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| **KVINNER VETERAN 35-39** | **431** |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15.40 | Lena Opaker Øines | 69 | Jessheim | 18.08.2008 |

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| --- | --- |
| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.5 | Inger Lise Sundheim | 55 | Jessheim | 23.09.1993 |
| 14.6 | Else Opsahl | 32 | Blaker/Br | 18.06.1967 |
| 16.3 | Laila Borge | 51 | Jessheim | 30.05.1989 |

|  |  |
| --- | --- |
| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.32 | Anne Lillegård | 73 | Moss/Me | 22.08.2009 |

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| --- | --- |
| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.3 | Anne Lillegård | 73 | Oslo/St | 27.05.2009 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 67.27 | Anne Lillegård | 73 | Huddinge, SWE | 28.06.2009 |

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| --- | --- |
| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:26.64 | Anne Lillegård | 73 | Malmô, SWE | 31.08.2008 |
| 2:42.4 | Line Mathiesen (Engebakken) | 71 | Jessheim | 23.09.2006 |
| 2:43.2 | Ann-Mari Bakkerud | 49 | Lørenfallet | 25.06.1987 |
| 2:43.4 | Kamilla Hammer | 77 | Jessheim | 04.10.2014 |
| 2:51.9 | Marianne Tømmerberg | 65 | Jessheim | 20.09.2004 |
| 2:53.8 | Claudia Asphaug | 68 | Jessheim | 20.09.2004 |
| 2:55.3 | Kari Kamstrup Hovind | 56 | Jessheim | 18.08.1993 |
| 2:59.5 | Kjersti Andersen | 68 | Jessheim | 23.09.2006 |
| 3:00.1 | Gerda Tunhøvd | 61 | Jessheim | 18.08.1997 |
| 3:09.7 | Torill Mundal | 58 | Jessheim | 17.08.1998 |
| 3:16.7 | Marit Skolt Skafle | 56 | Jessheim | 17.08.1992 |
| 3:19.2 | Inger Finstad | 51 | Jessheim | 23.08.1996 |
| 3:20.5 | Tove Irene Jonas | 70 | Jessheim | 23.09.2006 |
| 3:29.5 | Bente Holter | 62 | Jessheim | 16.08.1999 |
| 3:42.2 | May Skolt | 59 | Jessheim | 19.08.1996 |

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| **KVINNER VETERAN 35-39** | **432** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:03.39 | Anne-Torill Garli | 57 | Kristiansand | 27.06.1992 |
| 5:16.1 | Line Huken Mathisen | 71 | Jessheim | 10.06.2010 |
| 5:16.12 | Anne Lillegård | 73 | Tønsberg/Gr | 15.06.2008 |
| 5:16.9 | Siri Fjellhaug Larsen | 69 | Jessheim | 12.06.2008 |
| 5:18.5 | Marianne Opsahl | 73 | Jessheim | 04.06.2009 |
| 5:19.2 | Eva Blakkisrud | 46 | Jessheim | 08.06.1984 |
| 5:27.6 | Line Engebakken | 70 | Jessheim | 05.06.2009 |
| 5:32.9 | Ann-Marie Bakkerud | 49 | Jessheim | 10.06.1987 |
| 5:38.9 | Kamilla Hammer | 77 | Jessheim | 04.06.2015 |
| 5:40.3 | Inge Margrethe Bergh | 43 | Jessheim | 12.06.1981 |
| 5:37.1 | Bente Holter | 62 | Jessheim | 14.06.2001 |
| 5:45.4 | Laila Borge | 51 | Jessheim | 13.06.1990 |
| 5:46.2 | Cora Halsan Schøyen | 47 | Jessheim | 13.06.1986 |
| 5:47.7 | Trine Bogstad Mangerud | 51 | Jessheim | 13.06.1990 |
| 5:54.4 | Anne-Marie Frydenlund | 49 | Jessheim | 13.06.1988 |
| 5:54.60 | Cecilie Stenbakken | 77 | Jessheim | 06.06.2013 |
| 5:55.7 | Claudia Asphaug | 68 | Jessheim | 10.06.2004 |
| 5:55.8 | Astrid Hansen | 42 | Jessheim | 12.06.1981 |
| 5:58.4 | Thora Sand | 48 | Jessheim | 08.06.1984 |
| 6:00.1 | Berit Bamrud | 55 | Jessheim | 10.06.1991 |
| 6:00.5 | Inger Lise Wiig | 49 | Jessheim | 08.06.1984 |
| 6:02.3 | Sissel Dønnum Ullerud | 43 | Jessheim | 09.06.1980 |
| 6:03.1 | Ingjerd Abrahamsen | 49 | Jessheim | 08.06.1984 |
| 6:04.3 | Gerda Tunhøvd | 61 | Jessheim | 17.06.1998 |
| 6:05.9 | Siw Sjøvik | 69 | Jessheim | 14.06.2007 |
| 6:06.5 | Kerstin Johannessen | 45 | Jessheim | 16.06.1982 |
| 6:06.6 | Grete Rustad | 44 | Jessheim | 09.06.1980 |
| 6:07.1 | Anne-May Bogar | 43 | Jessheim | 12.06.1981 |
| 6:07.5 | Åshild Olsen | 39 | Jessheim | 12.06.1978 |
| 6:10.1 | Kari Kamstrup Hovind | 56 | Jessheim | 16.06.1993 |
| 6:11.4 | Kjersti Andersen | 68 | Jessheim | 14.06.2007 |
| 6:11.4 | Elisabeth Mannion | 76 | Jessheim | 04.06.2015 |
| 6:15.0 | Jorunn Sørum | 49 | Jessheim | 08.06.1984 |
| 6:22.2 | Wenche Rustad | 49 | Jessheim | 12.06.1981 |
| 6:25.6 | Kari Heggelund | 48 | Jessheim | 08.06.1984 |
| 6:29.2 | Elise Wogstad | 44 | Jessheim | 09.06.1980 |
| 6:23.8 | Randi Bråthen | 42 | Jessheim | 12.06.1981 |
| 6:20.3 | Torill Mundal | 58 | Jessheim | 17.06.1998 |
| 6:27.3 | Tone Merete Fjeld | 67 | Jessheim | 04.06.2015 |
| 6:31.3 | Marit Skolt Skafle | 56 | Jessheim | 10.06.1991 |
| 5:33.0 | Wenche Løland | 65 | Jessheim | 12.06.2003 |
| 6:39.0 | Bjørg Gjelsvik | 41 | Jessheim | 09.06.1980 |
| 6:39.5 | Inger Nermo | 62 | Jessheim | 14.06.2001 |
| 6:39.6 | Grete Einarsrud | 47 | Jessheim | 10.06.1983 |

