[](http://www.google.no/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=0CAgQjRw&url=http://www.ullkisafotball.no/logo-material/article/xkvol9uxp7fk1caqbwdcmktxd/title/logomateriell&ei=MpdUVKnqDYbMPaz5gJgH&psig=AFQjCNFOzp8enOvmRe_nxn9ysxhLX8nE7w&ust=1414916274320825)

**FRIIDRETTSSTATISTIKK**

**1921 – 2023**

**3**

**KVINNER**

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| **KVINNER SENIOR** | **2** |

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| **KLUBBSTATISTIKK** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.88 +1.4 | Linn Helene Bakke | 91 | Nadderud | 18.06.2005 |
| 8.12 +1.4 | Tonje Moen | 00 | Asker/Fø | 11.06.2017 |
| 8.27 Vind? | Kristine Heggelund | 76 | Jessheim | 27.09.1990 |
| 8.34 V? | Tone Lauritzen | 76 | Jessheim | 29.09.1991 |
| 8.38 V? | Liv Anita Mikkelborg | 80 | Sofiemyr | 24.07.1994 |
| 8.48 V? | Victoria Hillveg | 86 | Asker/Fø | 10.09.2000 |
| 8.49 V? | Lene Kristin Nyland | 74 | Kongsberg | 05.09.1987 |
| 8.59 +1.7 | Emilie Hov Andreassen | 00 | Nadderud | 14.06.2014 |
| 8.59 +0.7 | Solveig Emilie Johansen | 03 | Jessheim | 17.09.2017 |
| 8.62 +1.9 | Tonje Oliversen | 91 | Lillehammer/Ss | 25.06.2005 |
| 8.71 +1.8 | Munda Mkanda | 94 | Bjørkelangen | 10.06.2007 |
| 8.73 +0.2 | Sofie Schancke Krauss | 98 | Jessheim | 20.05.2012 |
| 8.78 -1.1 | Heidi Stubbs Holdal | 92 | Lillehammer/Ss | 24.06.2006 |
| 8.80 -0.5 | Hedda Algarheim Tverås | 01 | Nadderud | 13.06.2015 |
| 8.85 | Astrid Knudsen Walstad | 11 | Lilestrøm | 13.05.2023 |
| 8.86 V? | Kari Robøle | 86 | Asker/Fø | 17.08.2002 |
| 8.90 +1.9 | Mari Steen Myrvang | 06 | Oslo/Bi | 17.07.2019 |
| 8.91 -1.2 | Elisabeth Langrusten | 86 | Asker/Fø | 23.08.2003 |
| 8.94 +0.2 | Silje Disserud | 91 | Asker/Fø | 28.05.2005 |
| 8.94 V? | Liv Kristina Holter | 97 | Jessheim | 04.06.2011 |
| 8.94 -0.9 | Linnea Marie Bratteng | 07 | Rjukan | 12.09.2021 |
| 8.96 V? | Tonje Berg | 85 | Jessheim | 27.05.1999 |
| 8.96 +0.8 | Hanne Rimstad | 10 | Oslo/Bi | 03.06.2023 |
| 8.97 V? | Kristin Urnes | 75 | Sofiemyr | 08.08.1989 |
| 9.03 -1.0 | Charlotte Oliversen | 91 | Lillehammer/Ss | 28.08.2005 |
| 9.03 +0.4 | Linnea Børresen Lecomte | 07 | Jessheim | 03.06.2021 |
| 9.05 +0.5 | Elena Teresa Haugen-Teixera | 07 | Rjukan | 06.09.2020 |
| 9.06 +1.8 | Kari Ingelin Sjøstrøm Johnsen | 03 | Jessheim | 23.05.2017 |
| 9.08 +1.3 | Mathilde Marie Solberg | 99 | Nadderud | 15.06.2013 |
| 9.11 -0.4 | Christine Nerhagen | 91 | Lillehammer/Ss | 26.06.2004 |
| 9.14 +1.1 | Amalie Westby Liestøl | 02 | Jessheim | 03.06.2015 |
| 9.16 -2.3 | Martine Lystad | 91 | Lillehammer/Ss | 25.06.2005 |
| 9.16 -0.1 | Vilde Svvardahl | 01 | Lillestrøm | 27.08.2014 |
| 9.17 +0.6 | Vår Åsheim | 99 | Nadderud | 24.09.2011 |
| 9.13 +1.6 | Oda Rognstad | 05 | Jessheim | 23.05.2017 |
| 9.19 V? | Ida Johanne Fosland | 02 | Jessheim | 02.06.2016 |
| 9.21 V? | Irene Vole Olsen | 77 | Jessheim | 19.05.1990 |
| 9.23 +1.3 | Silje Scheie Bråthen | 91 | Nadderud | 12.06.2004 |
| 9.23 -3.3 | Marie Tømmerberg | 91 | Lillehammer/Ss | 25.06.2005 |
| 9.23 V? | Marthe Skau | 98 | Jessheim | 15.06.2010 |
| 9.24 V? | Kamilla Bråthen | 77 | Jessheim | 28.09.1991 |
| 9.26 -0.9 | Ida Camilla Edllund | 94 | Jessheim | 21.08.2007 |

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| **KVINNER SENIOR** | **3** |

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| **60m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 9.28 +0.2 | Haddijatou Jobe | 98 | Jessheim | 20.05.2012 |
| 9.28 | Anna Jørgensen | 11 | Jessheim | 07.08.2022 |
| 9.31 V? | Mari Jellum | 79 | Jessheim | 12.09.1992 |
| 9.33 V? | Maren Fald Gården | 88 | Lillehammer/Ss | 28.06.2002 |
| 9.34 V? | Ebba Beyer | 98 | Fredrikstad/Li | 24.05.2013 |
| 9.34 +0.5 | Linnea Elisabeth Johnsen | 06 | Nadderud | 15.06.2019 |
| 9.37 | Hermine Opsahl Torgersen | 10 | Jessheim | 07.08.2022 |
| 9.39 V? | Helena Seland Myhre | 97 | Jessheim | 04.06.2011 |
| 9.39 +1.6 | Andrea Jødahl | 01 | Nadderud | 14.05.2014 |
| 9.40 | Claudia Charles | 04 | Jessheim | 02.06.2016 |
| 9.41 | Siv Anita Engh | 85 | Jessheim | 23.08.1999 |
| 9.45 | Bettina Julsrud Berg | 12 | Lillestrøm | 13.05.2023 |
| 9.49 +0.3 | Sara Isabella Bertheussen | 07 | Jessheim | 08.08.2021 |
| 9.50 +1.7 | Sophie Mannion | 05 | Jessheim | 31.05.2018 |
| 9.51 | Ida-Berg Hansen | 92 | Jessheim | 18.08.2005 |
| 9.52 | Marte Skogstad | 93 | Jessheim | 18.08.2005 |
| 9.53 | Marthe Mikkelsen | 94 | Jessheim | 21.08.2006 |
| 9.54 +0.6 | June Laake | 04 | Lillehammer/Ss | 20.06.2015 |
| 9.55 -1.1 | Pernille Haslie | 91 | Lillehammer/Ss | 26.06.2004 |
| 9.58 | Sigrid Merlie | 97 | Jessheim | 22.05.2000 |
| 9.60 | Hilde Gustavsen | 87 | Jessheim | 19.08.2001 |
| 9.60 | Silje Berg-Knutsen | 05 | Lillestrøm | 27.05.2017 |
| 9.62 | Katrine Hoff | 91 | Oslo/Bi | 27.08.2005 |
| 9.65 | Kirsten Daae Wiig | 97 | Lillestrøm | 27.09.2008 |
| 9.69 | Nikoline Handstad | 91 | Nadderud | 15.06.2013 |
| 9.71 | Sandra Amundsen | 93 | Jessheim | 20.09.2004 |
| 9.73 | Julie Hammer | 04 | Hokksund | 25.05.2015 |
| 9.74 | Tuva Isabella Forsbacka | 09 | Jessheim | 09.06.2020 |
| 9.74 | Lea Hammer | 10 | Jessheim | 08.08.2021 |
| 9.75 | Maren Eriksen Skappel | 96 | Jessheim | 12.06.2008 |
| 9.75 | Sofie Rostad | 94 | Oslo/Bi | 16.08.2008 |
| 9.76 | Silje Svendsen | 01 | Lillestrøm | 25.05.2013 |
| 9.77 | Emma Kristiane Nilsen | 04 | Lillestrøm | 30.05.2015 |
| 9.79 | Malena Gulbrandsen Høe | 05 | Jessheim | 23.05.2017 |
| 9.80 | Charlotte Axelsen | 92 | Jessheim | 21.08.2006 |
| 9.87 | Frida Kristiansen | 94 | Jessheim | 21.08.2007 |
| 9.88 | Marie Næss | 00 | Nadderud | 04.06.2011 |
| 9.90 | Natalie Norbech Jøransen | 07 | Jessheim | 06.06.2019 |
| 9.93 | Anne Mette Holme | 83 | Lillehammer/Ss | 25.06.1994 |
| 9.95 | Maren Rønneseth | 94 | Jessheim | 21.08.2007 |
| 9.97 | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 28.05.2016 |

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| **KVINNER SENIOR** | **4** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.0 | Kari Mo | 38 | Sandvika/Ka | 04.09.1955 |
| 8.0 | Winnie Lindner | 44 | Oslo/Jo | 13.06.1960 |
| 8.0 | Inger Birgitte Reppe | 68 | Larvik/Lo | 05.09.1982 |
| 8.1 | Ingrid Sundby | 39 | Stavanger/St | 14.09.1957 |
| 8.1 | Kristine Heggelund | 76 | Jessheim | 09.06.1990 |
| 8.2 | Astrid Sundby | 42 | Jessheim | 22.09.1963 |
| 8.2 | Kristin Brekke | 65 | Lillestrøm | 08.09.1979 |
| 8.2 | Tone Sæthermoen | 69 | Kløfta | 22.09.1983 |
| 8.2 | Lene Kristin Nyland | 74 | Jessheim | 25.09.1989 |
| 8.2 | Tone Lauritzen | 76 | Bjørkelangen | 09.06.1990 |
| 8.3 | Marie Belsvik | 36 | Lillestrøm | 03.09.1955 |
| 8.3 | Eva Myrvang | 42 | Sandvika/Ka | 28.06.1959 |
| 8.3 | Tove Dønnum Jensen | 40 | Jessheim | 22.09.1963 |
| 8.3 | Hilde Verpe | 63 | Bergen/Fa | 22.08.1976 |
| 8.3 | Linn Helene Bakke | 91 | Jessheim | 16.08.2004 |
| 8.4 | Inge Sand | 43 | Sandvika/Ka | 22.06.1958 |
| 8.4 | Ragnhild Sundby | 44 | Sandvika/Ka | 22.06.1958 |
| 8.4 | Borghild Hansen | 45 | Jessheim | 30.08.1959 |
| 8.4 | Anne Lise Aas | 41 | Sandvika/Ka | 28.06.1959 |
| 8.4 | Kari Fjeldberg | 68 | Rolvsrud | 19.09.1982 |
| 8.4 | Liv Anita Mikkelberg | 80 | Jessheim | 01.06.1993 |
| 8.5 | Lillian Laumo | 42 | Jessheim | 04.06.1955 |
| 8.5 | Dagny Vethal | 40 | Sandvika/Ka | 25.06.1955 |
| 8.5 | Åshild Sørum | 39 | Jessheim | 17.06.1956 |
| 8.5 | Vera Martinsen | 47 | Lillestrøm | 18.06.1960 |
| 8.5 | Anne Berit Eik | 49 | Jessheim | 16.08.1964 |
| 8.5 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 8.5 | Liv Knutsen | 52 | Lillestrøm | 10.09.1966 |
| 8.5 | Anne Mette Olsen | 54 | Nannestad | 04.06.1970 |
| 8.5 | Cecilie Laake | 66 | Lillestrøm | 08.09.1979 |
| 8.5 | Guri Fjeldberg | 69 | Kløfta | 22.09.1983 |
| 8.5 | Eva Cathrin Torvund | 69 | Jessheim | 20.09.1986 |
| 8.5 | Tonje Oliversen | 91 | Jessheim | 09.06.2005 |
| 8.6 | Liv Jensen | 40 | Jessheim | 04.10.1955 |
| 8.6 | Cora Halsan | 47 | Lillestrøm | 18.06.1960 |
| 8.6 | Berit Børresen | 48 | Råholt | 22.09.1963 |
| 8.6 | Berit Dønnum | 41 | Oslo/Jo | 29.09.1964 |
| 8.6 | Anita Melbye | 58 | Lillestrøm | 19.09.1970 |
| 8.6 | Kari Wang | 56 | Lillestrøm | 19.09.1970 |
| 8.6 | Anne Beate Kogstad | 63 | Lørenfallet | 27.05.1975 |
| 8.6 | Kristin Bogstad | 64 | Strømmen | 04.06.1979 |
| 8.6 | Kristin Urnes | 75 | Jessheim | 04.09.1988 |
| 8.7 | Eva Myrvang | 42 | Jessheim | 29.09.1960 |
| 8.7 | Marit Ørvik | 50 | Jessheim | 16.08.1964 |

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| **KVINNER SENIOR** | **5** |

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| **60m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 8.7 | Ragnhild Dahl | 50 | Jessheim | 16.08.1964 |
| 8.7 | Else Opsahl | 32 | Jessheim | 25.09.1966 |
| 8.7 | Britt Folge | 66 | Lillestrøm | 08.09.1979 |
| 8.7 | Marianne Haglund | 67 | Kløfta | 04.10.1980 |
| 8.7 | Siodine Hansen | 75 | Årnes | 21.06.1989 |
| 8.7 | Irene Schultze | 67 | Kløfta | 04.10.1980 |
| 8.7 | Linn Helene Bakke | 91 | Jessheim | 12.09.2002 |
| 8.7 | Liv Kristina Holter | 97 | Jessheim | 10.06.2010 |
| 8.7 | Sofie Rostad | 94 | Jessheim | 10.06.2010 |
| 8.8 | Turid Seime | 44 | Jesssheim | 08.06.1958 |
| 8.8 | Mabel Owren | 51 | Strømmen | 21.08.1965 |
| 8.8 | Karin Kvamme | 58 | Jessheim | 19.09.1971 |
| 8.8 | Inger Anne Nerhagen | 57 | Jessheim | 19.09.1971 |
| 8.8 | Gry Vera Gjevert | 60 | Strømmen | 18.06.1972 |
| 8.8 | Hilde Ødemark | 64 | Jessheim | 30.06.1979 |
| 8.8 | Ingrid Maurdal | 82 | Jessheim | 26.09.1994 |
| 8.8 | Helena Seland Myhre | 97 | Jessheim | 12.06.2012 |
| 8.9 | Anne Marie Søberg | 45 | Jessheim | 29.09.1957 |
| 8.9 | Marit Wiig | 49 | Strømmen | 21.08.1965 |
| 8.9 | Britt Scheie | 64 | Strømmen | 11.06.1975 |
| 8.9 | Heidi Rønning | 67 | Kløfta | 04.10.1980 |
| 8.9 | Charlotte Oliversen | 91 | Jessheim | 27.05.2004 |
| 8.9 | Silje Disserud | 91 | Jessheim | 26.05.2005 |
| 8.9 | Eli Bekken | 97 | Jessheim | 15.09.2011 |
| 8.9 | Eli Bekken | 00 | Jessheim | 15.09.2011 |
| 8.9 | Emilie Hov Andreassen | 00 | Jessheim | 12.06.2012 |
| 9.0 | Unn Henriksen | 42 | Jessheim | 27.05.1956 |
| 9.0 | Brit Elton | 45 | Jessheim | 15.09.1959 |
| 9.0 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |
| 9.0 | Tove Sundby | 51 | Strømmen | 21.08.1965 |
| 9.0 | Berit Knutsen | 56 | Lillestrøm | 11.09.1966 |
| 9.0 | Liv Marit Øye | 53 | Lillestrøm | 09.09.1967 |
| 9.0 | May Britt Mehlen | 57 | Jessheim | 18.09.1971 |
| 9.0 | Anne Berit Haug | 64 | Gardermoen | 17.06.1976 |
| 9.0 | Hege Høgås | 70 | Strømmen | 16.06.1982 |
| 9.0 | Tonje Berg | 85 | Årnes | 07.07.1999 |
| 9.0 | Christine Nerhagen | 91 | Jessheim | 27.05.2004 |
| 9.0 | Silje Scheie Bråthen | 91 | Jessheim | 27.05.2004 |
| 9.0 | Vår Åsheim | 99 | Jessheim | 15.09.2011 |
| 9.1 | Irene Belsvik | 42 | Jessheim | 27.05.1956 |
| 9.1 | Kari Jørgensen | 44 | Råholt | 28.06.1958 |
| 9.1 | Toril Granås | 46 | Jessheim | 15.09.1959 |
| 9.1 | Anne Majorsæter | 48 | Jessheim | 06.09.1962 |
| 9.1 | Randi Øye | 55 | Lillestrøm | 09.09.1967 |

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| **KVINNER SENIOR** | **6** |

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| **60m M forts.** |  |

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| 9.1 | Marian Andersen | 60 | Kløfta | 04.09.1974 |
| 9.1 | Eli Knutsen | 63 | Strømmen | 19.06.1976 |
| 9.1 | Unn Hoel | 69 | Lillestrøm | 12.09.1982 |
| 9.1 | Ann-Catrin Willersrud | 71 | Oslo/La | 16.05.1985 |
| 9.1 | Marianne Kverneggen | 75 | Jessheim | 06.08.1988 |
| 9.1 | Elisabeth Nyhus | 74 | Jessheim | 06.06.1988 |
| 9.1 | Mari Jellum | 79 | Jessheim | 23.09.1983 |
| 9.1 | Anette Kiran | 82 | Jessheim | 26.09.1994 |
| 9.1 | Victoria Hillveg | 86 | Årnes | 01.07.1998 |
| 9.1 | Martine Lystad | 91 | Jessheim | 26.05.2005 |
| 9.2 | Bjørg Engelsrud | 46 | Jessheim | 17.06.1959 |
| 9.2 | Rikke Rosenkilde | 50 | Råholt | 23.09.1962 |
| 9.2 | Anne Gro Digerud | 52 | Råholt | 12.09.1965 |
| 9.2 | Heidi Bogstad | 67 | Lillestrøm | 08.09.1979 |
| 9.2 | Bente Henriksen | 60 | Jessheim | 19.09.1971 |
| 9.2 | Hege Bjørndal | 73 | Strømmen | 01.06.1985 |
| 9.2 | Siri Støverud | 73 | Jessheim | 23.09.1985 |
| 9.2 | Astrid Mathisen | 76 | Jessheim | 25.09.1989 |
| 9.2 | Kamilla Bråthen | 77 | Jessheim | 13.09.1989 |
| 9.2 | Tone Hauge | 86 | Jessheim | 17.09.1998 |
| 9.3 | Liv Laache | 45 | Jessheim | 01.08.1958 |
| 9.3 | Reidun Hansen | 45 | Jessheim | 01.08.1958 |
| 9.3 | Ellen Refsum | 46 | Jessheim | 30.08.1959 |
| 9.3 | Guri Øverby | 45 | Jessheim | 15.09.1959 |
| 9.3 | Kari Berrefjord | 46 | Jessheim | 15.09.1959 |
| 9.3 | Ingunn Steen | 48 | Strømmen | 03.09.1961 |
| 9.3 | Inger Karlsen | 51 | Råholt | 21.09.1963 |
| 9.3 | Aase Alstad | 48 | Jessheim | 11.09.1963 |
| 9.3 | Inger Torill Granheim | 52 | Strømmen | 21.06.1964 |
| 9.3 | Berit Eriksen | 54 | Lillestrøm | 09.09.1967 |
| 9.3 | Inger Berit Øye | 53 | Lillestrøm | 09.09.1967 |
| 9.3 | Sissel Opsahl | 58 | Lillestrøm | 20.09.1970 |
| 9.3 | Torill Henriksen | 61 | Lørenfallet | 13.06.1972 |
| 9.3 | Hilde Sørensen | 61 | Kløfta | 04.09.1974 |
| 9.3 | Siv Anita Engh | 85 | Årnes | 01.07.1998 |
| 9.3 | Thea Rutle | 92 | Jessheim | 15.06.2006 |
| 9.3 | Mathilde Solberg | 99 | Jessheim | 12.06.2012 |
| 9.4 | Anne Karin Fagertun | 46 | Råholt | 17.09.1961 |
| 9.4 | Bjørg Torp | 48 | Råholt | 12.09.1962 |
| 9.4 | Marit Anthonsen | 48 | Råholt | 22.09.1963 |
| 9.4 | Mette Mikalsen | 55 | Lillestrøm | 09.09.1967 |
| 9.4 | Anne Sofie Scheie | 59 | Lillestrøm | 19.09.1970 |
| 9.4 | Anne Sundheim | 64 | Hønefoss | 14.09.1975 |
| 9.4 | Nina Amundsen | 69 | Jessheim | 16.08.1981 |

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| **KVINNER SENIOR** | **7** |

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| **60m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 9.4 | Irene Vole Olsen | 77 | Jessheim | 13.09.1989 |
| 9.4 | Astrid Huitfeldt | 77 | Jessheim | 17.09.1989 |
| 9.4 | Hege Christiansen | 76 | Årnes | 21.06.1989 |
| 9.4 | Ida Berg Hansen | 92 | Jessheim | 15.06.2006 |
| 9.5 | Britt Røkke | 48 | Nannestad | 28.07.1962 |
| 9.5 | Ragnhild Aarø | 54 | Lillestrøm | 11.09.1966 |
| 9.5 | Unn Berit Knutsen | 56 | Lillestrøm | 11.09.1966 |
| 9.5 | May Britt Engenes | 53 | Lillestrøm | 02.09.1969 |
| 9.5 | Anne Lise Opheim | 59 | Nannestad | 11.08.1972 |
| 9.5 | Anne Willersrud | 71 | Larvik/Lo | 04.09.1982 |
| 9.5 | Ellen Undseth | 76 | Bjørkelangen | 30.08.1988 |
| 9.5 | Hege Johansen | 75 | Jessheim | 18.09.1988 |
| 9.5 | Line Kristin Von Hall | 75 | Jessheim | 17.09.1989 |
| 9.5 | Karoline Hertzenberg | 89 | Jessheim | 21.05.2002 |
| 9.5 | Brit Helen Lye | 77 | Jessheim | 27.09.2018 |
| 9.6 | Gerd Erlandsen | 41 | Jessheim | 28.08.1955 |
| 9.6 | Ada Rommen | 48 | Strømmen | 03.09.1961 |
| 9.6 | Anne-Lise Granheim | 51 | Strømmen | 21.06.1964 |
| 9.6 | Berit Eriksen | 54 | Lillestrøm | 11.09.1966 |
| 9.6 | Rita Havenstrøm | 55 | Lillestrøm | 09.09.1967 |
| 9.6 | Siri Fjeldberg | 71 | Larvik/Lo | 04.09.1982 |
| 9.6 | Laila Skibakk | 40 | Årnes | 28.08.1985 |
| 9.6 | Siri Wølneberg | 73 | Jessheim | 23.09.1985 |
| 9.6 | Ingvild Fjeldheim | 75 | Jessheim | 05.06.1988 |
| 9.6 | Heidi Huse | 89 | Jessheim | 21.05.2001 |
| 9.6 | Maren Fald Gården | 88 | Årnes | 11.09.2002 |
| 9.6 | Jannicke Mathisen | 91 | Jessheim | 27.05.2004 |
| 9.6 | Marie Tømmerberg | 91 | Jessheim | 09.09.2004 |
| 9.6 | Lise ismervik | 93 | Jessheim | 09.06.2005 |
| 9.7 | May Gunn Knutsen | 54 | Råholt | 12.09.1965 |
| 9.7 | Tone Nordby Andersen | 54 | Lillestrøm | 11.09.1966 |
| 9.7 | Ingvill Bakke | 74 | Jessheim | 28.06.1986 |
| 9.7 | Hanne Frydenlund | 76 | Jessheim | 03.10.1988 |
| 9.7 | Thea Strand | 89 | Jessheim | 20.05.2003 |
| 9.7 | Turid Kamstrup Hovind | 92 | Jessheim | 09.06.2005 |
| 9.7 | Kirsten Daae Wiig | 97 | Jessheim | 04.06.2009 |
| 9.8 | Berit Eriksen | 41 | Jessheim | 02.08.1954 |
| 9.8 | Kari Jørgensen | 44 | Jessheim | 21.08.1956 |
| 9.8 | Densie Hagen | 44 | Råholt | 28.06.1958 |
| 9.8 | Inger Tjessem | 54 | Lillestrøm | 11.09.1966 |
| 9.8 | Gunhild Nytrøen | 76 | Jessheim | 06.06.1988 |
| 9.8 | Wenche Wollhaug | 75 | Jessheim | 06.06.1988 |
| 9.8 | Ragnhild Mehus | 77 | Jessheim | 18.09.1988 |
| 9.8 | Sonja Irene Nore | 02 | Jessheim | 12.06.2012 |
| 9.8 | Tonje Moen | 00 | Jessheim | 15.09.2011 |

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| **KVINNER SENIOR** | **8** |

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| **60m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 9.9 | Mette Harstad | 51 | Råholt | 21.09.1963 |
| 9.9 | Anne Marie Harstad | 52 | Råholt | 12.09.1965 |
| 9.9 | Britt Aas | 52 | Råholt | 12.09.1965 |
| 9.9 | Kirsten Ladegård | 56 | Nannestad | 28.07.1968 |
| 9.9 | Anniken Lunder | 62 | Kløfta | 22.06.1973 |
| 9.9 | Monica Finstad | 75 | Jessheim | 28.06.1986 |
| 9.9 | Lise Mette Holme | 83 | Nittedal | 07.06.1994 |
| 9.9 | Silje Ekroll Jahren | 88 | Jessheim | 21.05.2001 |
| 9.9 | Mariann Hansen | 96 | Jessheim | 04.06.2007 |
| 9.9 | Anne Sofie Østby | 99 | Jessheim | 15.09.2011 |
| 9.9 | Amalie Westby Liestøl | 02 | Jessheim | 12.06.2012 |

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| **80m E** |  |

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| --- | --- | --- | --- | --- |
| 11.32 | Linnea Sjøstrøm Johansen | 06 | Ås | 01.05.2022 |
| 11.34 | Elèn Linchausen Skal | 06 | Ås | 01.05.2022 |
| 11.39 | Linnea Bratteng | 07 | Arvika, SWE | 23.07.2022 |
| 12.63 | Kirsten Daae Wiig | 97 | Lillestrøm | 27.09.2008 |

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| **80m M** |  |

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| --- | --- | --- | --- | --- |
| 11.3 | Liv Anita Mikkelberg | 80 | Strømmen | 11.09.1993 |
| 11.4 | Kari Wang | 56 | Strømmen | 21.06.1970 |
| 11.4 | Lene Kristin Nyland | 74 | Årnes | 22.06.1988 |
| 11.5 | Siodine Hansen | 75 | Årnes | 21.06.1989 |
| 11.6 | Anita Melbye | 58 | Strømmen | 20.06.1971 |
| 11.8 | Kristine Heggelund | 76 | Årnes | 21.06.1989 |
| 12.0 | Kirsten Ladegård | 56 | Strømmen | 22.06.1969 |
| 12.0 | May Britt Mehlen | 57 | Strømmen | 21.06.1970 |
| 12.0 | Anne Lise Opheim | 59 | Strømmen | 18.06.1972 |
| 12.1 | Inger Anne Nerhagen | 57 | Strømmen | 21.06.1970 |
| 12.2 | Mabel Owren | 51 | Råholt | 22.09.1963 |
| 12.3 | Inger Karlsen | 51 | Råholt | 22.09.1963 |
| 12.3 | Ragnhild Aarø | 54 | Lillestrøm | 10.09.1966 |
| 12.3 | Inger Torill Granheim | 52 | Råholt | 22.09.1963 |
| 12.6 | Anne-Lise Granheim | 51 | Råholt | 21.09.1963 |
| 12.7 | Inger Johanne Karlsen | 51 | Råholt | 22.09.1963 |
| 12.7 | Hanne Strandnes | 51 | Råholt | 22.09.1963 |
| 12.7 | Inger Tjessem | 54 | Lillestrøm | 10.09.1966 |
| 12.7 | Hege Christiansen | 76 | Årnes | 21.06.1989 |
| 12.8 | Berit Eriksen | 54 | Lillestrøm | 10.09.1966 |
| 13.0 | Tone Nordby Andersen | 55 | Lillestrøm | 10.09.1966 |
| 13.0 | Tone Furuseth | 54 | Lillestrøm | 10.09.1966 |
| 13.3 | Elisabeth Magnussen | 55 | Lillestrøm | 10.09.1966 |
| 13.4 | Ingrid Maudal | 82 | Strømmen | 11.09.1993 |
| 13.7 | Berit Lund | 51 | Råholt | 22.09.1963 |
| **KVINNER SENIOR** | | **9** | | |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.05 +1.0 | Linn Helene Bakke | 91 | Oslo/Bi | 15.06.2007 |
| 12.51 +0.9 | Betina Jeanine Nilssen | 92 | Lillehammer/Ss | 24.06.2007 |
| 12.58 +2.0 | Summer Steinsrud | 01 | Nadderud | 17.06.2018 |
| 12.59 +0.9 | Vår Åsheim | 99 | Oslo/Bi | 18.07.2018 |
| 12.67 +0.4 | Birgitte Kjuus | 99 | Oslo/Bi | 18.07.2018 |
| 12.77 +1.5 | Tonje Moen | 00 | Lillestrøm | 27.05.2017 |
| 12.85 +1.4 | Lena Opaker | 69 | Oslo/Bi | 27.06.1995 |
| 12.99 +0.5 | Charlotte Grasmo | 96 | Lillehammer/Ss | 21.06.2015 |
| 13.04 +0.6 | Inger Birgitte Reppe | 68 | Nadderud | 19.06.1983 |
| 13.08Vind? | Liv Anita Mikkelborg | 80 | Bjørkelangen | 17.09.1994 |
| 13.18 V? | Tone Lauritzen | 76 | Jessheim | 27.08.1992 |
| 13.18 -1.7 | Solveig Emilie Johansen | 04 | Lillestrøm | 26.05.2018 |
| 13.19 V? | Lene Kristin Nyland | 74 | Lillehammer/Ss | 24.06.1990 |
| 13.21 V? | Kristine Heggelund | 76 | Jessheim | 28.05.1991 |
| 13.22 +1.7 | Linnea Marie Bratteng | 07 | Lillehammer/Ss | 25.06.2023 |
| 13.24 +0.3 | Kari Ingelin Sjøstrøm Johnsen | 03 | Lillehammer/Ss | 23.06.2019 |
| 13.29 +0.2 | Mina-Marie Finsveen | 07 | Nittedal | 19.08.2023 |
| 13.41 +0.2 | Linnea Sjøstrøm Johansen | 06 | Göteborg, SWE | 18.06.2022 |
| 13.42 +0.8 | Susann Bakke | 92 | Nadderud | 08.06.2008 |
| 13.45 +1.0 | Emilie Hov Andreassen | 00 | Lillestrøm | 24.05.2014 |
| 13.48 +0.8 | Marthe Sand | 98 | Lillehammer/Ss | 16.06.2020 |
| 13.57 +1.4 | Ragnhild Hammeren (Hurdal IL) | 90 | Nadderud | 06.06.2008 |
| 13.64 +0.4 | Frida Kristine Forberg | 92 | Jessheim | 02.06.2008 |
| 13.65 +0.6 | Heidi Stubbs Holdal | 92 | Nadderud | 09.06.2008 |
| 13.65 +0.4 | Sofie Skancke Krauss | 98 | Lillestrøm | 25.05.2013 |
| 13.68 -0.5 | Elèn Linchausen Skar | 06 | Oslo/Bi | 28.08.2022 |
| 13.75 V? | Victoria Hillveg | 86 | Bjørkelangen | 21.05.2000 |
| 13.77 V? | Mari Robøle | 96 | Lillehammer/Ss | 30.06.2002 |
| 13.78 +0.3 | Frida Rimstad | 07 | Lillestrøm | 21.05.2022 |
| 13.81 -0.9 | Tonje Oliversen | 91 | Lillehammer/Ss | 26.06.2005 |
| 13.86 V? | Siri-Anne Lund | 69 | Oslo/Bi | 21.07.1988 |
| 13.94 -0.1 | Ann Kristin Aslakrud | 94 | Nadderud | 14.06.2015 |
| 13.96 +1.6 | Munda Mkanda | 94 | Lillestrøm | 14.06.2008 |
| 14.10 +0.4 | Ida Berg Hansen | 92 | Jessheim | 02.06.2008 |
| 14.11 V? | Sigrid Nyland | 87 | Jessheim | 23.09.2002 |
| 14.12 -0.3 | Hedda Algarheim Tverås | 01 | Lillehammer/Ss | 21.06.2015 |
| 14.20 -1.0 | Liv Kristina Holter | 97 | Lillehammer/Ss | 20.06.2010 |
| 14.23 -1.8 | Mathilde Marie Solberg | 99 | Lillestrøm | 25.05.2013 |
| 14.24 -0.4 | Munda Mkanda | 94 | Lillehammer/Ss | 24.06.2007 |
| 14.25 V? | Elisabeth Langrusten | 86 | Jessheim | 19.08.2002 |
| 14.26 +0.7 | Ebba Beyer | 98 | Lillestrøm | 24.05.2014 |
| 14.28 V? | Kari Kamstrup (Hovind) | 56 | Oslo/Bi | 28.07.1984 |
| 14.31 -0.9 | Natalie Nordbech Jøransen | 07 | Jessheim | 07.08.2022 |
| 14.33 -1.0 | Silje Disserud | 91 | Lillehammer/Ss | 25.06.2005 |

