[](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**

**4**

**ÅRSSTATISTIKKER**

|  |  |
| --- | --- |
| **MENN SENIOR 1921** | **1** |

|  |
| --- |
| **Klubbstevne på Idrettsplassen Søndag 07.08.1921** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.5 | Sverre Einarsen | 02 | Jessheim | 07.08.1921 |
| 13.0 | Oskar Larsen | 96 | Jessheim | 07.08.1921 |
| 13.2 | Thorbjørn Lund | 98 | Jessheim | 07.08.1921 |

|  |  |
| --- | --- |
| **800m 7 deltagere** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:17.6 | Sverre Einarsen | 02 | Jessheim | 07.08.1921 |
| 2:25.8 | Thorleif Næss | 02 | Jessheim | 07.08.1921 |
| 2:30.0 | Anton Gystad | 90 | Jessheim | 07.08.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20:11.2 | Sverre Einarsen | 02 | Jessheim | 07.08.1921 |
| 22:53.5 | Thorbjørn Lund | 98 | Jessheim | 07.08.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Olgar Solerød | 90 | Jessheim | 07.08.1921 |
| 1.40 | Andor Hansen | 92 | Jessheim | 07.08.1921 |
| 1.35 | Erling Vestengen | 03 | Jessheim | 07.08.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.94 | Mikal Mikalsen | 99 | Jessheim | 07.08.1921 |
| 4.63 | Sverre Einarsen | 02 | Jessheim | 07.08.1921 |
| 4.60 | Thorbjørn Lund | 98 | Jessheim | 07.08.1921 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.27 | Sigurd Jensen | 90 | Jessheim | 07.08.1921 |
| 8.88 | Mikal Mikalsen | 99 | Jessheim | 07.08.1921 |
| 8.56 | Olgar Solerød | 90 | Jessheim | 07.08.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.05 | Sigurd Jensen | 90 | Jessheim | 07.08.1921 |
| 34.03 | Olgar Solerød | 90 | Jessheim | 07.08.1921 |
| 33.75 | Mikal Mikalsen | 99 | Jessheim | 07.08.1921 |

|  |  |
| --- | --- |
| **MENN SENIOR 1921** | **2** |

|  |
| --- |
| **Stevne på Idrettsplassen Søndag 21.08. 1921. Deltagere også fra Gardermoen og Nannestad** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.2 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 13.2 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 13.6 | Frank Pedersen | 92 | Jessheim | 21.08.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 57.8 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 60.0 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 62.5 | Thorolf Bekkedal | 03 | Jessheim | 21.08.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20:05.0 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 21:17.0 | Thorbjørn Lund | 98 | Jessheim | 21.08.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.42 | Andor Hansen | 92 | Jessheim | 21.08.1921 |
| 1.42 | Jul Selmer | 00 | Jessheim | 21.08.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.60 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 5.22 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.88 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 10.92 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |

|  |  |
| --- | --- |
| **Kule7.26 kg - Begge hender sammenlagt** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.48 | Sigurd Jensen | 90 | Jessheim | 21.08.1921 |
| 17.31 | Hans Langerud | 91 | Jessheim | 21.08.1921 |

|  |  |
| --- | --- |
| **Spyd 800 g - Begge hender sammenlagt** | **Gammel type til og med 1985** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.61 | Sigurd Jensen | 90 | Jessheim | 21.08.1921 |
| 51.65 | Gunnar Hansen | 95 | Jessheim | 21.08.1921 |

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| --- | --- |
| **MENN SENIOR 1921** | **3** |

|  |
| --- |
| **Stevne på Idrettsplassen Søndag 18.09 Klubbkamp mot Grønvold** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.3 | Sverre Einarsen | 02 | Jessheim | 18.09.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.9 | Sverre Einarsen | 02 | Jessheim | 18.09.1921 |
| 64.1 | Andor Hansen | 92 | Jessheim | 18.09.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 19:24.0 | Einar Lund | 98 | Jessheim | 18.09.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.47 | Victor Westgaard | 99 | Jessheim | 18.09.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.50 | Sverre Einarsen | 02 | Jessheim | 18.09.1921 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.10 | Sverre Einarsen | 02 | Jessheim | 18.09.1921 |

|  |  |
| --- | --- |
| **Spyd 800 g Gammel type ttil og med 1985** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.80 | Sigurd Jensen | 90 | Jessheim | 18.09.1921 |

|  |  |
| --- | --- |
| **MENN SENIOR 1922** | **4** |

|  |
| --- |
| **ÅRSSTATISTIKKER 1922 - 1958 FØLGER** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.1 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 56.4 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 62.3 | Andor Hansen | 92 | Jessheim | 17.09.1922 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.01.0 | Einar Lund | 98 | Jessheim | 17.09.1922 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.56 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.70 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.60 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 11.33 | Jørgen Nyland | 00 | Jessheim | 17.09.1922 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.43 | Sigurd Jensen | 90 | Jessheim | 17.09.1922 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.90 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.90 | Magnus Røe | 96 | Jessheim | 17.09.1922 |
| 37.44 | Sigurd Jensen | 90 | Jessheim | 17.09.1922 |
| 34.88 | Karl Larsen | 98 | Jessheim | 17.09.1922 |

|  |  |
| --- | --- |
| **MENN SENIOR 1923** | **5** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.5 | Hans Gystad | 10 | Jessheim | 13.08.1923 |
| 10.0 | Reidar Larsen | 10 | Jessheim | 13.08.1923 |
| 10.1 | Erik Lerdahl | 10 | Jessheim | 13.08.1923 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.8 | Fredrik Falch | 98 | Jessheim | 13.08.1923 |
| 12.8 | Andor Hansen | 92 | Jessheim | 09.09.1923 |
| 13.0 | Alf Moland | 00 | Jessheim | 09.09.1923 |
| 13.4 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60.0 | Fredrik Falch | 98 | Jessheim | 09.09.1923 |
| 60.2 | Einar Lund | 98 | Jessheim | 13.08.1923 |
| 60.2 | Lars Julseth | 01 | Jessheim | 09.09.1923 |
| 67.9 | Rolf Kjærstad | 07 | Jessheim | 13.08.1923 |
| 68.0 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:46.0 | Einar Lund | 98 | Jessheim | 09.09.1923 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Andor Hansen | 92 | Jessheim | 13.08.1923 |
| 1.50 | Magnus Røe | 96 | Jessheim | 13.08.1923 |
| 1.45 | Lars Julseth | 01 | Jessheim | 09.09.1923 |
| 1.25 | Reidar Sand | 07 | Jessheim | 13.08.1923 |
| 1.20 | Reidar Larsen | 10 | Jessheim | 13.08.1923 |
| 1.05 | Ingolf Karlsen | 10 | Jessheim | 13.08.1923 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.56 | Fredrik Falch | 98 | Jessheim | 09.09.1923 |
| 5.55 | Magnus Røe | 96 | Jessheim | 09.09.1923 |
| 5.55 | Andor Hansen | 92 | Jessheim | 09.09.1923 |
| 5.35 | Harald Hansen | 95 | Jessheim | 13.08.1923 |
| 4.76 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |
| 3.65 | Erik Lerdahl | 10 | Jessheim | 13.08.1923 |
| 3.56 | Sigurd Ruud | 10 | Jessheim | 13.08.1923 |

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| --- | --- |
| **MENN SENIOR 1923** | **6** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.60 | Magnus Røe | 98 | Jessheim | 13.08.1923 |
| 11.23 | Fredrik Falch | 98 | Jessheim | 13.08.1923 |
| 11.14 | Lars Julseth | 01 | Jessheim | 09.09.1923 |
| 11.07 | Andor Hansen | 92 | Jessheim | 13.08.1923 |
| 10.48 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.42 | Alf Moland | 00 | Jessheim | 09.09.1923 |
| 9.25 | Sigurd Jensen | 90 | Jessheim | 09.09.1923 |
| 9.25 | Magnus Røe | 96 | Jessheim | 09.09.1923 |
| 9.16 | Ole Haugen | 98 | Jessheim | 09.09.1923 |
| 8.55 | Richard Johansen | 97 | Jessheim | 13.08.1923 |
| 8.22 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |
| 7.33 | Johan Grønland | 07 | Jessheim | 13.08.1923 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.72 | Magnus Røe | 98 | Jessheim | 09.09.1923 |
| 27.50 | Alf Moland | 00 | Jessheim | 13.08.1923 |
| 26.83 | Ole Haugen | 98 | Jessheim | 09.09.1923 |
| 26.10 | Andor Hansen | 92 | Jessheim | 09.09.1923 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 42.78 | Magnus Røe | 96 | Jessheim | 09.09.1923 |
| 40.40 | Sigurd Jensen | 90 | Jessheim | 09.09.1923 |
| 40.08 | Karl Larsen | 04 | Jessheim | 09.09.1923 |
| 35.85 | Ivar Christiansen | 01 | Jessheim | 13.08.1923 |

|  |  |
| --- | --- |
| **MENN SENIOR 1924** | **7** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.0 | Fredrik Falch | 98 | Lillestrøm/Vi | 30.08.1924 |
| 12.4 | Halvard Bratberg | 02 | Jessheim | 06.07.1924 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.9 | Fredrik Falch | 98 | Jessheim | 06.07.1924 |
| 60.0 | Halvard Bratberg | 02 | Lillestrøm/Vi | 30.08.1924 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:39.7 | Einar Lund | 98 | Jessheim | 06.07.1924 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.54 | Andor Hansen | 92 | Lillestrøm/Vi | 30.08.1924 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.71 | Fredrik Falch | 98 | Lillestrøm/Vi | 30.08.1924 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.42 | Magnus Røe | 98 | Jessheim | 06.07.1924 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.92 | Andor Hansen | 92 | Lillestrøm/Vi | 30.08.1924 |
| 9.66 | Halvard Bratberg | 02 | Jessheim | 06.07.1924 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.60 | Magnus Røe | 98 | Jessheim | 06.07.1924 |
| 28.37 | Halvard Bratberg | 02 | Lillestrøm/Vi | 30.08.1924 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 41.96 | Magnus Røe | 96 | Jessheim | 06.07.1924 |
| 38.74 | Halvard Bratberg | 02 | Lillestrøm/Vi | 30.08.1924 |
| 38.54 | Sigurd Jensen | 90 | Lillestrøm/Vi | 30.08.1924 |
| 37.88 | Halvor Lerdahl | 95 | Jessheim | 06.07.1924 |

|  |  |
| --- | --- |
| **MENN SENIOR 1925** | **8** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.2 | Lars Sundby | 09 | Jessheim | 04.10.1925 |
| 8.4 | Sverre Hovden | 10 | Jessheim | 04.10.1925 |
| 8.5 | Einar Wethal | 05 | Jessheim | 04.10.1925 |
| 9.0 | Hans Gystad | 10 | Jessheim | 04.10.1925 |
| 9.2 | Erik Lerdahl | 10 | Jessheim | 04.10.1925 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.5 | Fredrik Falch | 98 | Lillestrøm/Vi | 21.06.1925 |
| 12.9 | Wilhelm Løken | 01 | Jessheim | 16.08.1925 |
| 13.2 | Andor Hansen | 92 | Jessheim | 16.08.1925 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 57.6 | Sverre Smith | 99 | Jessheim | 04.10.1925 |
| 59.5 | Fredrik Falch | 98 | Jessheim | 23.08.1925 |
| 62.5 | Thorleif Næss | 02 | Lillestrøm/Vi | 21.06.1925 |
| 63.7 | Einar Lund | 98 | Jessheim | 16.08.1925 |
| 64.9 | Harald Aarhus | 92 | Jessheim | 16.08.1925 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:25.2 | Gunnar Aas | 09 | Jessheim | 04.10.1925 |
| 2:26.2 | Einar Wethal | 05 | Jessheim | 04.10.1925 |
| 2:31.0 | Lars Sundby | 09 | Jessheim | 04.10.1925 |
| 2:42.0 | Erik Lerdahl | 10 | Jessheim | 04.10.1925 |
| 2:44.8 | Hans Gystad | 10 | Jessheim | 04.10.1925 |
| 2:53.1 | Arild Jørgensen | 10 | Jessheim | 04.10.1925 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:55.3 | Lauritz Lund | 06 | Jessheim | 04.10.1925 |
| 4:58.4 | Einar Lund | 98 | Lillestrøm/Vi | 21.06.1925 |
| 5:19.9 | Sverre Smith | 99 | Jessheim | 16.08.1925 |
| 5:22.2 | Harald Aarhus | 92 | Jessheim | 16.08.1925 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.64 | Wilhelm Løken | 01 | Jessheim | 16.08.1925 |
| 1.61 | Ole Wethal | 02 | Jessheim | 16.08.1925 |
| 1.49 | Mathis Bogstad | 10 | Jessheim | 04.10.1925 |
| 1.42 | Einar Wethal | 05 | Jessheim | 04.10.1925 |
| 1.42 | Gunnar Aas | 10 | Jessheim | 04.10.1925 |

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| --- | --- |
| **MENN SENIOR 1925** | **9** |

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

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| --- | --- | --- | --- | --- |
| 6.25 | Wilhelm Løken | 01 | Jessheim | 16.08.1925 |
| 6.08 | Fredrik Falch | 98 | Jessheim | 16.08.1925 |
| 5.52 | Andor Hansen | 92 | Jessheim | 16.08.1925 |
| 5.00 | Einar Lund | 98 | Jessheim | 23.08.1925 |
| 4.95 | Gunnar Aas | 10 | Jessheim | 04.10.1925 |
| 4.69 | Sverre Hovden | 10 | Jessheim | 04.10.1925 |
| 4.66 | Mathis Bogstad | 10 | Jessheim | 04.10.1925 |
| 4.49 | Hans Gystad | 10 | Jessheim | 04.10.1925 |
| 3.73 | Erik Lerdahl | 10 | Jessheim | 04.10.1925 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.87 | Wilhelm Løken | 01 | Jessheim | 23.08.1925 |
| 12.56 | Fredrik Falch | 98 | Jessheim | 04.10.1925 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.82 | Einar Wethal | 05 | Jessheim | 04.10.1925 |
| 9.52 | Reidar Larsen | 08 | Jessheim | 04.10.1925 |
| 9.10 | Mathis Bogstad | 10 | Jessheim | 04.10.1925 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.98 | Ole H. Wethal | 02 | Jessheim | 16.08.1925 |
| 10.95 | Magnus Røe | 96 | Jessheim | 04.10.1925 |
| 10.46 | Andor Hansen | 92 | Jessheim | 16.08.1925 |
| 10.41 | Wilhelm Løken | 01 | Jessheim | 04.10.1925 |
| 10.12 | Alf Moland | 00 | Jessheim | 16.08.1925 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.47 | Magnus Røe | 96 | Jessheim | 23.08.1925 |
| 29.27 | Ole H. Wethal | 02 | Jessheim | 04.10.1925 |
| 28.65 | Halvor Lund | 96 | Jessheim | 23.08.1925 |
| 28.56 | Andor Hansen | 92 | Jessheim | 23.08.1925 |
| 28.38 | WillhelmLøken | 01 | Lillestrøm/Vi | 21.06.1925 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.47 | Magnus Røe | 96 | Jessheim | 23.08.1925 |
| 43.32 | Ivar Christiansen | 01 | Jessheim | 23.08.1925 |
| 41.50 | Sigurd Jensen | 90 | Jessheim | 23.08.1925 |
| 37.22 | Lauritz Lund | 06 | Jessheim | 04.10.1925 |
| 36.29 | Andor Hansen | 92 | Jessheim | 16.08.1925 |

|  |  |
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| **MENN SENIOR 1926** | **10** |

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

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| --- | --- | --- | --- | --- |
| 7.2 | Fredrik Falch | 98 | Jessheim | 19.09.1926 |
| 7.6 | Ole H. Wethal | 02 | Jessheim | 19.09.1926 |
| 8.4 | Arild Jørgensen | 10 | Jessheim | 13.07.1926 |
| 8.8 | Hans Gystad | 10 | Jessheim | 13.07.1926 |
| 9.6 | Erik Lerdahl | 10 | Jessheim | 13.07.1926 |
| 9.9 | Sverre Sørensen | 12 | Jessheim | 13.07.1926 |
| 10.0 | Magne Haave | 12 | Jessheim | 13.07.1926 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.8 | Fredrik Falch | 98 | Jessheim | 05.06.1926 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.7 | Arild Jørgensen | 10 | Jessheim | 13.07.1926 |
| 32.6 | Erik Lerdahl | 10 | Jessheim | 13.07.1926 |
| 37.0 | Sverre Sørensen | 12 | Jessheim | 13.07.1926 |

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

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| --- | --- | --- | --- | --- |
| 58.0 | Harald Furuseth | 07 | Jessheim | 19.09.1926 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:53.1 | Lauritz Lund | 06 | Jessheim | 13.07.1926 |
| 4:53.2 | Einar Lund | 98 | Jessheim | 13.07.1926 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18:35.5 | Lauritz Lund | 06 | Jessheim | 19.09.1926 |
| 18:39.8 | Jens Wethal | 08 | Jessheim | 19.09.1926 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.68.5 | Wilhelm Løken | 01 | Jessheim | 19.09.1926 |
| 1.61 | Ole H. Wethal | 02 | Jessheim | 19.09.1926 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.07 | Wilhelm Løken | 01 | Jessheim | 19.09.1926 |
| 5.79 | Fredrik Falch | 98 | Jessheim | 19.09.1926 |
| 4.48 | Hans Gystad | 10 | Jessheim | 13.07.1926 |
| 4.41 | Erik Lerdahl | 10 | Jessheim | 13.07.1926 |

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| **MENN SENIOR 1926** | **11** |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 12.81 | Wilhelm Løken | 01 | Jessheim | 19.09.1926 |
| 12.14 | Fredrik Falch | 98 | Jessheim | 19.09.1926 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.12 | Erik Lerdahl | 10 | Jessheim | 13.07.1926 |
| 8.06 | Arild Jørgensen | 10 | Jessheim | 13.07.1926 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.97.5 | Magnus Røe | 96 | Jessheim | 19.09.1926 |
| 10.71.5 | Ole H. Wethal | 02 | Jessheim | 19.09.1926 |
| 10.09.5 | Wilhelm Løken | 01 | Jessheim | 19.09.1925 |

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| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.40 | Wilhelm Løken | 01 | Jessheim | 19.09.1926 |
| 30.67 | Magnus Røe | 96 | Jessheim | 19.09.1926 |

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

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| --- | --- | --- | --- | --- |
| 43.30 | Lauritz Lund | 06 | Jessheim | 19.09.1926 |
| 40.76 | Magnus Røe | 96 | Jessheim | 05.06.1926 |
| 39.97 | Gunnar Hansen | 95 | Jessheim | 19.09.1926 |

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| **MENN SENIOR 1927** | **12** |

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| **Det første kretsmesterskap i friidrett på Romerike ble arrangert på Jessheim 2. oktober 1927** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.2 | Wilhelm Løken | 01 | Jessheim | 25.09.1927 |

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

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| --- | --- | --- | --- | --- |
| 12.0 | Ole H. Wethal | 02 | Jessheim | 11.09.1927 |
| 12.9 | Wilhelm Løken | 01 | Jessheim | 07.08.1927 |
| 13.0 | Harald Furuseth | 07 | Jessheim | 07.08.1927 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 58.0 | Harald Furuseth | 07 | Jessheim | 25.09.1927 |
| 63.4 | Arvid Slemdal | 01 | Jessheim | 07.08.1927 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:41.2 | Hans Antonsen | 06 | Jessheim | 07.08.1927 |
| 4:43.1 | Lauritz Lund | 06 | Jessheim | 02.10.1927 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:43.4 | Hans Antonsen | 06 | Jessheim | 11.09.1927 |
| 17:59.4 | Lauritz Lund | 06 | Jessheim | 11.09.1927 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.62 | Wilhelm Løken | 01 | Jessheim | 07.08.1927 |
| 1.60 | Ole H. Wethal | 02 | Jessheim | 11.09.1927 |
| 1.57 | Einar Wethal | 05 | Jessheim | 07.08.1927 |

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

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| --- | --- | --- | --- | --- |
| 6.42 | Wilhelm Løken | 01 | Jessheim | 02.10.1927 |
| 5.48 | Harald Furuseth | 07 | Jessheim | 07.08.1927 |
| 5.40 | Andor Hansen | 92 | Jessheim | 07.08.1927 |

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| **Tresteg** |  |

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| 13.22 | Wilhelm Løken | 01 | Jessheim | 11.09.1927 |
| 11.35 | Einar Wethal | 05 | Jessheim | 07.08.1927 |

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| **MENN SENIOR 1927** | **13** |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.60 | Ole H. Wethal | 02 | Jessheim | 02.10.1927 |
| 10.73 | Reidar Bye | 96 | Jessheim | 25.09.1927 |
| 10.45 | Magnus Røe | 96 | Jessheim | 11.09.1927 |
| 9.73 | Andor Hansen | 92 | Jessheim | 07.08.1927 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.89 | Ole H. Wethal | 02 | Jessheim | 02.10.1927 |
| 28.37 | Einar Wethal | 05 | Jessheim | 07.08.1927 |
| 28.08 | Wilhelm Løken | 01 | Jessheim | 07.08.1927 |

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

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| --- | --- | --- | --- | --- |
| 53.01 | Reidar Bye | 96 | Jessheim | 02.10.1927 |
| 44.04 | Magnus Røe | 96 | Jessheim | 11.09.1927 |
| 39.30 | Lauritz Lund | 06 | Jessheim | 25.09.1927 |
| 37.82 | Ole H. Wethal | 02 | Jessheim | 07.08.1927 |
| 32.65 | Sigurd Jensen | 90 | Jessheim | 07.08.1927 |

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| **MENN SENIOR 1928** | **14** |

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

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| 11.8 | Wilhelm Løken | 01 | Årnes | 09.09.1928 |
| 12.6 | Harald Furuseth | 07 | Eidsvoll | 16.09.1928 |
| 12.7 | Ole H. Wethal | 02 | Eidsvoll | 16.09.1928 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 57.2 | Harald Furuseth | 07 | Eidsvoll | 16.09.1928 |
| 59.3 | Erik Lerdahl | 10 | Eidsvoll | 16.09.1928 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:54.0 | Erik Lerdahl | 10 | Eidsvoll | 16.09.1928 |
| 17:55.0 | Lauritz Lund | 06 | Eidsvoll | 16.09.1928 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.63 | Mathis Bogstad | 10 | Årnes | 09.09.1928 |
| 1.59 | Wilhelm Løken | 01 | Eidsvoll | 16.09.1928 |
| 1.59 | Ole H. Wethal | 02 | Eidsvoll | 16.09.1928 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.17 | Wilhelm Løken | 01 | Årnes | 09.09.1928 |
| 5.22 | Harald Furuseth | 07 | Eidsvoll | 16.09.1928 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.59 | Wilhelm Løken | 01 | Årnes | 09.09.1928 |
| 11.38 | Harald Furuseth | 07 | Eidsvoll | 16.09.1928 |
| 10.47 | Reidar Bye | 96 | Eidsvoll | 16.09.1928 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.32 | Ole H. Wethal | 02 | Jessheim | 29.07.1928 |
| 11.28 | Magnus Røe | 96 | Årnes | 09.09.1928 |
| 10.79 | Reidar Bye | 96 | Jessheim | 29.07.1928 |

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| --- | --- |
| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 32.90 | Ole H. Wethal | 02 | Jessheim | 29.07.1928 |
| 32.74 | Lauritz Lund | 06 | Årnes | 09.09.1928 |
| 31.51 | Magnus Røe | 96 | Jessheim | 29.07.1928 |
| 31.29 | Reidar Bye | 96 | Eidsvoll | 16.09.1928 |
| 31.33 | Wilhelm Løken | 01 | Eidsvoll | 16.09.1928 |

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| **MENN SENIOR 1928** | **15** |

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

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| --- | --- | --- | --- | --- |
| 50.52 | Reidar Bye | 96 | Årnes | 09.09.1928 |
| 48.96 | Magnus Røe | 96 | Årnes | 09.09.1928 |
| 42.19 | Lauritz Lund | 06 | Eidsvoll | 16.09.1928 |

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| **MENN SENIOR 1929** | **16** |

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| --- |
| **Kretsens første nasjonale stevne arrangert på Jessheim 25. august** |

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

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| --- | --- | --- | --- | --- |
| 12.0 | Wilhelm Løken | 01 | Jessheim | 15.09.1929 |
| 12.1 | Reidar Simonsen | 03 | Jessheim | 09.06.1929 |
| 12.1 | Victor Westgaard | 99 | Jessheim | 15.09.1929 |
| 12.2 | Harald Furuseth | 07 | Jessheim | 09.06.1929 |
| 12.6 | Fredrik Falch | 98 | Disenå | 22.09.1929 |
| 12.8 | Reidar Sand | 07 | Jessheim | 09.06.1929 |
| 12.8 | Ole Sundby | 04 | Jessheim | 09.06.1929 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 58.4 | Erik Lerdahl | 10 | Jessheim | 01.09.1929 |
| 60.0 | Reidar Simonsen | 03 | Eidsvoll | 28.07.1929 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:05.0 | Erik Lerdahl | 10 | Jessheim | 15.09.1929 |
| 5:08.0 | Georg Andersen | 06 | Jessheim | 15.09.1929 |
| 5:18.0 | Gulbrand Gustavsen | 06 | Jessheim | 15.09.1929 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:52.1 | Erik Lerdahl | 10 | Eidsvoll | 01.09.1929 |
| 17:52.7 | Georg Andersen | 06 | Jessheim | 01.09.1929 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.67.5 | Mathis Bogstad | 10 | Jessheim | 25.08.1929 |
| 1.63 | Wilhelm Løken | 01 | Jessheim | 01.09.1929 |
| 1.61 | Ole H. Wethal | 02 | Jessheim | 15.09.1929 |
| 1.55 | Ole Stokstad | 06 | Jessheim | 28.07.1929 |
| 1.42 | Ole Sundby | 04 | Jessheim | 09.06.1929 |
| 1.42 | Reidar Sand | 04 | Jessheim | 09.06.1929 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.06 | Wilhelm Løken | 01 | Disenå | 22.09.1929 |
| 5.68 | Reidar Sand | 04 | Jessheim | 01.09.1929 |
| 5.36 | Mathis Bogstad | 10 | Jessheim | 15.09.1929 |
| 5.34 | Reidar Sand | 04 | Jessheim | 15.09.1929 |
| 5.32 | Ole H. Wethal | 02 | Jessheim | 28.07.1929 |
| 5.20 | Harald Furuseth | 07 | Jessheim | 09.06.1929 |
| 5.19 | Reidar Simonsen | 03 | Jessheim | 09.06.1929 |
| 4.79 | Gulbrand Gustavsen | 06 | Jessheim | 09.06.1929 |

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| **MENN SENIOR 1929** | **17** |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 12.56 | Wilhelm Løken | 01 | Disenå | 22.09.1929 |
| 12.38 | Mathis Bogstad | 10 | Eidsvoll | 28.07.1929 |
| 11.96 | Harald Furuseth | 07 | Jessheim | 09.06.1929 |
| 11.89 | Reidar Sand | 04 | Jessheim | 15.09.1929 |
| 11.12 | Reidar Simonsen | 03 | Jessheim | 09.06.1929 |
| 10.46 | Gulbrand Gustavsen | 06 | Jessheim | 09.06.1929 |

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| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.05 | Ole H. Wethal | 02 | Jessheim | 28.07.1929 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.75 | Magnus Røe | 96 | Jessheim | 01.09.1929 |
| 11.28 | Alf Moland | 00 | Jessheim | 01.09.1929 |
| 11.06 | Alf Antonsen | 00 | Eidsvoll | 28.07.1929 |
| 10.81 | Reidar Bye | 96 | Jessheim | 09.06.1929 |
| 10.78 | Ole H. Wethal | 02 | Jessheim | 25.08.1929 |
| 9.91 | Reidar Sand | 04 | Jessheim | 09.06.1929 |
| 8.80 | Einar Haugen | 03 | Jessheim | 09.06.1929 |
| 8.41 | Lars Sundby | 09 | Jessheim | 09.06.1929 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.30 | Ole H. Wethal | 02 | Jessheim | 28.07.1929 |
| 32.80 | Magnus Røe | 96 | Jessheim | 09.06.1929 |
| 32.36 | Helge Lund | 96 | Eidsvoll | 28.07.1929 |
| 31.25 | Reidar Bye | 96 | Jessheim | 09.06.1929 |
| 30.86 | Halvor Lund | 96 | Jessheim | 01.09.1929 |
| 30.00 | Alf Antonsen | 00 | Eidsvoll | 28.07.1929 |
| 29.88 | Alf Moland | 00 | Jessheim | 01.09.1929 |
| 29.20 | Gulbrand Gustavsen | 06 | Jessheim | 09.06.1929 |
| 24.82 | Einar Haugen | 03 | Jessheim | 09.06.1929 |

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

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| --- | --- | --- | --- | --- |
| 49.15 | Magnus Røe | 96 | Jessheim | 15.09.1929 |
| 48.75 | Reidar Bye | 96 | Jessheim | 09.06.1929 |
| 46.84 | Halvor Lund | 96 | Jessheim | 01.09.1929 |
| 37.00 | Einar Haugen | 03 | Jessheim | 09.06.1929 |
| 35.20 | Ole H. Wethal | 02 | Jessheim | 28.07.1929 |
| 34.00 | Gulbrand Gustavsen | 06 | Jessheim | 09.06.1929 |

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| **MENN SENIOR 1929** | **18** |

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

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| --- | --- | --- | --- | --- |
| 1442.76 | Gulbrand Gustavsen | 06 | Jessheim | 16.06.1929 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 51.7 | MS |  | Jessheim | 15.09.1929 |
| Wilhelm Løken01-Wiktor Vestgaard99-Reidar Sand04-Ole Sundby04 | | | |

|  |  |
| --- | --- |
| **4x400m** |  |

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| --- | --- | --- | --- | --- |
| 3:53.2 |  |  | Lillestrøm | 27.07.1929 |
| ? | | | |

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| **MENN SENIOR 1930** | **19** |

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| **Holmenkollstafetten:** Simon Slemdal-Reidar Simonsen-Georg Andersen-Victor Westgaard- |
| Lauritz Lund-Wilhelm Løken-Erik Lerdahl-Hans Gystad-Johan O. Wiig-Halvor Lund-Harald Furuseth- |
| Otto Lystad-Jens E. Wethal-Reidar Sand-Ole Kleven. (Bilde i mai 1980 av laget i Romerikes Blad) |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.7 | Wilhelm Løken | 01 | Jessheim | 24.08.1930 |
| 12.0 | Harald Furuseth | 07 | Jessheim | 24.08.1930 |
| 12.5 | Victor Westgaard | 99 | Gjøvik | 28.09.1930 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.4 | Halvor Lund | 06 | Eidsvoll | 15.06.1930 |

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

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| --- | --- | --- | --- | --- |
| 56.8 | Erik Lerdahl | 10 | Gjøvik | 28.09.1930 |
| 57.0 | Victor Westgaard | 99 | Gjøvik | 28.09.1930 |
| 57.6 | Harald Furuseth | 07 | Jessheim | 24.08.1930 |
| 59.0 | Johan O. Wiig | 10 | Jessheim | 24.08.1930 |
| 62.0 | Reidar Sand | 04 | Jessheim | 14.09.1930 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:29.8 | Lauritz Lund | 06 | Jessheim | 24.08.1930 |
| 4:30.0 | Erik Lerdahl | 10 | Lillestrøm/Vi | 26.07.1930 |
| 4:39.9 | Johan O. Wiig | 10 | Lillestrøm/Vi | 26.07.1930 |
| 4:57.4 | Halvor Lund | 06 | Eidsvoll | 15.06.1930 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:40.1 | Erik Lerdahl | 10 | Gjøvik | 28.09.1930 |
| 9:40.5 | Lauritz Lund | 06 | Gjøvik | 28.09.1930 |
| 10:08.2 | Oskar Svendsen | 00 | Jessheim | 14.09.1930 |
| 10:19.8 | Johan O. Wiig | 10 | Gjøvik | 28.09.1930 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:48.6 | Erik Lerdahl | 10 | Lillestrøm/Vi | 27.07.1930 |
| 16:53.2 | Lauritz Lund | 06 | Lillestrøm/Vi | 27.07.1930 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.73 | Wilhelm Løken | 01 | Jessheim | 24.08.1930 |
| 1.68 | Jens Wethal | 08 | Jessheim | 24.08.1930 |
| 1.52 | Einar Hansen | 07 | Jessheim | 14.09.1930 |
| 1.52 | Bjarne Ruud | 10 | Jessheim | 14.09.1930 |
| 1.50 | Reidar Sand | 04 | Lillestrøm/Vi | 26.07.1930 |
| **MENN SENIOR 1930** | | **20** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.31 | Wilhelm Løken | 01 | Lillestrøm/Vi | 26.07.1930 |
| 5.94 | Reidar Sand | 04 | Jessheim | 24.08.1930 |
| 5.68 | Harald Furuseth | 07 | Lillestrøm/Vi | 26.07.1930 |
| 5.29 | Halvor Lund | 06 | Eidsvoll | 15.06.1930 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.83 | Wilhelm Løken | 01 | Lillestrøm/Vi | 27.07.1930 |
| 12.70 | Reidar Sand | 04 | Lillestrøm/Vi | 27.07.1930 |
| 12.28 | Harald Furuseth | 07 | Lillestrøm/Vi | 27.07.1930 |
| 12.01 | Mathis Bogstad | 10 | Lillestrøm/Vi | 27.07.1930 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.09 | Alf Moland | 00 | Jessheim | 24.08.1930 |
| 10.98 | Magnus Røe | 96 | Gjøvik | 28.09.1930 |
| 10.79 | Mathis Bogstad | 10 | Lillestrøm/Vi | 26.07.1930 |
| 10.50 | Wilhelm Løken | 01 | Jessheim | 14.09.1930 |
| 9.99 | Jens Wethal | 08 | Jessheim | 14.09.1930 |

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| **Diskos 2 kg** |  |

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| 32.65 | Wilhelm Løken | 01 | Lillestrøm/Vi | 26.07.1930 |
| 32.20 | Magnus Røe | 96 | Gjøvik | 28.09.1930 |
| 30.82 | Halvor Lund | 96 | Eidsvoll | 15.06.1930 |

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

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| 47.95 | Magnus Røe | 96 | Gjøvik | 28.09.1930 |
| 45.07 | Halvor Lund | 06 | Gjøvik | 28.09.1930 |
| 42.21 | Einar Haugen | 03 | Gjøvik | 28.09.1930 |
| 41.14 | Hans Simonsen | 04 | Jessheim | 14.09.1930 |
| 40.70 | Ragnar Halvorsen | 02 | Jessheim | 14.09.1930 |
| 40.40 | Lauritz Lund | 06 | Jessheim | 24.08.1930 |

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| **MENN SENIOR 1930** | **21** |

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| **5-kamp Lengde-spyd-200m-Diskos-1500m** |  |