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| **KVINNER VETERAN 35-39** | **433** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 6:40.3 | Kari Bentdal | 55 | Jessheim | 16.06.1993 |
| 6:47.2 | Gerd Nordset Larsen | 48 | Jessheim | 08.06.1984 |
| 6:49.5 | Aud Venke Rustad | 45 | Jessheim | 08.06.1984 |
| 6:52.7 | Grethe Bogstad | 46 | Jessheim | 08.06.1984 |
| 6:55.7 | Tove Irene Jonas | 70 | Jessheim | 14.06.2007 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:04.12 | Marianne Opsahl | 73 | Oslo/Bi | 19.05.2009 |
| 11:18.5 | Anne-Torill Garli | 57 | Jessheim | 17.08.1992 |
| 11:25.5 | Eva Blakkisrud | 46 | Jessheim | 19.08.1983 |
| 11:45.81 | Bente Holter | 62 | Jessheim | 17.09.2001 |
| 11:43.5 | Kari Seem | 54 | Jessheim | 22.08.1990 |
| 12:11.2 | Anne-Mari Bakkerud | 49 | Jessheim | 21.08.1987 |
| 12:23.1 | Trine Bogstad Mangerud | 51 | Jessheim | 22.08.1990 |
| 12:34.4 | Laila Borge | 51 | Jessheim | 22.08.1990 |
| 12:39.1 | Anne-Marie Frydenlund | 49 | Jessheim | 15.08.1986 |
| 12:39.3 | Inge Margrethe Berg | 43 | Jessheim | 18.08.1980 |
| 12:41.6 | Anne-May Bogar | 43 | Jessheim | 21.08.1981 |
| 12:46.6 | Berit Bamrud | 55 | Jessheim | 24.08.1991 |
| 12:47.2 | Sissel Dønnum Ullerud | 43 | Jessheim | 20.08.1979 |
| 12:52.0 | Anne Lillegård | 73 | Lørenfallet | 08.09.2009 |
| 13:00.6 | Astrid Hansen | 42 | Jessheim | 21.08.1981 |
| 13:12.0 | Cora Halsan Schøyen | 47 | Jessheim | 15.08.1986 |
| 13:20.7 | Åshild Olsen | 39 | Jessheim | 21.08.1978 |
| 13:26.8 | Kerstin Johannessen | 45 | Jessheim | 21.08.1981 |
| 13:25.9 | Inger Lise Wiig | 49 | Jessheim | 07.09.1984 |
| 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 |
| 13:43.4 | Bodil Teksum | 60 | Jessheim | 15.08.1986 |
| 13:44.0 | Karin Sveen | 42 | Jessheim | 21.08.1981 |
| 14:02.9 | Elise Wogstad | 44 | Jessheim | 18.08.1980 |
| 14:27.7 | Bjørg Gjelsvik | 41 | Jessheim | 18.08.1980 |
| 14:35.7 | Kari Heggelund | 48 | Jessheim | 19.08.1983 |
| 14:41.7 | Gerd Nordset Larsen | 48 | Jessheim | 17.08.1984 |
| 14:52.9 | Aud Venke Rustad | 45 | Jessheim | 17.08.1984 |
| 14:55.0 | Kari Bentdal | 55 | Jessheim | 18.08.1993 |
| 15:12.8 | Kari Ruud | 40 | Jessheim | 20.08.1979 |
| 15:17.5 | Grethe Bogstad | 46 | Jessheim | 17.08.1984 |
| 15:22.0 | Randi Bråthen | 42 | Jessheim | 21.08.1981 |

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| **KVINNER VETERAN 35-39** | **434** |

|  |  |
| --- | --- |
| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 19:32.6 | Eva Blakkisrud | 46 | Oslo/St | 28.09.1983 |
| 19:40.96 | Marianne Opsahl | 73 | Oslo/Bi | 30.06.2011 |

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| --- | --- |
| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 39:58.83 | Anne-Torill Garli | 57 | Søgne | 28.05.1992 |

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| --- | --- |
| **5 km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20:38 | Hege Tangen | 88 | Jessheim | 08.07.2023 |

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| --- | --- |
| **10 km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45:27 | Trine Bogstad Mangerud | 51 | Jessheim | 07.10.1990 |
| 46.29 | Berit Bamrud | 55 | Jessheim | 02.10.1994 |
| 47:47 | Laila Borge | 51 | Jessheim | 07.10.1990 |
| 49.36 | Kjersti Andersen | 68 | Jessheim | 19.11.2006 |
| 56:44 | Aud Venke Rustad | 45 | Jessheim | 07.10.1984 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:26:10 | Eva Blakkisrud | 46 | Oslo | 31.08.1984 |
| 1:27.50 | Marianne Opsahl | 73 | Oslo | 22.09.2012 |
| 1:33:41 | Marianne Eske Pettersen | 79 | Oslo | 15.09.2018 |
| 1:34.50 | Anne-Torill Garli | 57 | Jessheim | 02.10.1994 |
| 1:35.18 | Bente Holter | 62 | Jessheim | 18.11.2001 |
| 1:36:41 | Anne Marie Frydenlund | 49 | Sandnes | 05.04.1987 |
| 1:36:34 | Claudia Asphaug | 68 | Jessheim | 18.11.2001 |
| 1:43:42 | Berit Bamrud | 55 | Oslo | 24.09.1994 |
| 1:50:15. | Kjersti Andersen | 68 | Jessheim | 16.11.2003 |
| 1:55:42 | Elisabeth Mannion | 76 | Jessheim | 17.11.2013 |
| 1:57:07 | Inger Lise Wiig | 49 | Jessheim | 07.10.1984 |
| 2:03.56 | Anne May Boger | 43 | Sørum | 17.10.1981 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 3:10:22 | Eva Blakkisrud | 46 | Paris, FRA | 12.05.1984 |
| 3:28:46 | Anne Marie Frydenlund | 49 | Drammen | 02.10.1988 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.48 | Inger Lise Sundheim | 55 | Oslo/La | 23.08.1994 |
| 1.17 | Else Opsahl | 32 | Blaker/Br | 18.06.1967 |

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| **KVINNER VETERAN 35-39** | **435** |

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| --- | --- |
| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.75 | Inger Lise Sundheim | 55 | Stord | 05.08.1994 |

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| --- | --- |
| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.56 | Else Opsahl | 32 | Ottestad | 06.10.1968 |

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| --- | --- |
| **Diskos 1 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.90 | Else Opsahl | 32 | Jessheim | 29.08.1967 |

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| --- | --- |
| **3-kamp 100m-Diskos-Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 784 | Else Opsahl | 32 | Blaker/Br | 18.06.1967 |
| 14.5-35.63-1.17 | | | |

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| **KVINNER VETERAN 35-39** | **436** |

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| **INNENDØRS** |  |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 68.22 | Anne Lillegård | 72 | Jyväskylë, FIN | 21.03.2010 |

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| --- | --- |
| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:34.44 | Anne Lillegård | 73 | Reykjavik, ISL | 01.03.2008 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:26.38 | Anne Lillegård | 73 | Stange | 16.02.2008 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:06.67 | Anne Lillegård | 73 | Reykjavik, ISL | 01.03.2008 |

|  |  |
| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.35 | Inger Lise Sundheim | 55 | Stange | 06.02.1994 |

|  |  |
| --- | --- |
| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.59 | Inger Lise Sundheim | 55 | Stange | 04.03.1994 |

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| --- | --- |
| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.32 | Inger Lise Sundheim | 55 | Stange | 05.02.1994 |