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| **KVINNER SENIOR** | **10** |

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

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| 14.36 V? | Mari Solbrekken | 87 | Jessheim | 13.06.2005 |
| 14.36 -0.9 | Hanna Schultze Toverud | 96 | Lillehammer/Ss | 26.06.2011 |
| 14.43 -0.5 | Martine Lystad | 91 | Lillehammer/Ss | 25.06.2005 |
| 14.44 V? | Kristin Urnes | 75 | Jessheim | 29.09.1990 |
| 14.46 +1.5 | Tuva Forsbacka | 09 | Lillehammer/Ss | 25.06.2023 |
| 14.50 +1.8 | Claudia Charles | 04 | Jessheim | 23.05.2017 |
| 14.52 +0.3 | Vilde Svardahl | 01 | Lillestrøm | 24.05.2014 |
| 14.57 V? | Tonje Berg | 85 | Jessheim | 26.05.2005 |
| 14.64 | Inger Lise Sundheim | 55 | Jessheim | 26.09.1997 |
| 14.66 -0.5 | Karoline Bakkerud | 06 | Oslo/St | 10.09.2022 |
| 14.67 | Siv Anita Engh | 85 | Jessheim | 23.09.2002 |
| 14.71 -1.0 | Charlotte Oliversen | 91 | Lillehammer/Ss | 26.06.2005 |
| 14.74 | Ingrid Maudal | 82 | Oslo/Bi | 13.06.1998 |
| 14.76 +0.6 | Sara Isabella Bertheussen | 07 | Jessheim | 07.08.2022 |
| 14.78 | Anne Kamstrup Hovind | 88 | Jessheim | 20.06.2002 |
| 14.86 | Kamilla Bråthen | 77 | Jessheim | 28.05.1991 |
| 14.87 | Hilde Gustavson | 87 | Lillehammer/Ss | 30.06.2002 |
| 14.87 +1.8 | Katrine Hoff | 91 | Jessheim | 22.05.2006 |
| 14.92 +0.9 | Nikoline Håndstad | 01 | Lillestrøm | 24.05.2014 |
| 15.01 | Kari Robøle | 86 | Jessheim | 13.06.2005 |
| 15.06 | Lillian Langseth | 88 | Jessheim | 22.08.2005 |
| 15.07 | Marie Tømmerberg | 91 | Jessheim | 13.06.2005 |
| 15.10 | Mari Jellum | 79 | Nadderud | 18.06.1994 |
| 15.15 | Sofie Rostad | 94 | Jessheim | 16.06.2009 |
| 15.16 | Hanne Nyheim | 79 | Nadderud | 18.06.1994 |
| 15.23 -2.3 | Ida Tonhaugen | 95 | Jessheim | 26.05.2011 |
| 15.31 | Eva Tronrud | 69 | Kirkenær | 23.05.1983 |
| 15.35 | Pernille Halle | 91 | Jessheim | 14.06.2004 |
| 15.48 -1.6 | Ebba Beyer | 98 | Lillestrøm | 26.05.2012 |
| 15.56 | Maren Fald Gården | 88 | Jessheim | 20.06.2002 |
| 15.63 | Irene Schulze Toverud | 67 | Drammen/Ma | 26.08.2011 |
| 15.81 +1.7 | Brit Helen Lye | 77 | Jessheim | 11.08.2018 |
| 15.83 -2.4 | Ingrid Johansen | 00 | Jessheim | 08.05.2014 |
| 15.90 -2.6 | Andrea Jødahl | 01 | Jessheim | 08.05.2014 |

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| **KVINNER SENIOR** | **11** |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 12.3 Vind? | Lena Opaker | 69 | Jessheim | 22.09.1994 |
| 12.3 +1.8 | Summer Steinsrud | 01 | Fagernes | 01.06.2020 |
| 12.4 +0.1 | Betina Jeanine Nilssen | 92 | Jessheim | 04.06.2007 |
| 12.5 +1.6 | Inger Birgitte Reppe | 68 | Bjørkelangen | 30.08.1987 |
| 12.7 | Kari Mo | 38 | Oslo/Bi | 16.05.1955 |
| 12.8 | Lene Kristin Nyland | 74 | Bjørkelangen | 09.09.1989 |
| 13.0 | Winnie Lindner | 44 | Moss/Me | 18.09.1960 |
| 13.0 | Tone Lauritzen | 76 | Jessheim | 23.09.1992 |
| 13.0 | Kristine Heggelund | 76 | Jessheim | 01.06.1993 |
| 13.0 | Liv Anita Mikkelborg | 80 | Jessheim | 22.09.1994 |
| 13.1 | Hilde Verpe | 63 | Strømmen | 20.06.1976 |
| 13.2 | Ingrid Sundby | 39 | Sarpsborg | 03.06.1956 |
| 13.2 | Kristin Brekke | 65 | Oslo/Bi | 10.06.1981 |
| 13.2 | Anne Knutsen | 67 | Oslo/St | 19.08.1981 |
| 13.2 | Kristin Andersen | 70 | Jessheim | 28.05.1986 |
| 13.3 | Siri-Anne Lund | 69 | Jessheim | 27.07.1988 |
| 13.4 | Astrid Sundby | 42 | Strømmen | 21.09.1963 |
| 13.4 | Marit Wiig | 49 | Råholt | 12.06.1966 |
| 13.5 | Marie Belsvik | 36 | Sandvika/Ka | 10.06.1955 |
| 13.5 | Anne Lise Aas | 41 | Jessheim | 17.06.1959 |
| 13.5 | Ragnhild Sundby | 44 | Jessheim | 16.06.1959 |
| 13.5 | Vera Martinsen | 47 | Strømmen | 03.09.1961 |
| 13.5 | Eva Tronrud | 69 | Lillestrøm | 02.07.1983 |
| 13.5 | Eva Cathrine Torvund | 69 | Nadderud | 22.06.1985 |
| 13.6 | Åshild Sørum | 39 | Kløfta | 08.06.1955 |
| 13.6 | Eva Myrvang | 41 | Jessheim | 10.06.1959 |
| 13.6 | Grethe Uhlen | 49 | Jessheim | 13.06.1965 |
| 13.6 | Anne Mette Olsen | 54 | Strømmen | 12.09.1970 |
| 13.6 | Marit Rogstad | 67 | Oslo/Bi | 06.06.1983 |
| 13.6 | Ellen Undseth | 73 | Hønefoss | 13.09.1986 |
| 13.7 | Liv Knutsen | 52 | Råholt | 27.08.1966 |
| 13.8 | Anne Berit Eik | 49 | Jessheim | 16.08.1964 |
| 13.8 | Kari Fjeldberg | 68 | Nadderud | 18.06.1982 |
| 13.8 | Guri Fjeldberg | 69 | Nadderud | 22.06.1985 |
| 13.8 | Elisabeth Langrusten | 86 | Bjørkelangen | 31.05.2003 |
| 13.9 | Berit Børresen | 48 | Lillestrøm | 24.08.1963 |
| 13.9 | Marit Ørvik | 50 | Jessheim | 16.08.1964 |
| 13.9 | Cecilie Laake | 66 | Jessheim | 19.08.1979 |
| 13.9 | Britt Folge | 66 | Jessheim | 01.09.1980 |
| 13.9 | Hilde Johansen | 66 | Jessheim | 01.09.1980 |
| 13.9 | Hege Rustad | 70 | Oslo/La | 08.09.1985 |
| 13.9 | Tonje Berg | 85 | Jessheim | 13.06.2000 |
| 13.9 | Kari Robøle | 86 | Bjørkelangen | 31.05.2003 |
| 14.0 | Inge Sand | 43 | Lena | 06.07.1958 |
| 14.0 | Tove Dønnum | 40 | Jessheim | 02.10.1960 |

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| **KVINNER SENIOR** | **12** |

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

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| --- | --- | --- | --- | --- |
| 14.0 | Mabel Owren | 51 | Jessheim | 11.06.1965 |
| 14.0 | Else Opsahl | 32 | Jessheim | 11.06.1965 |
| 14.0 | Kari Wang | 56 | Lillestrøm | 25.06.1969 |
| 14.0 | Mona Øversveen | 67 | Kil, SWE | 15.07.1982 |
| 14.0 | Heidi Bogstad | 67 | Jessheim | 12.09.1982 |
| 14.0 | Inger Lise Sundheim | 55 | Oslo/So | 15.09.1996 |
| 14.0 | Tonje Oliversen | 91 | Jessheim | 20.09.2004 |
| 14.0 | Silje Disserud | 91 | Jessheim | 01.10.2005 |
| 14.1 | Borghild Hansen | 45 | Jessheim | 01.08.1959 |
| 14.1 | Cora Halsan | 47 | Jessheim | 10.09.1961 |
| 14.1 | Berit Dønnum | 41 | Oslo/Bi | 30.09.1962 |
| 14.1 | Inger Anne Nerhagen | 57 | Jessheim | 22.06.1973 |
| 14.1 | Tone Sæthermoen | 69 | Blaker/Br | 26.08.1982 |
| 14.1 | Kristin Urnes | 75 | Jessheim | 18.05.1992 |
| 14.2 | Anita Melbye | 58 | Nannestad | 17.06.1971 |
| 14.2 | Karin Kvamme | 58 | Lillestrøm | 26.09.1971 |
| 14.2 | Marian Andersen | 60 | Lillestrøm | 14.08.1974 |
| 14.2 | Laila Skibakk | 40 | Jessheim | 07.10.1985 |
| 14.3 | Liv Jensen | 40 | Oslo/Bi | 11.06.1956 |
| 14.3 | Turid Seime | 44 | Jessheim | 24.08.1958 |
| 14.3 | Tove Sundby | 51 | Strømmen | 21.08.1965 |
| 14.3 | May Britt Engenes | 53 | Lillestrøm | 03.09.1969 |
| 14.3 | May Britt Mehren | 57 | Strømmen | 22.06.1969 |
| 14.3 | Gro Verpe | 62 | Lørenfallet | 21.06.1975 |
| 14.4 | Ragnhild Dahl | 50 | Jessheim | 16.08.1964 |
| 14.4 | Eli Jensen | 62 | Lørenfallet | 31.08.1976 |
| 14.4 | Torill Pedersen | 69 | Jessheim | 27.05.1982 |
| 14.4 | Kari Kamstrup Hovind | 56 | Jessheim | 06.06.1996 |
| 14.5 | Ingrid Sundby | 39 | Jessheim | 28.05.1958 |
| 14.5 | Rikke Rosenkilde | 50 | Råholt | 22.09.1963 |
| 14.5 | Anne Beate Kogstad | 63 | Jessheim | 11.09.1974 |
| 14.5 | Heidi Bogstad | 67 | Jessheim | 01.09.1980 |
| 14.5 | Else Søgaard | 65 | Jessheim | 01.09.1980 |
| 14.6 | Unn Henriksen | 42 | Oslo/Bi | 11.06.1956 |
| 14.6 | Anne Majorsæter | 48 | Råholt | 23.09.1962 |
| 14.6 | Ingrid Møinichen | 48 | Nannestad | 21.06.1963 |
| 14.6 | Anniken Lunder | 62 | Jessheim | 29.06.1973 |
| 14.6 | Kristin Kublikkseter | 67 | Jessheim | 30.06.1979 |
| 14.6 | Hilde Ødemark | 64 | Jessheim | 19.08.1979 |
| 14.6 | Guri Fjeldberg | 69 | Årjäng, SWE | 19.07.1981 |
| 14.6 | Marit Undseth | 76 | Årnes | 25.06.1988 |
| 14.6 | Siodine Hansen | 75 | Bjørkelangen | 10.08.1989 |
| 14.6 | Lise Mette Holme | 83 | Jessheim | 16.06.1997 |
| 14.6 | Hilde Gustavson | 87 | Jessheim | 19.08.2002 |

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| **KVINNER SENIOR** | **13** |

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

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| --- | --- | --- | --- | --- |
| 14.7 | Gry Vera Gjevert | 60 | Kløfta | 23.06.1973 |
| 14.7 | Irene Schultze | 67 | Oslo/St | 19.08.1981 |
| 14.7 | Unn Hoel | 69 | Jessheim | 15.08.1982 |
| 14.7 | Charlotte Oliversen | 91 | Jessheim | 20.09.2004 |
| 14.9 | Anne Marie Søberg | 45 | Kløfta | 10.08.1958 |
| 14.9 | Anne Karin Fagertun | 46 | Strømmen | 03.09.1961 |
| 14.9 | Åshild Sørum | 39 | Råholt | 11.06.1961 |
| 14.9 | Hilde Sørensen | 61 | Strømmen | 11.06.1975 |
| 14.9 | Anne Lillegård | 73 | Jessheim | 19.08.2002 |
| 15.0 | Aase Alstad | 48 | Råholt | 23.09.1962 |
| 15.0 | Mariann Hansen | 60 | Strømmen | 11.06.1975 |
| 15.0 | Anne Berit Haug | 64 | Lørenfallet | 31.08.1976 |
| 15.0 | Marianne Haglund | 67 | Rolvsrud | 14.09.1980 |
| 15.0 | Heidi Rønning | 67 | Rolvsrud | 14.09.1980 |
| 15.0 | Eva Torvund | 69 | Jessheim | 26.09.1981 |
| 15.1 | Randi Øye | 55 | Lillestrøm | 17.09.1967 |
| 15.1 | Tone Furuseth | 54 | Strømmen | 31.08.1968 |
| 15.1 | Britt Scheie | 64 | Strømmen | 20.06.1976 |
| 15.1 | Line Martinsen | 71 | Jessheim | 19.08.2002 |
| 15.2 | Kari Jørgensen | 44 | Kløfta | 10.08.1958 |
| 15.2 | Britt Eriksen | 54 | Lillestrøm | 17.09.1967 |
| 15.2 | Tone Nordby Andersen | 55 | Jessheim | 24.06.1969 |
| 15.2 | Anne Lise Opheim | 59 | Strømmen | 09.09.1972 |
| 15.2 | Irene Vole Olsen | 77 | Jessheim | 28.09.1989 |
| 15.2 | Mari Jellum | 79 | Jessheim | 01.06.1993 |
| 15.3 | Randi Sydtangen | 67 | Årnes | 07.08.1985 |
| 15.4 | Turid Seime | 44 | Jessheim | 15.09.1959 |
| 15.4 | Astrid Mathisen | 76 | Jessheim | 30.05.1988 |
| 15.5 | Turid Ligård | 58 | Råholt | 07.07.1971 |
| 15.5 | Anne Gro Digerud | 52 | Strømmen | 29.09.1965 |
| 15.5 | Grete Ellingsen | 58 | Nannestad | 17.06.1971 |
| 15.6 | Kristin Ladegård | 56 | Jessheim | 20.08.1969 |
| 15.6 | Siri Støverud | 73 | Jessheim | 15.09.1986 |
| 15.6 | Hanne Frydenlund | 76 | Jessheim | 30.05.1989 |
| 15.6 | Hege Christiansen | 76 | Nannestad | 14.06.1989 |
| 15.6 | Hege Johansen | 75 | Nannestad | 14-06.1989 |
| 15.7 | Ingvild Fjeldheim | 75 | Jessheim | 30.05.1988 |
| 15.7 | Elisabeth Berg Mehus | 74 | Jessheim | 05.06.1989 |
| 15.7 | Brit Helen Lye | 77 | Jessheim | 27.09.2018 |
| 15.8 | Monika Kverby | 75 | Jessheim | 28.09.1987 |
| 15.8 | Siw Vestengen | 72 | Jessheim | 30.05.1988 |
| 15.8 | Maren Skafle | 86 | Jessheim | 14.06.1999 |
| 15.8 | Unn Helen Grønvold | 61 | Jessheim | 19.08.2002 |
| 16.0 | Brit Elton | 45 | Råholt | 20.08.1960 |
| 16.0 | Rita Havenstrøm | 55 | Lillestrøm | 10.09.1967 |

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| **KVINNER SENIOR** | **14** |

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

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| --- | --- | --- | --- | --- |
| 16.0 | Ellen Andersen | 57 | Rolvsrud | 14.06.1970 |
| 16.0 | Torill Henriksen | 61 | Jessheim | 19.09.1971 |
| 16.0 | Gabrielle Klouda | 76 | Jessheim | 19.08.2002 |
| 16.1 | Karianne Kverneggen | 75 | Jessheim | 18.05.1987 |
| 16.1 | Astrid Huitfeldt | 77 | Jessheim | 30.05.1988 |
| 16.1 | Maria Sølvberg | 76 | Jessheim | 30.05.1989 |
| 16.2 | Wenche Fjeldheim | 75 | Jessheim | 30.05.1988 |
| 16.2 | Lene Engebretsen | 88 | Årnes | 30.06.2004 |
| 16.3 | Laila Borge | 51 | Jessheim | 30.05.1989 |
| 16.3 | Marianne Opsahø | 73 | Jessheim | 19.08.2002 |
| 16.4 | Christine Sørmo | 88 | Jessheim | 13.06.2000 |
| 16.5 | Ellen Refsum | 41 | Jessheim | 22.06.1960 |
| 16.5 | Anniken Lunder | 62 | Kløfta | 23.06.1973 |

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| **150m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.91 +0.3 | Summer Steinsrud | 01 | Oslo/Bi | 07.06.2020 |
| 20.40 +1.3 | Linnea Bratteng | 07 | Oslo/La | 12.05.2023 |
| 21.64 -0.3 | Sofie Schancke Krauss | 98 | Jessheim | 23.08.2012 |
| 21.92 -0.3 | Helena Seland Myhre | 97 | Jessheim | 23.08.2012 |
| 22.68 V? | Lena Øines | 69 | Jessheim | 23.08.1999 |
| 22.86 -0.3 | Victoria Børresen | 98 | Jessheim | 23.08.2012 |
| 23.10 -0.3 | Maren Eriksen Skappel | 96 | Jessheim | 23.08.2012 |

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| **KVINNER SENIOR** | **15** |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 24.55 +1.2 | Linn Helene Bakke | 91 | Esjberg, DEN | 01.09.2007 |
| 25.35 +0.8 | Vår Åsheim | 99 | Oslo/B i | 18.07.2018 |
| 25.38 +1.5 | Birgitte Kjuus | 99 | Asker/Fø | 04.06.2016 |
| 25.53 +0.6 | Betina Nilssen | 92 | Lillehammer/Ss | 20.06.2008 |
| 25.72 -1.1 | Summer Steinsrud | 01 | Nittedal | 13.06.2020 |
| 26.05 +0.8 | Lena Opaker | 69 | Oslo/Bi | 20.06.1995 |
| 26.12 +0.9 | Tonje Moen | 00 | Lillehammer/Ss | 23.06.2017 |
| 26.31 +1.5 | Kari Ingelin Sjøstrøm Johnsen | 03 | Nadderud | 15.06.2019 |
| 26.75 -1.0 | Solveig Emilie Johansen | 03 | Presthus | 24.08.2019 |
| 26.84 +0.0 | Inger Birgitte Reppe | 68 | Oslo/Bi | 09.08.1984 |
| 26.85 +1.3 | Mina-Marie Finsveen | 07 | Jessheim | 11.08.2023 |
| 26.86 -0.1 | Emilie Hov Andreassen | 00 | Oslo/Bi | 09.08.2015 |
| 26.98 -0.1 | Charlotte Grasmoe | 96 | Brandbu | 27.06.2015 |
| 27.17 -1.7 | Liv Anita Mikkelborg | 80 | Jessheim | 03.08.1995 |
| 27.33 +1.3 | Elèn Linchausen Skar | 06 | Göteborg, SWE | 19.06.2022 |
| 27.44 +0.2 | Linnea Sjøstrøm Johansen | 06 | Göteborg, SWE | 19.06.2022 |
| 27.66 +0.4 | Frida Kristine Forberg | 92 | Lillehammer/Ss | 20.06.2008 |
| 27.68Vind? | Tone Lauritzen | 76 | Jessheim | 03.08.1995 |
| 27.74 V? | Kristine Heggelund | 76 | Jessheim | 28.05.1992 |
| 27.82 +1.3 | Tonje Oliversen | 91 | Lillehammer/Ss | 23.06.2005 |
| 27.89 +1.3 | Marthe Sand | 98 | Jessheim | 04.06.2020 |
| 28.03 V? | Lene Kristin Nyland | 74 | Jessheim | 19.05.1990 |
| 28.47 -0.6 | Susann Bakke | 92 | Oslo/Bi | 17.08.2008 |
| 28.48 V? | Kari Fjeldberg | 68 | Oslo/Bi | 09.08.1984 |
| 28.50 +1.7 | Ida Berg Hansen | 92 | Lillehammer/Ss | 20.06.2008 |
| 28.54 +0.8 | Frida Rimstad | 07 | Oslo/Bi | 29.05.2022 |
| 28.60 +0.2 | Rikke Gustavson | 93 | Jessheim | 25.05.2010 |
| 28.65 +1.7 | Hanna Schultze Toverud | 96 | Ski | 13.08.2011 |
| 28.83 +0.4 | Linnea Marie Bratteng | 07 | Nittedal | 21.08.2021 |
| 28.93 +1.3 | Silje Disserud | 91 | Lillehammer/Ss | 23.06.2005 |
| 29.00 +0.2 | Sofie Rostad | 94 | Jessheim | 25.06.2010 |
| 29.01 +0.6 | Natalie Norbech Jøransen | 07 | Ås | 01.04.2022 |
| 29.06 +1.1 | Hanna Rimstad | 10 | Rud | 18.06.2023 |
| 29.16 -0.2 | Vilde Svardahl | 01 | Asker/Fø | 06.06.2015 |
| 29.18 +0.4 | Mathilde Marie Solberg | 99 | Nadderud | 14.06.2013 |
| 29.22 +0.5 | Astrid Knudsen Walstad | 11 | Lillestrøm | 13.05.2023 |
| 29.30 V? | Kari Robøle | 86 | Asker/Fø | 18.08.2002 |
| 29.33 +0.6 | Hedda Algarheim Tverås | 01 | Lillestrøm | 31.05.2015 |
| 29.46 +1.7 | Hermine Opsahl Torgersen | 10 | Jessheim | 11.08.2023 |
| 29.47 +1.3 | Martine Lystad | 91 | Lillehammer/Ss | 23.06.2005 |
| 29.54 -0.1 | Amalie Westby Liestøl | 02 | Lillestrøm | 31.05.2015 |
| 29.61 -0.4 | Charlotte Oliversen | 91 | Lillehammer/Ss | 24.06.2004 |
| 29.68 V? | Kari Kamstrup (Hovind) | 56 | Oslo/Bi | 27.07.1984 |
| 29.70 +0.8 | Mari Solbrekken | 87 | Jessheim | 12.07.2004 |

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| **KVINNER SENIOR** | **16** |

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

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| --- | --- | --- | --- | --- |
| 29.73 +0.9 | Liv Kristina Holter | 97 | Lillestrøm | 28.08.2010 |
| 29.75 +0.0 | Christine Nerhagen | 91 | Lillehammer/Ss | 24.06.2004 |
| 29.81 V? | Kristin Urnes | 75 | Jessheim | 27.09.1990 |
| 29.82 V? | Anne Lillegård | 73 | Jessheim | 21.06.1999 |
| 29.87 +0.5 | Heidi Stubs Holdal | 92 | Lillehammer/Ss | 23.06.2005 |
| 29.98 -0.6 | Mathea Edle Olsen | 05 | Moss/Me | 30.06.2018 |
| 30.06 +0.0 | Mari Steen Myrvang | 06 | Asker/Fø | 08.06.2019 |
| 30.07 +1.3 | Marie Tømmerberg | 91 | Lillehammer/Ss | 23.06.2005 |
| 30.11 +0.4 | Hilde Gustavson | 87 | Oslo/Bi | 22.06.2003 |
| 30.17 -0.8 | Linnea De Zillo Lecomte | 07 | Jessheim | 29.05.2021 |
| 30.21 +1.7 | Maren Eriksen Skappel | 96 | Lillehammer/Ss | 17.06.2010 |
| 30.23 | Tonje Berg | 85 | Bjørkelangen | 05.06.2005 |
| 30.38 +1.5 | Sina Sandholt | 92 | Nadderud | 09.09.2006 |
| 30.44 +0.6 | Wilma Torbjørnsen | 07 | Rjukan | 05.09.2020 |
| 30.46 +0.2 | Victoria Børresen | 98 | Sofiemyr | 25.08.2013 |
| 30.51 | Munda Mkanda | 94 | Jessheim | 16.08.2007 |
| 30.53 | Siv Anita Engh | 85 | Oslo/Bi | 05.06.2001 |
| 30.62 +0.3 | Nikoline Håndstad | 01 | Lillestrøm | 11.05.2014 |
| 30.78 | Inger Lise Sundheim | 55 | Jessheim | 19.08.2001 |
| 30.94 V? | Ida Fosland | 02 | Lillestrøm | 15.06.2016 |
| 30.96 +0.4 | Oda Rognstad | 05 | Nadderud | 17.06.2018 |
| 31.26 | Stine Bøe Karlsen | 91 | Jessheim | 22.05.2006 |
| 31.32 +1.5 | Oda Wennemo | 92 | Nadderud | 10.09.2006 |
| 31.49 +1.7 | Tuva Isabella Forsbacka | 09 | Nadderud | 12.06.2022 |
| 31.52 | Irene Schulze Toverud | 67 | Drammen/Ma | 27.08.2011 |
| 31.71 +1.4 | Claudia Charles | 04 | Jessheim | 23.05.2017 |
| 32.01 | Mari Jellum | 79 | Bjørkelangen | 15.05.1993 |
| 32.04 | Ida Berg Hansen | 92 | Jessheim | 17.08.2006 |
| 32.12 -0.9 | Sara Isabella Bertheussen | 07 | Nittedal | 21.08.2021 |
| 32.16 -1.3 | Ebba Beyer | 98 | Lillestrøm | 26.05.2013 |
| 32.18 | Turid Kamstrup Hovind | 92 | Jessheim | 17.08.2006 |
| 32.33 | Elena Teresa Haugan-Teixeira | 07 | Jessheim | 11.08.2019 |
| 32.36 | Bettina Julsrud Berg | 12 | Jessheim | 11.08.2023 |
| 32.39 -0.3 | Andrea Jødahl | 01 | Lillestrøm | 25.05.2014 |
| 32.47 | Anna Jørgensen | 11 | Jessheim | 06.08.2022 |
| 32.52 +0.8 | Lene Engebretsen | 88 | Jessheim | 12.07.2004 |
| 32.66 | Lea Hammer | 10 | Nadderud | 17.09.2021 |
| 32.68 | June Laake | 04 | Arvika, SWE | 26.07.2015 |
| 32.87 | Marthe Mikkelsen | 94 | Jessheim | 17.08.2006 |
| 33.05 +1.4 | Julie Hammer | 04 | Jessheim | 23.05.2017 |
| 33.52 | Karoline Ødemark Hov | 95 | Nadderud | 14.06.2009 |
| 33.54 | Hermine Opsahl Torgersen | 10 | Nadderud | 17.09.2021 |
| 33.95 +1.7 | Britt Helen Lye | 77 | Jessheim | 12.08.2018 |
| 34.10 | Kirsten Daae Wiig | 97 | Jessheim | 19.09.2009 |
| 34.26 +0.4 | Malena Gulbrandsen Høe | 05 | Nadderud | 17.06.2018 |

