 | Marius Mellum | 96 | Stange | 16.03.2013 |
| 7.39 | Markus Einan | 97 | Rud | 06.12.2014 |
| 7.46 | Marcus Theodor Moen | 99 | Rud | 06.02.2016 |
| 7.51 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 29.03.2009 |
| 7.56 | Oatthawut Panklang | 02 | Rud | 08.02.2019 |
| 7.62 | Jesse Pedersen Amey | 95 | Stange | 17.03.2012 |
| 7.63 | Martin Opaker | 94 | Lillestrøm | 26.03.2011 |
| 7.65 | Christer Amundsen | 92 | Oslo/Ek | 10.01.2009 |
| 7.72 | Filip Aas | 00 | Rud | 25.02.2017 |
| 7.74 | Jørgen Opaker | 97 | Rud | 08.02.2014 |
| 7.78 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 03.03.1991 |
| 7.85 | Runar Homble | 72 | Oslo/Ek | 25.03.1990 |
| 7.89 | Victor Rosenlind | 00 | Stange | 18.03.2017 |
| 7.96 | Iver Laake | 01 | Stange | 17.01.2018 |
| 7.97 | Hans Martin Hofseth | 94 | Trondheim/Ra | 12.03.2011 |
| 8.09 | Per Kristian Aarstad | 86 | Stange | 15.03.2003 |
| 8.25 | Sondre Opaker Øines | 98 | Lillestrøm | 21.01.2015 |
| 8.70 | Espen Hofoss | 76 | Stange | 31.01.1993 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.2 | Runar Homble | 72 | Lillestrøm | 12.03.1989 |

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| **100m E**  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.02 | Andreas Roth | 93 | Drammen | 14.02.2010 |
| 12.15 | Oatthawut Panklang | 02 | Drammen | 06.01.2019 |
| 12.27  | Emil Nordal | 03 | Drammen | 05.01.2020 |

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| **100m M**  |  |

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| --- | --- | --- | --- | --- |
| 12.0 | Lars Petter Syversrud | 68 | Drammen | 22.02.1986 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 23.20 | Markus Einan | 97 | Rud | 11.01.2014 |
| 23.26 | Marius Mellum | 96 | Steinkjer | 10.03.2013 |
| 23.58 | Andreas Roth | 93 | Stange | 21.03.2010 |
| 23.62 | Thomas Roth | 91 | Stange | 09.03.2008 |
| 24.18 | Vegard Løberg Gjelsvik | 92 | Stange | 10.01.2009 |
| 24.23 | Emil Nordal | 03 | Rud | 01.02.2020 |
| 24.56 | Oatthawut Panklang | 02 | Hvam | 26.01.2019 |

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| **GUTTER 17** | **364** |

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| **INNENDØRS** |  |

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| **200m E forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.88 | Stian Fredriksen | 81 | Stange | 08.03.1998 |
| 24.88 | Marius Fuglerud | 89 | Oslo/Ek | 21.02.2006 |
| 24.90 | Jørgen Opaker | 97 | Rud | 06.12.2013 |
| 25.11 | Sondre Opaker Øines | 98 | Stange | 22.03.2015 |
| 25.24 | Øyvind Sigvartsen | 81 | Stange | 08.03.1998 |
| 25.24 | Jonas Nødtvedt Wenger | 99 | Stange | 23.03.2016 |
| 25.33 | Christer Amundsen | 92 | Oslo/Ek | 10.01.2009 |
| 25.43 | Odd Arne Urnes | 73 | Oslo/Ek | 10.03.1990 |
| 25.43 | Per Arne Østerud | 81 | Stange | 28.03.1998 |
| 25.53 | Jon Gunnar Alfsen | 97 | Rud | 09.02.2014 |
| 25.61 | Hans Martin Hofseth | 94 | Trondheim/Ra | 13.03.2011 |
| 25.80 | Martin Opaker | 94 | Trondheim/Ra | 13.03.2011 |
| 26.22 | Jesse Pedersen Amey | 95 | Oslo/Ek | 03.03.2012 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 51.72 | Andreas Roth | 93 | Trondheim/Ra | 18.12.2010 |
| 52.78 | Emil Nordal | 03 | Rud | 06.03.2020 |
| 54.54 | Kristian Tokstad | 00 | Hvam | 16.02.2017 |
| 56.74 | Sondre Opaker Øines | 98 | Rud | 28.02.2015 |
| 57.21 | Henrik Schultze Toverud | 04 | Hvam | 04.12.2021 |
| 58.68 | Mats Tokstad | 00 | Hvam | 16.02.2017 |
| 59.31 | Adisak Sween | 98 | Rud | 11.01.2015 |
| 65.29 | Jonas Nødtvedt Wenger | 99 | Hvam | 16.01.2016 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:22.62 | Thomas Roth | 91 | Oslo/Ek | 06.12.2008 |
| 1:24.13 | Vegard Løberg Gjelsvik | 92 | Stange | 14.03.2009 |
| 1:24.50 | Andreas Roth | 93 | Stange | 20.03.2010 |
| 1:25.85 | Markus Einan | 97 | Stange | 22.03.2014 |
| 1:27.01 | Henrik Hanssen | 97 | Rud | 06.12.2014 |
| 1:27.37 | Njord Erlend Wiker | 91 | Oslo/Ek | 06.12.2008 |
| 1:28.36 | Kristian Tokstad | 00 | Stange | 18.03.2017 |
| 1:28.92 | Emil Nordal | 03 | Hvam | 25.01.2020 |
| 1:30.38 | Jonas Krossøy | 95 | Stange | 17.03.2012 |
| 1:30.47 | Francesco Bazzanella | 87 | Oslo/Ek | 04.12.2004 |
| 1:31.65 | Fredrik Anthi Svinø | 92 | Stange | 14.03.2009 |
| 1:32.21 | Mats Tokstad | 00 | Stange | 18.03.2017 |
| 1:32.85 | Sondre Opaker Øines | 98 | Rud | 05.12.2015 |
| 1:33.10 | Kevin Fritz | 91 | Stange | 08.03.2008 |
| 1:34.42 | Tore Klungland | 97 | Rud | 06.12.2014 |

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| **GUTTER 17** | **365** |

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| **INNENDØRS** |  |

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| **800m**  |  |

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| 1:53.34 | Andreas Fjeld Halvorsen | 05 | Steinkjer | 05.03.2022 |
| 1:56.22 | Nikolai Solum | 05 | Steinkjer | 05.03.2022 |
| 1:56.76 | Vegard Løberg Gjelsvik | 92 | Stange | 31.01.2009 |
| 1:57.06 | Markus Einan | 97 | Rud | 08.03.2014 |
| 1:57.52 | Kristian Bråthen Børve | 06 | Hvam | 05.02.2023 |
| 1:57.60 | Thomas Roth | 91 | Karlstad, SWE | 26.01.2008 |
| 2:00.23 | Andreas Lindboe Kværner | 06 | Hvam | 05.02.2023 |
| 2:01.60 | Markus Høgne | 98 | Rud | 13.01.2015 |
| 2:03.64 | Henrik Hanssen | 97 | Rud | 09.02.2014 |
| 2:04.28 | Jon Gunnar Alfsen | 97 | Rud | 08.03.2014 |
| 2:04.56 | Ronny Opaker | 66 | Oslo/Ek | 22.01.1983 |
| 2:04.78 | Anders Buraas | 92 | Stange | 31.01.2009 |
| 2:05.27 | Erlend Magnus Homble | 04 | Hvam | 06.03.2021 |
| 2:06.00 | Åsmund Wennemo | 94 | Trondheim/Ra | 12.03.2011 |
| 2:07.86 | Jonas Krossøy | 95 | Sandnes | 10.03.2012 |
| 2:08.2 | Hans Georg Haug | 67 | Oslo/Ek | 21.01.1984 |
| 2:08.8 | Njål Bakke | 71 | Oslo/Ek | 05.03.1988 |
| 2:09.28 | Jonas Haarborg Bolgen | 96 | Steinkjer | 09.03.2013 |
| 2:09.34 | Fredrik Anthi Svinø | 92 | Stange | 31.01.2009 |
| 2:10.79 | Espen Hofoss | 76 | Stange | 30.01.1993 |
| 2:13.89 | Tore Klungland | 93 | Karlstad, SWE | 25.01.2014 |
| 2:15.97 | Jens Kristian Aas | 05 | Hvam | 21.02.2022 |
| 2:17.06 | Sondre Opaker Øines | 98 | Rud | 13.02.2015 |

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| **1500m**  |  |

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| 3:49.93 | Andreas Fjeld Halvorsen | 05 | Steinkjer | 04.03.2022 |
| 3:57.16 | Kristian Bråthen Børve | 06 | Rud | 18.02.2023 |
| 4:00.92 | Andreas Lindebø Kværner | 06 | Hvam | 04.02.2023 |
| 4:06.38 | Nahan Tewelde | 06 | Hvam | 10.03.2023 |
| 4:16.51 | Thomas Roth | 91 | Karlstad, SWE | 16.02.2008 |
| 4:18.1 | Hans Georg Haug | 67 | Oslo/Ek | 03.03.1984 |
| 4:21.58 | Henrik Hanssen | 97 | Rud | 09.03.2014 |
| 4:22.43 | Jonas Krossøy | 95 | Sandnes | 09.03.2012 |
| 4:25.00 | Ole-Kristian Lindebø Kværner | 05 | Hvam | 22.01.2022 |
| 4:26.43 | Jonas Haarborg Bolgen | 96 | Steinkjer | 10.03.2013 |
| 4:32.37 | Stian Aaserud | 81 | Drammen | 15.02.1998 |

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| **GUTTER 17** | **366** |

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| **INNENDØRS** |  |

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| **3000m**  |  |

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| 8:11.97 | Andreas Fjeld Halvorsen | 05 | Hvam | 12.03.2022 |
| 9:07.62 | Nikolai Solum | 05 | Hvam | 12.03.2022 |
| 9:22.44 | Jens Kristian Aas | 05 | Hvam | 12.03.2022 |

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| **60m hekk 91.4 cm E** |  |

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|  8.00 | Marcus Theodor Moen | 99 | Steinkjer | 26.02.2016 |
|  8.76 | Filip Aas | 00 | Rud | 03.03.2017 |
|  9.35 | Andreas Roth | 93 | Drammen | 12.02.2010 |
|  9.82 | Victor Rosenlind | 00 | Lillestrøm | 28.01.2017 |
| 10.90 | Emil Nordal | 03 | Rud | 11.01.2020 |

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

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| --- | --- | --- | --- | --- |
| 9.76 | Morten Knutsen | 70 | Askim | 31.01.1987 |

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| **60m hekk 100 cm M** |  |

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| --- | --- | --- | --- | --- |
| 8.9 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 22.02.1991 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.90 | Frode Myrvang | 67 | Drammen | 29.01.1984 |
| 1.86 | Michael Reklev | 05 | Steinkjer | 05.03.2022 |
| 1.80 | Nicolas Reklev | 07 | Hvam | 02.12.2023 |
| 1.67 | Victor Rosenlind | 00 | Rud | 14.01.2017 |
| 1.60 | Bent Helseth | 53 | Lillestrøm/Pl | 15.02.1970 |

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| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.30 | Filip Aas | 00 | Rud | 23.03.2017 |
| 3.40 | Odd Arne Urnes | 73 | Oslo/Ek | 25.03.1990 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.15 | Michael Reklev | 05 | Rud | 12.02.2022 |

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| --- | --- |
| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.92 | Morten Knutsen | 70 | Askim | 31.01.1987 |

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| **GUTTER 17** | **367** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.55 | Michael Reklev | 05 | Hvam | 22.12.2022 |
| 1.46 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 12.03.1985 |
| 1.41 | Runar Homble | 72 | Jessheim/Je | 16.03.1989 |
| 1.35 | Ola Nerhagen | 71 | Jessheim/Je | 10.03.1988 |
| 1.35 | Jan-Olav Arnegård | 71 | Jessheim/Je | 10.03.1988 |
| 1.30 | Øistein Nesje | 49 | Jessheim | 26.02.1966 |
| 1.27 | Thomas Roth | 91 | Jessheim | 03.03.2008 |
| 1.20 | Glenn Erik Myrvold | 72 | Jessheim/Je | 16.03.1989 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.93 | Ola Nerhagen | 71 | Jessheim/Je | 10.03.1988 |
| 2.92 | Runar Homble | 72 | Jessheim/Je | 16.03.1989 |
| 2.85 | Thor Martin Furuseth | 41 | Lillestrøm/Hø | 16.03.1958 |
| 2.85 | Morten Knutsen | 70 | Jessheim/Je | 10.03.1987 |
| 2.84 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 12.03.1985 |
| 2.82 | Thomas Roth | 91 | Jessheim | 03.03.2008 |
| 2.78 | Jan-Olav Arnegård | 71 | Jessheim/Je | 10.03.1988 |
| 2.69 | Thor Lasse Johansen | 63 | Fetsund | 15.03.1980 |
| 2.61 | Kevin Fritz | 91 | Jessheim | 03.03.2008 |
| 2.60 | Hans Kristian Hansen | 41 | Lillestrøm/Hø | 16.03.1958 |
| 2.55 | Glenn Erik Myrland | 72 | Jessheim/Je | 16.03.1989 |
| 2.47 | Andreas Løland | 90 | Jessheim | 12.02.2007 |
| 2.17 | Magnus Løken | 91 | Jessheim | 03.03.2008 |

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| **Kule 5 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.25 | Christer Amundsen | 92 | Karlstad, SWE | 21.02.2009 |

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| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.83 | Lars Petter Syversrud | 69 | Drammen | 08.02.1986 |

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| **1000m** |  |

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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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| **GUTTER 16** | **368** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.33 | Julian Bastesen | 04 | Alicante, ESP | 01.02.2020 |
| 7.61 | Martin Opaker | 94 | Asker/Fø | 06.10.2010 |
| 7.66 | Marius Mellum | 96 | Oslo/La | 27.09.2012 |
| 7.67 | Jonathan Joo | 91 | Asker/Fø | 02.06.2007 |
| 7.83 | Christer Amundsen | 92 | Asker/Fø | 31.05.2008 |
| 8.01 | Christian Iversen | 05 | Jessheim | 30.08.2021 |
| 8.18 | Tom-Eirik Hasle | 84 | Jessheim | 08.06.2000 |
| 8.30 | Espen Bjørnstad | 95 | Jessheim | 04.06.2011 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.4 | Hans Kristian Hansen | 41 | Sandvika/Ka | 30.06.1957 |
| 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 | Odd Arne Urnes | 73 | Jessheim | 25.09.1989 |
| 7.7 | Andreas Rothr | 93 | Jessheim | 04.06.2009 |
| 7.8 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 7.8 | Thor Lasse Johansen (Løland) | 63 | Lillestrøm | 28.08.1979 |
| 7.9 | Knut Fossum | 22 | Eidsvoll | 02.08.1938 |
| 7.9 | Øivind Larsen | 42 | Lillestrøm | 15.06.1958 |
| 8.0 | Thor Martin Furuseth | 41 | Jessheim | 10.08.1957 |
| 8.0 | Hans Martin Hofseth | 94 | Jessheim | 10.06.2010 |
| 8.2 | Lars Sundby | 09 | Jessheim | 04.10.1925 |
| 8.2 | Svein Skedsmo | 40 | Jessheim | 30.06.1956 |
| 8.4 | Arild Jørgensen | 10 | Jessheim | 13.07.1926 |
| 8.5 | Jon Strømberg | 21 | Årnes | 26.09.1937 |
| 8.8 | Hans Gystad | 10 | Jessheim | 13.07.1926 |
| 8.8 | Tor Håkon Mangerud | 84 | Jessheim | 03.08.2000 |

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| **80m M** |  |

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| --- | --- | --- | --- | --- |
| 9.6 | Sverre Støverud | 37 | Jessheim | 01.07.1953 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 11.37 | Henrik Huser | 96 | Oslo/Bi | 19.08.2012 |
| 11.46 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 21.06.2015 |
| 11.48 | Martin Jørgensen | 91 | Oslo/Bi | 19.08.2007 |
| 11.51 | Julian Bastesen | 04 | Elchel, ESP | 26.09.2020 |
| 11.61 | Emil Nordal | 03 | Jessheim | 06.09.2019 |
| 11.64 | Marius Mellum | 96 | Prestfoss | 27.07.2012 |

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| **GUTTER 16** | **369** |

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| **100m E forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.71 | Markus Einan | 97 | Oslo/Bi | 18.08.2013 |
| 11.76 | Martin Opaker | 94 | Lillehammer/Ss | 20.06.2010 |
| 11.80 | Eirik Haus | 79 | Oslo/Bi | 02.07.1995 |
| 12.04 | Alan Ringo | 07 | Jessheim | 12.08.2023 |
| 12.14 | Oatthawut Panklang | 02 | Jessheim | 11.08.2018 |
| 12.16 | Christer Amundsen | 92 | Nadderud | 08.06.2008 |
| 12.17 | Jonathan Joo | 91 | Lillehammer/Ss | 24.06.2007 |
| 12.21 | Jørgen Opaker | 97 | Ski | 10.08.2013 |
| 12.25 | Iver Laake | 01 | Drammen/Ma | 27.08.2017 |
| 12.27 | Runar Homble | 72 | Nadderud | 18.06.1988 |
| 12.33 | Andreas Roth | 93 | Jessheim | 16.06.2009 |
| 12.43 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.05.1990 |
| 12.48 | Erlend Morthen | 92 | Oslo/Bi | 17.08.2008 |
| 12.50 | Sondre Opaker Øines | 98 | Oslo/Bi | 17.08.2014 |
| 12.60 | Jesse Pedersen Amey | 95 | Nadderud | 24.09.2011 |
| 12.76 | Christian Iversen | 05 | Jessheim | 30.08.2021 |
| 12.89 | Per Olav Ramstad | 78 | Nadderud | 18.06.1994 |
| 12.95 | Ørnulf Brekke | 67 | Kirkenær | 23.05.1983 |
| 12.95 | Jan Terje Forsland | 78 | Nadderud | 18.06.1994 |
| 12.98 | Stian Fredriksen | 81 | Jessheim | 26.06.1997 |
| 13.02 | Per Arne Østerud | 81 | Nadderud | 22.06.1997 |
| 13.17 | Hans Agnar Grønnvoll | 84 | Bjørkelangen | 21.05.2000 |
| 13.25 | Morten Sigvartsen | 83 | Lillehammer/Ss | 27.06.1999 |
| 13.32 | Espen Nyhus | 89 | Jessheim | 13.06.2005 |
| 13.69 | Øyvind Olufsen | 80 | Jessheim | 20.08.1996 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.5 | Eirik Haus | 79 | Jessheim | 29.05.1995 |
| 11.7 | Ola Nerhagen | 71 | Oslo/Bi | 04.06.1987 |
| 11.8 | Stein Vik-Strandli | 58 | Oslo/Tr | 10.06.1974 |
| 11.8 | Jonathan Joo | 91 | Jessheim | 04.06.2007 |
| 11.9 | Einar Hellum | 47 | Strømmen | 22.06.1963 |
| 11.9 | Edward Hughes | 71 | Bjørkelangen | 12.09.1987 |
| 12.0 | Kåre Gismervik | 57 | Strømmen | 17.06.1973 |
| 12.0 | Runar Homble | 72 | Nadderud | 18.06.1988 |
| 12.1 | Hans Asak | 41 | Jessheim | 16.06.1957 |
| 12.1 | Geir Alfredsen | 60 | Årnes | 01.09.1976 |
| 12.1 | Lars Petter Syversrud | 69 | Oslo/La | 16.05.1985 |
| 12.2 | Morten Knutsen | 70 | Oslo/Bi | 27.09.1986 |
| 12.2 | Odd Arne Urnes | 73 | Jessheim | 17.09.1989 |
| 12.3 | Martin Hansen | 48 | Lillestrøm | 22.08.1964 |
| 12.4 | Sverre Støverud | 37 | Jessheim | 19.08.1953 |
| 12.4 | Claus Nerhagen | 59 | Lillestrøm | 25.08.1975 |
| 12.4 | Jan-Olav Arnegård | 71 | Bjørkelangen | 12.09.1987 |