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| --- | --- | --- | --- | --- |
| 2347.505 | Halvor Lund | 96 | Eidsvoll | 15.06.1930 |
| 5.29-42.77-27.4-30.82-4:57.4 | | | |
| 2164.835 | Lauritz Lund | 06 | Eidsvoll | 15.06.1930 |
| ? | | | |
| 1795.05 | Jens Wethal | 08 | Eidsvoll | 15.06.1930 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 49.0 | MS |  | Jessheim | 24.08.1930 |
| Wilhelm Løken01-Harald Furuseth07-Victor Westgaard99-Reidar Sand04 | | | |

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| --- | --- |
| **4x400m** |  |

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| --- | --- | --- | --- | --- |
| 3:53.2 |  |  | Lillestrøm | 27.07.1930 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:15.9 |  |  | Gjøvik | 28.09.1930 |
| ? | | | |
| 2:24.0 |  |  | Jessheim | 14.09.1930 |
| ? | | | |

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| **MENN SENIOR 1931** | **22** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.3 | Gunnar Ruud | 16 | Jessheim | 26.09.1931 |
| 8.7 | Odd Lindholt | 16 | Jessheim | 26.09.1931 |
| 9.9 | Thor Gystad | 19 | Jessheim | 26.09.1931 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.8 | Wilhelm Løken | 01 | Jessheim | 11.08.1931 |
| 12.0 | Harald Furuseth | 07 | Jessheim | 05.07.1931 |
| 12.1 | Otto Lystad | 09 | Jessheim | 21.08.1931 |
| 12.2 | Victor Westgaard | 99 | Lillestrøm | 19.07.1931 |
| 12.2 | Sivert Hovden | 02 | Kløfta | 06.09.1931 |
| 12.2 | Erling Støverud | 08 | Kløfta | 06.09.1931 |
| 12.4 | Reidar Sand | 04 | Jessheim | 21.08.1931 |
| 13.4 | Pål Håve | 15 | Jessheim | 26.09.1931 |
| **For mye medvind** | |  | | |
| 11.2 | Wilhelm Løken | 01 | Jessheim | 13.09.1931 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 25.2 | Wilhelm Løken | 01 | Jessheim | 14.08.1931 |
| 25.5 | Harald Furuseth | 07 | Jessheim | 14.08.1931 |
| 26.2 | Reidar Sand | 04 | Jessheim | 14.09.1931 |
| 27.4 | Lauritz Lund | 06 | Lillestrøm/Vi | 14.06.1931 |
| 31.0 | Jørgen Nygård | 13 | Jessheim | 26.09.1931 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 55.1 | Harald Furuseth | 07 | Jessheim | 05.07.1931 |
| 56.2 | Victor Westgaard | 99 | Jessheim | 05.07.1931 |
| 56.8 | Otto Lystad | 09 | Jessheim | 05.07.1931 |
| 58.1 | Wilhelm Løken | 01 | Jessheim | 11.08.1931 |
| 59.0 | Erling Støverud | 08 | Kløfta | 06.09.1931 |
| 60.1 | Reidar Sand | 04 | Jessheim | 11.08.1931 |
| 61.1 | Hans Gystad | 10 | Jessheim | 11.08.1931 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:12.1 | Harald Furuseth | 07 | Jessheim | 14.08.1931 |
| 2:13.7 | Lauritz Lund | 06 | Jessheim | 14.08.1931 |

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

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| --- | --- | --- | --- | --- |
| 3:15.8 | Odd Eldevik | 14 | Jessheim | 26.09.1931 |
| 3:19.0 | Gunnar Lorentzen | 14 | Jessheim | 26.09.1931 |

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| **MENN SENIOR 1931** | **23** |

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| **1500m** |  |

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| 4:30.0 | Lauritz Lund | 06 | Jessheim | 26.07.1931 |
| 5:07.3 | Ole Kleven | 03 | Jessheim | 11.08.1931 |

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

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| --- | --- | --- | --- | --- |
| 9:33.0 | Lauritz Lund | 06 | Lillestrøm/Vi | 19.07.1931 |
| 9:34.0 | Erik Lerdahl | 10 | Jessheim | 13.09.1931 |
| 10:09.0 | Jens Wethal | 08 | Lillestrøm/Vi | 19.07.1931 |
| 10:15.4 | Georg Andersen | 06 | Jessheim | 11.08.1931 |
| 10:19.4 | Simon Slemdal | 08 | Jessheim | 05.07.1931 |
| 10:20.0 | Ole Kleven | 03 | Jessheim | 13.09.1931 |

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| **5000m** |  |

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| 16:21.6 | Lauritz Lund | 06 | Oslo/Gr | 21.06.1931 |
| 18:36.3 | Ola Kleven | 03 | Jessheim | 14.08.1931 |

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| **10000m** |  |

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| 34:37.4 | Lauritz Lund | 06 | Oslo/Fu | 21.06.1931 |
| 35:23.0 | Erik Lerdahl | 10 | Lillestrøm/Vi | 14.06.1931 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.69 | Wilhelm Løken | 01 | Jessheim | 05.07.1931 |
| 1.64 | Reidar Sand | 04 | Jessheim | 13.09.1931 |
| 1.59.5 | Odd Eldevik | 14 | Jessheim | 26.09.1931 |
| 1.59 | Asbjørn Hertzenberg | 10 | Jessheim | 13.09.1931 |
| 1.43.5 | Gunnar Ruud | 16 | Jessheim | 26.09.1931 |
| 1.43.5 | Johan Nygaard | 16 | Jessheim | 26.09.1931 |
| 1.19 | Tor Nordby | 18 | Jessheim | 26.09.1931 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.34 | Wilhelm Løken | 01 | Jessheim | 13.09.1931 |
| 5.96 | Reidar Sand | 04 | Jessheim | 13.09.1931 |
| 5.78 | Otto Lystad | 09 | Jessheim | 11.08.1931 |
| 5.68 | Harald Furuseth | 07 | Jessheim | 11.08.1931 |
| 5.52 | Sivert Hovden | 08 | Kløfta | 06.09.1931 |
| 5.49 | Mathis Bogstad | 10 | Jessheim | 11.08.1931 |
| 5.19 | Odd Eldevik | 14 | Jessheim | 26.09.1931 |
| 5.00 | Pål Håve | 15 | Jessheim | 26.09.1931 |
| 4.85 | Lauritz Lund | 06 | Lillestrøm/Vi | 14.06.1931 |
| 3.01 | Bør Nordby | 23 | Jessheim | 26.09.1931 |

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| **MENN SENIOR 1931** | **24** |

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| **Tresteg** |  |

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| 12.46 | Wilhelm Løken | 01 | Jessheim | 14.08.1931 |
| 12.14 | Reidar Sand | 04 | Jessheim | 14.08.1931 |
| 11.86 | Otto Lystad | 09 | Jessheim | 14.08.1931 |
| 11.76 | Harald Furuseth | 07 | Jessheim | 14.08.1931 |

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| **Kule 4 kg** |  |

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| 9.48 | Gunnar Ruud | 16 | Jessheim | 26.09.1931 |
| 8.36 | Odd Lindholt | 16 | Jessheim | 26.09.1931 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.42 | Magnus Røe | 96 | Jessheim | 13.09.1931 |
| 11.12 | Alf Moland | 00 | Jessheim | 05.07.1931 |
| 10.80 | Wilhelm Løken | 01 | Jessheim | 13.09.1931 |
| 10.75 | Jens Wethal | 08 | Jessheim | 26.07.1931 |
| 10.66 | Alf Moland | 00 | Jessheim | 13.09.1931 |
| 10.12 | Mathis Bogstad | 10 | Jessheim | 14.08.1931 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 34.09 | Magnus Røe | 96 | Jessheim | 11.08.1931 |
| 30.11 | Wilhelm Løken | 01 | Jessheim | 11.08.1931 |
| 30.01 | Halvor Lund | 06 | Jessheim | 13.09.1931 |
| 29.91 | Lauritz Lund | 06 | Jessheim | 11.08.1931 |
| 27.26 | Erling Støverud | 08 | Kløfta | 06.09.1931 |

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

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| 47.83 | Magnus Røe | 96 | Jessheim | 14.08.1931 |
| 47.61 | Lauritz Lund | 06 | Jessheim | 14.08.1931 |
| 44.96 | Halvor Lund | 06 | Jessheim | 13.09.1931 |
| 40.37 | Ellef Halvorsen | 07 | Lillestrøm/Vi | 19.07.1931 |
| 38.00 | Reidar Sand | 04 | Jessheim | 14.08.1931 |
| 31.00 | Johan Nygaard | 16 | Jessheim | 26.09.1931 |
| 29.33 | Gunnar Lorentzen | 14 | Jessheim | 26.09.1931 |

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

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| 2345.815 | Lauritz Lund | 06 | Lillestrøm/Vi | 14.06.1931 |
| 4.85-40.87-27.4-29.74-4:40.8 | | | |

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| **MENN SENIOR 1931** | **25** |

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

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| --- | --- | --- | --- | --- |
| 2:10.1 | MS |  | Jessheim | 05.07.1931 |
| Wilhelm Løken01-Victor Westgaard99-Harald Furuseth07-Otto Lystad09 | | | |
| 2:17.2 | MS |  | Jessheim | 13.09.1931 |
| Otto Lystad09-Wilhelm Løken01-Harald Furuseth07-Victor Westgaard99 | | | |
| 2:26.6 | MS |  | Kløfta | 06.09.1931 |
| Sivert Hovden06-Olav Furuseth09-Ole Thoresen09-Erling Støverud08 | | | |

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| **MENN SENIOR 1932** | **26** |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 12.0 | Wilhelm Løken | 01 | Gjøvik | 17.07.1932 |
| 12.5 | Erling Støverud | 08 | Kløfta | 21.09.1932 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.1 | Jens Wethal | 08 | Jessheim | 19.06.1932 |
| 27.9 | Reidar Sand | 04 | Jessheim | 19.06.1932 |
| 27.9 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 29.3 | Bjarne Ruud | 05 | Jessheim | 19.06.1932 |

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

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| --- | --- | --- | --- | --- |
| 56.1 | Harald Furuseth | 06 | Gjøvik | 10.07.1932 |
| 56.3 | Erling Støverud | 08 | Kløfta | 21.09.1932 |
| 57.1 | Erik Lerdahl | 10 | Gjøvik | 17.07.1932 |
| 58.6 | Gunnar Thoresen | 13 | Kløfta | 21.09.1932 |

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

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| --- | --- | --- | --- | --- |
| 2:09.0 | Erik Lerdahl | 10 | Lillestrøm/Vi | 24.07.1932 |

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

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| --- | --- | --- | --- | --- |
| 4:42.2 | Jens Wethal | 08 | Jessheim | 19.06.1932 |
| 5:15.6 | Bjarne Ruud | 05 | Jessheim | 19.06.1932 |
| 5:19.8 | Asbjørn Hertzenberg | 05 | Jessheim | 19.06.1932 |
| 5:49.3 | Reidar Sand | 04 | Jessheim | 19.06.1932 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:28.21 | Erik Lerdahl | 10 | Jessheim | 11.09.1932 |
| 9:49.5 | Ole Thoresen | 09 | Jessheim | 11.09.1932 |
| 9:57.2 | Jens Wethal | 08 | Gjøvik | 17.07.1932 |
| 9:57.3 | Lars E. Skjennum | 09 | Gjøvik | 17.07.1932 |
| 10:02.4 | Johannes Karlsen | 98 | Jessheim | 11.09.1932 |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.71 | Wilhelm Løken | 01 | Gjøvik | 17.07.1932 |
| 1.66 | Asbjørn Hertzenberg | 10 | Gjøvik | 17.07.1932 |
| 1.58 | Bjarne Ruud | 05 | Nannestad | 10.07.1932 |

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| **MENN SENIOR 1932** | **27** |

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| **Lengde** |  |

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| 6.43 | Wilhelm Løken | 01 | Gjøvik | 17.07.1932 |
| 5.49 | Reidar Sand | 04 | Jessheim | 19.06.1932 |
| 5.44 | Jens Wethal | 08 | Jessheim | 19.06.1932 |
| 5.41 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 4.85 | Bjarne Ruud | 05 | Jessheim | 19.06.1932 |

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| **Tresteg** |  |

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| 13.09 | Wilhelm Løken | 01 | Lillestrøm/Vi | 24.07.1932 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.48 | Magnus Røe | 96 | Ås | 04.09.1932 |
| 10.95 | Alf Moland | 00 | Gjøvik | 17.07.1932 |
| 10.89 | Jens Wethal | 08 | Eidsvoll | 30.07.1932 |
| 10.48 | Asbjørn Hertzenberg | 10 | Eidsvoll | 30.07.1932 |
| 10.12 | Bjarne Ruud | 05 | Nannestad | 10.07.1932 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 34.51 | Magnus Røe | 96 | Lillestrøm | 23.07.1932 |
| 31.73 | Asbjørn Hertzenberg | 10 | Eidsvoll | 30.07.1932 |
| 31.62 | Alf Moland | 00 | Gjøvik | 17.07.1932 |
| 29.60 | Bjarne Ruud | 05 | Nannestad | 10.07.1932 |
| 28.95 | Jens Wethal | 08 | Jessheim | 19.06.1932 |
| 21.51 | Reidar Sand | 04 | Jessheim | 19.06.1932 |

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

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| --- | --- | --- | --- | --- |
| 47.37 | Magnus Røe | 96 | Ås | 04.09.1932 |
| 42.38 | Einar Hansen | 07 | Jessheim | 17.07.1932 |
| 39.17 | Einar Martinsen | 12 | Kløfta | 21.09.1932 |
| 39.12 | Reidar Sand | 04 | Jessheim | 19.06.1932 |
| 37.74 | Bjarne Ruud | 05 | Jessheim | 19.06.1932 |
| 36.79 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 32.85 | Jens Wethal | 08 | Jessheim | 19.06.1932 |

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| **MENN SENIOR 1932** | **28** |

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

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| --- | --- | --- | --- | --- |
| 2201.395 | Jens Lerdahl | 08 | Jessheim | 19.06.1932 |
| 5.44-32.85-27.1-28.95-4:42.2 | | | |
| 2155.593 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 5.41-36.79-27.9-30.38-5:19.8 | | | |
| 2045.678 | Bjarne Ruud | 05 | Jessheim | 19.06.1932 |
| 4.85-37.74-29.3-27.68-5:15.6 | | | |
| 2006.565 | Reidar Sand | 04 | Jessheim | 19.06.1932 |
| 5.49-39.12-27.9-21.41-5:49.3 | | | |

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

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| --- | --- | --- | --- | --- |
| 2:14.9 | MS |  | Gjøvik | 17.07.1932 |
| Reidar Sand04-Wilhelm Løken01-Victor Westgaard99-Harald Furuseth08 | | | |
| 2:22.2 | MS |  | Kløfta | 21.09.1932 |
| Hilmar Hansen11-Erling Furuseth16-Ole Thoresen09-Erling Støverud08 | | | |

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| **MENN SENIOR 1933** | **29** |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.9 | Otto Lystad | 09 | Jessheim | 02.07.1933 |
| 11.9 | Ole H. Wethal | 02 | Eidsvoll | 30.07.1933 |
| 12.0 | Wilhelm Løken | 01 | Jessheim | 02.07.1933 |
| 12.1 | Harald Furuseth | 06 | Jessheim | 27.08.1933 |
| 12.2 | Erling Støverud | 08 | Jessheim | 08.10.1933 |
| 13.0 | Bjarne Glemmestad | 06 | Jessheim | 20.08.1933 |
| 13.2 | Ivar Algerheim | 12 | Jessheim | 08.10.1933 |
| 13.3 | Olav Vestengen | 11 | Jessheim | 08.10.1933 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 54.6 | Harald Furuseth | 06 | Jessheim | 27.08.1933 |
| 55.0 | Erik Lerdahl | 10 | Jessheim | 20.08.1933 |
| 56.2 | Erling Støverud | 08 | Eidsvoll | 30.07.1933 |
| 61.0 | Bjarne Glemmestad | 06 | Jessheim | 08.10.1933 |
| 68.2 | Olaf Tronrud | 08 | Jessheim | 08.10.1933 |

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

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| --- | --- | --- | --- | --- |
| 2:05.3 | Erik Lerdahl | 10 | Lillestrøm | 03.09.1933 |
| 2:08.5 | Erling Støverud | 08 | Jessheim | 10.09.1933 |
| 2:10.3 | Johan O. Wiig | 10 | Jessheim | 10.09.1933 |

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

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| --- | --- | --- | --- | --- |
| 4:14.9 | Erik Lerdahl | 10 | Jessheim | 05.08.1933 |
| 4:27.3 | Erling Støverud | 08 | Eidsvoll | 30.07.1933 |
| 4:28.6 | Jens Lerdahl | 08 | Jessheim | 02.07.1933 |
| 4:30.2 | Simon Slemdal | 08 | Jessheim | 02.07.1933 |
| 4:31.4 | Johan O. Wiig | 10 | Jessheim | 02.07.1933 |
| 4:36.2 | Odd Riise | 13 | Jessheim | 02.07.1933 |

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

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| --- | --- | --- | --- | --- |
| 9:24.1 | Erik Lerdahl | 10 | Jessheim | 10.09.1933 |
| 10:16.5 | Karl Holm | 02 | Jessheim | 20.08.1933 |
| 10:30.2 | Johan Karlsen | 13 | Jessheim | 20.08.1933 |
| 10:37.5 | Erling Støverud | 08 | Jessheim | 08.10.1933 |

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

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| 18:16.4 | Karl Holm | 11 | Eidsvoll | 31.07.1933 |

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

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| 36:06.0 | Karl Holm | 11 | Kløfta | 25.06.1933 |
| **MENN SENIOR 1933** | | **30** | | |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.76 | Wilhelm Løken | 01 | Jessheim | 05.08.1933 |
| 1.65 | Asbjørn Hertzenberg | 10 | Jessheim | 27.08.1933 |
| 1.61 | Mathis Bogstad | 10 | Jessheim | 27.08.1933 |
| 1.61 | Reidar Sand | 04 | Jessheim | 27.08.1933 |
| 1.59 | Ivar Algarheim | 12 | Jessheim | 20.08.1933 |
| 1.57 | Jens Wethal | 08 | Jessheim | 02.07.1933 |
| 1.51.5 | Olaf Trondrud | 08 | Jessheim | 08.10.1933 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.09 | Wilhelm Løken | 01 | Jessheim | 05.08.1933 |
| 6.04 | Reidar Sand | 04 | Jessheim | 27.08.1933 |
| 5.93 | Otto Lystad | 09 | Jessheim | 02.07.1933 |
| 5.84 | Mathis Bogstad | 10 | Jessheim | 27.08.1933 |
| 5.60 | Erling Støverud | 08 | Jessheim | 20.08.1933 |
| 5.60 | Ivar Algarheim | 12 | Jessheim | 08.10.1933 |
| 4.83 | Olav Vestengen | 11 | Jessheim | 08.10.1933 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.15 | Ole H. Wethal | 02 | Jessheim | 27.08.1933 |
| 11.62 | Alf Moland | 00 | Jessheim | 27.08.1933 |
| 11.05 | Jens Wethal | 08 | Jessheim | 27.08.1933 |
| 11.03 | Magnus Røe | 96 | Jessheim | 02.07.1933 |
| 10.63 | Asbjørn Hertzenberg | 10 | Jessheim | 02.07.1933 |
| 9.57 | Olav Vestengen | 11 | Jessheim | 08.10.1933 |
| 9.49 | Erik Lerdahl | 10 | Jessheim | 27.08.1933 |
| 9.29 | Martin Torgersen | 07 | Jessheim | 20.08.1933 |
| 8.97 | Bjarne Glemmestad | 06 | Jessheim | 08.10.1933 |
| 8.90 | Bjarne Ulvestad | 07 | Jessheim | 08.10.1933 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.82 | Magnus Røe | 96 | Jessheim | 27.08.1933 |
| 33.05 | Ole H. Wethal | 02 | Jessheim | 27.08.1933 |
| 32.19 | Asbjørn Hertzenberg | 10 | Eidsvoll | 30.07.1933 |
| 31.85 | Olav Vestangen | 11 | Jessheim | 08.10.1933 |
| 31.48 | Alf Moland | 00 | Jessheim | 02.07.1933 |
| 31.35 | Bjarne Ruud | 05 | Kløfta | 25.06.1933 |
| 29.59 | Wilhelm Løken | 01 | Jessheim | 02.07.1933 |
| 28.46 | Kåre Ulvestad | 08 | Jessheim | 20.08.1933 |
| 26.29 | Ole Thoresen | 09 | Jessheim | 20.08.1933 |

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| --- | --- |
| **MENN SENIOR 1933** | **31** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.80 | Magnus Røe | 96 | Jessheim | 27.08.1933 |
| 42.47 | Ellef Henriksen | 07 | Jessheim | 02.07.1933 |
| 40.02 | Henrik Næss | 10 | Jessheim | 02.07.1933 |
| 39.48 | Bjarne Ruud | 05 | Jessheim | 27.08.1933 |
| 39.46 | Einar Haugen | 03 | Jessheim | 27.08.1933 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2102.145 | Bjarne Ruud | 05 | Kløfta | 25.06.1933 |
| ---31.35--- | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:15.7 |  |  | Jessheim | 27.08.1933 |
| ? | | | |
| 2:18.0 | MS |  | Jessheim | 02.07.1933 |
| Reidar Sand04-Wilhelm Løken01-Harald Furuseth06-Otto Lystad09 | | | |
| 2:26.3 |  |  | Jessheim | 20.08.1933 |
| ? | | | |
| 2:29.2 |  |  | Jessheim | 08.10.1933 |
| ? | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1934** | **32** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.7 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |
| 11.8 | Ragnvald Ludvigsen | 09 | Jessheim | 09.09.1934 |
| 11.8 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 12.0 | Henrik Børsrud | 19 | Jessheim | 09.09.1934 |
| 12.3 | Gunnar Ruud | 17 | Oslo/Be | 02.09.1934 |
| 12.8 | Erling Støverud | 08 | Jessheim | 10.06.1934 |
| 12.8 | Kåre Lauten | 13 | Oslo/Be | 02.09.1934 |
| 13.5 | Ivar Algarheim | 12 | Jessheim | 10.06.1934 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.3 | Erling Støverud | 08 | Jessheim | 09.09.1934 |
| 57.2 | Erik Lerdahl | 10 | Oslo/Be | 02.09.1934 |
| 57.3 | Gunnar Ruud | 17 | Oslo/Be | 02.09.1934 |
| 61.5 | Ivar Algarheim | 12 | Jessheim | 10.06.1934 |
| 62.7 | Alf Nordengen | 12 | Jessheim | 09.09.1934 |
| 65.5 | Einar Martinsen | 12 | Jessheim | 09.09.1934 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:18.2 | Erik Lerdahl | 10 | Ås | 16.09.1934 |
| 4:39.9 | Simon Slemdal | 08 | Jessheim | 08.07.1934 |
| 4:43.2 | Johan O. Wiig | 10 | Oslo/Be | 02.09.1934 |
| 4:47.1 | Jens Wethal | 08 | Oslo/Be | 02.09.1934 |
| 4:55.0 | Alt Nordengen | 12 | Jessheim | 09.09.1934 |
| 5:00.0 | Einar Lund | 98 | Jessheim | 09.09.1934 |
| 5:07.0 | Einar Martinsen | 12 | Jessheim | 09.09.1934 |
| 5:23.0 | Gunnar Nordberg | 14 | Jesssheim | 09.09.1934 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:47.3 | Karl Holm | 11 | Jessheim | 09.09.1934 |
| 10:57.9 | Johan Karlsen | 13 | Jessheim | 10.06.1934 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:53.5 | Karl Holm | 11 | Jessheim | 29.07.1934 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35:03.2 | Karl Holm | 11 | Kløfta | 24.06.1934 |

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| --- | --- |
| **MENN SENIOR 1934** | **33** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Asbjørn Hertzenberg | 10 | Jessheim | 29.07.1934 |
| 1.61 | Wilhelm Løken | 01 | Oslo/Be | 02.09.1934 |
| 1.59 | Reidar Sand | 04 | Oslo/Be | 02.09.1934 |
| 1.55 | Jens Wethal | 08 | Oslo/Be | 02.09.1934 |
| 1.55 | Ivar Algarheim | 12 | Jessheim | 09.09.1934 |
| 1.45 | Gunnar Lorentzen | 14 | Jessheim | 09.09.1934 |
| 1.35 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 1.30 | Jens Sundby | 08 | Jessheim | 09.09.1934 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.74 | Reidar Sand | 04 | Jessheim | 08.07.1934 |
| 5.68 | Gunnar Ruud | 17 | Oslo/Be | 02.09.1934 |
| 5.67 | Wilhelm Løken | 01 | Oslo/Be | 02.09.1934 |
| 5.42 | Ivar Algarheim | 12 | Jessheim | 10.06.1934 |
| 5.33 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 5.25 | Vigleik Sexe | 11 | Jessheim | 10.06.1934 |
| 5.25 | Erling Støverud | 08 | Jessheim | 10.06.1934 |
| 4.80 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.63 | Ole H. Wethal | 02 | Notodden | 13.09.1934 |
| 11.24 | Alf Moland | 00 | Oslo/Be | 02.09.1934 |
| 11.05 | Jens Wethal | 08 | Jessheim | 09.09.1934 |
| 10.83 | Magnus Røe | 96 | Oslo/Be | 02.09.1934 |
| 10.80 | Erling Tvetene | 07 | Oslo/Be | 02.09.1934 |
| 10.15 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 9.56 | Martin Jødahl | 09 | Jessheim | 10.06.1934 |
| 9.35 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |
| 8.67 | Henrik Børserud | 19 | Jessheim | 09.09.1934 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.69 | Magnus Røe | 96 | Jessheim | 08.07.1934 |
| 33.22 | Bjarne Ruud | 05 | Oslo/Be | 02.09.1934 |
| 33.14 | Asbjørn Hertzenberg | 10 | Oslo/Be | 02.09.1934 |
| 31.34 | Jens Wethal | 08 | Oslo/Be | 02.09.1934 |
| 28.97 | Olav Vestengen | 11 | Jessheim | 10.06.1934 |
| 28.63 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 26.94 | Ole Thoresen | 09 | Jessheim | 10.06.1934 |
| 24.59 | Gunnar Lorentzen | 14 | Jessheim | 09.09.1934 |
| 24.27 | Henrik Børserud | 19 | Jessheim | 09.09.1934 |

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| **MENN SENIOR 1934** | **34** |

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

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| --- | --- | --- | --- | --- |
| 43.91 | Ellef Halvorsen | 07 | Oslo/Be | 02.09.1934 |
| 42.92 | Magnus Røe | 96 | Jessheim | 08.07.1934 |
| 41.75 | Henrik Næss | 10 | Jessheim | 08.07.1934 |
| 40.32 | Bjarne Ruud | 95 | Oslo/Be | 02.09.1934 |
| 35.82 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 35.75 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |
| 35.18 | Gunnar Lorentzen | 14 | Jessheim | 09.09.1934 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1908.630 | Bjarne Ruud | 05 | Kløfta | 24.06.1934 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:21.9 |  |  | Jessheim | 08.07.1934 |
| ? | | | |
| 2:26.2 |  |  | Jessheim | 10.06.1934 |
| ? | | | |

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| --- | --- |
| **MENN SENIOR 1935** | **35** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.9 | Otto Lystad | 09 | Jessheim | 18.08.1935 |
| 12.1 | Thor Mikalsen | 14 | Jessheim | 07.07.1935 |
| 12.1 | Ragnvald Ludvigsen | 09 | Jessheim | 07.07.1935 |
| 12.5 | Erling Støverud | 08 | Eidsvoll | 07.07.1935 |
| 12.5 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 12.5 | Magne Haave | 12 | Hauerseter | 25.08.1935 |
| 12.8 | Ivar Algarheim | 12 | Eidsvoll | 07.07.1935 |
| 13.0 | Harald Furuseth | 06 | Kløfta | 21.07.1935 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.5 | Erling Støverud | 08 | Jessheim | 11.08.1935 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.6 | Harald Furuseth | 06 | Oslo/Bi | 27.08.1935 |
| 56.0 | Erik Lerdahl | 10 | Jessheim | 18.08.1935 |
| 58.8 | Erling Støverud | 08 | Eidsvoll | 07.07.1935 |
| 58.9 | Jens Wethal | 08 | Hauerseter | 25.08.1935 |
| 59.0 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 59.3 | Kåre Lauten | 13 | Kløfta | 21.07.1935 |
| 59.6 | Ivar Algarheim | 12 | Kløfta | 21.07.1935 |
| 64.0 | Karl Syversen | 16 | Jessheim | 07.07.1935 |
| 64.4 | Einar Martinsen | 12 | Jessheim | 07.07.1935 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:06.6 | Erling Støverud | 08 | Jessheim | 08.09.1935 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:36.5 | Karl Holm | 11 | Hauerseter | 25.08.1935 |
| 4:42.6 | Johan O. Wiik | 10 | Kløfta | 21.07.1935 |
| 4:43.4 | Trygve Stokstad | 11 | Kløfta | 21.07.1935 |
| 4:54.0 | Odd Riise | 10 | Hauerseter | 25.08.1935 |
| 5:07.5 | Simon Slemdal | 08 | Hauerseter | 25.08.1935 |
| 5:12.5 | Gunnar Lorentzen | 14 | Jessheim | 07.07.1935 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:37.8 | Karl Holm | 11 | Jessheim | 08.09.1935 |
| 10:48.0 | Johan Karlsen | 13 | Eidsvoll | 07.07.1935 |
| 10:52.2 | Trygve Stokstad | 13 | Eidsvoll | 07.07.1935 |

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| **MENN SENIOR 1935** | **36** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:07.0 | Karl Holm | 11 | Jessheim | 11.08.1935 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.70 | Wilhelm Løken | 01 | Jessheim | 18.08.1935 |
| 1.66 | Jens Wethal | 08 | Gjerdrum | 23.06.1935 |
| 1.63 | Mathis Bogstad | 10 | Jessheim | 18.08.1935 |
| 1.63 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 1.59 | Ivar Algarheim | 12 | Eidsvoll | 07.07.1935 |
| 1.55 | Gunnar Lorentzen | 14 | Jessheim | 07.07.1935 |
| 1.49 | Olaf Tronrud | 08 | Eidsvoll | 07.07.1935 |
| 1.45 | Karl Syversen | 16 | Jessheim | 07.07.1935 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.83 | Otto Lystad | 09 | Jessheim | 18.08.1935 |
| 5.81 | Magne Haave | 12 | Hauerseter | 25.08.1935 |
| 5.79 | Mathis Bogstad | 10 | Hauerseter | 25.08.1935 |
| 5.78 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 5.53 | Arne Halvorsen | 11 | Kløfta | 21.07.1935 |
| 5.46 | Ivar Algarheim | 12 | Eidsvoll | 07.07.1935 |
| 5.40 | Ola Thoresen | 09 | Eidsvoll | 07.07.1935 |
| 5.38 | Erling Støverud | 08 | Eidsvoll | 07.07.1935 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.71 | Mathis Bogstad | 10 | Hauerseter | 25.08.1935 |
| 12.45 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 11.32 | Olaf Tronrud | 08 | Kløfta | 21.07.1935 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.32 | Jens Wethal | 08 | Hauerseter | 25.08.1935 |
| 11.03 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 10.98 | Henrik Næss | 10 | Hauerseter | 25.08.1935 |
| 10.71 | Mathis Bogstad | 10 | Kløfta | 21.07.1935 |
| 10.52 | Bjarne Ruud | 05 | Kløfta | 21.07.1935 |
| 10.29 | Magne Haave | 12 | Kløfta | 21.07.1935 |
| 9.71 | Erling Malerud | 11 | Jessheim | 07.07.1935 |
| 9.50 | Ola Thoresen | 09 | Eidsvoll | 07.07.1935 |
| 9.24 | Olaf Tronrud | 08 | Eidsvoll | 07.07.1935 |
| 9.21 | Tor Mikalsen | 14 | Jessheim | 07.07.1935 |

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| **MENN SENIOR 1935** | **37** |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.54 | Magnus Røe | 96 | Jessheim | 18.08.1935 |
| 33.18 | Bjarne Ruud | 05 | Jessheim | 11.08.1935 |
| 32.54 | Asbjørn Hertzenberg | 10 | Gjerdrum | 23.06.1935 |
| 32.48 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 32.17 | Jens Wethal | 08 | Gjerdrum | 23.06.1935 |
| 28.76 | Erling Malerud | 11 | Jessheim | 07.07.1935 |
| 27.69 | Ola Thoresen | 09 | Eidsvoll | 07.07.1935 |
| 25.76 | Olaf Tronrud | 08 | Eidsvoll | 07.07.1935 |
| 25.13 | Gunnar Thoresen | 13 | Jessheim | 07.07.1935 |
| 24.25 | Ole Gundersen | 14 | Jessheim | 07.07.1935 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46.77 | Ellef Halvorsen | 07 | Hauerseter | 25.08.1935 |
| 44.87 | Einar Hansen | 07 | Hauerseter | 25.08.1935 |
| 44.55 | Henrik Næss | 10 | Hauerseter | 25.08.1935 |
| 44.33 | Magnus Røe | 96 | Jessheim | 18.08.1935 |
| 43.90 | Odd Riise | 10 | Jessheim | 18.08.1935 |
| 42.81 | Olaf Tronrud | 10 | Jessheim | 08.09.1935 |
| 41.74 | Wilhelm Stenberg | 13 | Kløfta | 21.07.1935 |
| 38.18 | Gunnar Lorentzen | 14 | Jessheim | 07.07.1935 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:20.5 |  |  | Jessheim | 07.07.1935 |
| ? | | | |
| 2:24.3 |  |  | Jessheim | 07.07.1935 |
| ? | | | |
| 2:31.5 |  |  | Jessheim | 07.07.1935 |
| ? | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1936** | **38** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.9 | Magne Haave | 12 | Jessheim | 11.06.1936 |
| 12.6 | Mathis Bogstad | 10 | Jessheim | 10.09.1936 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 57.2 | Erik Lerdahl | 10 | Gjøvik | 06.09.1936 |
| 57.6 | Erling Støverud | 08 | Jessheim | 20.09.1936 |
| 59.2 | Jens Wethal | 08 | Jessheim | 28.06.1936 |
| 59.6 | Lars Stokstad | 18 | Jessheim | 20.09.1936 |
| 59.9 | Gunnar Ruud | 17 | Jessheim | 11.06.1936 |
| 62.8 | Kåre Lauten | 13 | Jessheim | 11.06.1936 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:20.4 | Erik Lerdahl | 10 | Gjøvik | 06.09.1936 |
| 4:35.4 | Karl Holm | 11 | Jessheim | 28.06.1936 |
| 4:44.0 | Hans Wethal | 16 | Jessheim | 28.06.1936 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:21.1 | Karl Holm | 11 | Jessheim | 20.09.1936 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.61 | Jens Wethal | 08 | Jessheim | 28.06.1936 |
| 1.61 | Nils Sundby | 14 | Jessheim | 28.06.1936 |
| 1.59.5 | Mathis Bogstad | 10 | Jessheim | 11.06.1936 |
| 1.55 | Gunnar Ruud | 17 | Jessheim | 11.06.1936 |
| 1.50 | Olaf Tronrud | 10 | Jessheim | 11.06.1936 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.98 | Mathis Bogstad | 10 | Jessheim | 28.06.1936 |
| 5.87 | Magne Haave | 12 | Jessheim | 28.06.1936 |
| 5.55 | Gunnar Ruud | 17 | Jessheim | 11.06.1936 |
| 5.54 | Erling Støverud | 08 | Jessheim | 20.09.1936 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.68 | Mathis Bogstad | 10 | Jessheim | 28.06.1936 |
| 12.39 | Magne Haave | 12 | Jessheim | 11.06.1936 |
| 11.99 | Gunnar Ruud | 17 | Jessheim | 11.06.1936 |