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| **KVINNER SENIOR** | **17** |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 25.6 -0.3 | Summer Steinsrud | 01 | Oslo/Bi | 07.06.2020 |
| 26.1 +0.6 | Betina Jeanine Nilssen | 92 | Jessheim | 04.06.2007 |
| 26.6 +0.9 | Lene Kristin Nyland | 74 | Bjørkelangen | 10.09.1989 |
| 26.7 Vind? | Kari Mo | 38 | Sandvika/Ka | 16.08.1955 |
| 26.8 V? | Inger Birgitte Reppe | 68 | Oslo/Bi | 29.08.1984 |
| 27.3 V? | Tone Lauritzen | 76 | Jessheim | 26.09.1994 |
| 27.4 V? | Kristine Heggelund | 76 | Ski | 24.08.1991 |
| 27.7 V? | Kirsten Andersen | 70 | Jessheim | 01.08.1986 |
| 27.9 V? | Winnie Lindner | 44 | Lillestrøm | 19.06.1960 |
| 27.9 +0.8 | Victoria Hillveg | 86 | Ski | 16.09.2000 |
| 28.0 V? | Grethe Uhlen | 49 | Jessheim | 15.08.1964 |
| 28.0 V? | Anne Mette Olsen | 54 | Strømmen | 05.09.1971 |
| 28.1 +0.6 | Frida Kristine Forberg | 92 | Jessheim | 04.06.2007 |
| 28.2 | Berit Dønnum | 41 | Lillestrøm | 25.08.1963 |
| 28.2 | Ellen Undseth | 73 | Jessheim | 25.09.1986 |
| 28.3 | Kristin Brekke | 65 | Strømmen | 24.08.1979 |
| 28.4 | Berit Børresen | 48 | Lillestrøm | 24.08.1963 |
| 28.4 | Inger Lise Borgen | 64 | Oslo/Bi | 28.08.1983 |
| 28.5 | Anne Lise Aas | 41 | Lillestrøm | 19.06.1960 |
| 28.5 | Guri Fjeldberg | 69 | Nadderud | 30.05.1985 |
| 28.5 | Kari Kamstrup | 56 | Nadderud | 30.05.1985 |
| 28.5 | Anne Lillegård | 73 | Jessheim | 27.05.2004 |
| 28.7 | Eva Myrvang | 41 | Nannestad | 06.06.1959 |
| 28.7 | Kristin Bogstad | 64 | Lillestrøm | 08.09.1979 |
| 28.7 | Marit Rogstad | 67 | Oslo/Bi | 24.08.1982 |
| 28.8 | Eva Cathrine Torvund | 69 | Nadderud | 30.06.1985 |
| 28.9 | Anne Berit Eik | 49 | Jessheim | 16.08.1964 |
| 28.9 | Kristin Brekke | 65 | Jessheim | 18.06.1980 |
| 29.0 | Tove Dønnum | 40 | Kløfta | 03.09.1960 |
| 29.0 | Ragnhild Sundby | 44 | Kløfta | 03.09.1960 |
| 29.0 | Astrid Sundby | 42 | Råholt | 31.08.1963 |
| 29.2 | Åshild Sørum | 39 | Jessheim | 05.07.1961 |
| 29.2 | Marit Wiig | 49 | Råholt | 13.08.1966 |
| 29.2 | Cecilie Laake | 66 | Oslo/Bi | 30.08.1979 |
| 29.2 | Heidi Bogstad | 67 | Larvik/Lo | 05.09.1982 |
| 29.3 | Hege Rustad | 70 | Oslo/La | 08.09.1985 |
| 29.3 | Elisabeth Langrusten | 86 | Jessheim | 19.08.2002 |
| 29.4 | Liv Knutsen | 52 | Råholt | 28.08.1966 |
| 29.4 | Kari Fjeldberg | 68 | Larvik/Lo | 2805.1985 |
| 29.6 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 29.7 | Liv Kristina Holter | 97 | Jessheim | 03.09.2010 |
| 29.8 | May Britt Engenes | 53 | Strømmen | 03.09.1969 |
| 29.9 | Ingrid Sundby | 39 | Lillestrøm | 04.09.1955 |
| 29.9 | Mari Solbrekken | 87 | Jessheim | 16.08.2004 |

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| **KVINNER SENIOR** | **18** |

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

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| --- | --- | --- | --- | --- |
| 30.0 | Kari Wang | 56 | Jessheim | 19.09.1971 |
| 30.0 | Hege Lundring | 73 | Jessheim | 25.09.1986 |
| 30.0 | Vår Åsheim | 99 | Jessheim | 30.05.2013 |
| 30.1 | Tone Sæthermoen | 69 | Jessheim | 02.10.1982 |
| 30.2 | Marie Belsvik | 36 | Lillestrøm | 05.09.1955 |
| 30.2 | Aase Alstad | 48 | Råholt | 22.09.1963 |
| 30.3 | Turid Seime | 44 | Jessheim | 06.08.1958 |
| 30.3 | Grete Vegel | 47 | Råholt | 14.06.1964 |
| 30.3 | Britt Folge | 66 | Lillestrøm | 08.09.1979 |
| 30.3 | Kristin Urnes | 75 | Jessheim | 26.09.1988 |
| 30.4 | Anne Karin Fagertun | 46 | Jessheim | 10.09.1961 |
| 30.4 | Cora Halsan | 47 | Råholt | 22.09.1963 |
| 30.4 | Maren Eriksen Skappel | 96 | Jessheim | 03.09.2011 |
| 30.5 | Tonje Berg | 85 | Jessheim | 19.08.2002 |
| 30.5 | Tonje Moen | 00 | Jessheim | 30.05.2013 |
| 30.6 | Kristin Jensen | 70 | Jessheim | 21.09.1987 |
| 30.6 | Hilde Gustavson | 87 | Jessheim | 16.08.2004 |
| 30.8 | Inge Sand | 43 | Sandvika/Ka | 21.09.1958 |
| 30.8 | Inger Lise Sundheim | 55 | Oslo/Bi | 18.09.1999 |
| 30.9 | Helena Seland Myhre | 97 | Jessheim | 03.09.2011 |
| 31.0 | Inger Anne Nerhagen | 57 | Strømmen | 10.09.1972 |
| 31.0 | Maren Fald Gården | 88 | Jessheim | 19.08.2002 |
| 31.1 | Emilie Hov Andreassen | 00 | Jessheim | 03.09.2011 |
| 31.1 | Hedda Algarheim Tverås | 01 | Jessheim | 30.05.2013 |
| 31.2 | Silje Disserud | 91 | Jessheim | 23.04.2005 |
| 31.3 | Line Mathisen | 71 | Jessheim | 19.08.2002 |
| 31.4 | Munda Mkanda | 94 | Jessheim | 23.04.2005 |
| 31.9 | Mathilde Marie Solberg | 99 | Jessheim | 03.09.2011 |
| 31.9 | Vilde Svardal | 01 | Jessheim | 30.05.2013 |
| 32.0 | Marit Anthonsen | 48 | Råholt | 22.09.1963 |
| 32.0 | Anne Gro Digerud | 52 | Strømmen | 01.09.1968 |
| 32.1 | Anne Majorsæter | 48 | Råholt | 22.09.1963 |
| 32.5 | Andrea Jødahl | 01 | Nadderud | 15.06.2014 |
| 32.5 | Nora Mathiesen | 97 | Jessheim | 03.09.2010 |
| 32.5 | Andrea Jødal | 01 | Jessheim | 30.05.2013 |
| 32.9 | Sofie Rostad | 94 | Jessheim | 04.09.2008 |
| 33.0 | Elisabeth Mehus | 74 | Jessheim | 26.09.1988 |
| 33.4 | Hanne Frydenlund | 76 | Jessheim | 26.09.1988 |
| 33.4 | Nora Røen Hansen | 99 | Jessheim | 03.09.2011 |
| 33.4 | Amalie Westby Liestøl | 02 | Jessheim | 30.05.2013 |
| 33.4 | Marie Næss | 00 | Jessheim | 30.05.2013 |
| 33.7 | Kirsten Daae Wiig | 97 | Jessheim | 03.09.2010 |
| 33.7 | Nikoline Håndstad | 01 | Jessheim | 30.05.2013 |

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| **KVINNER SENIOR** | **19** |

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

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| --- | --- | --- | --- | --- |
| 33.9 | Anne Sofie Østby | 99 | Jessheim | 03.09.2011 |
| 33.9 | Silje Svendsen | 01 | Jessheim | 30.05.2013 |
| 34.2 | Ingvild Fjeldheim | 75 | Jessheim | 26.09.1988 |
| 34.3 | Ida Berg Hansen | 92 | Jessheim | 23.04.2005 |
| 34.5 | Sanna Skancke Krauss | 01 | Jessheim | 30.05.2013 |
| 34.6 | Hedda Wilhelmsen | 01 | Jessheim | 30.05.2013 |
| 34.7 | Marianne Opsahl | 73 | Jessheim | 19.08.2002 |
| 35.0 | Hege Johansen | 75 | Jessheim | 26.09.1988 |
| 35.0 | Gabrielle Klouda | 76 | Jessheim | 19.08.2002 |
| 35.1 | Karianne Kverneggen | 75 | Jessheim | 26.09.1988 |

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| **KVINNER SENIOR** | **20** |

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| **300m E** |  |

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| 40.90 | Summer Steinsrud | 01 | Oslo/Bi | 07.06.2020 |
| 41.49 | Emilie Hov Andreassen | 00 | Göteborg, SWE | 06.07.2015 |
| 42.00 | Inger Birgitte Reppe | 68 | Oslo/La | 07.05.1988 |
| 42.20 | Liv Anita Mikkelborg | 80 | Skien | 05.08.1995 |
| 44.45 | Solveig Emilie Johansen | 03 | Nesodden | 29.08.2019 |
| 45.25 | Lene Kristin Nyland | 74 | Skien | 11.09.1990 |
| 45.42 | Natalie Nordbech Jøransen | 07 | Göteborg, SWE | 18.06.2022 |
| 48.65 | Victoria Eriksen | 98 | Oslo/Bi | 20.09.2012 |
| 49.54 | Hanna Schultze Toverød | 96 | Nadderud | 06.05.2014 |
| 51.29 | Victoria Børresen | 98 | Göteborg, SWE | 30.06.2013 |

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 45.9 | Anne Lillegård | 73 | Jessheim | 18.04.2002 |
| 51.5 | Anne Kamstrup Hovind | 88 | Jessheim | 15.04.2002 |
| 52.5 | Hilde Gustavson | 87 | Jessheim | 18.04.2002 |
| 52.3 | Silje Ekroll Jahren | 88 | Jessheim | 15.04.2002 |

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| **KVINNER SENIOR** | **21** |

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| **400m E** |  |

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| 55.75 | Vår Åsheim | 99 | Göteborg, SWE | 30.06.2018 |
| 58.13 | Emilie Hov Andreassen | 00 | Hamar | 18.05.2016 |
| 58.93 | Liv Anita Mikkelborg | 80 | Lillehammer/Ss | 24.06.1995 |
| 59.12 | Caroline Foss Høistad | 98 | Lillehammer/Ss | 20.05.2015 |
| 59.28 | Inger Birgitte Reppe | 68 | Nadderud | 12.08.1984 |
| 59.72 | Summer Steinsrud | 01 | Oslo/Bi | 15.07.2020 |
| 59.80 | Lena Opaker | 69 | Oslo/Bi | 08.06.1995 |
| 59.83 | Ingelin Sjøstrøm Johnsen | 03 | Nadderud | 16.06.2019 |
| 60.21 | Betina Nilssen | 92 | Jessheim | 18.08.2008 |
| 60.75 | Veronica Undseth | 94 | Lillehammer/Ss | 20.06.2015 |
| 61.17 | Therese Tærud | 96 | Lillehammer/Ss | 26.09.2013 |
| 61.71 | Frida Kristine Forberg | 92 | Lillehammer/Ss | 21.06.2008 |
| 61.94 | Elèn Linchausen Skar | 06 | Nadderud | 12.06.2022 |
| 62.28 | Guri Fjeldberg | 69 | Nadderud | 12.08.1984 |
| 62.39 | Inger Lise Borgen | 64 | Oslo/Bi | 11.08.1983 |
| 62.98 | Maren Fald Gården | 88 | Lillehammer/Ss | 24.06.2006 |
| 63.06 | Anne Lillegård | 73 | Jessheim | 14.06.2004 |
| 63.27 | Ragnhild Hammeren | 90 | Jessheim | 18.08.2008 |
| 63.97 | Linnea Sjøstrøm Johansen | 06 | Nadderud | 12.06.2022 |
| 63.76 | Kari Fjeldberg | 68 | Nadderud | 12.08.1984 |
| 64.51 | Elisabeth Langrusten | 86 | Jessheim | 14.06.2004 |
| 64.77 | Natalie Nordbech Jøransen | 07 | Rud | 18.06.2023 |
| 65.65 | Unn Hoel | 69 | Nadderud | 12.08.1984 |
| 65.96 | Helena Seland Myhre | 97 | Oslo/Bi | 19.09.2013 |
| 66.31 | Mathea Edle Olsen | 05 | Nittedal | 25.08.2018 |
| 66.38 | Hege Rustad | 70 | Nadderud | 11.08.1985 |
| 66.53 | Tonje Berg | 85 | Lillehammer/Ss | 01.07.2001 |
| 66.77 | Ida Berg Hansen | 92 | Jessheim | 18.08.2008 |
| 67.02 | Hilde Gustavson | 87 | Oslo/Bi | 28.08.2005 |
| 67.86 | Hanna Schultze Toverød | 96 | Lillehammer/Ss | 22.06.2013 |
| 68.11 | Karin Robøle | 86 | Jessheim | 27.05.2002 |
| 68.35 | Mia Jenny Østreng | 03 | Lillehammer/Ss | 22.06.2019 |
| 71.43 | Marie Tømmerberg | 91 | Lillehammer/Ss | 23.06.2007 |
| 72.69 | Victoria Børresen | 98 | Oslo/Bi | 18.08.2012 |
| 73.62 | Siw Vestengen | 72 | Jessheim | 25.09.1990 |
| 74.04 | Trine Bogstad Mangerud | 51 | Jessheim | 21.06.2001 |
| 78.74 | Anne-Torill Garli | 57 | Jessheim | 24.09.1999 |

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| **KVINNER SENIOR** | **22** |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 61.1 | Inger Lise Borgen | 64 | Nadderud | 23.08.1982 |
| 62.1 | Grethe Uhlen | 49 | Lillestrøm | 22.08.1964 |
| 62.1 | Kari Fjeldberg | 68 | Romedal | 26.05.1984 |
| 62.2 | Berit Dønnum | 41 | Sandvika/Ka | 31.08.1963 |
| 62.6 | Anne Kjersti Kvamme | 66 | Nadderud | 19.08.1985 |
| 62.7 | Elisabeth Langrusten | 86 | Bjørkelangen | 31.05.2003 |
| 63.6 | Kristin Bogstad | 64 | Lillehammer/Ss | 07.08.1980 |
| 63.6 | Nina Holm | 64 | Nadderud | 23.08.1982 |
| 64.1 | Unn Hoel | 69 | Jessheim | 22.06.1984 |
| 64.2 | Kristin Jensen | 70 | Oslo/Bi | 21.05.1987 |
| 64.3 | Anne Nyland | 58 | Lillestrøm | 20.05.1985 |
| 64.5 | Marit Rogstad | 67 | Stenungsund, SWE | 21.07.1983 |
| 64.9 | Marit Wiig | 49 | Råholt | 27.08.1966 |
| 65.1 | Inger Anne Nerhagen | 57 | Oslo/Bi | 07.06.1973 |
| 65.1 | Anne Lillegård | 73 | Jessheim | 12.06.2006 |
| 65.6 | Grete Vegel | 47 | Lillestrøm | 22.08.1964 |
| 66.2 | Kirsten Andersen | 70 | Jessheim | 24.07.1986 |
| 66.8 | Lene Kristin Nyland | 74 | Jessheim | 29.09.1987 |
| 67.0 | Anne Mette Olsen | 54 | Nannestad | 04.06.1970 |
| 67.1 | May Britt Engenes | 53 | Nannestad | 04.06.1970 |
| 67.1 | Vibeke Aarflot | 69 | Oslo/Bi | 21.05.1987 |
| 67.2 | Helena Seland Myhre | 97 | Jessheim | 30.05.2013 |
| 67.4 | Turid Seime | 44 | Årnes | 17.08.1958 |
| 67.5 | Winnie Lindner | 44 | Råholt | 26.08.1961 |
| 67.9 | Tove Dønnum | 40 | Jessheim | 24.09.1960 |
| 68.0 | Åshild Sørum | 39 | Jessheim | 19.05.1961 |
| 68.0 | Torill Henriksen | 61 | Lillestrøm | 28.07.1974 |
| 68.4 | Eva Myrvang | 41 | Jessheim | 17.06.1959 |
| 69.3 | Ragnhild Dahl | 50 | Råholt | 13.06.1964 |
| 69.3 | Gro Verpe | 62 | Lillestrøm | 02.06.1975 |
| 69.4 | Liv Knutsen | 52 | Nannestad | 25.06.1969 |
| 69.5 | Anne Lise Aas | 41 | Jessheim | 24.09.1960 |
| 69.6 | Anne Karin Fagertun | 46 | Råholt | 26.08.1961 |
| 69.6 | Maren Eriksen Skappel | 96 | Jessheim | 30.05.2013 |
| 69.8 | Karin Kvamme | 58 | Jessheim | 04.10.1970 |
| 70.5 | Cora Halsan | 47 | Lillestrøm | 24.08.1963 |
| 71.1 | Laila Skibakk | 40 | Jessheim | 18.08.1986 |
| 71.6 | Siw Vestengen | 72 | Jessheim | 30.05.1988 |
| 71.7 | Victoria Eriksen | 98 | Jessheim | 30.05.2013 |
| 72.4 | Eli Jensen | 62 | Lillestrøm | 02.06.1975 |
| 72.5 | Ingvild Fjeldheim | 75 | Jessheim | 03.10.1988 |
| 72.6 | Anne Gro Digerud | 52 | Råholt | 27.08.1966 |
| 74.5 | Vera Martinsen | 47 | Strømmen | 16.09.1962 |

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| **KVINNER SENIOR** | **23** |

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

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| 74.9 | Trine Bogstad Mangerud | 51 | Jessheim | 13.07.2000 |
| 75.0 | Anne-Kathrine Hofseth | 75 | Jessheim | 06.06.1988 |
| 75.2 | Sissel Dønnum | 43 | Jessheim | 07.08.1961 |
| 77.6 | Hilde Sørensen | 61 | Lillestrøm | 02.06.1975 |
| 78.4 | Brit Helen Lye | 77 | Jessheim | 18.10.2018 |
| 78.7 | Astrid Mathisen | 76 | Jessheim | 06.06.1988 |
| 79.4 | Gunhild Nytrøen | 76 | Jessheim | 06.06.1988 |

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| **KVINNER SENIOR** | **24** |

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| **600m** |  |

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| 1:32.83 | Josefine Heier | 96 | Täby, SWE | 04.06.2023 |
| 1:33.50 | Amalie Sæten | 97 | Bergen/Fa | 22.05.2019 |
| 1:36.65 | Wilma Anna Torbiôrnssen | 07 | Rjukan | 11.09.2021 |
| 1:37.97 | Emilie Hov Andreassen | 00 | Lillestrøm | 24.05.2014 |
| 1:39.47 | Liv Anita Mikkelborg | 80 | Lillehammer/Ss | 10.09.1994 |
| 1:41.42 | Julie Hammer | 04 | Hamar | 08.09.2018 |
| 1:42.76 | Sina Sandholt | 92 | Nadderud | 16.06.2006 |
| 1:43.5 | Karin Kvamme | 58 | Bergen/Fa | 22.08.1971 |
| 1:43.57 | Andrea Udnes Weng | 92 | Nadderud | 16.06.2006 |
| 1:43.77 | Amalie Westby Liestøl | 02 | Lillehammer/Ss | 21.06.2015 |
| 1:46.0 | Inger Anne Nerhagen | 57 | Lillestrøm | 12.08.1973 |
| 1:6.07 | Hermine Opsahl Torgersen | 10 | Oslo/Bi | 04.06.2023 |
| 1:46.22 | Caroline Foss Høistad | 98 | Nadderud | 06.05.2014 |
| 1:46.3 | Anne Lillegård | 73 | Jessheim | 15.04.2002 |
| 1:46.45 | Vilde Svardal | 01 | Lillestrøm | 30.05.2015 |
| 1:47.1 | Ellen Undseth | 73 | Kløfta | 27.05.1986 |
| 1:47.39 | Astrid Knudsen Walstad | 11 | Rud | 17.06.2023 |
| 1:47.71 | Tuva Forsbacka | 09 | Jessheim | 12.08.2023 |
| 1:47.9 | Hege Lundring | 73 | Kløfta | 27.05.1986 |
| 1:48.41 | Charlotte Oliversen | 91 | Oslo/La | 20.06.2004 |
| 1:48.52 | Mathea Rundgren Olsen | 06 | Nittedal | 16.09.2018 |
| 1:48.62 | Tonje Oliversen | 91 | Nadderud | 17.06.2005 |
| 1:48.88 | Helena Seland Myhre | 97 | Nadderud | 06.05.2014 |
| 1:49.1 | Torill Henriksen | 61 | Rolvsrud | 08.06.1974 |
| 1:49.32 | Anniken Alnæs | 94 | Lillestrøm | 14.06.2008 |
| 1:50.4 | Gro Verpe | 62 | Oslo/Bi | 02.09.1975 |
| 1:50.78 | Natalie Norbech Johansen | 07 | Jessheim | 07.08.2021 |
| 1:50.87 | Mia Nygaard Østberg | 03 | Jessheim | 23.05.2020 |
| 1:52.51 | Linnea Børresen Lecomte | 07 | Jessheim | 30.08.2021 |
| 1:52.97 | Malene Fjellestad | 97 | Nadderud | 07.05.2013 |
| 1:53.24 | Solveig Emilie Johansen | 03 | Lillestrøm | 31.05.2015 |
| 1:53.71 | June Laake | 04 | Lillestrøm | 29.05.2016 |
| 1:54.06 | Heidi Halling | 97 | Nadderud | 03.05.2012 |
| 1:54.15 | Marie Tømmerberg | 91 | Nadderud | 17.06.2005 |
| 1:54.19 | Hedda Algarheim Tverås | 01 | Lillestrøm | 24.05.2014 |
| 1:54.7 | Maria Ulvestad | 91 | Lørenfallet | 06.09.2005 |
| 1:54.71 | Hanna Rimstad | 10 | Göteborg, SWE | 17.06.2022 |
| 1:55.1 | Elisabeth Langrusten | 86 | Jessheim | 31.07.2008 |
| 1:56.52 | Victoria Børresen | 98 | Oslo/Bi | 24.09.2012 |
| 1:56.63 | Maren Eriksen Skappel | 97 | Nadderud | 03.05.2012 |
| 1:56.9 | Bente Henriksen | 59 | Lørenfallet | 13.06.1972 |
| 1:57.62 | Silje Disserud | 91 | Jessheim | 13.06.2005 |
| 1:57.91 | Silje Christine Berg-Knutsen | 05 | Nadderud | 12.06.2016 |
| 1:58.08 | Pernille Dahl | 91 | Jessheim | 13.06.2005 |

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| **KVINNER SENIOR** | **25** |

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| **600m forts.** |  |

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| 1:58.20 | Tonje Berg | 85 | Jessheim | 22.05.2000 |
| 1:58.3 | Linn Helene Bakke | 91 | Oslo/La | 19.05.2005 |
| 1:59.35 | Sofie Rostad | 94 | Oslo/Bi | 19.08.2007 |
| 1:59.7 | Turid Ligård | 58 | Jessheim | 06.06.1961 |
| 2:00.5 | Eli Jensen | 62 | Nannestad | 17.08.1975 |
| 2:00.58 | Silje Breen | 95 | Nadderud | 03.05.2012 |
| 2:00.7 | Anne Lise Opheim | 59 | Jessheim | 19.09.1971 |
| 2:00.73 | Elene Teresa Haugan-Teixeira | 07 | Jessheim | 08.08.2020 |
| 2:00.9 | Silje Ekroll Jahren | 88 | Jessheim | 15.04.2002 |
| 2:01.1 | Marie Næss | 00 | Jessheim | 30.05.2013 |
| 2:01.54 | Thilde Christiansen | 93 | Nadderud | 16.06.2006 |
| 2:01.58 | Paniel Kifleyesus | 07 | Jessheim | 29.05.2021 |
| 2:01.76 | Madeleine Kristensen | 06 | Jessheim | 23.05.2020 |
| 2:02.0 | Julie Flatner | 99 | Jessheim | 30.05.2013 |
| 2:02.40 | Ida Berg-Hansen | 92 | Jessheim | 21.08.2006 |
| 2:02.8 | Anne Kamstrup Hovind | 88 | Jessheim | 15.04.2002 |
| 2:02.87 | Anna Jørgensen | 11 | Nadderud | 19.09.2021 |
| 2:02.95 | Marte Mikkelsen | 94 | Bjørkelangen | 10.06.2006 |
| 2:02.98 | Lea Hammer | 10 | Nadderud | 19.09.2021 |
| 2:03.1 | Vår Åsheim | 99 | Jessheim | 30.05.2013 |
| 2:03.47 | Hilde Christiansen | 94 | Jessheim | 22.05.2006 |
| 2:03.5 | Mariann Rasen | 96 | Jessheim | 04.06.2007 |
| 2:04.0 | Hilde Gustavson | 87 | Jessheim | 15.04.2002 |
| 2:05.65 | Malena Gulbrandsen Høe | 05 | Jessheim | 23.05.2017 |
| 2:05.94 | Tonje Moen | 00 | Nadderud | 15.06.2012 |
| 2:06.04 | Sophie Mannion | 06 | Jessheim | 23.05.2017 |
| 2:06.4 | Ranveig Vestli | 58 | Nannestad | 17.06.1971 |
| 2:06.87 | Frøydis Åsheim | 02 | Lillestrøm | 25.05.2014 |
| 2.06.9 | Norunn Elise Bamrud | 92 | Årnes | 13.09.2006 |
| 2:07.3 | Maren Fald Gården | 88 | Jessheim | 18.04.2002 |
| 2:09.02 | Kirsten Daae Wiig | 97 | Lillestrøm | 23.08.2008 |

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| **KVINNER SENIOR** | **26** |

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| **800m** |  |

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| 2:04.80 | Amalie Sæten | 97 | Oslo/Bi | 07.06.2018 |
| 2:07.28 | Josefine Heier | 96 | Oslo/Bi | 15.06.2023 |
| 2:12.30 | Wilma Torbjørnsson | 07 | Oslo/Bi | 29.08.2023 |
| 2:12.87 | Veronica Undseth | 94 | Oslo/Bi | 28.06.2015 |
| 2:14.31 | Pia Bålsrud | 95 | Oslo/Bi | 24.06.2016 |
| 2:14.94 | Emilie Hov Andreassen | 00 | Göteborg, SWE | 03.07.2015 |
| 2:15.42 | Liv Anita Mikkelborg | 80 | Åkrestrømmen | 26.08.1995 |
| 2:16.32 | Nina Holm | 64 | Oslo/Bi | 31.05.1988 |
| 2:16.38 | Anne Nyland | 58 | Oslo/Bi | 19.06.1984 |
| 2:18.48 | Sina Sandholt | 92 | Oslo/Bi | 15.06.2007 |
| 2:18.67 | Caroline Foss Høistad | 98 | Nadderud | 13.06.2015 |
| 2:19.7 | Unn Hoel | 69 | Nadderud | 17.06.1983 |
| 2:20.2 | Inger Lise Borgen | 64 | Larvik/Lo | 05.09.1982 |
| 2:20.3 | Berit Dønnum | 41 | Oslo/Bi | 21.08.1963 |
| 2:21.57 | Silje Gundersen | 92 | Oslo/Bi | 15.06.2007 |
| 2:21.63 | Elisabeth Langrusten | 86 | Nadderud | 15.06.2003 |
| 2:21.9 | Heidi Jacobsen | 57 | Larvik/Lo | 28.07.1982 |
| 2:22.0 | Inger Birgitte Reppe | 68 | Florø | 16.09.1984 |
| 2:22.24 | Gunn Vilberg | 66 | Oslo/Bi | 19.06.1984 |
| 2:22.41 | Anne Lillegård | 73 | Lillehammer/Ss | 26.06.2005 |
| 2:22.5 | Kari Fjeldberg | 68 | Oslo/Bi | 19.06.1984 |
| 2:22.7 | Kristin Jensen | 70 | Jessheim | 28.06.1987 |
| 2:22.8 | Line Røen | 66 | Jessheim | 01.08.1986 |
| 2:23.83 | Kamilla Bråthen | 77 | Lillehammer/Ss | 30.06.1991 |
| 2:24.24 | Therese Tærud | 96 | Lillehammer/Ss | 22.05.2013 |
| 2:24.9 | Kristin Bogstad | 64 | Jessheim | 22.09.1985 |
| 2:25.0 | Hilde Rustad | 66 | Halden | 10.05.1980 |
| 2:25.07 | Kristin Sennels Hytjan | 60 | Oslo/Bi | 20.06.1985 |
| 2:25.18 | Julie Hammer | 04 | Nittedal | 11.05.2018 |
| 2:25.69 | Maren Fald Gården | 88 | Byrkjelo | 27.08.2006 |
| 2:25.8 | Ingjerd Vestengen | 65 | Halden | 10.05.1980 |
| 2:26.02 | Frida Kristine Forberg | 92 | Nadderud | 07.06.2008 |
| 2:26.69 | Amalie Westby Liestøl | 02 | Lillehammer/Ss | 19.06.2016 |
| 2:26.7 | Guri Fjeldberg | 69 | Sandnes | 23.06.1984 |
| 2:26.8 | Grethe Uhlen | 49 | Oslo/Bi | 13.05.1965 |
| 2:27.4 | May Britt Engenes | 53 | Strømmen | 05.09.1971 |
| 2:27.65 | Julie Flatner Hansen | 99 | Göteborg, SWE | 27.06.2014 |
| 2:27.9 | Ellen Undseth | 73 | Hønefoss | 13.09.1986 |
| 2:28.3 | Inger Anne Nerhagen | 57 | Oslo/Jo | 13.06.1973 |
| 2:28.3 | Silje Ekroll Jahren | 88 | Lørenfallet | 06.06.2006 |
| 2:28.6 | Grete Vegel | 47 | Jessheim | 30.08.1964 |
| 2:28.7 | Marit Rogstad | 67 | Moss/Me | 03.06.1984 |
| 2:28.73 | Vilde Svardal | 01 | Oslo/Bi | 08.08.2015 |

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| **KVINNER SENIOR** | **27** |