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| **GUTTER 16** | **370** |

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| **100m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 12.5 | Knut Pedersen | 69 | Oslo/La | 16.05.1985 |
| 12.5 | Sven Inge Bråten | 76 | Jessheim | 18.05.1992 |
| 12.6 | Thor Lasse Johansen (Løland) | 63 | Rolvsrud | 08.09.1979 |
| 12.6 | Øivind Østby | 63 | Rolvsrud | 08.09.1979 |
| 12.6 | Frode Grøndahl | 69 | Jessheim | 22.09.1985 |
| 12.7 | Martin Furuseth | 53 | Strømmen | 06.09.1969 |
| 12.8 | Per Kristian Aarstad | 86 | Jessheim | 19.08.2002 |
| 12.9 | Per Arne Østerud | 81 | Jessheim | 16.06.1997 |
| 13.0 | John Mikalsen | 57 | Strømmen | 17.06.1973 |
| 13.0 | Frode Liland | 65 | Årnes | 03.10.1981 |
| 13.0 | Ørnulf Brekke | 67 | Jessheim | 14.08.1983 |
| 13.1 | Jan Åge Mangelrød | 65 | Kirkenær | 31.05.1981 |
| 13.1 | Halvor Løvli | 03 | Jessheim | 16.09.2019 |
| 13.2 | Odd Dønnum | 45 | Jessheim | 07.10.1961 |
| 13.4 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |
| 13.4 | Pål Håve | 15 | Jessheim | 26.09.1931 |
| 13.5 | Svein Kvello Aune | 46 | Råholt | 12.09.1962 |
| 13.6 | Svein Lindholt | 62 | Gardermoen | 11.09.1978 |
| 14.0 | Kjell Erik Klevan | 65 | Jessheim | 26.09.1981 |

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| **150m E** |  |

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| --- | --- | --- | --- | --- |
| 17.67 | Marius Mellum | 96 | Jessheim | 23.08.2012 |
| 18.90 | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 12.05.1990 |
| 20.98 | Jonas Haarborg Bolgen | 96 | Jessheim | 23.08.2012 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 23.04 | Marius Mellum | 96 | Lillehammer/Ss | 22.06.2012 |
| 23.24 | Emil Nordal | 03 | Nadderud | 15.06.2019 |
| 23.40 | Markus Einan | 97 | Oslo/Bi | 23.09.2013 |
| 23.43 | Marcus Theodor Moen | 99 | Lillestrøm | 12.09.2015 |
| 23.53 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 20.06.2008 |
| 23.82 | Martin Opaker | 94 | Lillehammer/Ss | 18.06.2010 |
| 24.36 | Julian Bastesen | 04 | Petrer, ESP | 17.07.2020 |
| 23.92 | Andreas Roth | 93 | Oslo/Bi | 22.08.2009 |
| 23.97 | Martin Jørgensen | 91 | Lillehammer/Ss ? | 22.06.2007 |
| 24.43 | Jonathan Joo | 91 | Asker/Fø | 03.06.2007 |
| 24.72 | Christer Amundsen | 92 | Lillehammer/Ss | 20.06.2008 |
| 24.77 | Sondre Opaker Øines | 98 | Oslo/Bi | 07.09.2014 |
| 24.81 | Jonas Nødtvedt Wenger | 99 | Nittedal | 23.08.2015 |
| 23.85 | 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 |
| 24.89 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 27.09.1990 |

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| **GUTTER 16** | **371** |

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| **200m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 25.09 | Iver Laake | 01 | Lillestrøm | 28.05.2017 |
| 25.16 | Jørgen Opaker | 97 | Oslo/Bi | 17.08.2013 |
| 25.19 | Erlend Morthen | 92 | Lillehammer/Ss | 20.06.2008 |
| 25.48 | Jon Gunnar Alfsen | 97 | Sofiemyr | 25.08.2013 |
| 25.53 | Stian Fredtiksen | 81 | Nadderud | 21.06.1997 |
| 25.69 | Sven Inge Bråten | 76 | Asker/Fø | 12.09.1992 |
| 25.83 | Christian Iversen | 05 | Jessheim | 03.06.2021 |
| 25.97 | Øyvind Sigvaldsen | 81 | Jessheim | 28.09.1997 |
| 26.54 | Per Arne Østerud | 81 | Jessheim | 28.09.1997 |
| 26.66 | Hans Martin Hofseth | 94 | Jessheim | 25.05.2010 |
| 26.70 | Ole Eriksen | 91 | Lillehammer/Ss | 23.06.2007 |
| 27.12 | Adisak Sween | 98 | Oslo/Bi | 16.08.2014 |
| 27.72 | Morten Sigvartsen | 83 | Lillehammer/Ss | 25.06.1999 |
| 28.20 | Hans Agnar Grønnvoll | 84 | Jessheim | 22.05.2000 |

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| **200m M** |  |

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| 24.1 | Runar Homble | 72 | Jessheim | 26.09.1988 |
| 24.3 | Odd Arne Urnes | 73 | Jessheim | 25.09.1989 |
| 24.4 | Ola Nerhagen | 71 | Jessheim | 31.07.1987 |
| 24.5 | Stein Vik-Strandli | 58 | Strømmen | 15.06.1974 |
| 24.5 | Edward Hughes | 71 | Jessheim | 16.08.1987 |
| 24.6 | Einar Hellum | 47 | Råholt | 22.09.1963 |
| 24.8 | Bjørn Tore Ottersen | 66 | Lørenfallet | 08.06.1982 |
| 24.8 | Petter Loy-Nielsen | 71 | Oslo/Bi | 21.05.1987 |
| 25.1 | Kåre Gismervik | 57 | Lillestrøm | 22.06.1973 |
| 25.1 | Lars Petter Syversrud | 69 | Oslo/Bi | 21.08.1985 |
| 25.1 | Morten Knutsen | 70 | Jessheim | 29.09.1986 |
| 25.6 | Hans Asak | 41 | Jessheim | 05.06.1957 |
| 25.7 | Fredrik Fuglerud | 89 | Jessheim | 23.04.2005 |
| 25.9 | Jan-Olav Arnegård | 71 | Jessheim | 21.09.1987 |
| 25.9 | Hans Martin Hofseth | 94 | Jessheim | 03.09.2010 |
| 25.9 | Jesse Amey Pedersen | 95 | Jessheim | 03.09.2011 |
| 26.0 | Thor Lasse Johansen (Løland) | 63 | Oslo/Bi | 04.09.1979 |
| 26.1 | Thor Martin Furuseth | 41 | Jessheim | 05.06.1957 |
| 26.4 | Per Arne Østerud | 81 | Jessheim | 20.09.1997 |
| 26.4 | Espen Bjørnstad | 95 | Jessheim | 03.09.2011 |
| 26.5 | Odd Dønnum | 45 | Strømmen | 10.09.1961 |
| 28.5 | Jonas Haarborg Bolgen | 95 | Jessheim | 03.09.2011 |
| 31.7 | Arild Jørgensen | 10 | Jessheim | 13.07.1926 |
| 32.7 | Erik Lerdahl | 10 | Jessheim | 13.07.1926 |

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| **GUTTER 16** | **372** |

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| **300m E** |  |

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| --- | --- | --- | --- | --- |
| 38.12 | Andreas Roth | 93 | Oslo/Bi | 19.05.2009 |
| 39.36 | Jørgen Hjelm Bakkerud | 74 | Skien | 10.08.1990 |
| 39.90 | Sondre Opaker Øines | 98 | Oslo/Bi | 17.09.2014 |

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 40.1 | Per Kristian Aarstad  | 86 | Jessheim | 18.04.2002 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.51 | Markus Einan | 97 | Oslo/Bi | 19.09.2013 |
| 51.09 | Sondre Lehmann | 07 | Jessheim | 12.08.2023 |
| 51.13 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 21.06.2008 |
| 51.51 | Thomas Roth | 91 | Lillehammer/Ss | 23.06.2007 |
| 52.26 | Andreas Roth | 93 | Oslo/Bi | 04.09.2009 |
| 52.92 | Krisatian Tokstad | 00 | Lillehammer/Ss | 18.06.2016 |
| 53.07 | Emil Nordal | 03 | Wraclaw, POL | 29.05.2019 |
| 53.90 | Jon Gunnar Alfsen | 97 | Lillehammer/Ss | 22.06.2013 |
| 54.49 | Jonathan Joo | 91 | Lillehammer/Ss | 23.06.2007 |
| 54.69 | Carl Jørgen Owre | 82 | Oslo/St | 06.09.1998 |
| 54.79 | Sondre Strande Omland | 07 | Oslo/Bi | 23.05.2023 |
| 54.80 | Anders Buraas | 92 | Jessheim | 18.08.2008 |
| 55.07 | Henrik Hanssen | 97 | Oslo/Bi | 19.09.2013 |
| 55.14 | Sondre Opaker Øines | 98 | Oslo/Bi | 17.06.2014 |
| 55.48 | Fredrik Fuglerud | 89 | Bjørkelangen | 04.06.2005 |
| 55.83 | Erlend Morthen | 92 | Lillehammer/Ss | 21.06.2008 |
| 55.99 | Sven Inge Bråten | 76 | Lillehammer/Ss | 27.06.1992 |
| 56.01 | Stian Fredriksen | 81 | Jessheim | 01.09.1997 |
| 56.01 | Andreas Lindboe Kværner | 06 | Oslo/Bi | 13.07.2022 |
| 56.78 | Christer Amundsen | 92 | Lillehammer/Ss | 21.06.2008 |
| 56.98 | Kevin Fritz | 91 | Jessheim | 21.08.2007 |
| 57.27 | Philip Gulbrandsen | 07 | Oslo/Bi | 23.05.2023 |
| 57.88 | Tore Klungland | 97 | Nadderud | 16.06.2013 |
| 58.13 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.05.1990 |
| 58.39 | Espen Bjørnstad | 95 | Lillehammer/Ss | 25.06.2011 |
| 58.46 | Stian Aaserud | 81 | Jessheim | 01.09.1997 |
| 59.01 | Adisak Sween | 98 | Kongsvinger | 04.06.2014 |
| 59.53 | Jonas Wenger | 99 | Lillehammer/Ss | 21.06.20145 |
| 59.91 | Sigurd Fjeldbo | 82 | Jessheim | 24.09.1998 |
| 60.87 | Iver Laake | 01 | Drammen/Ma | 27.08.2017 |

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| **GUTTER 16** | **373** |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 53.1 | Einar Hellum | 47 | Råholt | 23.06.1963 |
| 54.5 | Jon Gunnar Alfsen | 97 | Jessheim | 30.05.2013 |
| 54.6 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 02.06.1982 |
| 55.4 | Ola Nerhagen | 71 | Jessheim | 24.08.1987 |
| 56.0 | Kåre Gismervik | 57 | Lillestrøm | 04.10.1973 |
| 56.6 | Stein Vik-Strandli | 58 | Oslo/Bi | 21.05.1974 |
| 56.8 | Runar Homble | 72 | Jessheim | 03.10.1988 |
| 57.3 | Tore Østvang | 52 | Råholt | 10.06.1968 |
| 57.7 | Thor Martin Furuseth | 41 | Jessheim | 27.05.1957 |
| 57.9 | Lars Petter Syversrud | 69 | Lørenfallet | 18.06.1985 |
| 58.5 | Jan-Olav Arnegård | 71 | Jessheim | 24.08.1987 |
| 58.6 | Andreas Løland | 90 | Jessheim | 12.06.2006 |
| 58.8 | Jon Martinsen | 47 | Råholt | 18.08.1963 |
| 58.9 | Hans Kristian Hansen | 41 | Jessheim | 28.08.1957 |
| 59.2 | Kåre Svensson | 61 | Årnes | 17.08.1977 |
| 60.4 | Martin Fald Gården | 90 | Jessheim | 12.06.2006 |
| 60.5 | Emil Strøm | 90 | Jessheim | 12.06.2006 |
| 62.1 | Magne Furuseth | 53 | Jessheim | 24.06.1969 |
| 63.6 | Jan Olav Skibakk | 71 | Hauerseter | 14.06.1987 |
| 63.6 | Tor Håkon Mangerud | 94 | Jessheim | 13.07.2000 |
| 67.9 | Rolf Kjærstad | 07 | Jessheim | 13.08.1923 |
| 68.0 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |

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| **600m**  |  |

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| 1:21.21 | Markus Einan | 97 | Lillestrøm | 18.09.2013 |
| 1:23.22 | Sondre Strande Omland | 07 | Nesodden | 01.06.2023 |
| 1:25.24 | Kristian Tokstad | 00 | Jessheim | 27.08.2016 |
| 1:26.67 | Iver Hjelbak Eriksen | 06 | Nesodden | 01.09.2022 |
| 1:27.89 | Henrik Hanssen | 97 | Lillestrøm | 18.09.2013 |
| 1:28.24 | Ole Martin Sandness | 00 | Oslo/Be | 18.09.2016 |
| 1:29.2 | Anders Biraas | 92 | Jessheim | 31.07.2008 |
| 10.58 | Philip Gulbrandsen | 07 | Nesodden | 01.06.2023 |
| 1:31.17 | Jon Gunnar Alfsen | 97 | Nadderud | 07.05.2013 |
| 1:32.14 | Henrik Schultze Toverud | 04 | Jessheim | 23.05.2020 |
| 1:32.61 | Sondre Opaker Øines | 98 | Nadderud | 06.05.2014 |
| 1:32.80 | Jonas Haarborg Bolgen | 96 | Nadderud | 03.05.2012 |
| 1:33.4 | Kåre Gismervik | 57 | Oslo/Bi | 24.05.1973 |
| 1:34.27 | Tore Klungland | 97 | Nadderud | 07.05.2013 |
| 1:34.5 | Harald Lindstrøm | 54 | Årnes | 16.08.1970 |
| 1:35.66 | Håkon Prøsch Johnsen | 07 | Nesodden | 01.06.2023 |
| 1:36.7 | John Mikalsen | 57 | Oslo/Bi | 24.05.1973 |
| 1:37.9 | Erlend Morthen | 92 | Jessheim | 31.07.2008 |
| 1:45.77 | Adisak Sween | 98 | Nadderud | 06.05.2014 |
| 1:48.20 | Tor Håkon Mangerud | 84 | Jessheim | 22.05.2000 |

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| **GUTTER 16** | **374** |

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| **800m**  |  |

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| 1:53.29 | Sondre Strande Omland | 07 | Jessheim | 06.07.2023 |
| 1:54.54 | Markus Einan | 97 | Lillehammer/Ss | 07.09.2013 |
| 1:54.67 | Sondre Lehmann | 07 | Jessheim | 06.07.2023 |
| 1:55.17 | Vegard Løberg Gjelsvik | 92 | Stoskholm, SWE | 28.07.2008 |
| 1:57.88 | Kristian Bråthen Børve | 06 | Trondheim/St | 13.08.2022 |
| 1:58.03 | Thomas Roth | 91 | Oslo/Bi | 18.08.2007 |
| 1:58.58 | Andreas Lindebø kværner | 06 | Rud | 27.08.2022 |
| 1:59.28 | Philip Gulbrandsen | 07 | Bergen/Fa | 09.09.2023 |
| 1:59.75 | Kristian Tokstad | 00 | Nittedal | 16.05.2016 |
| 2:00.54 | Iver Hjelbak Eriksen | 06 | Nittedal | 20.08.2022 |
| 2:00.6 | Einar Hellum | 47 | Råholt | 24.08.1963 |
| 2:00.70 | Henrik Hanssen | 97 | Lillehammer/Ss | 07.09.2013 |
| 2:01.00 | Erlend Magnus Homble | 05 | TGrondheim/St | 05.09.2021 |
| 2:03.09 | Carl Jørgen Owre | 82 | Sofiemyr | 25.07.1998 |
| 2:03.2 | Claus Nerhagen | 59 | Oslo/Bi | 02.06.1975 |
| 2:03.59 | Jon Gunnar Alfsen | 97 | Oslo/Bi | 29.07.2013 |
| 2:03.64 | Lukas Buncic | 07 | Jessheim | 11.08.2023 |
| 2:04.2 | Anders Buraas | 92 | Jessheim | 20.09.2008 |
| 2:04.30 | Ole Martin Sandness | 00 | Nadderud | 13.09.2016 |
| 2:04.71 | Stian Aaserud | 81 | Nadderud | 21.06.1997 |
| 2:04.96 | Fredrik Fuglerud | 89 | Moss/Me | 03.09.2005 |
| 2:05.41 | Åsmund Wennemo | 94 | Nadderud | 12.06.2010 |
| 2:05.9 | Bjørn Ingvar Jensen | 66 | Strømmen | 12.06.1982 |
| 2:06.35 | Tore Klungland | 97 | Nadderud | 15.06.2013 |
| 2:06.53 | Ole-Kristian Kværner | 05 | Lillestrøm | 29.08.2021 |
| 2:07.2 | Frode Grøndahl | 69 | Oslo/La | 16.05.1985 |
| 2:07.2 | Edward Hughes | 71 | Jessheim | 15.08.1971 |
| 2:07.40 | Jonas Haarborg Bolgen | 96 | Lillehammer/Ss | 24.06.2012 |
| 2:07.54 | Jonas Krossøy | 95 | Oslo/Bi | 04.06.2011 |
| 2:08.0 | Harald Lindstrøm | 54 | Oslo/Bi | 16.06.1970 |
| 2:08.6 | Kevin Fritz | 91 | Jessheim | 04.06.2007 |
| 2:08.8 | Sven Inge Bråten | 76 | Jessheim | 24.09.1992 |
| 2:08.4 | Asle Backe-Bogstad | 63 | Jessheim | 19.08.1979 |
| 2:08.4 | Morten Andersen | 72 | Jessheim | 18.09.1988 |
| 2:08.5 | Sigurd Fjeldbo | 82 | Jessheim | 17.08.1998 |
| 2:08.70 | Henrik Schultze Toverud | 04 | Jessheim | 29.08.2020 |
| 2:08.89 | Erlend Homble | 04 | Jessheim | 29.08.2020 |
| 2:09.5 | Stian Fredriksen | 81 | Jessheim | 18.08.1997 |
| 2:09.50 | Mats Tokstad | 00 | Nadderud | 11.06.2016 |
| 2:09.99 | Simen Skeide Paulsen | 06 | Oslo/Bi | 25.08.2022 |
| 2:10.02 | Sondre Opaker Øines | 98 | Oslo/Bi | 16.08.2014 |
| 2:10.07 | Halvor Løvli | 03 | Jessheim | 07.09.2019 |
| 2:10.18 | Andreas Løland | 90 | Oslo/St | 09.08.2006 |
| 2:11.03 | Hans Agnar Grønnvoll | 84 | Nadderud | 17.06.2000 |

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| **GUTTER 16** | **375** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:12.1 | Pål Slemdal | 72 | Jessheim | 06.06.1988 |
| 2:12.10 | Adisak Sween | 98 | Nadderud | 14.06.2014 |
| 2:14.10 | Espen Bjørnstad | 95 | Oslo/Bi | 04.06.2011 |
| 2:14.86 | Håkon Prøsch Johnsen | 07 | Lillehammer/Ss | 25.06.2023 |
| 2:15.1 | Runar Homble | 72 | Årnes | 24.06.1988 |
| 2:15.27 | Emil Strøm | 90 | Lillehammer/Ss | 25.06.2006 |
| 2:16.3 | Tore Østvang | 52 | Råholt | 01.09.1968 |
| 2:16.38 | Paal Raastad | 73 | Jessheim | 03.07.1989 |
| 2:16.4 | Martin Carlsson | 71 | Jessheim | 28.06.1987 |
| 2:17.0 | Martin Furuseth | 53 | Strømmen | 07.09.1969 |
| 2:17.7 | Mads Jakobsson | 78 | Jessheim | 29.08.1994 |
| 2:17.8 | Martin Fald Gården | 90 | Lillehammer/Ss | 25.06.2006 |
| 2:18.5 | Øyvind Arnegård | 75 | Jessheim | 19.08.1991 |
| 2:18.5 | Per Olav Ramstad | 78 | Jessheim | 18.06.1994 |
| 2:22.37 | Andreas Kastel | 02 | Nadderud | 16.06.2018 |
| 2:25.2 | Gunnar Aas | 09 | Jessheim | 04.10.1925 |
| 2:23.1 | Ivar Lund | 53 | Årnes | 17.08.1969 |
| 2:25.1 | Tor Håkon Mangerud | 84 | Jessheim | 14.08.2000 |
| 2:25.40 | Sondre Olsson | 91 | Oslo/Bi | 19.08.2007 |
| 2:26.02 | Sondre Olsson | 93 | Nadderud | 13.06.2009 |
| 2:26.05 | Espen Langrusten | 82 | Jessheim | 04.06.1998 |
| 2:27.6 | Per Arne Østerud | 81 | Jessheim | 18.08.1997 |
| 2:31.0 | Lars Sundby | 09 | Jessheim | 04.10.1925 |
| 2:33.6 | Lars Lysbakken | 79 | Jessheim | 14.08.1995 |

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| **1000m**  |  |

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| 2:34.8 | Thomas Roth | 91 | Ås | 01.10.2007 |
| 2:40.40 | Iver Hjelbak Eriksen | 06 | Oslo/Sp | 07.05.2022 |
| 2:43.7 | Hans Georg Haug | 67 | Oslo/St | 07.10.1983 |
| 2.54.11 | Simen Skeide Paulsen | 06 | Oslo/Sp | 07.05.2022 |
| 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 |