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| --- | --- |
| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.57 | Inger Lise Sundheim | 55 | Stange | 19.03.1994 |

|  |  |
| --- | --- |
| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.05 | Else Opsahl | 32 | Skien | 02.03.1969 |
| 7.87 | Tove Dønnum Jensen | 40 | Råholt | 12.09.1975 |

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| --- | --- |
| **Diskos 1 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.10 | Else Opsahl | 32 | Oslo/Hu | 02.04.1967 |

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| **KVINNER VETERAN 40-44** | **437** |

|  |  |
| --- | --- |
| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.5 | Brit Helen Lye | 77 | Jessheim | 27.09.2018 |
| 10.2 | Astrid Willersrud | 42 | Årnes | 28.08.1985 |

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| --- | --- |
| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.64 | Inger Lise Sundheim | 55 | Jessheim | 26.09.1997 |
| 14.76 | Lena Opaker Øines | 69 | Jessheim | 19.09.2009 |
| 15.63 | Irene Schulze Toverud | 67 | Drammen/Ma | 26.08.2011 |
| 15.81 | Brit Helen Lye | 77 | Jessheim | 11.08.2018 |

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| --- | --- |
| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.0 | Inger Lise Sundheim | 55 | Oslo/So | 15.09.1996 |
| 14.4 | Kari Kamstrup Hovind | 56 | Jessheim | 04.06.1996 |
| 15.7 | Britt Helen Lye | 77 | Jessheim | 27.09.2018 |
| 15.8 | Unn Helen Grønvold | 61 | Jessheim | 19.08.2002 |

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| --- | --- |
| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.37 | Kari Kamstrup Hovind | 56 | Jessheim | 25.06.1996 |
| 31.52 | Irene Schultze Toverud | 67 | Drammen/Ma | 27.08.2011 |
| 33.95 | Brit Helen Lye | 77 | Jessheim | 12.08.2018 |

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| --- | --- |
| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.8 | Inger Lise Sundheim | 55 | Oslo/Bi | 18.09.1999 |
| 32.9 | Anne Lillegård | 73 | Oslo/St | 21.08.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 69.14 | Anne Lillegård | 73 | Knarvik | 25.06.2017 |
| 78.74 | Anne-Torill Garli | 57 | Jessheim | 24.09.1999 |

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| --- | --- |
| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 78.4 | Brit Helen Lye | 77 | Jessheim | 18.10.2018 |

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| --- | --- |
| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:54.32 | Anne Lillegård | 73 | Jessheim | 23.05.2017 |

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| --- | --- |
| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:33.65 | Anne Lillegård | 73 | Ski | 07.06.2017 |
| 2:41.9 | Anne-Torill Garli | 57 | Jessheim | 01.06.1997 |

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| **KVINNER VETERAN 40-44** | **438** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:42.1 | Bente Holter | 62 | Jessheim | 23.09.2002 |
| 2:50.8 | Ann-Marie Bakkerud | 49 | Jessheim | 28.09.1989 |
| 2:52.5 | Claudia Asphaug | 68 | Jessheim | 18.09.2010 |
| 2:52.7 | Norunn Skildheim | 50 | Lørenfallet | 08.06.1993 |
| 3:02.1 | Kjersti Andersen | 68 | Jessheim | 19.09.2009 |
| 3:02.2 | Kari Kamstrup Hovind | 56 | Jessheim | 02.09.1996 |
| 3:06.74 | Hilde Ellevold | 83 | Jessheim | 07.09.2023 |
| 3:15.7 | Inger Finstad | 51 | Jessheim | 17.08.1992 |
| 3:17.5 | Inger Nermo | 62 | Jessheim | 23.09.2006 |
| 3:19.5 | Julie Rudihaugen | 69 | Jessheim | 28.09.2013 |
| 3:21.2 | Marit Skolt Skafle | 56 | Jessheim | 18.08.1997 |
| 3:25.75 | Hege Jacobsen | 85 | Jessheim | 26.06.1997 |
| 3:28.8 | Jorunn Sørum | 49 | Jessheim | 16.08.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:34.6 | Bente holter | 62 | Jessheim | 19.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:11.81 | Line Mathiesen | 71 | Oslo/Bi | 29.06.2011 |
| 5:18.8 | Siri Fjellberg Larsen | 69 | Jessheim | 10.06.2010 |
| 5:21.4 | Eva Blakkisrud | 46 | Jessheim | 20.08.1986 |
| 5:23.75 | Marianne Opsahl | 73 | Jessheim | 06.06.2013 |
| 5:34.6 | Laila Skibakk | 40 | Jessheim | 08.06.1984 |
| 5:35.01 | Bente Holter | 62 | Jessheim | 21.08.2006 |
| 5:36.1 | Trine Bogstad Mangerud | 51 | Jessheim | 12.06.1995 |
| 5:37.3 | Anita Wennemo | 65 | Jessheim | 14.06.2007 |
| 5:39.0 | Anne Lillegård | 73 | Oslo/St | 29.05.2013 |
| 5:44.0 | Anne-Torill Garli | 57 | Jessheim | 13.06.2001 |
| 5:45.4 | Marie Tømmerberg | 65 | Jessheim | 09.06.2005 |
| 5:49.7 | Laila Borge | 51 | Jessheim | 19.06.1992 |
| 5:50.3 | Norunn Skildheim | 50 | Jessheim | 19.06.1992 |
| 5:50.8 | Claudia Berger (Asphaug) | 68 | Jessheim | 10.06.2010 |
| 5:51.0 | Ann-Marie Frydenlund | 49 | Jessheim | 19.06.1992 |
| 5:52.2 | Ann-Mari Bakkerud | 49 | Jessheim | 12.06.1989 |
| 5:58.3 | Cora Halsan Schøyen | 47 | Jessheim | 13.06.1988 |
| 5:59.1 | Marit Louise Aadnøy | 67 | Jessheim | 10.06.2010 |
| 5:59.1 | Grethe Hansen | 63 | Jessheim | 15.06.2006 |
| 6:00.5 | Åshild Olsen | 39 | Jessheim | 09.06.1980 |
| 6:01.8 | Berit Bamrud | 55 | Jessheim | 12.06.1995 |
| 6:02.8 | Bergljot Bjørnsveen | 38 | Jessheim | 16.06.1982 |
| 6:06.5 | Eva Blakkisrud | 46 | Jessheim | 12.06.1989 |
| 6:08.5 | Thora Sand | 48 | Jessheim | 12.06.1989 |
| 6:09.3 | Sissel Dønnum Ullerud | 43 | Jessheim | 08.06.1984 |