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| --- | --- |
| **MENN SENIOR 1936** | **39** |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.60 | Magne Haave | 12 | Jessheim | 11.06.1936 |
| 10.98 | Jens Wethal | 08 | Jessheim | 28.06.1936 |
| 10.93 | Mathis Bogstad | 10 | Jessheim | 28.06.1936 |
| 10.91 | Gunnar Ruud | 17 | Jessheim | 11.06.1936 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.81 | Jens Wethal | 08 | Jessheim | 28.06.1936 |
| 30.40 | Magne Haave | 12 | Jessheim | 28.06.1936 |
| 30.27 | Nils Sundby | 14 | Jessheim | 28.06.1936 |
| 27.49 | Ole Thoresen | 09 | Jessheim | 20.09.1936 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.31 | Olav Tronrud | 10 | Jessheim | 11.06.1936 |
| 43.49 | Ellef Halvorsen | 07 | Jessheim | 28.06.1936 |
| 42.93 | Henrik Næss | 10 | Jessheim | 28.06.1936 |
| 41.37 | Wilhelm Stenberg | 13 | Jessheim | 28.06.1936 |
| 39.38 | Ragnar Olsen | 18 | Jessheim | 11.06.1936 |
| 38.90 | Odd Riise | 10 | Jessheim | 28.06.1936 |
| 38.85 | Mathis Bogstad | 10 | Jessheim | 11.06.1936 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:21.1 |  |  | Jessheim | 20.09.1936 |
| ? | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1937** | **40** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.8 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 8.2 | Knut Fossum | 22 | Jessheim | 22.08.1937 |
| 8.5 | Jon Strømberg | 21 | Årnes | 26.09.1937 |
| 8.6 | Knut Larsen | 23 | Årnes | 26.09.1937 |
| 9.3 | Bør Nordby | 23 | Årnes | 26.09.1937 |
| 9.5 | Odd Martinsen | 24 | Jessheim | 22.08.1937 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.0 | Erling Støverud | 08 | Jessheim | 11.07.1937 |
| 12.4 | Lars Stokstad | 18 | Jessheim | 11.07.1937 |
| **Tvilsomt resultat** | |  | | |
| 11.3 | Erling Støverud | 08 | Jessheim | 18.07.1937 |
| 11.8 | Lars Stokstad | 18 | Jessheim | 18.07.1937 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 56.4 | Erling Støverud | 08 | Jessheim | 18.07.1937 |
| 57.2 | Lars Stokstad | 18 | Jessheim | 11.07.1937 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:11.8 | Lars Stokstad | 18 | Gan | 01.08.1937 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:40.3 | Karl Holm | 11 | Jessheim | 18.07.1937 |
| 4:43.0 | Kristian Stokstad | 19 | Jessheim | 18.07.1937 |
| 4:54.3 | Lars Stokstad | 18 | Hauerseter | 13.06.1937 |
| 5:16.0 | Georg Wethal | 17 | Jessheim | 11.07.1937 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18:55.2 | Arne Thorvaldsen | 14 | Lillestrøm/Vi | 15.08.1937 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Høyde** | |  | | |
| 1.66 | Olaf Tronrud | 10 | Jessheim | 11.07.1937 |
| 1.53 | Georg Wethal | 17 | Jessheim | 18.07.1937 |
| 1.50.5 | Nils Heggem | 18 | Jessheim | 11.07.1937 |
| 1.50.5 | Nils Skogseth | 18 | Jessheim | 11.07.1937 |
| 1.48 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 1.39 | Knut Fossum | 21 | Jessheim | 22.08.1937 |
| 1.37 | Jon Strømberg | 21 | Årnes | 26.09.1937 |
| 1.35 | Odd Skagset | 18 | Hauerseter | 13.06.1937 |
| 1.29 | Bør Nordby | 23 | Årnes | 26.09.1937 |
| 1.22 | Kåre Norum | 24 | Årnes | 26.09.1937 |
| **MENN SENIOR 1937** | | **41** | | |

|  |  |
| --- | --- |
| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.85 | Ole Thoresen | 09 | Gan | 01.08.1937 |
| 2.68 | Jens Andersen | 19 | Jessheim | 18.07.1937 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.78 | Erling Støverud | 08 | Jessheim | 11.07.1937 |
| 5.56 | Lars Stokstad | 18 | Jessheim | 11.07.1937 |
| 5.29 | Knut Fossum | 22 | Årnes | 26.09.1937 |
| 5.12 | Olaf Tronrud | 10 | Hauerseter | 13.06.1937 |
| 5.07 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 4.76 | Jon Strømberg | 21 | Årnes | 26.09.1937 |
| 3.90 | Bør Nordby | 23 | Årnes | 26.09.1937 |
| 3.61 | Asbjørn Grønlien | 24 | Jessheim | 22.08.1937 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.18 | Olaf Tronrud | 10 | Jessheim | 11.07.1937 |
| 11.88 | Kåre Dahl | 14 | Hauerseter | 13.06.1937 |
| 11.78 | Erling Støverud | 08 | Jessheim | 11.07.1937 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.91 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 12.41 | Knut Fossum | 22 | Årnes | 26.09.1937 |
| 11.75 | Magne Lindholt | 22 | Jessheim | 22.08.1937 |
| 8.81 | Bør Nordby | 24 | Årnes | 26.09.1937 |
| 7.51 | Odd Martinsen | 23 | Jessheim | 22.08.1927 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.21 | Ola Thoresen | 09 | Hauerseter | 13.06.1937 |
| 10.21 | Nils Skogseth | 18 | Jessheim | 11.07.1937 |
| 10.08 | Olaf Tronrud | 10 | Jessheim | 11.07.1937 |
| 9.84 | Johan Olsen | 19 | Hauerseter | 13.06.1937 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.21 | Holger Johansen | 12 | Jessheim | 11.07.1937 |
| 28.87 | Ole Thoresen | 09 | Hauerseter | 13.06.1937 |
| 28.77 | Olaf Tronrud | 10 | Hauerseter | 13.06.1937 |
| 27.90 | Johan Olsen | 19 | Jessheim | 11.07.1937 |

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| --- | --- |
| **MENN SENIOR 1937** | **42** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.16 | Olaf Tronrud | 10 | Gan | 01.08.1937 |
| 40.47 | Johan Olsen | 19 | Hauerseter | 13.06.1937 |
| 36.43 | Wilhelm Stenberg | 13 | Jessheim | 18.07.1937 |
| 33.66 | Ola Thoresen | 09 | Hauerseter | 13.06.1937 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1969 | Olaf Tronrud | 10 | Årnes | 06.06.1937 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:19.0 |  |  | Jessheim | 18.07.1937 |
| ? | | | |
| 2:21.9 |  |  | Jessheim | 11.07.1937 |
| ? | | | |
| 2:22.3 |  |  | Hauerseter | 13.06.1937 |
| ? | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1938** | **43** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.9 | Knut Fossum | 22 | Eidsvoll | 02.08.1938 |
| 8.9 | Knut Larsen | 24 | Årnes | 25.09.1938 |
| 9.1 | Jan Nordby | 23 | Årnes | 25.09.1938 |
| 9.3 | Asbjørn Grønlien | 24 | Årnes | 25.09.1938 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.4 | Magne Haave | 12 | Årnes | 07.08.1938 |
| 11.9 | Otto Lystad | 09 | Jessheim | 18.08.1938 |
| 12.0 | Gunnar Ruud | 17 | Nannestad | 31.07.1938 |
| 12.1 | Erling Støverud | 08 | Jessheim | 03.07.1938 |
| 12.9 | Olaf Tronrud | 10 | Nannestad | 31.07.1938 |
| 12.9 | Jacob Hofseth | 13 | Nannestad | 31.07.1938 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.1 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.8 | Erling Støverud | 08 | Gjøvik | 04.09.1938 |
| 57.3 | Johan N. Wiig | 17 | Nannestad | 31.07.1938 |
| 57.8 | Magne Haave | 12 | Jessheim | 18.08.1938 |
| 58.7 | Mathis Bogstad | 10 | Jessheim | 18.08.1938 |
| 59.1 | Jacob Hofseth | 13 | Nannestad | 17.09.1938 |
| 63.2 | Olaf Tronrud | 10 | Jessheim | 03.07.1938 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:16.4 | Erik Lerdahl | 10 | Gjøvik | 04.09.1938 |
| 4:36.2 | Asbjørn Støverud | 19 | Nannestad | 31.07.1938 |
| 4:38.2 | Erling Støverud | 08 | Jessheim | 11.09.1938 |
| 4:39.6 | Hans Wethal | 16 | Jessheim | 18.08.1938 |
| 4:47.5 | Odd Riise | 13 | Jessheim | 18.08.1938 |
| 4:51.0 | Torbjørn Stokstad | 18 | Nannestad | 31.07.1938 |
| 4:51.3 | Johan O. Wiig | 10 | Jessheim | 18.08.1938 |
| 4:56.5 | Ole Thoresen | 09 | Jessheim | 11.09.1938 |
| 4:59.4 | Jacob Hofseth | 13 | Nannestad | 18.09.1939 |
| 5:08.4 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:22.0 | Erik Lerdahl | 10 | Jessheim | 09.08.1938 |

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| --- | --- |
| **MENN SENIOR 1938** | **44** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:19.0 | Erik Lerdahl | 10 | Oslo/Bi | 20.08.1938 |

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| --- | --- |
| **110m hekk 106.7 cm** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 21.1 | Jacob Hofseth | 13 | Nannestad | 18.09.1938 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.69 | Harald Furuseth | 06 | Nannestad | 31.07.1938 |
| 1.65 | Wilhelm Løken | 01 | Årnes | 07.08.1938 |
| 1.58 | Olaf Tronrud | 10 | Nannestad | 31.07.1938 |
| 1.58 | Mathis Bogstad | 10 | Jessheim | 18.08.1938 |
| 1.55 | Knut Fossum | 22 | Årnes | 25.09.1938 |
| 1.53 | Jens Andersen | 16 | Nannestad | 31.07.1938 |
| 1.49 | Johan Olsen | 19 | Jessheim | 03.07.1938 |
| 1.49 | Arne Martinsen | 21 | Årnes | 25.09.1938 |
| 1.42 | Jacob Hofseth | 13 | Nannestad | 17.09.1938 |
| 1.31 | Bør Nordby | 23 | Årnes | 06.07.1938 |
| 1.27 | Jan Nordby | 23 | Årnes | 25.09.1938 |
| 1.24 | Odd Martinsen | 24 | Årnes | 25.09.1938 |

|  |  |
| --- | --- |
| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.02 | Ole Thoresen | 09 | Kløfta | 28.08.1938 |
| 2.81 | Jens Andersen | 19 | Kløfta | 28.08.1938 |
| 2.12 | Jacob Hofseth | 13 | Nannestad | 18.09.1938 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.39 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 6.01.5 | Magne Haave | 12 | Eidsvoll | 14.08.1938 |
| 5.86 | Johan N. Wiig | 17 | Jessheim | 18.08.1938 |
| 5.80 | Henry Børserud | 12 | Jessheim | 18.08.1938 |
| 5.78 | Mathis Bogstad | 10 | Jessheim | 18.08.1938 |
| 5.70 | Erling Støverud | 08 | Jessheim | 11.09.1938 |
| 5.51 | Jacob Hofseth | 13 | Nannestad | 31.07.1938 |
| 5.42 | Knut Fossum | 22 | Årnes | 25.09.1938 |
| 5.28 | Olaf Tronrud | 10 | Nannestad | 31.07.1938 |
| 4.80 | Arne Martinsen | 21 | Årnes | 25.09.1938 |
| 4.20 | Bør Nordby | 23 | Årnes | 16.07.1938 |
| 4.19 | Knut Larsen | 23 | Årnes | 25.09.1938 |

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| **MENN SENIOR 1938** | **45** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.22 | Gunnar Ruud | 17 | Nannestad | 31.07.1938 |
| 11.87 | Magne Haave | 12 | Nannestad | 31.07.1938 |
| 11.55 | Olaf Tronrud | 10 | Nannestad | 31.07.1938 |
| 11.27 | Erling Støverud | 08 | Jessheim | 11.09.1938 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.44 | Knut Fossum | 22 | Årnes | 25.09.1938 |
| 11.85 | Arne Martinsen | 21 | Årnes | 25.09.1938 |
| 10.67 | Bjørn Aastorp | 22 | Årnes | 16.07.1938 |
| 10.12 | Knut Larsen | 23 | Årnes | 16.07.1938 |
| 9.83 | Bjørn Aastorp | 21 | Årnes | 25.09.1938 |
| 9.50 | Bør Nordby | 23 | Årnes | 16.07.1938 |
| 8.15 | Asbjørn Grønlien | 24 | Årnes | 16.07.1938 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.36 | Magne Haave | 12 | Jesssheim | 26.07.1938 |
| 12.29 | Ole H. Wethal | 02 | Gjøvik | 04.09.1938 |
| 11.17 | Mathis Bogstad | 10 | Jessheim | 18.08.1938 |
| 11.07 | Henrik Næss | 10 | Jessheim | 18.08.1938 |
| 10.70 | Gunnar Ruud | 17 | Eidsvoll | 02.08.1938 |
| 10.57 | Jacob Hofseth | 13 | Nannestad | 31.07.1938 |
| 10.50 | Kåre Bjerke | 09 | Nannestad | 31.07.1938 |
| 10.09 | Olaf Tronrud | 10 | Jessheim | 03.07.1938 |
| 9.84 | Johan Olsen | 19 | Jessheim | 03.07.1938 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.94 | Gunnar Ruud | 17 | Eidsvoll | 02.08.1938 |
| 34.42 | Magne Haave | 12 | Eidsvoll | 05.09.1938 |
| 32.47 | Jacob Hofseth | 13 | Nannestad | 18.09.1938 |
| 31.77 | Ole H. Wethal | 02 | Jessheim | 18.08.1938 |
| 29.58 | Håkon Johansen | 16 | Jessheim | 11.09.1938 |
| 28.18 | Olaf Tronrud | 10 | Jessheim | 03.07.1938 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 49.89 | Olaf Tronrud | 10 | Eidsvoll | 14.08.1938 |
| 48.38 | Henrik næss | 10 | Eidsvoll | 14.08.1938 |
| 46.95 | Johan Olsen | 19 | Jessheim | 11.09.1938 |
| 41.70 | Ole Jacob Bangstad | 17 | Nannestad | 31.07.1938 |
| 39.50 | Ellef Halvorsen | 07 | Jessheim | 18.08.1938 |
| 38.11 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 38.11 | Wilhelm Stenberg | 13 | Jessheim | 11.09.1938 |
| 30.60 | Jacob Hofseth | 13 | Nannestad | 18.09.1938 |
| **MENN SENIOR 1938** | | **46** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2512 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 6.39-38.11-25.1-34.83-5:08.4 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3946 | Jakob Hofseth | 13 | Nannestad | 17-18.09.1938 |
| 13.0-5.51-10.55-1.41-59.1/21.1-32.47-2.12-30.60-4:59.4 | | | |

|  |  |
| --- | --- |
| **4x60m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.3 | G15-16 |  | Årnes | 25.09.1938 |
| ? | | | |
| 38.8 | G13-14 |  | Årnes | 25.09.1938 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 49.2 |  |  | Jessheim | 18.08.1938 |
| ? | | | |

|  |  |
| --- | --- |
| **4x1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18:31.8 |  |  | Nannestad | 18.09.1938 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:23.4 |  |  | Jessheim | 03.07.1938 |
| ? | | | |
| 2:27.7 |  |  | Jessheim | 11.09.1938 |
| ? | | | |

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| --- |
| **Ullensaker IF lag i Holmenkollstafetten 1938 – fra Romerikes Blad** |

|  |
| --- |
| Johan O. Wiig1200m – Odd Riise1130 – Olaf Fredagsvik473 – Per Berrefjord 1676 – |
| Kaare Lauten1406 – Erik Lerdal 1929 – Lauritz Lund 1787 – Mathis Bogstad 634 – Hans Wethal 2860 |
| Jacob Hofseth1240-Johan O. Wiig1240-Hans Grønlien1126-Odd Ringnes643-Magne Haave500- |
| Wihelm Løken370 |

|  |  |
| --- | --- |
| **MENN SENIOR 1939** | **47** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.8 | Knut Larsen | 22 | Jessheim | 30.08.1939 |
| 8.3 | Jan Nordby | 23 | Jessheim | 09.07.1939 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.4 | Magne Haave | 12 | Jessheim | 10.09.1939 |
| 11.8 | Mathis Bogstad | 10 | Jessheim | 25.07.1939 |
| 11.8 | Knut Fossum | 22 | Lillestrøm/Vi | 19.08.1939 |
| 11.9 | Otto Lystad | 09 | Jessheim | 25.07.1939 |
| 12.0 | Erik Herberg | 19 | Jessheim | 25.07.1939 |
| 12.0 | Richard Johnsen | 15 | Jessheim | 25.07.1938 |
| 12.4 | Johan N. Wiig | 17 | Kløfta | 07.06.1939 |
| 13.5 | Knut Haave | 22 | Eidsvoll | 09.07.1939 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.0 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 25.5 | Mathis Bogstad | 10 | Jessheim | 01.08.1939 |
| 25.5 | Erik Herberg | 19 | Jessheim | 01.08.1939 |
| 26.0 | Johan N. Wiig | 17 | Jessheim | 01.08.1939 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.5 | Erik Lerdahl | 10 | Lillestrøm/Vi | 19.08.1939 |
| 55.8 | Gunnar Ruud | 17 | Lillestrøm/Vi | 19.08.1939 |
| 57.0 | Johan N. Wiig | 17 | Lillestrøm/Vi | 19.08.1939 |
| 57.2 | Hans Wethal | 16 | Jessheim | 16.08.1939 |
| 57.2 | Mathis Bogstad | 10 | Lillestrøm/Vi | 19.08.1939 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:04.1 | Erik Lerdahl | 10 | Jessheim | 13.09.1939 |
| 2:08.4 | Hans Wethal | 16 | Jessheim | 18.07.1939 |
| 2:13.1 | Jogeir Riise | 12 | Jessheim | 18.07.1939 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:13.3 | Erik Lerdahl | 10 | Jessheim | 12.08.1939 |
| 4:24.2 | Hans Wethal | 16 | Jessheim | 01.08.1939 |
| 4:24.5 | Jogeir Riise | 12 | Jessheim | 01.08.1939 |
| 4:51.3 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 5:02.4 | Johan O. Wiig | 10 | Lillestrøm | 19.08.1939 |
| 5:11.4 | Johan N. Wiig | 17 | Lillestrøm | 19.08.1939 |

|  |  |
| --- | --- |
| **MENN SENIOR 1939** | **48** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:07.0 | Hans Wethal | 16 | Kløfta | 18.07.1939 |
| 10:20.2 | Johan N. Wiig | 17 | Jessheim | 18.07.1939 |

|  |  |
| --- | --- |
| **110m hekk 106.7 cm** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16.9 | Gunnar Jyssum | 17 | Jessheim | 13.08.1939 |
| 21.4 | Johan N. Wiig | 17 | Jessheim | 16.08.1939 |
| 21.8 | Hans Wethal | 16 | Jessheim | 16.08.1939 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.60 | Nils Sundby | 14 | Jessheim | 18.07.1939 |
| 1.60 | Mathis Bogstad | 10 | Lillestrøm/Vi | 19.08.1939 |
| 1.55.5 | Knut Fossum | 22 | Jessheim | 30.08.1939 |
| 1.55 | Johan N. Wiig | 17 | Jessheim | 18.07.1939 |
| 1.55 | Ole Wethal | 02 | Jessheim | 18.07.1939 |
| 1.55 | Gunnar Jyssum | 17 | Lillestrøm | 19.08.1939 |
| 1.45 | Knut Haave | 22 | Jessheim | 09.07.1939 |
| 1.35 | Jan Nordby | 23 | Jessheim | 09.07.1939 |
| 1.22.5 | Knut Larsen | 22 | Jessheim | 30.08.1939 |

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| --- | --- |
| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.88.5 | Knut Fossum | 22 | Kløfta | 05.08.1939 |
| 2.80 | Ole Thoresen | 09 | Jessheim | 12.08.1939 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.33 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 6.30 | Gunnar Ruud | 17 | Jessheim | 12.08.1939 |
| 6.25 | Mathis Bogstad | 10 | Jessheim | 25.07.1939 |
| 6.23 | Richard Johnsen | 15 | Jessheim | 18.07.1939 |
| 6.23 | Magne Haave | 12 | Jessheim | 10.09.1939 |
| 6.07 | Erik Herberg | 19 | Jessheim | 25.07.1939 |
| 6.04 | Johan N. Wiig | 17 | Kløfta | 05.08.1939 |
| 5.91 | Gunnar Jyssum | 17 | Lillestrøm/Vi | 19.08.1939 |
| 5.90 | Knut Fossum | 22 | Jessheim | 09.07.1939 |
| 5.46 | Otto Lystad | 39 | Jessheim | 18.07.1939 |
| 5.30 | Odd Bråtner | 24 | Jessheim | 09.07.1939 |
| 4.83 | Knut Haave | 22 | Jessheim | 09.07.1939 |
| 4.79 | Knut Larsen | 22 | Jessheim | 29.06.1939 |

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| **MENN SENIOR 1939** | **49** |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 12.03 | Mathis Bogstad | 10 | Jessheim | 16.09.1939 |
| 11.40 | Johan N. Wiig | 17 | Jessheim | 16.09.1939 |
| 11.25 | Hans Wethal | 16 | Jessheim | 16.09.1939 |

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

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| --- | --- | --- | --- | --- |
| 14.11 | Knut Fossum | 22 | Jessheim | 29.06.1939 |

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| --- | --- |
| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.81 | Knut Fossum | 22 | Jessheim | 09.07.1939 |
| 10.87 | Knut Haave | 22 | Jessheim | 09.07.1939 |
| 10.35 | Knut Larsen | 22 | Jessheim | 29.06.1939 |
| 9.35 | Magne Aarnes | 22 | Jessheim | 09.07.1939 |

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| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.75 | Magne Haave | 12 | Jessheim | 12.08.1939 |
| 11.49 | Ole H. Wethal | 02 | Jessheim | 18.07.1939 |
| 11.32 | Mathis Bogstad | 10 | Lillestrøm | 19.08.1939 |
| 10.90 | Henrik Næss | 10 | Jessheim | 18.07.1939 |
| 10.71 | Gunnar Ruud | 17 | Lillestrøm | 19.08.1939 |
| 10.00 | Arild Jørgensen | 15 | Jessheim | 01.08.1939 |

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| --- | --- |
| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 29.67 | Knut Fossum | 22 | Jessheim | 30.08.1939 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.56 | Gunnar Ruud | 17 | Lillestrøm | 19.08.1939 |
| 33.50 | Richard Johnsen | 15 | Jessheim | 25.07.1939 |
| 33.25 | Olaf Tronrud | 10 | Jessheim | 18.07.1939 |
| 32.86 | Mathis Bogstad | 10 | Jessheim | 25.07.1939 |
| 30.77 | Nils Sundby | 14 | Jessheim | 18.07.1939 |
| 29.20 | Knut Fossum | 22 | Eidsvoll | 16.06.1939 |
| 25.72 | Erik Herberg | 19 | Jessheim | 18.07.1939 |

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| **MENN SENIOR 1939** | **50** |

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

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| --- | --- | --- | --- | --- |
| 46.43 | Kåre Sundby | 07 | Jessheim | 16.08.1939 |
| 42.42 | Einar Haugen | 03 | Jessheim | 18.07.1939 |
| 41.97 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 41.54 | Henrik Næss | 10 | Jessheim | 18.07.1939 |
| 40.91 | Ellef Halvorsen | 07 | Lillestrøm | 19.08.1939 |
| 40.54 | Magne Lindholt | 22 | Jessheim | 16.08.1939 |
| 38.58 | Mathis Bogstad | 10 | Jessheim | 16.08.1939 |
| 33.74 | Ole H. Wethal | 02 | Jessheim | 18.07.1939 |

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

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| --- | --- | --- | --- | --- |
| 1979 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 6.33-41.97-25.0-32.27-4:51.3 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.0 | MS |  | Lillestrøm/Vi | 01.09.1939 |
| Knut Fossum22-Richard Johnsen15-Johan N. Wiig17-Magne Haave12 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.3 |  |  | Lillestrøm/Vi | 19.08.1939 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 48.1 |  |  | Jessheim | 13.08.1939 |
| ? | | | |

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| --- | --- |
| **4x1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18:33.4 |  |  | Eidsvoll | 16.06.1939 |
| ? | | | |

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| --- | --- |
| **MENN SENIOR 1940** | **51** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.3 | Knut Fossum | 22 | Eidsvoll | 30.06.1940 |

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

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| --- | --- | --- | --- | --- |
| 25.5 | Lars Stokstad | 18 | Eidsvoll | 25.08.1940 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:23.9 | Lars Stokstad | 18 | Eidsvoll | 25.08.1940 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:04.0 | Kristian Stokstad | 19 | Eidsvoll | 25.08.1940 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.78 | Lars Stokstad | 18 | Eidsvoll | 25.08.1940 |
| 5.40 | Knut Fossum | 22 | Eidsvoll | 30.06.1940 |

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| **MENN SENIOR 1941** | **52** |

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| --- | --- |
| **MENN SENIOR 1942** |  |

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

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| --- | --- | --- | --- | --- |
| 9.45 | Borghild Margrethe Gjerdingen | 300322 | ? | 1942 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.50 | Borghild Margrethe Gjerdingen | 300322 | ? | 1942 |

|  |
| --- |
| Gjerdingen som antagelig kom fra Raufoss misbrukte klubbens navn med å delta i friidrett da |
| klubben var i idrettsstreik og ikke hadde idrettslig aktivitet. |
| Resultatene er ikke lagt inn i statistikken. |

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| **MENN SENIOR 1943** |  |

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| **MENN SENIOR 1944** |  |

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| **Idrettsstreiken i Norge 22.11.1940 - 01.06.1945** |

|  |
| --- |
| Ingen resultater som ble oppnådd under idrettsstreiken er godkjente. |
| Gjelder resultater oppnådd her i landet eller på steder som Stockholm og London eller andre |
| rundt i verden. |

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| **MENN SENIOR 1945** | **53** |

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| --- | --- |
| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.37 | Olaf Eriksen | 08 | Kløfta | 19.08.1945 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 28.76 | Gunnar Ruud | 17 | Kløfta | 19.08.1945 |

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| **MENN SENIOR 1946** | **54** |

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

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| --- | --- | --- | --- | --- |
| 11.4 | Bjarne Hansen | 20 | Kløfta | 23.06.1946 |
| 12.4 | Jens Andersen | 21 | Jessheim | 09.09.1946 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.2 | Helge Hofseth | 26 | Jessheim | 08.09.1946 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:37.7 | Sverre Sørensen | 18 | Jessheim | 09.09.1946 |
| 4:44.0 | Helge Hofseth | 26 | Kløfta | 23.06.1946 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.49 | Jens Andersen | 21 | Jessheim | 08.09.1946 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.95 | Bjarne Hansen | 20 | Nannestad | 21.07.1946 |
| 5.15 | Jens Andersen | 21 | Jessheim | 09.09.1946 |
| 5.11 | Bjarne Furuseth | 24 | Jessheim | 08.09.1946 |

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

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| --- | --- | --- | --- | --- |
| 11.84 | Hans Furuseth | 20 | Jessheim | 08.09.1946 |
| 10.95 | Ivar Algarheim | 12 | Jessheim | 08.09.1946 |
| 10.58 | Bjarne Furuseth | 24 | Jessheim | 08.09.1946 |

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| --- | --- |
| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.96 | Johan Olsen | 19 | Jessheim | 08.09.1946 |

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| --- | --- |
| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 27.30 | Johan Olsen | 19 | Jessheim | 08.09.1946 |

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

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| --- | --- | --- | --- | --- |
| 37.10 | Johan Olsen | 19 | Jessheim | 08.09.1946 |
| 35.72 | Wilhelm Stenberg | 13 | Jessheim | 08.09.1946 |

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| **MENN SENIOR 1946** | **55** |

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

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| --- | --- | --- | --- | --- |
| 2:30.6 |  |  | Jessheim | 08.09.1946 |
| ? | | | |

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| **MENN SENIOR 1947** | **56** |

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

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| --- | --- | --- | --- | --- |
| 12.0 | Asbjørn Lund | 23 | Oslo/Jo | 07.09.1947 |
| 12.1 | Magne Haave | 12 | Oslo/Jo | 07.09.1947 |
| 12.2 | Ivar Gulbrandsen | 21 | Oslo/Jo | 07.09.1947 |
| 12.5 | Bjarne Hansen | 23 | Hauerseter | 02.07.1947 |
| 13.0 | Hans Kværner | 30 | Nannestad | 27.07.1947 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:04.8 | Ivar Gulbrandsen | 21 | Oslo/Jo | 07.09.1947 |
| 2:12.5 | Erik Lerdahl | 10 | Oslo/Jo | 07.09.1947 |
| 2:17.0 | Tom Kristiansen | 22 | Oslo/Jo | 07.09.1947 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:28.8 | Sverre Sørensen | 21 | Lillestrøm/Vi | 03.08.1947 |
| 4:37.4 | Ivar Gulbrandsen | 21 | Kløfta | 10.08.1947 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:36.4 | Erik Lerdahl | 10 | Oslo/Jo | 07.09.1947 |
| 9:45.9 | Sverre Sørensen | 21 | Oslo/Jo | 07.09.1947 |
| 9:56.4 | Ivar Gulbrandsen | 21 | Oslo/Jo | 07.09.1947 |
| 10:20.3 | Torbjørn Stokstad | 18 | Oslo/Jo | 07.09.1947 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:44.5 | Erik Lerdahl | 10 | Lillestrøm/Vi | 03.08.1947 |
| 17:11.0 | Sverre Sørensen | 21 | Kløfta | 10.08.1947 |
| 18:52.4 | Trygve Stokstad | 13 | Kløfta | 10.08.1947 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Asbjørn Lund | 23 | Kløfta | 10.08.1947 |
| 1.60 | Harald Furuseth | 06 | Oslo/Jo | 07.09.1947 |
| 1.50 | Ove Fonbakk | 23 | Oslo/Jo | 07.09.1947 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.91 | Asbjørn Lund | 23 | Kløfta | 10.08.1947 |
| 5.62 | Hans Fodstad | 27 | Oslo/Jo | 07.09.1947 |
| 5.61 | Bjarne Hansen | 23 | Hauerseter | 02.07.1937 |
| 5.49 | Harald Furuseth | 06 | Oslo/Jo | 07.09.1947 |
| 5.13 | Ove Lund | 23 | Oslo/Jo | 07.09.1947 |
| 4.85 | Hans Kværner | 30 | Nannestad | 27.07.1947 |

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| **MENN SENIOR 1947** | **57** |

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

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| --- | --- | --- | --- | --- |
| 11.58 | Asbjørn Lund | 23 | Kløfta | 10.08.1947 |
| 10.39 | Ove Lund | 23 | Kløfta | 10.08.1947 |

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| --- | --- |
| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.32 | Magne Haave | 12 | Oslo/Jo | 07.09.1947 |
| 11.07 | Ove Lund | 23 | Finstadbru | 13.08.1947 |
| 10.57 | Johan Olsen | 19 | Kløfta | 10.08.1947 |
| 9.75 | Ole Moland | 14 | Kløfta | 10.08.1947 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 30.64 | Ove Lund | 23 | Kløfta | 10.08.1947 |
| 30.53 | Magne Haave | 12 | Oslo/Jo | 07.09.1947 |
| 29.19 | Ole Moland | 14 | Oslo/Jo | 07.09.1947 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 42.66 | Johan Olsen | 19 | Kløfta | 10.08.1947 |
| 41.13 | Magne Lindholt | 22 | Oslo/Jo | 07.09.1947 |
| 40.44 | Harald Furuseth | 06 | Oslo/Jo | 07.09.1947 |
| 39.02 | Ellef Halvorsen | 07 | Kløfta | 10.08.1947 |

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| **MENN SENIOR 1948** | **58** |

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

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| --- | --- | --- | --- | --- |
| 12.0 | Asbjørn Lund | 23 | Jessheim | 31.07.1948 |
| 12.7 | Ivar Gulbrandsen | 21 | Jessheim | 31.07.1948 |
| 13.0 | Asbjørn Grønlien | 29 | Jessheim | 31.07.1948 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.1 | Ivar Gulbrandsen | 21 | Jessheim | 31.07.1948 |
| 55.1 | Svein Skolt | 25 | Jessheim | 31.07.1948 |
| 56.6 | Helge Hofseth | 26 | Jessheim | 31.07.1948 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:08.3 | Svein Skolt | 25 | Hauerseter | 07.07.1948 |
| 2:14.4 | Halvard Bålsrud | 29 | Hauerseter | 07.07.1948 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:31.2 | Sverre Sørensen | 18 | Jessheim | 01.08.1948 |
| 4:38.0 | Halvard Bålsrud | 29 | Jessheim | 01.08.1948 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:49.6 | Halvard Bålsrud | 29 | Lillestrøm/Vi | 08.08.1948 |
| 16:54.0 | Svein Skolt | 25 | Jessheim | 01.08.1949 |
| 17:48.7 | Sverre Sørensen | 18 | Jessheim | 01.08.1948 |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.65 | Asbjørn Lund | 23 | Hauerseter | 07.07.1948 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.98 | Asbjørn Lund | 23 | Jessheim | 01.08.1948 |
| 4.75 | Tore Strømberg | 31 | Gjerdrum | 07.08.1948 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.62 | Richard Johnsen | 15 | Nannestad | 12.06.1948 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 43.79 | Johan Olsen | 19 | Jessheim | 31.07.1948 |

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| **MENN SENIOR 1948** | **59** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.77 | Asbjørn Lund | 23 | Kløfta | 04.03.1948 |

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| **MENN SENIOR 1949** | **60** |