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| **1500m**  |  |

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| --- | --- | --- | --- | --- |
| 3.53.07 | Kristian Bråthen Børve | 06 | Rud | 27.08.2022 |
| 3:54.41 | Sondre Strande Omland | 07 | Oslo/Bi | 22.07.2023 |
| 4:05.73 | Andreas Lindeboe Kværner | 06 | Moelv | 10.09.2022 |
| 4:07.2 | Vegard Løberg Gjelsvik | 92 | Jessheim | 12.06.2008 |
| 4:08.82 | Lukas Buncic | 07 | Sandnes | 25.08.2023 |
| 4:11.7 | Hans Georg Haug | 67 | Oslo/La | 11.09.1983 |
| 4:12.02 | Philip Gulbrandsen | 07 | Sandnes | 25.08.2023 |
| 4:12.87 | Erlend Magnus Homble | 05 | Oslo/Bi | 09.06.2021 |

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| **GUTTER 16** | **376** |

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| **1500m forts.** |  |

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| 4:19.00 | Anders Buraas | 92 | Arvika, SWE | 26.07.2008 |
| 4:20.69 | Henrik Hanssen | 97 | Oslo/Bi | 23.08.2012 |
| 4:20.72 | Thomas Roth | 91 | Lillehammer/Ss | 22.06.2007 |
| 4:21.4 | Knut Pedersen | 69 | Oslo/Bi | 21.08.1985 |
| 4:21.54 | Simen Skeide Paulsen | 06 | Nittedal | 20.08.2022 |
| 4:21.9 | Bjørn Ingvar Jensen | 66 | Jessheim | 14.06.1982 |
| 4:23.50 | Ole Martin Sandness | 00 | Oslo/Bi | 12.08.2016 |
| 4:23.82 | Jonas Haarborg Bolgen | 96 | Lillehammer/Ss | 21.06.2012 |
| 4:25.31 | Åsmund Wennemo | 94 | Oslo/Bi | 20.07.2010 |
| 4:25.56 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 29.06.2000 |
| 4:26.4 | Bjørn Tore Ottersen | 66 | Jessheim | 14.06.1982 |
| 4:27.9 | Runar Kristiansen | 71 | Jessheim | 10.06.1987 |
| 4:28.92 | Ole-Kristian Lindebø Kværner | 05 | Oslo/Bi | 09.06.2021 |
| 4:32.16 | Gaute Fosstveit | 05 | Oslo/Bi | 09.06.2021 |
| 4:33.66 | Kevin Fritz | 91 | Lillehammer/Ss | 22.06.2007 |
| 4:33.8 | Harald Lindstrøm | 54 | Lillestrøm | 01.06.1970 |
| 4:33.9 | Jonas Krossøy | 95 | Jessheim | 14.06.2011 |
| 4:34.1 | Hans Kristiansen | 70 | Jessheim | 13.06.1986 |
| 4:34.50 | Håkon Prøsch Johnsen | 07 | Jessheim | 08.06.2023 |
| 4:34.6 | Eskil Kinneberg | 92 | Jessheim | 12.06.2008 |
| 4:35.4 | Ole Kristian Furuseth | 67 | Jessheim | 10.06.1983 |
| 4:36.08 | Erlend Homble | 04 | Oslo/Bi | 15.07.2020 |
| 4:36.1 | Frode Grøndahl | 69 | Strømmen | 14.08.1985 |
| 4:37.56 | Andreas Løland | 90 | Jessheim | 21.08.2006 |
| 4:38.3 | Thorbjørn Næss | 68 | Jessheim | 08.06.1984 |
| 4:39.73 | Tore Klungland | 97 | Göteborg, SWE | 29,95,2913 |
| 4:40.0 | Alf Roger Holme | 77 | Jessheim | 18.06.1993 |
| 4:40.5 | Thomas Lundring | 75 | Jessheim | 10.06.1991 |
| 4:40.68 | Geir Jacobsen | 74 | Jessheim | 19.05.1990 |
| 4:40.9 | Kåre Svensson | 61 | Årnes | 17.08.1977 |
| 4:41.3 | Martin Carlson | 71 | Jessheim | 04.06.1987 |
| 4:41.9 | Knut Kjellskau | 66 | Jessheim | 14.06.1982 |
| 4:44.0 | Sondre Westby Liestøl | 99 | Jessheim | 04.06.2015 |
| 4:45.4 | Erik Bråthen | 65 | Jessheim | 12.06.1981 |
| 4:47.9 | Trygve Stanger | 62 | Jessheim | 12.06.1978 |
| 4:49.0 | Rune Skinnerlien | 69 | Jessheim | 09.09.1985 |
| 4:54.1 | Audun Kjos | 71 | Jessheim | 10.06.1987 |
| 4:54.7 | Lars Lysbakken | 70 | Jessheim | 12.06.1995 |
| 4:54.74 | Tor Håkon Mangerud | 84 | Jessheim | 31.08.2000 |
| 4:56.0 | Thor Lasse Johansen | 63 | Jessheim | 11.06.1979 |
| 4:57.0 | Fred Arild Kjernli | 64 | Jessheim | 09.06.1980 |
| 4:57.5 | Jon Øivind Bendiksen | 66 | Jessheim | 14.06.1982 |
| 4:58.0 | Rune Høgås | 66 | Jessheim | 14.06.1982 |
| 4:59.9 | Ola Nerhagen | 71 | Jessheim | 10.06.1987 |

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| **GUTTER 16** | **377** |

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| **1500m forts.** |  |

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| 5:01.2 | Stian Fredriksen | 81 | Jessheim | 16.06.1997 |
| 5:01.5 | Kjell Bråthen | 64 | Jessheim | 09.06.1980 |
| 5:01.8 | Pål Mogens Furuseth | 65 | Jessheim | 12.06.1981 |
| 5:03.02 | Sjur Nafstad | 90 | Jessheim | 21.08.2006 |
| 5:03.34 | Andreas Kastel | 02 | Jessheim | 31.05.2018 |
| 5:03.4 | Mads Jakobsson | 78 | Jessheim | 13.06.1994 |
| 5:04.3 | Atle Sander | 71 | Jessheim | 10.06.1987 |
| 5:04.4 | Paul Ronny Jensen | 63 | Jessheim | 11.06.1979 |
| 5:05.0 | Jon Petter Wium | 65 | Jessheim | 12.06.1981 |
| 5:05.1 | Thorstein Gystad | 67 | Jessheim | 10.06.1983 |
| 5:07.1 | Harald Rutle | 68 | Jessheim | 08.06.1984 |
| 5:07.4 | Stein Egil Arnesen | 65 | Jessheim | 12.06.1981 |
| 5:10.5 | Trond Smedheim | 64 | Jessheim | 09.06.1980 |
| 5:13.3 | Jon-Olav Arnegård | 71 | Jessheim | 10.06.1987 |
| 5:17.8 | Jan Olav Skibakk | 71 | Jessheim | 10.06.1987 |
| 5:19.92 | Trym Rostad | 91 | Jessheim | 21.08.2007 |
| 5:25.4 | Hans Jørgen Fløgstad | 64 | Jessheim | 09.06.1980 |
| 5:27.2 | Geir Asphaug | 65 | Jessheim | 12.06.1981 |
| 5:34.5 | Bjørn Ødegård | 74 | Jessheim | 13.06.1990 |
| 5:39.8 | Svenn Erik Sørum | 77 | Jessheim | 14.06.1983 |

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| **1 mile 1609m** |  |

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| 4:21.56 | Kristian Bråthen Børve | 06 | Moelv | 10.09.2022 |
| 4:26.54 | Andreas Lineboe Kværner | 06 | Moelv | 10.09.2022 |

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| **2000m**  |  |

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| 6:06.5 | Hans Georg Haug | 67 | Jessheim | 03.10.1983 |
| 6:51.85 | Mikkel Sletvold | 03 | Jessheim | 11.08.2019 |

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| **3000m**  |  |

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|  8:22.34 | Sondre Strande Omland | 07 | Rud | 16.06.2023 |
|  8.26.88 | Kristian Bråthen Børve | 06 | Jessheim | 05.08.2022 |
|  9:03.2 | Hans Georg Haug | 67 | Oslo/Bi | 07.06.1983 |
|  9:05.09 | Ivar Hjelbak Eriksen | 06 | Trondheim/St | 14.08.2022 |
|  9:06.51 | Andreas Lindeboe Kværner | 06 | Trondheim/St | 14.08.2022 |
|  9:06.68 | Vegard Løberg Gjelsvik | 92 | Nadderud | 09.06.2008 |
|  9:21.6 | Bjørn Ingvar Jensen | 66 | Oslo/Bi | 15.06.1982 |
|  9:22.10 | Henrik Hanssen | 97 | Lillehammer/Ss | 08.09.2013 |
|  9:25.41 | Hans Agnar Grønnvoll | 84 | Porsgrunn/Kj | 20.08.2000 |
|  9:27.90 | Jørgen Gundersen | 95 | Nadderud | 17.06.2011 |

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| **GUTTER 16** | **378** |

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| **3000m forts.** |  |

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|  9:29.30 | Thomas Roth | 91 | Oslo/Bi | 19.08.2007 |
|  9:30.28 | Erlend Magnus Homble | 05 | Brandbu | 30.06.2021 |
|  9:33.03 | Eirik Bjørk Halvorsen | 04 | Jessheim | 30.08.2020 |
|  9:33.92 | Simen Skeide Paulsen | 06 | Oslo/Bi | 28.05.2022 |
|  9:37.07 | Ole Martin Sandness | 00 | Sandnes | 04.09.2016 |
|  9:37.68 | Stian Aaserud | 81 | Jessheim | 28.09.1997 |
|  9:44.92 | Carl Jørgen Owre | 82 | Jessheim | 23.07.1998 |
|  9:45.8 | Runar Kristiansen | 71 | Jessheim | 19.08.1987 |
|  9:47.19 | Ole-Kristian Kværner | 05 | Jessheim | 06.08.2021 |
|  9:47.95 | Sigurd Fjeldbo | 82 | Jessheim | 23.07.1998 |
|  9:48.95 | Jonas Krossøy | 95 | Oslo/Bi | 21.09.2011 |
|  9:49.49 | Halvor Løvli | 03 | Oslo/Bi | 27.08.2019 |
| 10:02.07 | Sondre Westby Liestøl | 99 | Hamar | 23.05.2015 |
| 10:04.38 | Håkon Prøsch Johnsen | 07 | Rud | 16.06.2023 |
| 10:08.3 | Bjørn Tore Ottersen | 66 | Jessheim | 20.08.1982 |
| 10:09.4 | Kjell Kjellskau | 66 | Jessheim | 20.08.1982 |
| 10:09.5 | Christopher Wiig | 73 | Jessheim | 21.08.1989 |
| 10:11.9 | Thorbjørn Næss | 68 | Jessheim | 07.09.1984 |
| 10:20.36 | Sondre Olsson | 93 | Oslo/Bi | 23.07.2009 |
| 10:20.9 | Øystein Kilde | 67 | Jessheim | 19.08.1983 |
| 10:25.13 | Espen Langrusten | 82 | Jessheim | 23.07.1998 |
| 10:26.3 | Paal Raastad | 73 | Jessheim | 21.08.1989 |
| 10:27.8 | Geir Jacobsen | 74 | Nadderud | 09.06.1990 |
| 10:30.47 | Erlend Homble | 04 | Jessheim | 08.08.2020 |
| 10:40.6 | Edward Hughes | 71 | Jessheim | 19.08.1987 |
| 10:44.6 | Marten Mathisen | 71 | Jessheim | 19.08.1987 |
| 10:48.2 | Hans Kristiansen | 70 | Jessheim | 15.08.1986 |
| 10:50.2 | Thomas Vole Olsen | 73 | Jessheim | 21.08.1989 |
| 10:52.6 | Harald Rutle | 68 | Jessheim | 17.08.1984 |
| 11:07.7 | Audun Kjos | 71 | Jessheim | 19.08.1987 |
| 11:12.4 | Svein Torstveit | 66 | Jessheim | 20.08.1982 |
| 11:37.6 | Ola Nerhagen | 71 | Jessheim | 19.08.1987 |
| 11:39.0 | Jon Bendiksen | 66 | Jessheim | 20.08.1982 |
| 11:42.1 | Thorstein Gystad | 67 | Jessheim | 19.08.1983 |
| 11:46.0 | Jan-Olav Arnegård | 71 | Jessheim | 19.08.1987 |
| 11:46.2 | Sindre Rognerud | 66 | Jessheim | 20.08.1982 |
| 11:49.2 | Bjørn Ødegård | 74 | Jessheim | 22.08.1990 |
| 12:00.0 | Morten Kristiansen | 69 | Jessheim | 14.08.1995 |
| 12:10.5 | Alexander Jørgensen | 71 | Jessheim | 19.08.1987 |

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| **5000m** |  |

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| 14:34.74 | Kristian Bråthen Børve | 06 | Rud | 28.08.2022 |
| 19:05.6 | Hans Kristiansen | 70 | Jessheim | 11.08.1986 |

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| **GUTTER 16** | **379** |

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| **80m hekk 91.4 cm M** |  |

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| 11.8 | Jo Henning Hals Nilssen | 68 | Nadderud | 08.10.1984 |

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| **100m hekk 91.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 14.51 | Marcus Theodor Moen | 99 | Göteborg, SWE | 05.07.2015 |
| 14.71 | Jo henning Hals Nilssen | 68 | Bergen/Fa | 19.08.1984 |
| 14.78 | Jørgen Hjelm Bakkerud | 74 | Bergen/Fa | 17.08.1990 |
| 16.22 | Victor Rosenlind | 00 | Nadderud | 11.06.2016 |
| 16.45 | Emil Nordal | 03 | Oslo/Bi | 31.05.2019 |

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| **100m hekk 91.4 cm M** |  |

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| 14.2 | No Henning Hals Nilssen | 69 | Florø | 15.09.1984 |
| 15.1 | Jørgen Hjelm Bakkerud | 74 | Nadderud | 08.06.1990 |
| 15.2 | Morten Knutsen | 70 | Jessheim | 31.05.1986 |
| 16.0 | Frode Liland | 65 | Prestfoss | 23.05.1981 |

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

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| 20.2 | Frode Liland | 65 | Lillestrøm | 29.05.1981 |

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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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| **300m hekk 76.2 cm E** |  |

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| 42.17 | Jørgen Hjelm Bakkerud | 74 | Bergen/Fa | 18.08.1990 |

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| **300m hekk 76.2 cm M** |  |

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| 42.4 | Jørgen Hjelm Bakkerud | 74 | Nadderud | 09.06.1990 |

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| **300m hekk 84 cm E** |  |

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| 41.01 | Vegard Løberg Gjelsvik | 92 | Prestfoss | 29.08.2008 |
| 43.57 | Thomas Roth | 91 | Oslo/Bi | 26.09.2007 |
| 43.92 | Jonathan Joo | 91 | Kristiansand | 24.08.2007 |

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

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| 58.21 | Julian Zhang Førsund | 07 | Sandnes | 26.08.2023 |

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| **GUTTER 16** | **380** |

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

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| 61.6 | Einar Hellum | 47 | Oslo/Bi | 26.07.1963 |

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| **1500m hinder 76.2 cm** |  |

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| 4:16.97 | Vegard Løberg Gjelsvik | 92 | Prestfoss | 29.082006 |
| 4:18.12 | Anedras Lindeboe Kværner | 06 | Trondheim/St | 12.08.2022 |
| 4:26.31 | Thomas Roth | 91 | Kristiansand | 24.08.2007 |
| 4:39.84 | Ole-Kristian Lindeboe Kværner | 05 | Nittedal | 22.08.2021 |
| 4:54.28 | Kevin Fritz | 91 | Kristiansand | 24.08.2007 |

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| **2000m hinder 84 cm** |  |

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| 5:53.68 | Kristian Bråthen Børve | 06 | Jeruzalem, ISR | 07.07.2022 |

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

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| 6:11.59 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE  | 27.06.2008 |
| 6:30.90 | Hans Agnar Grønnvoll | 84 | Oslo/Bi | 23.06.2000 |
| 7:13.2 | Espen Hofoss | 76 | Jessheim | 21.08.1992 |
| 8:02.27 | Andreas Kastel | 02 | Jessheim | 19.06.2018 |

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

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| --- | --- | --- | --- | --- |
| 11:45.8 | Trygve Stanger | 62 | Jessheim | 21.08.1978 |
| 11:52.3 | Morten Haavaldsen | 66 | Jessheim | 20.08.1982 |
| 12:18.9 | Stein Egil Arnesen | 65 | Jessheim | 21.08.1981 |
| 12:49.1 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 20.08.1979 |
| 12:52.7 | Jon Petter Wium | 65 | Jessheim | 21.08.1981 |
| 13:07.1 | Paul Ronny Jensen | 63 | Jessheim | 20.08.1979 |
| 13:09.6 | Hans Jørgen Fløgstad | 64 | Jessheim | 18.08.1980 |
| 13:33.0 | Rune Murud | 65 | Jessheim | 21.08.1981 |
| 13:42.0 | Ola Neskleiv | 62 | Jessheim | 21.08.1978 |
| 13:56.1 | Geir Asphaug | 65 | Jessheim | 21.08.1981 |
| 14:13.6 | Jørgen Torstveit | 71 | Jessheim | 21.08.1987 |
| 14:31.0 | Trond Smedheim | 64 | Jessheim | 18.08.1980 |

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| **5 km landevei** |  |

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| 14:56 | Kristian Bråthen Børve | 06 | Jessheim | 01.10.2022 |
| 15:48 | Philip Gulbrandsen | 07 | Jessheim | 30.09.2023 |
| 15:57 | Simen Skeide Paulsen | 06 | Jessheim | 01.10.2022 |
| 16:10 | Erlend Homble | 05 | Jessheim | 02.10.2021 |
| 16:24 | Andreas Lindboe Kværner | 06 | Jessheim | 01.10.2022 |
| 16:40 | Ole-Kristian Kværner | 05 | Jessheim | 02.10.2021 |

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| **GUTTER 16** | **381** |

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| **10 km landevei** |  |

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| 32:33 | Simen Skeide Paulsen | 06 | Hole | 23.10.2022 |
| 33:02 | Philip Storm Gulbrandsen | 07 | Hole | 21.10.2023 |
| 36:38 | Eirik Bjørk Halvorsen | 04 | Jessheim | 03.10.2020 |
| 37:27 | Oliver Finstad Nystrøen | 05 | Jessheim | 02.10.2021 |
| 40.29 | Erlend Homble | 04 | Jessheim | 03.10.2020 |

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| **20 km landevei** |  |

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| 1:26:09 | Kjell Bråthen | 64 | Jessheim | 05.10.1980 |
| 1:33:03 | Fred Arild Kjernli | 64 | Jessheim | 05.10.1980 |
| 1:33:45 | Trygve Stanger | 62 | Jessheim | 08.10.1978 |
| 1:33:48 | Kåre Christian Olsen | 64 | Jessheim | 05.10.1980 |

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| **Halvmaraton 21098m** |  |

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| 1:31:37 | Eirik Kamstrup Hovind | 90 | Jessheim | 19.11.2006 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.90 | Jan Andresen | 70 | Jessheim | 07.07.1986 |
| 1.90 | Michael Reklev | 05 | Jessheim | 08.08.2021 |
| 1.88 | Frode Myrvang | 67 | Oslo/La | 11.09.1983 |
| 1.80 | Nicolas Reklev | 07 | Jessheim | 13.08.2023 |
| 1.77 | Jo Henning Hals Nilssen | 68 | Florø | 16.09.1984 |
| 1.75 | Morten Knutsen | 70 | Kirkenær | 24.05.1986 |
| 1.70 | Frode Liland | 65 | Oslo/Bi | 10.06.1981 |
| 1.70 | Lars Petter Syversrud | 69 | Jessheim | 22.09.1985 |
| 1.70 | Andreas Roth | 93 | Lillestrøm | 19.08.2009 |
| 1.65 | Odd Arne Urnes | 73 | Jessheim | 28.09.1989 |
| 1.65 | Alan Ringe | 07 | Jessheim | 13.08.2023 |
| 1.60 | Kjell Erik Klevan | 65 | Oslo/St | 19.08.1981 |
| 1.58 | Henning Forsland | 80 | Nadderud | 16.06.1996 |
| 1.55 | Knut Fossum | 22 | Årnes | 25.09.1938 |
| 1.55 | Paul Røthe | 35 | Hauerseter | 07.06.1951 |
| 1.55 | Ole Semming Wiig | 69 | Kirkenær | 26.05.1985 |
| 1.55 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.09.1990 |
| 1.50 | Thor Martin Furuseth | 41 | Jessheim | 28.09.1957 |
| 1.50 | Frode Grøndahl | 69 | Haga | 26.09.1985 |
| 1.50 | Emil Nordal | 03 | Jessheim | 16.09.2019 |
| 1.48 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 1.45 | Odd Dønnum | 45 | Strømmen | 03.09.1961 |
| 1.45 | Kåre Gismervik | 57 | Lillestrøm | 18.06.1973 |
| 1.45 | Jesse Pedersen Amey | 95 | Nadderud | 23.09.2011 |
| 1.40 | Svein Kvello Aune | 46 | Råholt | 12.09.1962 |
| 1.40 | Einar Hellum | 47 | Råholt | 21.09.1963 |