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| **KVINNER VETERAN 40-44** | **439** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 6:10.8 | Gunn Kristin Sunde | 66 | Jessheim | 14.06.2007 |
| 6:12.0 | Eva Blakkisrud | 46 | Jessheim | 13.06.1990 |
| 6:20.8 | Inger Gustavson | 64 | Jessheim | 12.06.2008 |
| 6:21.2 | Gry Vera Haslie | 60 | Jessheim | 10.06.2004 |
| 6:22.7 | Aase Dahl Klepsvik | 37 | Jessheim | 11.06.1979 |
| 6:24.1 | Bjørg Gjelsvik | 41 | Jessheim | 12.06.1981 |
| 6:29.2 | Line Røen Hansen | 66 | Jessheim | 04.06.2009 |
| 6:32.4 | Inger Finstad | 61 | Jessheim | 10.06.1991 |
| 6:34.5 | Wenche Løland | 65 | Jessheim | 04.06.2009 |
| 6:37.9 | Irene Schultze | 67 | Jessheim | 10.06.2010 |
| 6:43.9 | Randi Bråthen | 42 | Jessheim | 16.06.1982 |
| 6:45.0 | Jorunn Sørum | 49 | Jessheim | 10.06.1991 |
| 6:45.0 | Anne Sofie Korslund | 60 | Jessheim | 12.06.2003 |
| 6:45.5 | Marit Skolt Skafle | 56 | Jessheim | 16.06.1997 |
| 6:52.9 | Tove Rutle | 47 | Jessheim | 12.06.1989 |
| 6:58.1 | Ragnhild Aas | 71 | Jessheim | 12.06.2008 |
| 6:58.7 | Elise Wogstad | 44 | Jessheim | 10.06.1987 |
| 7:02.3 | Kari Kamstrup Hovind | 56 | Jessheim | 14.06.1999 |
| 7:06.2 | Inger Lise Wiig | 49 | Jessheim | 12.06.1989 |
| 7:18.9 | Laila Hole | 42 | Jessheim | 10.06.1983 |

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| **3000m** |  |

|  |  |  |  |  |
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| 11:23.2 | Eva Blakkisrud | 46 | Lørenfallet | 25.06.1987 |
| 11:47.04 | Marianne Opsahl | 73 | Lillehammer/Ss | 22.06.2013 |
| 11:50.7 | Laila Skibakk | 40 | Lørenfallet | 25.06.1983 |
| 12:15.1 | Bente Tenold Holter | 62 | Jessheim | 16.08.2004 |
| 12:23.6 | Anne-Torill Garli | 57 | Jessheim | 17.08.1998 |
| 12:27.7 | Trine Bogstad Mangerud | 51 | Jessheim | 31.08.1994 |
| 12:29.4 | Berit Bamrud | 55 | Jessheim | 23.08.1996 |
| 12:36.3 | Anne-Marie Frydenlund | 49 | Jessheim | 22.08.1990 |
| 12:49.3 | Ann-Mari Bakkerud | 49 | Jessheim | 21.08.1989 |
| 12:59.1 | Eva Blakkisrud | 46 | Jessheim | 22.08.1990 |
| 13:01.1 | Norunn Skildheim | 50 | Jessheim | 31.08.1994 |
| 13:12.9 | Sissel Dønnum Ullerud | 43 | Jessheim | 19.08.1983 |
| 13:35.8 | Åshild Olsen | 39 | Jessheim | 19.08.1983 |
| 13:43.8 | Cora Halsan Schøyen | 47 | Jessheim | 19.08.1988 |
| 13:46.5 | Bjørg Gjelsvik | 41 | Jessheim | 21.08.1981 |
| 13:54.7 | Inger Finstad | 51 | Jessheim | 19.08.1991 |
| 14:11.2 | Karin Sveen | 42 | Jessheim | 19.08.1983 |
| 14:12.6 | Randi Bråthen | 42 | Jessheim | 19.08.1983 |
| 14:13.7 | Thora Sand | 48 | Jessheim | 17.08.1992 |
| 14:52.0 | Tove Rutle | 47 | Jessheim | 17.08.1992 |
| 14:57.3 | Elise Wogstad | 44 | Jessheim | 17.08.1984 |

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| **KVINNER VETERAN 40-44** | **440** |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 20:23.25 | Linn-Kristin Vibekken | 81 | Modum | 25.06.2023 |
| 20:31.4 | Line Mathiesen | 71 | Oslo/Bi | 30.06.2011 |
| 20:42.9 | Laila Skibakk | 40 | Oslo/St | 28.09.1983 |

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| **10 km landevei** |  |

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| 40.54 | Eva Blakkisrud | 46 | Jessheim | 11.10.1987 |
| 42:08 | Marianne Opsahl | 73 | Jessheim | 02.09.2017 |
| 43:51 | Laila Skibakk | 40 | Jessheim | 07.10.1984 |
| 47:33 | Berit Bamrud | 55 | Jessheim | 06.10.1986 |
| 48:26 | Sissel Dønnum Ullerud | 43 | Jessheim | 09.10.1983 |
| 49:38 | Ann-Mari Bakkerud | 49 | Jessheim | 08.10.1989 |
| 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 |
| 53:50 | Tove Rutle | 47 | Jessheim | 07.10.1990 |
| 55:00 | Marianne Pettersen | 79 | Jessheim | 05.10.2019 |
| 55:31 | Brit Helen Lye | 77 | Jessheim | 01.09.2018 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:26.46 | Eva Blakkisrud | 46 | Drammen | 04.10.1986 |
| 1:29:34 | Linn-Kristin Vibekken | 81 | Jessheim | 12.11.2023 |
| 1:30:46 | Bente Holter | 62 | Drammen | 06.10.2002 |
| 1:33.56 | Marianne Opsahl | 73 | Orlando, USA | 24.01.2014 |
| 1:39:03 | Berit Bamrud | 55 | Oslo | 14.09.1996 |
| 1:38:53 | Norunn Skildheim | 50 | Kragerø | 12.06.1994 |
| 1:37:14 | Trine Bogstad Mangerud | 51 | Jessheim | 01.10.1995 |
| 1:44:00 | Elisabeth Mannion | 76 | Jessheim | 18.11.2018 |
| 1:59:23 | Cisilie Stenbakken | 77 | Oslo | 15.09.2018 |
| 2:01:17 | Veronica Bertheussen | 79 | Jessheim | 30.09.2023 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 3:05:15 | Eva Blakkisrud | 46 | Oslo | 13.09.1986 |
| 3:11:09 | Linn-Kristin Vibekken | 81 | Valencia, ESP | 03.12.2023 |
| 3:23:08 | Ann-Marie Frydenlund | 49 | Kristiansand | 24.06.1992 |
| 3:29:58 | Marianne Eske Pettersen | 79 | Jessheim | 17.11.2019 |
| 3:40:52 | Berit Bamrud | 55 | Berlin, GER | 24.09.1995 |
| 3:59:03 | Elisabeth Mannion | 76 | Jessheim | 06.11.2016 |

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| **Høyde** |  |

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| 1.48 | Inger Lise Sundheim | 55 | Oslo/So | 15.09.1996 |

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| **KVINNER VETERAN 40-44** | **441** |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.81 | Inger Lise Sundheim | 55 | Jessheim | 25.06.1996 |
| 4.46 | Kari Kamstrup Hovind | 56 | Jessheim | 02.06.1996 |

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| **Lengde uten tilløp** |  |