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| **800m forts.** |  |

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| 2:29.35 | Hege Lundring | 72 | Sofiemyr | 10.06.1989 |
| 2:29.54 | Helena Seland Myhre | 97 | Lillehammer/Ss | 07.09.2013 |
| 2:29.6 | Anne-Grete Bjørnsveen | 71 | Jessheim | 06.06.1988 |
| 2:30.0 | Marianne Opsahl | 73 | Jessheim | 01.10.2005 |
| 2:30.32 | Mia Jenny Østreng | 03 | Nadderud | 15.06.2019 |
| 2:30.41 | Tonje Oliversen | 91 | Lillehammer/Ss | 26.06.2005 |
| 2:31.0 | Liv Anita Skare | 80 | Jessheim | 23.09.2004 |
| 2:31.73 | Tuva Forsbacka | 09 | Lillehammer/Ss | 25.06.2023 |
| 2:31.75 | Cathrine Gundersen | 90 | Jessheim | 02.06.2008 |
| 2:32.17 | Malene Fjellestad | 97 | Nadderud | 15.06.2013 |
| 2.32.19 | Hermine Opsahl Torgersen | 10 | Oslo/Sp | 06.05.2023 |
| 2:32.2 | Marit Wiig | 49 | Oslo/Bi | 13.05.1965 |
| 2:32.34 | Hilde Gustavson | 87 | Oslo/Tr | 24.09.2005 |
| 2:32.47 | Vilde Noraker Alfarrustad | 96 | Göteborg, SWE | 08.07.2012 |
| 2:32.77 | Tonje Berg | 85 | Oslo/Bi | 26.05.2001 |
| 2:33.0 | Hildegunn Bjerkan | 63 | Oslo/St | 04.09.1976 |
| 2:33.03 | Andrea Udnes Weng | 92 | Oslo/Bi | 19.08.2006 |
| 2:33.26 | Sofie Rostad | 94 | Oslo/Bi | 20.08.2011 |
| 2:33.5 | Wenche Moen | 65 | Raufoss | 10.06.1981 |
| 2:33.58 | Heidi Kristine Halling | 97 | Lillehammer/Ss | 24.06.2012 |
| 2.33.60 | Elèn Linchausen Skar | 06 | Nittedal | 21.08.2022 |
| 2:33.98 | Charlotte Oliversen | 91 | Lillehammer/Ss | 26.06.2005 |
| 2:34.85 | Karoline Hertzenberg | 89 | Oslo/Bi | 24.08.2002 |
| 2:35.03 | Hanna Schultze Toverud | 96 | Ski | 13.08.2011 |
| 2:35.98 | Mathea Edle Olsen | 05 | Nittedal | 25.08.2018 |
| 2:36.5 | Tone Rustad | 67 | Årnes | 07.07.1982 |
| 2:36.5 | Christine Nerhagen | 91 | Jessheim | 16.08.2004 |
| 2:36.7 | Kristin Urnes | 75 | Jessheim | 03.09.1989 |
| 2:37.3 | Oda Wennemo | 92 | Jessheim | 22.09.2007 |
| 2:37.92 | Maren Eriksen Skappel | 96 | Nadderud | 15.06.2013 |
| 2:38.5 | Lene Kristin Nyland | 74 | Jessheim | 15.08.1987 |
| 2:39.87 | Natalie Nordbech Jøransen | 07 | Oslo/St | 09.07.2022 |
| 2:40.07 | Marie Tømmerberg | 91 | Nadderud | 17.06.2006 |
| 2:40.2 | Kaja Ekroll Jahren | 85 | Jessheim | 23.09.2002 |
| 2:40.4 | Ingvild Fjeldheim | 75 | Jessheim | 17.09.1989 |
| 2:40.5 | Line Bjørnås | 67 | Halden | 10.05.1981 |
| 2:40.61 | Mari Jellum | 79 | Jessheim | 12.09.1992 |
| 2:40.8 | Gro Verpe | 62 | Lørenfallet | 31.08.1976 |
| 2:40.8 | Nora Mathiesen | 97 | Jessheim | 19.08.2011 |
| 2:40.9 | Torill Pedersen | 69 | Strømmen | 13.06.1982 |
| 2:41.3 | Inger Johanne Haugen | 60 | Jessheim | 06.07.1975 |
| 2:41.5 | Dorthe Marie Enebakk | 04 | Jessheim | 26.09.2019 |
| 2:41.67 | Victoria Børresen | 98 | Oslo/Bi | 19.08.2012 |
| 2:41.9 | Anne-Torill Garli | 57 | Jessheim | 01.06.1997 |
| 2:42.1 | Bente Holter | 62 | Jessheim | 23.09.2002 |

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| **KVINNER SENIOR** | **28** |

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| **800m forts.** |  |

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| 2:42.2 | Kjersti Vestengen | 68 | Strømmen | 19.08.1981 |
| 2:42.2 | Ingrid Johansen | 00 | Jessheim | 28.09.2013 |
| 2:42.4 | Line Mathisen | 71 | Jessheim | 23.09.2006 |
| 2:42.5 | Vibeke Aarflot | 69 | Jessheim | 21.08.1989 |
| 2:42.6 | Trine Bogstad Mangerud | 51 | Jessheim | 03.08.2000 |
| 2:43.0 | Turid Seime | 44 | Oslo/Bi | 30.08.1958 |
| 2:43.2 | Anne-Marie Bakkerud | 49 | Lørenfallet | 25.06.1987 |
| 2:43.1 | Line Engebakken | 70 | Jessheim | 20.09.2006 |
| 2:43.5 | Lise Mette Holme | 83 | Lillehammer/Ss | 26.06.1994 |
| 2:43.6 | Siw Vestengen | 72 | Jessheim | 22.08.1990 |
| 2:43.8 | Åshild Sørum | 39 | Sandvika | 25.06.1960 |
| 2:44.0 | Eva Catrine Torvund | 69 | Oslo/Bi | 07.06.1982 |
| 2:44.1 | Anne-Berit Eik | 49 | Jessheim | 14.09.1965 |
| 2:44.2 | Sissel Huseby | 64 | Lillestrøm | 16.09.1977 |
| 2:44.4 | Cora Halsan | 47 | Lillestrøm | 24.08.1963 |
| 2:44.4 | Ida Berg Hansen | 92 | Jessheim | 04.06.2007 |
| 2:44.5 | Astrid Sundby | 42 | Jessheim | 10.09.1961 |
| 2:44.6 | June Laake | 04 | Jehhseim | 15.10.2016 |
| 2:44.67 | Stine Elisabeth Rajala | 92 | Lillehammer/Ss | 24.06.2012 |
| 2:45.0 | Sissel Dønnum | 43 | Lillestrøm | 24.08.1963 |
| 2:45.4 | Hilde Verpe | 63 | Lørenfallet | 31.08.1976 |
| 2:45.4 | Eli Jensen | 62 | Lørenfallet | 31.08.1976 |
| 2:46.0 | Hege Rustad | 70 | Nadderud | 21.06.1985 |
| 2:46.2 | Ingvild Skolt | 85 | Jessheim | 14.08.2000 |
| 2:46.38 | Hilde Marie Halling | 03 | Nadderud | 16.06.2018 |
| 2:46.4 | Hedda Aakre Skatvedt | 00 | Jessheim | 94.10.2014 |
| 2:46.7 | Benedicte Sand | 73 | Jessheim | 16.08.1993 |
| 2:46.90 | Kaja Brekke | 03 | Nadderud | 16.06.2018 |
| 2:47.0 | Mari Solbrekken | 87 | Jessheim | 25.09.2003 |
| 2:47.2 | Pernille Haslie | 91 | Jessheim | 16.08.2004 |
| 2:47.83 | Marion Skøyum Moe | 97 | Ski | 10.08.2013 |
| 2:48.4 | Ragnhild Dahl | 50 | Jessheim | 07.10.1964 |
| 2:48.6 | Marie Næss | 00 | Jessheim | 28.09.2013 |
| 2:48.63 | Natalie Norbeck Jøransen | 07 | Jessheim | 17.09.2020 |
| 2:48.9 | Emilie Tømmerberg | 88 | Jessheim | 22.09.2007 |
| 2:48.95 | Hanne Frydenlund | 76 | Nadderud | 16.06.1989 |
| 2:49.4 | Kari Robøle | 86 | Jessheim | 25.09.2003 |
| 2:49.0 | Linda Volden | 66 | Jessheim | 29.08.1994 |
| 2:49.4 | Monica Harstad | 74 | Jessheim | 28.06.1986 |
| 2:49.55 | Anette Jeppedal | 92 | Oslo/Bi | 15.05.2008 |
| 2:49.8 | Silje Scheie Bråthen | 91 | Jessheim | 27.05.2004 |
| 2:49.8 | Unn Helen Grønvold | 61 | Jessheim | 23.09.2006 |
| 2:49.9 | Ingrid Johnsen | 00 | Jessheim | 15.10.2016 |
| 2:50.5 | Vera Martinsen | 47 | Jessheim | 02.07.1962 |

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| **KVINNER SENIOR** | **29** |

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| **800m forts.** |  |

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| 2:50.50 | Anette Kiran | 82 | Sofiemyr | 05.06.1994 |
| 2.50.72 | Silje Disserud | 91 | Jessheim | 26.05.2005 |
| 2:50.8 | Ann-Marie Frydenlund | 49 | Jessheim | 28.09.1989 |
| 2:51.35 | Astrid Helene Walstad | 11 | Jessheim | 07.09.2023 |
| 2:51.5 | Ina Jakobsson | 80 | Jessheim | 14.08.1995 |
| 2:51.7 | Laila Skibakk | 40 | Lørenfallet | 04.06.1985 |
| 2:51.9 | Marianne Tømmerberg | 65 | Jessheim | 20.09.2004 |
| 2:52.00 | Hermine Opsahl Torgersen | 10 | Nittedal | 21.08.2021 |
| 2:52.1 | Vibeke Aarflot | 69 | Jessheim | 22.06.1990 |
| 2:52.3 | Silje Breen | 95 | Jessheim | 15.09.2011 |
| 2:52.4 | Anne Karin Fagertun | 46 | Råholt | 27.08.1961 |
| 2:52.5 | Claudia Asphaug | 68 | Jessheim | 18.09.2010 |
| 2:52.7 | Norunn Skildheim | 50 | Lørenfallet | 08.06.1993 |
| 2:53.3 | Tone Nordby Andersen | 55 | Jessheim | 20.08.1969 |
| 2:53.4 | Kristine Heggelund | 76 | Jessheim | 05.06.1989 |
| 2:53.4 | Marie Ulvestad | 91 | Lørenfallet | 08.06.2004 |
| 2:53.5 | Anne Kamstrup Hovind | 88 | Jessheim | 24.09.2004 |
| 2:54.02 | Frida Rimstad | 07 | Moss/Me | 21.05.2023 |
| 2:54.07 | Victoria Hillveg | 86 | Sofiemyr | 24.08.1996 |
| 2:54.2 | Aase Alstad | 48 | Råholt | 28.08.1966 |
| 2:54.2 | Gerda Tunhøvd | 61 | Jessheim | 29.08.1994 |
| 2:54.7 | Katrine Finstad | 75 | Jessheim | 15.08.1987 |
| 2:54.8 | Else Opsahl | 32 | Jessheim | 14.09.1965 |
| 2:54.9 | Silje Berg-Knutsen | 05 | Jessheim | 15.10.2016 |
| 2:55.3 | Kari Kamstrup Hovind | 56 | Jessheim | 18.08.1993 |
| 2:55.5 | Astrid Huitfeldt | 77 | Jessheim | 13.09.1989 |
| 2:55.9 | Monica Berglund | 70 | Jessheim | 17.08.1998 |
| 2:55.9 | Vår Åsheim | 99 | Jessheim | 19.09.2011 |
| 2:56.8 | Katarina Holter | 97 | Jessheim | 19.09.2011 |
| 2:56.94 | Lea Hammer | 10 | Nittedal | 21.08.2021 |
| 2:57.0 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |
| 2:57.0 | Bente Hytjan | 60 | Jessheim | 06.07.1975 |
| 2:57.0 | Siv Anita Engh | 85 | Nittedal | 08.06.1999 |
| 2:57.1 | Kirsten Daae Wiig | 97 | Jessheim | 19.09.2011 |
| 2:57.8 | Hanna Nyheim | 79 | Jessheim | 14.08.1995 |
| 2:58.1 | Irene Schultze | 67 | Jessheim | 19.05.2012 |
| 2:58.5 | June Laake | 04 | Jessheim | 04.10.2014 |
| 2:58.89 | Lea Hammer | 10 | Jessheim | 17.09.2020 |
| 2:59.3 | Heidi Blakkisrud | 69 | Nadderud | 21.06.1985 |
| 2:59.5 | Kjersti Andersen | 68 | Jessheim | 23.09.2006 |

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| **KVINNER SENIOR** | **30** |

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| **1000m** |  |

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| 3:05.1 | Hilde Rustad | 65 | Oslo/Bi | 30.08.1979 |
| 3:17.59 | Kristin Jensen | 70 | Nadderud | 12.08.1984 |
| 3:19,6 | Anne Lillegård | 73 | Årnes | 18.09.2002 |
| 3:23.73 | Elisabeth Langrusten | 86 | Jessheim | 08.06.2000 |
| 3:27.45 | June Røhne | 03 | Nittedal | 16.05.2018 |
| 3:27.5 | Kamilla Bråthen | 77 | Nannestad | 14.06.1989 |
| 3:29.0 | Ingvild Fjeldheim | 75 | Nannestad | 14.06.1989 |
| 3:34.6 | Bente Holter | 62 | Jessheim | 19.08.2002 |
| 3:48.51 | Anette Kiran | 82 | Lillehammer/Ss | 23.06.1994 |
| 3:48.4 | Marianne Opsahl | 73 | Jessheim | 19.08.2002 |
| 3:50.6 | Anne Kamstrup Hovind | 88 | Jessheim | 19.08.2002 |
| 3:58.3 | Hanne Frydenlund | 76 | Nannestad | 14.06.1989 |

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| **1000m MX** |  |

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| 2:55.57 | Wilma Thorbjørnsson | 07 | Rud | 04.05.2023 |

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| **KVINNER SENIOR** | **31** |

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| **1500m** |  |

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| 4:08.08 | Amalie Sæten | 97 | Budapest, HUN | 19.08.2023 |
| 4:25.50 | Wilma Torbjørnsson | 07 | Oslo/Bi | 15.06.2023 |
| 4:30.26 | Josefine Heier | 96 | Jessheim | 08.06.2023 |
| 4:30.51 | Silje Fjørtoft | 87 | Jessheim | 06.06.2019 |
| 4:33.56 | Hanne Mjøen Maridal | 96 | Trondheim | 22.08.2020 |
| 4:36.86 | Julie Hammer | 04 | Prestfoss | 25.08.2019 |
| 4:36.97 | Nina Holm | 64 | Stjørdal | 31.07.1988 |
| 4:37.69 | Veronica Undseth | 94 | Jessheim | 04.06.2015 |
| 4:40.72 | Caroline Foss Høistad | 98 | Hamar | 18.06.2016 |
| 4:40.91 | Anne Nyland | 58 | Oslo/Bi | 29.07.1984 |
| 4:41.72 | Hilde Rustad Høgbakken | 66 | Øvre Årdal | 23.08.1995 |
| 4:41.89 | Silje Ekroll Jahren | 88 | Oslo/Bi | 14.07.2009 |
| 4:43.04 | Pia Bålsrud | 95 | Jessheim | 01.06.2017 |
| 4:47.5 | Heidi Jacobsen | 57 | Larvik/Lo | 07.08.1982 |
| 4:48.98 | Kamilla Bråthen (Hammer) | 77 | Åkrestrømmen | 27.07.1995 |
| 4:50.0 | Hilde Rustad | 66 | Oslo/Bi | 03.09.1980 |
| 4:52.9 | Ann Kristin Halvorsen | 63 | Oslo/St | 07.06.1982 |
| 4:53.7 | Inger Lise Borgen | 64 | Oslo/St | 21.05.1981 |
| 4:54.0 | Gunn Vilberg | 66 | Jessheim | 08.06.1984 |
| 4:54.88 | Tina Moen | 00 | Jessheim | 02.06.2016 |
| 4:55.4 | Line Røen | 66 | Jessheim | 29.05.1986 |
| 4:55.64 | Emilie Hov Andreassen | 00 | Jessheim | 04.06.2015 |
| 4:58.59 | Anne Lillegård | 73 | Lillehammer/Ss | 23.06.2005 |
| 4:58.6 | Hanne Sørensen | 63 | Jessheim | 11.06.1982 |
| 4:59.84 | Ann-Torill Garli | 57 | Jessheim | 08.08.1989 |
| 5:00.2 | Hege Lundring | 73 | Jessheim | 13.06.1990 |
| 5:01.0 | Wenche Moen | 65 | Jessheim | 24.08.1983 |
| 5:01.8 | Torbjørg Muri | 62 | Jessheim | 16.06.1982 |
| 5:02.49 | Sina Sandholt | 92 | Lillehammer/Ss | 22.06.2007 |
| 5:03.20 | Hermine Opsahl Torgersen | 10 | Tønsberg/Gr | 20.05.2023 |
| 5:04.0 | Elisabeth Langrusten | 86 | Jessheim | 12.06.2003 |
| 5:04.3 | Unn Hoel | 69 | Oslo/Bi | 23.08.1982 |
| 5:04.7 | Ingjerd Vestengen | 65 | Jessheim | 08.06.1984 |
| 5:05.87 | Marthe Ervik | 96 | Jessheim | 08.08.2020 |
| 5:06.49 | Julie Flatner Hansen | 99 | Lillehammer/Ss | 19.06.2014 |
| 5:07.06 | Mia Jenny Østreng | 03 | Oslo/Bi | 15.07.2020 |
| 5:08.75 | Liv Anita Mikkelborg | 80 | Lillehammer/Ss | 24.06.1993 |
| 5:09.06 | Silje Gundersen | 92 | Lillehammer/Ss | 22.06.2007 |
| 5:09.2 | Hege Melby | 68 | Jessheim | 13.06.1986 |
| 5:09.6 | Nina Østvold | 66 | Jessheim | 16.06.1982 |
| 5:09.8 | Anne Kari Bjørnsveen | 71 | Jessheim | 13.06.1988 |
| 5:09.9 | Bente Aarflot | 72 | Jessheim | 15.06.1992 |
| 5:10.15 | Andrea Udnes Weng | 92 | Nadderud | 18.06.2006 |
| 5:11.6 | Inger Johanne Haugen | 60 | Jessheim | 09.06.1980 |

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| **KVINNER SENIOR** | **32** |

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| **1500m forts.** |  |

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| 5:11.6 | Marianne Opsahl | 73 | Oslo/Bi | 31.08.2007 |
| 5:11.81 | Line Engebakken (Mathiesen) | 71 | Oslo/Bi | 29.06.2011 |
| 5:12.7 | Frida Kristine Forberg | 92 | Jessheim | 12.06.2008 |
| 5:13.1 | Torill Evensen | 67 | Herlev, DEN | 20.06.1986 |
| 5:13.3 | Kristin Jensen | 70 | Jessheim | 09.09.1985 |
| 5:13.3 | Torunn Larsen | 68 | Jessheim | 13.06.1986 |
| 5:14.09 | Helena Seland Myhre | 97 | Lillehammer/Ss | 18.06.2015 |
| 5:14.1 | Målfrid Olsen | 66 | Strømmen | 24.08.1979 |
| 5:14.8 | Oda Wennemo | 92 | Jessheim | 12.06.2008 |
| 5:15.0 | Bente Tenold (Holter) | 62 | Jessheim | 17.09.1994 |
| 5:15:47 | Ann Kristin Ullerud | 66 | Grimstad | 20.06.1987 |
| 5:16.1 | Hildegunn Bjerkan | 63 | Jessheim | 12.06.1978 |
| 5:16.30 | Malene Fjellestad | 97 | Lillehammer/Ss | 18.06.2015 |
| 5:16.9 | Tone Rosenberg | 63 | Jessheim | 09.06.1980 |
| 5:16.9 | Anne-Siri Larsen | 49 | Jessheim | 12.06.2008 |
| 5:16.9 | Siri Kvernberg (Larsen) | 69 | Jessheim | 12.06.2008 |
| 5:17.2 | Kristin Bogstad | 64 | Jessheim | 12.06.1981 |
| 5:17.3 | Grethe Sandviken | 63 | Jessheim | 13.06.1986 |
| 5:17.95 | Vilde Svardal | 01 | Jessheim | 06.09.2015 |
| 5:18.60 | Kari Fjeldberg | 68 | Larvik/Lo | 28.08.1983 |
| 5:18.2 | Bente Iren Solberg | 61 | Jessheim | 09.06.1980 |
| 5:18.73 | Mathilde Hagen | 00 | Oslo/Bi | 15.07.2020 |
| 5:19.2 | Eva Blakkisrud | 46 | Jessheim | 08.06.1984 |
| 5:19.8 | Heidi Brendengen | 71 | Jessheim | 10.06.2004 |
| 5:20.0 | Cathrine Gundersen | 90 | Jessheim | 12.06.2008 |
| 5:21.30 | Silje Christine Berg-Knutsen | 05 | Naqdderud | 16.06.2019 |
| 5:22.3 | Kristin Sennels (Hytjan) | 60 | Jessheim | 08.06.1984 |
| 5:22.23 | Christine Nerhagen | 91 | Nadderud | 13.06.2004 |
| 5:22.69 | Maren Fald Gården | 88 | Lillehammer/Ss | 23.06.2005 |
| 5:23.75 | Marianne Holter | 73 | Jessheim | 06.06.2013 |
| 5:23.8 | Trine Bogstad Mangerud | 51 | Jessheim | 15.06.2002 |
| 5:24.6 | Heidi Anett Solberg | 65 | Jessheim | 09.06.1980 |
| 5:24.8 | Line Bjørnås | 67 | Jessheim | 14.08.1982 |
| 5:24.9 | Berit Bamrud | 55 | Jessheim | 09.06.1980 |
| 5:25.2 | Elisabeth Moum | 67 | Jessheim | 09.09.1985 |
| 5:25.6 | Anne Kari Kristiansen | 71 | Jessheim | 13.06.1986 |
| 5:26.3 | Sofie Rostad | 94 | Jessheim | 12.06.2012 |
| 5:26.9 | Grethe Marie Hansen | 64 | Jessheim | 13.06.1988 |
| 5:26.6 | Gunhild Ullerud | 56 | Jessheim | 12.06.1981 |
| 5:27.77 | Mathea Edle Olsen | 05 | Nittedal | 15.09.2018 |
| 5:27.8 | StineElisabeth Rajala | 92 | Jessheim | 12.06.2012 |
| 5:27.9 | Lise Mette Holme | 83 | Jessheim | 12.06.1995 |
| 5:27.9 | Nora Mathiesen | 97 | Jessheim | 12.05.2012 |

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| **KVINNER SENIOR** | **33** |

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| **1500m forts.** |  |

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| 5:29.5 | Hilde Gustavson | 87 | Jessheim | 15.06.2006 |
| 5:29.7 | Claudia Asphaug (Berger) | 68 | Jessheim | 13.06.2000 |
| 5:29.7 | Kirsten Daae Wiig | 97 | Jessheim | 12.06.2012 |
| 5:30.5 | Laila Borge | 51 | Jessheim | 08.06.1984 |
| 5:30.6 | Siw Vestengen | 72 | Jessheim | 13.06.1988 |
| 5:31.0 | Benedicte Sand | 73 | Jessheim | 13.06.1990 |
| 5:31.02 | Marie Scheie Alsgaard | 08 | Jessheim | 08.06.2023 |
| 5:31.3 | Kjersti Vestengen | 68 | Jessheim | 10.06.1983 |
| 5:31.40 | Heidi Kristine Halling | 97 | Asker/Fø | 02.06.2012 |
| 5:32.27 | June Laake | 04 | Drammen/Ma | 17.09.2016 |
| 5:32.9 | Anne-Mari Bakkerud | 49 | Jessheim | 10.06.1987 |
| 5:34.24 | Dorthe Marie Enebakk | 04 | Jessheim | 06.06.2019 |
| 5:34.6 | Laila Skibakk | 40 | Jessheim | 08.06.1984 |
| 5:34.65 | Silje Christine Berg-Knutsen | 05 | Jessheim | 06.06.2019 |
| 5:35.1 | Torill Mundahl | 58 | Jessheim | 09.09.1985 |
| 5:35.3 | Anne Katrine Hofseth | 76 | Jessheim | 13.09.1989 |
| 5:36.09 | Rønnaug Schie Alsgaard | 77 | Jessheim | 08.06.2023 |
| 5:36.4 | Vibeke Aarflot | 69 | Jessheim | 12.06.1989 |
| 5:36.8 | Liv Skare | 80 | Jessheim | 01.10.2005 |
| 5:37.5 | Anita Wennemo | 65 | Jessheim | 14.06.2007 |
| 5:38.0 | Marianne Tømmerberg | 65 | Jessheim | 10.06.2004 |
| 5:38.7 | Britt Heidi Ottersen | 63 | Jessheim | 10.06.1987 |
| 5:38.9 | Tone Rustad | 67 | Lørenfallet | 03.06.1982 |
| 5:39.1 | Bodil Løkken | 55 | Jessheim | 12.06.1981 |
| 5:39.1 | Else Søgaard | 65 | Jessheim | 12.06.1981 |
| 5:39.2 | Lene Anette Hagen | 72 | Jessheim | 13.06.1988 |
| 5:40.3 | Inge Margrethe Bergh | 43 | Jessheim | 12.06.1981 |
| 5:40.5 | Ellen Undseth | 73 | Jessheim | 13.06.1990 |
| 5:40.9 | Line Huken Mathisen | 71 | Jessheim | 12.06.2008 |
| 5:41.0 | Tonje Berg | 85 | Jessheim | 14.06.2001 |
| 5:41.4 | Berit Ruud | 47 | Jessheim | 14.08.1993 |
| 5:42.4 | Marit Skolt (Skafle) | 56 | Jessheim | 09.06.1977 |
| 5:42.9 | Mari Jellum | 79 | Jessheim | 12.06.1995 |
| 5:43.4 | Kathrine Huuse | 69 | Jessheim | 10.06.1987 |
| 5:44.4 | Sissel Dønnum Ullerud | 43 | Jessheim | 12.06.1981 |
| 5:44.5 | Randi Sydtangen | 67 | Jessheim | 10.06.1987 |
| 5:44.6 | Ingvild Fjeldheim | 75 | Jessheim | 03.10.1988 |
| 5:44.7 | Nina Sand | 74 | Jessheim | 12.06.1989 |
| 5:45.8 | Ingvild Skolt | 85 | Jessheim | 14.06.1999 |
| 5:46.0 | Anne Kamstrup Hovind | 88 | Jessheim | 15.06.2006 |
| 5:46.2 | Cora Halsan Schøyen | 47 | Jessheim | 13.06.1986 |
| 5:46.7 | Kari Støverud | 55 | Jessheim | 09.06.1980 |
| 5:48.0 | Laila Engen | 65 | Jessheim | 10.06.1983 |
| 5:48.4 | Kari Kamstrup | 56 | Jessheim | 13.06.1986 |

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| **KVINNER SENIOR** | **34** |

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| **1500m forts.** |  |

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| 5:48.5 | Inger Helene Olsen | 68 | Jessheim | 13.06.1988 |
| 5:49.0 | Kaja Ekroll Jahren | 85 | Jessheim | 13.05.2002 |
| 5:49.52 | Hanna Rimstad | 10 | Jessheim | 02.06.2022 |
| 5:50.3 | Norunn Skildheim | 50 | Jessheim | 19.06.1992 |
| 5:52.7 | Anne-Marie Frydenlund | 49 | Jessheim | 13.06.1990 |
| 5:53.9 | Unn Helen Grønvold | 61 | Jessheim | 14.06.2007 |
| 5:54.60 | Cecilie Stenbakken | 77 | Jessheim | 06.06.2013 |
| 5:55.4 | Bodil Teksum | 50 | Jessheim | 08.06.1984 |
| 5:55.6 | Hanne Nyheim | 79 | Jessheim | 12.06.1995 |
| 5:55.8 | Astrid Hansen | 42 | Jessheim | 12.06.1981 |
| 5:55.8 | Katrine Finstad | 75 | Jessheim | 10.06.1991 |
| 5:55.9 | Randi Blakkisrud | 69 | Jessheim | 10.06.1987 |
| 5:56.2 | Hege Høgaas | 70 | Jessheim | 09.09.1985 |
| 5:56.2 | Hege Rustad | 70 | Jessheim | 09.09.1985 |
| 5:56.2 | Gerda Tunhøvd | 61 | Jessheim | 13.06.1994 |
| 5:56.4 | Hanne Frydenlund | 76 | Jessheim | 13.09.1989 |
| 5:56.6 | Thora Sand | 48 | Jessheim | 09.06.1980 |
| 5:57.3 | Kjersti Andersen | 68 | Jessheim | 14.06.2001 |
| 5:58.0 | Hanne Murud | 73 | Jessheim | 09.06.2005 |
| 5:59.1 | Marit Louise Aadnøy | 67 | Jessheim | 10.06.2010 |
| 5:59.2 | Bente Hytjan | 60 | Jessheim | 18.06.1975 |
| 5:59.52 | June Røhne | 01 | Jessheim | 04.06.2020 |
| 6:00.0 | Heidi Bogstad | 67 | Jessheim | 16.06.1982 |
| 6:00.5 | Åshild Olsen | 39 | Jessheim | 09.06.1980 |
| 6:00.5 | Inger Lise Wiig | 49 | Jessheim | 08.06.1984 |
| 6:00.6 | Annbjørg Rønnemyr | 49 | Jessheim | 16.06.1982 |
| 6:00.8 | Inger Lise Hvattum | 62 | Jessheim | 12.06.1981 |
| 6:01.1 | Monica Berglund | 70 | Jessheim | 17.06.1998 |
| 6:01.5 | Kjersti Hvattum | 65 | Jessheim | 11.06.1979 |
| 6:01.5 | Mari Solbrekken | 86 | Jessheim | 13.06.2003 |
| 6:01.6 | Lill Furuseth | 55 | Jessheim | 08.06.1984 |
| 6:01.9 | Lene Feraaen | 71 | Jessheim | 13.06.1986 |
| 6:02.6 | Mette Elisabeth Olsen | 51 | Jessheim | 12.06.1981 |
| 6:02.6 | Line Moen | 70 | Jessheim | 09.09.1985 |
| 6:02.8 | Bergljot Bjørnsveen | 38 | Jessheim | 16.06.1982 |
| 6:02.8 | Kari-Aase Wethal | 66 | Jessheim | 16.06.1982 |
| 6:02.9 | Heidi Blakkisrud | 69 | Jessheim | 13.06.1986 |
| 6:03.1 | Lill Skafle | 52 | Jessheim | 16.06.1982 |
| 6:03.1 | Ingjerd Abrahamsen | 49 | Jessheim | 08.06.1984 |
| 6:04.8 | Elisabeth Langrusten | 86 | Jessheim | 17.06.1998 |
| 6:05.1 | Anne Johansen | 73 | Jessheim | 14.06.2007 |
| 6:05.9 | Siw Sjøvik | 69 | Jessheim | 14.06.2007 |
| 6:06.5 | Kerstin Johannessen | 45 | Jessheim | 16.06.1982 |
| 6:06.0 | Kari Bentdal | 55 | Jessheim | 13.06.1986 |

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| **KVINNER SENIOR** | **35** |