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

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| --- | --- | --- | --- | --- |
| 9.7 | Rolf Sletvold | 36 | Nannestad | 10.07.1949 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.9 | Asbjørn Lund | 23 | Hauerseter | 20.08.1949 |
| 12.0 | Hans Fodstad | 27 | Hauerseter | 20.08.1949 |
| 12.4 | Paul Trøgstad | 32 | Nannestad | 10.07.1949 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.1 | Asbjørn Lund | 23 | Hauerseter | 06.08.1949 |
| 26.2 | Paul Trøgstad | 32 | Hauerseter | 06.08.1949 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.6 | Svein Skolt | 25 | Hauerseter | 20.08.1949 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:02.2 | Svein Skolt | 25 | Lillestrøm/Vi | 13.08.1949 |
| 2:07.0 | Ivar Gulbrandsen | 21 | Hauerseter | 06.08.1949 |
| 2:09.4 | Helge Hofseth | 26 | Hauerseter | 06.08.1949 |
| 2:10.4 | Halvard Bålsrud | 29 | Hauerseter | 06.08.1949 |
| 2:13.8 | Sverre Sørensen | 18 | Lillestrøm/Vi | 03.08.1949 |
| 2:17.8 | Erik Lerdahl | 10 | Lillestrøm/Vi | 13.08.1949 |
| 2:18.3 | Alfred Skedsmo | 30 | Hauerseter | 06.08.1949 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:15.8 | Svein Skolt | 25 | Lillestrøm/Vi | 14.08.1949 |
| 4:27.6 | Erik Lerdahl | 10 | Lillestrøm/Vi | 14.08.1949 |
| 4:27.8 | Sverre Sørensen | 18 | Lillestrøm/Vi | 14.08.1949 |
| 4:29.2 | Halvard Bålsrud | 29 | Lillestrøm/Vi | 03.08.1949 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:36.8 | Ivar Gulbrandsen | 21 | Årnes | 31.07.1949 |
| 9:44.0 | Sverre Sørensen | 18 | Årnes | 31.07.1949 |
| 9:50.0 | Svein Skolt | 25 | Årnes | 31.07.1949 |

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| --- | --- |
| **MENN SENIOR 1949** | **61** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:14.6 | Svein Skolt | 25 | Hauerseter | 21.08.1949 |
| 16:34.0 | Ole Fossen | 27 | Hauerseter | 21.08.1949 |
| 16:41.0 | Erik Lerdahl | 10 | Hauerseter | 21.08.1949 |
| 16:45.8 | Sverre Sørensen | 18 | Lillestrøm/Vi | 14.08.1949 |
| 16:53.6 | Ivar Gulbrandsen | 21 | Lillestrøm/Vi | 14.08.1949 |
| 17.49.6 | Halvard Bålsrud | 29 | Kolbotn | 18.09.1949 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36:37.0 | Ole Fossen | 27 | Jessheim | 03.07.1949 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Asbjørn Lund | 23 | Årnes | 31.07.1949 |
| 1.60 | Hans Fodstad | 27 | Hauerseter | 20.08.1949 |
| 1.60 | Tore Strømberg | 31 | Årnes | 31.07.1949 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.96 | Hans Fodstad | 27 | Hauerseter | 20.08.1949 |
| 5.79 | Asbjørn Lund | 23 | Årnes | 31.07.1949 |
| 3.61 | Rolf Sletvold | 36 | Nannestad | 10.07.1949 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 12.01 | Asbjørn Lund | 23 | Hauerseter | 20.08.1949 |

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| --- | --- |
| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.53 | Magne Haave | 12 | Hauerseter | 20.08.1949 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.3 | MS |  | Nannestad | 11.09.1949 |
| Magne Haave12-Paul Trøgstad32-Hans Fodstad27-Asbjørn Lund23 | | | |

|  |  |
| --- | --- |
| **4x1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:37.4 | MS |  | Nannestad | 11.09.1949 |
| Sverre Sørensen18-Halvard Bålsrud29-Ole Fossen27-Svein Skolt25 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:12.7 |  |  | Lillestrøm/Vi | 14.08.1949 |
| ? | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1950** | **62** |

|  |
| --- |
| **Svein Skolt nr. 13 i NM terrengløp på Sogna 21.05 med tiden 13:55 på 4 km** |

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| --- |
| **Ny løpebane på Sand og det ble arrangert Idrettens dag 18.06 og Bygdemesterskap 19-20.8** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.2 | Harald Jensen | 29 | Lillestrøm/Vi | 20.09.1950 |
| 12.4 | Asbjørn Lund | 23 | Sand | 20.08.1950 |
| 12.3 | Paul Trøgstad | 32 | Lillestrøm/Vi | 30.07.1950 |
| 12.8 | Kristoffer Stanger | 33 | Nannestad | 11.06.1950 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.5 | Svein Skolt | 25 | Sand | 19.08.1950 |
| 58.2 | Paul Trøgstad | 32 | Lillestrøm/Vi | 20.09.1950 |
| 58.4 | Helge Hofseth | 26 | Sand | 19.08.1950 |
| 60.3 | Asbjørn Grønlien | 29 | Sand | 19.08.1950 |
| 60.6 | Harald Kværner | 30 | Sand | 20.08.1950 |
| 67.9 | Bjørn Huso | 32 | Sand | 20.08.1950 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:00.3 | Svein Skolt | 25 | Oslo/Bi | 06.06.1950 |
| 2:08.1 | Ivar Gulbrandsen | 21 | Nannestad | 11.06.1950 |
| 2:08.5 | Kristoffer Stanger | 33 | Lillestrøm/Vi | 20.09.1950 |
| 2:11.1 | Helge Hofseth | 26 | Nannestad | 11.06.1950 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:05.2 | Svein Skolt | 25 | Oslo/Bi | 07.07.1950 |
| 4:25.6 | Ole Fossen | 27 | Kløfta | 28.06.1950 |
| 4:36.6 | Sverre Sørensen | 18 | Sand | 20.08.1950 |
| 5:06.0 | Bjørn Huso | 32 | Sand | 19.08.1950 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:27.8 | Ivar Gulbrandsen | 21 | Oslo/Bi | 06.06.1950 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:14.6 | Svein Skolt | 25 | Sand | 19.08.1950 |
| 16:55.5 | Ole Fossen | 27 | Sand | 19.08.1950 |
| 17:16.6 | Sverre Sørensen | 18 | Sand | 19.08.1950 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.64 | Asbjørn Lund | 23 | Sand | 20.08.1950 |

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| **MENN SENIOR 1950** | **63** |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.99 | Asbjørn Lund | 21 | Sand | 19.08.1950 |
| 5.52 | Thor Aastorp | 29 | Sand | 19.08.1950 |
| 5.39 | Harald Kværner | 30 | Sand | 19.08.1950 |
| 5.25 | Tore Strømberg | 31 | Sand | 19.08.1950 |
| 5.13 | Asbjørn Grønlien | 29 | Sand | 19.08.1950 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.45 | Asbjørn Lund | 21 | Sand | 20.08.1950 |
| 11.48 | Tore Strømberg | 31 | Sand | 20.08.1950 |

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| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.00 | Rolf Nordberg | 32 | Lillestrøm/Vi | 20.09.1950 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.07 | Johan Olsen | 19 | Sand | 19.08.1950 |
| 33.08 | Harald Kværner | 30 | Sand | 19.08.1950 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:20.8 | MS |  | Sand | 18.06.1950 |
| Asbjørn Lund23-Paul Trøgstad32-Oddvar Jensen24-Asbjørn Grønlien29 | | | |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.83 | Tormod Holand | 33 | Årnes | 04.03.1950 |

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| --- | --- |
| **MENN SENIOR 1951** | **64** |

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

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| --- | --- | --- | --- | --- |
| 8.4 | Kristoffer Stanger | 33 | Hauerseter | 17.06.1951 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.4 | Kjell Kristoffersen | 28 | Jessheim | 01.07.1951 |
| 12.0 | Asbjørn Lund | 23 | Jessheim | 29.07.1951 |
| 12.1 | Hans Fodstad | 27 | Jessheim | 29.07.1951 |
| 12.4 | Kåre Bang | 30 | Kløfta | 09.06.1930 |
| 12.5 | Paul Trøgstad | 32 | Kløfta | 09.06.1951 |
| 12.6 | Harald Jahren | 33 | Kløfta | 09.06.1951 |
| 12.7 | Kristoffer Stanger | 33 | Kløfta | 09.06.1951 |
| 12.8 | Tormod Holand | 33 | Kløfta | 09.06.1951 |

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

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| --- | --- | --- | --- | --- |
| 24.2 | Kjell Kristoffersen | 28 | Eidsvoll | 08.07.1951 |
| 25.3 | Harald Jahren | 27 | Jessheim | 17.08.1951 |
| 25.5 | Paul Trøgstad | 33 | Jessheim | 17.08.1951 |
| 25.7 | Rolf Damlien | 31 | Sand | 04.08.1951 |
| 26.9 | Kristoffer Stanger | 33 | Jessheim | 17.08.1951 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.1 | Kjell Kristoffersen | 28 | Oslo/Bi | 20.06.1951 |
| 54.7 | Svein Skolt | 25 | Jessheim | 22.08.1951 |
| 56.9 | Paul Trøgstad | 32 | Jessheim | 11.07.1951 |
| 56.9 | Harald Jahren | 33 | Jessheim | 22.08.1951 |
| 57.0 | Rolf Damlien | 31 | Jessheim | 11.07.1951 |
| 58.3 | Kristoffer Stanger | 33 | Jessheim | 11.07.1931 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:02.8 | Svein Skolt | 25 | Jessheim | 01.07.1951 |
| 2:06.3 | Rolf Damlien | 31 | Jessheim | 18.08.1951 |
| 2:13.1 | Halvard Bålsrud | 29 | Jessheim | 29.07.1951 |
| 2:13.2 | Kjell Kristoffersen | 28 | Jessheim | 18.08.1951 |
| 2:13.2 | Harald Jahren | 33 | Eidsvoll | 08.07.1951 |
| 2:16.4 | Paul Trøgstad | 32 | Jessheim | 18.08.1951 |
| 2:23.0 | Kristoffer Stanger | 33 | Jessheim | 18.08.1951 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:20.6 | Rolf Damlien | 31 | Kløfta | 17.08.1951 |
| 4:35.2 | Halvard Bålsrud | 29 | Kløfta | 09.06.1951 |
| 4:35.9 | Sverre Sørensen | 18 | Jessheim | 17.08.1951 |
| 4:36.2 | Gunnar Skibakk | 28 | Kløfta | 09.06.1951 |
| **MENN SENIOR 1951** | | **65** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:53.2 | Svein Skolt | 25 | Oslo/Bi | 01.06.1951 |
| 9:43.0 | Erik Lerdahl | 10 | Jessheim | 29.07.1951 |
| 9:55.2 | Halvard Bålsrud | 29 | Jessheim | 29.07.1951 |
| 10:02.0 | Sverre Sørensen | 18 | Jessheim | 29.07.1951 |
| 10:02.1 | Rolf Damlien | 31 | Sand | 05.08.1951 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:08.0 | Svein Skolt | 25 | Jessheim | 11.07.1951 |
| 16:52.8 | Rolf Damlien | 31 | Jessheim | 18.08.1951 |
| 17:02.0 | Erik Lerdahl | 10 | Jessheim | 18.08.1951 |
| 17:15.0 | Sverre Sørensen | 18 | Jessheim | 18.08.1951 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34:42.2 | Svein Skolt | 25 | Jessheim | 22.08.1951 |
| 35:10.2 | Sverre Sørensen | 18 | Jessheim | 22.08.1951 |
| 35:33.4 | Erik Lerdahl | 10 | Jessheim | 22.08.1951 |
| 36:36.8 | Ole Fossen | 27 | Jessheim | 22.08.1951 |

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

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| --- | --- | --- | --- | --- |
| 9:30.8 | Svein Skolt | 25 | Oslo/Bi | 18.08.1951 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.77 | Tormod Holand | 33 | Jessheim | 29.07.1951 |
| 1.64 | Asbjørn Lund | 21 | Jessheim | 29.07.1951 |
| 1.64 | Hans Fodstad | 27 | Jessheim | 29.07.1951 |
| 1.60 | Kristoffer Stanger | 33 | Hauerseter | 07.06.1951 |
| 1.55 | Paul Røthe | 35 | Hauerseter | 07.06.1951 |
| 1.41 | Rolf Damlien | 32 | Jessheim | 22.08.1951 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.01 | Asbjørn Lund | 21 | Jessheim | 29.07.1951 |
| 5.77 | Hans Fodstad | 27 | Jessheim | 29.07.1951 |
| 5.68 | Kjell Kristoffersen | 28 | Jessheim | 17.08.1951 |
| 5.59 | Kåre Bang | 30 | Jessheim | 17.08.1951 |
| 5.03 | Tormod Holand | 33 | Jessheim | 29.07.1933 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.47 | Asbjørn Lund | 21 | Jessheim | 19.08.1951 |
| 12.19 | Kjell Kristoffersen | 28 | Jessheim | 17.08.1951 |
| 11.60 | Kåre Bang | 30 | Jessheim | 17.08.1951 |
| **MENN SENIOR 1951** | | **66** | | |

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

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| --- | --- | --- | --- | --- |
| 12.10 | Paul Røthe | 35 | Hauerseter | 17.06.1951 |
| 11.45 | Karl Laumb | 37 | Jessheim | 21.09.1951 |
| 10.70 | Per Halvorsrud | 37 | Jessheim | 21.09.1951 |
| 10.61 | Willy Bergerud | 37 | Jessheim | 21.09.1951 |

|  |  |
| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.10 | Kåre Bang | 30 | Løken | 11.08.1951 |
| 10.80 | Ove Lund | 23 | Jessheim | 29.07.1951 |
| 9.44 | Magne Lindholt | 22 | Jessheim | 29.07.1951 |

|  |  |
| --- | --- |
| **Diskos 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.12 | Kåre Bang | 30 | Oslo/Bi | 01.06.1951 |
| 31.35 | Rolf Nordberg | 32 | Jessheim | 29.07.1951 |
| 28.70 | Johan Olsen | 19 | Jessheim | 29.07.1951 |
| 27.82 | Tormod Holand | 33 | Kløfta | 09.06.1951 |

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

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| --- | --- | --- | --- | --- |
| 43.55 | Johan Olsen | 19 | Jessheim | 29.07.1951 |
| 42.16 | Magne Lindholt | 22 | Jessheim | 29.07.1951 |
| 38.27 | Kåre Bang | 30 | Jessheim | 29.07.1951 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:10.0 |  |  | Jessheim | 01.07.1951 |
| ? | | | |
| 2:10.1 | MS |  | Jessheim | 11.07.1951 |
| Hans Fodstad27-Paul Trøgstad32-Svein Skolt25-Kjell Kristoffersen28 | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.31 | Tormod Holand | 33 | Årnes | 05.03.1951 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.83 | Tormod Holand | 33 | Årmes | 04.04.1951 |

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| --- | --- |
| **MENN SENIOR 1952** | **67** |

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| --- |
| **Ivar Gulbrandsen kom på 6 plass med 1:32.57 i NM 25 km på Elverum 9. juni** |

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| --- |
| **3000m stafett på Bislett 12. juni: 7:51.8: Kåre Ellingsdalen 1500-Rolf Damlien400-** |
| **Kjell Kristoffersen200-Jan Tofte800-Hans Fodstad 100 m** |

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

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| --- | --- | --- | --- | --- |
| 11.5 | Kjell Kristoffersen | 28 | Jessheim | 17.08.1952 |
| 11.7 | Hans Fodstad | 27 | Kløfta | 11.08.1952 |
| 12.4 | Harald Jahren | 33 | Løken | 06.07.1952 |
| 12.6 | Rolf Damlien | 31 | Kløfta | 11.08.1952 |

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

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| --- | --- | --- | --- | --- |
| 24.3 | Kjell Kristoffersen | 28 | Jessheim | 16.07.1952 |

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

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| --- | --- | --- | --- | --- |
| 52.1 | Kjell Kristoffersen | 28 | Jessheim | 07.09.1952 |
| 54.2 | Kåre Ellingsdalen | 23 | Jessheim | 16.08.1952 |
| 59.3 | Ivar Gulbrandsen | 21 | Kløfta | 11.08.1952 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:03.6 | Rolf Damlien | 31 | Jessheim | 03.08.1952 |
| 2:03.8 | Jan Tofte | 31 | Jessheim | 03.08.1952 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:14.6 | Svein Skolt | 25 | Jessheim | 16.08.1952 |
| 4:15.8 | Ole Fossen | 27 | Kløfta | 19.08.1952 |
| 4:16.6 | Rolf Damlien | 31 | Kløfta | 19.08.1952 |
| 4:17.4 | Kåre Ellingsdalen | 23 | Kløfta | 19.08.1952 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:03.8 | Svein Skolt | 25 | Oslo/Bi | 25.06.1952 |
| 9:24.2 | Ole Fossen | 27 | Kløfta | 11.08.1952 |
| 10:02.0 | Sverre Sørensen | 18 | Kløfta | 11.08.1952 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:37.2 | Svein Skolt | 25 | Jessheim | 16.07.1952 |
| 15:59.2 | Ole Fossun | 27 | Jessheim | 07.09.1952 |
| 16:34.8 | Rolf Damlien | 31 | Jessheim | 03.08.1952 |
| 16:39.8 | Ivar Gulbrandsen | 21 | Jessheim | 16.08.1952 |
| 17:25.6 | Erik Lerdahl | 10 | Jessheim | 03.08.1952 |
| 17:32.2 | Sverre Sørensen | 18 | Jessheim | 03.08.1952 |
| **MENN SENIOR 1952** | | **68** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33:25.6 | Svein Skolt | 25 | Jessheim | 17.08.1952 |
| 33:31.8 | Ole Fossen | 27 | Jessheim | 17.08.1952 |
| 34:33.2 | Ivar Gulbrandsen | 21 | Jessheim | 17.08.1952 |

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

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| --- | --- | --- | --- | --- |
| 9:36.2 | Svein Skolt | 25 | Hamar | 12.06.1952 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.71 | Knut Tobiassen | 27 | Jessheim | 16.07.1952 |
| 1.65 | Hans Fodstad | 27 | Kløfta | 19.08.1952 |
| 1.60 | Paul Røthe | 35 | Nannestad | 06.07.1952 |
| 1.55 | Asbjørn Lund | 21 | Jessheim | 03.08.1952 |

|  |  |
| --- | --- |
| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.30 | Hans Fodstad | 27 | Jessheim | 07.09.1952 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.05 | Kjell Kristoffersen | 28 | Jessheim | 03.08.1952 |
| 5.96 | Asbjørn Lund | 21 | Jessheim | 07.09.1952 |
| 5.95 | Hans Fodstad | 27 | Jessheim | 03.08.1952 |
| 5.57 | Harald Jahren | 33 | Løken | 06.07.1952 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.19 | Asbjørn Lund | 21 | Jessheim | 16.08.1952 |
| 12.10 | Kjell Kristoffersen | 28 | Jessheim | 03.08.1952 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.85 | Magne Lindholt | 22 | Jessheim | 17.08.1952 |

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

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| --- | --- | --- | --- | --- |
| 49.1 | MS |  | Jessheim | 26.07.1952 |
| Hans Fodstad27-Harald Jahren33-Rolf Damlien31-Kjell Kristoffersen28 | | | |

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| --- | --- |
| **4x400m** |  |

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| --- | --- | --- | --- | --- |
| 3:39.4 |  |  | Jessheim | 26.07.1952 |
| ? | | | |

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| --- | --- |
| **MENN SENIOR 1952** | **69** |

|  |  |
| --- | --- |
| **4x1500m** |  |

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| --- | --- | --- | --- | --- |
| 17:29.6 | MS |  | Jessheim | 20.07.1952 |
| Ole Fossen27-Ivar Gulbrandsen21-Rolf Damlien31-Svein Skolt25 | | | |
| Fossen 4:23-Gulbrandsen4:32-Damlien4:23-Skolt4:11.6 | | | |

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

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| --- | --- | --- | --- | --- |
| 2:10.0 |  |  | Jessheim | 17.08.1952 |
| ? | | | |
| 2:10.1 |  |  | Jessheim | 03.08.1952 |
| ? | | | |

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| **MENN SENIOR 1953** | **70** |

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

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| --- | --- | --- | --- | --- |
| 7.7 | Sverre Støverud | 37 | Årnes | 21.06.1953 |
| 8.6 | Odd Skedsmo | 37 | Årnes | 21.06.1953 |

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| **80m M** |  |

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

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

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| --- | --- | --- | --- | --- |
| 12.2 | Hans Fodstad | 27 | Jessheim | 19.08.1953 |
| 12.3 | Per Berntsen | 35 | Jessheim | 01.07.1953 |
| 12.4 | Sverre Støverud | 37 | Jessheim | 19.08.1953 |
| 12.7 | Kristoffer Stanger | 33 | Jessheim | 19.08.1953 |
| 13.3 | John Wiig | 35 | Jessheim | 11.07.1953 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 57.0 | Kristoffer Stanger | 33 | Jessheim | 26.08.1953 |
| 57.1 | Harald Jahren | 37 | Sand | 07.06.1953 |
| 61.5 | John Wiig | 35 | Jessheim | 26.08.1953 |

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

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| 4:15.8 | Ole Fossen | 27 | Jessheim | 28.06.1953 |
| 4:43.8 | Kristoffer Stanger | 33 | Jessheim | 19.08.1953 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:57.6 | Ole Fossen | 27 | Skotterud | 16.08.1953 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:37.4 | Ole Fossen | 27 | Jessheim | 15.07.1953 |
| 17:28.2 | Svein Skolt | 25 | Jessheim | 26.08.1953 |
| 19:04.2 | Kristoffer Stanger | 33 | Jessheim | 26.08.1953 |

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

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| --- | --- | --- | --- | --- |
| 33:52.0 | Ole Fossen | 27 | Løken | 06.09.1953 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.61 | Hans Fodstad | 27 | Jessheim | 19.08.1953 |
| 1.61 | Odd Wiig | 34 | Jessheim | 15.07.1953 |
| 1.55 | Kristoffer Stanger | 33 | Jessheim | 19.09.1953 |

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| --- | --- |
| **MENN SENIOR 1953** | **71** |

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| --- | --- |
| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.40 | Hans Fodstad | 27 | Eidsvoll | 22.08.1953 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.88 | Hans Fodstad | 27 | Jessheim | 26.08.1953 |
| 5.79 | Asbjørn Heiret | 30 | Jessheim | 26.08.1953 |
| 5.68 | Per Berntsen | 35 | Jessheim | 01.07.1953 |
| 5.47 | Odd Wiig | 35 | Jessheim | 26.08.1953 |
| 5.09 | Kristoffer Stanger | 33 | Jessheim | 26.08.1953 |
| 5.01 | Tore Paulsberg | 34 | Jessheim | 26.08.1953 |
| 5.00 | Kristian Gjelstad | 37 | Årnes | 21.06.1953 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.36 | Hans Fodstad | 27 | Jessheim | 26.08.1953 |
| 11.47 | Asbjørn Heiret | 30 | Jessheim | 26.08.1953 |
| 10.74 | Tore Paulsberg | 34 | Jessheim | 26.08.1953 |
| 10.30 | Kristian Gjelstad | 37 | Jessheim | 26.08.1953 |
| 10.21 | Kristoffer Stanger | 33 | Jessheim | 26.08.1953 |
| 10.04 | John Wiig | 35 | Jessheim | 26.09.1953 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.49 | Kristian Gjelstad | 37 | Jessheim | 01.07.1953 |

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| --- | --- |
| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.57 | Per Berntsen | 35 | Jessheim | 01.07.1953 |

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| **KVINNER SENIOR 1953** | **74** |

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

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| --- | --- | --- | --- | --- |
| 8.3 | Kari Mo | 38 | Jessheim | 01.07.1953 |
| 8.5 | Ingrid Sundby | 39 | Jessheim | 01.07.1953 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.39 | Ingrid Sundby | 39 | Bergen/Kr | 12.09.1953 |
| 1.16 | Kari Mo | 38 | Jessheim | 12.09.1953 |

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| **MENN SENIOR 1954** | **73** |

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| **Det første kretsmesterskap gutter og Jenter arrangert på Jessheim 28 og 29 juni** |

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

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| --- | --- | --- | --- | --- |
| 8.1 | Sverre Støverud | 37 | Jessheim | 16.08.1954 |
| 8.4 | Odd Skedsmo | 37 | Jessheim | 16.08.1954 |
| 8.8 | Willy Laumo | 41 | Strømmen | 02.10.1954 |
| 8.7 | Håvard Uhlen | 39 | Strømmen | 02.10.1954 |
| 9.3 | Hans Kristian Hansen | 41 | Jessheim | 30.06.1954 |
| 9.6 | Bjørn Kleven | 41 | Jessheim | 02.08.1954 |
| 9.8 | Nils Kristen Wiig | 43 | Jessheim | 02.08.1954 |
| 10.1 | Magne Furuseth | 41 | Jessheim | 02.08.1954 |
|  | **Tvilsom tid – feil i avisen ?** |  |  |  |
| 8.5 | Nils Kristen Wiig | 43 | Strømmen | 02.10.1954 |

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

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| --- | --- | --- | --- | --- |
| 12.4 | Sverre Støverud | 37 | Jessheim | 28.06.1954 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 54.6 | Harald Jahren | 37 | Lillestrøm | 21.08.1954 |

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

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| --- | --- | --- | --- | --- |
| 2:06.8 | Harald Jahren | 37 | Lillestrøm | 22.08.1954 |

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

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| --- | --- | --- | --- | --- |
| 9:23.2 | Ole Fossen | 27 | Jessheim | 14.07.1954 |

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

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| --- | --- | --- | --- | --- |
| 15:46.4 | Ole Fossen | 27 | Lillestrøm | 21.08.1954 |

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

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| --- | --- | --- | --- | --- |
| 33:43.8 | Ole Fossen | 27 | Lillestrøm | 22.08.1954 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.35 | Odd Skedsmo | 37 | Jessheim | 16.08.1954 |
| 1.35 | Ola Johansen | 40 | Strømmen | 02.10.1954 |
| 1.31 | Kristian Gjelstad | 37 | Jessheim | 16.08.1954 |
| 1.25 | Halvard Sundby | 39 | Borgen | 09.08.1954 |
| 1.21 | Håvard Uhlen | 39 | Borgen | 09.08.1954 |

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| **MENN SENIOR 1954** | **74** |

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| --- | --- |
| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.90 | Anfinn Thoresen | 34 | Lillestrøm | 22.08.1954 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.78 | Anfinn Thoresen | 34 | Kløfta | 08.08.1954 |
| 4.23 | Hans Kristian Hansen | 41 | Sand | 20.06.1954 |
| 4.00 | Bjørn Kleven | 41 | Jessheim | 02.08.1954 |
| 3.88 | Nils Kristen Wiig | 43 | Strømmen | 02.10.1954 |
| 3.61 | Håvard Uhlen | 39 | Strømmen | 02.10.1954 |
| 3.56 | Magne Furuseth | 41 | Jessheim | 02.08.1954 |
| 3.52 | Jan Erik Martinsen | 40 | Sand | 20.06.1954 |
| 3.54 | Willy Laumo | 41 | Jessheim | 30.06.1954 |

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

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| --- | --- | --- | --- | --- |
| 12.26 | Arnfinn Thoresen | 34 | Lillestrøm | 22.08.1954 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.80 | Kristian Gjelstad | 37 | Jessheim | 16.08.1954 |
| 9.36 | Odd Skedsmo | 37 | Jessheim | 16.08.1954 |
| 8.65 | Håvard Uhlen | 39 | Strømmen | 02.10.1954 |
| 7.08 | Jan Erik Martinsen | 40 | Sand | 20.06.1954 |

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| --- | --- |
| **Kule 5.5 kg** |  |

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

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.68 | Anfinn Thoresen | 34 | Kløfta | 08.08.1954 |

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| --- | --- |
| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 34.28 | Anfinn Thoresen | 34 | Kløfta | 07.08.1954 |

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

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| --- | --- | --- | --- | --- |
| 45.33 | Anfinn Thoresen | 34 | Kløfta | 07.08.1954 |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 55.37 | Håvard Uhlen | 39 | Borgen | 09.08.1954 |
| 48.61 | Bjørn Kleven | 41 | Jessheim | 02.08.1954 |
| 45.09 | Bjørn Karlsen | 41 | Jessheim | 02.08.1954 |
| 42.35 | Nils Kristen Wiig | 43 | Jessheim | 02.08.1954 |
| **MENN SENIOR 1954** | | **75** | | |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.90 | Anfinn Thoresen | 34 | Lillestrøm/Vo | 14.03.1954 |
| 2.78 | Jens Kristian Sørum | 32 | Kløfta | 24.04.1954 |

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| **KVINNER SENIOR 1954** | **76** |

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

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| --- | --- | --- | --- | --- |
| 8.2 | Kari Mo | 38 | Jessheim | 29.08.1954 |
| 8.4 | Ingrid Sundby | 39 | Jessheim | 19.09.1954 |
| 8.7 | Marie Belsvik | 36 | Strømmen | 02.10.1954 |
| 9.2 | Liv Jensen | 40 | Jessheim | 28.06.1954 |
| 9.2 | Åshild Sørum | 39 | Jessheim | 28.08.1954 |
| 9.3 | Dagny Vethal | 40 | Jessheim | 19.09.1954 |
| 9.7 | Gerd Erlandsen | 41 | Jessheim | 19.09.1954 |
| 9.8 | Karin Lund | 41 | Jessheim | 02.08.1954 |
| 9.8 | Irene Belsvik | 42 | Strømmen | 02.10.1954 |
| 9.9 | Ingrid Sundby | 39 | Jessheim | 30.06.1954 |
| 10.0 | Tove Johansen | 41 | Jessheim | 28.06.1954 |
| 10.0 | Astrid Sundby | 42 | Strømmen | 02.10.1954 |
| 10.0 | Unn Henriksen | 42 | Strømmen | 02.10.1954 |
| 10.4 | Karin Bråthen | 42 | Strømmen | 02.10.1954 |

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

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| --- | --- | --- | --- | --- |
| 13.5 | Kari Mo | 38 | Lillestrøm | 21.08.1954 |
| 13.7 | Ingrid Sundby | 39 | Lillestrøm | 21.08.1954 |
| 13.9 | Marie Belsvik | 36 | Lillestrøm | 21.08.1954 |
| **Flaggstart** | |  | | |
| 13.3 | Kari Mo | 38 | Borgen | 05.09.1954 |
| 13.5 | Ingrid Sundby | 39 | Borgen | 05.09.1954 |
| 13.6 | Marie Belsvik | 36 | Borgen | 05.09.1954 |

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

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| 29.2 | Kari Mo | 38 | Lillestrøm | 22.08.1954 |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.40 | Kari Mo | 38 | Borgen | 05.09.1954 |
| 1.38 | Åshild Sørum | 39 | Lillestrøm | 23.08.1954 |
| 1.36.5 | Ingrid Sundby | 39 | Sand | 20.06.1954 |
| 1.28 | Marie Belsvik | 36 | Jessheim | 28.06.1954 |
| 1.20 | Anne Refsum | 41 | Strømmen | 02.10.1954 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.98 | Marie Belsvik | 36 | Borgen | 05.09.1954 |
| 4.78 | Kari Mo | 38 | Jessheim | 03.10.1954 |
| 4.71 | Liv Jensen | 40 | Jessheim | 03.10.1954 |
| 4.60 | Ingrid Sundby | 39 | Borgen | 05.09.1954 |
| 4.17 | Åshild Sørum | 39 | Borgen | 09.09.1954 |
| 3.93 | Tove Johansen | 41 | Jessheim | 19.09.1954 |
| 3.92 | Dagny Vethal | 40 | Jessheim | 19.09.1958 |
| **KVINNER SENIOR 1954** | | **77** | | |

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| --- | --- |
| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 3.73 | Karin Lund | 41 | Jessheim | 28.08.1954 |
| 3.50 | Unn Henriksen | 42 | Jessheim | 30.06.1954 |
| 3.49 | Irene Belsvik | 42 | Strømmen | 02.10.1954 |
| 3.40 | Astrid Sundby | 42 | Strømmen | 02.10.1954 |
| 3.23 | Reidun Hansen | 45 | Jessheim | 02.08.1954 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.70 | Liv Jensen | 40 | Strømmen | 02.10.1954 |
| 6.91 | Åshild Sørum | 39 | Jessheim | 03.10.1954 |
| 6.91 | Kari Mo | 38 | Jessheim | 03.10.1954 |
| 6.58 | Liv Jensen | 40 | Jessheim | 03.10.1954 |

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

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| --- | --- | --- | --- | --- |
| 22.31 | Ingrid Sundby | 39 | Lillestrøm | 22.08.1954 |

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

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| --- | --- | --- | --- | --- |
| 22.09 | Ingrid Sundby | 39 | Lillestrøm | 22.08.1954 |
| 20.72 | Liv Jensen | 40 | Lillestrøm | 22.08.1954 |
| 19.06 | Kari Mo | 38 | Lillestrøm | 22.08.1954 |

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

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| --- | --- | --- | --- | --- |
| 37.72 | Ingrid Sundby | 39 | Borgen | 05.09.1954 |
| 35.70 | Marie Belsvik | 36 | Jessheim | 28.06.1954 |
| 31.93 | Kari Mo | 38 | Borgen | 09.08.1954 |
| 27.87 | Åshild Sørum | 39 | Jessheim | 16.08.1954 |
| 25.95 | Liv Jensen | 40 | Borgen | 05.09.1954 |

|  |  |
| --- | --- |
| **Liten ball 80 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.31 | Åshild Sørum | 39 | Jessheim | 19.09.1954 |
| 48.44 | Ingrid Sundby | 39 | Borgen | 09.08.1954 |
| 40.81 | Astrid Sundby | 42 | Jessheim | 19.09.1954 |
| 39.15 | Liv Jensen | 40 | Borgen | 09.08.1954 |
| 38.25 | Karin Lund | 41 | Jessheim | 19.09.1954 |
| 35.50 | Annie Refsum | 41 | Strømmen | 02.10.1954 |
| 34.78 | Tove Johansen | 41 | Jessheim | 02.08.1954 |

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| **MENN SENIOR 1955** | **78** |

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| --- |
| **Per Ødegaard f. 1919 nr. 13 i NM 25 km landeveisløp med 1:40.03 i Trondheim 12. juni** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.1 | Willy Laumo | 41 | Eidsvoll | 07.08.1955 |
| 8.8 | Hans Kristian Hansen | 41 | Jessheim | 04.06.1955 |
| 9.1 | Nils Kristen Wiig | 43 | Eidsvoll | 07.08.1955 |

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

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| --- | --- | --- | --- | --- |
| 12.2 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |

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

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| --- | --- | --- | --- | --- |
| 56.1 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |

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

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| --- | --- | --- | --- | --- |
| 2:13.0 | Harald Jahren | 37 | Lillestrøm | 04.09.1955 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:05.3 | Anfinn Thoresen | 34 | Rolvsrud | 12.06.1955 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:21.8 | Ole Fossen | 27 | Jessheim | 13.07.1955 |

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

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| --- | --- | --- | --- | --- |
| 16:01.2 | Ole Fossen | 27 | Lillestrøm | 03.09.1955 |