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| **GUTTER 16** | **382** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.39 | Knut Fossum | 21 | Jessheim | 22.08.1937 |
| 1.37 | Jon Strømberg | 21 | Årnes | 26.09.1937 |
| 1.35 | Jan Nordby | 23 | Jessheim | 09.07.1939 |
| 1.35 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 19.08.1979 |
| 1.35 | Eirik Johansen | 84 | Jessheim | 31.08.2000 |
| 1.30 | Kåre Svensson | 61 | Lørenfallet | 09.08.1977 |
| 1.25 | Reidar Sand | 07 | Jessheim | 13.08.1923 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 4.00 | Filip Aas | 00 | Oslo/Bi | 13.08.2016 |
| 3.80 | Odd Arne Urnes | 73 | Bergen/Fa | 26.08.1989 |
| 3.70 | Jan Andresen | 70 | Jessheim | 27.09.1986 |
| 3.35 | Jo Henning Hals Nilssen | 68 | Oslo/La | 09.10.1984 |
| 2.96 | Morten Knutsen | 70 | Jessheim | 01.06.1986 |
| 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 |
| 2.67 | Peter Ørvik | 48 | Lillestrøm | 23.08.1964 |
| 2.60 | Lars Petter Syversrud | 69 | Nadderud | 30.05.1985 |
| 2.20 | Ole Semming Wiig | 69 | Jessheim | 17.09.1985 |
| 2.00 | Runar Homble | 72 | Jessheim | 26.09.1988 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.20 | Morten Knutsen | 70 | Oslo/Bi | 27.09.1986 |
| 6.03 | Jo Henning Hals Nilssen | 68 | Larvik/Lo | 02.09.1984 |
| 5.67 | Lars Petter Syversrud | 69 | Nadderud | 31.05.1985 |
| 5.59 | Ola Nerhagen | 71 | Strømmen | 13.06.1987 |
| 5.49 | Odd Dønnum | 45 | Råholt | 17.09.1961 |
| 5.45 | Hans Kristian Hansen | 41 | Jessheim | 10.08.1957 |
| 5.45 | Henning Enger | 46 | Jessheim | 06.10.1962 |
| 5.42 | Knut Fossum | 22 | Årnes | 25.09.1938 |
| 5.40 | Ørnulf Brekke | 67 | Strømmen | 04.06.1983 |
| 5.40 | Emil Nordal | 03 | Jessheim | 10.08.2019 |
| 5.39 | Martin Hansen | 48 | Lillestrøm | 22.08.1964 |
| 5.38 | Øystein Nesje | 49 | Råholt | 07.08.1965 |
| 5.26 | Thomas Roth | 91 | Jessheim | 21.08.2007 |
| 5.25 | Thor Martin Furuseth | 41 | Jessheim | 28.08.1957 |
| 5.24 | Jan Andresen | 70 | Jessheim | 02.08.1986 |
| 5.20 | Andreas Roth | 93 | Jessheim | 16.06.2009 |
| 5.07 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 5.05 | Thor Lasse Johansen (Løland) | 63 | Lillestrøm | 28.08.1979 |
| 5.05 | Odd Arne Urnes | 73 | Bjørkelangen | 10.09.1989 |

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| **GUTTER 16** | **383** |

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| **Lengde forts.** |  |

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| 5.04 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 27.09.1990 |
| 5.00 | Arvid Bårdslistuen | 55 | Lillestrøm | 19.09.1971 |
| 5.00 | Runar Homble | 72 | Årnes | 24.06.1988 |
| 4.99 | Jon Grinderud | 46 | Jessheim | 06.10.1962 |
| 4.99 | Eirik Johansen | 84 | Jessheim | 31.08.2000 |
| 4.93 | Svein Kvello Aune | 46 | Råholt | 12.09.1962 |
| 4.91 | Henning Forsland | 80 | Nadderud | 16.06.1996 |
| 4.84 | Per Ramstad | 78 | Jessheim | 23.09.1993 |
| 4.76 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |
| 4.76 | Jon Strømberg | 21 | Årnes | 26.09.1937 |
| 4.75 | Kjell Arild Johansen | 58 | Lørenfallet | 03.09.1974 |
| 4.71 | Jan Forsland | 78 | Jessheim | 23.09.1993 |
| 4.69 | Nils Norbotten | 78 | Jessheim | 23.09.1993 |
| 4.62 | Jan Åge Mangelrød | 65 | Kirkenær | 30.05.1981 |
| 4.61 | Kjell Erik Klevan | 65 | Jessheim | 26.09.1981 |
| 4.48 | Hans Gystad | 10 | Jessheim | 13.07.1926 |
| 4.41 | Erik Lerdahl | 10 | Jessheim | 13.07.1926 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 12.77 | Morten Knutsen | 70 | Jessheim | 01.08.1986 |
| 12.07 | Jo Henning Hals Nilssen | 68 | Strømmen | 27.06.1984 |
| 12.03 | Alan Ringo | 07 | Bergen/Fa | 09.09.2023 |
| 11.80 | Øistein Nesje | 49 | Strømmen | 28.08.1965 |
| 11.63 | Runar Homble | 72 | Årnes | 25.06.1988 |
| 11.45 | Ørnulf Brekke | 67 | Kirkenær | 23.05.1983 |
| 11.36 | Frode Myrvang | 67 | Strømmen | 17.08.1983 |
| 11.20 | Frode Grøndahl | 69 | Jessheim | 30.09.1985 |
| 10.60 | Odd Arne Urnes | 73 | Jessheim | 27.09.1990 |
| 10.48 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |
| 10.44 | Ole Semming Wiig | 69 | Strømmen | 14.08.1985 |
| 10.40 | Kevin Fritz | 91 | Jessheim | 22.09.2007 |
|  9.66 | Kjell Erik Klevan | 65 | Nannestad | 12.09.1981 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 15.86 | Morten Knutsen | 70 | Lørenfallet | 15.06.1986 |
| 14.90 | Lars Petter Syversrud | 69 | Lørenfallet | 18.06.1985 |
| 13.44 | Knut Fossum | 22 | Årnes | 25.09.1938 |
| 13.08 | Frode Myrvang | 67 | Strømmen | 04.06.1983 |
| 12.91 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 12.10 | Paul Røthe | 35 | Hauerseter | 17.06.1951 |
| 11.79 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 27.06.1979 |
| 11.77 | Per Kåre Opsahl | 54 | Råholt | 19.09.1970 |

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| **GUTTER 16** | **384** |

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| **Kule 4 kg forts.** |  |

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| 11.72 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 27.09.1990 |
| 11.66 | Kjell Erik Klevan | 65 | Jessheim | 16.08.1981 |
| 11.66 | Øyvind Olufsen | 80 | Sofiemyr | 24.08.1996 |
| 11.33 | Øivind Østby | 63 | Jessheim | 27.06.1979 |
| 11.18 | Frank Simonsen | 58 | Lørenfallet | 03.09.1974 |
| 10.83 | Ørnulf Brekke | 67 | Kirkenær | 23.05.1983 |
| 10.67 | Bjørn Aastorp | 22 | Årnes | 16.07.1938 |
| 10.67 | Runar Homble | 72 | Årnes | 25.06.1988 |
|  8.22 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |
|  8.12 | Erik Lerdahl | 10 | Jesshei m | 13.07.1926 |
|  8.06 | Arild Jørgensen | 10 | Jessheim | 13.07.1926 |
|  7.33 | Johan Grønland | 07 | Jessheim | 13.08.1923 |
|  7.05 | Nils Kristen Wiig | 43 | Råholt | 28.06.1958 |

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| **Kule 5 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.98 | Christer Amundsen | 92 | Asker/Fø | 31.08.2008 |
| 8.89 | Martin Opaker | 94 | Jessheim | 25.05.2010 |
| 7.95 | Hans Martin Hofseth | 94 | Jessheim | 25.05.2010 |

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| **Kule 5.5 kg** |  |

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| 13.03 | Morten Knutsen | 70 | Strømmen | 14.05.1986 |
| 12.58 | Hans Kristian Hansen | 41 | Jessheim | 10.08.1957 |
| 11.62 | Terje Finnebråten | 48 | Lillestrøm | 22.08.1964 |
|  9.85 | Magne Aarnes | 23 | Jessheim | 09.07.1939 |
|  7.87 | Odd Dønnum | 45 | Jessheim | 10.09.1961 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.37 | Terje Finnebråten | 48 | Råholt | 13.06.1964 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 49.96 | Morten Knutsen | 70 | Bergen/Fa | 16.08.1986 |
| 47.48 | Jo Henning Hals Nilssen | 68 | Moss/Me | 02.06.1984 |
| 46.18 | Lars Petter Syverstad | 69 | Oslo/So | 03.06.1985 |
| 37.72 | Frode Grøndahl | 69 | Haga | 26.09.1985 |
| 30.22 | Jan Andresen | 70 | Jessheim | 07.07.1986 |
| 19.88 | Ole Semming Wiig | 69 | Haga | 26.09.1985 |

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| **GUTTER 16** | **385** |

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| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 40.70 | Morten Knutsen | 70 | Strømmen | 14.05.1986 |
| 32.52 | Jørgen Stuve Dahl | 04 | Brandbu | 19.08.2020 |
| 30.74 | Øyvind Olufsen | 80 | Jessheim | 20.08.1996 |
| 27.14 | Michael Løland | 92 | Sofiemyr | 14.09.2008 |
| 26.54 | Frode Myrvang | 67 | Kirkenær | 23.05.1983 |

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| **Diskos 1.75 kg** |  |

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| 24.04 | Espen Hofoss | 76 | Jessheim | 27.09.1993 |
| 23.76 | Sven Inge Bråten | 76 | Jessheim | 27.09.1993 |

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| **Diskos 2 kg** |  |

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| 33.68 | Morten Knutsen | 70 | Jessheim | 02.08.1986 |
| 15.05 | Emil Nordal | 03 | Jessheim | 16.09.2019 |

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| **Slegge 5 kg** |  |

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| 28.46 | Michael Løland | 92 | Sofiemyr | 14.09.2008 |

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| **Spyd 600 g Gammel type til og med 1998** |  |

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| 53.44 | Jo Henning Hals Nilssen | 68 | Florø | 15.09.1984 |
| 50.06 | Morten Knutsen | 70 | Helsingfors, FIN | 29.06.1986 |
| 48.90 | Terje Finnebråten | 48 | Lillestrøm | 23.08.1964 |
| 46.89 | Frank Simonsen | 58 | Gardermoen | 14.06.1974 |
| 46.18 | Lars Petter Syverstad | 69 | Oslo/So | 03.06.1985 |
| 46.02 | Ivar Skedsmo | 55 | Lillestrøm | 19.09.1971 |
| 45.97 | Frode Myrvang | 67 | Biri | 24.07.1983 |
| 40.82 | Kjell Erik Klevan | 65 | Oslo/Bi | 10.06.1981 |
| 40.74 | Frode Liland | 65 | Halden | 10.05.1981 |
| 39.10 | Martin Hansen | 48 | Lillestrøm | 23.08.1964 |
| 38.66 | Thor Lasse Johansen (Løland) | 63 | Lillestrøm | 28.08.1979 |
| 38.40 | Runar Homble | 72 | Bjørkelangen | 30.08.1988 |
| 33.96 | Jan Andresen | 70 | Jessheim | 07.07.1986 |
| 29.47 | Øivind Østby | 63 | Jessheim | 27.06.1979 |
| 29.02 | Magne Furuseth | 53 | Strømmen | 07.09.1969 |
| 25.52 | Ole Semming Wiig | 69 | Strømmen | 14.08.1985 |
| 25.14 | Kåre Gismervik | 57 | Lillestrøm | 22.06.1973 |
| 23.86 | Martin Carlson | 71 | Jessheim | 04.06.1987 |
| 23.64 | Gudmund Bjotveit | 77 | Jessheim | 29.09.1990 |

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| **GUTTER 16** | **386** |

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| **Spyd 700 g** |  |

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| 44.14 | Terje Finnebråten | 48 | Jessheim | 25.08.1964 |
| 41.02 | Ivar Skedsmo | 55 | Strømmen | 06.09.1971 |
| 38.92 | Ivar Lund | 53 | Årnes | 17.08.1969 |
| 33.50 | Einar Hellum | 47 | Råholt | 22.09.1963 |
| 18.78 | Martin Opaker | 94 | Jessheim | 15.06.2010 |

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

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| 46.54 | Morten Knutsen | 70 | Jessheim | 02.08.1986 |
| 25.52 | Emil Nordal | 03 | Jessheim | 16.09.2019 |
| 12.04 | Halvor Løvli | 03 | Jessheim | 16.09.2019 |

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

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| 43.13 | Terje Finnebråten | 48 | Råholt | 14.06.1964 |

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| **4-kamp M 100m-Lengde-Kule 4-800m** |  |

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| --- | --- | --- | --- | --- |
| 2449 | Runar Homble | 72 | Haga | 03.09.1988 |
| ? |

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| **8-kamp M 100h(91.4)-Diskos(1)Stav-Spyd(600)** | **Lengde-Kule(4)-Høyde-1000m** |

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| --- | --- | --- | --- | --- |
| 5176 | Jo Henning Hals Nilssen | 68 | Florø | 15-16-09.1984 |
| 14.2-41.58-3.10-53.44/5.96-12.47-1.77-3:07.4 |

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| **8-kamp 100h(91.4)-Diskos(1)Stav-Spyd(600)** | **Lengde-Kule(4)-Høyde-1000m** |

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| 4764 | Morten Knutsen | 70 | Jessheim | 31.5-1.6.1986 |
| ? |

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| --- | --- | --- | --- | --- |
| 4288 | Lars Petter Syversrud | 69 | Nadderud | 30-31-05.1985 |
| ? |
| **4x60m M**  |  |

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| --- | --- | --- | --- | --- |
| 36.3 | 15-16 år |  | Årnes | 25.09.1938 |
| ? |

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| **4x100m E** |  |

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

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

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| **GUTTER 16** | **387** |

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

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

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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 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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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| --- | --- | --- | --- | --- |
| 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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| --- | --- | --- | --- | --- |
| 55.74 | G16 |  | Larvik/Lo | 30.05.2015 |
| Jonas Wenger99-Fredrik Veiby99-Victor Rosenlind00-Andreas Børve99 |

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| **4x100m M** |  |

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

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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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| 55.0 | G16 |  | Bjørkelangen | 24.08.1994 |
| ? |

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| **GUTTER 16** | **388** |

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| **3x600m** |  |

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| 5:35.19 | G16 |  | Asker/Fø | 31.05.2008 |
| Thomas Løland95-Petter Dammen95-Jørgen Gundersen95 |

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| --- | --- | --- | --- | --- |
| 6:16.15 | G16 |  | Trondheim/St | 22.05.2016 |
| Morten Øqvist01-Mats Tokerud00-Ole Martin Sandness00-Kristian Tokstad00 |

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| **4x600m**  |  |

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| 5:52.99 | G16 |  | Sandnes | 26.05.2013 |
| Tore Klungland97-Jon Gunnar Alfsen97-Henrik Hanssen97-Markus Einan97 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:03.43 | G16 |  | Lonevåg | 27.05.2007 |
| Michael Løland92-Thomas Roth91-Kevin Fritz91-Vegard Løberg Gjelsvik92 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:03.44  | G16 |   | Ås | 05.06.2022 |
| Julian Førsund07-Andreas Kværner06-Sondre Strande Omland07-Iver Eriksen06 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:05.4 | G16 |  | Drammen/Ma | 29.05.2011 |
| Espen Bjørnstad95-Jonas Krossøy95-Jørgen Gundersen95-Lars Buraas95 |

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| --- | --- | --- | --- | --- |
| 6:09.04 | G16 |  | Steinkjer/Gu | 23.05.2010 |
| Åsmund Wennemo94-Espen Næss94-Thomas Løland95-Lars Buraas95 |

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| --- | --- | --- | --- | --- |
| 6:16.94 | G16 |  | Jessheim | 20.05.2012 |
| Jonas Haarborg Bolgen96-Markus Einan97-Rene Fredheim Larsen97-Henrik Hanssen97 |

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| --- | --- | --- | --- | --- |
| 6:38.64 | G16 |  | Tromsø | 24.05.2008 |
| Andreas Roth93-Sondre Olsson93-Erlend Morthen92-Christer Amundsen92 |

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| --- | --- | --- | --- | --- |
| 6:44.71 | G16 |  | Nesodden | 20.05.2018 |
| Andreas Kastel02-Oscar Hansen03-Ola Spigseth02-Oskar Lockert Skjold03 |

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| **3x800m** |  |

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| 6:15.6 | G18 |  | Bjørkelangen | 24.08.1994 |
| Espen Hofoss76-Roger Mohaugen76-Anders Sandholtbråten76 |

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| --- | --- | --- | --- | --- |
| 6:47.11 | G16 |  | Bjørkelangen | 24.05.1997 |
| Carl Jørgen Owre82-Stian Fredriksen81-Stian Aaserud81 |

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| **GUTTER 16** | **389** |

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| **1000m** |  |

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

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

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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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| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:19.9 | G16 |  | Bjørkelangen | 14.09.1988 |
| Anders Huuse75-Odd Arne Urnes73-Nils Ivar Huuse73-Runar Homble72 |

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| **GUTTER 16** | **390** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.33 | Eirik Haus | 79 | Lillestrøm | 10.12.1995 |
| 7.34 | Henrik Huser | 96 | Oslo/Ek | 03.03.2012 |
| 7.41 | Marcus Theodor Moen | 99 | Ulsteinvik | 06.03.2015 |
| 7.44 | Julian Bastesen | 04 | Valencia, ESP | 25.01.2020 |
| 7.47 | Marius Mellum | 96 | Lillestrøm | 28.01.2012 |
| 7.54 | Martin Jørgensen | 91 | Stange | 17.03.2007 |
| 7.62 | Jesse Pedersen Amey | 95 | Oslo/Ek | 03.12.2011 |
| 7.64 | Emil Nordal | 03 | Rud | 30.11.2019 |
| 7.65 | Markus Einan | 97 | Lillestrøm | 02.03.2013 |
| 7.66 | Oatthawut Panklang | 02 | Hvam | 08.12.2018 |
| 7.74 | Martin Opaker | 94 | Lillestrøm | 30.01.2010 |
| 7.74 | Alan Ringo | 07 | Ulsteinvik | 03.03.2023 |
| 7.75 | Runar Homble | 72 | Oslo/Ek | 05.03.1988 |
| 7.75 | Iver Laake | 01 | Rud | 02.12.2017 |
| 7.76 | Morten Knutsen | 70 | Askim | 01.02.1986 |
| 7.76 | Andreas Roth | 93 | Lillestrøm | 29.03.2009 |
| 7.81 | Jon Arne Skiaker | 79 | Stange | 18.02.1995 |
| 7.84 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 20.01.1990 |
| 7.88 | Christer Amundsen | 92 | Oslo/Ek | 06.12.2008 |
| 7.89 | Jonas Nødtvedt Wenger | 99 | Stange | 21.03.2015 |
| 7.91 | Per Kristian Aarstad | 86 | Lillestrøm | 02.03.2002 |
| 7.97 | Morgan Øqvist | 01 | Hvam | 14.01.2017 |
| 8.00 | Odd Arne Urnes | 73 | Oslo/Ek | 11.03.1989 |
| 8.00 | Christian Iversen | 05 | Hvam | 06.03.2021 |
| 8.02 | Martin Opaker | 97 | Lillestrøm | 02.03.2013 |
| 8.03 | Lasse Bjørn | 84 | Karlstad, SWE | 06.02.2000 |
| 8.09 | Victor Rosenlind | 00 | Stange | 12.03.2016 |
| 8.13 | Hans Martin Hofseth | 94 | Lillestrøm | 30.01.2010 |
| 8.20 | Fredrik Veiby | 99 | Stange | 21.03.2015 |
| 8.22 | Bjørn Flatby | 79 | Lillestrøm | 19.02.1995 |
| 8.27 | Henrik Hanssen | 97 | Oslo/Ek | 07.12.2013 |
| 8.38 | Fredrik Fuglerud | 89 | Lillestrøm | 09.04.2005 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.4 | Martin Jørgensen | 90 | Oslo/Ek | 07.01.2006 |
| 7.5 | Morten Knutsen | 70 | Drammen | 08.02.1986 |
| 7.5 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 15.12.1990 |
| 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 |
| 8.0 | Jan Terje Forsland | 78 | Lillestrøm | 06.03.1994 |