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| **1500m forts.** |  |

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| 6:06.6 | Grete Rustad | 44 | Jessheim | 09.06.1980 |
| 6:07.1 | Anne-May Bogar | 43 | Jessheim | 12.06.1981 |
| 6:07.3 | Anne Kamstrup Hovind | 88 | Jessheim | 12.06.2003 |
| 6:10.3 | Merete Kvaal | 67 | Jessheim | 08.06.1984 |
| 6:10.8 | Gunn Kristin Sunde | 66 | Jessheim | 14.06.2007 |
| 6:11.2 | Turid Simonsen | 61 | Jessheim | 08.06.1985 |
| 6:11.4 | Elisabeth Mannion | 76 | Jessheim | 04.06.2015 |
| 6:13.9 | Monica Sørum | 71 | Jessheim | 10.06.1987 |
| 6:14.9 | Wenche Schumacher | 51 | Jessheim | 12.06.1981 |
| 6:15.0 | Jorunn Sørum | 49 | Jessheim | 08.06.1984 |
| 6:15.2 | Hilde Johansen | 66 | Jessheim | 12.06.1981 |
| 6:17.81 | Astrid Bauck Jensen | 09 | Jessheim | 08.06.2023 |
| 6:19.2 | Wenche Løland | 65 | Jessheim | 05.06.2014 |
| 6:19.3 | Berit Trøgstad | 62 | Jessheim | 10.06.1983 |
| 6:20.8 | Inger Gustavson | 64 | Jessheim | 12.06.2008 |
| 6:21.2 | Gry Vera Haslie | 60 | Jessheim | 10.04.2004 |
| 6:21.6 | Anne-Line Kjos | 64 | Jessheim | 12.06.1981 |
| 6:22.2 | Wenche Rustad | 49 | Jessheim | 12.06.1981 |
| 6:22.7 | Aase Dahl Klepsvik | 37 | Jessheim | 11.06.1979 |
| 6:22.7 | Tove Korslund | 67 | Jessheim | 09.09.1985 |
| 6:23.1 | Anne Sandvoll | 69 | Jessheim | 10.06.1983 |
| 6:23.6 | Mar -Hilde Vilberg | 59 | Jessheim | 12.06.1981 |
| 6:23.7 | Maria Lockert | 81 | Jessheim | 17.06.1996 |
| 6:24.1 | Bjørg Gjelsvik | 41 | Jessheim | 12.06.1981 |
| 6:24.3 | Anette Knudsen | 80 | Jessheim | 13.06.1994 |
| 6:25.6 | Kari Heggelund | 48 | Jessheim | 08.06.1984 |
| 6:25.8 | May Skolt | 59 | Jessheim | 12.06.1981 |
| 6:27.3 | Tone Merete Fjeld | 67 | Jessheim | 04.06.2015 |
| 6:27.4 | Randi Nagell | 53 | Jessheim | 12.06.1981 |
| 6:27.4 | Irene Schultze | 67 | Jessheim | 08.06.1984 |
| 6:27.7 | Astrid Mathisen | 76 | Jessheim | 10.06.1991 |
| 6:29.2 | Elise Wogstad | 44 | Jessheim | 09.06.1980 |
| 6:32.0 | Mari Birkelund | 86 | Jessheim | 09.06.2005 |
| 6:33.0 | Turid Simonsen | 61 | Jessheim | 10.06.1991 |
| 6:33.4 | Ina Jacobsson | 80 | Jessheim | 14.06.1993 |
| 6:33.8 | Randi Bråthen | 42 | Jessheim | 12.06.1981 |
| 6:34.5 | Hilde Gulbrandsen | 56 | Jessheim | 08.06.1984 |
| 6:36.81 | Rebecca Aas | 07 | Jessheim | 08.06.2023 |
| 6:37.6 | Marianne Asphaug | 68 | Jessheim | 10.06.1983 |
| 6:37.7 | Berit Gulbrandsen | 38 | Jessheim | 10.06.1987 |
| 6:39.1 | Rigmor Ommundsen | 65 | Jessheim | 12.06.1981 |
| 6:39.5 | Inger Nermo | 62 | Jessheim | 14.06.2001 |
| 6:39.6 | Grete Einarsrud | 47 | Jessheim | 10.06.1983 |
| 6:39.7 | Åse Korsmo | 47 | Jessheim | 09.06.1980 |
| 6:39.8 | Ellen Ramstad | 73 | Jessheim | 13.06.1990 |

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| **KVINNER SENIOR** | **35** |

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| **1500m forts.** |  |

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| 6:40.3 | Kjersti Kjensli | 68 | Jessheim | 12.06.1989 |
| 6:41.0 | Inger Finstad | 51 | Jessheim | 15.06.1992 |
| 6:41.0 | Dagrun Rommen | 76 | Jessheim | 13.06.2002 |
| 6:41.8 | Tove Rutle | 47 | Jessheim | 13.06.1990 |
| 6:42.4 | Birgit Aamodt | 79 | Jessheim | 14.06.1990 |
| 6:45.0 | Anne Sofie Korslund | 60 | Jessheim | 12.06.2003 |
| 6:45.3 | Brit Flatby | 81 | Jessheim | 16.06.1997 |
| 6:47.2 | Gerd Nordset Larsen | 48 | Jessheim | 08.06.1984 |
| 6:47.5 | Brit Johannessen | 80 | Jessheim | 17.06.1998 |
| 6:48.04 | Sara Isabella bertheussen | 07 | Jessheim | 02.06.2022 |
| 6:49.5 | Aud Venke Rustad | 45 | Jessheim | 08.06.1984 |
| 6:51.3 | Jorunn Nagell | 62 | Jessheim | 12.06.1981 |
| 6:52.5 | Bjørg Nagell | 40 | Jessheim | 13.06.1986 |
| 6:52.7 | Grethe Bogstad | 46 | Jessheim | 08.06.1984 |
| 6:53.0 | Vera Holm | 63 | Jessheim | 17.06.1986 |
| 6:53.1 | Anne Regine Hals | 39 | Jessheim | 09.09.1985 |
| 6:53.6 | Martha Kristine Mangerud | 79 | Jessheim | 04.06.2010 |
| 6:55.7 | Tove Irene Jonas | 70 | Jessheim | 14.06.2007 |
| 6:56.3 | Unn Haaland | 61 | Jessheim | 04.06.2009 |
| 6:58.2 | Ragnhild Aas | 71 | Jessheim | 12.06.2008 |
| 6:59.6 | Wenche Carlson | 51 | Jessheim | 09.06.1980 |
| 6:59.6 | Else Johanne Huse | 51 | Jessheim | 14.06.2007 |

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| **KVINNER SENIOR** | **37** |

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| 5:45.74 | Anne Lillegård | 73 | Jessheim | 23.08.1999 |

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| **2000m** |  |

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| 6:26.31 | Julie Hammer | 04 | Göteborg, SWE | 30.06.2019 |
| 6:27.51 | Wilma Torbjørnsson | 07 | Nadderud | 10.06.2022 |
| 6:44.57 | Kamilla Bråthen | 77 | Haugesund | 02.08.1992 |
| 6:55.1 | Hilde Rustad | 66 | Jessheim | 11.08.1980 |
| 6:57.78 | Julie Flatner Hansen | 99 | Göteborg, SWE | 29.06.2014 |
| 7:07.90 | Anniken Gjerde Alnes | 94 | Nadderud | 13.06.2009 |
| 7:11.43 | Elisabeth Langrusten | 86 | Bergen/Fa | 09.09.2001 |
| 7:14.33 | Silje Gundersen | 92 | Kristiansand | 26.08.2007 |
| 7:19.37 | Heidi Halling | 97 | Nadderud | 15.06.2012 |
| 7:24.20 | Mia Jenny Østreng | 03 | Jessheim | 12.08.2018 |
| 7:33.6 | Malene Fjellestad | 97 | Jessheim | 27.08.2013 |
| 7:48.86 | Maren Fald Gården | 88 | Bergen/Fa | 13.09.2003 |

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| **KVINNER SENIOR** | **38** |

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| **3000m** |  |

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| 8.57.18 | Amalie Sæten | 97 | Tønsberg/Gr | 21.05.2022 |
| 9:25.35 | Silje Fjørtoft | 87 | Jessheim | 06.08.2021 |
| 9:33.42 | Hanne Mjøen Maridal | 96 | Trondheim | 23.08.2020 |
| 9:39.57 | Wilma Torbjørnsson | 07 | Sandnes | 27.08.2023 |
| 9:52.09 | Julie Hammer | 04 | Prestfoss | 25.08.2019 |
| 10:07.96 | Hilde Rustad Høgbakken | 66 | Øvre Årdal | 26.08.1995 |
| 10:08.2 | Kamilla Bråthen | 77 | Jessheim | 19.08.1996 |
| 10:15.46 | Silje Ekroll Jahren | 88 | Brugg, SUI | 03.07.2012 |
| 10:16.20 | Anne Nyland | 58 | Oslo/Bi | 27.07.1984 |
| 10:17.5 | Nina Holm | 64 | Jessheim | 19.08.1988 |
| 10:25.1 | Hilde Rustad | 66 | Jessheim | 20.08.1979 |
| 10:35.6 | Hege Melby | 68 | Jessheim | 22.08.1990 |
| 10:40.5 | Heidi Jacobsen | 57 | Oslo/St | 19.05.1982 |
| 10:42.4 | Ingjerd Vestengen | 65 | Oslo/St | 27.06.1984 |
| 10:54.41 | Tina Moen | 00 | Nadderud | 10.06.2016 |
| 10:45.8 | Anne Karin Halvorsen | 63 | Årnes | 26.05.1982 |
| 10:45.8 | Wenche Moen | 65 | Jessheim | 19.09.1983 |
| 10:48.5 | Hanne Sørensen | 63 | Jessheim | 20.08.1982 |
| 10:51.0 | Line Røen | 66 | Jessheim | 15.08.1986 |
| 10:51.0 | Hege Lundring | 73 | Jessheim | 09.06.1990 |
| 10:53.0 | Anne-Torill Garli | 57 | Jessheim | 03.07.1989 |
| 10:55.1 | Målfrid Olsen | 66 | Jessheim | 20.08.1979 |
| 10:58.4 | Inger Lise Borgen | 64 | Larvik/Lo | 09.10.1982 |
| 10:58.53 | Caroline Foss Høistad | 98 | Lillehammer/Ss | 21.06.2014 |
| 10:58.8 | Bente Aarflot | 72 | Jessheim | 20.08.1993 |
| 11:03.09 | Marianne Opsahl | 73 | Oslo/La | 14.06.2005 |
| 11:05.72 | Elisabeth Langrusten | 86 | Nadderud | 14.06.2002 |
| 11:07.1 | Bjørg Moen | 47 | Jessheim | 29.08.1994 |
| 11:07.9 | Tone Rosenberg | 63 | Jessheim | 18.08.1980 |
| 11:14.9 | Kristin Bogstad | 64 | Jessheim | 07.09.1984 |
| 11:14.9 | Gunn Vilberg | 66 | Jessheim | 07.09.1984 |
| 11:15.0 | Bente Tenold (Holter) | 62 | Jessheim | 19.08.1983 |
| 11:16.7 | Nina Østvold | 66 | Jessheim | 20.08.1982 |
| 11.|16.74 | Elise Mohagen | 05 | Jessheim | 05.08.2022 |
| 11:19.0 | Berit Bamrud | 55 | Jessheim | 18.08.1980 |
| 11:19.2 | Torunn Larsen | 68 | Jessheim | 15.08.1986 |
| 11:19.71 | Julie Flatner Hansen | 99 | Hamar | 23.05.2015 |
| 11:21.1 | Bente Iren Solberg | 61 | Jessheim | 18.08.1980 |
| 11:22.0 | Heidi Bredengen | 71 | Jessheim | 16.08.1999 |
| 11:23.2 | Eva Blakkisrud | 46 | Lørenfallet | 25.06.1987 |
| 11:28.0 | Anne Lillegård | 73 | Jessheim | 16.08.2004 |
| 11:29.6 | Grete Sandviken | 63 | Jessheim | 15.08.1986 |
| 11:30.40 | Trine Bogstad Mangerud | 51 | Oslo/Bi | 01.07.2003 |
| 11:31.70 | Stine Elisabeth Rajala | 92 | Oslo/Bi | 17.08.2012 |

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| **KVINNER SENIOR** | **39** |

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| **3000m forts.** |  |

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| 11:35.4 | Torbjørg Muri | 62 | Jessheim | 21.08.1981 |
| 11:40.90 | Malene Fjellestad | 97 | Lillehammer/Ss | 08.09.2013 |
| 11:41.3 | Lene Anett Hagen | 72 | Jessheim | 19.08.1988 |
| 11:43.5 | Kari Seem | 54 | Jessheim | 22.08.1990 |
| 11:44.0 | Kathrine Huuse | 69 | Jessheim | 21.08.1987 |
| 11:45.1 | Grethe Marie Hansen | 64 | Jessheim | 21.08.1987 |
| 11:45.5 | Ann Kristin Ullerud | 66 | Jessheim | 15.08.1986 |
| 11:48.9 | Anne-Grethe Bjørnsveen | 71 | Jessheim | 19.08.1988 |
| 11:50.2 | Heidi Anett Solberg | 65 | Jessheim | 18.08.1980 |
| 11:50.7 | Laila Skibakk | 40 | Lørenfallet | 25.06.1983 |
| 11:53.0 | Nina Sand | 74 | Jessheim | 22.08.1990 |
| 11:58.2 | Berit Ruud | 47 | Jessheim | 17.08.1992 |
| 11:59.4 | Elisabeth Moum | 67 | Jessheim | 19.08.1983 |
| 12:00.7 | Tone Rustad | 67 | Jessheim | 19.08.1983 |
| 12:06.28 | Oda Wennemo | 92 | Bjørkelangen | 10.06.2007 |
| 12:07.3 | Siri Kvernberg | 69 | Jessheim | 14.08.2000 |
| 12:08.5 | Lill Hege Gimnes | 68 | Jessheim | 19.08.1983 |
| 12:11.2 | Ann-Marie Bakkerud | 49 | Jessheim | 21.08.1987 |
| 12:12.4 | Inger Johanne Haugen | 60 | Jessheim | 22.08.1975 |
| 12:12.5 | Line Bjørnås | 67 | Jessheim | 20.08.1982 |
| 12:14.3 | Britt Heidi Ottersen | 63 | Jessheim | 21.08.1987 |
| 12:22.8 | Kari Støverud | 55 | Jessheim | 18.08.1980 |
| 12:23.8 | Cora Halsan Schøyen | 47 | Jessheim | 21.08.1981 |
| 12:27.7 | Kristin Sennels | 60 | Jessheim | 19.08.1983 |
| 12:29.6 | Torill Mundahl | 58 | Jessheim | 22.08.1990 |
| 12:33.6 | Hildegunn Bjerkan | 63 | Jessheim | 21.08.1978 |
| 12:34.4 | Laila Borge | 51 | Jessheim | 22.08.1990 |
| 12:36.0 | Siw Vestengen | 72 | Jessheim | 19.08.1988 |
| 12:36.3 | Anne Marie Frydenlund | 49 | Jessheim | 22.08.1990 |
| 12:37.6 | Marit Skolt (Skafle) | 56 | Jessheim | 22.08.1977 |
| 12:38.6 | Anne Kari Kristensen | 71 | Jessheim | 15.08.1986 |
| 12:39.3 | Inge Margrethe Bergh | 43 | Jessheim | 18.08.1980 |
| 12:39.8 | Kristin Jensen | 70 | Jessheim | 15.08.1986 |
| 12:41.6 | Anne-May Bogar | 43 | Jessheim | 21.08.1981 |
| 12:47.2 | Sissel Dønnum Ullerud | 43 | Jessheim | 20.08.1979 |
| 12:49.3 | Ann-Marie Bakkerud | 49 | Jessheim | 21.08.1989 |
| 12:49.9 | Gudrun Ullerud | 56 | Jessheim | 21.08.1981 |
| 12:51.8 | Inger Lise Hvattum | 62 | Jessheim | 21.08.1981 |
| 12:52.1 | Ellen Undseth | 73 | Jessheim | 21.08.1989 |
| 12:52.8 | Katrine Finstad | 75 | Jessheim | 16.08.1993 |
| 12:53.0 | Bente Hytjan | 60 | Jessheim | 20.08.1975 |
| 12:55.4 | Tanja Lybæk | 62 | Jessheim | 18.08.1980 |
| 12:55.6 | Kari-Aase Wethal | 66 | Jessheim | 20.08.1982 |
| 12:56.1 | Benedicte Sand | 73 | Jessheim | 19.08.1988 |

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| **KVINNER SENIOR** | **40** |

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| **3000m forts.** |  |

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| 12:56.7 | Heidi Blakkisrud | 69 | Jessheim | 15.08.1986 |
| 13:00.6 | Astrid Hansen | 42 | Jessheim | 21.08.1981 |
| 13:02.4 | Norunn Skildheim | 50 | Jessheim | 18.08.1993 |
| 13:05.9 | Else Søgaard | 65 | Jessheim | 21.08.1981 |
| 13:06.6 | Lill Furuseth | 55 | Jessheim | 17.08.1984 |
| 13:13.6 | Laila Engen | 65 | Jessheim | 20.08.1982 |
| 13:14.2 | Vibeke Aarflot | 69 | Jessheim | 19.08.1988 |
| 13:17.0 | Inger Helene Olsen | 68 | Jessheim | 17.08.1984 |
| 13:18.0 | Kjersti Hvattum | 65 | Jessheim | 20.08.1979 |
| 13:19.1 | Birgit Aamodt | 79 | Jessheim | 16.08.1999 |
| 13:20.7 | Åshild Olsen | 39 | Jessheim | 21.08.1978 |
| 13:22.2 | Unn Hoel | 69 | Jessheim | 15.08.1986 |
| 13:25.2 | Turid Simonsen | 61 | Jessheim | 17.08.1992 |
| 13:25.3 | Heidi Bogstad | 67 | Jessheim | 20.08.1982 |
| 13:25.5 | Annbjørg Rønnemyr | 49 | Jessheim | 16.06.1982 |
| 13:25.9 | Inger Lise Wiig | 49 | Jessheim | 07.09.1984 |
| 13:26.8 | Kerstin Johannessen | 45 | Jessheim | 21.08.1981 |
| 13:32.9 | Bodil Teksum | 56 | Jessheim | 20.08.1982 |
| 13:34.1 | Grethe Johansen | 36 | Jessheim | 21.08.1981 |
| 13:36.0 | Gerda Tunhøvd | 61 | Jessheim | 15.08.1986 |
| 13:36.5 | Jorunn Sørum | 49 | Jessheim | 17.08.1984 |
| 13:43.3 | Grete Rustad | 44 | Jessheim | 21.08.1981 |
| 13:43.4 | Thora Sand | 48 | Jessheim | 19.08.1983 |
| 13:44.0 | Karin Sveen | 42 | Jessheim | 21.08.1981 |
| 13:44.2 | Kari Bentdal | 55 | Jessheim | 17.08.1984 |
| 13:44.6 | Kari Kamstrup | 56 | Jessheim | 15.08.1986 |
| 13:45.1 | Monica Sørum | 71 | Jessheim | 21.08.1987 |
| 13:46.1 | Rita Steinsvik | 73 | Jessheim | 14.08.1995 |
| 13:46.5 | Bjørg Gjelsvik | 41 | Jessheim | 21.07.1981 |
| 13:48.0 | Kjersti Andersen | 68 | Jessheim | 14.08.2000 |
| 13:54.7 | Inger Finstad | 51 | Jessheim | 19.08.1991 |
| 13:56.2 | Anne Line Kjos | 64 | Jessheim | 18.08.1980 |
| 13:59.2 | Lill Skafle | 52 | Jessheim | 15.08.1986 |
| 14:02.9 | Elise Wogstad | 44 | Jessheim | 18.08.1980 |
| 14:04.3 | Randi Sydtangen | 67 | Jessheim | 15.08.1986 |
| 14:12.6 | Randi Bråthen | 42 | Jessheim | 19.08.1983 |
| 14:12.9 | Ingjerd Abrahamsen | 49 | Jessheim | 19.08.1983 |
| 14:15.9 | Berit Gulbrandsen | 38 | Jessheim | 21.08.1987 |
| 14:19.0 | Wenche Rustad | 49 | Jessheim | 21.08.1981 |
| 14:21.7 | Hilde Gulbrandsen | 56 | Jessheim | 21.08.1981 |
| 14:22.3 | May Skolt | 59 | Jessheim | 21.08.1981 |
| 14:22.6 | Berit Trøgstad | 62 | Jessheim | 21.08.1981 |
| 14:23.7 | Anne Sandvoll | 69 | Jessheim | 19.08.1983 |

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| **KVINNER SENIOR** | **41** |

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| **3000m forts.** |  |

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| 14:24.4 | Tone Nordby Lauten | 55 | Jessheim | 25.08.1976 |
| 14:27.5 | Anne Regine Hals | 37 | Jessheim | 15.08.1986 |
| 14:27.52 | Stine Rajala Granerud | 92 | Lillehammer/Ss | 19.06.2010 |
| 14:31.1 | Mari-Hilde Vilberg | 59 | Jessheim | 18.08.1980 |
| 14:35.7 | Kari Heggelund | 48 | Jessheim | 19.08.1983 |
| 14:40.0 | Hilde Johansen | 66 | Jessheim | 21.08.1981 |
| 14:44.0 | Dagrun Rommen | 76 | Lørenfallet | 05.09.2000 |
| 14:41.7 | Gerd Nordset Larsen | 48 | Jessheim | 17.08.1984 |
| 14:51.1 | Wenche Schumacher | 51 | Jessheim | 21.08.1981 |
| 14:52.0 | Tove Rutle | 47 | Jessheim | 17.08.1992 |
| 14:52.1 | Randi Nagell | 62 | Jessheim | 21.08.1981 |
| 14:52.9 | Aud Venke Rustad | 45 | Jessheim | 17.08.1984 |
| 14:54.8 | Irene Schultze | 67 | Jessheim | 20.08.1982 |

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| **KVINNER SENIOR** | **42** |

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| **5000m** |  |

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| 15:27.00 | Amalie Sæten | 97 | Berlin, GER | 03.09.2023 |
| 16:23.40 | Hanne Mjøen Maridal | 96 | Bergen/Fa | 18.09.2020 |
| 17:15.0 | Silje Fjørtoft | 87 | Jessheim | 18.10.2018 |
| 18:58.9 | Line Røen | 66 | Jessheim | 03.09.1987 |
| 19:06.75 | Marianne Opsahl | 73 | Bjørkelangen | 05.06.2005 |
| 19:32.6 | Eva Blakkisrud | 46 | Oslo/St | 28.09.1983 |
| 19:51.3 | Inger Johanne Haugen | 60 | Oslo/St | 28.08.1983 |
| 20:03.2 | Stine Elisabeth Rajala | 92 | Ås | 10.10.2012 |
| 20:17.84 | Anne Lillegård | 73 | Oslo/La | 20.07.2004 |
| 20:23.25 | Linn-Kristin Vibekken | 81 | Modum | 25.06.2023 |
| 20.31.43 | Line Mathiesen | 71 | Oslo/Bi | 30.06.2011 |
| 20:42.9 | Laila Skibakk | 40 | Oslo/St | 28.09.1983 |
| 21:21.98 | Elise Mobrenna | 05 | Kongsvinger | 06.07.2022 |
| 21:48.3 | Kristin Sennels Hytjan | 60 | Oslo/St | 19.09.1984 |

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| **10000m** |  |

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| 33:33.39 | Hanne Mjøen Maridal | 96 | Bergen/Fa | 20.09.2020 |
| 37:06.99 | Hilde Rustad Høgbakken | 66 | Jessheim | 21.08.1994 |
| 39:58.83 | Anne-Torill Garli | 57 | Søgne | 28.05.1992 |
| 44:09.9 | Trine Bogstad Mangerud | 51 | Oslo/Bi | 30.07.2005 |

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| **KVINNER SENIOR** | **43** |

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| **80m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 11.91 +0.8 | Tonje Moen | 00 | Sandnes | 03.09.2016 |
| 12.07Vind? | Inger Birgitte Reppe | 68 | Bergen/Fa | 18.08.1984 |
| 12.16 -0.3 | Summer Steinsrud | 01 | Bergen/Fa | 02.09.2017 |
| 12.31 -0.2 | Vår Åsheim | 99 | Lillestrøm | 12.09.2015 |
| 12-64 +1.6 | Frida Rimstad | 07 | Jessheim | 12.08.2023 |
| 12.98 V? | Victoria Hillveg | 86 | Stjørdal | 26.08.2000 |
| 13.31 V? | Marit Rogstad | 67 | Oslo/Bi | 25.05.1983 |
| 13.62 | Kristin Urnes | 75 | Lillehammer/Ss | 22.06.1990 |
| 15.31 | Siv Anita Engh | 85 | Asker/Fø | 09.09.2000 |
| 15.80 | Tonje Berg | 85 | Jessheim | 22.05.2000 |
| 16.00 | Ebba Beyer | 98 | Nadderud | 14.06.2014 |

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| **KVINNER SENIOR** | **44** |

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| **80m hekk 76.2 cm M** |  |

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| 12.3 vind? | Kari Fjeldberg | 68 | Larvik/Lo | 05.09.1982 |
| 12.9 V? | Tone Sæthermoen | 69 | Jessheim | 03.10.1983 |
| 13.0 V? | Winnie Lindner | 44 | Strømmen | 14.09.1962 |
| 13.3 V? | Guri Fjeldberg | 69 | Oslo/La | 19.06.1984 |
| 13.4 | Astrid Sundby | 42 | Jessheim | 29.09.1964 |
| 13.5 | Kristin Urnes | 75 | Nadderud | 08.06.1990 |
| 14.3 | Tove Dønnum Jensen | 40 | Jessheim | 06.10.1963 |
| 14.4 | Ragnhild Sundby | 44 | Råholt | 21.08.1960 |
| 14.7 | Inger Lise Sundheim | 55 | Oslo/St | 05.06.2000 |
| 14.8 | Liv Jensen | 40 | Jessheim | 12.08.1956 |
| 14.8 | Anne-Berit Eik | 49 | Jessheim | 16.08.1964 |
| 14.9 | Unn Henriksen | 42 | Jessheim | 16.06.1957 |
| 15.0 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 15.2 | Ingrid Sundby | 39 | Strømmen | 26.08.1956 |
| 15.2 | Gro Verpe | 62 | Lørenfallet | 31.08.1976 |
| 15.5 | Turid Seime | 44 | Årnes | 17.08.1965 |
| 15.5 | Aase Alstad | 48 | Råholt | 22.09.1963 |
| 15.6 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 15.7 | Åshild Sørum | 39 | Nannestad | 06.09.1959 |
| 15.9 | Inge Sand | 43 | Kløfta | 10.08.1958 |
| 16.1 | Anne Lise Aas | 41 | Jessheim | 30.08.1959 |
| 16.1 | Borghild Hansen | 45 | Jessheim | 30.08.1959 |
| 16.3 | Cora Halsan | 47 | Jessheim | 06.10.1963 |
| 16.5 | Kari Mo | 38 | Sandvika/Ka | 17.08.1955 |
| 16.4 | Eva Myrvang | 41 | Jessheim | 19.06.1959 |
| 16.6 | Marit Wiig | 49 | Jessheim | 20.08.1966 |
| 16.9 | Borghild Hansen | 45 | Kløfta | 10.08.1958 |
| 17.1 | Torill Pedersen | 69 | Jessheim | 27.05.1982 |
| 17.2 | Tonje Berg | 85 | Bjørkelangen | 17.06.1999 |
| 17.6 | Lene Kristin Nyland | 74 | Jessheim | 26.09.1988 |
| 18.3 | Marie Belsvik | 36 | Nadderud | 29.05.1958 |
| 18.3 | Else Marie Dønnum | 53 | Jessheim | 14.09.1965 |
| 18.4 | Hege Johansen | 75 | Jessheim | 26.09.1988 |
| 18.4 | Ingvild Fjeldheim | 75 | Jessheim | 26.09.1988 |

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| **KVINNER SENIOR** | **45** |

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

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| 13.95 +1.4 | Tonje Moen | 00 | Oslo/Bi | 07.06.2018 |
| 14.34 +1.5 | Inger Birgitte Reppe | 68 | Grimstad | 25.06.1988 |
| 15.88 +0.4 | Summer Steinsrud | 01 | San Diego, USA | 07.04.2021 |
| 17.82 -2.0 | Kristin Urnes | 75 | Sofiemyr | 05.08.1992 |

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| **100m hekk 84 cm M** |  |

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| 17.0 +1.7 | Marit Rogstad | 67 | Moss/Me | 02.06.1984 |
| 18.5 Vind? | Astrid Sundby | 42 | Ski | 15.06.1969 |
| 19.3 V? | Anne Mette Olsen | 54 | Lillestrøm | 20.09.1970 |
| 20.3 V? | Liv Knutsen | 52 | Strømmen | 03.09.1969 |

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

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| 34:48 +0.3 | Linnea Bratteng | 07 | Rjukan | 12.09.2021 |
| 35.88 +1.7 | Vår Åsheim | 99 | Jessheim | 01.09.2013 |

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

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| 32.8 vind? | Tone Sæthermoen | 69 | Jessheim | 02.10.1982 |
| 34.1 V? | Inger Birgitte Reppe | 68 | Jessheim | 01.10.1984 |
| 34.6 V? | Kari Fjeldberg | 68 | Jessheim | 03.10.1983 |
| 34.9 V? | Marit Rogstad | 67 | Jessheim | 02.10.1982 |
| 36.3 V? | Guri Fjeldberg | 69 | Jessheim | 02.10.1982 |

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

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| 43.29 | Vår Åsheim | 99 | Lillestrøm | 27.05.2018 |
| 48.66 | Natalie Nordbech Jøransen | 07 | Bergen/Fa | 08.09.2023 |
| 49.83 | Frida Rimstad | 07 | Jessheim | 12.08.2023 |
| 52.31 | Ida Berg-Hansen | 92 | Lillestrøm | 24.08.2008 |
| 52.52 | Tonje Berg | 85 | Jessheim | 19.08.2001 |
| 53.54 | Victoria Børresen | 98 | Oslo/Bi | 26.09.2014 |
| 56.81 | Madelaine Kristiansen | 06 | Jessheim | 30.08.2021 |

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| **KVINNER SENIOR** | **46** |

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

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| 53.1 | Ida Berg-Hansen | 92 | Jessheim | 31.07.2008 |
| 57.2 | Frida Frøseth Larsen | 92 | Jessheim | 31.07.2008 |
| 60.5 | Lillian Buraas | 91 | Jessheim | 31.07.2008 |

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| **400m hekk 76.2 cm E** |  |

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| 60.14 | Vår Åsheim | 99 | Oslo/Bi | 05.07.2018 |
| 65.66 | Summer Steinsrud | 01 | San Diego, USA | 07.04.2021 |
| 70.76 | Marit Rogstad | 67 | Raufoss | 24.06.1984 |
| 74.14 | Natalie Nordbech Jøransen | 07 | Ås | 01.05.2022 |

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| **400m hekk 76.2 cm M** |  |

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| 69.4 | Kari Fjeldberg | 68 | Lørenfallet | 01.09.1983 |
| 70.0 | Marit Rogstad | 67 | Oslo/Bi | 12.06.1984 |
| 74.3 | Kristin Bogstad | 64 | Lørenfallet | 01.09.1984 |
| 79.4 | Kari Fjeldberg | 68 | Lørenfallet | 01.09.1984 |

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

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| 4:59.50 | Julie Hammer | 04 | Göteborg, SWE | 28.06.2019 |
| 5:07.62 | Wilma Thorbjørnsson | 07 | Bergen/Fa | 08.09.2023 |
| 5:36.83 | Mia Østreng | 03 | Jessheim | 07.09.2019 |

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| **2000m hinder 76.2 cm** |  |

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| 6:56.44 | Julie Hammer | 04 | Jessheim | 18.06.2019 |
| 7:26.64 | Tina Moen | 00 | Göteborg, SWE | 03.07.2016 |
| 7:39.16 | Caroline Foss Høistad | 98 | Lillestrøm | 12.09.2015 |
| 7:50.58 | Mia Jenny Østreng | 03 | Jessheim | 29.09.2020 |
| 8:18.64 | Helene Seland Myhre | 97 | Lillestrøm | 12.09.2015 |
| 8:49.55 | Heidi Kristine Halling | 97 | Lillestrøm | 12.09.2015 |

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| **3000m hinder 76.2 cm** |  |

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| 10:16.65 | Silje Fjørtoft | 87 | Karlstad, SWE | 25.07.2017 |

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| **KVINNER SENIOR** | **47** |