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| 2.01 | Brit Helen Lye | 77 | Jessheim | 18.10.2018 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 9.64 | Inger Lise Sundheim | 55 | Lillehammer/Ss | 17.08.1997 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.00 | Astrid Willersrud | 42 | Årnes | 07.08.1985 |
| 8.96 | Kari Kamstrup Hovind | 56 | Jessheim | 25.06.1996 |
| 7.84 | Gunn Kristin Sunde | 66 | Asker/Fø | 31.05.2007 |
| 7.66 | Unn Helen Grønvold | 61 | Jessheim | 19.08.2002 |
| 7.05 | Brit Helen Lye | 77 | Jessheim | 27.09.2018 |
| 6.86 | Irene Schultze Toverud | 67 | Lillehammer/Ss | 19.06.2010 |

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| **Diskos 1 kg** |  |

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| 28.50 | Astrid Willersrud | 42 | Jessheim | 11.08.1986 |
| 17.33 | Irene Schultze Toverud | 67 | Lillehammer/Ss | 24.06.2011 |

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

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| 21.60 | Irene Schultze | 67 | Lillehammer/Ss | 20.06.2010 |

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

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| 2057 | Kari Kamstrup Hovind | 56 | Jessheim | 02.06.1996 |
| 14.4-8.04-4.46-3:02.2 | | | |

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| --- | --- | --- | --- | --- |
| 1966 | Inger Lise Sundheim | 55 | Jessheim | 01.06.1997 |
| 14.11-7.79-4.43-3:18.4 | | | |

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| 1579 | Anne-Torill Garli | 57 | Jessheim | 01.06.1997 |
| 16.46-6.27-3.31-2:41.9 | | | |

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| **4x100m E** |  |

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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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| **KVINNER VETERAN 40-44** | **442** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.95 | Inger Lise Sundheim | 55 | Stange | 03.03.1996 |
| 9.50 | Brit Helen Lye | 77 | Hvam | 08.12.2018 |
| 9.55 | Brit Helen Lye | 77 | Hvam | 10.03.2019 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.81 | Brit Helen Lye | 77 | Hvam | 09.03.2019 |
| 33.06 | Anne Lillegård | 73 | Hvam | 04.03.2017 |
| 33.31 | Brit Helen Lye | 77 | Hvam | 08.12.2018 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 71.67 | Anne Lillegård | 73 | Haugesund | 07.03.2014 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:43.39 | Anne Lillegård | 73 | Huddinge, SWE | 10.03.2017 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 6:15.13 | Anne Lillegård | 73 | Haugesund | 09.03.2014 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 12:19.15 | Magdolna Takats | 74 | Hvam | 13.03.2016 |

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| **Høyde** |  |

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| 1.40 | Inger Lise Sundheim | 55 | Stange | 02.03.1997 |

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| **Lengde** |  |

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| 4.75 | Inger Lise Sundheim | 55 | Stange | 20.03.1999 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 9.38 | Inger Lise Sundheim | 55 | Stange | 02.03.1997 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.33 | Linger Lise Sundheim | 55 | Stange | 02.03.1996 |

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| **KVINNER VETERAN 40-44** | **443** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
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| 2.60 | Inger Lise Sundheim | 55 | Stange | 20.03.1999 |
| 2.14 | Brit Helen Lye | 77 | Hvam | 09.03.2019 |

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| **KVINNER VETERAN 45-49** | **444** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 9.5 | Laila Skibakk | 40 | Årnes | 27.08.1986 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.89 | Inger Lise Sundheim | 55 | Ravnanger | 02.07.2000 |

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| --- | --- |
| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 14.2 | Laila Skibakk | 40 | Jessheim | 07.10.1985 |
| 14.7 | Inger Lise Sundheim | 55 | Oslo/St | 15.06.2000 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 30.78 | Inger Lise Sundheim | 55 | Jessheim | 19.08.2001 |

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| **200m M** |  |

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| 30.8 | Inger Lise Sundheim | 55 | Oslo/Tr | 14.06.2000 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 74.53 | Trine Bogstad Mangerud | 51 | Jessheim | 01.09.1997 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 71.1 | Laila Skibakk | 40 | Jessheim | 18.08.1986 |
| 74.9 | Trine Bogstad Mangerud | 51 | Jessheim | 13.07.2000 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:42.6 | Trine Bogstad Mangerud | 51 | Jessheim | 03.08.2000 |
| 2:49.8 | Unn Helen Grønvold | 61 | Jessheim | 23.09.2006 |
| 2:51.7 | Laila Skibakk | 40 | Lørenfallet | 04.06.1985 |
| 2:54.4 | Bente Tenold Holter | 62 | Drammen/Ma | 01.10.2011 |
| 2:58.1 | Irene Schultze | 67 | Jessheim | 19.05.2012 |
| 3:29.0 | Inger Finstad | 51 | Jessheim | 17.08.1998 |
| 3:31.0 | Line Røen Hansen | 66 | Jessheim | 28.09.2013 |
| 3:38.0 | Jorunn Sørum | 49 | Jessheim | 29.08.1994 |
| 3:40.5 | Bjørg Aas | 51 | Jessheim | 14.08.2000 |
| 3:41.1 | Åse Nessiøy | 68 | Jessheim | 25.09.2993 |
| 3:49.90 | Gudrun Laake | 70 | Jessheim | 27.09.2018 |