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| **GUTTER 16** | **391** |

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| **INNENDØRS** |  |

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| **100m E** |  |

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| 12.12 | Emil Nordal | 03 | Drammen | 06.03.2019 |
| 12.35 | Martin Opaker | 94 | Drammen | 14.02.2010 |
| 12.58 | Ola Nerhagen | 71 | Drammen | 18.02.2002 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.1 | Ola Nerhagen | 71 | Drammen | 13.02.1987 |
| 12.1 | Runar Homble | 72 | Drammen | 13.02.1988 |
| 12.4 | Edward Hughes | 71 | Drammen | 10.01.1987 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.62 | Emil Nordal | 03 | Rud | 30.11.2019 |
| 23.83 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 16.02.2008 |
| 23.87 | Marius Mellum | 96 | Uddevalla, SWE | 14.01.2012 |
| 24.07 | Thomas Roth | 91 | Oslo/Ek | 01.12,2007 |
| 24.47 | Julian Bastesen | 04 | Rud | 08.03.2020 |
| 24.60 | Jonathan Joo | 91 | Stange | 28.01.2007 |
| 24.83 | Christer Amundsen | 92 | Stange | 09.03.2008 |
| 24.87 | Eirik Haus | 79 | Stange | 18.02.1995 |
| 25.06 | Oatthawut Panklang | 02 | Hvam | 08.12.2018 |
| 25.12 | Iver Laake | 01 | Rud | 02.12.2017 |
| 25.27 | Martin Jørgensen | 90 | Stange | 19.03.2006 |
| 25.31 | Andreas Roth | 93 | Oslo/Ek | 10.01.2009 |
| 25.33 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 10.03.1990 |
| 25.34 | Alan Ringo | 07 | Rud | 12.02.2023 |
| 25.46 | Morgan Øqvist | 01 | Rud | 12.02.2017 |
| 25.48 | Jonas Nødtvedt Wenger | 99 | Stange | 22.03.2015 |
| 25.62 | Christian Iversen | 05 | Hvam | 04.12.2021 |
| 25.65 | Sondre Opaker Øines | 98 | Rud | 06.12.2014 |
| 25.84 | Lasse Bjørn | 84 | Stange | 19.02.2000 |
| 26.00 | Fredrik Veiby | 99 | Stange | 22.03.2015 |
| 26.36 | Per Kristian Aarstad | 86 | Stange | 26.01.2002 |
| 26.69 | Hans Martin Hofseth | 94 | Stange | 21.03.2010 |

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| **400m E** |  |
| 54.48 | Kristian Tokstad | 00 | Hvam | 16.01.2016 |
| 56.17 | Mats Tokstad | 00 | Hvam | 16.01.2016 |
| 58.18 | Christian Iversen | 05 | Hvam | 06.03.2021 |

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| **GUTTER 16** | **392** |

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| **INNENDØRS** |  |

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| **600m** |  |

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| 1:23.44 | Vegard Løberg Gjelsvik | 92 | Oslo/Ek | 06.12.2008 |
| 1:24.86 | Thomas Roth | 91 | OsloEk | 01.12.2007 |
| 1:26.79 | Kristian Tokstad | 00 | Rud | 03.12.2016 |
| 1:27.59 | Mats Tokstad | 00 | Rud | 03.12.2016 |
| 1:29.15 | Markus Einan | 97 | Stange | 16.03.2013 |
| 1:30.19 | Åsmund Wennemo | 94 | Oslo/Ek | 11.12.2010 |
| 1:31.23 | Henrik Hanssen | 97 | Stange | 16.03.2013 |
| 1:32.28 | Henrik Schultze Toverud | 04 | Hvam | 25.01.2020 |
| 1:33.18 | Andreas Roth | 93 | Stange | 14.03.2009 |
| 1:33.66 | Kevin Fritz | 91 | Stange | 17.03.2007 |
| 1:33.73 | Jonas Haarborg Bolgen | 96 | Oslo/Ek | 01.12.2012 |
| 1:34.48 | Sondre Opaker Øines | 98 | Rud | 06.12.2014 |
| 1:37.52 | Espen Bjørnstad | 95 | Oslo/Ek | 03.12.2011 |
| 1:34.54 | Adisak Sween | 98 | Rud | 06.12.2014 |
| 1:43.12 | Tor Klungland | 97 | Oslo/Ek | 07.12.2013 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:58.94 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 26.01.2008 |
| 2:01.17 | Kristian Bråthen Børve | 06 | Steinkjer | 05.03.2022 |
| 2:01.68 | Philip Gulbrandsen | 07 | Hvam | 02.12.2023 |
| 2:02.12 | Lukas Buncic | 07 | Hvam | 02.12.2023 |
| 2:02.22 | Andreas Lindebø Kværner | 06 | Hvam | 03.12.2022 |
| 2:03.05 | Philip Gundersen | 07 | Ulsteinvik | 04.03.2023 |
| 2:07.52 | Kristian Tokstad | 00 | Hvam | 06.02.2016 |
| 2:07.77 | Markus Einan | 97 | Steinkjer | 09.03.2013 |
| 2:07.94 | Thomas Roth | 91 | Stange | 27.01.2007 |
| 2:08.19 | Hans Georg Haug | 67 | Oslo/Ek | 25.03.1983 |
| 2:08.29 | Jan Gunnar Alfsen | 97 | Steinkjer | 09.03.2013 |
| 2:09.43 | Håkon Prøch Johnsen | 07 | Hvam | 02.12.2023 |
| 2:09.64 | Ole-Kristian Lindbøe Kvørner | 05 | Hvam | 06.03.2021 |
| 2:09.84 | Henrik Schultze Toverud | 04 | Rud | 07.03.2020 |
| 2:10.06 | Stian Aaserud | 81 | Oslo/Ek | 01.03.1997 |
| 2:10.86 | Tore Klungland | 97 | Steinkjer | 09.03.2013 |
| 2:12.58 | Henrik Hanssen | 97 | Oslo/Ek | 02.03.2013 |
| 2:14.28 | Halvor Løvli | 03 | Hvam | 26.01.2019 |
| 2:15.11 | Sondre Opaker Øines | 98 | Rud | 08.03.2014 |
| 2:18.65 | Markus Finskud | 04 | Rud | 07.03.2020 |
| 2:19.00 | Per Kristian Aarstad | 86 | Stange | 17.03.2002 |
| 2:19.91 | Erlend Ho9mble | 04 | Rud | 08.02.2020 |

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| **GUTTER 16** | **393** |

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| **INNENDØRS** |  |

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| **1500m** |  |

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| 4:05.43 | Kristian Bråthen Børve | 06 | Steinkjer | 04.03.2022 |
| 4:16.55 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 16.02.2007 |
| 4:22.84 | Philip Gundersen | 07 | Ulsteinvik | 05.03.2023 |
| 4:29.05 | Stian Aaserud | 81 | Stange | 16.03.1997 |
| 4:29.18 | Jonas Krossøy | 95 | Stangew | 29.01.2011 |
| 4:33.37 | Tore Klungland | 97 | Steinkjer | 10.03.2013 |
| 4:34.47 | Kevin Fritz | 91 | Stange | 28.01.2007 |

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| **60m hekk 84 cm E** |  |

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| --- | --- | --- | --- | --- |
| 8.77 | Marcus Theodor Moen | 99 | Rud | 15.02.2015 |

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| **60m hekk 91.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 8.47 | Marcus Theodor Moen | 99 | Ulsteinvik | 06.03.2015 |
| 9.09 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 10.03.1990 |
| 9.12 | Filip Aas | 00 | Steinkjer | 26.02.2016 |
| 9.14 | Emil Nordal | 03 | Rud | 08.02.2019 |
| 9.49 | Victor Rosenlind | 00 | Hvam | 10.12.2016 |

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| **60m hekk 91.4 cm M** |  |

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| --- | --- | --- | --- | --- |
| 8.9 | Jo Henning Hals Nilssen | 68 | Oslo/Ek | 04.02.1984 |

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| **100m hekk 91.4 cm M** |  |

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| --- | --- | --- | --- | --- |
| 15.2 | Jo Henning Hals Nilssen | 68 | Oslo/Ek | 04.02.1984 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.80 | Nicolas Reklev | 07 | Hvam | 02.12.2023 |
| 1.75 | Morten Knutsen | 70 | Drammen | 08.02.1986 |
| 1.70 | Jo Henning Hals Nilssen | 68 | Drammen | 18.02.1984 |
| 1.70 | Odd Arne Urnes | 73 | Lillestrøm | 02.12.1989 |
| 1.70 | Henning Forsland | 80 | Lillestrøm | 03.03.1996 |
| 1.60 | Victor Rosenlind | 00 | Stange | 13.03.2016 |
| 1.60 | Alan Ringo | 07 | Hvam | 04.02.2023 |
| 1.45 | Jørgen Stuve Dahl | 04 | Hvam | 25.01.2020 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 3.90 | Filip Aas | 00 | Rud | 25.08.2016 |
| 3.50 | Odd Arne Urnes | 73 | Askim | 12.02.1989 |
| 2.60 | Victor Rosenlind | 00 | Hvam | 16.01.2016 |
| **GUTTER 16** | **394** |

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| **INNENDØRS** |  |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.13 | Morten Knutsen | 70 | Lillestrøm | 16.02.1986 |
| 5.84 | Marcus Theodor Moen | 99 | Karlstad, SWE | 17.01.2015 |
| 5.44 | Bjørn Flatby | 79 | Lillestrøm | 19.02.1995 |
| 5.35 | Jon Arne Skiaker | 79 | Lillestrøm | 19.02.1995 |
| 5.10 | Fredrik Veiby | 99 | Stange | 21.02.2015 |
| 4.83 | Jan Terje Forsland | 78 | Lillestrøm | 06.03.1994 |
| 4.76 | Alan Ringo | 07 | Ulsteinvik | 04.03.2023 |
| 4.75 | Per Olav Ramstad | 78 | Lillestrøm | 06.03.1994 |
| 4.47 | Harald Lindstrøm | 54 | Lillestrøm | 15.02.1970 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.46 | Jo Henning Hals Nilssen | 68 | Sørum/Ve | 12.03.1984 |
| 1.40 | Lars Petter Syversrud | 69 | Jessheim/Je | 12.03.1985 |
| 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 |
| 1.30 | Runar Homble | 72 | Jessheim/Je | 10.03.1988 |
| 1.30 | Jonathan Joo | 91 | Jessheim | 12.02.2007 |
| 1.20 | Kåre Laake | 64 | Fetsund | 15.03.1980 |
| 1.20 | Ole Semming Wiig | 69 | Jessheim/Je | 12.03.1985 |
| 1.15 | Frode Grøndahl | 69 | Jessheim/Je | 12.03.1985 |
| 1.11 | Thomas Roth | 91 | Jessheim | 12.02.2007 |
| 1.05 | Sven Inge Bråten | 76 | Jessheim/Je | 20.02.1992 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 3.11 | Ola Nerhagen | 71 | Dokka | 08.03.1987 |
| 2.83 | Runar Homble | 72 | Jessheim/Je | 10.03.1988 |
| 2.79 | Thor Halvorsen | 46 | Lillestrøm/Vi | 21.02.1962 |
| 2.76 | Øistein Nesje | 49 | Lillestrøm | 27.04.1965 |
| 2.76 | Jan-Olav Arnegård | 71 | Jessheim/Je | 10.03.1987 |
| 2.75 | Jonathan Joo | 91 | Jessheim | 12.02.2007 |
| 2.72 | Odd Arne Urnes | 73 | Jessheim/Je | 16.03.1989 |
| 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 |
| 2.61 | Thor Lasse Johansen (Løland) | 63 | Skårer/Kj | 25.03.1979 |
| 2.60 | Martin Jørgensen | 90 | Jessheim/No | 16.01.2006 |
| 2.57 | Thomas Roth | 91 | Jessheim | 12.02.2007 |
| 2.51 | Øivind Østby | 63 | Skårer/Kj | 25.03.1979 |
| 2.43 | Erlend Morthen | 92 | Jessheim | 03.03.2008 |

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| **GUTTER 16** | **395** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp forts.** |  |

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| 2.41 | Jan Olav Skibakk | 71 | Jessheim/Je | 10.03.1987 |
| 2.41 | Fredrik Fuglerud | 89 | Jessheim | 14.03.2005 |
| 2.40 | Kevin Fritz | 91 | Jessheim | 12.02.2007 |
| 2.29 | Kåre Laake | 64 | Fetsund/Øs | 15.03.1980 |
| 2.21 | Nils Kristen Wiig | 43 | Jessheim | 15.02.1959 |
| 2.19 | Ole Semming Wiig | 69 | Jessheim/Je | 12.03.1985 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 16.32 | Morten Knutsen | 70 | Lillestrøm | 16.02.1986 |
| 10.50 | Bjørn Flatby | 79 | Lillestrøm | 19.02.1995 |

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| **Kule 5 kg** |  |

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| 11.77 | Marcus Theodor Moen | 99 | Karlstad, SWE | 17.01.2015 |
| 10.27 | Jørgen Stuve Dahl | 04 | Hvam | 25.01.2020 |
| 10.25 | Christer Amundsen | 92 | Stange | 09.03.2008 |
|  9.11 | Stian Skattum | 89 | Stange | 06.03.2005 |

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| **1200m 200-180-300-520** |  |

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| 2:41.19 | G16 |  | Stange | 28.01.2007 |
| Jonathan Joo91-Martin Jørgensen91-Thomas Roth91-Vegard Løberg Gjelsvik92 |

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| **GUTTER 15** | **396** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.61 | Julian Bastesen | 04 | Eiche, ESP | 21.12.2019 |
| 7.66 | Martin Jørgensen | 91 | Asker/Fø | 20.05.2006 |
| 7.76 | Oattahawut Panklang | 02 | Jessheim | 23.05.2017 |
| 7.80 | Martin Opaker | 94 | Asker/Fø | 06.06.2009 |
| 7.83 | Jonathan Joo | 91 | Asker/Fø | 20.05.2006 |
| 8.20 | Iver Laake | 01 | Jessheim | 02.06.2016 |
| 9.75 | Kristoffer Kirkeby | 92 | Jessheim | 14.06.2007 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.4 | Eirik Haus | 79 | Jessheim | 26.09.1994 |
| 7.6 | Tom Erik Olsen | 74 | Jessheim | 25.09.1989 |
| 7.7 | Arne Bjørndal | 70 | Nannestad | 01.09.1985 |
| 7.7 | Gudmund Bjotveit | 77 | Jessheim | 08.08.1992 |
| 7.8 | Ola Nerhagen | 71 | Jessheim | 22.09.1986 |
| 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 | Hans Kristian Hansen | 41 | Strømmen | 26.08.1956 |
| 8.0 | Martin Fald Gården | 90 | Jessheim | 09.06.2005 |
| 8.2 | Knut Fossum | 22 | Jessheim | 22.08.1937 |
| 8.2 | Willy Laumo | 41 | Strømmen | 26.08.1956 |
| 8.2 | Kåre Svensson | 61 | Årnes | 01.09.1976 |
| 8.3 | Gunnar Ruud | 16 | Jessheim | 26.09.1931 |
| 8.4 | Sverre Hovden | 10 | Jessheim | 04.10.1925 |
| 8.4 | Frank Furuseth | 42 | Jessheim | 10.08.1957 |
| 8.5 | Sindre Bjørnstad | 97 | Jessheim | 12.06.2012 |
| 8.6 | Thor Martin Furuseth | 41 | Jessheim | 30.09.1956 |
| 8.6 | Kåre Laake | 64 | Strømmen | 02.06.1979 |
| 8.7 | Odd Lindholt | 16 | Jessheim | 26.09.1931 |
| 8.7 | Håvard Uhlen | 39 | Strømmen | 02.10.1954 |
| 8.8 | Jan Nordby | 23 | Jessheim | 30.08.1939 |
| 8.8 | Nils Kristen Wiig | 43 | Jessheim | 01.08.1958 |
| 8.8 | Jens Ludvig Sundbø | 59 | Lørenfallet | 03.09.1974 |
| 8.8 | Jan Olav Skibakk | 71 | Jessheim | 22.09.1986 |
| 8.8 | Emil Strøm | 90 | Jessheim | 09.06.2005 |
| 8.9 | Knut Larsen | 23 | Årnes | 25.09.1938 |
| 9.0 | Hans Gystad | 10 | Jessheim | 04.10.1925 |
| 9.1 | Jan Nordby | 23 | Årnes | 25.09.1938 |
| 9.2 | Erik Lerdahl | 10 | Jessheim | 04.10.1925 |

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| **GUTTER 15** | **397** |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 11.79 | Henrik Huser | 96 | Nadderud | 24.09.2011 |
| 11.85 | Martin Jørgensen | 91 | Lillehammer/Ss | 25.06.2006 |
| 11.96 | Eirik Haus | 79 | Lillehammer/Ss | 26.06.1994 |
| 11.96 | Lars Georg Aas | 92 | Lillehammer/Ss | 24.06.2007 |
| 12.00 | Ådne Opaker Øines | 02 | Lillestrøm | 27.05.2017 |
| 12.05 | Oatthawut Panklang | 02 | Lillehammer/Ss | 25.06.2017 |
| 12.16 | Martin Opaker | 94 | Jessheim | 19.09.2009 |
| 12.22 | Jonathan Joo | 91 | Nadderud | 18.06.2006 |
| 12.26 | Gudmund Bjotveit | 77 | Nadderud | 21.06.1992 |
| 12.30 | Emil Nordal | 03 | Nadderud | 17.06.2018 |
| 12.35 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 19.08.2007 |
| 12.41 | Kristian Fagerhus | 79 | Nadderud | 18.06.1994 |
| 12.44 | Iver Laake | 01 | Drammen/Ma | 17.09.2016 |
| 12.54 | Lasse Bjørn | 84 | Jessheim | 27.05.1999 |
| 12.65 | Espen Sollien | 79 | Bjørkelangen | 28.05.1994 |
| 12.66 | Jonas Nødtvedt Wenger | 99 | Nadderud | 05.06.2014 |
| 12.80 | Even Ragnhildsløkken | 08 | Oslo/St | 14.09.2023 |
| 12.99 | Jørgen Hjelm Bakkerud | 74 | Nadderud | 16.06.1989 |
| 12.99 | Jørgen Opaker | 97 | Lillehammer/Ss | 24.06.2012 |
| 13.05 | Ole Eriksen | 91 | Jessheim | 22.05.2006 |
| 13.10 | Fredrik Veiby | 99 | Lillestrøm | 24.05.2014 |
| 13.19 | Sondre Opaker Øines | 98 | Nadderud | 16.06.2013 |
| 13.23 | Andreas Flåten Børve | 99 | Jessheim | 28.05.2014 |
| 13.25 | Per Kristian Aarstad | 86 | Jessheim | 19.08.2001 |
| 13.33 | Tom-Erik Haslie | 84 | Jessheim | 27.05.1999 |
| 13.37 | Lasse Bjørn | 83 | Oslo/St | 06.09.1998 |
| 13.48 | Jo Henning Hals Nilssen | 68 | Kirkenær | 23.05.1983 |
| 13.54 | Anthony Davies | 92 | Nadderud | 17.06.2007 |
| 13.63 | Shoeib Ghanizadeh | 93 | Jessheim | 02.06.2008 |
| 13.92 | San Phaefung | 88 | Jessheim | 25.09.2003 |
| 14.21 | Morten Sigvartsen | 83 | Oslo/St | 06.09.1998 |

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| **100m M** |  |

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| 11.7 | Eirik Haus | 79 | Kristiansand | 14.08.1994 |
| 11.9 | Lars Georg Aas | 92 | Jessheim | 04.06.2007 |
| 12.0 | Stein Vik-Strandli | 58 | Lillestrøm | 18.06.1972 |
| 12.1 | Ola Nerhagen | 71 | Oslo/Bi | 27.09.1986 |
| 12.2 | Einar Hellum | 47 | Råholt | 19.08.1962 |
| 12.2 | Gudmund Bjotveit | 77 | Jessheim | 18.05.1992 |
| 12.2 | Christer Amundsen | 92 | Jessheim | 04.06.2007 |
| 12.3 | Jonathan Joo | 91 | Årnes | 13.09.2006 |
| 12.4 | Martin Brustad | 04 | Jessheim | 16.09.2019 |
| 12.5 | Morten Knutsen | 70 | Nadderud | 22.06.1985 |
| 12.5 | Pål Korsmo | 71 | Jessheim | 29.05.1986 |
| 12.5 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 17.09.1989 |
| **GUTTER 15** | **398** |