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| **5 km landevei** |  |

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| 15:47 | Amalie Sæten | 97 | Barcelona, ESP | 31.12.2022 |
| 16:14 | Wilma Torbjørnsson | 07 | Jessheim | 28.10.2023 |
| 16:21 | Silje Fjørtoft | 87 | Oslo | 27.04.2019 |
| 17:43 | Marie Synnøve Qvale | 94 | Sand | 27.06.2021 |
| 17:50 | Josefine Heier | 96 | Jessheim | 02.10.2021 |
| 17:55 | Julie Hammer | 04 | Jessheim | 01.09.2018 |
| 18:48 | Karoline Næss | 94 | Eggemoen | 14.08.2021 |
| 19.46 | Kirsten Daae Wiig | 97 | Jessheim | 11.05.2022 |
| 20:19 | Dorthe Enebakk | 04 | Jessheim | 08.10.2020 |
| 20:38 | Hege Tangen | 88 | Jessheim | 08.07.2023 |
| 20:41 | Hermine Opsal Torgersen | 10 | Jessheim | 30.09.2023 |
| 21:01 | Kjersti Christine Moody | 74 | Lørenskog | 28.10.2023 |
| 21:33 | Marianne Opsahl | 73 | Jessheim | 03.10.2020 |
| 22:14 | Caroline Foss Høistad | 98 | Jessheim | 02.10.2021 |
| 22:54 | Kaisa Ellevold | 08 | Jessheim | 30.09.2023 |
| 23:02 | Marie Næss | 00 | Jessheim | 03.10.2020 |
| 23:39 | Natalie Norbech Jøransen | 07 | Jessheim | 02.10.2021 |
| 24:08 | Kaja Brekke | 03 | Jessheim | 02.09.2017 |
| 24:28 | Astrid Knudsen Walstad | 11 | Jessheim | 30.09.2023 |

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| **KVINNER SENIOR** | **48** |

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| **10 km landevei** |  |

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| 32:53 | Amalie Sæten | 97 | Hole | 21.10.2023 |
| 33:49 | Hanne Mjøen Maridal | 96 | Hole | 17.10.2020 |
| 33:54 | Wilma Torbjørnsson | 07 | Hole | 21.10.2023 |
| 33:58 | Silje Fjørtoft | 87 | Jessheim | 03.10.2020 |
| 36:28 | Karoline Næss | 94 | Hole | 19.10.2019 |
| 37.02 | Hilde Rustad Høgbakken | 66 | Jessheim | 02.10.1994 |
| 38:16 | Mathilde Hagen | 00 | Oslo | 28.08.2021 |
| 39:33 | Johanne Norheim | 03 | Oslo | 15.09.2018 |
| 40.16 | Anne Toril Garli | 57 | Jessheim | 11.10.1987 |
| 40:18 | Nina Holm | 64 | Jessheim | 09.10.1983 |
| 40:33 | Kristin Daae Wiig | 07 | Jessheim | 01.10.2022 |
| 40:38 | Inger Lise Borgen | 64 | Jessheim | 09.10.1983 |
| 40:47 | Line Røen | 66 | Jessheim | 07.10.1984 |
| 40:54 | Eva Blakkisrud | 46 | Jessheim | 11.10.1987 |
| 41.15 | Bente Tenold | 62 | Jessheim | 03.10.1993 |
| 41:16 | Bente Aarflot | 72 | Jessheim | 07.10.1990 |
| 42.07 | Elisa Mobrenna | 05 | Jessheim | 21.05.2023 |
| 42:08 | Marianne Opsahl | 73 | Jessheim | 02.09.2017 |
| 41:31 | Johanne Norheim | 03 | Jessheim | 02.09.2017 |
| 42:33 | Hanna Blom Breivik | 69 | Jessheim | 02.09.2017 |
| 43.09 | Trine Bogstad Mangerud | 51 | Jessheim | 05.10.1997 |
| 43:12 | Ingjerd Vestengen | 65 | Jessheim | 09.10.1983 |
| 43:14 | Nina Sand | 74 | Jessheim | 08.10.1989 |
| 43:47 | Torunn Larsen | 67 | Jessheim | 12.10.1986 |
| 43:51 | Laila Skibakk | 40 | Jessheim | 07.10.1984 |
| 44:24 | Berit Bamrud | 55 | Jessheim | 07.10.1984 |
| 44:29 | Lill Hege Gimnes | 68 | Jessheim | 09.10.1983 |
| 44:39 | Line Huken Mathiesen | 71 | Jessheim | 02.09.2017 |
| 44.41 | Claudia Asphaug | 68 | Jessheim | 19.11.2000 |
| 44:45 | Marit Skolt | 56 | Jessheim | 10.10.1976 |
| 44:50 | Ann Kristin Ullerud | 66 | Jessheim | 09.10.1983 |
| 45.03 | Hilde Rustad | 66 | Jessheim | 12.10.1986 |
| 45.05 | Anne Lillegård | 73 | Jessheim | 18.11.2001 |
| 45.37 | Sissel Dønnum Ullerud | 43 | Jessheim | 10.10.1976 |
| 45:57 | Marthe Ervik | 96 | Jessheim | 05.10.2019 |
| 45:58 | Elisabeth Moum | 67 | Jessheim | 12.10.1986 |
| 46:10 | Grethe Sandviken | 63 | Jessheim | 12.10.1986 |
| 46:24 | Andrea Furuseth | 94 | Jessheim | 01.09.2018 |
| 46:44 | Kirsten Sennels | 60 | Jessheim | 09.10.1983 |
| 46:47 | Berit Ruud | 47 | Jessheim | 03.10.1993 |
| 47:02 | Grethe Marie Hansen | 64 | Jessheim | 12.10.1986 |
| 47:44 | Britt Heidi Ottersen | 63 | Jessheim | 11.10.1987 |
| 47:44 | Clara Stålhegg | 68 | Jessheim | 03.10.2020 |
| 47.47 | Laila Borge | 51 | Jessheim | 07.10.1990 |

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| **KVINNER SENIOR** | **49** |

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| **10 km landevei forts.** |  |

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| 47:48 | Frida Kristine Forberg | 92 | Jessheim | 16.11.2008 |
| 48:17 | Inger Lise Wiig | 49 | Jessheim | 09.10.1983 |
| 49:15 | Torill Mundahl | 58 | Jessheim | 09.10.1988 |
| 49.36 | Kjersti Andersen | 68 | Jessheim | 19.11.2006 |
| 49.37 | Gry Vera Haslie | 60 | Jessheim | 19.11.2006 |
| 49:38 | Ann-Mari Bakkerud | 49 | Jessheim | 08.10.1989 |
| 51:30 | Jenny Slåstad | 09 | Jessheim | 30.09.2023 |
| 51:33 | Anne Karin Halvorsen | 63 | Jessheim | 09.10.1983 |
| 51:34 | Frøya Nor Holmsen | 06 | Jessheim | 14.11.2021 |
| 51:54 | Tone Rustad | 67 | Jessheim | 07.10.1984 |
| 52.10 | Else Johanne Husa | 51 | Jessheim | 16.11.2008 |
| 52:22 | Aud Irene Lerengen | 54 | Jessheim | 09.10.1983 |
| 52.29 | Cora Halsan Schøyen | 47 | Jessheim | 11.10.1987 |
| 52:56 | Anne-May Bogar | 43 | Jessheim | 07.10.1984 |
| 53.00 | Gunn Sunde | 66 | Jessheim | 18.11.2007 |
| 53:03 | Berit Trøgstad | 62 | Jessheim | 09.10.1983 |
| 53:50 | Tove Rutle | 47 | Jessheim | 07.10.1990 |
| 54:27 | Lill Skafle | 52 | Jessheim | 07.10.1984 |
| 54:28 | Hanna Schultze Toverud | 96 | Jessheim | 17.11.2019 |
| 54:39 | Anna Søderholm | 07 | Jessheim | 01.10.2022 |
| 54:46 | Anna Sofie Rutle | 96 | Jessheim | 18.11.2018 |
| 55:00 | Marianne Pettersen | 79 | Jessheim | 05.10.2019 |
| 55:23 | Randi Storhaug | 54 | Jessheim | 07.10.1984 |
| 56.44 | Aud Venke Rustad | 45 | Jessheim | 07.10.1984 |

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| **KVINNER SENIOR** | **50** |

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| **Halvmaraton 21098m** | **For kort løype i Oslo før 1990** |

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| --- | --- | --- | --- | --- |
| 1:14:25 | Hanne Mjøen Maridal | 96 | Jessheim | 03.10.2020 |
| 1:19:41 | Karoline Næss | 94 | Jessheim | 03.10.2020 |
| 1:20.43 | Hilde Rustad Høgbakken | 66 | Oslo | 24.09.1994 |
| 1:24:46 | Hanne Sørensen | 63 | Oslo | 03.09.1988 |
| 1:24:52 | Mathilde Hagen | 00 | Sand | 27.06.2021 |
| 1:26:10 | Eva Blakkisrud | 46 | Oslo | 31.08.1984 |
| 1:26.54 | Stine Elisabeth Rajala | 92 | Freca, ESP | 03.02.2013 |
| 1:27.50 | Marianne Opsahl | 73 | Oslo | 22.09.2012 |
| 1:28:23 | Bente Tenold Holter | 62 | Oslo | 14.09.1996 |
| 1:29:04 | Anne Torill Garli | 57 | Jessheim | 22.11.1987 |
| 1:29:34 | Linn-Kristin Vibekken | 81 | Jessheim | 12.11.2023 |
| 1:29:43 | Mari Synnøve Qvale | 94 | Jessheim | 02.10.2021 |
| 1:29:55 | Kjersti Christine Moody | 74 | Jessheim | 12.11.2023 |
| 1:30:06 | Trine Bogstad Mangerud | 51 | Drammen | 31.08.2003 |
| 1:30.48 | Marianne Opsahl | 73 | Fredrikstad | 29.10.2005 |
| 1:32.00 | Heidi Brendengen | 71 | Oslo | 07.09.2002 |
| 1:32:00 | Marianne Espe Pettersen | 79 | Oslo | 16.09.2017 |
| 1:33:38 | Line Røen | 66 | Oslo | 12.09.1987 |
| 1:34.14 | Hanna Blom Breivik | 69 | Jessheim | 16.11.2014 |
| 1:35:12 | Laila Skibakk | 40 | Oslo | 03.09.1988 |
| 1:36:33 | Grethe Hansen | 63 | Oslo | 03.09.1988 |
| 1:36:41 | Anne Marie Frydenlund | 49 | Sandnes | 05.04.1987 |
| 1:36:44 | Claudia Asphaug | 68 | Jessheim | 18.11.2001 |
| 1:38:53 | Norunn Skildheim | 50 | Kragerø | 12.06.1994 |
| 1:39:42 | Line Huken Mathiesen | 71 | Oslo | 16.09.2017 |
| 1:40:21 | Heidi Blakkisrud | 69 | Oslo | 24.09.1994 |
| 1:41.08 | Anne Lillegård | 73 | Oslo | 04.09.1999 |
| 1:41:16 | Andrea Furuseth | 94 | Jessheim | 18.11.2018 |
| 1:43:42 | Berit Bamrud | 55 | Oslo | 24.09.1994 |
| 1:44:00 | Elisabeth Mannion | 76 | Jessheim | 18.11.2018 |
| 1:46:48 | Rita Steinsvik | 73 | Jessheim | 15.11.1998 |
| 1:49:15 | Clara Stålhegg | 68 | Jessheim | 14.11.2021 |
| 1:50:15 | Kjersti Andersen | 68 | Jessheim | 16.11.2003 |
| 1:53:40 | Ann-Kristin Ullerud | 66 | Oslo | 12.09.1987 |
| 1:56:26 | Else Johanne Husa | 51 | Lørenskog | 01.11.2008 |
| 1:57:07 | Inger Lise Wiig | 49 | Jessheim | 07.10.1984 |
| 1:59:23 | Cecilie Stenbakken | 77 | Oslo | 15.09.2018 |
| 2:01:17 | Veronica Bertheussen | 79 | Jessheim | 30.09.2023 |
| 2:03:56 | Anne May Boger | 43 | Sørum | 17.10.1981 |

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| **KVINNER SENIOR** | **51** |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 3:05:15 | Eva Blakkisrud | 46 | Oslo | 13.09.1986 |
| 3:06:44 | Camilla Hott Johansen | 69 | Drammen | 03.10.1996 |
| 3:11:09 | Linn-Kristin Vibekken | 81 | Valencia, ESP | 03.12.2023 |
| 3:11.37 | Marianne Opsahl | 73 | Oslo | 03.10.2004 |
| 3:21:26 | Bente Tenold (Holter) | 62 | Oslo | 03.07.1982 |
| 3:23.08 | Anne Marie Frydenlund | 49 | Kristiansand | 24.06.1992 |
| 3:29..58 | Marianne Eske Pettersen | 79 | Jessheim | 17.11.2019 |
| 3:37:59 | Trine Bogstad Mangerud | 51 | Jessheim | 16.11.1997 |
| 3:40:52 | Berit Bamrud | 55 | Berlin, GER | 24.09.1995 |
| 3:50:50 | Kari Vik Eines | 74 | Berlin, GER | 26.09.2021 |
| 3:59:03 | Elisabeth Mannion | 76 | Jessheim | 06.11.2016 |
| 4.30:28 | Raquel Galetto | 72 | Jessheim | 13.11.2022 |

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| **KVINNER SENIOR** | **52** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.71 | Anita Dale | 76 | Lillehammer/Ss | 26.06.1994 |
| 1.68 | Anne Mette Olsen | 54 | Lillestrøm | 19.08.1972 |
| 1.68 | Kristin Urnes | 75 | Grimstad | 09.07.1989 |
| 1.68 | Hanna Rimstad | 10 | Arvika, SWE | 23.07.2023 |
| 1.61 | Guri Fjeldberg | 69 | Moss/Me | 02.06.1984 |
| 1.60 | Tove Dønnum Jensen | 40 | Oslo/Fr | 02.07.1963 |
| 1.60 | Kari Fjeldberg | 68 | Strømmen | 02.06.1984 |
| 1.60 | Linn Helene Bakke | 91 | Oslo/La | 19.05.2005 |
| 1.60 | Mari Steen Myrvang | 06 | Nittedal | 16.09.2018 |
| 1.56 | Siv Anita Engh | 85 | Porsgrunn/Kj | 19.08.2000 |
| 1.56 | Frida Rimstad | 07 | Göteborg, SWE | 19.06.2022 |
| 1.55 | Ebba Beyer | 98 | Nadderud | 15.06.2014 |
| 1.52 | Inger Birgitte Reppe | 68 | Moss/Me | 02.06.1984 |
| 1.50 | Marit Rogstad | 67 | Kirkenær | 23.05.1983 |
| 1.50 | Tone Lauritzen | 76 | Lillehammer/Ss | 27.06.1992 |
| 1.50 | Victoria Hillveg | 86 | Jessheim | 23.08.1999 |
| 1.48 | Inger Lise Sundheim | 55 | Oslo/La | 23.08.1994 |
| 1.47 | Astrid Sundby | 42 | Strømmen | 21.09.1963 |
| 1.45 | Liv Knutsen | 52 | Lillestrøm | 04.09.1966 |
| 1.45 | Tone Sæthermoen | 69 | Løken | 28.05.1983 |
| 1.45 | Ingrid Maudal | 82 | Oslo/Bi | 31.05.1997 |
| 1.45 | Linnea Bratteng | 07 | Oslo/Bi | 28.05.2022 |
| 1.43 | Kari Mo | 38 | Oslo/Jo | 17.06.1955 |
| 1.42 | Ingrid Sundby | 39 | Råholt | 20.09.1957 |
| 1.40 | Kari Furuseth | 45 | Jessheim | 26.08.1962 |
| 1.40 | Gro Verpe | 62 | Bergen/Fa | 23.08.1976 |
| 1.40 | Unn Hoel | 68 | Kirkenær | 23.05.1983 |
| 1.40 | Kristin Bogstad | 64 | Rolvsrud | 15.06.1985 |
| 1.40 | Sofie Rostad | 94 | Jessheim | 25.05.2010 |
| 1.40 | Kristina Holter | 97 | Oslo/Bi | 15.08.2010 |
| 1.38 | Åshild Sørum | 39 | Lillestrøm | 23.08.1954 |
| 1.38 | Anne Lise Aas | 41 | Jessheim | 10.06.1959 |
| 1.38 | Anne Berit Eik | 49 | Jessheim | 15.08.1964 |
| 1.38 | Marit Ørvik | 50 | Lillestrøm | 10.09.1966 |
| 1.38 | Hilde Ødemark | 64 | Årnes | 28.08.1979 |
| 1.37 | Grethe Uhlen | 49 | Råholt | 01.07.1964 |
| 1.36 | Winnie Lindner | 44 | Strømmen | 22.09.1962 |
| 1.35 | Berit Wethal | 34 | Jessheim | 07.07.1957 |
| 1.35 | Randi Kulleseid | 46 | Sandvika/Ka | 25.06.1960 |
| 1.35 | Hilde Verpe | 63 | Skotterud | 11.06.1976 |
| 1.35 | Kristin Brekke | 65 | Årnes | 28.08.1979 |
| 1.35 | Anita Aasheim | 66 | Jessheim | 18.06.1980 |
| 1.35 | Grethe Arnegård | 69 | Lørenfallet | 18.06.1985 |
| 1.35 | Kari Kamstrup | 56 | Jessheim | 01.08.1986 |

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| **KVINNER SENIOR** | **53** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.35 | Kristine Heggelund | 76 | Jessheim | 13.09.1989 |
| 1.35 | Kamilla Bråthen | 77 | Jessheim | 21.05.1990 |
| 1.35 | Tonje Berg | 85 | Asker/Fø | 10.09.2000 |
| 1.35 | Karoline Hertzenberg | 89 | Asker/Fø | 17.08.2002 |
| 1.35 | Christina Gran | 88 | Jessheim | 25.09.2003 |
| 1.35 | Mari Solbrekken | 87 | Jessheim | 26.05.2005 |
| 1.35 | Ida Tonhaugen | 95 | Jessheim | 25.05.2010 |
| 1.33 | Ragnhild Sundby | 44 | Råholt | 14.06.1959 |
| 1.33 | Inge Sand | 43 | Jessheim | 12.07.1959 |
| 1.33 | Mabel Owren | 51 | Jessheim | 11.06.1965 |
| 1.32 | Liv Jensen | 40 | Jessheim | 30.09.1956 |
| 1.32 | Åshild Sørum | 39 | Jessheim | 16.06.1957 |
| 1.32 | Cora Halsan | 47 | Jessheim | 10.09.1961 |
| 1.32 | Ingvild Fjeldheim | 75 | Jessheim | 26.09.1988 |
| 1.31 | Marit Wiig | 49 | Råholt | 12.06.1966 |
| 1.31 | Inger Anne Nerhagen | 57 | Lillestrøm | 20.09.1970 |
| 1.31 | Eli Jensen | 62 | Årnes | 01.09.1976 |
| 1.30 | Borghild Hansen | 45 | Jessheim | 10.06.1959 |
| 1.30 | Berit Dønnum | 41 | Jessheim | 13.09.1964 |
| 1.30 | Lise Mette Holme | 83 | Oslo/Bi | 01.07.1994 |
| 1.30 | Stine Elstad | 87 | Jessheim | 25.09.2003 |
| 1.30 | Vår Åsheim | 99 | Jessheim | 15.09.2011 |
| 1.29 | Berit Børresen | 48 | Jessheim | 11.09.1963 |
| 1.29 | Trine Haug Ruud | 69 | Strømmen | 17.06.1981 |
| 1.28 | Marie Belsvik | 36 | Jessheim | 28.06.1954 |
| 1.28 | Turid Seime | 44 | Jessheim | 06.08.1958 |
| 1.28 | Eva Myrvang | 41 | Jessheim | 12.07.1959 |
| 1.28 | Nina Næss | 51 | Lillestrøm | 10.09.1966 |
| 1.28 | Lise Ørvik | 53 | Lillestrøm | 04.09.1966 |
| 1.26 | Ingrid Møinichen | 48 | Jessheim | 11.09.1963 |
| 1.26 | Ragnhild Dahl | 50 | Jessheim | 13.09.1964 |
| 1.25 | Irene Belsvik | 42 | Jessheim | 28.05.1958 |
| 1.25 | Anne Lise Aas | 41 | Jessheim | 29.08.1959 |
| 1.25 | Vera Martinsen | 47 | Råholt | 20.08.1960 |
| 1.25 | Grete Vegel | 47 | Jessheim | 29.09.1964 |
| 1.25 | Else Marie Dønnum | 53 | Jessheim | 02.10.1966 |
| 1.25 | May Britt Engenes | 53 | Strømmen | 03.09.1969 |
| 1.25 | Anita Melbye | 58 | Jessheim | 21.09.1970 |
| 1.25 | Marianne Borgen | 62 | Gardermoen | 17.06.1976 |
| 1.25 | Elisabeth Langrusten | 86 | Jessheim | 22.05.2000 |
| 1.25 | Charlotte Oliversen | 91 | Jessheim | 19.06.2003 |
| 1.25 | Hedda Algarheim Tverås | 01 | Jessheim | 23.08.2012 |
| 1.25 | Natalie Norbech Jøransen | 07 | Nittedal | 21.08.2021 |

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| **KVINNER SENIOR** | **54** |

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| 1.24 | Ida Edlund | 94 | Jessheim | 21.08.2007 |
| 1.24 | Maren Rønneseth | 94 | Jessheim | 21.08.2007 |
| 1.23 | Guri Øverby | 45 | Jessheim | 15.09.1959 |
| 1.23 | Liv Laache | 46 | Råholt | 11.06.1961 |
| 1.23 | Inger Torill Granheim | 52 | Jessheim | 13.09.1964 |
| 1.23 | Malena Gulbrandsen Høe | 05 | Jessheim | 23.05.2017 |
| 1.22 | Kirsten Daae Wiig | 97 | Jessheim | 16.06.2009 |
| 1.22 | Ella Hjeltnes | 11 | Nittedal | 21.08.2022 |
| 1.21 | Anne Refsum | 41 | Jessheim | 04.06.1955 |
| 1.21 | Mari Jellum | 79 | Oslo/La | 21.06.1993 |
| 1.20 | Sidsel Nørgaard | 42 | Jessheim | 01.08.1958 |
| 1.20 | Unn Henriksen | 42 | Jessheim | 01.08.1958 |
| 1.20 | Anne Majorsæter | 48 | Jessheim | 06.09.1962 |
| 1.20 | Anne Marie Scheie | 59 | Lillestrøm | 19.09.1970 |
| 1.20 | Grete Ellingsen | 58 | Lillestrøm | 19.09.1970 |
| 1.20 | Sigrid Merli | 87 | Jessheim | 22.05.2000 |
| 1.20 | Marte Mikkelsen | 94 | Bjørkelangen | 10.06.2006 |
| 1.20 | Frida Kristiansen | 94 | Jessheim | 21.08.2007 |
| 1.20 | Mari Båtnes | 95 | Jessheim | 25.05.2010 |
| 1.20 | Vår Åsheim | 99 | Jessheim | 15.06.2010 |
| 1.20 | Silje Svendsen | 01 | Lillestrøm | 26.05.2013 |
| 1.20 | Silje Christine Berg-Knutsen | 05 | Lillestrøm | 29.05.2016 |
| 1.20 | Natalie Nordbech Jøransen | 07 | Jessheim | 11.08.2019 |
| 1.18 | Anne Karin Fagertun | 45 | Jessheim | 10.06.1959 |
| 1.16 | Bente Haugen | 59 | Lillestrøm | 19.09.1970 |
| 1.15 | Reidun Hansen | 45 | Jessheim | 01.08.1958 |
| 1.15 | Aase Alstad | 48 | Jessheim | 15.08.1964 |
| 1.15 | Tone Furuseth | 54 | Strømmen | 31.08.1968 |
| 1.15 | Elin Knutsen | 63 | Strømmen | 19.06.1975 |
| 1.15 | Hege Bjørndal | 73 | Haga | 23.08.1985 |
| 1.15 | Kristin Grøndalen | 74 | Strømmen | 11.06.1986 |
| 1.15 | Silje Scheie Bråthen | 91 | Jessheim | 20.06.2002 |
| 1.15 | Tonje Oliversen | 91 | Lillehammer/Ss | 28.06.2003 |
| 1.15 | Solveig Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 1.15 | Selma Norseth Kvam | 04 | Nadderud | 14.06.2015 |
| 1.15 | Helena Seland Myhre | 97 | Jessheim | 18.09.2010 |
| 1.13 | Toril Granås | 46 | Jessheim | 15.09.1959 |
| 1.12 | Kari Jørgensen | 44 | Råholt | 28.06.1958 |
| 1.12 | Anne Marie Søberg | 45 | Råholt | 28.06.1958 |
| 1.11 | Bjørg Torp | 48 | Råholt | 11.08.1961 |
| 1.11 | Benedicte Rønneberg | 06 | Jessheim | 23.05.2017 |
| 1.10 | Densie Hagen | 44 | Råholt | 28.06.1958 |
| 1.10 | Vigdis Blaker | 51 | Råholt | 18.08.1963 |
| 1.10 | Inger Karlsen | 51 | Råholt | 18.08.1963 |

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| **KVINNER SENIOR** | **55** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.10 | Anne Lise Sundbø | 63 | Jessheim | 11.09.1974 |
| 1.10 | Hildegunn Bjerkan | 63 | Gardermoen | 17.06.1976 |
| 1.10 | Randi Øye | 55 | Lillestrøm | 10.09.1967 |
| 1.10 | Britt Havenstrøm | 55 | Lillestrøm | 10.09.1967 |
| 1.10 | Kirsten Ladegård | 56 | Lillestrøm | 10.09.1967 |
| 1.10 | Siri Fjeldberg | 71 | Rolvsrud | 19.09.1982 |
| 1.10 | Christine Nerhagen | 91 | Jessheim | 20.06.2002 |
| 1.10 | Celine Anseth Skeie | 95 | Jessheim | 12.06.2006 |
| 1.10 | Charlotte Axelsen | 92 | Jessheim | 21.08.2006 |
| 1.10 | Tonje Moen | 00 | Jessheim | 15.09.2011 |
| 1.10 | Andrea Jødahl | 01 | Lillestrøm | 25.05.2013 |
| 1.10 | Hanne Emilie Hjeltnes | 04 | Lillestrøm | 31.05.2015 |
| 1.10 | Hedda Finne | 04 | Lillehammer/Ss | 13.09.2015 |
| 1.10 | Marte Nordal | 05 | Lillestrøm | 28.05.2017 |
| 1.10 | Sara Isabella Bertheussen | 07 | Oslo/Be | 04.05.2019 |

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| **KVINNER SENIOR** | **56** |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 4.13 | Birgitte Kjuus | 99 | Göteborg, SWE | 28.06.2019 |
| 3.30 | Sara Bålsrud | 97 | Haugesund | 31.07.2015 |
| 3.00 | Sofie Schancke Krauss | 98 | Lillestrøm | 31.05.2015 |
| 3.00 | Hanna Rimstad | 10 | Rjukan | 02.09.2023 |
| 2.80 | Tonje Berg | 85 | Lillehammer/Ss | 27.06.2002 |
| 2.71 | Marie Øverlie | 08 | Sandnes | 25.08.2023 |
| 2.70 | Siv Anita Engh | 85 | Jessheim | 20.06.2002 |
| 2.60 | Kristin Urnes | 75 | Jessheim | 22.05.1989 |
| 2.15 | Guri Fjeldberg | 69 | Jessheim | 25.08.1994 |
| 2.20 | Sofie Rostad | 97 | Jessheim | 26.05.2011 |
| 2.10 | Hermine Opsahl Torgersen | 10 | Lillehammer/Ss | 23.06.2023 |
| 1.95 | Mari Jellum | 79 | Jessheim | 26.09.1994 |
| 1.70 | Tina Moen | 00 | Jessheim | 04.06.2014 |

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| **KVINNER SENIOR** | **57** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.66 +1.5 | Birgitte Kjuus | 99 | Oslo/Bi | 17.07.2019 |
| 5.59 +1.0 | Frida Rimstad | 07 | Rud | 27.08.2022 |
| 5.38 +0.4 | Linn Helene Bakke | 91 | Oslo/Bi | 19.08.2007 |
| 5.35 Vind? | Inger Birgitte Reppe | 68 | Oslo/La | 09.09.1984 |
| 5.22 +1.6 | Guri Fjeldberg | 69 | Nadderud | 11.08.1985 |
| 5.15 V? | Tone Lauritzen | 76 | Kongsvinger/Gj | 23.05.1992 |
| 5.13 +1.1 | Kristine Heggelund | 76 | Jessheim | 02.09.1992 |
| 5.09 | Tove Dønnum | 40 | Strømmen | 17.09.1962 |
| 5.07 | Winnie Lindner | 44 | Jessheim | 29.09.1962 |
| 5.05 | Lene Kristin Nyland | 74 | Drammen/Ma | 16.09.1989 |
| 5.04 | Anne Mette Olsen | 54 | Kongsvinger/Gj | 20.06.1971 |
| 5.04 | Marit Rogstad | 67 | Raufoss | 18.08.1984 |
| 4.98 | Marie Belsvik | 36 | Borgen | 05.09.1954 |
| 4.96 | Kristin Urnes | 75 | Nadderud | 19.06.1992 |
| 4.88 | Liv Knutsen | 52 | Tønsberg | 18.09.1966 |
| 4.88 | Kari Kamstrup (Hovind) | 56 | Jessheim | 02.09.1986 |
| 4.86 | Anne Berit Eik | 49 | Strømmen | 08.09.1964 |
| 4.85 | Astrid Sundby | 42 | Råholt | 31.08.1963 |
| 4.84 | Ragnhild Sundby | 44 | Sandvika/Ka | 17.09.1960 |
| 4.84 | Heidi Bogstad | 67 | Kirkenær | 21.05.1983 |
| 4.84 | Tone Sæthermoen | 69 | Larvik/Lo | 25.06.1985 |
| 4.82 | Betina Nilssen | 92 | Jessheim | 22.09.2007 |
| 4.81 | Inger Lise Sundheim | 55 | Jessheim | 25.06.1996 |
| 4.79 | Kari Mo | 38 | Lillestrøm | 11.06.1955 |
| 4.76 | Kari Fjeldberg | 68 | Oslo/Bi | 07.06.1983 |
| 4.75 | Hilde Verpe | 63 | Jessheim | 04.08.1977 |
| 4.75 | Anita Dale | 76 | Jessheim | 23.09.1993 |
| 4.74 | Anita Melby | 58 | Lillestrøm | 20.09.1970 |
| 4.74 | Mari Solbrekken | 87 | Lillehammer/Ss | 24.06.2005 |
| 4.72 | Liv Jensen | 40 | Jessheim | 11.08.1957 |
| 4.67 | Eva Cathrine Torvund | 69 | Strømmen | 20.06.1974 |
| 4.65 | Grethe Arnegård | 69 | Oslo/La | 16.06.1985 |
| 4.63 | Cora Halsan | 47 | Sandvika/Ka | 17.09.1960 |
| 4.60 | Ingrid Sundby | 39 | Borgen | 05.09.1954 |
| 4.58 | Ingrid Møinichen | 47 | Råholt | 01.07.1964 |
| 4.58 | Kristin Brekke | 65 | Halden | 10.05.1981 |
| 4.57 | Silje Disserud | 91 | Jessheim | 23.09.2006 |
| 4.56 | Åshild Sørum | 39 | Råholt | 21.08.1957 |
| 4.55 | Irene Belsvik | 42 | Jessheim | 05.06.1957 |
| 4.53 | Vår Åsheim | 99 | Lillestrøm | 09.06.2013 |
| 4.52 | Kari Wang | 56 | Lillestrøm | 19.09.1970 |
| 4.52 | Christina Ellingsen | 88 | Jessheim | 20.06.2002 |
| 4.49 | Grethe Uhlen | 49 | Strømmen | 22.08.1965 |
| 4.48 | Stine Elstad | 87 | Jessheim | 25.09.2003 |