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

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| --- | --- | --- | --- | --- |
| 34:49.2 | Ole Fossen | 27 | Lillestrøm | 04.09.1955 |

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

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| 19.7 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 1.24 | Nils Kristen Wiig | 43 | Jessheim | 28.08.1955 |

|  |  |
| --- | --- |
| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.80 | Anfinn Thoresen | 34 | Lillestrøm | 11.09.1955 |
| **MENN SENIOR 1955** | | **79** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.44 | Anfinn Thoresen | 34 | Lillestrøm | 03.09.1955 |
| 3.94 | Nils Kristen Wiig | 43 | Jessheim | 28.08.1955 |

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

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| --- | --- | --- | --- | --- |
| 13.28 | Anfinn Thoresen | 34 | Lillestrøm | 04.09.1955 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.21 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |

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| --- | --- |
| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 34.09 | Anfinn Thoresen | 34 | Lillestrøm | 11.09.1955 |

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

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| 50.80 | Anfinn Thoresen | 34 | Kløfta | 20.08.1955 |

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

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| --- | --- | --- | --- | --- |
| 2153 | Anfinn Thoresen | 34 | Rolvsrud | 12.06.1955 |
| 6.20-43.85-24.8w-32.25-5:05.3 | | | |

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

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| --- | --- | --- | --- | --- |
| 4004 | Anfinn Thoresen | 34 | Lillestrøm | 10-11.09.1955 |
| 12.2-6.39-10.21-1.50-56.1/19.7-34.09-2.80-44.77-5:14.0 | | | |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.90 | Anfinn Thoresen | 34 | Jessheim | 06.03.1955 |

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| **KVINNER SENIOR 1955** | **80** |

|  |  |
| --- | --- |
| **40m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.9 | Ragnhild Sundby | 44 | Jessheim | 04.06.1955 |
| 8.0 | Toril Granås | 46 | Jessheim | 04.06.1955 |
| 8.1 | Kari Korsmo | 46 | Jessheim | 04.06.1955 |
| 8.1 | Guri Øverby | 45 | Jessheim | 04.06.1955 |
| 8.1 | Ellen Refsum | 46 | Jessheim | 04.06.1955 |
| 8.5 | Lillian Laumo | 42 | Jessheim | 04.06.1955 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.0 | Kari Mo | 38 | Sandvika/Ka | 04.09.1955 |
| 8.2 | Ingrid Sundby | 38 | Sandvika/Ka | 25.06.1955 |
| 8.3 | Marie Belsvik | 36 | Lillestrøm | 03.09.1955 |
| 8.5 | Dagny Vethal | 40 | Sandvika/Ka | 25.06.1955 |
| 8.6 | Liv Jensen | 40 | Jessheim | 04.10.1955 |
| 8.9 | Åshild Sørum | 39 | Lillestrøm | 11.06.1955 |
| 8.9 | Astrid Sundby | 42 | Eidsvoll | 07.08.1955 |
| 9.1 | Unn Henriksen | 42 | Jessheim | 28.08.1955 |
| 9.2 | Irene Belsvik | 42 | Jessheim | 28.08.1955 |
| 9.2 | Inge Sand | 43 | Jessheim | 28.08.1955 |
| 9.6 | Gerd Erlandsen | 41 | Jessheim | 28.08.1955 |
| 9.7 | Ragnhild Sundby | 44 | Jessheim | 04.10.1955 |
| 10.4 | Anne Marie Søberg | 45 | Jessheim | 22.06.1955 |
| 10.8 | Brit Elton | 45 | Jessheim | 22.06.1955 |
| **Medvind** | |  | | |
| 8.0 | Kari Mo | 38 | Oslo/Jo | 16.06.1955 |
| 9.1 | Ragnhild Sundby | 44 | Oslo/Jo | 16.06.1955 |
| 9.2 | Irene Belsvik | 42 | Oslo/Jo | 16.06.1955 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.7 | Kari Mo | 38 | Oslo/Bi | 16.05.1955 |
| 13.4 | Ingrid Sundby | 39 | Sarpsborg | 27.07.1955 |
| 13.5 | Marie Belsvik | 36 | Sandvika/Ka | 10.06.1955 |
| 13.6 | Åshild Sørum | 39 | Kløfta | 08.06.1955 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.7 | Kari Mo | 38 | Sandvika/Ka | 16.08.1955 |
| 29.9 | Ingrid Sundby | 39 | Lillestrøm | 04.09.1955 |
| 30.1 | Åshild Sørum | 39 | Lillestrøm | 04.09.1955 |
| 30.2 | Marie Belsvik | 36 | Lillestrøm | 04.09.1955 |
| 32.1 | Liv Jensen | 40 | Lillestrøm | 04.09.1955 |

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| --- | --- |
| **80m hekk 76.2 cm** |  |

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| --- | --- | --- | --- | --- |
| 16.5 | Kari Mo | 38 | Sandvika/Ka | 17.08.1955 |
| **KVINNER SENIOR 1955** | | **81** | | |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.43 | Kari Mo | 38 | Lillestrøm | 11.06.1955 |
| 1.40 | Ingrid Sundby | 39 | Lillestrøm | 11.05.1955 |
| 1.21 | Anne Refsum | 41 | Jessheim | 04.06.1955 |
| 1.21 | Marie Belsvik | 36 | Jessheim | 04.06.1955 |
| 1.20 | Åshild Sørum | 39 | Kløfta | 12.06.1955 |
| 1.18 | Liv Jensen | 40 | Jessheim | 28.08.1955 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.97 | Marie Belsvik | 36 | Lillestrøm | 04.09.1955 |
| 4.79 | Kari Mo | 38 | Lillestrøm | 11.06.1955 |
| 4.49 | Ingrid Sundby | 39 | Jessheim | 22.06.1955 |
| 4.48 | Liv Jensen | 40 | Jessheim | 13.07.1955 |
| 4.38 | Åshild Sørum | 39 | Jessheim | 13.07.1955 |
| 4.24 | Astrid Sundby | 42 | Lillestrøm | 04.09.1955 |
| 4.18 | Tove Johansen | 41 | Jessheim | 28.08.1955 |
| 3.91 | Dagny Vethal | 40 | Jessheim | 22.06.1955 |
| 3.90 | Unni Henriksen | 42 | Jessheim | 28.08.1955 |
| 3.79 | Inge Sand | 43 | Jessheim | 04.10.1955 |
| 3.70 | Ragnhild Sundby | 44 | Jessheim | 04.10.1955 |

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

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| --- | --- | --- | --- | --- |
| 8.54 | Åshild Sørum | 39 | Lillestrøm | 03.09.1955 |
| 7.78 | Liv Jensen | 40 | Eidsvoll | 07.08.1955 |
| 6.83 | Karin Lund | 41 | Jessheim | 04.06.1955 |

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

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| --- | --- | --- | --- | --- |
| 28.24 | Ingrid Sundby | 39 | Lillestrøm | 04.09.1955 |
| 20.88 | Liv Jensen | 40 | Jessheim | 28.08.1955 |
| 20.25 | Kari Mo | 38 | Jessheim | 28.08.1955 |

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

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| --- | --- | --- | --- | --- |
| 24.11 | Ingrid Sundby | 39 | Lillestrøm | 04.09.1955 |
| 21.84 | Åshild Sørum | 39 | Lillestrøm | 04.09.1955 |
| 18.56 | Liv Jensen | 40 | Lillestrøm | 04.09.1955 |

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| **KVINNER SENIOR 1955** | **82** |

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| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 43.95 | Ingrid Sundby | 39 | Eidsvoll | 07.08.1955 |
| 39.70 | Gerd Erlandsen | 41 | Eidsvoll | 07.08.1955 |
| 38.80 | Kari Mo | 38 | Eidsvoll | 07.08.1955 |
| 36.95 | Anne Refsum | 41 | Eidsvoll | 07.08.1955 |
| 35.55 | Randi Røe | 40 | Eidsvoll | 07.08.1955 |
| 32.64 | Astrid Sundby | 42 | Jessheim | 28.08.1955 |

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

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| --- | --- | --- | --- | --- |
| 36.83 | Ingrid Sundby | 39 | Jessheim | 04.06.1955 |
| 32.27 | Åshild Sørum | 39 | Jessheim | 28.08.1955 |
| 30.70 | Marie Belsvik | 36 | Lillestrøm | 03.09.1955 |

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| --- | --- |
| **4x60m** |  |

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| --- | --- | --- | --- | --- |
| 33.2 | K19 |  | Oslo/Jo | 17.06.1955 |
| Kari Mo38-Åshild Sørum39-Marie Belsvik36-Ingrid Sundby39 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.1 | K19 |  | Oslo/Bi | 14.08.1955 |
| Kari Mo38-Åshild Sørum39-Marie Belsvik36-Ingrid Sundby39 | | | |
| 54.8 |  |  | Lillestrøm | 28.08.1955 |
| ? | | | |
| 55.2 | K19 |  | Gjøvik | 05.06.1955 |
| Kari Mo38-Åshild Sørum39-Marie Belsvik36-Ingrid Sundby39 | | | |
| 55.2 |  |  | Eidsvoll | 08.08.1955 |
| ? | | | |
| 57.1 |  |  | Jessheim | 22.06.1955 |
| ? | | | |
| 58.5 |  |  | Jessheim | 28.08.1955 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.20 | Liv Jensen | 40 | Jessheim | 06.03.1955 |
| 2.18 | Ingrid Sundby | 39 | Jessheim | 06.03.1955 |
| 2.17 | Marie Belsvik | 39 | Jessheim | 06.03.1955 |
| 2.10 | Åshild Sørum | 39 | Jessheim | 06.03.1955 |
| 2.05 | Irene Belsvik | 42 | Jessheim | 06.03.1955 |
| 1.98 | Tove Johansen | 41 | Jessheim | 06.03.1955 |
| 1.94 | Astrid Sundby | 42 | Jessheim | 06.03.1955 |
| 1.86 | Ragnhild Sundby | 44 | Jessheim | 06.03.1955 |
| **MENN SENIOR 1956** | | **83** | | |

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

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| --- | --- | --- | --- | --- |
| 7.9 | Hans Kristian Hansen | 41 | Strømmen | 26.08.1956 |
| 8.2 | Svein Skedsmo | 40 | Jessheim | 30.06.1956 |
| 8.2 | Willy Laumo | 41 | Strømmen | 26.08.1956 |
| 8.6 | Thor Martin Furuseth | 41 | Jessheim | 30.09.1956 |
| 8.8 | Håvard Uhlen | 39 | Jessheim | 30.09.1956 |
| 8.9 | Roger Norbech | 42 | Strømmen | 26.08.1956 |
| 9.1 | Nils Kristen Wiig | 43 | Strømmen | 26.08.1956 |
| 9.4 | Jan Eriksen | 44 | Strømmen | 26.08.1956 |
| 9.6 | Jan Aas | 44 | Jessheim | 30.09.1944 |
| 9.6 | Arvid Martinsen | 43 | Strømmen | 26.08.1956 |
| 9.7 | Sven Jensen | 44 | Jessheim | 30.09.1956 |
| 9.8 | Svend Magnussen | 44 | Jessheim | 30.09.1956 |
| 10.1 | Gunnar Eriksen | 41 | Jessheim | 27.05.1956 |
| 10.0 | Reidar Enerud | 43 | Strømmen | 26.08.1956 |
| 10.7 | Arvid Sletta | 46 | Jessheim | 21.05.1956 |
| 11.7 | Arvid Haslie | 47 | Jessheim | 21.05.1956 |

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

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| --- | --- | --- | --- | --- |
| 12.2 | Anfinn Thoresen | 34 | Kløfta | 22.08.1956 |
| 12.6 | Hans Kristian Hansen | 41 | Jessheim | 22.08.1956 |
| 12.6 | Kristoffer Stanger | 33 | Jessheim | 22.08.1956 |

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

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| --- | --- | --- | --- | --- |
| 55.9 | Kristoffer Stanger | 33 | Jessheim | 22.08.1956 |
| 56.6 | Anfinn Thoresen | 34 | Jessheim | 22.08.1956 |
| 64.0 | Hans Kristian Hansen | 41 | Jessheim | 22.08.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:07.6 | Johannes Bruvik | 36 | Råholt | 25.07.1956 |
| 2:20.3 | Kristoffer Stanger | 33 | Kløfta | 10.06.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:18.0 | Johannes Bruvik | 36 | Kirkenær | 09.09.1956 |
| 4:41.8 | Kristoffer Stanger | 33 | Råholt | 02.09.1956 |

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

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| --- | --- | --- | --- | --- |
| 9:35.2 | Johannes Bruvik | 36 | Råholt | 02.09.1956 |
| 9:56.0 | Ole Fossen | 27 | Kløfta | 10.06.1956 |

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| **MENN SENIOR 1956** | **84** |

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

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| --- | --- | --- | --- | --- |
| 21.1 | Kristoffer Stanger | 33 | Råholt | 02.09.1956 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.63 | Kristoffer Stanger | 33 | Jessheim | 22.08.1956 |
| 1.50 | Anfinn Thoresen | 34 | Jessheim | 22.08.1956 |
| 1.47 | Thor Martin Furuseth | 41 | Jessheim | 30.09.1956 |
| 1.47 | Halvard Sundby | 39 | Jessheim | 30.09.1956 |
| 1.45 | Hans Kristian Hansen | 41 | Jessheim | 30.09.1956 |
| 1.27 | Kjell Molstad | 42 | Strømmen | 26.08.1956 |
| 1.22 | Nils Kristen Wiig | 43 | Strømmen | 26.08.1953 |
| 1.20 | Roger Norbech | 42 | Jessheim | 30.09.1956 |
| 1.17 | Reidar Enerud | 43 | Strømmen | 26.08.1956 |
| 1.12 | Arvid Martinsen | 43 | Jessheim | 30.09.1956 |
| 1.12 | Reidar Enerud | 43 | Jessheim | 30.09.1956 |
| 1.12 | Sven Jensen | 44 | Jessheim | 30.09.1956 |
| 1.10 | Svend Magnussen | 44 | Jessheim | 30.09.1956 |
| 1.10 | Jan Aas | 44 | Jessheim | 30.09.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.27 | Anfinn Thoresen | 34 | Kløfta | 10.06.1956 |
| 5.49 | Kristoffer Stanger | 33 | Jessheim | 22.08.1956 |
| 5.45 | Hans Kristian Hansen | 41 | Jessheim | 30.09.1956 |
| 4.79 | Thor Martin Furuseth | 41 | Jessheim | 30.09.1956 |
| 4.65 | Halvdan Sundby | 39 | Jessheim | 30.09.1956 |
| 4.21 | Nils Kristen Wiig | 43 | Jessheim | 30.09.1956 |
| 3.83 | Roger Nordbech | 42 | Jessheim | 30.09.1956 |
| 3.83 | Reidar Enerud | 43 | Jessheim | 30.09.1956 |
| 3.75 | Arvid Martinsen | 43 | Jessheim | 30.09.1956 |
| 3.62 | Svend Magnussen | 44 | Jessheim | 30.09.1956 |
| 3.60 | Jan Aas | 44 | Jessheim | 30.09.1956 |
| 3.57 | Sven Jensen | 44 | Jessheim | 30.09.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.93 | Anfinn Thoresen | 34 | Årnes | 26.08.1956 |
| 10.99 | Kristoffer Stanger | 33 | Jessheim | 22.08.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.82 | Halvard Sundby | 39 | Jessheim | 30.09.1956 |
| 12.21 | Hans Kristian Hansen | 41 | Jessheim | 30.09.1956 |

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| **MENN SENIOR 1956** | **85** |

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| --- | --- |
| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.76 | Anfinn Thoresen | 34 | Kløfta | 10.06.1956 |
| 7.67 | Kristoffer Stanger | 33 | Råholt | 01.09.1956 |

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| --- | --- |
| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 36.23 | Anfinn Thoresen | 34 | Jessheim | 22.08.1956 |
| 26.73 | Kristoffer Stanger | 33 | Råholt | 02.09.1956 |

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

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| --- | --- | --- | --- | --- |
| 50.88 | Anfinn Thoresen | 34 | Årnes | 25.08.1956 |
| 24.24 | Kristoffer Stanger | 33 | Råholt | 02.09.1956 |

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| **10-kamp 100m-Lengde-Kulle-Høyde-400m/** | **110m. hekk-Diskos-Stav-Spyd-1500m** |

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| --- | --- | --- | --- | --- |
| 2878 | Kristoffer Stanger | 33 | Råholt | 01-02.09.1956 |
| 12.8-1.60-5.45-7.67-56.8/21.1-26.23-0-24.24-4:41.8 | | | |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 3.11 | Anfinn Thoresen | 34 | Lillestrøm/Vi | 04.03.1956 |

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| **KVINNER SENIOR 1956** | **86** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.5 | Åshild Sørum | 39 | Jessheim | 17.06.1956 |
| 8.5 | Marie Belsvik | 36 | Oslo/Bi | 09.09.1956 |
| 8.5 | Inge Sand | 43 | Oslo/Bi | 09.09.1956 |
| 8.8 | Astrid Sundby | 42 | Jessheim | 27.05.1956 |
| 9.0 | Unn Henriksen | 42 | Jessheim | 27.05.1956 |
| 9.0 | Liv Jensen | 40 | Jessheim | 17.06.1956 |
| 9.0 | Ragnhild Sundby | 44 | Strømmen | 26.08.1956 |
| 9.1 | Irene Belsvik | 42 | Jessheim | 27.05.1956 |
| 9.5 | Kari Kolbjørnsen | 44 | Jessheim | 30.09.1956 |
| 9.8 | Kari Jørgensen | 44 | Strømmen | 26.08.1956 |
| 9.8 | Randi Røe | 40 | Strømmen | 26.08.1956 |
| 9.8 | Ingjerd Gystad | 47 | Jessheim | 30.09.1956 |
| 9.9 | Anne Marie Søberg | 45 | Strømmen | 26.08.1956 |
| 10.2 | Ellen Refsum | 46 | Jessheim | 30.09.1956 |
| 10.8 | Inger Laache | 46 | Jessheim | 30.09.1956 |
| 11.4 | Kari Berrefjord | 46 | Jessheim | 27.05.1956 |
| **Medvind** | |  | | |
| 8.0 | Kari Mo | 38 | Elverum | 29.09.1956 |
| 8.2 | Ingrid Sundby | 39 | Elverum | 29.09.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.2 | Ingrid Sundby | 39 | Sarpsborg | 03.06.1956 |
| 13.5 | Kari Mo | 38 | Oslo/Bi | 10.08.1956 |
| 14.0 | Marie Belsvik | 36 | Raufoss | 01.07.1956 |
| 14.1 | Åshild Sørum | 39 | Oslo/Bi | 11.06.1956 |
| 14.2 | Astrid Sundby | 42 | Oslo/Bi | 11.06.1956 |
| 14.3 | Liv Jensen | 40 | Oslo/Bi | 11.06.1956 |
| 14.4 | Inge Sand | 43 | Jessheim | 11.07.1956 |
| 14.6 | Unn Henriksen | 42 | Oslo/Bi | 11.06.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.3 | Kari Mo | 38 | Råholt | 25.07.1956 |
| 30.5 | Ingrid Sundby | 39 | Råholt | 25.07.1956 |
| 30.9 | Astrid Sundby | 42 | Råholt | 25.07.1956 |
| 30.9 | Åshild Sørum | 39 | Råholt | 25.07.1956 |
| 31.0 | Marie Belsvik | 36 | Råholt | 25.07.1956 |

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| --- | --- |
| **80m hekk 76.2 cm** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.8 | Liv Jensen | 40 | Jessheim | 12.08.1956 |
| 15.2 | Ingrid Sundby | 39 | Strømmen | 26.08.1956 |
| 15.5 | Unn Henriksen | 42 | Strømmen | 26.08.1956 |

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| **KVINNER SENIOR 1956** | **87** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.36 | Ingrid Sundby | 39 | Raufoss | 01.07.1956 |
| 1.32 | Liv Jensen | 40 | Jessheim | 30.09.1956 |
| 1.27 | Marie Belsvik | 36 | Jessheim | 27.05.1956 |
| 1.27 | Åshild Sørum | 39 | Strømmen | 26.08.1956 |
| 1.25 | Astrid Sundby | 42 | Jessheim | 30.09.1956 |
| 1.22 | Inge Sand | 43 | Jessheim | 30.09.1956 |
| 1.18 | Irene Belsvik | 42 | Jessheim | 30.09.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.91 | Marie Belsvik | 36 | Raufoss | 01.07.1956 |
| 4.59 | Ingrid Sundby | 39 | Jessheim | 11.07.1956 |
| 4.59 | Astrid Sundby | 42 | Jessheim | 28.09.1956 |
| 4.50 | Liv Jensen | 40 | Jessheim | 12.06.1956 |
| 4.46 | Inge Sand | 43 | Jessheim | 30.09.1956 |
| 4.35 | Åshild Sørum | 39 | Jessheim | 11.07.1956 |
| 4.15 | Irene Belsvik | 42 | Jessheim | 30.09.1956 |
| 4.01 | Ragnhild Sundby | 44 | Strømmen | 26.08.1956 |
| 3.92 | Unn Henriksen | 42 | Strømmen | 26.08.1956 |
| 3.51 | Kari Jørgensen | 44 | Jessheim | 30.09.1958 |
| 3.16 | Anne Marie Søberg | 45 | Strømmen | 26.08.1956 |
| 2.85 | Anne Fagertun | 45 | Jessheim | 30.09.1956 |
| 2.61 | Inger Laache | 46 | Jessheim | 30.09.1956 |
| **Uapprobert** | |  | | |
| 4.63 | Kari Mo | 38 | Elverum | 29.09.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.49 | Berit Wethal | 34 | Jessheim | 12.08.1956 |
| 8.26 | Liv Jensen | 40 | Jessheim | 17.06.1956 |
| 8.07 | Åshild Sørum | 39 | Jessheim | 17.06.1956 |
| 6.92 | Kari Lund | 41 | Jessheim | 21.05.1956 |
| **Ubekreftet** | |  | | |
| 10.82 | Berit Wethal | 34 | Råholt | 11.08.1954 |
| 8.76 | Astrid Sundby | 42 | Råholt | 11.08.1956 |
| 8.65 | Liv Jensen | 40 | Råholt | 11.08.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.79 | Ingrid Sundby | 36 | Raufoss | 01.07.1956 |
| 25.03 | Astrid Sundby | 42 | Raufoss | 01.07.1956 |
| 19.50 | Liv Jensen | 40 | Jessheim | 21.05.1956 |
| 18.51 | Berit Wethal | 34 | Jessheim | 21.05.1956 |

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| **KVINNER SENIOR 1956** | **88** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.49 | Astrid Sundby | 42 | Jessheim | 12.08.1956 |
| 21.21 | Liv Jensen | 40 | Jessheim | 30.09.1956 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 40.09 | Ingrid Sundby | 39 | Strømmen | 26.08.1956 |
| 37.80 | Berit Wethal | 34 | Raufoss | 01.07.1956 |
| 36.66 | Astrid Sundby | 42 | Strømmen | 26.08.1956 |
| 33.10 | Gerd Erlandsen | 41 | Jessheim | 21.05.1956 |
| 32.42 | Liv Jensen | 40 | Strømmen | 26.08.1956 |
| 32.23 | Randi Røe | 40 | Strømmen | 26.08.1956 |
| 32.14 | Åshild Sørum | 39 | Jessheim | 27.05.1956 |
| 32.08 | Anne Refsum | 41 | Jessheim | 27.05.1956 |
| 30.27 | Kari Lund | 41 | Jessheim | 17.06.1956 |

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| --- | --- |
| **4x60m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.2 | 1, lag |  | Råholt | 11.08.1956 |
| ? | | | |
| 34.6 | 2. lag |  | Råholt | 11.08.1956 |
| ? | | | |
| 35.3 | 3. lag |  | Råholt | 11.08.1956 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.9 | Nr. 5 i NM |  | Stavanger | 19.08.1953 |
| ? | | | |
| 56.0 |  |  | Råholt | 11.08.1956 |
| ? | | | |
| 59.0 | 2. lag i NM |  | Stavanger | 19.08.1956 |
| ? | | | |
| 59.9 | 2. lag |  | Råholt | 11.08.1956 |
| ? | | | |

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| **KVINNER SENIOR 1956** | **89** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 0.95 | Åshild Sørum | 39 | Lillestrøm/Vi | 04.03.1956 |
| 0.90 | Liv Jensen | 40 | Lillestrøm/Vi | 04.03.1956 |
| 0.85 | Astrid Sundby | 42 | Lillestrøm/Vi | 04.03.1956 |
| 0.80 | Irene Belsvik | 42 | Lillestrøm/Vi | 04.03.1936 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.28 | Åshild Sørum | 39 | Lillestrøm/Vi | 04.03.1956 |
| 2.23 | Liv Jensen | 40 | Lillestrøm/Vi | 04.03.1956 |
| 2.19 | Astrid Sundby | 42 | Lillestrøm/Vi | 04.03.1956 |
| 2.12 | Irene Belsvik | 42 | Lillestrøm/Vi | 04.03.1956 |
| 2.08 | Inge Sand | 43 | Lillestrøm/Vi | 04.03.1956 |
| 2.06 | Ragnhild Sundby | 44 | Lillestrøm/Vi | 04.03.1956 |
| 2.02 | Unn Henriksen | 42 | Lillestrøm/Vi | 04.03.1956 |

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| --- | --- |
| **MENN SENIOR 1957** | **90** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.4 | Hans Kristian Hansen | 41 | Sandvika/Ka | 30.06.1957 |
| 7.5 | Hans Asak | 41 | Sandvika/Ka | 30.06.1957 |
| 8.0 | Thor Martin Furuseth | 41 | Jessheim | 10.08.1957 |
| 8.4 | Frank Furuseth | 42 | Jessheim | 10.08.1057 |
| 8.6 | Per Kopperud | 39 | Mo | 04.08.1957 |
| 9.1 | Jan Aas | 44 | Jessheim | 10.08.1957 |
| 9.2 | Arvid Martinsen | 43 | Jessheim | 10.08.1957 |
| 9.2 | Jan Eriksen | 44 | Jessheim | 10.08.1957 |
| 9.6 | Henning Enger | 46 | Gardermoen | 28.09.1957 |
| 10.0 | Martin Bratfos | 47 | Jessheim | 10.08.1957 |
| 10.1 | Jan Grinderud | 46 | Gardermoen | 28.09.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.1 | Hans Asak | 41 | Jessheim | 16.06.1957 |
| 12.1 | Erling Støland | 34 | Jessheim | 28.08.1957 |
| 12.2 | Per Kopperud | 39 | Jessheim | 28.08.1957 |
| 12.2 | Kjell Larsen | 37 | Jessheim | 16.06.1957 |
| 12.3 | Anfinn Thoresen | 34 | Jessheim | 28.08.1957 |
| 12.4 | Finn Asak | 39 | Jessheim | 10.08.1957 |
| 12.4 | Thor Martin Furuseth | 41 | Jessheim | 28.08.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.6 | Hans Asak | 41 | Jessheim | 05.06.1957 |
| 25.7 | Per Kopperud | 39 | Jessheim | 05.06.1957 |
| 26.1 | Thor Martin Furuseth | 41 | Jessheim | 05.06.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 57.7 | Thor Martin Furuseth | 41 | Jessheim | 27.05.1957 |
| 58.8 | Kristoffer Stanger | 33 | Jessheim | 28.08.1957 |
| 58.9 | Hans Kristan Hansen | 41 | Jessheim | 28.08.1957 |
| 60.2 | Håvard Uhlen | 39 | Jessheim | 27.05.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:40.3 | Kristoffer Stanger | 33 | Jessheim | 26.08.1957 |
| 4:42.3 | Ola Wethal | 33 | Jessheim | 26.08.1957 |
| 4:42.4 | Per Ødegård | 29 | Jessheim | 26.08.1957 |

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| **MENN SENIOR 1957** | **91** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:59.6 | Kristoffer Stanger | 33 | Jessheim | 28.08.1957 |
| 17:59.8 | Ola Wethal | 33 | Jessheim | 28.08.1957 |
| 18:27.4 | Per Ødegård | 29 | Jessheim | 28.08.1957 |

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

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| --- | --- | --- | --- | --- |
| 65.4 | Kristoffer Stanger | 33 | Jessheim | 26.08.1957 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.61 | Kristoffer Stanger | 33 | Jessheim | 28.08.1957 |
| 1.50 | Thor Martin Furuseth | 41 | Jessheim | 29.08.1957 |
| 1.15 | Fritz Lund | 42 | Gardermoen | 28.09.1957 |
| 1.10 | Sven Nilsen | 42 | Gardermoen | 28.09.1957 |
| 1.05 | Henning Enger | 46 | Gardermoen | 28.09.1957 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.48 | Anfinn Thoresen | 34 | Jessheim | 28.08.1957 |
| 5.45 | Hans Kristian Hansen | 41 | Jessheim | 10.08.1957 |
| 5.25 | Thor Martin Furuseth | 41 | Jessheim | 28.08.1957 |
| 5.19 | Per Kopperud | 39 | Jessheim | 10.08.1957 |
| 4.14 | Fritz Lund | 42 | Gardermoen | 28.09.1957 |
| 3.84 | Arvid Martinsen | 43 | Jessheim | 10.08.1957 |
| 3.69 | Henning Enger | 46 | Gardermoen | 28.09.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.83 | Anfinn Thoresen | 34 | Jessheim | 28.08.1957 |
| 10.62 | Kristoffer Stanger | 33 | Jessheim | 28.08.1957 |

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| --- | --- |
| **Kule 5.5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.58 | Hans Kristian Hansen | 41 | Jessheim | 10.08.1957 |

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| --- | --- |
| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.47 | Johannes Svensson | 34 | Jessheim | 26.08.1957 |
| 10.36 | Anfinn Thoresen | 34 | Jessheim | 28.08.1957 |

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

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| --- | --- | --- | --- | --- |
| 40.08 | Johannes Svensson | 34 | Jessheim | 28.08.1957 |
| 38.53 | Magne Lindholt | 22 | Jessheim | 28.08.1957 |

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| --- | --- |
| **MENN SENIOR 1957** | **92** |

|  |  |
| --- | --- |
| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 42.20 | Henning Enger | 46 | Gardermoen | 28.09.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 49.1 |  |  | Lillestrøm | 22.06.1957 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:14.0 |  |  | Nannestad | 21.07.1957 |
| ? | | | |

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| **INNENDØRS** |  |

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

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| --- | --- | --- | --- | --- |
| 1.43 | Kjell Larsen | 37 | Eidsvoll | 10.03.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.85 | Kjell Larsen | 37 | Eidsvoll | 15.02.1957 |

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| --- | --- |
| **KVINNER SENIOR 1957** | **93** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.1 | Ingrid Sundby | 39 | Stavanger/St | 14.09.1957 |
| 8.2 | Kari Mo | 38 | Råholt | 20.09.1957 |
| 8.3 | Astrid Sundby | 42 | Stavanger/St | 04.09.1957 |
| 8.5 | Inge Sand | 43 | Jessheim | 16.06.1957 |
| 8.6 | Åshild Sørum | 39 | Jessheim | 16.06.1957 |
| 8.7 | Liv Jensen | 40 | Jessheim | 16.06.1957 |
| 8.8 | Ragnhild Sundby | 44 | Jessheim | 10.08.1957 |
| 8.9 | Anne Marie Søberg | 45 | Jessheim | 29.09.1957 |
| 9.2 | Borghild Hansen | 45 | Jessheim | 29.09.1957 |
| 9.4 | Kari Jørgensen | 44 | Jessheim | 10.08.1957 |
| 9.6 | Winnie Lindner | 44 | Jessheim | 29.09.1957 |
| 10.0 | Britt Elton | 45 | Jessheim | 10.08.1957 |
| 10.1 | Nina Iversen | 46 | Jessheim | 10.08.1957 |
| 10.3 | Ellen Refsum | 46 | Jessheim | 10.08.1958 |
| 10.4 | Inger Laache | 46 | Jessheim | 10.08.1957 |
| 10.4 | Guri Øverby | 45 | Jessheim | 11.08.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.8 | Ingrid Sundby | 39 | Råholt | 21.08.1957 |
| 14.2 | Inge Sand | 43 | Jessheim | 05.06.1957 |
| 14.4 | Astrid Sundby | 42 | Råholt | 26.06.1957 |
| 14.8 | Kari Mo | 38 | Jessheim | 05.06.1957 |
| 15.0 | Liv Jensen | 40 | Råholt | 26.06.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.0 | Åshild Sørum | 39 | Råholt | 21.08.1957 |
| 31.6 | Ingrid Sundby | 39 | Jessheim | 05.06.1957 |
| 33.0 | Astrid Sundby | 42 | Kløfta | 14.08.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:57.9 | Åshild Sørum | 39 | Sandvika/Ka | 25.09.1957 |

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| --- | --- |
| **80m hekk 76.2 M** |  |

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| --- | --- | --- | --- | --- |
| 14.9 | Unn Henriksen | 42 | Jessheim | 16.06.1957 |
| 15.0 | Liv Jensen | 40 | Jessheim | 29.09.1957 |
| 15.2 | Astrid Sundby | 42 | Sandvika/Ka | 30.06.1957 |
| 15.6 | Ingrid Sundby | 39 | Jessheim | 14.08.1957 |
| 16.4 | Åshild Sørum | 39 | Kløfta | 15.06.1957 |

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| **KVINNER SENIOR 1957** | **94** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.42 | Ingrid Sundby | 39 | Råholt | 20.09.1957 |
| 1.35 | Berit Wethal | 34 | Jessheim | 07.07.1957 |
| 1.32 | Åshild Sørum | 39 | Jessheim | 16.06.1957 |
| 1.32 | Kari Mo | 38 | Råholt | 20.09.1957 |
| 1.30 | Astrid Sundby | 42 | Sandvika/Ka | 30.06.1957 |
| 1.26 | Irene Belsvik | 42 | Jessheim | 16.06.1957 |
| 1.20 | Liv Jensen | 40 | Råholt | 26.06.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.72 | Liv Jensen | 40 | Jessheim | 11.08.1957 |
| 4.64 | Astrid Sundby | 42 | Stavanger/St | 14.09.1957 |
| 4.56 | Åshild Sørum | 39 | Råholt | 21.08.1957 |
| 4.55 | Ingrid Sundby | 39 | Stavanger/St | 14.09.1957 |
| 4.55 | Marie Belsvik | 36 | Jessheim | 05.06.1957 |
| 4.44 | Inge Sand | 43 | Jessheim | 10.08.1957 |
| 4.03 | Ragnhild Sundby | 44 | Jessheim | 10.08.1957 |
| 3.95 | Borghild Hansen | 45 | Jessheim | 29.09.1957 |
| 3.67 | Anne Marie Søberg | 45 | Jessheim | 10.08.1957 |
| 3.67 | Kari Jørgensen | 44 | Jessheim | 10.08.1957 |
| 3.41 | Guri Øverby | 45 | Jessheim | 11.08.1957 |
| 3.17 | Britt Elton | 45 | Jessheim | 10.08.1957 |
| **Medvind** | |  | | |
| 4.77 | Liv Jensen | 40 | Lillestrøm | 08.09.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.61 | Berit Wethal | 34 | Jessheim | 16.06.1957 |
| 9.26 | Astrid Sundby | 42 | Jessheim | 27.05.1957 |
| 8.44 | Ingrid Sundby | 39 | Jessheim | 07.07.1957 |
| 8.40 | Liv Jensen | 40 | Jessheim | 05.06.1957 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 29.45 | Ingrid Sundby | 39 | Jessheim | 16.06.1957 |
| 25.97 | Berit Wethal | 34 | Kløfta | 12.08.1957 |
| 25.05 | Astrid Sundby | 42 | Sandvika/Ka | 24.09.1956 |
| 22.20 | Liv Jensen | 40 | Jessheim | 16.06.1957 |