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| **100m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 12.5 | Martin Opaker | 94 | Årnes | 24.06.2009 |
| 12.6 | Hans Kristian Hansen | 41 | Jessheim | 22.08.1956 |
| 12.6 | Jarle Sæthermoen | 70 | Strømmen | 14.08.1985 |
| 12.7 | Claus Nerhagen | 59 | Rolvsrud | 09.06.1974 |
| 12.8 | Kåre Gismervik | 57 | Strømmen | 17.06.1972 |
| 12.8 | Kåre Svensson | 61 | Strømmen | 19.06.1976 |
| 12.8 | Odd Arne Urnes | 73 | Bjørkelangen | 10.08.1988 |
| 12.9 | Jon Martinsen | 47 | Jessheim | 06.09.1962 |
| 12.9 | Kjell Åge Moslet | 56 | Lillestrøm | 19.09.1971 |
| 12.9 | Bjørn Øiesvold | 56 | Jessheim | 06.06.1971 |
| 12.9 | Atle Skaugen | 77 | Jessheim | 18.05.1992 |
| 13.0 | Arvid Bårdslistuen | 55 | Råholt | 19.09.1970 |
| 13.0 | Thor Lasse Johansen (Løland) | 63 | Gardermoen | 11.09.1978 |
| 13.0 | Jo Henning Hals Nilssen | 68 | Oslo/St | 09.07.1983 |
| 13.1 | Øivind Nilsen | 49 | Råholt | 13.06.1964 |
| 13.1 | Frode Liland | 65 | Lillestrøm | 25.08.1980 |
| 13.1 | Jan Forsland | 78 | Jessheim | 23.09.1993 |
| 13.2 | Stein Erik Knoph | 72 | Strømmen | 13.06.1987 |
| 13.2 | Tom-Erik Hasle | 84 | Ski | 09.08.1999 |
| 13.3 | Nils Norbotten | 78 | Jessheim | 23.09.1993 |
| 13.4 | Per Kristian Aarstad | 86 | Årnes | 29.08.2001 |
| 13.5 | Reidar Skautvold | 56 | Jessheim | 06.06.1971 |
| 13.6 | Asle Backe-Bogstad | 63 | Gardermoen | 26.08.1978 |
| 13.6 | Arne Hansen | 65 | Lillestrøm | 25.08.1980 |
| 13.6 | Per Ramstad | 78 | Jessheim | 23.09.1993 |
| 14.0 | Kåre Laake | 64 | Jessheim | 30.06.1979 |
| 14.1 | Håvard Mathisen | 77 | Jessheim | 18.05.1992 |

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| **150m E** |  |

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| 19.01 | Markus Einan | 97 | Jessheim | 23.08.2012 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 24.08 | Tom Erik Olsen | 74 | Jessheim | 08.08.1989 |
| 24.13 | Emil Nordal | 03 | Nadderud | 16.06.2018 |
| 24.43 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 18.08.2007 |
| 24.49 | Jonathan Joo | 91 | Lillehammer/Ss | 24.06.2006 |
| 24.74 | Ådne Opaker Øines | 02 | Nadderud | 17.06.2017 |
| 24.87 | Oatthawut Panklang | 02 | Jessheim | 23.05.2017 |
| 24.90 | Martin Jørgensen | 91 | Lillehammer/Ss | 24.06.2006 |
| 24.93 | Michael Reklev | 05 | Jessheim | 07.08.2020 |
| 25.41 | Christer Amundsen | 92 | Nadderud | 15.06.2007 |
| 25.51 | Iver Laake | 01 | Drammen/Ma | 18.09.2016 |
| 25.55 | Martin Opaker | 94 | Nadderud | 13.06.2009 |

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| **GUTTER 15** | **399** |

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| **200m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 25.56 | Gudmund Bjotveit | 77 | Jessheim | 28.05.1992 |
| 25.80 | Sondre Opaker Øines | 98 | Asker/Fø | 01.06.2013 |
| 25.84 | Jonas Nødtvedt Wenger | 99 | Lillehammer/Ss | 20.06.2014 |
| 26.15 | Ole Eriksen | 91 | Lillehammer/Ss | 24.06.2006 |
| 26.17 | Fredrik Fuglerud | 89 | Jessheim | 12.07.2004 |
| 26.18 | Petter Lyngmo | 81 | Jessheim | 25.06.1996 |
| 26.52 | Even Ragnhildsbakken | 08 | Ås | 01.05.2023 |
| 26.61 | Lasse Bjørn | 84 | Jessheim | 22.07.1999 |
| 26.86 | Fredrik Veiby | 99 | Lillestrøm | 25.05.2014 |
| 26.98 | Per Kristian Aarstad | 86 | Oslo/Bi | 23.06.2001 |
| 27.03 | Henrik Hanssen | 97 | Lillestrøm | 27.05.2012 |
| 27.04 | Stian Aaserud | 81 | Jessheim | 28.09.1996 |
| 27.11 | Michael Løland | 92 | Jessheim | 16.08.2007 |
| 27.16 | Martin Fald Gården | 90 | Lillehammer/Ss | 24.06.2005 |
| 27.63 | Shoeib Ghanizadeh | 93 | Lillestrøm | 15.06.2008 |
| 27.90 | Stig Torkildsen | 90 | Lillehammer/Ss | 24.06.2005 |
| 29.13 | Sindre Bjørnstad | 97 | Lillehammer/Ss | 22.06.2012 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 24.7 | Eirik Haus | 79 | Jessheim | 22.09.1994 |
| 25.2 | Jørgen Hjelm Bakkerud | 74 | Bjørkelangen | 10.09.1989 |
| 25.3 | Stein Vik-Strandli | 58 | Lillestrøm | 22.06.1973 |
| 25.3 | Lars Petter Syverstad | 69 | Bjørkelangen | 18.09.1984 |
| 25.9 | Einar Hellum | 47 | Råholt | 23.06.1962 |
| 26.0 | Andreas Roth | 93 | Jessheim | 04.09.2008 |
| 26.3 | Kjell Åge Moslet | 56 | Råholt | 07.07.1971 |
| 26.3 | Jarle Sæthermoen | 70 | Oslo/Bi | 21.08.1985 |
| 26.5 | Arvid Bårdslistuen | 55 | Råholt | 20.09.1970 |
| 26.5 | Stein Erik Knoph | 72 | Jessheim | 04.06.1987 |
| 26.6 | Kåre Gismervik | 57 | Råholt | 10.09.1972 |
| 26.8 | Martin Fald Gården | 90 | Jessheim | 23.04.2005 |
| 27.0 | Sven Inge Bråten | 76 | Jessheim | 26.08.1991 |
| 28.3 | Kåre Laake | 64 | Oslo/Bi | 30.08.1979 |
| 29.5 | Jan Olav Skibakk | 71 | Jessheim | 25.09.1986 |
| 29.7 | Martin Opaker | 94 | Årnes | 27.05.2009 |

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| **300m E** |  |

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| --- | --- | --- | --- | --- |
| 37.42 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 01.07.2007 |
| 40.25 | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 06.05.1989 |
| 40.95 | Sondre Opaker Øines | 98 | Göteborg, SWE | 30.06.2013 |
| 42.19 | Fredrik Fuglerud | 89 | Göteborg, SWE | 03.07.2004 |

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| **GUTTER 15** | **400** |

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 42.1 | Kåre Svensson | 61 | Strømmen | 23.08.1976 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 53.00 | Vegard Løberg Gjelsvik | 92 | Jessheim | 21.08.2007 |
| 55.57 | Hans Jørgen Borgen | 70 | Helsingborg, SWE | 17.07.1985 |
| 55.72 | Andreas Roth | 93 | Lillehammer/Ss | 21.06.2008 |
| 57.01 | Emil Nordal | 03 | Nittedal | 25.08.2018 |
| 58.02 | Oatthawut Panklang | 02 | Lillehammer/Ss | 24.06.2017 |
| 58.32 | Sven Inge Bråten | 76 | Lillehammer/Ss | 29.06.1991 |
| 58.35 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 22.06.2013 |
| 58.89 | Per Kristian Aarstad | 86 | Jessheim | 21.06.2001 |
| 60.07 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 26.06.2004 |
| 60.27 | Espen Sollien | 79 | Bjørkelangen | 28.05.1994 |
| 62.49 | Sondre Olsson | 93 | Lillehammer/Ss | 21.05.2008 |
| 63.79 | Bjørn Olav Sem | 79 | Bjørkelangen | 28.05.1994 |
| 68.79 | Tor Håkon Mangerud | 84 | Jessheim | 22.07.1999 |
| 70.13 | San Phaefung | 88 | Jessheim | 25.09.2003 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.1 | Claus Nerhagen | 59 | Oslo/Bi | 03.10.1974 |
| 55.3 | Einar Hellum | 47 | Råholt | 23.09.1962 |
| 56.9 | Stein Vik-Strandli | 58 | Lillestrøm | 04.10.1974 |
| 57.1 | Pål Korsmo | 71 | Jessheim | 29.05.1986 |
| 58.0 | Sondre Opaker Øines | 98 | Jessheim | 30.05.2013 |
| 58.1 | Øivind Nilsen | 49 | Råholt | 13.06.1964 |
| 58.5 | Stein Erik Knoph | 72 | Jessheim | 06.07.1987 |
| 59.0 | Kåre Svensson | 61 | Årnes | 11.08.1976 |
| 60.8 | Kåre Gismervik | 57 | Drammen/Ma | 24.08.1972 |
| 63.7 | Thorbjørn Næss | 68 | Hauerseter | 14.06.1983 |
| 64.0 | Hans Kristian Hansen | 41 | Jessheim | 22.08.1956 |
| 67.1 | Bjørn Hellum | 48 | Råholt | 18.08.1963 |
| 69.3 | Knut Lødemel | 54 | Jessheim | 24.06.1969 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:28.3 | Claus Nerhagen | 59 | Oslo/Bi | 27.05.1974 |
| 1:30.64 | Marcus Eek | 08 | Rud | 04.05.2023 |
| 1:32.76 | Henrik Hanssen | 97 | Nadderud | 03.05.2012 |
| 1:32.84 | Herman Eide Troye | 08 | Nesodden | 01.06.2023 |
| 1:33.85 | Andreas Roth | 93 | Oslo/La | 07.10.2008 |
| 1:34.59 | Markus Einan | 97 | Nadderud | 03.05.2012 |
| 1:34.9 | Stein Vik-Strandli | 58 | Strømmen | 17.06.1973 |

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| **GUTTER 15** | **401** |

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| **600m forts.** |  |

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| --- | --- | --- | --- | --- |
| 1:35.1 | Øivind Kjørmo | 56 | Lillestrøm | 19.09.1971 |
| 1:36.09 | Sondre Opaker Øines | 98 | Oslo/Bi | 23.09.2013 |
| 1:36.34 | Andreas Børve | 99 | Nadderud | 06.05.2014 |
| 1:38.2 | Kjell Åge Moslet | 56 | Jessheim | 06.06.1971 |
| 1:41.2 | Rune Jota | 59 | Oslo/Bi | 27.05.1974 |
| 1:47.02 | Sondre Westby Liestøl | 99 | Nadderud | 06.05.2014 |
| 1:48.59 | Marius Myren | 08 | Rud | 04.05.2023 |
| 1:49.6 | Kjell Arne Johansen | 58 | Blaker/Br | 23.09.1973 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:56.99 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 15.06.2007 |
| 1:58.56 | Sondre Strande Omland | 07 | Tønsberg/Gr | 21.05.2022 |
| 2:03.37 | Andreas Lindebø Kværner | 06 | Oslo/St | 25.09.2021 |
| 2:04.03 | Markus Einan | 97 | Oslo//Bi | 17.09.2012 |
| 2:04.85 | Henrik Hanssen | 97 | Göteborg, SWE | 07.07.2012 |
| 2:06.2 | Einar Hellum | 47 | Jessheim | 26.08.1962 |
| 2:07.1 | Claus Nerhagen | 59 | Lillestrøm | 10.08.1974 |
| 2:08.86 | Åsmund Wennemo | 94 | Oslo/Bi | 22.08.2009 |
| 2:08.87 | Kristoffer Kvilten | 90 | Göteborg, SWE | 02.07.2005 |
| 2:09.1 | Andreas Roth | 93 | Jessheim | 20.09.2008 |
| 2:09.11 | Carl Jørgen Owre | 82 | Nadderud | 20.06.1997 |
| 2:09.39 | Hermann Eide Troye | 08 | Lillehammer/Ss | 25.06.2023 |
| 2:09.7 | Kåre Svensson | 61 | Strømmen | 20.06.1976 |
| 2:10.87 | Kristian Brenni | 02 | Bergen/Fa | 02.09.2017 |
| 2:10.90 | Henrik Schultze Toverud | 04 | Hokksund | 10.06.2019 |
| 2:11.86 | Sven Inge Bråten | 76 | Jessheim | 26.09.1991 |
| 2:12.71 | Eirik Bjørk Halvorsen | 04 | Jessheim | 10.08.2019 |
| 2:14.6 | Øivind Kjørmo | 56 | Blaker/Br | 20.06.1971 |
| 2:14.75 | Kevin Fritz | 91 | Bjørkelangen | 10.06.2006 |
| 2:14.80 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 07.09.2013 |
| 2:14.96 | Stian Aaserud | 81 | Jessheim | 26.09.1996 |
| 2:15.05 | Michael Løland | 92 | Nadderud | 16.06.2007 |
| 2:15.5 | Tom Trzebinsky | 79 | Jessheim | 26.09.1994 |
| 2:15.5 | Jonas Haarborg Bolgen | 96 | Jessheim | 19.09.2011 |
| 2:15.7 | Frode Grøndahl | 69 | Jessheim | 03.09.1984 |
| 2:15.75 | Martin Fald Gården | 90 | Lillehammer/Ss | 26.06.2005 |
| 2:17.14 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03.07.1989 |
| 2:17.16 | Andreas Løland | 90 | Nadderud | 18.06.2005 |
| 2:17.2 | Sigrud Fjeldbo | 82 | Jessheim | 18.08.1997 |
| 2:17.48 | Petter Lyngmo | 81 | Nadderud | 14.06.1996 |
| 2:17.8 | Arvid Bårdslistuen | 55 | Nannestad | 04.06.1970 |
| 2:18.3 | Frode Liland | 65 | Lillestrøm | 26.08.1980 |
| 2:18.38 | Fredrik Fuglerud | 89 | Göteborg, SWE | 03.07.2004 |

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| **GUTTER 15** | **402** |

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| **800m forts.** |  |

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| 2:18.6 | Ola Nerhagen | 71 | Jessheim | 25.09.1986 |
| 2:18.66 | Eirik Haus | 79 | Sofiemyr | 05.06.1994 |
| 2:19.98 | Hans Agnar Grønnvoll | 84 | Asker/Fø | 04.09.1999 |
| 2:20.09 | Nils Norbotten | 78 | Bjørkelangen | 05.06.1993 |
| 2:21.5 | Jon Martinsen | 47 | Jessheim | 06.09.1962 |
| 2:22.1 | Erlend Magnus Homble | 04 | Sofiemyr | 25.08.2019 |
| 2:24.05 | Andreas Kastel | 02 | Lillestrøm | 27.05.2017 |
| 2:24.08 | Per Kristian Aarstad | 86 | Jessheim | 18.08.2001 |
| 2:25.6 | Asle Backe-Bogstad | 63 | Gardermoen | 26.08.1978 |
| 2:25.7 | Thor Lasse Johansen (Løland) | 63 | Gardermoen | 26.08.1978 |
| 2:25.83 | Markus Finskud | 04 | Nadderud | 15.06.2019 |
| 2:27.40 | Bjørn Olav Hem | 79 | Nadderud | 17.06.1994 |
| 2:29.1 | Ole Eriksen | 91 | Jessheim | 23.09.2006 |
| 2:32.02 | Øyvind Gismervik | 90 | Jessheim | 13.06.2005 |
| 2:32.4 | Jonathan Joo | 91 | Jessheim | 23.09.2006 |
| 2:39.4 | Per Kristian Nyborg | 84 | Jessheim | 16.08.1999 |
| 2:42.0 | Erik Lerdahl | 10 | Jessheim | 04.10.1925 |
| 2:43.9 | Svein Anders Skolt | 80 | Jessheim | 14.08.1995 |
| 2:44.8 | Hans Gystad | 10 | Jessheim | 04.10.1925 |
| 2:44.8 | Svenn Erik Sørum | 77 | Jessheim | 17.08.1992 |
| 2:46.8 | Martin Opaker | 94 | Jessheim | 19.09.2009 |
| 2:47.7 | Morten Foss | 85 | Jessheim | 14.08.2000 |
| 2:51.9 | Per Ramstad | 74 | Jessheim | 21.08.1989 |
| 2:53.1 | Arild Jørgensen | 10 | Jessheim | 04.10.1925 |
| 2:59.9 | Anders Knudsen | 77 | Nadderud | 20.06.1992 |
| 3:02.0 | Ingar Ørum | 77 | Jessheim | 17.08.1992 |

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| **1000m** |  |

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| 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 | 09 | Moss/Me | 21.05.2023 |
| 3:09.8 | Morten Knutsen | 70 | Nadderud | 31.05.1985 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:00.24 | Sondre Strande Omland | 07 | Jessheim | 02.06.2022 |
| 4:09.45 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 31.08.2007 |
| 4:19.4 | Øivind Kjørmo | 56 | Jessheim | 06.06.1971 |
| 4:21.64 | Marcus Eek | 08 | Jessheim | 08.06.2023 |
| 4:25.66 | Henrik Hanssen | 97 | Asker/Fø | 02.06.2012 |
| 4:27.2 | Kåre Svensson | 61 | Oslo/Bi | 14.09.1976 |
| 4:28.0 | Stein Erik Knoph | 72 | Oslo/Bi | 21.05.1987 |
| 4:30.13 | Herman Eide Troye | 08 | Lillehammer/Ss | 23.06.2023 |
| 4:30.31 | Åsmund Wennemo | 94 | Lillehammer/Ss | 18.06.2009 |

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| **GUTTER 15** | **403** |

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| **1500m forts** |  |

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| --- | --- | --- | --- | --- |
| 4:39.4 | Hans Agnar Grønnvoll | 84 | Jessheim | 14.06.1999 |
| 4:39.5 | Sindre Rognerud | 66 | Jessheim | 12.06.1981 |
| 4:39.7 | Bjørn Ingvar Jensen | 66 | Jessheim | 12.06.1981 |
| 4:40.71 | Bård Bryn | 03 | Jessheim | 31.05.2018 |
| 4:40.93 | Eskil Kinneberg | 92 | Jessheim | 21.08.2007 |
| 4:42.37 | Oliver Finstad Nystuen | 05 | Jessheim | 04.06.2020 |
| 4:42.61 | Kevin Fritz | 91 | Asker/Fø | 21.05.2006 |
| 4:42.9 | Thorbjørn Næss | 68 | Strømmen | 17.08.1983 |
| 4:44.0 | Thomas Lundring | 75 | Jessheim | 13.06.1990 |
| 4:45.0 | Arvid Bårdslistuen | 55 | Jessheim | 15.06.1970 |
| 4:50.6 | Lars Petter Syverstad | 69 | Jessheim | 08.06.1984 |
| 4:51.3 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 12.06.1989 |
| 4:53.5 | Knut Kjelskau | 66 | Jessheim | 12.06.1981 |
| 4:54.1 | Finn-Thorer Kjos | 66 | Jessheim | 12.06.1981 |
| 4:54.3 | Sigurd Fjeldbo | 82 | Jessheim | 16.06.1997 |
| 4:53.42 | Marius Myren | 08 | Nittedal | 19.08.2023 |
| 4:54.7 | Sigurd Pleym Hoel | 83 | Jessheim | 17.06.1998 |
| 4:54.78 | Anders Løland | 90 | Lillehammer/Ss | 23.06.2005 |
| 4:46.0 | Andreas Kastel | 02 | Jessheim | 01.06.2017 |
| 4:57.4 | Stian Torstveit | 66 | Jessheim | 12.05.1981 |
| 4:58.8 | Per Olav Ramstad | 79 | Jessheim | 15.06.1994 |
| 5:00.0 | Lars Nermoen | 74 | Jessheim | 12.06.1989 |
| 5:00.75 | Michael Løland | 92 | Lillehammer/Ss | 22.06.2007 |
| 5:01.32 | Sondre Norheim | 05 | Jessheim | 04.06.2020 |
| 5:02.5 | Pål Nygård | 75 | Jessheim | 13.06.1990 |
| 5:03.9 | Audun Kjos | 71 | Jessheim | 13.06.1986 |
| 5:04.4 | Harald Fjeldberg | 68 | Jessheim | 10.06.1983 |
| 5:09.0 | Hans Kristiansen | 70 | Jessheim | 09.09.1985 |
| 5:09.4 | Petter Lyngmo | 81 | Jessheim | 17.06.1996 |
| 5:10.0 | Sivert Rustad | 02 | Jessheim | 01.06.2017 |
| 5:10.8 | Atle Sander | 71 | Jessheim | 13.06.1986 |
| 5:14.1 | Ola Nerhagen | 71 | Jessheim | 13.06.1986 |
| 5:15.0 | Erik Bråthen | 65 | Jessheim | 09.06.1980 |
| 5:17.5 | Per Kristian Nyborg | 84 | Jessheim | 14.06.1999 |
| 5:19.6 | Dag Indredavik | 70 | Jessheim | 09.09.1985 |
| 5:19.8 | Alexander Jørgensen | 71 | Jessheim | 13.06.1986 |
| 5:20.0 | Christopher Wiig | 73 | Jessheim | 13.06.1988 |
| 5:20.4 | Bjørn Ødegård | 74 | Jessheim | 12.06.1989 |
| 5:20.7 | Kyrre Nordhagen | 69 | Jessheim | 08.06.1984 |
| 5:20.8 | Paal Mogens Furuseth | 65 | Jessheim | 09.06.1980 |
| 5:21.4 | Jan Olav Arnegård | 71 | Jessheim | 13.06.1986 |
| 5:22.2 | Rune Murud | 65 | Jessheim | 09.06.1980 |
| 5:25.3 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 12.06.1978 |
| 5:28.0 | Bjørn Flatby | 79 | Jessheim | 12.06.1995 |