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| **KVINNER VETERAN 45-49** | **445** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 5:30.2 | Bente Holter | 62 | Jessheim | 14.06.2007 |
| 5:32.9 | Trine Bogstad Mangerud | 51 | Jessheim | 19.06.1996 |
| 5:36.09 | Rønnaug Schie Alsgaard | 77 | Jessheim | 08.06.2023 |
| 5:39.9 | Laila Skibakk | 40 | Jessheim | 12.06.1987 |
| 5:41.4 | Berit Ruud | 39 | Jessheim | 14.08.1993 |
| 5:44.0 | Anne Torill Garli | 57 | Jessheim | 13.06.2002 |
| 5:52.2 | Eva Blakkisrud | 46 | Jessheim | 19.06.1992 |
| 5:53.9 | Unn Helen Grønvold | 61 | Jessheim | 14.06.2007 |
| 5:54.85 | Marianne Opsahl | 73 | Jessheim | 09.06.2020 |
| 6:08.9 | Gerda Tunhøvd | 61 | Jessheim | 16.06.1997 |
| 6:10.9 | Åshild Olsen | 39 | Jessheim | 08.06.1984 |
| 6:19.1 | Wenche Løland | 65 | Jessheim | 05.06.2012 |
| 6:20.4 | Berit Bamrud | 55 | Jessheim | 14.06.2001 |
| 6:22.3 | Inger Gustavson | 64 | Jessheim | 04.06.2009 |
| 6:37.7 | Berit Gulbrandsen | 38 | Jessheim | 10.06.1987 |
| 6:47.6 | Tove Rutle | 47 | Jessheim | 15.06.1992 |
| 6:48.0 | Tone Merete Fjeld | 67 | Jessheim | 05.06.2014 |
| 6:50.0 | Marit Skolt Skafle | 56 | Jessheim | 13.06.2002 |
| 6:53.1 | Anne Regine Hals | 37 | Jessheim | 09.09.1985 |
| 6:52.5 | Bjørg Nagel | 40 | Jessheim | 13.06.1986 |
| 6:56.3 | Unn Haaland | 61 | Jessheim | 04.06.2009 |
| 7:00.9 | Berit Vestengen | 34 | Jessheim | 12.06.1981 |
| 7:01.9 | Bergljot Bjørnsveen | 38 | Jessheim | 08.06.1984 |
| 7:02.4 | Bjørg Aas | 51 | Jessheim | 14.06.1999 |
| 7:02.8 | Aud Venke Rustad | 45 | Jessheim | 13.06.1986 |
| 7:03.5 | Jorunn Sørum | 49 | Jessheim | 13.06.1994 |
| 7:04.7 | Inger Finstad | 51 | Jessheim | 19.06.1996 |
| 7:17.39 | Line Røen Hansen | 66 | Jessheim | 06.06.2013 |
| 7:31.5 | Judith Bibbi Knutsen | 33 | Jessheim | 16.06.1982 |
| 7:38.0 | Åse Nessiøy | 58 | Jessheim | 12.06.2003 |
| 7:44.0 | Kari Kamstrup Hovind | 56 | Jessheim | 13.06.2002 |
| 7:54.16 | Lene Walstad | 78 | Jessheim | 08.06.2023 |
| 7:55.80 | Gudrun Laake | 70 | Jessheim | 31.05.2018 |
| 8:06.8 | Gerd Bakkeløkken | 36 | Jessheim | 09.09.1985 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 11:07.1 | Bjørg Moen | 47 | Jessheim | 29.08.1994 |
| 11:53.3 | Trine Bogstad Mangerud | 51 | Jessheim | 14.08.2000 |
| 11:58.2 | Berit Ruud | 47 | Jessheim | 17.08.1992 |
| 12:12.4 | Laila Skibakk | 40 | Lørenfallet | 13.08.1985 |
| 12:52.0 | Eva Blakkisrud | 46 | Jessheim | 31.08.1994 |
| 13:34.1 | Grethe Johansen | 36 | Jessheim | 21.08.1981 |
| 13:44.9 | Åshild Olsen | 39 | Jessheim | 17.08.1984 |
| 14:15.9 | Berit Gulbrandsen | 38 | Jessheim | 21.08.1987 |
| 14:27.5 | Anne Regine Hals | 37 | Jessheim | 15.08.1986 |
| **KVINNER VETERAN 45-49** | | **446** | | |

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| **3000m forts.** |  |

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| 14:50.5 | Berit Bamrud | 55 | Jessheim | 14.08.2000 |
| 15:13.2 | Bjørg Nagell | 40 | Jessheim | 15.08.1986 |
| 15:32.5 | Tove Rutle | 47 | Jessheim | 19.08.1996 |
| 16:28.5 | Bjørg Aas | 51 | Jessheim | 16.08.1999 |
| 16:47.7 | Berit Vestengen | 34 | Jessheim | 19.08.1983 |
| 16:52.0 | Judith Bibbi Knutsen | 33 | Jessheim | 20.08.1982 |

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

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| --- | --- | --- | --- | --- |
| 14.7 | Inger Lise Sundheim | 55 | Oslo/St | 05.06.2000 |

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| **5 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 21:01 | Kjersti Christine Moody | 74 | Lørenskog | 28.10.2023 |
| 21:33 | Marianne Opsahl | 73 | Jessheim | 03.10.2020 |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 42:33 | Hanna Blom Breivik | 69 | Jessheim | 02.09.2017 |
| 43:09 | Trine Bogstad Mangerud | 51 | Jessheim | 05.10.1997 |
| 43:41 | Anne Lillegård | 73 | Jessheim | 01.09.2018 |
| 44:39 | Line Huken Mathiesen | 71 | Jessheim | 02.09.2017 |
| 45:55 | Eva Blakkisrud | 46 | Jessheim | 02.10.1994 |
| 46:02 | Laila Skibakk | 40 | Jessheim | 12.10.1986 |
| 46:47 | Berit Ruud | 47 | Jessheim | 03.10.1993 |
| 49:37 | Gry Vera Haslie | 60 | Jessheim | 19.11.2006 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:29:55 | Kjersti Christine Moody | 74 | Jessheim | 12.11.2023 |
| 1:34.14 | Hanna Blom Breivik | 69 | Jessheim | 16.11.2014 |
| 1:34:19 | Trine Bogstad Mangerud | 51 | Drammen | 05.10.2000 |
| 1:35:12 | Laila Skibakk | 40 | Oslo | 03.09.1988 |
| 1:39:42 | Line Huken Mathiesen | 71 | Oslo | 16.09.2017 |
| 1:40:12 | Bente Holter | 62 | Jessheim | 16.11.2008 |
| 1:40:21 | Eva Blakkisrud | 46 | Oslo | 24.09.1994 |
| 1:44:20 | Elisabeth Mannion | 76 | Jessheim | 30.09.2023 |

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| **Maraton 42195m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:35:43 | Bente Holter | 62 | Oslo | 30.09.2007 |
| 3:50:50 | Kari Vik Eines | 74 | Berlin, GER | 26.09.2021 |
| 3:57:03 | Anne Marie Frydenlund | 49 | Drammen | 03.10.1996 |
| 3:37:59 | Trine Bogstad Mangerud | 51 | Jessheim | 16.11.1997 |

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| **KVINNER VETERAN 45-49** | **447** |

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| **Høyde** |  |

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| 1.45 | Inger Lise Sundheim | 55 | Jessheim | 18.08.2001 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.68 | Inger Lise Sundheim | 55 | Ravnanger | 30.09.2000 |

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

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| --- | --- | --- | --- | --- |
| 9.18 | Inger Lise Sundheim | 55 | Oslo/St | 05.06.2000 |

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| **Kule 4** |  |

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| --- | --- | --- | --- | --- |
| 7.40 | Kari Kamstrup Hovind | 56 | Jessheim | 25.09.2003 |
| 5.93 | Line Løvstad | 74 | Jessheim | 16.09.2019 |
| 5.80 | Gudrun Laake | 70 | Jessheim | 27.09.2018 |

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

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| --- | --- | --- | --- | --- |
| 19.25 | Irene Schultze | 67 | Jessheim | 23.08.2012 |

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| **KVINNER VETERAN 45-49** | **448** |

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| **INNENDØRS** |  |

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| **1500m** |  |

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| 5:59.99 | Anne Lillegård | 73 | Grimstad | 10.03.2018 |

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| **Høyde** |  |

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| 1.43 | Inger Lise Sundheim | 55 | Stange | 25.03.2000 |

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| **Lengde** |  |

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| 4.68 | Inger Lise Sundheim | 55 | Stange | 25.03.2000 |

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| **Tresteg** |  |

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| 9.47 | Inger Lise Sundheim | 55 | Stange | 25.03.2000 |

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| **Høyde uten tilløp** |  |

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| 1.27 | Inger Lise Sundheim | 55 | Fjellhamar | 02.04.2001 |

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| **Lengde uten tilløp** |  |

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| 2.53 | Inger Lise Sundheim | 55 | Drammen | 22.03.2003 |
| 1.77 | Gudrun Laake Utendørs | 70 | Jessheim | 18.10.2018 |

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| **KVINNER VETERAN 50-54** | **449** |