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| **KVINNER SENIOR** | **58** |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 4.47 | Mabel Owren | 49 | Strømmen | 21.08.1965 |
| 4.46 | Inge Sand | 43 | Jessheim | 30.09.1956 |
| 4.45 | Tonje Berg | 85 | Oslo/Bi | 25.06.2000 |
| 4.43 | Inger Marie Fridlund | 40 | Jessheim | 24.09.1960 |
| 4.43 | Vera Martinsen | 47 | Hamar | 29.05.1961 |
| 4.43 | May Britt Mehlen | 57 | Jessheim | 18.09.1971 |
| 4.43 | Inger Anne Nerhagen | 57 | Jessheim | 06.06.1971 |
| 4.42 | Grete Vegel | 47 | Råholt | 13.06.1964 |
| 4.42 | Marit Wiig | 49 | Strømmen | 22.08.1965 |
| 4.38 | Ebba Beyer | 98 | Jessheim | 27.05.2014 |
| 4.37 | Borghild Hansen | 45 | Jessheim | 15.09.1959 |
| 4.37 | Anne Karin Fagertun | 46 | Strømmen | 03.09.1961 |
| 4.36 | Lena Opaker | 69 | Jessheim | 24.09.1992 |
| 4.35 | Gro Verpe | 62 | Lillestrøm | 02.06.1975 |
| 4.34 | Ragnhild Dahl | 50 | Jessheim | 29.09.1964 |
| 4.34 | Karin Kvamme | 58 | Nannestad | 17.06.1971 |
| 4.32 | Summer Steinsrud | 01 | Lillestrøm | 17.09.2016 |
| 4.31 | Siv Anita Engh | 85 | Jessheim | 22.05.2000 |
| 4.31 | Hilde Gustavson | 87 | Jessheim | 25.09.2003 |
| 4.28 | Linnea Børresen Lecomte | 07 | Jessheim | 03.06.2021 |
| 4.27 | Victoria Hillveg | 86 | Bjørkelangen | 21.05.2000 |
| 4.25 | Anne Gro Digerud | 52 | Råholt | 12.09.1965 |
| 4.25 | Berit Gullichsen | 52 | Råholt | 12.09.1965 |
| 4.22 | Turid Seime | 44 | Kløfta | 10.08.1958 |
| 4.22 | Eva Myrvang | 42 | Jessheim | 30.08.1959 |
| 4.21 | Kristin Bogstad | 64 | Årnes | 27.05.1981 |
| 4.20 | Marit Ørvik | 50 | Jessheim | 02.10.1966 |
| 4.19 | Liv Jensen | 40 | Jessheim | 08.06.1958 |
| 4.19 | Liv Anita Mikkelborg | 80 | Bjørkelangen | 17.09.1994 |
| 4.18 | Tove Johansen | 41 | Jessheim | 28.08.1955 |
| 4.08 | Ingrid Sundby | 39 | Jessheim | 28.05.1958 |
| 4.06 | Anne Hemsen | 65 | Gardermoen | 23.08.1978 |
| 4.05 | Berit Børresen | 48 | Strømmen | 23.06.1963 |
| 4.03 | Mari Steen Myrvang | 06 | Jessheim | 27.09.2018 |
| 4.02 | Anne Beate Kogstad | 63 | Hvam | 21.09.1975 |
| 4.00 | Inger Torill Granheim | 52 | Nannestad | 26.07.1964 |
| 4.00 | Ida Berg Hansen | 92 | Jessheim | 22.09.2007 |
| 3.99 | Anne Lise Aas | 41 | Nannestad | 06.09.1959 |
| 3.99 | Sofie Schancke Krauss | 98 | Lillestrøm | 08.09.2012 |
| 3.97 | Mette Harstad | 51 | Jessheim | 15.08.1964 |
| 3.97 | Katrine Hoff | 91 | Bjørkelangen | 09.06.2007 |
| 3.95 | Lita Søberg | 45 | Lillestrøm | 15.06.1958 |
| 3.95 | Reidun Hansen | 45 | Jessheim | 28.05.1958 |
| 3.95 | Hilde Ødemark | 64 | Jessheim | 04.08.1977 |

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| **KVINNER SENIOR** | **59** |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 3.95 | Hanne Nyheim | 79 | Nadderud | 19.06.1994 |
| 3.93 | Toril Granås | 46 | Jessheim | 15.09.1959 |
| 3.92 | Dagny Wethal | 40 | Jessheim | 19.09.1958 |
| 3.90 | Unn Henriksen | 42 | Jessheim | 28.08.1955 |
| 3.90 | Eli Jensen | 62 | Gardermoen | 14.06.1974 |
| 3.86 | Mari Jellum | 79 | Nadderud | 19.06.1994 |
| 3.85 | Britt Elton | 45 | Strømmen | 18.06.1961 |
| 3.83 | Anne Majorsæter | 48 | Jessheim | 06.09.1962 |
| 3.82 | Kari Jørgensen | 44 | Jessheim | 28.05.1958 |
| 3.79 | Britt Scheie | 64 | Strømmen | 19.06.1976 |
| 3.75 | Ellen Refsum | 46 | Jessheim | 10.09.1961 |
| 3.75 | Bjørg Torp | 48 | Nannestad | 28.07.1962 |
| 3.72 | Karin Lund | 41 | Jessheim | 28.06.1954 |
| 3.70 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |
| 3.69 | Kirsten Ladegård | 56 | Nannestad | 28.07.1968 |
| 3.69 | Haddijatou Jobe | 98 | Jessheim | 20.05.2012 |
| 3.68 | Else Marie Dønnum | 53 | Jessheim | 02.10.1966 |
| 3.68 | Marit Øye | 53 | Lillestrøm | 10.09.1967 |
| 3.67 | Anne Marie Søberg | 45 | Jessheim | 10.08.1957 |
| 3.64 | Mari Steen Myrvang | 06 | Rjukan | 05.09.2020 |
| 3.62 | Liv Laache | 46 | Jessheim | 10.09.1961 |
| 3.61 | Torill Henriksen | 61 | Strømmen | 09.09.1972 |
| 3.60 | Rikke Rosenkilde | 50 | Jessheim | 10.09.1961 |
| 3.59 | Aase Alstad | 48 | Råholt | 23.09.1962 |
| 3.58 | Anne Lise Granheim | 51 | Råholt | 18.08.1963 |
| 3.56 | Marianne Sundling | 52 | Råholt | 12.09.1965 |
| 3.56 | Elin Knutsen | 63 | Strømmen | 11.06.1975 |

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| **Lengde underkjent** |  |

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| --- | --- | --- | --- | --- |
| 5.21 +3.7 | Kristine Heggelund | 76 | Ski | 25.08.1991 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.34 | Summer Steinsrud | 01 | Jessheim | 18.10.2018 |
| 2.01 | Brit Helen Lye | 77 | Jessheim | 18.10.2018 |
| 1.77 | Gudrun Laake | 70 | Jessheim | 18.10.2018 |

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| **KVINNER SENIOR** | **60** |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.91 +0.4 | Birgitte Kjuus | 99 | Ravnanger | 30.07.2016 |
| 11.44 +0.0 | Frida Rimstad | 07 | Trondheim/St | 12.08.2022 |
| 10.74 +0.3 | Tone Lauritzen | 76 | Oslo/Bi | 17.07.1995 |
| 10.41 V? | Kristine Heggelund | 76 | Lillestrøm | 20.09.1991 |
| 10.39 +0.1 | Kristin Urnes | 75 | Jessheim | 24.09.1992 |
| 9.90 +1.1 | Frida Forberg | 92 | Jessheim | 22.09.2007 |
| 9.85 V? | Victoria Hillveg | 85 | Jessheim | 24.09.1999 |
| 9.85 V? | Siv Anita Engh | 85 | Bjørkelangen | 01.06.2002 |
| 9.64 V? | Inger Lise Sundheim | 55 | Lillehammer/Ss | 17.08.1997 |
| 9.19 +1.7 | Sofie Skancke Krauss | 98 | Nadderud | 15.06.2013 |
| 9.17 V? | Tonje Berg | 85 | Asker/Fø | 10.09.2000 |
| 9.16 +0.6 | Vår Åsheim | 99 | Göteborg, SWE | 28.06.2014 |
| 9.01 +0.0 | Natalie Norbech Jøransen | 07 | Oslo/St | 24.09.2021 |
| 8.44 -0-7 | Solveig Emilie Johansen | 03 | Nesodden | 29.08.2019 |
| 8.29 -1.0 | Amalie Westby Liestøl | 02 | Jessheim | 28.08.2016 |
| 8.12 +0.5 | Sofie Rostad | 94 | Nadderud | 08.05.2008 |
| 7.72 V? | Julie Flatner | 99 | Jessheim | 30.05.2013 |

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| **Uklare vindforhold** | |  | | |
| 10.45Vind? | Kristin Urnes Vind ikke målt | 75 | Jessheim | 01.09.1993 |
| 10.44 V? | Kristine Heggelund | 76 | Jessheim | 06.07.1992 |

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| **KVINNER SENIOR** | **61** |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.46 | Hanna Emilie Hjeltnes | 04 | Kristiansand | 10.09.2021 |
| 12.56 | Else Opsahl | 32 | Ottestad | 06.10.1968 |
| 12.16 | Astrid Sundby | 42 | Romedal | 20.06.1965 |
| 11.45 | Silje Disserud | 91 | Oslo/Bi | 16.08.2008 |
| 11.30 | Guri Fjeldberg | 69 | Jessheim | 06.07.1987 |
| 10.32 | Ingvei Sæter | 38 | Strømmen | 16.09.1962 |
| 10.16 | Linn Helene Bakke | 91 | Jessheim | 18.08.2008 |
| 10.09 | Tove Dønnum Jensen | 40 | Jessheim | 16.09.1962 |
| 9.64 | Runa Nordahl | 56 | Rolvsrud | 04.05.1976 |
| 9.61 | Berit Wethal | 34 | Jessheim | 16.06.1957 |
| 9.25 | Åshild Sørum | 39 | Oslo/Bi | 12.06.1961 |
| 9.17 | Anne Berit Eik | 49 | Råholt | 29.07.1964 |
| 9.13 | Ebba Beyer | 98 | Lillestrøm | 28.05.2016 |
| 9.02 | Winnie Lindner | 44 | Jessheim | 22.09.1962 |
| 8.96 | Kari Kamstrup Hovind | 56 | Jessheim | 25.06.1996 |
| 8.88 | Inger Lise Aas | 41 | Jessheim | 08.06.1959 |
| 8.81 | Anita Dale | 76 | Jessheim | 27.09.1993 |
| 8.80 | Bente Honne | 43 | Strømmen | 16.09.1962 |
| 8.65 | Liv Jensen | 40 | Råholt | 10.08.1956 |
| 8.65 | Ragnhild Sundby | 44 | Lillestrøm | 08.07.1960 |
| 8.59 | Marit Rogstad | 67 | Lillestrøm | 12.09.1981 |
| 8.57 | Ingrid Maudal | 82 | Jessheim | 22.06.1998 |
| 8.52 | Tonje Berg | 85 | Jessheim | 19.08.2002 |
| 8.50 | Ylva Rognstad | 98 | Overhalla | 02.08.2013 |
| 8.49 | Ingrid Sundby | 39 | Jessheim | 28.05.1958 |
| 8.40 | Inger Birgitte Reppe | 68 | Lørenfallet | 18.06.1985 |
| 8.37 | Vigdis Martinsen | 45 | Råholt | 23.09.1962 |
| 8.29 | Eva Myrvang | 41 | Jessheim | 19.06.1959 |
| 8.20 | Anita Aasheim | 66 | Kirkenær | 30.05.1981 |
| 8.17 | Kristin Urnes | 75 | Jessheim | 18.05.1992 |
| 8.15 | Grete Vegel | 47 | Jessheim | 05.06.1964 |
| 8.13 | Turid Seime | 44 | Jessheim | 23.08.1958 |
| 8.08 | Monique Sevilhaug | 69 | Jessheim | 29.08.1986 |
| 8.06 | Cecilie Laake | 66 | Strømmen | 14.06.1981 |
| 8.04 | Ragnhild Dahl | 50 | Jessheim | 15.08.1964 |
| 7.85 | Kari Wang | 56 | Lillestrøm | 26.09.1971 |
| 7.85 | Tone Sæthermoen | 69 | Jessheim | 26.09.1988 |
| 7.84 | Gunn Kristin Sunde | 66 | Asker/Fø | 31.05.2007 |
| 7.72 | Berit Haug | 38 | Hønefoss | 20.06.1959 |
| 7.66 | Unn Helen Grønvold | 61 | Jessheim | 19.08.2002 |
| 7.65 | Vera Martinsen | 47 | Strømmen | 21.08.1965 |
| 7.65 | Anne Gro Digerud | 52 | Nannestad | 04.06.1970 |
| 7.60 | Karin Lund | 41 | Jessheim | 22.06.1960 |
| 7.57 | Anne Marie Scheie | 59 | Strømmen | 25.06.1976 |

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| **KVINNER SENIOR** | **62** |

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

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| --- | --- | --- | --- | --- |
| 7.48 | Borghild Hansen | 45 | Jessheim | 29.08.1959 |
| 7.38 | Marit Wiig | 49 | Råholt | 27.08.1966 |
| 7.37 | Marit Ørvik | 50 | Lillestrøm | 04.09.1966 |
| 7.37 | Anne Mette Olsen | 54 | Strømmen | 12.09.1970 |
| 7.25 | Liv Knutsen | 52 | Strømmen | 03.09.1969 |
| 7.24 | Liv Laache | 46 | Jessheim | 06.10.1962 |
| 7.07 | Brit Elton | 45 | Jessheim | 22.09.1962 |
| 7.05 | Brit Helen Lye | 77 | Jessheim | 27.09.2018 |
| 6.99 | Berit Børresen | 48 | Jessheim | 16.08.1964 |
| 6.98 | Marit Rogstad | 67 | Moss/Me | 02.06.1984 |
| 6.94 | Nina Næss | 51 | Strømmen | 21.08.1965 |
| 6.93 | Marit Svensson | 48 | Jessheim | 16.08.1964 |
| 6.91 | Kari Mo | 38 | Jessheim | 03.10.1954 |
| 6.89 | Grethe Uhlen | 49 | Jessheim | 15.08.1964 |
| 6.86 | Eva Cathrine Torvund | 69 | Jessheim | 29.09.1986 |
| 6.86 | Irene Schultze | 67 | Lillehammer/Ss | 19.06.2010 |
| 6.81 | Aase Alstad | 48 | Strømmen | 21.08.1965 |
| 6.68 | Anne Karin Fagertun | 45 | Jessheim | 10.09.1961 |
| 6.67 | Amalie Liestøl | 02 | Jessheim | 16.09.2019 |
| 6.66 | Ingeborg Dønnum | 48 | Råholt | 17.08.1963 |
| 6.65 | Cora Halsan | 47 | Jessheim | 07.09.1962 |
| 6.65 | Mabel Owren | 51 | Strømmen | 21.08.1965 |
| 6.52 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |
| 6.47 | Tove Sundby | 51 | Strømmen | 21.08.1965 |
| 6.30 | Anne Kamstrup Hovind | 88 | Jessheim | 25.09.2003 |
| 6.30 | Stine Elstad | 87 | Jessheim | 25.09.2003 |
| 6.30 | Christian Gran | 88 | Jessheim | 25.09.2003 |
| 6.25 | Inge Sand | 43 | Jessheim | 23.08.1958 |
| 6.19 | Inger Laache | 45 | Jessheim | 15.09.1961 |
| 6.14 | Hilde Gustavson | 87 | Jessheim | 25.09.2003 |
| 6.10 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 6.10 | Lise Ørvik | 53 | Lillestrøm | 04.09.1966 |
| 6.08 | Vilgun Abrahamsen | 49 | Råholt | 17.08.1963 |
| 6.00 | May Britt Mehlen | 57 | Lillestrøm | 19.09.1970 |
| 6.00 | Mari Solbrekken | 87 | Jessheim | 25.09.2003 |
| 5.93 | Line Løvstad | 74 | Jessheim | 16.09.2019 |
| 5.84 | Wenche Korsmo | 57 | Rolvsrud | 18.06.1970 |
| 5.85 | Lisbeth Hansen | 52 | Lillestrøm | 04.09.1966 |
| 5.85 | Ellen Andersen | 57 | Rolvsrud | 18.06.1970 |
| 5.80 | Berit Dønnum | 41 | Jessheim | 05.07.1960 |
| 5.80 | Gudrun Laake | 70 | Jessheim | 27.09.2018 |
| 5.77 | Ellen Refsum | 46 | Jessheim | 15.09.1961 |
| 5.77 | Guri Øverby | 45 | Jessheim | 07.10.1961 |

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| **KVINNER SENIOR** | **63** |

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

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| --- | --- | --- | --- | --- |
| 5.77 | Randi Holm | 53 | Lillestrøm | 04.09.1966 |
| 5.76 | Ingeborg Dønnum | 48 | Jessheim | 06.10.1962 |
| 5.76 | Anne Majorsæter | 48 | Råholt | 17.08.1963 |
| 5.65 | Else Marie Dønnum | 53 | Jessheim | 02.10.1966 |

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| **KVINNER SENIOR** | **64** |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 46.56 | Hanna Emilie Hjeltnes | 04 | Haderslev, DEN | 03.06.2023 |
| 38.96 | Else Opsahl | 32 | Hamar | 21.07.1966 |
| 38.94 | Astrid Sundby (Willersrud) | 42 | Drammen/Ma | 17.07.1966 |
| 35.40 | Guri Fjeldberg | 69 | Jessheim | 29.09.1986 |
| 34.14 | Ingvei Sæter | 38 | Oslo/Fr | 09.08.1961 |
| 31.46 | Tove Dønnum | 40 | Ski | 25.06.1960 |
| 29.79 | Ingrid Sundby | 39 | Raufoss | 01.07.1956 |
| 27.84 | Tonje Berg | 85 | Jessheim | 14.06.2004 |
| 27.38 | Runa Nordahl | 56 | Hvam | 22.05.1976 |
| 26.00 | Winnie Lindner | 44 | Jessheim | 02.07.1962 |
| 25.97 | Berit Wethal | 34 | Kløfta | 12.08.1957 |
| 25.96 | Turid Seime | 44 | Årnes | 17.08.1958 |
| 25.62 | Åshild Sørum | 39 | Skotterud | 24.07.1960 |
| 25.59 | Eva Myrvang | 42 | Jessheim | 17.06.1959 |
| 25.23 | Silje Disserud | 91 | Nadderud | 16.06.2007 |
| 25.06 | Ingrid Maudal | 82 | Jessheim | 11.07.1998 |
| 24.93 | Bente Honne | 43 | Strømmen | 16.09.1962 |
| 24.90 | Anne Lise Aas | 41 | Jessheim | 19.09.1959 |
| 24.78 | Anita Aasheim | 66 | Løken | 27.05.1981 |
| 24.65 | Ebba Beyer | 98 | Lillestrøm | 28.05.2016 |
| 24.10 | Tone Sæthermoen | 69 | Kløfta | 22.09.1983 |
| 24.06 | Mabel Owren | 51 | Strømmen | 29.09.1965 |
| 23.86 | Anita Melbye | 58 | Jessheim | 18.09.1971 |
| 23.68 | Borghild Hansen | 45 | Jessheim | 01.08.1959 |
| 23.46 | Anita Dale | 76 | Jessheim | 27.09.1993 |
| 23.23 | Ragnhild Sundby | 44 | Lillestrøm | 18.06.1960 |
| 23.13 | Anne Gro Digerud | 52 | Strømmen | 31.08.1968 |
| 22.42 | Marit Ørvik | 50 | Jessheim | 15.08.1964 |
| 22.20 | Liv Jensen | 40 | Jessheim | 16.06.1957 |
| 22.04 | Marit Wiig | 49 | Blaker/Br | 18.06.1967 |
| 21.90 | Anne Marit Eik | 49 | Jessheim | 16.08.1964 |
| 21.88 | Kristin Urnes | 75 | Jessheim | 27.09.1993 |
| 21.64 | Irene Schultze | 67 | Jessheim | 01.09.1982 |
| 21.63 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 21.54 | Nina Næss | 51 | Lillestrøm | 10.09.1854 |
| 21.12 | Marit Rogstad | 67 | Jessheim | 05.09.1983 |
| 20.92 | Kristine Heggelund | 76 | Bjørkelangen | 10.06.1990 |
| 20.76 | Inger Birgitte Reppe | 68 | Rolvsrud | 19.09.1982 |
| 20.28 | Tove Sundby | 51 | Strømmen | 22.08.1965 |
| 20.25 | Kari Mo | 38 | Jessheim | 28.08.1955 |
| 20.16 | Liv Laache | 46 | Nannestad | 28.07.1962 |
| 20.11 | Ragnhild Dahl | 50 | Jessheim | 15.08.1964 |
| 20.06 | Liv Knutsen | 42 | Råholt | 23.06.1968 |
| 19.99 | Aase Alstad | 48 | Jessheim | 15.08.1964 |

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| **KVINNER SENIOR** | **65** |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 19.35 | Marit Svensson | 48 | Jessheim | 15.08.1964 |
| 19.10 | Mari Steen Myrvang | 06 | Arvika, SWE | 23.07.2022 |
| 19.02 | Norunn Elise Bamrud | 92 | Jessheim | 20.09.2008 |
| 16.67 | Natalie Nordbech Jøransen | 07 | Jessheim | 07.08.2022 |
| 16.61 | Lise Gaupås | 51 | Jessheim | 13.09.1964 |
| 15.20 | Berit Grønlien | 50 | Jessheim | 15.08.1964 |
| 15.08 | Ann-Cathrin Willersrud | 71 | Haga | 23.08.1985 |
| 14.27 | Cora Halsan | 47 | Jessheim | 19.09.1959 |

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| **Slegge 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 33.16 | Hanna Emilie Hjeltnes | 04 | Jessheim | 02.09.2023 |
| 32.78 | Linn Helene Bakke | 91 | Tønsberg/Gr | 03.08.2007 |
| 32.08 | Runa Nordahl | 56 | Strømmen | 18.06.1976 |
| 28.43 | Silje Disserud | 91 | Göteborg, SWE | 30.06.2007 |
| 26.88 | Astrid Willersrud | 42 | Rolvsrud | 03.09.1998 |
| 26.79 | Hanna Emilie Hjeltnes | 04 | Jessheim | 16.09.2019 |
| 23.88 | Guri Fjeldberg | 69 | Rolvsrud | 18.09.1986 |
| 23.15 | Siv Anita Engh | 85 | Lillestrøm | 09.05.2001 |
| 21.83 | Tonje Berg | 85 | Heggedal/Gj | 26.08.2000 |

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| **KVINNER SENIOR** | **66** |

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

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| --- | --- | --- | --- | --- |
| 36.96 | Hanna Emilie Hjeltnes | 04 | Bergen/Fa | 09.09.2023 |
| 36.45 | Silje Disserud | 91 | Nadderud | 10.06.2007 |
| 32.56 | Tonje Berg | 85 | Lillehammer/Ss | 02.07.2000 |
| 26.65 | Ebba Beyer | 98 | Jessheim | 02.09.2014 |
| 24.29 | Linn Helene Bakke | 91 | Årnes | 12.09.2007 |
| 22.56 | Katrine Hoff | 91 | Jessheim | 22.05.2006 |
| 21.60 | Irene Schultze | 67 | Lillehammer/Ss | 20.06.2010 |
| 20.81 | Norunn Elise Bamrud | 92 | Nittedal | 16.09.2006 |
| 20.43 | Siv Anita Engh | 85 | Lillestrøm | 09.05.2001 |
| 20.07 | Katrine Hoff | 91 | Lillehammer/Ss | 24.06.2007 |
| 20.04 | Irene Schultze | 67 | Jessheim | 16.09.2019 |
| 18.49 | Mari Solbrekken | 87 | Jessheim | 13.06.2005 |
| 15.70 | Silje Breen | 95 | Jessheim | 23.08.2012 |
| 15.69 | Helena Seland Myhre | 97 | Jessheim | 23.08.2012 |
| 14.20 | Marianne Opsahl | 73 | Jessheim | 19.08.2002 |
| 12.50 | Victoria Børresen | 98 | Jessheim | 23.08.2012 |
| 10.27 | Malene Fjellestad | 97 | Jessheim | 23.08.2012 |

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| **KVINNER SENIOR** | **67** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.62 | Runa Nordahl | 56 | Jessheim | 09.06.1976 |
| 37.74 | Astrid Sundby | 42 | Råholt | 27.08.1967 |
| 35.26 | Ragnhild Sundby | 44 | Råholt | 17.08.1965 |
| 35.12 | Eva Catrine Torvund | 69 | Jessheim | 01.08.1987 |
| 34.18 | Guri Fjeldberg | 69 | Jessheim | 20.06.1994 |
| 33.88 | Kristine Heggelund | 76 | Asker/Fø | 12.09.1992 |
| 33.12 | Elisabeth Sandaunet | 78 | Jessheim | 23.09.1993 |
| 32.02 | Kristin Urnes | 75 | Bjørkelangen | 25.05.1990 |
| 31.60 | Else Opsahl | 32 | Jessheim | 18.08.1963 |
| 30.16 | Åshild Sørum | 39 | Årnes | 17.08.1958 |
| 29.07 | Winnie Lindner | 44 | Jessheim | 29.09.1962 |
| 28.82 | Ingrid Sundby | 39 | Råholt | 20.09.1959 |
| 28.26 | Tove Dønnum | 40 | Jessheim | 13.09.1959 |
| 28.00 | Nina Næss | 51 | Jessheim | 13.09.1965 |
| 27.40 | Inger Birgitte Reppe | 68 | Strømmen | 27.06.1984 |
| 26.95 | Turid Seime | 44 | Jessheim | 28.05.1958 |
| 25.96 | Unn Hoel | 69 | Nadderud | 11.08.1985 |
| 25.64 | Ingrid Maudal | 82 | Oslo/St | 06.09.1998 |
| 25.26 | Grete Vegel | 47 | Råholt | 14.06.1964 |
| 25.04 | Kristine Heggelund | 76 | Bjørkelangen | 09.06.1990 |
| 24.20 | Marit Wiig | 49 | Råholt | 28.08.1966 |
| 23.35 | Eva Myrvang | 42 | Jessheim | 07.06.1959 |
| 22.73 | Grethe Uhlen | 49 | Jessheim | 20.07.1964 |
| 22.72 | Irene Schultze | 67 | Gardermoen | 27.06.1981 |
| 22.63 | Cora Halsan | 47 | Jessheim | 22.09.1962 |
| 22.60 | Vera Martinsen | 47 | Jessheim | 12.09.1965 |
| 22.18 | Randi Sydtangen | 67 | Jessheim | 22.06.1984 |
| 22.07 | Liv Jensen | 40 | Jessheim | 05.06.1957 |
| 21.96 | Aase Alstad | 48 | Jessheim | 12.05.1965 |
| 21.42 | Anne Berit Eik | 49 | Jessheim | 12.05.1965 |
| 21.30 | Marit Svensson | 48 | Jessheim | 13.09.1964 |
| 21.30 | Tone Sæthermoen | 69 | Jessheim | 20.09.1987 |
| 20.52 | Tove Sundby | 51 | Strømmen | 21.08.1965 |
| 19.91 | Anne Lise Aas | 41 | Jessheim | 19.06.1959 |
| 19.44 | Ellen Undseth | 73 | Bjørkelangen | 30.08.1988 |
| 19.06 | Kari Mo | 38 | Lillestrøm | 22.08.1954 |
| 18.90 | Guri Fjeldberg | 69 | Gerdermoen | 27.06.1981 |
| 18.82 | Anne Gro Digerud | 52 | Lillestrøm | 11.09.1966 |
| 18.76 | Liv Knutsen | 52 | Lillestrøm | 11.09.1966 |
| 18.32 | Berit Wethal | 34 | Jessheim | 28.05.1958 |
| 18.18 | Ellen Refsum | 46 | Jessheim | 07.09.1962 |
| 18.06 | Marit Rogstad | 67 | Moss/Me | 03.06.1984 |
| 17.67 | Ragnhild Dahl | 50 | Jessheim | 13.09.1964 |

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| **KVINNER SENIOR** | **68** |

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| **Slengball 1 kg Lang reim** |  |

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| --- | --- | --- | --- | --- |
| 44.40 | Astrid Sundby | 39 | Larvik/Lo | 05.06.1960 |
| 39.86 | Tove Dønnum | 40 | Jessheim | 02.07.1962 |
| 39.24 | Liv Laache | 46 | Strømmen | 03.09.1961 |
| 37.81 | Berit Wethal | 34 | Råholt | 24.07.1957 |
| 37.61 | Ingrid Sundby | 39 | Sandvika/Ka | 21.09.1958 |
| 37.56 | Winnie Lindner | 44 | Jessheim | 15.09.1961 |
| 37.27 | Aslaug Kastet | 36 | Jessheim | 02.07.1962 |
| 36.69 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |
| 36.00 | Else Opsahl | 32 | Jessheim | 14.09.1965 |
| 35.86 | Åshild Sørum | 39 | Lillestrøm | 29.06.1960 |
| 35.70 | Marie Belsvik | 36 | Jessheim | 28.06.1954 |
| 35.38 | Eva Myrvang | 42 | Jessheim | 25.09.1960 |
| 35.17 | Turid Seime | 44 | Jessheim | 05.06.1957 |
| 34.36 | Inger Laache | 46 | Råholt | 17.08.1963 |
| 34.23 | Anne Lise Aas | 41 | Lillestrøm | 29.06.1960 |
| 33.66 | Anne Berit Eik | 49 | Råholt | 12.09.1965 |
| 33.65 | Anne Marie Fridlund | 40 | Jessheim | 25.09.1960 |
| 33.56 | Anne Gro Digerud | 52 | Jessheim | 21.08.1968 |
| 33.28 | Cora Halsan | 44 | Råholt | 21.08.1960 |
| 33.24 | Ragnhild Sundby | 44 | Jessheim | 12.07.1959 |
| 33.10 | Gerd Erlandsen | 41 | Jessheim | 21.05.1956 |
| 33.02 | Vera Martinsen | 47 | Råholt | 21.08.1960 |
| 32.55 | Brit Elton | 45 | Råholt | 17.09.1961 |
| 32.42 | Liv Jensen | 40 | Strømmen | 26.08.1956 |
| 32.23 | Randi Røe | 40 | Strømmen | 26.08.1956 |
| 32.08 | Anne Refsum | 41 | Jessheim | 27.05.1956 |
| 32.05 | Bjørg Torp | 48 | Jessheim | 06.10.1962 |
| 31.93 | Kari Mo | 38 | Borgen | 09.08.1954 |
| 31.75 | Berit Dønnum | 41 | Jessheim | 07.10.1961 |
| 31.22 | Marit Finnebråten | 50 | Strømmen | 22.08.1965 |
| 31.06 | Anne Karin Fagertun | 45 | Råholt | 26.08.1961 |
| 30.78 | Randi Kulleseid | 46 | Jessheim | 20.06.1960 |
| 30.27 | Kari Lund | 41 | Jessheim | 17.06.1956 |
| 30.11 | Irene Belsvik | 32 | Jessheim | 07.08.1958 |
| 29.96 | Turid Seime | 44 | Sandvika/Ka | 21.09.1958 |
| 29.87 | Grete Vegel | 47 | Jessheim | 29.09.1964 |
| 29.80 | Borghild Hansen | 45 | Sandvika/Ka | 21.09.1958 |
| 29.63 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 29.50 | Nina Næss | 51 | Jessheim | 14.09.1965 |
| 29.40 | Marit Ørvik | 50 | Jessheim | 16.08.1964 |
| 29.18 | Ragnhild Dahl | 50 | Strømmen | 22.08.1965 |