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| **GUTTER 15** | **404** |

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| **1500m forts** |  |

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| --- | --- | --- | --- | --- |
| 5:28.2 | Bjørn Engebretsen | 79 | Jessheim | 13.06.1994 |
| 5:29.6 | Svein Anders Skolt | 80 | Jessheim | 12.06.1995 |
| 5:34.9 | Tor Håkon Mangerud | 84 | Jessheim | 14.06.1999 |
| 5:35.09 | Jan Olav Skibakk | 71 | Larvik/Lo | 31.08.1985 |
| 5:40.7 | Ståle Murud | 69 | Jessheim | 08.06.1984 |
| 5:46.0 | Ole Semming Wiig | 69 | Jessheim | 08.06.1984 |
| 5:48.7 | Kjell Grønlien | 71 | Jessheim | 13.06.1986 |
| 5:49.5 | Svenn Erik Sørum | 77 | Jessheim | 15.06.1992 |
| 6:04.7 | Ingar Ørum | 77 | Jessheim | 15.06.1992 |
| 6:08.6 | Vegard Axelsson | 85 | Jessheim | 13.06.2000 |
| 6:09.1 | Per Ramstad | 74 | Jessheim | 12.06.1989 |
| 6:09.8 | Ole Morten Jota | 66 | Jessheim | 12.06.1981 |

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| **1mile 1609m** |  |

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| --- | --- | --- | --- | --- |
| 5:03.46 | Hans Agnar Grønnvoll | 84 | Jessheim | 23.08.1999 |

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| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 5:37.57 | Sondre Strande Omland | 07 | Trondheim/St | 14.08.2022 |
| 6:05.80 | Henrik Hanssen | 97 | Ravnanger | 02.09.2012 |
| 6:07.8 | Øivind Kjørmo | 56 | Oslo/Jo | 12.05.1971 |
| 6:17.14 | Andreas Lindboe Kværner | 06 | Jessheim | 08.08.2021 |
| 6:20.32 | Eirik Bjørk Halvorsen | 04 | Jessheim | 08.09.2019 |
| 6:21.40 | Kevin Fritz | 91 | Byrkjelo | 27.08.2006 |
| 6:22.15 | Vegard Løberg Gjelsvik | 92 | Bjørkelangen | 10.06.2007 |
| 6:26.34 | Åsmund Wennemo | 94 | Nadderud | 30.08.2009 |
| 6:28.16 | Sondre Westby Liestøl | 99 | Jessheim | 02.09.2014 |
| 6:29.6 | Kristian Brenni | 02 | Jessheim | 15.08.2017 |
| 6:34.25 | Eskil Kinneberg | 92 | Bjørkelangen | 10.06.2007 |
| 6:35.8 | Sondre Opaker Øines | 98 | Jessheim | 27.08.2013 |
| 6:40.51 | Sigurd Fjellbo | 82 | Jessheim | 26.06.1997 |
| 6:44.28 | Simen Cook Halvorsen | 04 | Jessheim | 10.08.2019 |
| 6:45.05 | Michael Løland | 92 | Nadderud | 17.06.2007 |
| 6:57.5 | Fredrik Fuglerud | 89 | Jessheim | 26.06.2004 |
| 7:02.8 | Andreas Kastel | 02 | Jessheim | 15.08.2017 |
| 7:06.70 | Erlend Magnus Homble | 04 | Jessheim | 11.08.2019 |
| 7:19.49 | Åsmund Lysbakken | 86 | Jessheim | 19.08.2001 |

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| **GUTTER 15** | **405** |

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| **3000m** |  |

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|  8:35.76 | Sondre Strande Omland | 07 | Nadderud | 10.06.2022 |
|  9:30.4 | Morten Kristiansen | 69 | Jessheim | 29.08.1994 |
|  9:38.64 | Vetle Christiansen | 95 | Oslo/La | 30.08.2010 |
| 10:01.0 | Bjørn Ingvar Jensen | 66 | Hamar | 24.06.1981 |
| 10:04.0 | Thomas Lundring | 75 | Jessheim | 22.08.1990 |
| 10:17.5 | Knut Kjellskau | 66 | Hamar | 24.06.1981 |
| 10:19.4 | Thorbjørn Næss | 68 | Jessheim | 19.08.1983 |
| 10:22.90 | Hans Agnar Grønnvoll | 84 | Jessheim | 27.05.1999 |
| 10:28.1 | Frode Grøndahl | 69 | Jessheim | 17.08.1984 |
| 10:47.2 | Rune Skinnerlien | 69 | Jessheim | 17.08.1984 |
| 11:01.0 | Christopher Wiig | 73 | Jessheim | 19.08.1988 |
| 11:09.7 | Paal Nygaard | 75 | Jessheim | 22.08.1990 |
| 11:26.7 | Atle Sander | 71 | Jessheim | 15.08.1986 |
| 11:28.5 | Harald Rutle | 68 | Jessheim | 19.08.1983 |
| 11:32.8 | Lars Petter Syverstad | 69 | Jessheim | 17.08.1984 |
| 11:45.5 | Audun Kjos | 71 | Jessheim | 15.08.1986 |
| 11:51.1 | Bjørn Engebretsen | 79 | Jessheim | 29.08.1994 |
| 11:52.4 | Ståle Murud | 69 | Jessheim | 17.08.1984 |
| 11:57.3 | Bjørn Ødegård | 74 | Jessheim | 21.08.1989 |
| 12:00.1 | Pål Rasmussen | 68 | Jessheim | 19.08.1983 |
| 12:00.2 | Kyrre Nordhagen | 69 | Jessheim | 17.08.1984 |
| 12:13.4 | Ola Nerhagen | 71 | Jessheim | 15.08.1986 |
| 12:21.9 | Kjetil Grønlien | 71 | Jessheim | 15.08.1986 |
| 12:32.5 | Jan Olav Skibakk | 71 | Jessheim | 15.08.1986 |
| 12:40.5 | Alexander Jørgensen | 71 | Jessheim | 15.08.1986 |
| 12:49.4 | Jan-Olav Arnegård  | 71 | Jessheim | 15.08.1986 |
| 12:56.4 | Ole Semming Wiig | 69 | Jessheim | 17.08.1984 |

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| **5000m** |  |

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| 15:02.79 | Sondre Strande Omland | 07 | Rud | 28.08.2022 |

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| **80m hekk 84 cm M** |  |

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| 14.9 | Christer Amundsen | 91 | Oslo/Bi | 24.08.2006 |

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| **100m hekk 84 cm E** |  |

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| --- | --- | --- | --- | --- |
| 13.81 | Marcus Theodor Moen | 99 | Oslo/Bi | 17.08.2014 |

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| **100m hekk 91.4 cm E** |  |

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| 15.09 | Morten Knutsen | 70 | Bergen/Fa | 25.08.1985 |
| 16.02 | Even Ragnhildsbakken | 08 | Moss/Me | 21.05.2023 |
| 16.84 | Jonathan Joo | 91 | Nadderud | 17.06.2006 |

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| **GUTTER 15** | **406** |

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| **100m hekk 91.4 cm M** |  |

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| 15.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 05.09.1983 |
| 17.9 | Frode Liland | 65 | Jessheim | 19.08.1980 |
| 19.0 | Kåre Svensson | 61 | Årnes | 01.09.1976 |

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| **100m hekk 106.7 cm M** |  |

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| 21.2 | Frode Myrvang | 67 | Strømmen | 26.05.1982 |

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

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| 29.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.10.1983 |
| 30.6 | Jørgen Hjelm Bakkerud | 74 | Sofiemyr | 12.09.1989 |

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| **300m hekk 76.2 cm E** |  |

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| 41.85 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 26.09.2007 |
| 43.74 | Jørgen Hjelm Bakkerud | 74 | Bergen/Fa | 27.08.1989 |

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| **1500m hinder 76.2 cm** |  |

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| 4:19.13 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 29.06.2007 |
| 4:45.39 | Anders Lindboe Kværner | 06 | Nittedal | 22.08.2021 |
| 5:33.19 | Andreas Kastel | 02 | Jessheim | 20.06.2017 |

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| **2000m hinder 91.4** |  |

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| 7:00.28 | Hans Agnar Grønnvoll | 84 | Jessheim | 23.08.1999 |

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| **3000m hinder 91.4** |  |

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| 11:45.3 | Finn Thorer Kjos | 63 | Jessheim | 21.08.1981 |
| 12:32.0 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 21.08.1978 |
| 14:33.2 | Ole Morten Jota | 66 | Jessheim | 21.08.1981 |

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| **3 km landevei** |  |

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| 10.08 | Marius Myren | 08 | Jessheim | 20.08.2023 |

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| **5 km landevei** |  |

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| 15.16 | Sondre Strande Omland | 07 | Fornebu | 24.05.2022 |
| 16:46 | Andreas Lindboe Kværner | 06 | Jessheim | 02.10.2021 |
| 17:43 | Fredrik Fyksen Aas | 09 | Modum | 14.10.2023 |
| 18:53 | Anders Kastel | 02 | Jessheim | 02.09.2017 |
| 18:57 | Oliver Rustad Johansen | 08 | Jessheim | 28.10.2023 |
| 19:42 | Oliver Ørvik | 08 | Jessheim | 30.09.2023 |
| 20:29 | Sivert Rustad | 02 | Jessheim | 02.09.2017 |

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| **GUTTER 15** | **407** |

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| **10 km landevei** |  |

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| 37:42 | Eirik Bjørk Halvorsen | 04 | Jessheim | 05.10.2019 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:20:09 | Knut Kjelskau | 66 | Jessheim | 11.10.1981 |
| 1:20.09 | Bjørn Ingvar Jensen | 66 | Jessheim | 11.10.1981 |
| 1:25:32 | Steian Thorstveit | 66 | Jessheim | 11.10.1981 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.94 | Even Ranghildsløkken | 08 | Sandnes | 27.08.2023 |
| 1.80 | Morten Knutsen | 70 | Nadderud | 31.05.1985 |
| 1.80 | Michael Reklev | 05 | Jessheim | 09.08.2020 |
| 1.75 | Frode Myrvang | 57 | Kirkenær | 29.05.1982 |
| 1.65 | Frode Liland | 65 | Herlev, DEN | 21.06.1980 |
| 1.65 | Morten Halseth | 97 | Oslo/Bi | 19.08.2012 |
| 1.65 | Marcus Theodor Moen | 99 | Lillestrøm | 24.05.2014 |
| 1.65 | Joachim Lauritzen | 05 | Jessheim | 22.05.2020 |
| 1.63 | Espen Sollien | 79 | Nadderud | 18.06.1994 |
| 1.55 | Claus Nerhagen | 59 | Lillestrøm | 11.08.1974 |
| 1.55 | Jarle Sæthermoen | 70 | Kirkenær | 26.05.1985 |
| 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 | Lillestrøm | 26.05.2018 |
| 1.50 | Einar Hellum | 47 | Jessheim | 07.09.1962 |
| 1.50 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.09.1989 |
| 1.50 | Victor Rosenlund | 00 | Nadderud | 14.06.2015 |
| 1.49 | Mathias Bogstad | 10 | Jessheim | 04.10.1925 |
| 1.45 | Hans Kristian Hansen | 41 | Jessheim | 30.09.1956 |
| 1.45 | Ole Semming Wiig | 69 | Hakadal/El | 19.08.1984 |
| 1.45 | Frode Grøndahl | 69 | Jessheim | 03.09.1984 |
| 1.43.5 | Johan Nygaard | 16 | Jessheim | 26.09.1931 |
| 1.41 | Thor Martin Furuseth | 41 | Jessheim | 30.09.1956 |
| 1.42 | Gunnar Aas | 10 | Jessheim | 04.10.1925 |
| 1.40 | Hans Agnar Grønnvoll | 84 | Asker/Fø | 05.09.1999 |
| 1.35 | Arve Bjørndal | 70 | Nannestad | 31.08.1985 |
| 1.31 | Bør Nordby | 23 | Årnes | 06.07.1938 |
| 1.27 | Jan Nordby | 23 | Årnes | 25.09.1938 |
| 1.26 | Nils Kristen Wiig | 43 | Råholt | 28.06.1958 |
| 1.26 | Reidar Engevold | 43 | Råholt | 28.06.1958 |
| 1.25 | Halvard Sundby | 39 | Borgen | 09.08.1954 |
| 1.21 | Håvard Uhlen | 39 | Borgen | 09.08.1954 |
| 1.15 | Fritz Lund | 42 | Gardermoen | 28.09.1957 |
| 1.10 | Sven Nilsen | 42 | Gardermoen | 28.09.1957 |
| **GUTTER 15** | **408** |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 3.25 | Jørgen Hjelm Bakkerud | 74 | Sofiemyr | 10.06.1989 |
| 3.10 | Odd Arne Urnes | 73 | Jessheim | 26.09.1988 |
| 2.60 | Marcus Theodor Moen | 99 | Jessheim | 23.05.2014 |
| 2.60 | Victor Rosenlind | 00 | Nadderud | 13.06.2015 |
| 2.20 | Even Ragnhildsløkken | 08 | Moss/Me | 21.05.2023 |
| 2.10 | Frode Liland | 65 | Rolvsrud | 26.06.1980 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.07 | Morten Knutsen | 70 | Ulsteinvik | 27.07.1985 |
| 6.00 | Tom Erik Olsen | 74 | Jessheim | 25.09.1989 |
| 5.86 | Even Ragnhildsløkken | 08 | Jessheim | 13.08.2023 |
| 5.74 | Ola Nerhagen | 71 | Lørenfallet | 05.06.1986 |
| 5.67 | Marcus Theodor Moen | 99 | Nadderud | 13.06.2014 |
| 5.54 | Jo Henning Hals Nilssen | 68 | Årnes | 06.06.1983 |
| 5.45 | Hans Kristian Hansen | 41 | Jessheim | 30.09.1956 |
| 5:42 | Pål Korsmo | 71 | Lørenfallet | 05.06.1986 |
| 5.35 | Arne Bjørndal | 70 | Lørenfallet | 18.06.1985 |
| 5.30 | Odd Bråtner | 24 | Jessheim | 09.07.1939 |
| 5.29 | Knut Fossum | 22 | Årnes | 26.09.1937 |
| 5.29 | Jonathan Joo | 91 | Årnes | 13.09.2006 |
| 5.20 | Einar Hellum | 47 | Råholt | 12.09.1962 |
| 5.20 | Gudmund Bjotveit | 77 | Jessheim | 08.08.1992 |
| 5.18 | Espen Sollien | 79 | Nadderud | 17.06.1994 |
| 5.08 | Jarle Sæthermoen | 70 | Kirkebær | 26.05.1985 |
| 5.07 | Øivind Nilsen | 49 | Råholt | 13.06.1964 |
| 5.03 | Bent Helseth | 54 | Strømmen | 06.09.1969 |
| 5.00 | Kjell Arne Johansen | 58 | Lørenfallet | 30.09.1973 |
| 4.99 | Sven Inge Bråten | 76 | Jessheim | 02.09.1991 |
| 4.97 | Frode Liland | 65 | Lillestrøm | 25.08.1980 |
| 4.96 | Fredrik Veiby | 99 | Lillestrøm | 25.05.2014 |
| 4.95 | Gunnar Aas | 10 | Jessheim | 04.10.1925 |
| 4.95 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.09.1989 |
| 4.92 | Kjell Åge Moslet | 56 | Lillestrøm | 19.09.1971 |
| 4.89 | Andreas Roth | 93 | Jessheim | 20.09.2008 |
| 4.82 | Ørnulf Brekke | 67 | Uddevalla, SWE | 25.07.1982 |
| 4.81 | Victor Rosenlind | 00 | Nadderud | 12.06.2015 |
| 4.80 | Stein Erik Knoph | 72 | Strømmen | 13.06.1987 |
| 4.79 | Thor Martin Furuseth | 41 | Jessheim | 30.09.1956 |
| 4.69 | Sverre Hovden | 10 | Jessheim | 04.10.1925 |
| 4.66 | Mathias Bogstad | 10 | Jessheim | 04.10.1925 |
| 4.49 | Hans Gystad | 10 | Jessheim | 04.10.1925 |
| 4.21 | Nils Kristen Wiig | 43 | Råholt | 28.06.1958 |
| 4.20 | San Phaufung | 88 | Jessheim | 25.09.2003 |

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| **GUTTER 15** | **409** |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 4.19 | Knut Larsen | 23 | Årnes | 25.09.1938 |
| 4.14 | Fritz Lund | 42 | Gardermoen | 28.09.1957 |
| 3.86 | Jan Olav Skibakk | 71 | Jessheim | 25.09.1986 |
| 3.76 | Jens Ludvig Sundbø | 59 | Gardermoen | 14.06.1974 |
| 3.73 | Erik Lerdahl | 10 | Jessheim | 04.10.1925 |
| 3.70 | Leif Tofterud | 59 | Gardermoen | 14.06.1974 |
| 3.61 | Håvard Uhlen | 39 | Strømmen | 02.10.1954 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 12.57 | Marcus Theodor Moen | 99 | Haugesund | 06.09.2014 |
| 12.50 | Morten Knutsen | 70 | Jessheim | 30.09.1985 |
| 11.14 | Even Ragnhildsløkken | 08 | Rud | 17.06.2023 |
| 10.83 | Arvid Bårdslistuen | 55 | Rolvsrud | 26.09.1970 |
| 10.78 | Jarle Sæthermoen | 70 | Strømmen | 14.08.1985 |
| 10.71 | Frode Myrvang | 67 | Strømmen | 18.08.1982 |
| 10.59 | Arne Bjørndahl | 70 | Strømmen | 14.08.1985 |
| 10.44 | Frode Liland | 65 | Jessheim | 01.09.1980 |
| 10.26 | Jostein Slaastad | 93 | Jessheim | 20.09.2008 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 15.83 | Morten Knutsen | 70 | Raufoss | 17.08.1985 |
| 13.75 | Terje Finnebråten | 48 | Råholt | 18.08.1963 |
| 12.78 | Marcus Theodor Moen | 99 | Nadderud | 15.06.2014 |
| 12.41 | Knut Fossum | 22 | Årnes | 26.09.1937 |
| 12.29 | Even Ragnhildsbakken | 08 | Jessheim | 12.08.2023 |
| 12.28 | Ola Nerhagen | 71 | Larvik/Lo | 31.08.1986 |
| 12.24 | Håvard Mathisen | 77 | Nadderud | 21.06.1992 |
| 12.21 | Hans Kristian Hansen | 41 | Jessheim | 30.09.1956 |
| 12.12 | Jo Henning Hals Nilssen | 68 | Strømmen | 04.06.1983 |
| 11.94 | Frode Myrvang | 67 | Jessheim | 15.08.1982 |
| 11.75 | Magne Lindholt | 22 | Jessheim | 22.08.1937 |
| 11.66 | Frode Liland | 65 | Rolvsrud | 14.09.1980 |
| 11.42 | Arne Bjørndal | 70 | Nannestad | 01.09.1985 |
| 11.12 | Henrik Huser | 96 | Nadderud | 24.09.2011 |
| 11.03 | Ingar Ørum | 77 | Jessheim | 18.05.1992 |
| 10.90 | Øystein Samuelsen | 62 | Lørenfallet | 09.08.1977 |
| 10.75 | Christer Amundsen | 92 | Lillehammer/Ss | 24.06.2007 |
| 10.67 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.09.1989 |
| 10.47 | Jørgen Stuve Dahl | 0¤ | Lillehammer/Ss | 23.06.2019 |
| 10.25 | Kjell Åge Moslet | 56 | Lillestrøm | 18.09.1971 |
| 10.24 | Pål Korsmo | 71 | Lørenfallet | 05.06.1986 |
| 10.12 | Knut Larsen | 23 | Årnes | 16.07.1938 |