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

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| --- | --- | --- | --- | --- |
| 28.52 | Astrid Sundby | 42 | Kløfta | 12.08.1957 |
| 22.95 | Ingrid Sundby | 39 | Jessheim | 05.06.1957 |
| 22.07 | Liv Jensen | 40 | Jessheim | 05.06.1957 |

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| **KVINNER SENIOR 1957** | **95** |

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

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| --- | --- | --- | --- | --- |
| 39.96 | Ingrid Sundby | 39 | Jessheim | 16.06.1957 |
| 37.81 | Berit Wethal | 34 | Råholt | 24.07.1957 |
| 36.30 | Astrid Sundby | 42 | Jessheim | 07.07.1957 |
| 35.17 | Turid Seime | 44 | Jessheim | 05.06.1957 |
| 27.82 | Densie Hagen | 44 | Jessheim | 29.09.1957 |
| 26.54 | Liv Jensen | 40 | Jessheim | 28.09.1957 |
| 25.95 | Åshild Sørum | 39 | Jessheim | 29.09.1957 |

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| --- | --- |
| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 55.20 | Astrid Sundby | 42 | Stavanger/St | 14.09.1957 |
| 50.71 | Ingrid Sundby | 39 | Råholt | 20.09.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1847 | Ingrid Sundby | 39 | Råholt | 26.06.1957 |
| 14.0-28.54-1.35 | | | |
| 1422 | Astrid Sundby | 44 | Råholt | 26.06.1957 |
| 14.4-21.78-1.20 | | | |
| 1296 | Liv Jensen | 40 | Råholt | 26.06.1957 |
| 15.0-20.35-1.20 | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.00 | Kari Mo | 38 | Eidsvoll | 10.03.1957 |
| 0.95 | Liv Jensen | 40 | Eidsvoll | 10.03.1957 |
| 0.90 | Astrid Sundby | 42 | Eidsvoll | 10.03.1957 |
| 0.85 | Inge Sand | 43 | Eidsvoll | 10.03.1957 |
| 0.80 | Ragnhild Sundby | 44 | Eidsvoll | 10.03.1957 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.30 | Liv Jensen | 40 | Eidsvoll | 10.03.1957 |
| 2.25 | Kari Mo | 38 | Eidsvoll | 10.03.1957 |
| 2.23 | Astrid Sundby | 42 | Eidsvoll | 10.03.1957 |
| 2.12 | Ragnhild Sundby | 44 | Eidsvoll | 10.03.1957 |
| 2.11 | Inge Sand | 43 | Eidsvoll | 10.03.1957 |
| 1.91 | Arnild Sletta | 46 | Eidsvoll | 10.03.1957 |
| 1.90 | Brit Elton | 45 | Eidsvoll | 10.03.1957 |

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| **MENN SENIOR 1958** | **96** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.9 | Øivind Larsen | 42 | Lillestrøm | 15.06.1958 |
| 8.6 | Sigurd Majorsæter | 44 | Eidsvoll/My | 03.08.1958 |
| 8.8 | Øivind Nielsen | 46 | Råholt | 28.06.1958 |
| 8.8 | Martin Bratfos | 47 | Jessheim | 23.08.1958 |
| 8.8 | Nils Kristen Wiig | 43 | Jessheim | 01.08.1958 |
| 8.9 | Jan Aas | 44 | Lillestrøm | 15.06.1958 |
| 9.0 | Jan Kopperud | 46 | Råholt | 28.06.1958 |
| 9.2 | Ole Kristian Wiig | 45 | Jessheim | 01.08.1958 |
| 9.3 | Tore Hagen | 45 | Råholt | 28.06.1958 |
| 9.9 | Reidar Engevold | 43 | Råholt | 28.06.1958 |
| 9.9 | Jon Martinsen | 47 | Eidsvoll/My | 03.08.1958 |

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

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| --- | --- | --- | --- | --- |
| 11.5 | Jan Bredesen | 40 | Jessheim | 23.08.1958 |
| 11.6 | Halvor Berger | 40 | Eidsvoll/My | 10.09.1958 |
| 12.0 | Hans Kristian Hansen | 41 | Jessheim | 23.07.1958 |
| 12.0 | Hans Asak | 41 | Jessheim | 23.08.1958 |
| 12.1 | Leif Møster | 34 | Årnes | 17.08.1958 |
| 12.8 | John Johansen | 36 | Kløfta | 05.08.1958 |
| 13.2 | Thor Martin Furuseth | 41 | Lillestrøm | 15.06.1958 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.2 | Leif Moster | 34 | Kløfta | 22.09.1958 |
| 24.5 | Halvor Berger | 40 | Kløfta | 22.09.1958 |
| 25.1 | Hans Kristian Hansen | 41 | Kløfta | 22.09.1958 |
| 25.3 | Hans Asak | 41 | Kløfta | 22.09.1958 |
| 25.6 | Thor Martin Furuseth | 41 | Råholt | 07.06.1958 |
| 26.4 | John Arve Johansen | 36 | Råholt | 07.06.1958 |

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

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| --- | --- | --- | --- | --- |
| 54.6 | Thor Martin Furuseth | 41 | Årnes | 17.08.1958 |
| 57.1 | Leif Møster | 34 | Jessheim | 06.09.1958 |
| 59.7 | Hans Kristian Hansen | 41 | Kløfta | 09.08.1958 |
| 60.0 | John Johansen | 36 | Jessheim | 06.08.1958 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:05.9 | Thor Martin Furuseth | 41 | Årnes | 17.08.1958 |
| 2:08.0 | Hans Kristian Hansen | 41 | Jessheim | 24.08.1958 |
| 2:14.5 | Hans Kristian Hoff | 40 | Jessheim | 24.08.1958 |
| 2:23.1 | Kristoffer Stanger | 33 | Kløfta | 18.09.1958 |
| 2:24.1 | JohnArve Johansen | 36 | Kløfta | 18.09.1958 |
| 2:27.0 | Per Ødegård | 29 | Kløfta | 18.08.1958 |
| **MENN SENIOR 1958** | | **97** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:50.0 | Leif Møster | 34 | Jessheim | 07.09.1958 |
| 4:57.4 | John Arve Johansen | 36 | Råholt | 07.06.1958 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:37.4 | Hans Kristian Hansen | 41 | Kløfta | 22.09.1958 |
| 10:42.6 | Leif Møster | 34 | Kløfta | 22.09.1958 |
| 10:51.0 | John Johansen | 36 | Jessheim | 01.08.1958 |
| 11.30.4 | Kristoffer Stanger | 33 | Kløfta | 22.09.1958 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 19.2 | Leif Møster | 34 | Kløfta | 18.09.1958 |
| 20.2 | John Arve Johansen | 36 | Kløfta | 18.09.1958 |
| 22.2 | Halvor Berger | 40 | Kløfta | 18.09.1958 |

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

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| --- | --- | --- | --- | --- |
| 67.8 | John Arve Johansen | 36 | Kløfta | 06.08.1958 |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.62 | Bjarne Gunneriussen | 34 | Kløfta | 22.09.1958 |
| 1.54 | John Arve Johansen | 36 | Jessheim | 06.08.1958 |
| 1.50 | Kristoffer Stanger | 33 | Kløfta | 22.09.1958 |
| 1.50 | Leif Møster | 34 | Jessheim | 06.09.1958 |
| 1.36 | Sigurd Majorsæter | 44 | Råholt | 28.06.1958 |
| 1.26 | Nils Kristen Wiig | 43 | Råholt | 28.06.1958 |
| 1.26 | Jan Aas | 44 | Råholt | 28.06.1958 |
| 1.26 | Reidar Engevold | 43 | Råholt | 28.06.1958 |
| 1.21 | Tore Haugen | 45 | Råholt | 28.06.1958 |
| 1.21 | Ole Kristian Wiig | 45 | Råholt | 28.06.1958 |
| 1.15 | Reidar Hansen | 45 | Jessheim | 23.07.1958 |

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| **Stav** |  |

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| 2.80 | Leif Møster | 34 | Kløfta | 22.09.1958 |
| 2.60 | Hans Kristian Hansen | 41 | Kløfta | 10.08.1958 |
| 2.60 | John Arve Johansen | 36 | Kløfta | 22.09.1958 |

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| **Lengde** |  |

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| 5.83 | Leif Møster | 34 | Jessheim | 06.08.1958 |
| 5.81 | Halvor Berger | 40 | Årnes | 17.08.1958 |
| 5.80 | John Arve Johansen | 36 | Kløfta | 22.06.1958 |
| 5.73 | Bjarne Gunneriussen | 34 | Kløfta | 18.09.1958 |
| **MENN SENIOR 1958** | | **98** | | |

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| **Lengde forts.** |  |

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| 5.34 | Jan Bredesen | 40 | Jessheim | 23.08.1958 |
| 5.10 | Hans Kristian Hoff | 40 | Jessheim | 23.08.1958 |
| 4.21 | Nils Kristen Wiig | 43 | Råholt | 28.06.1958 |
| 4.09 | Sigurd Majorsæter | 44 | Råholt | 28.06.1958 |
| 3.90 | Jan Aas | 44 | Råholt | 28.06.1958 |
| 3.67 | Øivind Nielsen | 46 | Råholt | 28.06.1958 |
| 3.55 | Martin Bratfos | 47 | Jessheim | 23.07.1958 |
| 3.53 | Tore Haugen | 45 | Råholt | 28.06.1958 |
| 3.20 | Jan Kopperud | 46 | Råholt | 28.06.1958 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 11.30 | John Arve Johansen | 36 | Kløfta | 13.08.1958 |
| 11.02 | Bjarne Gunneriussen | 34 | Kløfta | 13.08.1958 |

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| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.05 | Nils Kristen Wiig | 43 | Råholt | 28.06.1958 |
| 6.85 | Jan Aas | 44 | Råholt | 28.06.1958 |
| 6.24 | Reidar Engevold | 43 | Råholt | 28.06.1958 |

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| **Kule 5.5 kg** |  |

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| 11.49 | Hans Kristian Hansen | 41 | Jessheim | 23.08.1958 |
| 9.67 | Halvor Berger | 40 | Jessheim | 23.08.1958 |

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| **Kule 7.26 kg** |  |

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| 12.04 | Egil Tronseth | 35 | Jessheim | 23.07.1958 |
| 10.11 | John Arve Johansen | 36 | Kløfta | 06.08.1958 |
| 9.49 | Bjarne Gunneriussen | 34 | Kløfta | 22.06.1958 |
| 9.27 | Leif Møster | 34 | Jessheim | 06.09.1958 |

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| **Diskos 2 kg** |  |

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| 34.31 | Egil Tronseth | 35 | Årnes | 16.08.1958 |
| 29.37 | Leif Møster | 34 | Kløfta | 22.09.1958 |
| 28.37 | Bjarne Gunneriussen | 34 | Kløfta | 22.09.1958 |
| 24.09 | John Arve Johansen | 36 | Råholt | 07.06.1958 |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 23.52 | Rolf Nordby | 32 | Jessheim | 01.08.1958 |
| 21.45 | Bjarne Gunneriussen | 34 | Jessheim | 01.08.1958 |
| 21.37 | John Arve Johansen | 36 | Jessheim | 01.08.1958 |

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| **MENN SENIOR 1958** | **99** |

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

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| --- | --- | --- | --- | --- |
| 48.82 | Hans Kristian Hansen | 41 | Kløfta | 09.08.1958 |
| 45.73 | Bernt Nordvang | 35 | Kløfta | 22.09.1958 |
| 44.30 | Bjarne Gunneriussen | 34 | Kløfta | 22.09.1958 |
| 43.28 | John Arve Johansen | 36 | Råholt | 07.06.1958 |
| 33.92 | Leif Møster | 34 | Jessheim | 07.09.1958 |

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

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| --- | --- | --- | --- | --- |
| 1726 | John Arve Johansen | 36 | Råholt | 07.06.1958 |
| 5.64-43.28-26.4-24.09-4:57.4 | | | |
| 1305 | Kristoffer Stanger | 33 | Råholt | 07.06.1958 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 3407 | Leif Møster | 34 | Jessheim | 06-07.09.1958 |
| 12.1-5.50-9.27-1.50-57.1/19.9-28.98-2.35-33.92-4:50.0 | | | |
| 2783 | John Arve Johansen | 36 | Jessheim | 06.07.09.1958 |
| ? | | | |

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| --- | --- |
| **4x60m** |  |

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| --- | --- | --- | --- | --- |
| 36.0 | G13-13 ? |  | Råholt | 28.06.1958 |
| 36.7 | G15-16 ? |  | Råholt | 28.06.1958 |
| 40.7 | G11-12 ? |  | Råholt | 28.06.1958 |

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| **4x100m** |  |

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| --- | --- | --- | --- | --- |
| 47.5 | G17-18 ? |  | Oslo/Jo | 10.06.1958 |
| 48.0 | G17-18 ? |  | Jessheim | 24.08.1958 |
| 54.2 | G17-18 ? |  | Jessheim | 24.08.1958 |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.31 | Arne Østerud | 31 | Lillestrøm/Hø | 16.03.1958 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.85 | Thor Martin Furuseth | 41 | Lillestrøm/Hø | 16.03.1958 |
| 2.80 | Arne Østerud | 31 | Lillestrøm/Hø | 16.03.1958 |
| 2.75 | Gudbrand Helmen | 35 | Lillestrøm/Hø | 16.03.1958 |
| 2.69 | Kristoffer Stanger | 33 | Lillestrøm/Hø | 16.03.1958 |
| 2.60 | Hans Kristian Hansen | 41 | Lillestrøm/Hø | 16.03.1958 |

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| **KVINNER SENIOR 1958** | **100** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.4 | Ragnhild Sundby | 44 | Sandvika/Ka | 22.06.1958 |
| 8.4 | Inge Sand | 43 | Sandvika/Ka | 22.06.1958 |
| 8.5 | Astrid Sundby | 42 | Jessheim | 23.08.1958 |
| 8.5 | Borghild Hansen | 45 | Sandvika/Ka | 22.06.1958 |
| 8.8 | Turid Seime | 44 | Jessheim | 08.06.1958 |
| 8.8 | Cora Halsan | 47 | Sandvika/Ka | 22.06.1958 |
| 8.8 | Ingrid Sundby | 39 | Årnes | 16.08.1958 |
| 9.0 | Åshild Sørum | 39 | Jessheim | 23.07.1958 |
| 9.0 | Anne Marie Søberg | 45 | Jessheim | 08.06.1958 |
| 9.1 | Kari Jørgensen | 44 | Råholt | 28.06.1958 |
| 9.3 | Toril Granås | 46 | Oslo/Jo | 10.06.1958 |
| 9.3 | Line Laache | 45 | Jessheim | 01.08.1958 |
| 9.3 | Irene Belsvik | 42 | Jessheim | 28.05.1958 |
| 9.5 | Anne Fahertun | 45 | Jessheim | 01.08.1958 |
| 9.6 | Unn Henriksen | 42 | Råholt | 28.06.1958 |
| 9.6 | Brit Elton | 45 | Jessheim | 06.07.1958 |
| 9.7 | Ellen Refsum | 46 | Jessheim | 06.08.1958 |
| 9.8 | Densie Hagen | 44 | Råholt | 28.06.1958 |
| 10.4 | Grete Vegel | 47 | Eidsvoll/My | 03.08.1958 |
| 10.8 | Marit Wiig | 49 | Jessheim | 23.07.1958 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 13.9 | Ragnhild Sundby | 44 | Sandvika/Ka | 20.09.1958 |
| 14.0 | Inge Sand | 43 | Lena | 06.07.1958 |
| 14.0 | Astrid Sundby | 42 | Jessheim | 04.10.1958 |
| 14.3 | Turid Seime | 44 | Jessheim | 24.08.1958 |
| 14.3 | Tove Dønnum | 40 | Jessheim | 04.10.1958 |
| 14.5 | Ingrid Sundby | 39 | Jessheim | 28.05.1958 |
| 14.7 | Borghild Hansen | 45 | Jessheim | 28.05.1958 |
| 14.7 | Kari Mo | 38 | Jessheim | 28.05.1958 |
| 14.9 | Anne Marie Søberg | 45 | Kløfta | 10.08.1958 |
| 15.0 | Åshild Sørum | 39 | Jessheim | 23.07.1958 |
| 15.2 | Kari Jørgensen | 44 | Kløfta | 10.08.1958 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 29.2 | Ragnhild Sundby | 44 | Jessheim | 06.08.1958 |
| 30.3 | Astrid Sundby | 42 | Jessheim | 06.08.1958 |
| 30.3 | Åshild Sørum | 39 | Jessheim | 06.08.1958 |
| 30.3 | Turid Seime | 44 | Jessheim | 06.08.1958 |
| 30.8 | Inge Sand | 43 | Sandvika/Ka | 21.09.1958 |

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| **KVINNER SENIOR 1958** | **101** |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 67.4 | Turid Seime | 44 | Årnes | 17.08.1958 |
| 69.5 | Åshild Sørum | 39 | Sandvika/Ka | 20.09.1958 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:43.0 | Turid Seime | 44 | Oslo/Bi | 30.08.1958 |
| 2:52.5 | Åshild Sørum | 39 | Sandvika/Ka | 21.09.1958 |

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

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| --- | --- | --- | --- | --- |
| 14.8 | Astrid Sundby | 42 | Jessheim | 24.08.1958 |
| 15.2 | Ragnhild Sundby | 44 | Jessheim | 06.08.1958 |
| 15.5 | Turid Seime | 44 | Jessheim | 24.08.1958 |
| 15.9 | Inge Sand | 43 | Kløfta | 10.08.1958 |
| 16.2 | Åshild Sørum | 39 | Jessheim | 06.08.1958 |
| 16.9 | Borghild Hansen | 45 | Kløfta | 10.08.1958 |
| 18.3 | Marie Belsvik | 36 | Nadderud | 29.05.1958 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.48 | Tove Dønnum | 40 | Jessheim | 04.10.1958 |
| 1.38 | Astrid Sundby | 42 | Kongsvinger/Gj | 22.06.1958 |
| 1.38 | Ingrid Sundby | 39 | Sandvika/Ka | 20.09.1958 |
| 1.32 | Inge Sand | 43 | Jessheim | 01.08.1958 |
| 1.30 | Åshild Sørum | 39 | Jessheim | 23.07.1958 |
| 1.30 | Berit Wethal | 34 | Årnes | 17.08.1958 |
| 1.30 | Ragnhild Sundby | 44 | Jessheim | 04.10.1958 |
| 1.28 | Turid Seime | 44 | Jessheim | 06.08.1958 |
| 1.27 | Borghild Hansen | 45 | Råholt | 28.06.1958 |
| 1.25 | Irene Belsvik | 42 | Jessheim | 28.05.1958 |
| 1.20 | Cora Halsan | 47 | Jessheim | 01.08.1958 |
| 1.20 | Unn Henriksen | 42 | Jessheim | 01.08.1958 |
| 1.20 | Sidsel Nørgaard | 42 | Jessheim | 01.08.1958 |
| 1.15 | Reidun Hansen | 45 | Jessheim | 01.08.1958 |
| 1.12 | Kari Jørgensen | 44 | Råholt | 28.06.1958 |
| 1.12 | Anne Marie Søberg | 45 | Råholt | 28.06.1958 |
| 1.12 | Toril Granås | 46 | Jessheim | 23.07.1958 |
| 1.10 | Densie Hagne | 44 | Råholt | 28.06.1958 |

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| **KVINNER SENIOR 1958** | **102** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.61 | Astrid Sundby | 42 | Oslo/Bi | 30.08.1958 |
| 4.55 | Marie Belsvik | 36 | Årnes | 17.08.1958 |
| 4.46 | Inge Sand | 43 | Årnes | 16.08.1958 |
| 4.45 | Ragnhild Sundby | 44 | Årnes | 16.08.1958 |
| 4.25 | Borghild Hansen | 45 | Lillestrøm | 15.06.1958 |
| 4.24 | Åshild Sørum | 39 | Jessheim | 07.08.1958 |
| 4.22 | Turid Seime | 44 | Kløfta | 10.08.1958 |
| 4.19 | Liv Jensen | 40 | Jessheim | 08.06.1958 |
| 4.09 | Irene Belsvik | 42 | Årnes | 17.08.1958 |
| 4.08 | Ingrid Sundby | 39 | Jessheim | 28.05.1958 |
| 3.95 | Cora Halsan | 47 | Lillestrøm | 15.06.1958 |
| 3.95 | Anne Marie Søberg | 45 | Lillestrøm | 15.06.1958 |
| 3.95 | Reidun Hansen | 45 | Jessheim | 28.05.1958 |
| 3.82 | Kari Jørgensen | 44 | Jessheim | 28.05.1958 |
| 3.73 | Toril Granås | 46 | Jessheim | 23.07.1958 |
| 3.72 | Unn Henriksen | 42 | Jessheim | 28.06.1958 |
| 2.95 | Grete Vegel | 47 | Eidsvoll/My | 03.08.1958 |
| 2.89 | Marit Wiig | 49 | Jessheim | 23.07.1958 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.58 | Astrid Sundby | 42 | Årnes | 16.08.1958 |
| 9.27 | Berit Wethal | 34 | Årnes | 17.08.1958 |
| 8.71 | Åshild Sørum | 39 | Sandvika/Ka | 20.09.1958 |
| 8.49 | Ingrid Sundby | 42 | Jessheim | 28.05.1958 |
| 8.13 | Turid Seime | 44 | Jessheim | 23.08.1958 |
| 7.61 | Ragnhild Sundby | 44 | Jessheim | 28.05.1958 |
| 7.38 | Tove Dønnum | 40 | Jessheim | 23.08.1958 |
| 6.51 | Ragnhild Hansen | 45 | Jessheim | 23.08.1958 |
| 6.35 | Inge Sand | 43 | Jessheim | 23.08.1958 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 29.88 | Tove Dønnum | 40 | Sandvika/Ka | 21.09.1958 |
| 28.82 | Ingrid Sundby | 39 | Sandvika/Ka | 21.09.1958 |
| 28.52 | Astrid Sundby | 42 | Jessheim | 28.05.1958 |
| 25.96 | Turid Seime | 44 | Årnes | 17.08.1958 |
| 25.62 | Berit Wethal | 34 | Årnes | 17.08.1958 |
| 24.04 | Åshild Sørum | 39 | Jessheim | 24.08.1958 |

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| **KVINNER SENIOR 1958** | **103** |

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

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| --- | --- | --- | --- | --- |
| 31.39 | Astrid Sundby | 42 | Årnes | 17.08.1958 |
| 30.16 | Åshild Sørum | 39 | Årnes | 17.08.1958 |
| 26.96 | Turid Seime | 44 | Jessheim | 28.05.1958 |
| 25.55 | Ingrid Sundby | 39 | Jessheim | 28.05.1958 |
| 23.02 | Tove Dønnum | 40 | Årnes | 17.08.1958 |
| 18.32 | Berit Wethal | 34 | Jessheim | 28.05.1958 |

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

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| --- | --- | --- | --- | --- |
| 40.72 | Astrid Sundby | 42 | Sandvika/Ka | 21.09.1958 |
| 37.61 | Ingrid Sundby | 39 | Sandvika/Ka | 21.09.1958 |
| 36.67 | Berit Wethal | 34 | Årnes | 17.08.1958 |
| 35.41 | Tove Dønnum | 40 | Jessheim | 07.08.1958 |
| 31.23 | Ragnhild Sundby | 44 | Sandvika/Ka | 21.09.1958 |
| 30.11 | Irene Belsvik | 42 | Jessheim | 07.08.1958 |
| 29.96 | Turid Seime | 44 | Sandvika/Ka | 21.09.1958 |
| 29.80 | Borghild Hansen | 45 | Sandvika/Ka | 21.09.1958 |
| 28.62 | Wenche Hansen | 45 | Jessheim | 28.05.1958 |
| 26.65 | Denise Hagen | 44 | Jessheim | 08.06.1958 |

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| **3-kamp 100m M-Diskos-Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1692 | Astrid Sundby | 42 | Råholt | 07.06.1958 |
| 14.1-26.40-1.28 | | | |
| 1422 | Turid Seime | 44 | Råholt | 07.06.1958 |
| ? | | | |

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

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| --- | --- | --- | --- | --- | --- | --- |
| 2895 | Astrid Sundby | 42 | | Jessheim | | 06-07.08.1958 |
| 30.3-14.8-1.23/4.32-9.52 | | | | | |
| 2759 | Ragnhild Sundby | 44 | | Jessheim | | 06-07.08.1958 |
| 29.2-15.2-1.29/4.28-7.03 | | | | | |
| 2636 | Åshild Sørum | 39 | | Jessheim | | 06-07.08.1958 |
| 30.3-16.2-1.26/4.06-8.56 | | | | | |
| 2470 | Turid Seime | | 44 | | Jessheim | 06-07.08.1958 |
| 30.3-15.8-1.23-4.00-7.94 | | | | | |

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| **KVINNER SENIOR 1958** | **104** |

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| **4x60m** |  |

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| --- | --- | --- | --- | --- |
| 32.9 |  |  | Oslo/Jo | 10.06.1958 |
| ? | | | |
| 34.8 | J13-14 |  | Jessheim | 08.06.1958 |
| ? | | | |
| 35.0 | J17-18 |  | Jessheim | 08.06.1958 |
| ? | | | |
| 35.9 | J13-14 |  | Råholt | 28.06.1958 |
| ? | | | |
| 38.10 | J13-18 |  | Råholt | 28.06.1958 |
| ? | | | |
| 39.4 | J11-12 |  | Råholt | 28.06.1958 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.03 | Astrid Sundby | 42 | Lillestrøm/Hø | 16.03.1958 |
| 1.01 | Liv Jensen | 40 | Lillestrøm/Hø | 16.03.1958 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.24 | Astrid Sundby | 42 | Lillestrøm/Hø | 16.03.1958 |
| 2.19 | Liv Jensen | 40 | Lillestrøm/Hø | 16.03.1958 |
| 2.19 | Ragnhild Sundby | 44 | Lillestrøm/Hø | 16.03.1958 |
| 2.12 | Guri Anne Øverby | 45 | Lillestrøm/Hø | 16.03.1968 |
| 2.07 | Inge Sand | 43 | Lillestrøm/Hø | 16.03.1958 |
| 2.05 | Kari Jørgensen | 44 | Lillestrøm/Hø | 16.03.1958 |
| 2.04 | Inger Marie Trønnes | 40 | Lillestrøm/Hø | 16.03.1958 |

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| **MENN SENIOR 1959** | **105** |

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| **NM Hamar Senior: 4: Spyd 31.33 Astrid Sundby -9: Kule 9.98 Astrid Sundby** | |
| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Martin Bratfos | 47 | Oslo/Jo | 10.06.1959 |
| 8.6 | Einar Hellum | 47 | Jessheim | 19.08.1959 |
| 9.1 | Bjørn Hellum | 48 | Jessheim | 13.09.1959 |
| 9.3 | Inge Ingerø | 49 | Jessheim | 06.08.1959 |
| 9.4 | Tore Haugen | 45 | Råholt | 14.06.1959 |
| 9.6 | Jon Martinsen | 47 | Jessheim | 19.08.1959 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 12.1 | Hans Asak | 41 | Kløfta | 31.05.1959 |
| 12.2 | Rolf Sletvold | 36 | Jessheim | 12.09.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.8 | Thor Martin Furuseth | 41 | Oslo/Bi | 04.09.1959 |
| 57.9 | Bjørn Engelstad | 42 | Nannestad | 26.07.1959 |
| 65.2 | Per Kopperud | 39 | Jessheim | 12.09.1959 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:02.8 | Thor Martin Furuseth | 41 | Oslo/Bi | 13.08.1959 |

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

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| --- | --- | --- | --- | --- |
| 4:27.5 | Per Ødegård | 29 | Nannestad | 26.07.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:44.4 | Per Ødegård | 29 | Jessheim | 12.07.1959 |
| 11:06.4 | Karl Haukås | 39 | Kløfta | 31.05.1959 |

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

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| --- | --- | --- | --- | --- |
| 16:38.2 | Per Ødegård | 29 | Jessheim | 01.08.1959 |

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

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| --- | --- | --- | --- | --- |
| 36:49.0 | Per Ødegård | 29 | Nannestad | 05.09.1959 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.62 | Bjarne Gunneriussen | 34 | Jessheim | 19.06.1959 |
| 1.50 | Bjørn Engelstad | 42 | Nannestad | 26.07.1959 |
| 1.46 | Kristen Nygård | 45 | Råholt | 14.06.1959 |

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| **MENN SENIOR 1959** | **106** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.23 | Einar Hellum | 47 | Jessheim | 13.09.1959 |
| 1.18 | Martin Bratfos | 47 | Jessheim | 13.09.1959 |
| 1.08 | Bjørn Hellum | 48 | Jessheim | 13.09.1958 |
| 1.03 | Inge Ingerø | 49 | Jessheim | 13.09.1959 |

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| --- | --- |
| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.80 | Bjarne Gunneriussen | 34 | Jessheim | 12.09.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.55 | John Arve Johansen | 36 | Nannestad | 26.07.1959 |
| 5.40 | Thor Martin Furuseth | 41 | Jessheim | 14.09.1959 |
| 5.09 | Rolf Sletvold | 36 | Jessheim | 14.09.1959 |
| 5.02 | Bjarne Gunneriussen | 34 | Jessheim | 14.09.1959 |
| 3.86 | Martin Bratfos | 47 | Jessheim | 30.08.1959 |
| 3.85 | Einar Hellum | 47 | Jessheim | 30.08.1959 |
| 3.69 | Bjørn Hellum | 48 | Jessheim | 13.09.1959 |
| 3.49 | Inge Ingerø | 49 | Jessheim | 13.09.1959 |
| 3.50 | Torgeir Hagen | 45 | Råholt | 14.06.1959 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.72 | Terje Thronæs | 39 | Jessheim | 14.09.1959 |
| 10.90 | Bjørn Engelstad | 42 | Jessheim | 14.09.1959 |

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| --- | --- |
| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.33 | Bjørn Tvedt | 44 | Jessheim | 29.08.1959 |
| 8.62 | Kristian Nygård | 44 | Råholt | 14.06.1959 |

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| --- | --- |
| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.13 | Terje Thronæs | 39 | Oslo/Bi | 09.08.1959 |
| Dette er resultatet fra NM Junior (4). Like tall som ovenfor i annen rekkefølge | | | | |
| 13.31 | Terje Thronæs | 39 | Jessheim | 16.08.1959 |
| Militært stevne på Jessheim (Brigademesterskap) | | | | |
| 10.60 | Bjarne Gunneriussen | 34 | Nannestad | 26.07.1959 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 35.02 | Terje Thronæs | 39 | Nannestad | 29.08.1959 |
| 29.15 | Bjarne Gunneriussen | 34 | Nannestad | 26.07.1959 |

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| **MENN SENIOR 1959** | **107** |

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| **Slegge 7.26 kg** |  |

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| 35.36 | Terje Thronæs | 39 | Nannestad | 30.08.1959 |
| 30.60 | Arne Jensen | 36 | Jessheim | 04.10.1959 |

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

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| --- | --- | --- | --- | --- |
| 53.24 | Terje Thronæs | 39 | Oslo/Bi | 10.08.1959 |
| 50.37 | Bjarne Gunneriussen | 34 | Jessheim | 05.07.1959 |
| 43.53 | Halvard Sundby | 39 | Jessheim | 14.09.1959 |
| 40.42 | Bernt Nordvang | 35 | Jessheim | 14.09.1959 |
| 39.02 | John Arve Johansen | 36 | Jessheim | 12.07.1959 |

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| **4x60m M** |  |

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| --- | --- | --- | --- | --- |
| 35.3 | G11-12 |  | Jessheim | 13.09.1959 |
| ? | | | |
| 37.0 | G11-12 |  | Råholt | 14.06.1959 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.40 | Bjørn Pettersen | 36 | Jessheim | 15.02.1959 |
| 1.37 | Kjell Larsen | 37 | Jessheim | 15.02.1959 |
| 1.31 | Jonny Høgseth | 41 | Jessheim | 15.02.1959 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.94 | Kjell Larsen | 37 | Jessheim | 15.02.1959 |
| 2.91 | Bjørn Pettersen | 36 | Jessheim | 15.02.1959 |
| 2.27 | Jan Aas | 44 | Jessheim | 15.02.1959 |
| 2.21 | Nils Kristen Wiig | 43 | Jessheim | 15.02.1959 |
| 2.21 | Martin Bratfos | 47 | Jessheim | 15.02.1959 |

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| **KVINNER SENIOR 1959** | **108** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.3 | Eva Myrvang | 42 | Sandvika/Ka | 28.06.1959 |
| 8.3 | Winnie Lindner | 44 | Sandvika/Ka | 28.06.1959 |
| 8.4 | Borghild Hansen | 45 | Jessheim | 30.08.1959 |
| 8.4 | Anne Lise Aas | 41 | Sandvika/Ka | 28.06.1959 |
| 8.4 | Ragnhild Sundby | 44 | Råholt | 10.06.1959 |
| 8.6 | Astrid Sundby | 42 | Jessheim | 19.06.1959 |
| 8.7 | Inge Sand | 43 | Råholt | 10.06.1959 |
| 8.8 | Cora Halsan | 47 | Sandvika/Ka | 28.06.1959 |
| 9.0 | Britt Elton | 45 | Jessheim | 15.09.1959 |
| 9.1 | Toril Granås | 46 | Jessheim | 15.09.1959 |
| 9.2 | Bjørg Engelsrud | 46 | Jessheim | 17.06.1959 |
| 9.2 | Anne Marie Søberg | 45 | Jessheim | 19.06.1959 |
| 9.3 | Ellen Refsum | 46 | Jessheim | 30.08.1959 |
| 9.3 | Vera Martinsen | 47 | Jessheim | 30.08.1959 |
| 9.3 | Guri Øverby | 45 | Jessheim | 15.09.1959 |
| 9.3 | Kari Berrefjord | 46 | Jessheim | 15.09.1959 |
| 9.5 | Anne Karin Fagertun | 45 | Jessheim | 15.09.1959 |
| 9.9 | Marit Wiig | 49 | Jessheim | 15.09.1959 |
| 10.3 | Aase Alstad | 48 | Jessheim | 15.09.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.5 | Anne Lise Aas | 41 | Jessheim | 17.06.1959 |
| 13.5 | Winnie Lindner | 44 | Jessheim | 29.08.1959 |
| 13.5 | Ragnhild Sundby | 44 | Jessheim | 16.06.1959 |
| 13.6 | Eva Myrvang | 42 | Kløfta | 10.06.1959 |
| 13.9 | Astrid Sundby | 42 | Jessheim | 15.09.1959 |
| 14.1 | Borghild Hansen | 45 | Jessheim | 01.08.1959 |
| 14.3 | Inge Sand | 43 | Jessheim | 29.08.1959 |
| 14.4 | Åshild Sørum | 39 | Jessheim | 01.08.1959 |
| 14.8 | Tove Dønnum | 40 | Jessheim | 22.07.1959 |
| 15.4 | Turid Seime | 44 | Jessheim | 15.09.1959 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.4 | Winnie Lindner | 44 | Nannestad | 06.06.1959 |
| 28.7 | Eva Myrvang | 42 | Nannestad | 06.06.1959 |
| 29.1 | Anne Lise Aas | 41 | Nannestad | 05.09.1959 |
| 29.5 | Ragnhild Sundby | 44 | Nannestad | 05.09.1959 |
| 31.4 | Åshild Sørum | 39 | Nannestad | 05.09.1959 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 68.4 | Eva Myrvang | 41 | Jessheim | 17.06.1959 |
| 69.6 | Anne Karin Fagertun | 46 | Jessheim | 20.09.1959 |