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| **KVINNER SENIOR** | **69** |

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| **Slengball 1 kg Lang reim forts.** |  |

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| --- | --- | --- | --- | --- |
| 28.75 | Berit Børresen | 48 | Råholt | 17.08.1963 |
| 28.62 | Wenche Hansen | 45 | Jessheim | 28.05.1958 |
| 28.10 | Anne Mette Olsen | 54 | Blaker/Br | 27.09.1969 |
| 27.82 | Densie Hagen | 44 | Jessheim | 29.09.1957 |
| 27.60 | Marit Svensson | 48 | Råholt | 17.08.1963 |
| 27.50 | Karin Lund | 41 | Jessheim | 20.06.1960 |
| 27.00 | Marit Wiig | 49 | Råholt | 12.09.1965 |
| 27.00 | Marianne Sundby | 49 | Råholt | 12.09.1965 |
| 25.86 | Vigdis Martinsen | 46 | Råholt | 26.08.1961 |
| 25.66 | Toril Granås | 46 | Jessheim | 15.09.1959 |
| 25.30 | Aase Alstad | 48 | Råholt | 17.08.1963 |
| 24.88 | Ingeborg Dønnum | 48 | Råholt | 17.08.1963 |
| 24.67 | Anne Majorsæter | 48 | Råholt | 17.08.1963 |
| 23.63 | Turid Seime | 43 | Jessheim | 19.06.1959 |
| 20.65 | Randi Kulleseid | 46 | Jessheim | 15.06.1959 |

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| **Slengball 1 kg Kort reim** |  |

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| 34.10 | Tonje Berg | 85 | Jessheim | 24.09.1999 |
| 26.40 | Siv Anita Engh | 85 | Jessheim | 24.09.1999 |
| 21.43 | Kirsten Daae Wiig | 97 | Lillestrøm | 27.09.2008 |
| 19.59 | Ingrid Maudal | 82 | Strømmen | 11.09.1993 |
| 12.69 | Kari Kragset | 82 | Strømmen | 11.09.1993 |
| 9.75 | Ingvild Skolt | 85 | Haga | 06.06.1986 |
| 9.40 | Katrine Anthonisen | 88 | Jessheim | 24.09.1999 |
| 9.20 | Anette Erikstad | 85 | Haga | 06.06.1996 |

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| **KVINNER SENIOR** | **70** |

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| **3-kamp M 100m-Diskos-Høyde** |  |

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| --- | --- | --- | --- | --- |
| 2121 | Astrid Sundby | 42 | Jessheim | 11.06.1965 |
| 13.4-34.74-1.38 | | | |
| 2094 | Astrid Sundby | 42 | Strømmen | 21.09.1963 |
| 13.4-28.67-1.47 | | | |
| 2083 | Tove Dønnum | 40 | Jessheim | 02.10.1960 |
| 14.1-29.95-1.54 | | | |
| 2062 | Astrid Willersrud | 42 | Lillestrøm | 25.06.1967 |
| 13.5-34.54-1.35 | | | |
| 2048 | Tove Dønnum | 40 | Jessheim | 05.08.1962 |
| 14.0-28.67-1.52 | | | |
| 2026 | Astrid Sundby | 42 | Jessheim | 26.06.1964 |
| ? | | | |
| 1939 | Tove Dønnum Jensen | 40 | Råholt | 12.06.1966 |
| 14.3-27.90-1.48 | | | |
| 1884 | Tove Dønnum Jensen | 40 | Jessheim | 11.06.1965 |
| ? | | | |

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| 1879 | Ingrid Sundby | 39 | Råholt | 26.06.1957 |
| 14.0-28.54-1.35 | | | |

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| 1879 | Tove Dønnum | 40 | Kløfta | 21.06.1961 |
| 14.0-27.03-1.49 | | | |
| 1865 | Astrid Sundby | 42 | Jessheim | 05.08.1962 |
| 14.2-31.33-1.34 | | | |
| 1833 | Astrid Sundby | 42 | Kløfta | 21.06.1961 |
| 14.1-29.28-1.34 | | | |
|  | | | |
| 1803 | Winnie Lindner | 44 | Jessheim | 05.08.1962 |
| 13.7-25.07-1.34 | | | |
| 1770 | Winnie Lindner | 44 | Kløfta | 21.06.1961 |
| 13.4-23.18-1.31 | | | |
| 1769 | Tove Dønnum | 40 | Jessheim | 02.10.1960 |
| 14.1-28.67-1.47 | | | |
| 1695 | Tove Dønnum Jensen | 40 | Råholt | 23.06.1968 |
| 15.5-25.82-1.43 | | | |
| 1692 | Astrid Sundby | 42 | Råholt | 08.06.1958 |
| 14.1-26.40-1.28 | | | |
| 1688 | Tove Sundby | 40 | Jessheim | 22.07.1959 |
| 14.9-24.98-1.40 | | | |
| 1660 | Anne Lise Aas | 41 | Jessheim | 10.06.1959 |
| 13.6-21.78-1.28 | | | |
| 1656 | Astrid Sundby | 42 | Jessheim | 10.06.1959 |
| 14.3-30.97-1.20 | | | |
| 1650 | Grethe Uhlen | 49 | Jessheim | 11.06.1965 |
| 13.6-18.16-1.35 | | | |
| 1646 | Eva Myrvang | 42 | Jessheim | 10.06.1959 |
| 13.6-21.25-1.25 | | | |

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| **KVINNER SENIOR** | **71** |

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| **3-kamp M 100m-Diskos-Høyde forts.** |  |

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| 1610 | Liv Knutsen | 52 | Råholt | 23.06.1968 |
| 14.8-20.06-1.43 | | | |
| 1608 | Marit Wiig | 49 | Råholt | 12.06.1966 |
| 14.0-20.88-1.31 | | | |
| 1576 | Ragnhild Sundby | 44 | Jessheim | 10.06.1959 |
| 14.1-21.76-1.28- | | | |
| 1569 | Ingrid Sundby | 39 | Råholt | 26.06.1957 |
| 14.5-22.04-1.32 | | | |
| 1532 | Mabel Owren | 51 | Jessheim | 11.06.1965 |
| ? | | | |
| 1483 | Else Opsahl | 32 | Jessheim | 11.06.1965 |
| ? | | | |
| 1444 | Eva Myrvang | 42 | Jessheim | 10.06.1959 |
| 13.6-21.25-1.25 | | | |
| 1434 | Borghild Hansen | 45 | Jessheim | 10.06.1959 |
| 14.2-21.11-1.30 | | | |
| 1422 | Astrid Sundby | 44 | Råholt | 26.06.1957 |
| 14.4-21.78-1.20 | | | |
| 1422 | Turid Seime | 44 | Råholt | 08.06.1958 |
| ? | | | |
|  | | | |
| 1300 | Else Opsahl | 32 | Jessheim | 26.06.1964 |
| ? | | | |
| 1296 | Liv Jensen | 40 | Råholt | 26.06.1957 |
| 15.0-20.35-1.20 | | | |
| 784 | Else Opsahl | 32 | Blaker/Br | 18.06.1967 |
| 14.5-35.63-1.17 | | | |
| 668 | Marit Wiig | 49 | Blaker/Br | 18.06.1967 |
| 14.5-22.04-1.32 | | | |

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| **5-kamp M 80mh-Kule-Høyde/Lengde-200m** |  |

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| --- | --- | --- | --- | --- |
| 3426 | Astrid Willersrud | 42 | Jessheim | 20-21.08.1966 |
| ? | | | |
| 3401 | Astrid Sundby | 42 | Råholt | 30-31.08.1963 |
| ? | | | |
| 3348 | Tove Dønnum Jensen | 40 | Råholt | 30-31-08.1963 |
| ? | | | |
| 3310 | Astrid Sundby | 42 | Kløfta | 04-09.09.1960 |
| 14.2-10.26-1.39/4.58-29.6.6 | | | |
| 3291 | Astrid Sundby | 42 | Strømmen | 22-23.09.1962 |
| 14.4-9.60-1.31/4.58-29.4 | | | |
| 3227 | Tove Dønnum | 40 | Kløfta | 03-04.09.1960 |
| 7.58-1.50-29.0/15.2-4.90 | | | |
| 3223 | Astrid Sundby | 42 | Jessheim | 17-18-09.1965 |
| 14.0-1.35-4.53/10.77-30.6 | | | |
| **KVINNER SENIOR** | | **72** | | |

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| **5-kamp M 80mh-Kule-Høyde/Lengde-200m** | **Forts.** |

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| 3223 | Astrid Sundby | 42 | Jessheim | 17-18-09.1965 |
| 14.0-1.35-4.53/10.77-30.6 | | | |
| 3212 | Winnie Lindner | 44 | Strømmen | 22-23-09.1962 |
| 14.4-6.35-1.36/4.45-28.4 | | | |
| 3198 | Tove Dønnum | 40 | Strømmen | 22-23.09.1962 |
| 14.9-7.58-1.50/4.90-29.2 | | | |
| 3101 | Astrid Sundby | 42 | Lillestrøm | 02-03.09.1961 |
| 10.60-1.30-30.3/14.1-4.32 | | | |
| 3088 | Tove Dønnum | 40 | Jessheim | 17-18-09.1965 |
| ? | | | |
| 3003 | Tove Dønnum Jensen | 40 | Jessheim | 20-21.08.1966 |
| ? | | | |
| 2918 | Winnie Lindner | 44 | Kløfta | 03-04.09.1960 |
| 6.55-1.31-28.4/14.4-4.45 | | | |
| 2906 | Astrid Sundby | 42 | Kløfta | 03-04.09.1960 |
| 9.78-1.31-31.0-14.7-4.15 | | | |
| 2895 | Astrid Sundby | 42 | Jessheim | 06-07.08.1958 |
| 30.3-14.8-1.23/4.32-9.52 | | | |
| 2877 | Ragnhild Sundby | 44 | Nannestad | 05-06.09.1959 |
| 14.9-7.96-1.30/4.35-29.5 | | | |
|  | | | |
| 2759 | Ragnhild Sundby | 44 | Jessheim | 06-07.08.1958 |
| 29.2-15.2-1.29/4.28-7.03 | | | |
| 2759 | Åshild Sørum | 39 | Kløfta | 03-04.09.1960 |
| 9.07-1.28-29.9/16.3-4.21 | | | |
| 2636 | Åshild Sørum | 39 | Jessheim | 06-07.08.1958 |
| 30.3-16.2-1.26/4.06-8.56 | | | |
| 2616 | Marit Wiig | 49 | Jessheim | 20-21.08.1966 |
| ? | | | |
| 2722 | Åshild Sørum | 39 | Nannestad | 05-06.09.1959 |
| 8.36-1.30-29.5/16.1-3.99 | | | |
| 2710 | Anne Lise Aas | 41 | Nannestad | 05-06.09.1959 |
| 8.36-1.30-29.5/16.1-3.99 | | | |
| 2470 | Turid Seime | 44 | Jessheim | 06-07.08.1958 |
| 30.3-15.8-1.23-4.00-7.94 | | | |
| 2419 | Ragnhild Sundby | 44 | Kløfta | 03-04.09.1960 |
| 8.65-1.28-29.0/0-4.62 | | | |
| 2380 | Marit Wiig | 49 | Jessheim | 17-18.09.1965 |
| 16.5-1.20-3.93/6.97-29.9 | | | |

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| **7-kamp M 80mh-Kule-Høyde/200m** | | **Lengde-Spyd-800m** | | |
| 3759 | Marit Rogstad | 67 | Moss/Me | 02-03.06.1984 |
| 17.0+1.7(84)-1.44-6.98(4)-29.0/4.66-18.06(600)-2:28.7 | | | |

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| **KVINNER SENIOR** | **73** |

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| **4x100m E** |  |

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| 50.07 | J18 |  | Tromsø/Va | 24.05.2008 |
| Susann Bakke92-Linn Helene Bakke91-Betina Nilssen92-Ragnhild Hammeren90 | | | |

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| 50.35 | J16 |  | Lonevåg | 27.05.2007 |
| Heidi Stubs Holdal92-Linn Helene Bakke91-Betina Nilssen92-Frida Forberg92 | | | |

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| 50.63 | J18 |  | Tromsø/Va | 25.05.2008 |
| Heidi Stubs Holdal92-Ragnhild Hammeren90-Betina Nilssen92-Linn Helene Bakke91 | | | |

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| 51.67 | KS |  | Sandnes | 26.05.2013 |
| Charlotte Grasmo96-Randi Nymoen68-Ann Kristin Aslakrud94-Pia Bålsrud95 | | | |

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| 51.67 | KS |  | Larvik/Lo | 31.05.2015 |
| Ann Kristin Aslakrud94-Randi Nymoen68-Charlotte Grasmo96-Tonje Moen00 | | | |

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| 51.93 | J16 |  | Tromsø/Va | 25.05.2008 |
| Heidi Stubs Holdal92-Susann Bakke92-Betina Nilssen92-Frida Forberg92 | | | |

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| 52.15 | K20 |  | Jessheim | 20.05.2012 |
| Charlotte Grasmo96-Betina Nilssen92-Ann-Kristin Aslakrud95-Pia Bålsrud95 | | | |

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| 52.43 | J16 |  | Ås | 04.06.2022 |
| Linnea Bratteng07-Elèn Linchausen06-Linnèa Johansen06-Natalie Jøransen07 | | | |

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| 52.87 | J18 |  | Steinkjer/Gu | 22.05.2010 |
| Rikke Gustavson93-Susann Bakke92-Betina Nilssen92-Frida Forberg92 | | | |

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| 53.07 | J16 |  | Nadderud | 19.06.1983 |
| Heidi Bogstad67-Inger Birgitte Reppe68-Marit Rogstad67-Kari Fjeldberg68 | | | |

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| --- | --- | --- | --- | --- |
| 53.20 | J16 |  | Larvik/Lo | 31.05.2015 |
| Tonje Moen00-Ivy Møller00-Mathilde Marie Solberg99-Vår Åsheim99 | | | |

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| 53.26 | J16 |  | Lonevåg | 27.05.2007 |
| Heidi Stubs Holdal92-Linn Helene Bakke91-Ida Berg Hansen92-Marie Tømmerberg91 | | | |

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| 54.60 | J16 |  | Drammen | 28.05.2011 |
| Rikke Gustavson97-Ann Kristin Aslakrud94-Pia Bålsrud95-Hanna Schultze96 | | | |

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| 54.69 | J16 |  | Drammen/Ma | 29.05.2011 |
| Charlotte Grasmo96-Maren Grytbakk95-Pia Bålsrud95-Hanna Schultze96 | | | |

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| 56.31 | J16 Forsøk |  | Jessheim | 20.05.2012 |
| Charlotte Grasmo96-Eli Bekken97-Sara Bålsrud97-Helena Seland Myhre97 | | | |

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| **KVINNER SENIOR** | **74** |

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

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| 56.70 | J16 |  | Asker/Fø | 23.08.2003 |
| ? | | | |

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| 57.59 | J14 |  | Lillestrøm | 28.05.2017 |
| Solveig Emilie Johansen03-Kari Johansen03-June Laake04-Kaja Bones03 | | | |

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| 58.50 | KV40-49 |  | Jessheim | 19.05.2012 |
| Inger Birgitte Monster68-Anne Lillegård73-Irene Schultze67-Lena Opaker Øines69 | | | |

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| 58.99 | J16 |  | Jessheim | 27.05.2002 |
| Hilde Gustavsen87-Kari Robøle86-Elisabeth Langrusten86-Mari Birkelund86 | | | |

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| 61.91 | J13 |  | Jessheim | 26.05.2005 |
| Heidi Holdal92-Tonje Hansen92-Ida Berg Hansen92-Munda Mkanda94 | | | |

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| 62.06 | J16 Finale |  | Jessheim | 20.05.2012 |
| Charlotte Grasmo96-Eli Bekken97-Sara Bålsrud97-Helena Seland Myhre97 | | | |

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| 62.60 | J12 |  | Lillestrøm | 30.05.2015 |
| Solveig Johansen03-June Laake04-Silje Berg-Knutsen05-Hedda Finne04 | | | |

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| **KVINNER SENIOR** | **75** |

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| **4x100m M** |  |

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| 52.8 | J17 |  | Mosjøen | 29.07.1984 |
| Guri Fjeldberg69-Inger Birgitte Reppe68-Kari Fjeldberg68-Marit Rogstad67 | | | |

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| 52.9 | J17 |  | Jessheim | 17.09.1985 |
| Kari Fjeldberg68-Eva Cathrine Torvund69-Inger Birgitte Reppe68-Hege Rustad70 | | | |

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| 53.1 | J19 |  | Oslo/Bi | 14.08.1955 |
| Kari Mo38-Åshild Sørum39-Marie Belsvik36-Ingrid Sundby39 | | | |

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| 53.1 | J19 |  | Jessheim | 20.09.1987 |
| Eva Cathrine Torvund69-Inger Birgitte Reppe 68-Kristin Jensen70-Lena Nyland74 | | | |

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| 53.3 | KJ |  | Jessheim | 23.08.1986 |
| ? | | | |

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| 53.7 | J16 |  | Jessheim | 19.09.1983 |
| Heidi Bogstad67-Marit Rogstad67-Inger Birgitte Reppe68-Kari Fjeldberg68 | | | |

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| 53.8 | J17-18 |  | Jessheim | 11.09.1986 |
| ? | | | |

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| 54.0 |  |  | Råholt | 20.09.1964 |
| ? | | | |

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| 54.1 | J13-14 |  | Strømmen | 06.09.1979 |
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| 54.3 |  |  | Hamar | 15.08.1959 |
| ? | | | |

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| 54.4 |  |  | Nadderud | 19.06.1982 |
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| 54.7 | J17-18 |  | Strømmen | 25.09.1985 |
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| 54.8 |  |  | Lillestrøm | 28.08.1955 |
| ? | | | |

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| 54.8 |  |  | Sarpsborg | 14.08.1960 |
| ? | | | |

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| 55.0 |  |  | Råholt | 21.08.1960 |
| ? | | | |

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| **KVINNER SENIOR** | **76** |

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| **4x100m M forts.** |  |

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| 55.2 | J19 |  | Gjøvik | 05.06.1955 |
| Kari Mo38-Åshild Sørum39-Marie Belsvik36-Ingrid Sundby39 | | | |

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| 55.2 |  |  | Eidsvoll | 08.08.1955 |
| ? | | | |

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| 55.2 | J13-14 |  | Jessheim | 19.09.1983 |
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| 55.7 | J15-16 |  | Strømmen | 25.09.1985 |
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| 55.8 |  |  | Råholt | 14.09.1966 |
| ? | | | |

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| 56.5 |  |  | Strømmen | 23.08.1976 |
| ? | | | |

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| 56.6 |  |  | Strømmen | 01.10.1965 |
| ? | | | |

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| 56.6 | J13-14 |  | Strømmen | 26.08.1971 |
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| 57.1 |  |  | Jessheim | 22.06.1955 |
| ? | | | |

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| 57.2 |  |  | Jessheim | 21.08.1968 |
| ? | | | |

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| 58.3 |  |  | Jessheim | 20.08.1969 |
| ? | | | |

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| 58.3 | J15-16 |  | Jessheim | 11.09.1986 |
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| 58.5 |  |  | Jessheim | 28.08.1955 |
| ? | | | |

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| 58.5 |  |  | Strømmen | 26.08.1970 |
| ? | | | |

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| 58.6 |  |  | Jessheim | 23.08.1986 |
| ? | | | |

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| **KVINNER SENIOR** | **77** |

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| **4x100m M forts.** |  |

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| 59.1 | J13-14 |  | Lillestrøm | 03.09.1975 |
| ? | | | |

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| 59.5 |  |  | Jessheim | 21.08.1968 |
| ? | | | |

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| 59.9 | J13-14 |  | Strømmen | 25.09.1985 |
| ? | | | |

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| 63.5 |  |  | Lillestrøm | 02.10.1974 |
| ? | | | |

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| **4x200m** |  |

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| 2:08.3 | J17 |  | Nannestad | 04.06.1970 |
| Anne Mette Olsen54-Inger Anne Nerhagen57-May Britt Engenes53-Anita Melby58 | | | |

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| **KVINNER SENIOR** | **78** |

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| **4x400m** |  |

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| 3:50.91 | J18 |  | Trondheim/St | 22.05.2016 |
| Vår Åsheim99-Emilie Hov Andreassen00-Birgitte Kjuus99-Caroline Foss Høistad98 | | | |

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| 3:54.74 | K21 |  | Nesodden | 19.05.2018 |
| Vår Åsheim99-Amalie Sæten97-Emilie Hov Andreassen00-Caroline Foss Høistad98 | | | |

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| 4:02.04 | K21 |  | Larvik/Lo | 30.05.2015 |
| Veronica Undseth94-Vår Åsheim99-Pia Bålsrud95-Emilie Hov Andreassen00 | | | |

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| 4:02.88 | K19 |  | Larvik/Lo | 31.05.2015 |
| Vår Åsheim99-Emilie Hov Andreassen00-Caroline Foss Høistad98-Charlotte Grasmo96 | | | |

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| 4:04.08 | K19 |  | Nesodden | 19.05.2018 |
| Vår Åsheim99-Emilie Hov Andreassen00-Solveig E. Johansen03-Summer Steinsrud01 | | | |

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| 4:20.0 | KS |  | Rolvsrud | 11.09.1984 |
| Kari Kamstrup56-Nina Holm64-Kristin Bogstad64-Anne Nyland58 | | | |

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| 4:21.22 | J15 |  | Ås | 05.06.2022 |
| Linnea Bratteng07-Natalie Jøransen07-Wilma Torbjørnsson07-Synne Markussen07 | | | |

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| 4:21.8 | KS |  | Rolvsrud | 18.08.1984 |
| Kari Fjeldberg68-Hege Reistad68-Eva Tronrud54-Inger Birgitte Reppe68 | | | |

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| 4:21.8 | J17 |  | Jessheim | 17.09.1985 |
| Kari Fjeldberg68-Hege Rustad70-Eva Cathrin Torvund69-Inger Birgitte Reppe68 | | | |

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| 4:23.3 | J19 |  | Lørenfallet | 01.09.1981 |
| Bente Krakeli62-Anne Karin Halvorsen63-Inger Birgitte Reppe68-Torbjørg Muri62 | | | |

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| 4:24.5 |  |  | Årnes | 09.06.1982 |
| ? | | | |

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| 4:25.6 |  |  | Jessheim | 23.08.1986 |
| ? | | | |

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| 4:45.8 |  |  | Jessheim | 23.08.1986 |
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| **KVINNER SENIOR** | **79** |

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| **3x800m** |  |

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| 7:38.2 | J19 |  | Årnes | 09.09.1981 |
| Torbjørg Muri62-Inger Lise Borgen64-Ann Karin Halvorsen63 | | | |

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| 7:48.7 |  |  | Årnes | 11.09.1980 |
| ? | | | |

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| 7:55.76 | J17 |  | Asker/Fø | 21.08.2004 |
| Maren Fald Gården88-Hilde Gustavson87-Silje Ekroll Jahren88 | | | |

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| 8:10.51 | J16 |  | Asker/Fø | 23.08.2003 |
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| 8:18.32 | KS |  | Jessheim | 27.05.2002 |
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| 8:24.43 | J12 |  | Asker/Fø | 23.08.2003 |
| Tonje Oliversen91-Christine Nerhagen91-Charlotte Oliversen91 | | | |

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| 8:43.02 | J16 |  | Jessheim | 27.05.2002 |
| Elisabeth Langrusten86-Mari Birkelund86-Hilde Gustavsen87 | | | |

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| 8:45.65 | J13-14-1.lag |  | Jessheim | 27.05.2002 |
| Anne Hovind88-Kari Robøle86-Silje Ekroll Jahren88 | | | |

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| 9:13.13 | J13-14-2.lag |  | Jessheim | 27.05.2002 |
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| **4x800m** |  |

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| 9:18.82 | KS |  | Hamar | 21.05.2017 |
| Veronica Undseth94-Silje Fjørtoft87-Caroline Foss Høistad98-Pia Bålsrud95 | | | |

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| 9:22.33 | K21 |  | Larvik/Lo | 31.05.2015 |
| Pia Bålsrud95-Caroline Foss Høistad98-Veronica Undseth94-Emilie Hov Andreassen00 | | | |

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| 9:43.42 | K20 |  | Nadderud | 07.07.1984 |
| Nina Holm64-Kari Fjeldberg68-Gunn Vilberg66-Line Røen66 | | | |

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| 9:49.75 | J18 |  | Trondheim/St | 21.05.2016 |
| Emilie Hov Andreassen00-ina Moen00-Marie Næss00-Caroline Foss Høistad98 | | | |

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| 10:21.13 | J17 |  | Lonevåg | 27.05.2007 |
| Silje Gundersen92-Frida Forberg92-Cathrine Gundersen90-Sina Sandholt92 | | | |

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| **KVINNER SENIOR** | **80** |

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| **4x800m forts.** |  |

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| 10:29.8 | KS |  | Jessheim | 29.07.1987 |
| Nina Holm64-Kristin Jensen70-Line Røen66-Ann Kristin Ullerud66 | | | |

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| 10:34.65 | J19 |  | Jessheim | 19.05.2012 |
| Ingrid Hannestad93-Sofie Rostad93-Vilde Alfarrustad96-Heidi Halling97 | | | |

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| 10:34.89 | J18 |  | Drammen | 28.05.2011 |
| Sofie Rostad94-Andrea Furuseth96-Ingrid Hannestad93-Maren Eriksen Skappel96 | | | |

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| 11:00.05 | KS |  | Jessheim | 20.05.2012 |
| Sofie Rostad94-Stine Granerud92-Anne Lillegård73-Hedda Alfarrustad96 | | | |

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| **4x1500m** |  |

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| 21:18.9 | K20 |  | Jessheim | 23.08.1986 |
| Hege Melby68-Line Røen66-Ann Kristin Ullerud66-Gunn Vilberg66 | | | |

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| 22:09.7 | K19 |  | Jessheim | 17.09.1985 |
| Line Røen66-Elisabeth Moum67-Ann Kristin Ullerud66-Kristen Jensen70 | | | |

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| 22:12.0 |  |  | Jessheim | 23.08.1986 |
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| **KVINNER SENIOR** | **81** |

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| **1000m** |  |

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| 2:15.10 | K21 |  | Byrkjelo | 19.08.2018 |
| Tonje Moen00-Birgitte Kjuus99-Vår Åsheim99-Amalie Sæten97 | | | |

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| 2:17.67 | J19 |  | Bergen/Fa | 03.09.2017 |
| Tonje Moen00-Summer Steinsrud01-Vår Åsheim99-Caroline Foss Høistade98 | | | |

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| 2:21.65 | K19 |  | Oslo/Bi | 26.08.2018 |
| Tonje Moen00-Summer Steinsrud01-Solveig Johansen03-Vår Åsheim99 | | | |

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| 2:25.84 | K19 |  | Overhalla | 14.08.2013 |
| Anne Aslakrud94-Sofie Krauss98-Pia Bålsrud95-Therese Tærud96 | | | |

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| 2:26.74 | J16 |  | Bergen/Fa | 10.09.2023 |
| Linnea Bratteng07-Synne Markussen07-Natalie Jøransen07-Wilma Thorbjørnsson07 | | | |

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| 2:28.2 | J16 |  | Årnes | 19.08.1984 |
| Eva Torvund69-Gunn Vilberg69-Kari Fjeldberg68-Inger Birgitte Reppe68 | | | |

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| 2:29.77 | J16 |  | Trondheim/St | 14.08.2022 |
| Linnea Bratteng07-Linnea Johansen06-Synne Markussen07-Elèn Skar06 | | | |

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| 2:30.1 |  |  | Jessheim | 30.09.1985 |
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| 2:31.1 | J16 |  | Jessheim | 19.08.1983 |
| Heidi Bogstad67-Marit Rogstad67-Inger Birgitte Reppe68-Kari Fjeldberg68 | | | |

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| 2:34.0 |  |  | Nannestad | 07.09.1982 |
| ? | | | |

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| 2:34.40 | J18 |  | Ravnanger | 02.09.2012 |
| Anne Aslakrud94-Sara Bålsrud97-Charlotte Grasmo96-Pia Bålsrud95 | | | |

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| 2:34.42 | J19 |  | Jessheim | 08.09.2019 |
| Tonje Moen00-Rayana Yangulbaeva04-Kari Ingelin Johansen03-Hannah Lindtorp02 | | | |

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| 2:34.7 |  |  | Lillestrøm | .1985 |
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| 2:35.50 | J18 |  | Asker/Fø | 21.08.2004 |
| Silje Scheie Bråthen91-Mari Solbrekken88-Hilde Gustavsen87-Elisabeth Langrusten86 | | | |

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| 2:35.53 | J18 |  | Moss/Me | 04.09.2005 |
| Lillian Langseth88-Mari Solbrekken87-Hilde Gustavson87-Maren Fald Gården90 | | | |

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| **KVINNER SENIOR** | **82** |

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| **1000m forts.** |  |

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| 2:35.86 | J16 |  | Fredrikstad | 28.08.2011 |
| Ida Tohaugen95-Charlotte Grasmo96-Hanna Schultze96-Pia Bålsrud95 | | | |

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| 2:35.97 | J17 |  | Kristiansand | 17.08.2003 |
| Hilde Gustavsen87-Kari Robøle86-Mari Solbrekken87-Elisabeth Langrusten86 | | | |

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| 2:36.04 | J19 |  | Trondheim/St | 01.08.2004 |
| Mari Solbrekken87-Tonje Berg85-Hilde Gustavsen87-Elisabeth Langrusten86 | | | |

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| 2:36.5 | J16 |  | Rolvsrud | 09.09.1970 |
| Anne Mette Olsen54-Inger Anne Nerhagen57-May Britt Engenes53-Anita Melby58 | | | |

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| 2:37.66 | J19 |  | Fagernes | 15.08.2004 |
| Hilde Gustavsen87-Tonje Berg85-Mari Solbrekken87Elisabeth Langrusten86 | | | |

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| 2:38.3 | J17-18 |  | Strømmen | 25.09.1985 |
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| 2:38.53 | J18 |  | Nadderud | 15.06.2003 |
| Hilde Gustavsen87-Kari Robøle86-Tonje Berg85-Elisabeth Langrusten86 | | | |

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| 2:39.9 | J15-16 |  | Strømmen | 25.09.1985 |
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| 2:41.82 | J18 |  | Fredrikstad/Li | 28.08.2011 |
| Ann Kristin Aslakrud94-Rikke Gustavsen97-Sofie Rostad93-Andrea Furuseth96 | | | |

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| 2:45.92 | J16 |  | Nadderud | 15.06.2003 |
| Christiane Kværner87-Anne K. Hovind88-Maren Fald Gården88-Hilde Gustavsen87 | | | |

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| 2:48.0 | J17-18 |  | Jessheim | 11.09.1986 |
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