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| **GUTTER 15** | **410** |

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| **Kule 4 kg forts.** |  |

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| --- | --- | --- | --- | --- |
|  9.89 | Jon Martinsen | 47 | Råholt | 12.09.1962 |
|  9.84 | Kjell Kleivan | 65 | Jessheim | 17.08.1980 |
|  9.79 | Kristian Fagerhus | 79 | Lillehammer/Ss | 26.06.1994 |
|  9.70 | Bjørn Flatby | 79 | Jessheim | 22.09.1994 |
|  9.50 | Bør Nordby | 23 | Årnes | 16.07.1938 |
|  9.44 | Jonathan Joo | 91 | Årnes | 13.09.2006 |
|  9.33 | Bjørn Tvedt | 44 | Jessheim | 29.08.1959 |
|  9.29 | Gudmund Bjotveit | 77 | Jessheim | 18.05.1992 |
|  9.18 | Stein Erik Knoph | 72 | Jessheim | 15.08.1987 |
|  9.10 | Mathias Bogstad | 10 | Jessheim | 04.10.1925 |
|  8.67 | Henrik Børserud | 19 | Jessheim | 09.09.1934 |
|  8.65 | Håvard Uhlen | 39 | Strømmen | 02.10.1954 |
|  8.62 | Kristian Nygård | 44 | Råholt | 14.06.1959 |
|  8.49 | Hans Bratfos | 49 | Lillestrøm | 22.08.1964 |
|  8.43 | Jan Olav Skibakk | 71 | Larvik/Lo | 31.08.1986 |
|  8.36 | Odd Lindholt | 16 | Jessheim | 26.09.1931 |
|  8.24 | Einar Hellum | 47 | Råholt | 19.08.1962 |
|  7.91 | Atle Skaugen | 77 | Jessheim | 18.05.1992 |
|  7.52 | Kristoffer Kirkeby | 92 | Jessheim | 21.08.2007 |

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| **Kule 5.5 kg** |  |

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| 13.17 | Morten Knutsen | 70 | Oslo/Bi | 11.06.1985 |

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| **Kule 7.26 kg** |  |

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| 6.97 | Halvard Sundby | 39 | Sand | 20.06.1954 |

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| **Diskos 1 kg** |  |

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| 52.60 | Morten Knutsen | 70 | Rolvsrud | 15.06.1985 |
| 44.66 | Lars Petter Syversrud | 69 | Jessheim | 01.10.1984 |
| 38.78 | Even Ragnhildsbakken | 08 | Bergen/Fa | 08.09.2023 |
| 34.06 | Marius Johansen | 05 | Jessheim | 09.08.2020 |
| 32.16 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 22.06.2019 |
| 31.66 | Frode Grøndahl | 69 | Jessheim | 03.09.1984 |
| 27.88 | Jarle Sæthermoen | 70 | Haga | 26.08.1985 |
| 22.30 | Bjørn Halseth | 94 | Steinkjer/Gu | 13.07.2009 |

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| **GUTTER 15** | **411** |

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| **Diskos 1.5 kg** |  |

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| 41.84 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.10.1983 |
| 38.16 | Morten Knutsen | 70 | Mora, SWE | 29.06.1985 |
| 30.23 | Terje Finnebråten | 48 | Råholt | 18.08.1953 |
| 28.98 | Håvard Mathisen | 77 | Sofiemyr | 13.06.1992 |
| 28.82 | Frode Liland | 65 | Jessheim | 01.09.1980 |
| 27.26 | Ingar Ørum | 77 | Sofiemyr | 22.06.1992 |
| 23.88 | Frode Myrvang | 67 | Jessheim | 01.09.1982 |
| 21.86 | Kjell Åge Moslet | 56 | Blaker/Br | 20.06.1971 |
| 18.12 | Jon Martinsen | 47 | Jessheim | 06.09.1962 |
| 17.84 | Hans Agnar Grønnvoll | 84 | Jessheim | 23.08.1999 |

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| **Diskos 2 kg** |  |

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| 32.18 | Morten Knutsen | 70 | Lillestrøm | 12.08.1985 |
| 17.84 | Hans Agnar Grønnvoll | 84 | Jessheim | 23.08.1999 |

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| **Slegge 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 18.94 | Bjørn Halseth | 94 | Steinkjer/Gu | 13.07.2009 |

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| **Spyd 600 g Ny type fra og med 1999** |  |

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| --- | --- | --- | --- | --- |
| 38.81 | Marcus Theodor Moen | 99 | Nadderud | 13.06.2014 |
| 27.34 | Even Ragnhildsløkken | 08 | Moss/Me | 21.05.2023 |
| 21.17 | Victor Rosenlind | 00 | Nadderud | 12.06.2015 |
| 15.53 | Sondre Westby Liestøl | 99 | Jessheim | 02.09.2014 |

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| **Spyd 600 g Gammel type til og med 1998** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.28 | Morten Knutsen | 70 | Jessheim | 22.09.1985 |
| 46.98 | Ingar Ørum | 77 | Siggerud | 22.06.1992 |
| 46.22 | Jo Henning Hals Nilssen | 68 | Strømmen | 17.08.1983 |
| 41.96 | Håvard Mathisen | 77 | Sofiemyr | 12.06.1992 |
| 41.28 | Frode Liland | 65 | Jessheim | 01.09.1980 |
| 40.60 | Kjell Åge Moslet | 56 | Strømmen | 19.06.1971 |
| 39.94 | Frode Liland | 67 | Moss/Me | 19.05.1982 |
| 39.26 | Kjell Kleivan | 65 | Jessheim | 01.09.1980 |
| 34.42 | Claus Nerhagen | 59 | Strømmen | 11.09.1974 |
| 33.64 | Ola Nerhagen | 71 | Jessheim | 15.09.1986 |
| 30.64 | Bjørn Olav Sem | 79 | Bjørkelangen | 28.05.1994 |
| 30.52 | Kristian Fagerhus | 79 | Bjørkelangen | 28.05.1994 |
| 30.34 | Stein Erik Knoph | 72 | Romedal | 13.09.1987 |
| 28.40 | Odd Arne Urnes | 73 | Bjørkelangen | 30.08.1988 |
| 27.07 | Arne Bjørndal | 70 | Nannestad | 31.08.1985 |
| 21.66 | Jan Olav Skibakk | 71 | Jessheim | 15.09.1986 |
| 15.04 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.09.1989 |

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| **GUTTER 15** | **412** |

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| **Spyd 700 g** |  |

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| 26.43 | Einar Hellum | 47 | Råholt | 12.09.1962 |

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

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| 23.88 | Jørgen Stuve Dahl | 04 | Jessheim | 16.09.2019 |
| 17.19 | Henrik Schultze Toverud | 04 | Jessheim | 16.06.2019 |
| 15.12 | Martin Brustad | 04 | Jessheim | 16.09.2019 |

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

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| 31.00 | Johan Nygaard | 16 | Jessheim | 26.09.1931 |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 69.70 | Claus Nerhagen | 59 | Jessheim | 06.10.1974 |
| 55.37 | Håvard Uhlen | 39 | Borgen | 09.08.1954 |

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| **Liten ball 150 g** |  |

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| 69.66 | Jo Henning Hals Nilssen | 68 | Kløfta | 06.09.1983 |

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| **3-kamp** |  |

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| 2070 | Einar Hellum | 47 | Jessheim | 10.08.1962 |
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| **4-kamp M 100m-Lengde-Kule-800m** |  |

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| 2903 | Frode Liland | 65 | Rolvsrud | 14.09.1980 |
| 13.3-4.92-11.66-2:20.6 |

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| **8-kamp M** |  |

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| 3526 | Morten Knutsen | 70 | Florø | 14-15.09.1985 |
| 14.9-42.54-44.0-2.80/5.32-4.63-1.66-3:15.3 |

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| **9-kamp** |  |

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| 4119 | Even Ragnhildsløkken | 08 | Tønsberg/Gr | 20-21.05.2023 |
| 12.91-1.5-5.32-0.0-11.44(4)-1.65/16.02-0.8-24.49(1)-2.20-27.34(600)-3:06.78 |

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| **4x100m E** |  |

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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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| **GUTTER 15** | **413** |

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| **3x800m** |  |

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| 7:18.84 | G15 |  | Asker/Fø | 21.08.2004 |
| Fredrik Fuglerud89-Andreas Løland90-Kristoffer Kvilten90 |

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| 7:32.23 | G15 |  | Asker/Fø | 21.08.2004 |
| Martin Fald Gården90-Nils Luke90-Espen Nyhus89 |

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| **4x600m** |  |

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| 6:48.63 | G15 |  | Hamar | 21.05.2017 |
| Andreas Kastel02-Kristian Brenni02-Ola Spigseth02-Sivert Rustad02 |

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| **GUTTER 15** | **414** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.47 | Martin Jørgensen | 91 | Stange | 18.03.2006 |
| 7.60 | Lars Georg Aas | 92 | Stange | 17.03.2007 |
| 7.63 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 17.02.2007 |
| 7.72 | Marcus Theodor Moen | 99 | Stange | 22.03.2014 |
| 7.73 | Emil Nordal | 03 | Rud | 01.12.2018 |
| 7.81 | Oatthawut Panklang | 02 | Hvam | 09.12.2017 |
| 7.84 | Jonas Nødtvedt Wenger | 99 | Stange | 22.03.2014 |
| 7.85 | Ådne Opaker Øines | 02 | Stange | 18.03.2017 |
| 7.88 | Christer Amundsen | 92 | Stange | 17.03.2007 |
| 7.88 | Iver Laake | 01 | Rud | 03.12.2016 |
| 7.89 | Markus Einan | 97 | Lillestrøm | 28.01.2012 |
| 7.94 | Martin Opaker | 94 | Stange | 14.03.2009 |
| 7.97 | Jonathan Joo | 91 | Stange | 18.03.2006 |
| 7.99 | Morgan Øqvist | 01 | Hvam | 16.01.2016 |
| 8.13 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 8.14 | Per Kristian Aarstad | 86 | Lillestrøm | 25.02.2001 |
| 8.20 | Sondre Opaker Øines | 98 | Rud | 16.11.2013 |
| 8.30 | Victor Rosenlind | 00 | Stange | 21.03.2015 |
| 8.35 | Anthony Davies | 92 | Lillestrøm | 20.01.2007 |
| 8.41 | Fredrik Veiby | 99 | Stange | 22.03.2014 |
| 8.42 | Jørgen Opaker | 97 | Stange | 17.03.2012 |
| 8.42 | Christian Iversen | 05 | Hvam | 25.01.2020 |
| 8.44 | Jørgen Stuve Dahl | 04 | Stange | 22.03.2019 |
| 8.53 | Kristoffer Kvilten | 90 | Liillestrøm | 09.04.2005 |
| 8.59 | Vegard Axelsson | 85 | Stange | 04.03.2000 |
| 8.64 | Shoeib Ghanizadeh | 93 | Lillestrøm | 26.01.2008 |
| 9.40 | Morten Foss | 85 | Stange | 18.03.2000 |

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| **60m M** |  |

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| 7.6 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 02.12.1989 |
| 7.7 | Eirik Haus | 79 | Lillestrøm | 06.03.1994 |
| 8.4 | Bjørn Flatby | 79 | Jessheim | 06.03.1994 |

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| **100m E** |  |

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| 12.97 | Jonathan Joo | 91 | Drammen | 11.12.2006 |

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| **200m E** |  |

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| 23.85 | Emil Nordal | 03 | Rud | 01.12.2018 |
| 24.53 | Vegard Løberg Gjelsvik | 92 | Oslo/Ek | 01.12.2007 |
| 25.32 | Ådne Opaker Øines | 02 | Stange | 19.03.2017 |
| 25.37 | Andreas Roth | 93 | Oslo/Ek | 06.12.2008 |
| **GUTTER 15** | **415** |

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| **INNENDØRS** |  |

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| **200m E forts.** |  |

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| 25.37 | Jonathan Joo | 91 | Stange | 19.03.2006 |
| 25.56 | Iver Laake | 01 | Rud | 03.12.2016 |
| 25.68 | Oatthawut Panklang | 02 | Hvam | 09.12.2017 |
| 25.72 | Morgan Øqvist | 01 | Rud | 07.02.2016 |
| 25.88 | Christer Amundsen | 92 | Stange | 18.03.2007 |
| 25.91 | Jonas Nødtvedt Wenger | 99 | Stange | 23.03.2014 |
| 26.44 | Lasse Bjørn | 84 | Stange | 06.02.1999 |
| 26.63 | Sondre Opaker Øines | 98 | Stange | 17.03.2013 |
| 26.93 | Henrik Hanssen | 97 | Stange | 18.03.2012 |
| 26.99 | Per Kristian Aarstad | 86 | Stange | 04.02.2001 |
| 27.45 | Fredrik Veiby | 99 | Stange | 23.03.2014 |
| 28.78 | Jørgen Stuve Dahl | 04 | Hvam | 07.12.2019 |

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| **600m** |  |

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| 1:27.44 | Vegard Løberg Gjelsvik | 92 | Stange | 17.03.2007 |
| 1:34.56 | Henrik Hanssen | 97 | Stange | 17.03.2012 |
| 1:35.73 | Andreas Roth | 93 | Stange | 08.03.2008 |
| 1:36.00 | Markus Einan | 97 | Stange | 17.03.2012 |
| 1:36.2 | Thomas Roth | 91 | Stange | 09.12.2006 |
| 1:37.36 | Jonas Haarborg Bolgen | 96 | Oslo/Ek | 03.12.2011 |
| 1:39.03 | Sondre Opaker Øines | 98 | Stange | 16.03.2013 |
| 1:39.84 | Machael Løland | 92 | Stange | 17.03.2007 |
| 1:40.79 | Morgan Øqvist | 01 | Stange | 12.03.2016 |
| 1:41.09 | Thomas Løland | 95 | Stange | 20.03.2010 |
| 1:41.42 | Kevin Fritz | 91 | Stange | 18.03.2006 |
| 1:44.45 | Adisak Sween | 98 | Stange | 16.03.2013 |
| 1:49.56 | Vegard Axelsson | 85 | Stange | 04.03.2000 |
| 2:13.58 | Arnfinn Hansen | 85 | Stange | 04.02.2000 |

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| **800m** |  |

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| 2:06.20 | Andreas Lindebø Kværner | 06 | Hvam | 04.12.2021 |
| 2:10.02 | Henrik Hanssen | 97 | Oslo/Ek | 03.03.2012 |
| 2:10.17 | Henrik Schultze Toverud | 04 | Hvam | 07.12.2019 |
| 2:22.53 | Kevin Fritz | 91 | Oslo/Ek | 04.03.2006 |
| 2:23.06 | Sondre Opaker Øines | 98 | Steinkjer | 09.03.2013 |
| 2:23.94 | Petter Lyngmo | 81 | Stange | 16.03.1996 |
| 2:29.5 | Eirik Haus | 79 | Lillestrøm | 06.03.1994 |
| 2:32.03 | Vegard Axelsson | 85 | Stange | 05.03.2000 |
| 2:37.4 | Bjørn Flatby | 79 | Lillestrøm | 06.03.1994 |
| 2:54.3 | Svein Skolt | 80 | Lillestrøm | 19.02.1995 |

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| **GUTTER 15** | **416** |

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| **INNENDØRS** |  |

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| **1000m** |  |

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| 2:43.94 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 03.03.2007 |
| 3:03.17 | Andreas Roth | 93 | Karlstad, SWE | 26.01.2008 |

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| **1500m** |  |

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| 4:05.59 | Sondre Strande Omland | 07 | Steinkjer | 04.03.2022 |
| 4:48.99 | Åsmund Wennemo | 94 | Stange | 17.01.2009 |

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| **60m hekk 84 cm E** |  |

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|  8.72 | Marcus Theodor Moen | 99 | Rud | 11.04.2014 |
| 10.04 | Jonathan Joo | 91 | Karlstad, SWE | 18.02.2006 |

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| **60m hekk 91.4 cm E** |  |

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|  9.85 | Emil Nordal | 03 | Karlstad, SWE | 15.12.2018 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.85 | Even Jacob Ragnhildsløkken | 08 | Rud | 25.11.2023 |
| 1.78 | Marcus Theodor Moen | 99 | Stange | 23.03.2014 |
| 1.65 | Morten Halseth | 97 | Stange | 18.03.2012 |
| 1.60 | Victor Rosenlind | 00 | Rud | 05.12.2015 |
| 1.60 | Emil Nordal | 03 | Rud | 11.02.2018 |
| 1.55 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 1.55 | Christer Amundsen | 92 | Lillestrøm | 17.01.2007 |
| 1.45 | Henrik Jakobsen | 01 | Hvam | 16.01.2016 |
| 1.40 | Jørgen Stuve Dahl | 04 | Stange | 25.03.2019 |

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| **Lengde** |  |

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| 5.75 | Marcus Theodor Moen | 99 | Stange | 22.03.2014 |
| 5.53 | Even Jacob Ragnhildsløkken | 08 | Hvam | 02.12.2023 |
| 5.22 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 03.03.2007 |
| 5.20 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 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 |
| 4.80 | 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 |
| 4.75 | Iver Laake | 01 | Hvam | 10.12.2016 |

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| **GUTTER 15** | **417** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.31 | Jarle Sæthermoen | 70 | Jessheim/Je | 12.03.1985 |
| 1.20 | Odd Arne Urnes | 73 | Jessheim/Je | 10.03.1988 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 3.02 | Ola Nerhagen | 71 | Jessheim/Je | 11.03.1986 |
| 2.84 | Morten Knutsen | 70 | Jessheim/Je | 12.03.1985 |
| 2.76 | Gudmund Bjotveit | 77 | Jessheim/Je | 21.03.1992 |
| 2.65 | Einar Hellum | 47 | Lillestrøm/Vi | 21.02.1962 |
| 2.65 | Jonathan Joo | 91 | Jessheim/No | 16.01.2006 |
| 2.61 | Arne Bjørndal | 70 | Jessheim/Je | 12.03.1985 |
| 2.60 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 16.03.1989 |
| 2.59 | Jon Martinsen | 47 | Lillestrøm/Vi | 21.02.1962 |
| 2.52 | Odd Arne Urnes | 73 | Jessheim/Je | 10.03.1988 |
| 2.44 | Vegard Løberg Gjelsvik | 92 | Jessheim | 12.02.2007 |
| 2.41 | Ørnulf Brekke | 67 | Haga/Fr | 26.03.1982 |
| 2.39 | Christer Amundsen | 92 | Jessheim | 12.02.2007 |
| 2.38 | Jarle Sæthermoen | 70 | Jessheim/Je | 12.03.1985 |
| 2.31 | Kåre Laake | 64 | Skårer/Kj | 25.03.1979 |
| 2.27 | Jan Aas | 44 | Jessheim | 15.02.1959 |
| 2.24 | Kevin Fritz | 91 | Jessheim/No | 13.02.2006 |
| 2.17 | Michael Løland | 92 | Jessheim | 12.02.2007 |
| 2.12 | Shoeib Ghanizadeh | 93 | Jessheim | 03.03.2008 |

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| **Tresteg** |  |

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| 11.54 | Even jacob Ranghildsløkken | 08 | Rud | 12.02.2023 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 15.80 | Morten Knutsen | 70 | Askim | 09.02.1985 |
| 13.06 | Marcus Theodor Moen | 99 | Stange | 23.03.2014 |
| 11.06 | Christer Amundsen | 92 | Lillestrøm | 20.02.2007 |
| 10.04 | Jonathan Joo | 91 | Karlstad, SWE | 18.02.2006 |
|  9.98 | Jørgen Stuve Dahl | 04 | Hvam | 26.01.2019 |
|  9.92 | Bjørn Flatby | 79 | Lillestrøm | 06.03.1994 |
|  9.46 | Vegard Axelsson | 85 | Stange | 18.03.2000 |
|  9.36 | Roger Bjerke | 76 | Lillestrøm | 17.03.1991 |
|  8.83 | Stig Torkildsen | 90 | Stange | 06.03.2005 |