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| **KVINNER SENIOR 1959** | **109** |

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

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| --- | --- | --- | --- | --- |
| 70.0 | Anne Lise Aas | 42 | Jessheim | 19.09.1959 |
| 70.4 | Åshild Sørum | 39 | Jessheim | 19.09.1959 |

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

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| --- | --- | --- | --- | --- |
| 13.9 | Astrid Sundby | 42 | Jessheim | 13.09.1959 |
| 14.8 | Ragnhild Sundby | 44 | Jessheim | 20.09.1959 |
| 15.7 | Åshild Sørum | 39 | Nannestad | 06.09.1959 |
| 16.1 | Anne Lise Aas | 41 | Jessheim | 30.08.1959 |
| 16.1 | Borghild Hansen | 45 | Jessheim | 30.08.1959 |
| 16.5 | Eva Myrvang | 42 | Jessheim | 19.06.1959 |
| 16.8 | Inge Sand | 43 | Jessheim | 19.06.1959 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Tove Dønnum | 40 | Jessheim | 19.09.1959 |
| 1.38 | Anne Lise Aas | 41 | Jessheim | 10.06.1959 |
| 1.35 | Åshild Sørum | 39 | Nannestad | 05.06.1959 |
| 1.33 | Ragnhild Sundby | 44 | Råholt | 14.06.1959 |
| 1.33 | Inge Sand | 43 | Jessheim | 12.07.1959 |
| 1.33 | Astrid Sundby | 42 | Jessheim | 19.09.1959 |
| 1.30 | Borghild Hansen | 45 | Jessheim | 10.06.1959 |
| 1.28 | Eva Myrvang | 42 | Jessheim | 12.07.1959 |
| 1.26 | Randi Kulleseid | 46 | Jessheim | 19.08.1959 |
| 1.25 | Anne Lise Aas | 41 | Jessheim | 29.08.1959 |
| 1.25 | Cora Halsan | 47 | Jessheim | 22.07.1959 |
| 1.23 | Guri Øverby | 45 | Jessheim | 15.09.1959 |
| 1.23 | Winnie Lindner | 44 | Jessheim | 29.08.1959 |
| 1.18 | Liv Laache | 46 | Jessheim | 15.09.1959 |
| 1.18 | Anne Karin Fagertun | 45 | Jessheim | 10.06.1959 |
| 1.13 | Turid Granås | 46 | Jessheim | 15.09.1959 |
| 0.93 | Aase Alstad | 48 | Jessheim | 15.09.1959 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.77 | Ragnhild Sundby | 44 | Oslo/Jo | 12.09.1959 |
| 4.50 | Astrid Sundby | 42 | Jessheim | 30.08.1959 |
| 4.45 | Cora Halsan | 47 | Jessheim | 20.09.1959 |
| 4.41 | Inge Sand | 43 | Jessheim | 05.07.1959 |
| 4.41 | Åshild Sørum | 39 | Jessheim | 20.09.1959 |
| 4.40 | Tove Dønnum | 40 | Jessheim | 12.07.1959 |
| 4.37 | Borghild Hansen | 45 | Jessheim | 15.09.1959 |
| 4.35 | Winnie Lindner | 44 | Jessheim | 20.09.1959 |
| 4.22 | Eva Myrvang | 42 | Jessheim | 30.08.1959 |
| 3.99 | Anne Lise Aas | 41 | Nannestad | 06.09.1959 |
| 3.93 | Toril Granås | 46 | Jessheim | 15.09.1959 |
| **KVINNER SENIOR 1959** | | **110** | | |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 3.81 | Turid Seime | 44 | Jessheim | 05.07.1959 |
| 3.69 | Vera Martinsen | 47 | Jessheim | 30.08.1959 |
| 3.68 | Anne Karin Fagertun | 45 | Jessheim | 19.06.1959 |
| 3.66 | Britt Elton | 45 | Jessheim | 15.09.1959 |
| 3.60 | Ingrid Møinichen | 47 | Jessheim | 15.09.1959 |
| 3.51 | Guri Øverby | 45 | Jessheim | 15.09.1959 |
| 3.26 | Marit Wiig | 49 | Jessheim | 15.09.1959 |

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| **Kule 4 kg** |  |

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| 10.41 | Astrid Sundby | 42 | Jessheim | 05.07.1959 |
| 8.88 | Anne Lise Aas | 41 | Jessheim | 08.06.1959 |
| 8.72 | Berit Wethal | 34 | Jessheim | 15.09.1959 |
| 8.59 | Åshild Sørum | 39 | Jessheim | 15.09.1959 |
| 8.29 | Eva Myrvang | 42 | Jessheim | 19.06.1959 |
| 8.14 | Ragnhild Sundby | 44 | Jessheim | 30.08.1959 |
| 7.75 | Tove Dønnum | 40 | Jessheim | 12.07.1959 |
| 7.72 | Berit Haug | 38 | Hønefoss | 20.06.1959 |
| 7.48 | Borghild Hansen | 45 | Jessheim | 29.08.1959 |
| 7.08 | Karin Lund | 41 | Jessheim | 08.06.1959 |
| 6.58 | Cora Halsan | 47 | Jessheim | 20.09.1959 |
| 6.18 | Winnie Lindner | 44 | Jessheim | 12.07.1959 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 32.30 | Astrid Sundby | 42 | Jessheim | 19.09.1959 |
| 28.26 | Tove Dønnum | 40 | Jessheim | 19.09.1959 |
| 25.59 | Eva Myrvang | 42 | Jessheim | 17.06.1959 |
| 24.90 | Anne Lise Aas | 41 | Jessheim | 19.09.1959 |
| 23.68 | Borghild Hansen | 45 | Jessheim | 01.08.1959 |
| 22.43 | Ragnhild Sundby | 44 | Jessheim | 19.09.1959 |
| 22.07 | Winnie Lindner | 44 | Jessheim | 30.08.1959 |
| 14.27 | Cora Halsan | 47 | Jessheim | 19.09.1959 |

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

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| --- | --- | --- | --- | --- |
| 33.62 | Astrid Sundby | 42 | Jessheim | 17.06.1959 |
| 30.59 | Ragnhild Sundby | 44 | Jessheim | 20.09.1959 |
| 28.82 | Ingrid Sundby | 39 | Råholt | 20.09.1959 |
| 28.26 | Tove Dønnum | 40 | Jessheim | 13.09.1959 |
| 24.90 | Åshild Sørum | 39 | Jessheim | 20.09.1959 |
| 24.42 | Turid Seime | 44 | Jessheim | 19.06.1959 |
| 23.35 | Eva Myrvang | 42 | Jessheim | 07.06.1959 |
| 20.83 | Tove Dønnum | 40 | Jessheim | 19.08.1959 |
| 19.91 | Anne Lise Aas | 41 | Jessheim | 19.06.1959 |

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| **KVINNER SENIOR 1959** | **111** |

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| **Slengball 700 g Lang reim** |  |

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| --- | --- | --- | --- | --- |
| 42.18 | Ragnhild Sundby | 44 | Jessheim | 30.08.1959 |
| 34.90 | Borghild Hansen | 45 | Jessheim | 15.09.1959 |
| 32.82 | Cora Halsan | 47 | Jessheim | 15.09.1959 |
| 32.17 | Liv Laache | 46 | Jessheim | 15.09.1959 |
| 31.43 | Randi Kulleseid | 46 | Jessheim | 30.08.1959 |
| 29.40 | Britt Elton | 45 | Jessheim | 15.09.1959 |
| 28.54 | Toril Granås | 46 | Jessheim | 15.09.1959 |
| 27.31 | Inger Laache | 46 | Jessheim | 15.09.1959 |

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

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| --- | --- | --- | --- | --- |
| 43.13 | Astrid Sundby | 42 | Jessheim | 15.09.1959 |
| 37.53 | Tove Dønnum | 40 | Jessheim | 19.08.1959 |
| 36.01 | Berit Wethal | 34 | Jessheim | 19.06.1959 |
| 33.24 | Ragnhild Sundby | 44 | Jessheim | 12.07.1959 |
| 32.44 | Gerd Erlandsen | 41 | Jessheim | 30.08.1959 |
| 30.60 | Anne Lise Aas | 41 | Jessheim | 19.08.1959 |
| 30.25 | Eva Myrvang | 42 | Jessheim | 05.07.1959 |
| 29.67 | Åshild Sørum | 39 | Jessheim | 15.09.1959 |
| 23.63 | Turid Seime | 43 | Jessheim | 19.06.1959 |
| 20.65 | Randi Kulleseid | 46 | Jessheim | 15.06.1959 |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 51.15 | Tove Dønnum | 40 | Oslo/Jo | 12.09.1959 |

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| **3-kamp 100m M-Diskos-Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1688 | Tove Dønnum | 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 | | | |
| 1646 | Eva Myrvang | 42 | Jessheim | 10.06.1959 |
| 13.6-21.25-1.25 | | | |
| 1576 | Ragnhild Sundby | 44 | Jessheim | 10.06.1959 |
| 14.1-21.76-1.28- | | | |
| 1434 | Borghild Hansen | 45 | Jessheim | 10.06.1959 |
| 14.2-21.11-1.30 | | | |

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

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| --- | --- | --- | --- | --- |
| 2877 | Ragnhild Sundby | 44 | Nannestad | 05-06.09.1959 |
| 14.9-7.96-1.30/4.35-29.5 | | | |

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| **KVINNER SENIOR 1959** | **112** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2722 | Åshild Sørum | 39 | Nannestad | 05-06.09.1959 |
| 8.26-1.35-31.4/15.7-4.32 | | | |
| 2710 | Anne Lise Aas | 41 | Nannestad | 05-06.09.1959 |
| 8.36-1.30-29.5/16.1-3.99 | | | |

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| **4x60m M** |  |

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| --- | --- | --- | --- | --- |
| 32.5 | J16 |  | Oslo/Jo | 09.06.1959 |
| Ragnhild Sundby44-Winnie Lindner44-Inge Sand43-Borghild Hansen45 | | | |
| 35.6 | J13-14 |  | Jessheim | 15.09.1959 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 54.3 |  |  | Hamar | 15.08.1959 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 0.95 | Astrid Sundby | 42 | Jessheim | 15.02.1959 |
| 0.95 | Eva Myrvang | 42 | Jessheim | 15.02.1959 |
| 0.90 | Ingrid Sundby | 39 | Jessheim | 15.02.1959 |
| 0.85 | Åshild Sørum | 39 | Jessheim | 15.02.1959 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.35 | Eva Myrvang | 42 | Jessheim | 15.02.1959 |
| 2.29 | Borghild Hansen | 45 | Jessheim | 15.02.1959 |
| 2.23 | Ragnhild Sundby | 44 | Jessheim | 15.02.1959 |
| 2.21 | Guri Anne Øverby | 45 | Jessheim | 15.02.1959 |
| 2.20 | Astrid Sundby | 42 | Jessheim | 15.02.1959 |
| 2.13 | Berit Haug | 38 | Jessheim | 15.02.1959 |
| 2.13 | Corta Halsan | 47 | Jessheim | 15.02.1959 |
| 2.03 | Nina Wætthen | 46 | Jessheim | 15.02.1959 |
| 1.96 | Grete Vegel | 47 | Jessheim | 15.02.1959 |
| 1.95 | Toril Granås | 46 | Jessheim | 15.02.1959 |
| 1.94 | Liv Laache | 46 | Jessheim | 15.02.1959 |
| 1.87 | Britt Elton | 45 | Jessheim | 15.02.1959 |
| 1.68 | Aase Alstad | 48 | Jessheim | 15.02.1959 |
| 1.63 | Ingrid Møinichen | 48 | Jessheim | 15.02.1959 |
| 1.62 | Marit Wiig | 49 | Jessheim | 15.02.1959 |
| 1.62 | Randi Grøndahl | 48 | Jessheim | 15.02.1959 |
| 1.60 | Grete Uhlen | 49 | Jessheim | 15.02.1959 |
| 1.42 | Berit Gystad | 49 | Jessheim | 15.02.1959 |
| **MENN SENIOR 1960** | | **113** | | |

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| **NM Sarpsborg 14.08: 3: Høyde: 1.50 Tove Dønnum 6: 4x100m Tid ikke oppgitt i Romerikes Blad** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.3 | Martin Bratfos | 47 | Råholt | 20.08.1960 |
| 8.5 | Halvor Bogstad | 46 | Råholt | 20.08.1960 |
| 8.6 | Einar Hellum | 47 | Råholt | 20.08.1960 |
| 8.8 | Ingar Ingerø | 49 | Råholt | 20.08.1960 |
| 8.9 | Bjørn Hellum | 48 | Råholt | 20.08.1960 |
| 8.9 | Jon Martinsen | 48 | Jessheim | 05.07.1960 |
| 9.3 | Lorang Fjelly | 48 | Råholt | 20.08.1960 |
| 9.4 | Bjørn Hellum | 48 | Råholt | 20.08.1960 |
| 10.0 | Tor Nyhus | 48 | Jessheim | 05.07.1960 |
| 10.2 | Cato Strømberg | 50 | Råholt | 20.08.1960 |
| 10.5 | Roger Kulleseid | 49 | Nannestad | 29.06.1960 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.8 | Hans Kristian Hansen | 41 | Lillestrøm | 27.08.1960 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 24.5 | Hans Kristian Hansen | 41 | Lillestrøm | 28.08.1960 |

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

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| --- | --- | --- | --- | --- |
| 60.0 | Birger Svensson | 40 | Lillestrøm | 28.06.1960 |

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

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| --- | --- | --- | --- | --- |
| 2:08.4 | Håvard Uhlen | 39 | Lillestrøm | 28.08.1960 |

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

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| --- | --- | --- | --- | --- |
| 4:18.0 | Håvard Uhlen | 39 | Lillestrøm | 27.08.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:28.4 | Håvard Uhlen | 39 | Lillestrøm | 03.07.1960 |
| 10:00.0 | Kåre Karlsen | 36 | Lillestrøm | 03.07.1960 |

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

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| --- | --- | --- | --- | --- |
| 18:02.0 | Arthur Johansen | 38 | Lillestrøm | 28.08.1960 |

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| **MENN SENIOR 1960** | **114** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.70 | Bjørn Pettersen | 36 | Lillestrøm | 27.08.1960 |
| 1.55 | Bjarne Gunneriussen | 34 | Lillestrøm | 27.08.1960 |
| 1.31 | Einar Hellum | 47 | Jessheim | 05.07.1960 |
| 1.20 | Jon Martinsen | 47 | Råholt | 20.08.1960 |
| 1.15 | Bjørn Hellum | 48 | Jessheim | 05.07.1960 |
| 1.10 | Lorang Fjelly | 48 | Råholt | 20.08.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.51 | Bjørn Pettersen | 36 | Lillestrøm | 27.08.1960 |
| 4.13 | Halvor Bogstad | 46 | Råholt | 20.08.1960 |
| 4.11 | Martin Bratfos | 47 | Jessheim | 05.07.1960 |
| 4.09 | Einar Hellum | 47 | Jessheim | 05.07.1960 |
| 3.87 | Inge Ingerø | 49 | Råholt | 20.08.1960 |
| 3.75 | Bjørn Hellum | 48 | Råholt | 20.08.1960 |
| 3.71 | Jon Martinsen | 47 | Jessheim | 05.07.1960 |
| 3.20 | Hans Bratfos | 49 | Råholt | 20.08.1960 |
| 3.18 | Cato Strømberg | 50 | Råholt | 20.08.1960 |
| 3.18 | Lorang Fjelly | 48 | Råholt | 20.08.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.96 | Halvor Bogstad | 46 | Råholt | 20.08.1960 |
| 5.99 | Jon Martinsen | 47 | Råholt | 20.08.1960 |
| 5.81 | Steinar Strande | 47 | Råholt | 20.08.1960 |
| 5.68 | Martin Bratfos | 47 | Råholt | 20.09.1960 |

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| --- | --- |
| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.40 | Bjarne Gunneriussen | 34 | Lillestrøm | 27.08.1960 |

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

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| --- | --- | --- | --- | --- |
| 47.80 | Bjarne Gunneriussen | 34 | Jessheim | 15.08.1960 |
| 46.11 | Hans Kristian Hansen | 41 | Lillestrøm | 28.08.1960 |

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| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.34 | Hans Bratfos | 49 | Råholt | 21.08.1960 |
| 25.33 | Lorang Fjelly | 48 | Råholt | 21.08.1960 |
| 20.91 | Bjørn Hellum | 48 | Råholt | 21.08.1960 |

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| **MENN SENIOR 1960** | **115** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.38 | Bjørn Pettersen | 36 | Jessheim | 03.04.1960 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.87 | Kjell Larsen | 37 | Jessheim | 03.04.1960 |
| 2.79 | Bjørn Pettersen | 36 | Jessheim | 03.04.1960 |
| 2.68 | Steinar Strøm | 42 | Jessheim | 03.04.1960 |
| 2.31 | Martin Bratfos | 47 | Jessheim | 03.04.1960 |
| 2.04 | Bjørn Hellum | 48 | Jessheim | 03.04.1960 |
| 1.94 | Harald Skjønsberg | 48 | Jessheim | 03.04.1960 |
| 1.86 | Hans Bratfos | 49 | Jessheim | 03.04.1960 |

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| **KVINNER SENIOR 1960** | **116** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Winnie Lindner | 44 | Oslo/Jo | 13.06.1960 |
| 8.5 | Anne Lise Aas | 41 | Lillestrøm | 19.06.1960 |
| 8.5 | Vera Martinsen | 47 | Lillestrøm | 18.06.1960 |
| 8.5 | Ragnhild Sundby | 44 | Jessheim | 25.09.1960 |
| 8.6 | Cora Halsan | 47 | Lillestrøm | 18.06.1960 |
| 8.7 | Eva Myrvang | 42 | Jessheim | 29.09.1960 |
| 8.8 | Åshild Sørum | 39 | Gjøvik | 12.09.1960 |
| 9.0 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |
| 9.4 | Toril Granås | 46 | Råholt | 18.06.1960 |
| 9.8 | Ingrid Møinichen | 48 | Jessheim | 05.06.1960 |
| 9.8 | Marit Wiig | 49 | Råholt | 28.06.1960 |
| 9.8 | Anne Majorsæter | 48 | Råholt | 28.06.1960 |
| 10.0 | Aase Alstad | 48 | Nannestad | 29.06.1960 |
| 10.3 | Bjørg Torp | 49 | Råholt | 28.06.1960 |
| 10.5 | Ingeborg Dønnum | 49 | Jessheim | 20.09.1960 |
| 10.5 | Torild Møinichen | 50 | Jessheim | 20.09.1960 |
| 10.7 | Grete Uhlen | 49 | Jessheim | 20.09.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.0 | Winnie Lindner | 44 | Moss/Me | 18.09.1960 |
| 13.5 | Anne Lise Aas | 41 | Lillestrøm | 03.07.1960 |
| 14.0 | Vera Martinsen | 47 | Lillestrøm | 03.07.1960 |
| 14.1 | Ragnhild Sundby | 44 | Råholt | 20.08.1960 |
| 14.1 | Tove Dønnum | 40 | Jessheim | 02.10.1960 |
| 14.5 | Astrid Sundby | 42 | Lillestrøm | 18.06.1960 |
| 15.0 | Åshild Sørum | 39 | Jessheim | 22.06.1960 |
| 15.0 | Kari Mo | 38 | Jessheim | 24.09.1960 |
| 15.1 | Cora Halsan | 47 | Råholt | 20.08.1960 |
| 16.0 | Brit Elton | 45 | Råholt | 20.08.1960 |
| 16.5 | Ellen Refsum | 41 | Jessheim | 22.06.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.9 | Winnie Lindner | 44 | Lillestrøm | 19.06.1960 |
| 28.5 | Anne Lise Aas | 41 | Lillestrøm | 19.06.1960 |
| 29.0 | Tove Dønnum | 40 | Kløfta | 03.09.1960 |
| 29.0 | Ragnhild Sundby | 44 | Kløfta | 03.09.1960 |
| 29.7 | Åshild Sørum | 39 | Lillestrøm | 19.06.1960 |
| 31.0 | Astrid Sundby | 42 | Kløfta | 03.09.1960 |

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| --- | --- | --- | --- | --- |
| **400m M** | |  | | |
| 67.7 | Winnie Lindner | 44 | Jessheim | 24.09.1960 |
| 67.9 | Tove Dønnum | 40 | Jessheim | 24.09.1960 |
| 69.5 | Anne Lise Aas | 41 | Jessheim | 24.09.1960 |
| 72.3 | Berit Dønnum | 41 | Jessheim | 24.09.1960 |
| **KVINNER SENIOR 1960** | | **117** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:43.8 | Åshild Sørum | 39 | Jessheim | 25.09.1960 |
| 2:57.0 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |
| 3:18.4 | Inger Breen | 37 | Jessheim | 25.09.1960 |

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

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| --- | --- | --- | --- | --- |
| 14.0 | Winnie Lindner | 44 | Råholt | 21.08.1960 |
| 14.0 | Astrid Sundby | 42 | Kløfta | 05.09.1960 |
| 14.4 | Ragnhild Sundby | 44 | Råholt | 21.08.1960 |
| 15.2 | Tove Dønnum | 40 | Kløfta | 05.09.1960 |
| 16.3 | Åshild Sørum | 39 | Kløfta | 05.09.1960 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.54 | Tove Dønnum | 40 | Sandvika/Ka | 17.09.1960 |
| 1.35 | Randi Kulleseid | 46 | Sandvika/Ka | 25.06.1960 |
| 1.31 | Astrid Sundby | 42 | Kløfta | 03.09.1960 |
| 1.31 | Winnie Lindner | 44 | Kløfta | 03.09.1960 |
| 1.30 | Ragnhild Sundby | 44 | Lillestrøm | 18.06.1960 |
| 1.30 | Kari Mo | 38 | Jessheim | 20.06.1960 |
| 1.30 | Cora Halsan | 44 | Kløfta | 05.09.1960 |
| 1.28 | Åshild Sørum | 39 | Kløfta | 03.09.1960 |
| 1.25 | Vera Martinsen | 47 | Råholt | 20.08.1960 |
| 1.25 | Berit Dønnum | 41 | Jessheim | 24.09.1960 |
| 1.15 | Anne Majorsæter | 48 | Råholt | 20.08.1960 |
| 1.05 | Bjørg Torp | 49 | Råholt | 20.08.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.00 | Tove Dønnum | 40 | Gjøvik | 12.09.1960 |
| 4.84 | Ragnhild Sundby | 44 | Sandvika/Ka | 17.09.1960 |
| 4.63 | Cora Halsan | 47 | Sandvika/Ka | 17.09.1960 |
| 4.58 | Winnie Lindner | 44 | Oslo/Bi | 23.05.1960 |
| 4.43 | Anne Marie Fridlund | 40 | Jessheim | 24.09.1960 |
| 4.37 | Astrid Sundby | 42 | Lillestrøm | 19.06.1960 |
| 4.25 | Vera Martinsen | 47 | Råholt | 21.08.1960 |
| 4.21 | Åshild Sørum | 39 | Kløfta | 05.09.1960 |
| 3.37 | Marit Wiig | 49 | Råholt | 21.08.1960 |
| 3.30 | Anne Majorsæter | 48 | Jessheim | 20.06.1960 |
| 3.25 | Bjørg Torp | 49 | Råholt | 21.08.1960 |
| 3.23 | Ingrid Møinichen | 48 | Råholt | 21.08.1960 |
| 3.17 | Aase Alstad | 48 | Jessheim | 20.05.1960 |
| 2.55 | Nina Næss | 51 | Jessheim | 20.06.1960 |

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| **KVINNER SENIOR 1960** | **118** |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.27 | Astrid Sundby | 42 | Larvik/Lo | 05.06.1960 |
| 9.84 | Ingvei Sæter | 38 | Kløfta | 05.09.1960 |
| 9.19 | Åshild Sørum | 39 | Jessheim | 24.09.1960 |
| 8.77 | Anne Lise Aas | 41 | Kløfta | 05.09.1960 |
| 8.65 | Ragnhild Sundby | 44 | Kløfta | 03.09.1960 |
| 7.70 | Tove Dønnum | 40 | Kløfta | 05.09.1960 |
| 7.60 | Karin Lund | 41 | Jessheim | 22.06.1960 |
| 6.98 | Winnie Lindner | 44 | Råholt | 20.08.1960 |
| 6.36 | Vera Martinsen | 47 | Lillestrøm | 28.06.1960 |
| 6.16 | Cora Halsan | 47 | Kløfta | 05.09.1960 |
| 5.80 | Berit Dønnum | 41 | Jessheim | 05.07.1960 |
| 5.72 | Inge Sand | 43 | Jessheim | 22.06.1960 |
| 5.72 | Brit Elton | 45 | Råholt | 20.08.1960 |
| 5.54 | Ellen Refsum | 46 | Råholt | 20.08.1960 |
| 5.33 | Liv Laache | 46 | Råholt | 20.08.1960 |
| 5.15 | Inger Laache | 46 | Råholt | 20.08.1960 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 31.56 | Astrid Sundby | 42 | Jessheim | 22.06.1960 |
| 31.46 | Tove Dønnum | 40 | Ski | 25.06.1960 |
| 30.37 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |
| 25.62 | Åshild Sørum | 39 | Skotterud | 24.07.1960 |
| 23.45 | Inger Lise Aas | 41 | Kløfta | 05.09.1960 |
| 23.93 | Winnie Lindner | 44 | Jessheim | 22.06.1960 |
| 23.23 | Ragnhild Sundby | 44 | Lillestrøm | 18.06.1960 |

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

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| --- | --- | --- | --- | --- |
| 33.61 | Ragnhild Sundby | 44 | Sarpsborg | 14.08.1960 |
| 32.41 | Astrid Sundby | 42 | Lillestrøm | 19.06.1960 |
| 22.47 | Åshild Sørum | 39 | Lillestrøm | 19.06.1960 |
| 18.57 | Winnie Lindner | 44 | Råholt | 21.08.1960 |

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| **Slengball 700 g Lang reim** |  |

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| --- | --- | --- | --- | --- |
| 33.36 | Cora Halsan | 47 | Jessheim | 20.09.1960 |
| 31.07 | Marit Wiig | 49 | Jessheim | 20.09.1960 |
| 30.78 | Randi Kulleseid | 46 | Råholt | 21.08.1960 |
| 28.11 | Toril Granås | 46 | Jessheim | 20.09.1960 |
| 27.39 | Bjørg Torp | 49 | Råholt | 21.08.1960 |
| 27.35 | Liv Laache | 46 | Råholt | 21.08.1960 |
| 23.15 | Anne Majorsæter | 48 | Jessheim | 20.09.1960 |

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| **KVINNER SENIOR 1960** | **119** |

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

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| --- | --- | --- | --- | --- |
| 44.40 | Astrid Sundby | 42 | Larvik/Lo | 05.06.1960 |
| 37.58 | Tove Dønnum | 40 | Jessheim | 25.09.1960 |
| 36.69 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |
| 35.86 | Åshild Sørum | 39 | Lillestrøm | 19.06.1960 |
| 35.38 | Eva Myrvang | 42 | Jessheim | 25.09.1960 |
| 34.13 | Anne Lise Aas | 41 | Lillestrøm | 19.06.1960 |
| 33.65 | Anne Marie Fridlund | 40 | Jessheim | 25.09.1960 |
| 33.38 | Cora Halsan | 44 | Råholt | 21.08.1960 |
| 33.02 | Vera Martinsen | 47 | Råholt | 21.08.1960 |
| 32.88 | Ragnhild Sundby | 44 | Jessheim | 20.06.1960 |
| 32.79 | Winnie Lindner | 44 | Jessheim | 25.09.1960 |
| 31.68 | Berit Dønnum | 41 | Jessheim | 25.09.1960 |
| 30.78 | Randi Kulleseid | 46 | Jessheim | 20.06.1960 |
| 29.27 | Brit Elton | 45 | Råholt | 21.08.1960 |
| 27.50 | Karin Lund | 41 | Jessheim | 20.06.1960 |

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| **3-kamp 100m M-Diskos-Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2083 | Tove Dønnum | 40 | Jessheim | 02.10.1960 |
| 14.1-29.95-1.54 | | | |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 2906 | Astrid Sundby | 42 | Kløfta | 03-04.09.1960 | |
| 9.78-1.31-31.0-14.7-4.15 | | | |
| 3227 | Tove Dønnum | 40 | Kløfta | 03-04.09.1960 | |
| 7.58-1.50-29.0/15.2-4.90 | | | | |
| 2918 | Winnie Lindner | 44 | Kløfta | 03-04.09.1960 | |
| 6.55-1.31-28.4/14.4-4.45 | | | | |
| 2759 | Åshild Sørum | 39 | Kløfta | 03-04.09.1960 | |
| 9.07-1.28-29.9/16.3-4.21 | | | | |
| 2419 | Ragnhild Sundby | 44 | Kløfta | 03-04.09.1960 | |
| 8.65-1.28-29.0/0-4.62 | | | | |

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

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| --- | --- | --- | --- | --- |
| 54.8 |  |  | Sarpsborg | 14.08.1960 |
| ? | | | |
| 55.0 |  |  | Råholt | 21.08.1960 |
| ? | | | |

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| **KVINNER SENIOR 1960** | **120** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 0.93 | Sissel Sommerfeldt | 43 | Jessheim | 03.04.1960 |
| 0.88 | Ragnhild Sundby | 44 | Jessheim | 03.04.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.38 | Tove Dønnum | 40 | Jessheim | 03.04.1960 |
| 2.24 | Ragnhild Sundby | 44 | Jesshiem | 03.04.1960 |
| 2.23 | Åshild Sørum | 39 | Jessheim | 03.04.1960 |
| 2.19 | Ingvei Sæther | 38 | Jessheim | 03.04.1960 |
| 2.15 | Cora Halsan | 47 | Jessheim | 03.04.1960 |
| 1.89 | Vera Martinsen | 47 | Jessheim | 03.04.1960 |
| 1.85 | Anne Majorsæter | 48 | Jessheim | 03.04.1960 |
| 1.80 | Ingrid Møinichen | 48 | Jessheim | 03.04.1960 |

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| **MENN SENIOR 1961** | **121** |

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| **NM Sarpsborg: 1: Høyde: 1.50 Tove Dønnum 4: 800m: 2:29.2 Berit Dønnum** |
| **6: Diskos: 30.18 Astrid Sundby** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Einar Hellum | 47 | Jessheim | 17.08.1961 |
| 8.3 | Martin Bratfos | 47 | Nannestad | 20.06.1961 |
| 8.3 | Ingar Ingerø | 49 | Jessheim | 17.08.1961 |
| 8.4 | Sigurd Majorsæter | 44 | Jessheim | 10.09.1961 |
| 8.6 | Jon Martinsen | 47 | Nannestad | 20.05.1961 |
| 8.6 | Bjørn Hellum | 48 | Jessheim | 17.08.1961 |
| 8.6 | Gunnar Aarø | 49 | Oslo/Fr | 04.06.1961 |
| 9.1 | Lorang Fjelly | 48 | Oslo/Fr | 04.06.1961 |
| 9.2 | Per Nafstad | 50 | Jessheim | 10.09.1961 |
| 9.2 | Finn Ugletveit | 49 | Oslo/Fr | 24.09.1961 |
| 9.5 | Cato Strømberg | 50 | Jessheim | 10.09.1961 |
| 9.7 | Hans Bratfos | 49 | Nannestad | 20.06.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.6 | Hans Kristian Hansen | 41 | Råholt | 26.08.1961 |
| 11.7 | Jon Erik Lund | 34 | Råholt | 26.08.1961 |
| 11.9 | Kjell Johansen | 44 | Strømmen | 17.08.1961 |
| 12.5 | Shaun Matheson | 43 | Jessheim | 17.08.1961 |
| 12.8 | Nils Kristen Wiig | 43 | Jessheim | 17.08.1961 |
| 13.2 | Einar Hellum | 47 | Jessheim | 17.08.1961 |
| 13.2 | Martin Bratfos | 47 | Jessheim | 10.09.1961 |
| 13.2 | Odd Dønnum | 45 | Jessheim | 07.10.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.8 | Kjell Arne Johansen | 44 | Strømmen | 18.08.1961 |
| 25.3 | Jon Erik Lund | 34 | Kløfta | 21.06.1961 |
| 26.5 | Odd Dørum | 45 | Jessheim | 10.09.1961 |
| 26.6 | Shaun Matheson | 43 | Strømmen | 19.06.1961 |
| 28.4 | Jon Martinsen | 47 | Strømmen | 18.08.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.1 | Thor Martin Furuseth | 41 | Råholt | 26.08.1961 |
| 55.8 | Nils Teigland | 41 | Oslo/Bi | 25.07.1961 |
| 57.2 | Hans Kristian Hansen | 41 | Lillestrøm | 02.09.1961 |

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| **MENN SENIOR 1961** | **122** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:01.9 | Nils Teigland | 41 | Råholt | 08.10.1961 |
| 2:10.8 | Terje Mikalsen | 43 | Strømmen | 03.09.1961 |
| 2:15.5 | Shaun Matheson | 43 | Råholt | 11.06.1961 |
| 2:16.9 | Arne Gulbrandsen | 44 | Råholt | 11.06.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:20.0 | Håvard Uhlen | 39 | Råholt | 11.06.1961 |
| 4:20.8 | Nils Teigland | 41 | Oslo/Bi | 24.07.1961 |
| 4:41.0 | Terje Mikalsen | 43 | Strømmen | 17.08.1961 |
| 5:02.0 | Hans Kristian Hansen | 41 | Lillestrøm | 03.09.1961 |
| 5:09.2 | Nils Røkke | 43 | Strømmen | 17.06.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:52.0 | Håvard Uhlen | 39 | Råholt | 11.06.1961 |
| 10:20.0 | Arthur Johansen | 38 | Råholt | 26.08.1961 |
| 10:23.4 | Arne Gulbrandsen | 44 | Strømmen | 19.06.1961 |
| 11:04.2 | Nils Røkke | 43 | Strømmen | 18.06.1961 |