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| **100m E** |  |

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| 15.52 | Inger Lise Sundheim | 55 | Geithus | 30.06.2006 |

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| **100m M** |  |

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| 15.3 | Inger Lise Sundheim | 55 | Trondheim/St | 25.08.1976 |

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| **400m E** |  |

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| 74.04 | Trine Bogstad Mangerud | 51 | Jessheim | 21.06.2001 |

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| **800m** |  |

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| 2:42.66 | Trine Bogstad Mangerud | 51 | Jessheim | 26.05.2003 |
| 2:52.8 | Bente Tenold Holter | 62 | Jessheim | 19.05.2012 |
| 3:31.0 | Ann-Marie Bakkerud | 49 | Jessheim | 23.09.2002 |
| 3:35.6 | Tove Rutle | 47 | Jessheim | 17.08.1998 |
| 3:45.5 | Rita Raastad | 47 | Jessheim | 17.08.1998 |
| 4:38.0 | Gerd Bakkeløkken | 36 | Jessheim | 22.08.1990 |

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| **1500m** |  |

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| 5:23.8 | Trine Bogstad Mangerud | 51 | Jessheim | 15.06.2003 |
| 5:44.66 | Bente Tenold Holter | 62 | Jessheim | 06.06.2013 |
| 6:59.6 | Aase Dahl Klepsvik | 37 | Jessheim | 13.06.1988 |
| 7:04.9 | Marit Skolt Skafle | 56 | Jessheim | 15.06.2006 |
| 7:06.0 | Judith Bibbi Knutsen | 33 | Jessheim | 08.06.1984 |
| 7:08.7 | Tove Rutle | 47 | Jessheim | 17.06.1998 |
| 7:13.0 | Ann-Marie Bakkerud | 49 | Jessheim | 13.06.2002 |
| 7:38.5 | Berit Vestengen | 34 | Jessheim | 08.06.1984 |
| 7:52.5 | Inger Finstad | 51 | Jessheim | 14.06.2001 |
| 7:53.7 | Rita Raastad | 47 | Jessheim | 17.06.1998 |
| 8:16.6 | Gerd Bakkeløkken | 36 | Jessheim | 10.06.1987 |
| 8:25.5 | Else Johanne Husa | 51 | Jessheim | 04.06.2015 |

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| **3000m** |  |

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| 11:33.82 | Trine Bogstad Mangerud | 51 | Askim | 28.06.2002 |
| 15:26.8 | Judith Bibbi Knutsen | 33 | Jessheim | 19.08.1983 |
| 15:45.2 | Tove Rutle | 47 | Jessheim | 18.08.1997 |
| 16:58.9 | Gerd Bakkeløkken | 36 | Jessheim | 19.08.1988 |

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| **10000m** |  |

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| 44:09.9 | Trine Bogstad Mangerud | 51 | Oslo/Bi | 30.07.2005 |

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| **KVINNER VETERAN 50-54** | **450** |

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| **10 km landevei** |  |

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| 45.10 | Laila Skibakk | 40 | Jessheim | 07.10.1990 |
| 47:44 | Clara Stålhegg | 68 | Jessheim | 03.10.2020 |
| 61:25 | Gerd Bakkeløkken | 36 | Jessheim | 12.10.1986 |

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| **Halvmaraton 21098m** |  |

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| 1:30.06 | Trine Bogstad Mangerud | 51 | Drammen | 31.08.2003 |
| 1:49:15 | Clara Stålhegg | 68 | Jessheim | 14.11.2021 |
| 2:04.:41 | Anne-Marie Frydenlund | 49 | Jessheim | 18.11.2001 |

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| **Maraton 42195m** |  |

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| 3:46:51 | Trine Bogstad Mangerud | 51 | Drammen | 07.10.2001 |
| 4:20:28 | Raquel Galetto | 72 | Jessheim | 13.11.2022 |

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| **Høyde** |  |

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| 1.41 | Inger Lise Sundheim | 55 | Trondheim/St | 26.08.2006 |

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| **Lengde** |  |

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| 4.38 | Inger Lise Sundheim | 55 | Gjøvik | 26.08.2005 |

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| **Kule 3 kg** |  |

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| 10.47 | Astrid Willersrud | 42 | Bjørkelangen | 08.08.1992 |
| 7.77 | Inger Lise Sundheim | 55 | Trondheim/St | 26.08.2006 |
| 6.18 | Irene Schultze | 67 | Jessheim | 16.09.2019 |
| 5.15 | Anna Halling | 66 | Jessheim | 16.09.2019 |

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| **Kule 4 kg** |  |

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| 8.67 | Astrid Willersrud | 42 | Jessheim | 20.08.1996 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 24.20 | Astrid Willersrud | 42 | Jessheim | 20.08.1996 |

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| **Slegge 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 28.22 | Astrid Willersrud | 42 | Oslo/La | 31.08.1996 |

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| **Spyd 400 g** |  |

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| 20.26 | Astrid Willersrud | 42 | Oslo/La | 31.08.1996 |

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| **KVINNER VETERAN 50-54** | **451** |

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| **Spyd 600 g** |  |

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| 20.06 | Irene Schultze | 67 | Jessheim | 16.09.2019 |

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| **Vektkast 7.26 kg** |  |

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| 9.63 | Astrid Willersrud | 42 | Oslo/La | 31.08.1996 |

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| **5-kamp kast Slegge-KuleDiskos-Spyd-Vekt** |  |

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| 2808 | Astrid Willersrud | 42 | Oslo/La | 31.08.1996 |
| 26.26-7.89-25.98-21.74-9.20 | | | |

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| **KVINNER VETERAN 50-54** | **452** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| 1.16 | Inger Lise Sundheim | 55 | Jessheim/No | 13.03.2006 |

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| **Lengde uten tilløp** |  |

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| 2.50 | Inger Lise Sundheim | 55 | Råholt | 31.10.2005 |
| 1.69 | Irene Schultze Utendørs | 67 | Jessheim | 16.09.2019 |

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| **KVINNER VETERAN 55-59** | **453** |

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| **100m E** |  |

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| 16.19 | Inger Lise Sundheim | 55 | Oslo/Bi | 31.08.2012 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:49.4 | Trine Bogstad Mangerud | 51 | Jessheim | 20.09.2008 |
| 3:29.6 | Kari Mo Larsen | 38 | Jessheim | 16.06.1993 |
| 3:47.1 | Anne Regine Hals | 37 | Jessheim | 17.08.1992 |
| 3:48.0 | Ann-Marie Bakkerud | 49 | Jessheim | 23.09.2006 |
| 3:26.0 | Else Johanne Husa | 51 | Jessheim | 20.09.2008 |
| 3:34.5 | Marit Skolt Skafle | 56 | Jessheim | 19.05.2012 |
| 4:13.0 | Trude Gudrun Ask | 54 | Jessheim | 28.09.2013 |

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| **1500m** |  |

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| 5:15.9 | Anne-Siri Larsen | 49 | Jessheim | 12.06.2008 |
| 5:32.27 | Trine Bogstad Mangerud | 51 | Geithus | 30.06.2006 |
| 6:59.6 | Else Johanne Huse | 51 | Jessheim | 14.06.2007 |
| 7:04.4 | Kari Mo Larsen | 38 | Jessheim | 16.06.1993 |
| 7:05.7 | Marit Skolt Skafle | 56 | Jessheim | 12.06.2012 |
| 7:25.1 | Ann-Marie Bakkerud | 49 | Jessheim | 09.06.2005 |
| 7:56.3 | Anne Regine Hals | 37 | Jessheim | 15.06.1992 |

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| **10 km landevei** |  |

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| 46.09 | Trine Bogstad Mangerud | 51 | Jessheim | 15.11.2009 |
| 52:10 | Else Johanne Husa | 51 | Jessheim | 16.11.2008 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:34:12 | Trine Bogstad Mangerud | 51 | Oslo | 30.09.2007 |
| 1:56.25 | Else Johanne Husa | 51 | Lørenskog | 01.11.2008 |

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| **Høyde** |  |

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| 1.25 | Inger Lise Sundheim | 55 | Oslo/Bi | 01.09.2012 |

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| **Kule 3 kg** |  |

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| 9.70 | Astrid Willersrud | 42 | Lillehammer/Ss | 17.08.1997 |
| 7.61 | Inger Lise Sundheim | 55 | Oslo/Bi | 01.09.2012 |

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| **Kule 4 kg** |  |

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| 8.19 | Astrid Willersrud | 42 | Jessheim | 24.08.1998 |

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| **KVINNER VETERAN 55-59** | **454** |

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| **Diskos 1 kg** |  |

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| 25.97 | Astrid Willersrud | 42 | Rolvsrud | 30.08.2001 |

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| **Slegge 3 kg** |  |

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| 31.71 | Astrid Willersrud | 42 | Odense, DEN | 05.09.1999 |

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| **Slegge 4 kg** |  |

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| 26.88 | Astrid Willersrud | 42 | Rolvsrud | 03.09.1988 |

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| **Spyd 400 g** |  |

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| 24.78 | Astrid Willersrud | 42 | Ski | 18.08.1999 |

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| **Spyd 500 g** |  |

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| 22.46 | Astrid Willersrud | 42 | Bismo | 03.08.2001 |

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| **Vektkast 7.26 kg** |  |

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| 11.83 | Astrid Willersrud | 42 | Odense, DEN | 04.09.1999 |

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| **5-kamp kast Slegge-Kule-Diskos-Spyd-Vekt** |  |

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| 3386 | Astrid Willersrud | 42 | Søre Trysil | 22.08.1998 |
| 29.11-9.37-22.37-23.51-10.73 | | | |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| 2.47 | Inger Lise Sundheim | 55 | Oslo/Bi | 31.08.2013 |

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| **KVINNER VETERAN 60-64** | **455** |

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| **800m** |  |

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| 3:05.2 | Trine Bogstad Mangerud | 51 | Jessheim | 28.09.2013 |

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| **1500m** |  |

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| 6:10.00 | Trine Bogstad Mangerud | 51 | Jessheim | 06.06.2013 |
| 7:32.2 | Ann-Marie Bakkerud | 49 | Jessheim | 04.06.2009 |
| 7:34.8 | Marit Skolt Skafle | 56 | Jessheim | 02.06.2016 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 20.44 | Astrid Willersrud | 42 | Jessheim | 19.08.2002 |

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| **Slegge 3 kg** |  |

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| 29.08 | Astrid Willersrud | 42 | Jessheim | 19.08.2002 |

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| **Spyd 400 g** |  |

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| 20.80 | Astrid Willersrud | 42 | Jessheim | 19.08.2002 |

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| **Vektkast 5.45 kg** |  |

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| 12.93 | Astrid Willersrud | 42 | Jessheim | 19.08.2002 |

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| **5-kamp kast Slegge-Kule-Diskos-Spyd-Vekt** |  |

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| 3592 | Astrid Willersrud | 42 | Jessheim | 19.08.2002 |
| 29.02-8.43-20.16-20.80-12.83 | | | |

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| **KVINNER VETERAN 65-69** | **456** |

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| **60m M** |  |

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| 10.3 | Inger Lise Sundheim | 55 | Fetsund/Fe | 30.05.2023 |

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| **100m E** |  |

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| 17.27 | Inger Lise Sundheim | 55 | Modum | 23.06.2023 |

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| **200m M** |  |

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| 37.1 | Inger Lise Sundheim | 55 | Oslo/St | 06.06.2023 |

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| **800m** |  |

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| 3:26.6 | Trine Bogstad Mangerud | 51 | Jessheim | 30.09.2017 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 6:42.2 | Trine Bogstad Mangerud | 51 | Jessheim | 02.06.2016 |
| 7:32.9 | Ann-Marie Bakkerud | 49 | Jessheim | 05.06.2014 |

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| **5km landevei** |  |

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| 26:21 | Trine Bogstad Mangerud | 51 | Jessheim | 03.10.2020 |

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| **10km landevei** |  |

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| 52:24 | Trine Bogstad Mangerud | 51 | Jessheim | 02.09.2017 |

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| **Høyde** |  |

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| 1.28 | Inger Lise Sundheim | 55 | Modum | 23.06.2023 |

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| **Lengde** |  |

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| 3.21 | Inger Lise Sundheim | 55 | Modum | 23.06.2023 |

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| **Tresteg uten tilløp** |  |

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| 6.01 | Inger Lise Sundheim | 55 | Fetsund/Fe | 30.05.2023 |

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| **Kule 3** |  |

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| 7.24 | Inger Lise Sundheim | 55 | Fetsund/Fe | 30.05.2023 |

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| **KVINNER VETERAN 65-69** | **457** |

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| **Innendørs** |  |

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| **60m M** |  |

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| 11.2 | Inger Lise Sundheim | 55 | Oslo/Ek | 05.04.2022 |

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| **Høyde** |  |

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| 1.28 | Inger Lise Sundheim | 55 | Grimstad | 27.03.2022 |

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| **Høyde uten tilløp** |  |

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| 1.17 | Inger Lise Sundheim | 55 | Oslo/Ek | 16.02.2022 |

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| **Lengde uten tilløp** |  |

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| 2.34 | Inger Lise Sundheim | 55 | Ås | 06.11.2022 |

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| **Tresteg uten tilløp** |  |

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| 5.98 | Inger Lise Sundheim | 55 | Ås | 06.11.2022 |

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| **Kule 3 kg** |  |

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| 7.76 | Inger Lise Sundheim | 55 | Oslo/Ek | 05.04.2022 |

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| **KVINNER VETERAN 70-74** | **458** |

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| **1500m** |  |

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| 7:35.00 | Trine Bogstad Mangerud | 51 | Jessheim | 02.06.2022 |

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| **5 km veiløp** |  |

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| 26:54 | Trine Bogstad Mangerud | 51 | Jessheim | 02.10.2021 |
| 32:22 | Else Johanne Husa | 51 | Sørum | 26.04.2022 |

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| **10 km veiløp** |  |

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| 64:30 | Else Johanne Husa | 51 | Hole | 23.10.2022 |

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| **Halvmaraton** |  |

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| 2:34:05 | Else Johanne Husa | 51 | Jessheim | 12.11.2023 |