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

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| --- | --- | --- | --- | --- |
| 16:56.4 | Håvard Uhlen | 39 | Råholt | 27.08.1961 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.70 | Bjørn Pettersen | 36 | Råholt | 11.06.1961 |
| 1.64 | Shaun Matheson | 43 | Jessheim | 10.09.1961 |
| 1.55 | Hans Kristian Hansen | 41 | Lillestrøm | 02.09.1961 |
| 1.45 | Odd Dønnum | 45 | Strømmen | 03.09.1961 |
| 1.45 | Einar Hellum | 47 | Jessheim | 10.09.1961 |
| 1.31 | Martin Bratfos | 47 | Jessheim | 10.09.1961 |
| 1.28 | Gunnar Aarø | 49 | Jessheim | 17.08.1961 |
| 1.28 | Ingar Ingerø | 49 | Jessheim | 10.09.1961 |
| 1.25 | Finn Ugletveit | 49 | Strømmen | 03.09.1961 |
| 1.17 | Bjørn Hellum | 48 | Strømmen | 03.09.1961 |

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| --- | --- |
| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.70 | Hans Kristian Hansen | 41 | Lillestrøm | 03.09.1961 |

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| **MENN SENIOR 1961** | **123** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.46 | Jon Erik Lund | 34 | Strømmen | 10.09.1961 |
| 6.30 | Hans Kristian Hansen | 41 | Oslo/Bi | 05.10.1961 |
| 5.56 | Shaun Matheson | 43 | Strømmen | 01.09.1961 |
| 5.49 | Odd Dønnum | 45 | Råholt | 17.09.1961 |
| 5.20 | Nils Kristen Wiig | 43 | Jessheim | 10.09.1961 |
| 4.98 | Einar Hellum | 47 | Strømmen | 03.09.1961 |
| 4.77 | Martin Bratfos | 47 | Jessheim | 07.08.1961 |
| 4.57 | Ingar Ingerø | 49 | Strømmen | 03.09.1961 |
| 4.40 | Gunnar Aarø | 49 | Strømmen | 03.09.1961 |
| 4.38 | Jon Martinsen | 47 | Nannestad | 20.06.1961 |
| 4.15 | Per Nafstad | 50 | Jessheim | 10.09.1961 |
| 4.13 | Bjørn Hellum | 48 | Råholt | 17.09.1961 |
| 4.06 | Finn Ugletveit | 49 | Strømmen | 03.09.1961 |
| 3.77 | Lorang Fjelly | 48 | Jessheim | 07.08.1961 |
| 3.71 | Cato Strømberg | 50 | Jessheim | 10.09.1961 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.59 | Tom Pedersen | 39 | Råholt | 27.08.1961 |
| 12.96 | Jon Erik Lund | 34 | Råholt | 27.08.1961 |
| 11.74 | Hans Kristian Hansen | 41 | Strømmen | 19.06.1961 |
| 11.37 | Shaun Matheson | 43 | Strømmen | 19.08.1961 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.40 | Terje Finnebråten | 48 | Råholt | 17.09.1961 |
| 9.52 | Ingar Ingerø | 49 | Jessheim | 10.09.1961 |
| 8.25 | Martin Hansen | 47 | Råholt | 17.09.1961 |

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| --- | --- |
| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.36 | Shaun Matheson | 43 | Råholt | 17.09.1961 |
| 7.87 | Odd Dønnum | 45 | Jessheim | 10.09.1961 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.52 | Hans Kristian Hansen | 41 | Lillestrøm | 02.09.1961 |

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| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 31.45 | Shaun Matheson | 43 | Strømmen | 03.09.1961 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 27.39 | Hans Kristian Hansen | 41 | Lillestrøm | 03.09.1961 |
| 23.38 | Jon Erik Lund | 41 | Kløfta | 21.06.1961 |
| **MENN SENIOR 1961** | | **124** | | |

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| --- | --- |
| **Spyd 700 g** |  |

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

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

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| --- | --- | --- | --- | --- |
| 51.98 | Hans Kristian Hansen | 41 | Jessheim | 07.10.1961 |
| 45.72 | Bjarne Gunnerissen | 34 | Råholt | 26.08.1961 |
| 41.00 | Jon Erik Lund | 34 | Jessheim | 07.10.1961 |
| 38.57 | Arthur Johansen | 38 | Jessheim | 07.10.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.24 | Finn Ugletveit | 49 | Råholt | 17.09.1961 |
| 23.81 | Hans Bratfos | 49 | Råholt | 17.09.1961 |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 49.50 | Ingar Ingerø | 49 | Strømmen | 03.09.1961 |
| 47.00 | Jon Martinsen | 47 | Nannestad | 20.06.1961 |
| 43.35 | Hans Bratfos | 49 | Nannestad | 20.06.1961 |

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| --- | --- |
| **3kamp 60m-Lengde-Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 1958 | Einar Hellum | 47 | Oslo/Fr | 24.09.1961 |
| 8.3-4.75-? | | | |
| 1893 | Martin Bratfos | 47 | Oslo/Fr | 24.09.1961 |
| 8.3-4.39-? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1526 | Jon Erik Lund | 34 | Kløfta | 21.06.1961 |
| 6.29-36.76-25.9-23.38-0 | | | |

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

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| --- | --- | --- | --- | --- |
| 4223 | Hans Kristian Hansen | 41 | Lillestrøm | 02-03.09.1961 |
| 12.4-6.02-8.52-1.55-57.2/0-27.39-2.70-45.59-5:02.0 | | | |

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| **MENN SENIOR 1961** | **125** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.38 | Johannes Harviken | 43 | Gardermoen | 25.02.1961 |
| 1.30 | Bjørn Pettersen | 36 | Gardermoen | 25.02.1961 |
| 1.20 | Shaun Matheson | 43 | Gardermoen | 25.02.1961 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.87 | Bjørn Pettersen | 36 | Jessheim | 24.03.1961 |
| 2.72 | Johannes Harviken | 43 | Gardermoen | 25.02.1961 |
| 2.69 | Shaun Matheson | 43 | Gardermoen | 25.02.1961 |
| 2.68 | Johannes Svensson | 34 | Gardermoen | 25.02.1961 |
| 2.47 | Fritz Lundby | 42 | Gardermoen | 25.02.1961 |

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| **KVINNER SENIOR 1961** | **126** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Winnie Lindner | 44 | Jessheim | 10.09.1961 |
| 8.5 | Astrid Sundby | 42 | Jessheim | 07.08.1961 |
| 8.7 | Cora Halsan | 47 | Strømmen | 01.09.1961 |
| 8.8 | Vera Martinsen | 47 | Strømmen | 01.09.1961 |
| 8.8 | Eva Myrvang | 42 | Jessheim | 07.08.1961 |
| 9.0 | Tove Dønnum | 40 | Jessheim | 07.08.1961 |
| 9.0 | Kari Mo | 38 | Jessheim | 07.08.1961 |
| 9.3 | Ellen Refsum | 46 | Råholt | 17.09.1961 |
| 9.3 | Anne Majorsæter | 48 | Strømmen | 03.09.1961 |
| 9.3 | Ingunn Steen | 48 | Strømmen | 03.09.1961 |
| 9.4 | Anne Karin Fagertun | 46 | Råholt | 17.09.1961 |
| 9.4 | Ingrid Møinichen | 48 | Jessheim | 07.08.1961 |
| 9.4 | Rikke Rosenkilde | 50 | Strømmen | 01.09.1961 |
| 9.5 | Brit Elton | 49 | Strømmen | 03.09.1961 |
| 9.5 | Berit Børresen | 48 | Jessheim | 07.08.1961 |
| 9.5 | Bjørg Torp | 48 | Jessheim | 07.08.1961 |
| 9.6 | Liv Laache | 46 | Jessheim | 10.09.1961 |
| 9.6 | Ada Rommen | 48 | Strømmen | 03.09.1961 |
| 9.7 | Aase Alstad | 48 | Jessheim | 07.08.1961 |
| 9.9 | Marit Wiig | 49 | Jessheim | 10.09.1961 |
| 10.4 | Greta Langmo | 50 | Jessheim | 10.09.1961 |
| 10.7 | Tone Sand | 50 | Jessheim | 10.09.1961 |
| 10.7 | Birgit Grønlien | 51 | Jessheim | 10.09.1961 |
| 10.8 | Else Marie Dønnum | 53 | Jessheim | 10.09.1961 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 13.1 | Winnie Lindner | 44 | Råholt | 26.08.1961 |
| 13.5 | Vera Martinsen | 47 | Strømmen | 03.09.1961 |
| 14.0 | Tove Dønnum | 40 | Kløfta | 21.06.1961 |
| 14.1 | Astrid Sundby | 42 | Jessheim | 07.08.1961 |
| 14.1 | Cora Halsan | 47 | Jessheim | 10.09.1961 |
| 14.9 | Anne Karin Fagertun | 46 | Strømmen | 03.09.1961 |
| 14.9 | Åshild Sørum | 39 | Råholt | 11.06.1961 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 28.4 | Winnie Lindner | 44 | Jessheim | 10.09.1961 |
| 29.2 | Åshild Sørum | 39 | Jessheim | 05.07.1961 |
| 29.2 | Tove Dønnum | 40 | Jessheim | 10.09.1961 |
| 29.6 | Berit Dønnum | 41 | Råholt | 27.08.1961 |
| 30.3 | Astrid Sundby | 42 | Lillestrøm | 02.09.1961 |
| 30.4 | Anne Karin Fagertun | 46 | Jessheim | 10.09.1961 |

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| **KVINNER SENIOR 1961** | **127** |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 65.7 | Berit Dønnum | 41 | Jessheim | 09.09.1961 |
| 67.5 | Winnie Lindner | 44 | Råholt | 26.08.1961 |
| 68.0 | Åshild Sørum | 39 | Jessheim | 19.05.1961 |
| 69.6 | Anne Karin Fagertun | 46 | Råholt | 26.08.1961 |
| 75.2 | Sissel Dønnum | 43 | Jessheim | 07.08.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:26.8 | Berit Dønnum | 41 | Råholt | 15.07.1961 |
| 2:44.5 | Astrid Sundby | 44 | Jessheim | 10.09.1961 |
| 2:45.0 | Åshild Sørum | 39 | Råholt | 15.07.1961 |
| 2:52.4 | Anne Karin Fagertun | 46 | Råholt | 27.08.1961 |
| 2:59.4 | Sissel Dønnum | 43 | Råholt | 27.08.1961 |

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

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| 13.9 | Winnie Lindner | 44 | Strømmen | 14.09.1961 |
| 14.0 | Astrid Sundby | 42 | Jessheim | 09.09.1961 |
| 15.0 | Ragnhild Sundby | 44 | Råholt | 27.08.1961 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.55 | Tove Dønnum | 40 | Moss | 06.06.1961 |
| 1.35 | Winnie Lindner | 44 | Råholt | 11.06.1961 |
| 1.35 | Astrid Sundby | 42 | Jessheim | 17.08.1961 |
| 1.32 | Cora Halsan | 47 | Jessheim | 10.09.1961 |
| 1.26 | Eva Myrvang | 42 | Jessheim | 10.09.1961 |
| 1.25 | Vera Martinsen | 47 | Jessheim | 07.08.1961 |
| 1.23 | Liv Laache | 46 | Råholt | 11.06.1961 |
| 1.22 | Åshild Sørum | 39 | Jessheim | 24.09.1961 |
| 1.11 | Bjørg Torp | 48 | Råholt | 11.08.1961 |
| 1.11 | Anne Majorsæter | 48 | Råholt | 11.08.1961 |
| 1.07 | Ingrid Møinichen | 48 | Jessheim | 07.08.1961 |
| 1.07 | Ingunn Steen | 48 | Jessheim | 17.08.1961 |
| 1.05 | Marit Wiig | 49 | Jessheim | 10.09.1961 |
| 1.00 | Else Marie Dønnum | 53 | Jessheim | 10.09.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.77 | Winnie Lindner | 44 | Jessheim | 10.09.1961 |
| 4.75 | Tove Dønnum | 40 | Råholt | 26.08.1961 |
| 4.72 | Ragnhild Sundby | 44 | Jessheim | 17.06.1961 |
| 4.43 | Vera Martinsen | 47 | Hamar | 29.05.1961 |
| 4.39 | Cora Halsan | 47 | Strømmen | 18.06.1961 |
| 4.34 | Åshild Sørum | 39 | Jessheim | 07.08.1961 |

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| **KVINNER SENIOR 1961** | **128** |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 4.37 | Anne Karin Fagertun | 46 | Strømmen | 03.09.1961 |
| 4.32 | Astrid Sundby | 42 | Lillestrøm | 02.09.1961 |
| 3.95 | Ingrid Møinichen | 48 | Jessheim | 10.09.1961 |
| 3.85 | Brit Elton | 45 | Strømmen | 18.06.1961 |
| 3.75 | Ellen Refsum | 46 | Jessheim | 10.09.1961 |
| 3.75 | Anne Majorsæter | 48 | Jessheim | 07.08.1961 |
| 3.62 | Liv Laache | 46 | Jessheim | 10.09.1961 |
| 3.60 | Rikke Rosenkilde | 50 | Jessheim | 10.09.1961 |
| 3.54 | Bjørg Torp | 48 | Råholt | 26.08.1961 |
| 3.51 | Aase Alstad | 48 | Råholt | 26.08.1961 |
| 3.26 | Marit Wiig | 49 | Jessheim | 10.09.1961 |
| 3.02 | Else Marie Dønnum | 53 | Jessheim | 10.09.1961 |
| 2.93 | Tove Sand | 51 | Jessheim | 10.09.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.60 | Astrid Sundby | 42 | Lillestrøm | 02.09.1961 |
| 9.77 | Ingvei Sæter | 38 | Jessheim | 10.09.1961 |
| 9.25 | Åshild Sørum | 39 | Oslo/Bi | 12.06.1961 |
| 8.05 | Winnie Lindner | 44 | Jessheim | 17.06.1961 |
| 7.87 | Ragnhild Sundby | 44 | Strømmen | 18.06.1961 |
| 6.97 | Liv Laache | 46 | Jessheim | 10.09.1961 |
| 6.70 | Brit Elton | 45 | Jessheim | 07.10.1961 |
| 6.68 | Anne Karin Fagertun | 45 | Jessheim | 10.09.1961 |
| 6.22 | Vera Martinsen | 45 | Jessheim | 15.09.1961 |
| 6.19 | Inger Laache | 46 | Jessheim | 15.09.1961 |
| 5.77 | Ellen Refsum | 46 | Jessheim | 15.09.1961 |
| 5.77 | Guri Øverby | 45 | Jessheim | 07.10.1961 |

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

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| --- | --- | --- | --- | --- |
| 34.14 | Ingvei Sæter | 38 | Oslo/Fr | 09.08.1961 |
| 32.62 | Astrid Sundby | 42 | Oslo/Bi | 30.08.1961 |
| 28.62 | Tove Dønnum | 40 | Jessheim | 07.08.1961 |
| 24.52 | Winnie Lindner | 44 | Råholt | 27.08.1961 |
| 19.57 | Ragnhild Sundby | 44 | Råholt | 27.08.1961 |

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

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| --- | --- | --- | --- | --- |
| 35.23 | Ragnhild Sundby | 44 | Jessheim | 09.09.1961 |
| 31.19 | Astrid Sundby | 42 | Jessheim | 09.09.1961 |
| 27.18 | Winnie Lindner | 44 | Råholt | 26.08.1961 |
| 26.50 | Åshild Sørum | 39 | Råholt | 26.08.1961 |

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| **KVINNER SENIOR 1961** | **129** |

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| **Slengball 700 g Lang reim** |  |

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| --- | --- | --- | --- | --- |
| 36.71 | Cora Halsan | 47 | Strømmen | 03.09.1961 |
| 35.57 | Vera Martinsen | 47 | Jessheim | 17.08.1961 |
| 29.54 | Bjørg Torp | 49 | Strømmen | 03.09.1961 |
| 25.82 | Ingrid Møinichen | 48 | Strømmen | 03.09.1961 |
| 25.66 | Aase Alstad | 48 | Strømmen | 17.08.1961 |
| 23.93 | Anne Majorsæter | 48 | Strømmen | 03.09.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 42.42 | Astrid Sundby | 42 | Trondheim | 16.09.1961 |
| 39.34 | Tove Dønnum | 40 | Jessheim | 07.10.1961 |
| 39.24 | Liv Laache | 46 | Strømmen | 03.09.1961 |
| 37.56 | Winnie Lindner | 44 | Jessheim | 15.09.1961 |
| 35.14 | Ingvei Sæter | 38 | Jessheim | 10.09.1961 |
| 34.09 | Inger Laache | 46 | Strømmen | 03.09.1961 |
| 33.94 | Åshild Sørum | 39 | Jessheim | 07.10.1961 |
| 33.60 | Eva Myrvang | 42 | Jessheim | 07.10.1961 |
| 32.55 | Brit Elton | 45 | Råholt | 17.09.1961 |
| 31.75 | Berit Dønnum | 41 | Jessheim | 07.10.1961 |
| 31.06 | Anne Karin Fagertun | 45 | Råholt | 26.08.1961 |
| 25.86 | Vera Martinsen | 46 | Råholt | 26.08.1961 |

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| **3-kamp M 100m-Diskos-Høyde** | |  | | |
| 1879 | Tove Dønnum | 40 | Kløfta | 21.06.1961 |
| 14.0-27.03-1.49 | | | |
| 1833 | Astrid Sundby | 42 | Kløfta | 21.06.1961 |
| 14.1-29.28-1.34 | | | |
| 1770 | Winnie Lindner | 44 | Kløfta | 21.06.1961 |
| 13.4-23.18-1.31 | | | |

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| --- | --- | --- | --- | --- |
| **5-kamp M Kule-Høyde-200m/80m.h-Lengde** | |  | | |
| 3101 | Astrid Sundby | 42 | Lillestrøm | 02-03.09.1961 |
| 10.60-1.30-30.2/14.1-4.32 | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 0.95 | Astrid Sundby | 42 | Jessheim | 24.03.1961 |
| 0.90 | Ragnhild Sundby | 44 | Jessheim | 24.03.1961 |

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| --- | --- | --- | --- | --- |
| **Lengde uten tilløp** | |  | | |
| 2.30 | Ingvei Sæter | 38 | Jessheim | 24.03.1961 |
| 2.20 | Ragnhild Sundby | 44 | Jessheim | 24.03.1961 |
| 2.20 | Tove Dønnum | 40 | Jessheim | 24.03.1961 |
| 2.19 | Astrid Sundby | 42 | Jessheim | 24.03.1961 |
| **MENN SENIOR 1962** | | **130** | | |

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| **NM Gull og Kongepokal: Høyde: 1.58 Tove Dønnum – NM Gull 800m: 2:25.4 Berit Dønnum** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.5 | Bjørn Hellum | 48 | Råholt | 19.08.1962 |
| 8.9 | Per Nafstad | 50 | Jessheim | 07.09.1962 |
| 9.5 | Finn Ugletveit | 49 | Råholt | 12.09.1962 |
| 9.8 | Finn Larsen | 50 | Jessheim | 07.09.1962 |
| 9.9 | Arve Alstad | 52 | Råholt | 12.09.1962 |
| 10.4 | Finn Lystad | 51 | Råholt | 23.09.1962 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.9 | Kjell Arne Johansen | 44 | Jessheim | 06.09.1962 |
| 11.9 | Jon Erik Lund | 34 | Strømmen | 22.09.1962 |
| 12.1 | Fritz Karlsen | 37 | Strømmen | 22.09.1962 |
| 12.2 | Einar Hellum | 47 | Råholt | 19.08.1962 |
| 12.3 | Geir Pedersen | 44 | Råholt | 12.09.1962 |
| 12.9 | Jon Martinsen | 47 | Jessheim | 06.09.1962 |
| 13.5 | Svein Kvello Aune | 46 | Råholt | 12.09.1962 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.5 | Jon Erik Lund | 34 | Råholt | 29.07.1962 |
| 25.7 | Kjell Arne Johansen | 44 | Råholt | 23.06.1962 |
| 25.9 | Einar Hellum | 47 | Råholt | 23.06.1962 |
| 27.0 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |
| 29.5 | Bjørn Hellum | 48 | Råholt | 12.09.1962 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 55.3 | Einar Hellum | 47 | Råholt | 23.09.1962 |
| 55.6 | Kjell Arne Johansen | 44 | Jessheim | 06.09.1962 |
| 57.6 | Fritz Karlsen | 37 | Strømmen | 22.09.1962 |
| 60.0 | Geir Pedersen | 44 | Råholt | 12.09.1962 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:06.2 | Einar Hellum | 47 | Jessheim | 26.08.1962 |
| 2:13.8 | Arne Gulbrandsen | 44 | Jessheim | 06.09.1962 |
| 2:21.5 | Jon Martinsen | 47 | Jessheim | 06.09.1962 |

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| **MENN SENIOR 1962** | **131** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:14.2 | Håvard Uhlen | 39 | Råholt | 28.07.1962 |
| 4:28.1 | Arne Gulbrandsen | 44 | Råholt | 22.06.1962 |
| 4:33.0 | Terje Mikalsen | 43 | Råholt | 22.06.1962 |
| 5:05.4 | Fritz Karlsen | 37 | Strømmen | 23.09.1962 |
| 5:45.7 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 8:58.6 | Håvard Uhlen | 39 | Råholt | 19.09.1962 |
| 9:52.0 | Arne Gulbrandsen | 44 | Jessheim | 02.07.1962 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 15:40.2 | Håvard Uhlen | 39 | Ås | 05.09.1962 |

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

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| --- | --- | --- | --- | --- |
| 33:05.0 | Håvard Uhlen | 39 | Lillestrøm | 17.09.1962 |

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

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| --- | --- | --- | --- | --- |
| 20.0 | Fritz Karlsen | 37 | Strømmen | 23.09.1962 |
| 20.8 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 21.1 | Jon Erik Lund | 34 | Strømmen | 22.09.1962 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Fritz Karlsen | 37 | Strømmen | 22.09.1962 |
| 1.65 | Bjørn Pettersen | 36 | Råholt | 28.07.1962 |
| 1.62 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 1.56 | Jon Erik Lund | 34 | Strømmen | 22.09.1962 |
| 1.50 | Einar Hellum | 47 | Jessheim | 07.09.1962 |
| 1.43 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |
| 1.40 | Svein Kvello Aune | 46 | Råholt | 12.09.1962 |
| 1.30 | Terje Finnebråten | 48 | Jessheim | 06.09.1962 |
| 1.25 | Per Nafstad | 50 | Råholt | 12.09.1962 |

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| --- | --- |
| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.70 | Hans Kristian Hansen | 41 | Kløfta | 19.06.1962 |
| 2.40 | Fritz Karlsen | 37 | Strømmen | 23.09.1962 |

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| **MENN SENIOR 1962** | **132** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.27 | Jon Erik Lund | 34 | Råholt | 28.07.1962 |
| 5.93 | Hans Kristian Hansen | 41 | Råholt | 28.07.1962 |
| 5.77 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 5.46 | Fritz Karlsen | 37 | Strømmen | 22.09.1962 |
| 5.45 | Henning Enger | 46 | Jessheim | 06.10.1962 |
| 5.20 | Einar Hellum | 47 | Råholt | 12.09.1962 |
| 5.08 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |
| 4.99 | Jon Grinderud | 46 | Jessheim | 06.10.1962 |
| 4.93 | Svein Kvello Aune | 46 | Råholt | 12.09.1962 |
| 4.79 | Geir Pedersen | 44 | Jessheim | 06.09.1962 |
| 4.44 | Bjørn Hellum | 48 | Råholt | 19.08.1962 |
| 3.95 | Per Nafstad | 50 | Jessheim | 07.09.1962 |
| 3.87 | Finn Ugletveit | 49 | Råholt | 12.09.1962 |
| 3.33 | Finn Larsen | 50 | Jessheim | 07.09.1962 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.31 | Jon Erik Lund | 34 | Råholt | 29.07.1962 |
| 10.08 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.27 | Terje Finnebråten | 48 | Råholt | 23.09.1962 |
| 9.89 | Jon Martinsen | 47 | Råholt | 12.09.1962 |
| 9.82 | Sturla Martinsen | 48 | Råholt | 23.09.1962 |
| 8.81 | Martin Hansen | 48 | Jessheim | 06.09.1962 |
| 8.24 | Einar Hellum | 47 | Råholt | 19.08.1962 |
| 6.28 | Bjørn Hellum | 48 | Rpholt | 19.08.1962 |

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| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.61 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.30 | Fritz Karlsen | 37 | Strømmen | 22.09.1962 |
| 7.88 | Jon Erik Lund | 34 | Strømmen | 22.09.1962 |
| 7.52 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |

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| **Diskos 1 kg** |  |

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| 32.50 | Terje Finnebråten | 48 | Råholt | 23.09.1962 |
| 28.75 | Sturla Martinsen | 48 | Råholt | 23.09.1962 |
| 20.50 | Martin Hansen | 48 | Råholt | 12.09.1962 |

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| **MENN SENIOR 1962** | **133** |

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| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 28.41 | Geir Pedersen | 44 | Jessheim | 06.09.1962 |
| 18.50 | Arne Gulbrandsen | 44 | Jessheim | 06.09.1962 |
| 18.12 | Jon Martinsen | 47 | Jessheim | 06.09.1962 |

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| **Diskos 2 kg** |  |

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| 25.65 | Shaun Matheson | 43 | Strømmen | 23.09.1962 |
| 23.98 | Jon Erik Lund | 34 | Strømmen | 23.09.1962 |
| 23.57 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |
| 22.35 | Fritz Karlsen | 37 | Strømmen | 23.09.1962 |

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| **Slegge 7.26 kg** |  |

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| 31.55 | Harald Nilsen | 36 | Råholt | 28.07.1962 |

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| **Spyd 600 g Gammel type tom. 1998** |  |

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| --- | --- | --- | --- | --- |
| 38.44 | Terje Finnebråten | 48 | Jessheim | 07.09.1962 |
| 29.15 | Martin Hansen | 48 | Jessheim | 07.09.1962 |
| 22.08 | Finn Ugletveit | 49 | Jessheim | 07.09.1962 |

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| **Spyd 700 g** |  |

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

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

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| --- | --- | --- | --- | --- |
| 49.20 | Hans Kristian Hansen | 41 | Råholt | 29.07.1962 |
| 48.76 | Bjarne Guneriussen | 34 | Råholt | 29.07.1962 |
| 41.57 | Jon Erik Lund | 34 | Strømmen | 23.09.1962 |
| 38.90 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |
| 35.98 | Shaun Matheson | 43 | Strømmen | 23.09.1962 |
| 35.70 | Oddvar Knutsen | 34 | Jessheim | 06.10.1962 |
| 26.27 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |
| 23.24 | Fritz Karlsen | 37 | Strømmen | 23.09.1962 |

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| **Slengball 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 18.81 | Finn Larsen | 50 | Jessheim | 06.09.1962 |
| 18.05 | Per Nafstad | 50 | Jessheim | 06.09.1962 |

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| **Liten ball 150 g** |  |

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| 44.60 | Per Nafstad | 50 | Råholt | 19.08.1962 |

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| **MENN SENIOR 1962** | **134** |

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| **3-kamp 60m-Lengde-Liten ball 150 g** |  |

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| 2083 | Per Nafstad | 50 | Råholt | 19.08.1962 |
| 9.3-3.87-44.50 | | | |

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| **3-kamp 60m-Lengde-Kule 4 kg** |  |

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| 1672 | Bjørn Hellum | 48 | Råholt | 19.08.1962 |
| 8.5-4.44-6.28 | | | |

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| **3-kamp 100m-Lengde-Kule 4 kg** |  |

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| 2070 | Einar Hellum | 47 | Råholt | 19.08.1962 |
| 12.2-5.10-8.24 | | | |

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

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| --- | --- | --- | --- | --- |
| 1017 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |
| 5.08-26.27-27.0-23.57-5:45.7 | | | |

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

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| --- | --- | --- | --- | --- |
| 3317 | Jon Erik Lund | 34 | Strømmen | 22-23.09.1962 |
| ? | | | |
| 3213 | Fritz Karlsen | 37 | Strømmen | 22-23.09.1962 |
| 12.1-5.46-10.30-1.65-57.6/20.0-22.35-2.40-23.24-5:05.4 | | | |
| 2849 | Shaun Matheson | 43 | Strømmen | 22-23.09.1962 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.37 | Bjørn Pettersen | 36 | Lillestrøm/Vi | 21.02.1962 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.90 | Bjørn Pettersen | 36 | Jessheim | 26.03.1962 |
| 2.79 | Thor Halvorsen | 46 | Jessheim | 26.03.1962 |
| 2.65 | Einar Hellum | 47 | Jessheim | 26.03.1962 |
| 2.59 | Jon Martinsen | 47 | Jessheim | 26.03.1962 |
| 2.47 | Terje Finnebråten | 48 | Jessheim | 26.03.1962 |
| 2.14 | Finn Ugletveit | 49 | Jessheim | 26.03.1962 |
| 2.13 | Pål Berg | 49 | Jessheim | 26.03.1962 |

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| **KVINNER SENIOR 1962** | **135** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.0 | Winnie Lindner | 44 | Jessheim | 02.07.1962 |
| 8.9 | Tove Dønnum | 40 | Jessheim | 06.10.1962 |
| 8.9 | Vera Martinsen | 47 | Jessheim | 02.07.1962 |
| 9.0 | Cora Halsan | 47 | Jessheim | 02.07.1962 |
| 9.1 | Anne Majorsæter | 48 | Jessheim | 06.09.1962 |
| 9.1 | Rikke Rosenkilde | 50 | Råholt | 23.09.1962 |
| 9.4 | Marit Wiig | 49 | Råholt | 12.09.1962 |
| 9.4 | Bjørg Torp | 48 | Råholt | 12.09.1962 |
| 9.5 | Britt Røkke | 48 | Nannestad | 28.07.1962 |
| 9.6 | Aase Alstad | 48 | Jessheim | 06.09.1962 |
| 9.7 | Ingrid Møinichen | 48 | Nannestad | 28.07.1962 |
| 10.0 | Birgit Grønien | 50 | Råholt | 12.09.1962 |
| 10.1 | Kirsten Sundby | 50 | Jessheim | 07.09.1962 |
| 10.2 | Inger Torill Granheim | 52 | Råholt | 12.09.1962 |
| 10.4 | Mette Harstad | 52 | Jessheim | 06.10.1962 |
| 10.5 | Anne Lise Granheim | 52 | Jessheim | 06.10.1962 |
| 10.9 | Else Marie Dønnum | 53 | Råholt | 23.09.1962 |

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| **100m M** |  |

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| 13.0 | Winnie Lindner | 44 | Moss/Me | 18.09.1962 |
| 14.0 | Tove Dønnum | 40 | Jessheim | 05.08.1962 |
| 14.1 | Berit Dønnum | 41 | Jessheim | 30.09.1962 |
| 14.2 | Astrid Sundby | 42 | Jessheim | 05.08.1962 |
| 14.3 | Cora Halsan | 47 | Jessheim | 02.07.1962 |
| 14.5 | Vera Martinsen | 47 | Råholt | 23.09.1962 |
| 14.6 | Anne Majorsæter | 48 | Råholt | 23.09.1962 |
| 15.0 | Aase Alstad | 48 | Råholt | 23.09.1962 |
| 15.1 | Ingrid Møinichen | 48 | Råholt | 23.09.1962 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 28.0 | Winnie Lindner | 44 | Lillestrøm | 11.09.1962 |
| 29.0 | Berit Dønnum | 41 | Lillestrøm | 11.09.1962 |
| 29.2 | Tove Dønnum | 40 | Strømmen | 23.09.1962 |
| 29.4 | Astrid Sundby | 42 | Strømmen | 23.09.1962 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 62.8 | Berit Dønnum | 41 | Lillestrøm | 11.09.1962 |
| 70.5 | Åshild Sørum | 39 | Oslo/Bi | 30.09.1962 |
| 71.2 | Tove Dønnum | 40 | Strømmen | 16.09.1962 |
| 74.5 | Vera Martinsen | 47 | Strømmen | 16.09.1962 |
| 75.3 | Cora Halsan | 47 | Strømmen | 16.09.1962 |

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| **KVINNER SENIOR 1962** | **136** |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:22.0 | Berit Dønnum | 41 | Oslo/Fr | 03.08.1962 |
| 2:43.8 | Åshild Sørum | 39 | Jessheim | 02.07.1962 |
| 2:50.5 | Vera Martinsen | 47 | Jessheim | 02.07.1962 |

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

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| --- | --- | --- | --- | --- |
| 13.0 | Winnie Lindner | 44 | Strømmen | 14.09.1962 |
| 13.9 | Astrid Sundby | 42 | Strømmen | 16.09.1962 |
| 14.9 | Tove Dønnum | 40 | Strømmen | 22.09.1962 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.58 | Tove Dønnum | 40 | Drammen/Ma | 17.08.1962 |
| 1.40 | Kari Furuseth | 45 | Jessheim | 26.08.1962 |
| 1.39 | Astrid Sundby | 42 | Strømmen | 22.09.1962 |
| 1.36 | Winnie Lindner | 44 | Strømmen | 22.09.1962 |
| 1.30 | Cora Halsan | 47 | Jessheim | 07.09.1962 |
| 1.29 | Berit Dønnum | 41 | Jessheim | 06.10.1962 |
| 1.20 | Anne Majorsæter | 48 | Jessheim | 06.09.1962 |
| 1.18 | Ingrid Møinichen | 49 | Jessheim | 06.10.1962 |
| 1.15 | Vera Martinsen | 47 | Jessheim | 06.10.1962 |
| 1.10 | Aase Alstad | 48 | Jessheim | 06.09.1962 |
| 1.10 | Bjørg Torp | 48 | Råholt | 12.09.1962 |
| 1.00 | Inger Granheim | 52 | Råholt | 12.09.1962 |

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

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| --- | --- | --- | --- | --- |
| 5.09 | Tove Dønnum | 40 | Strømmen | 17.09.1962 |
| 5.07 | Winnie Lindner | 44 | Jessheim | 29.09.1962 |
| 4.58 | Astrid Sundby | 42 | Strømmen | 23.09.1962 |
| 4.37 | Ragnhild Sundby | 44 | Jessheim | 06.10.1962 |
| 4.34 | Cora Halsan | 47 | Jessheim | 07.09.1962 |
| 4.16 | Vera Martinsen | 47 | Jessheim | 07.09.1962 |
| 3.89 | Anne Majorsæter | 48 | Nannestad | 28.07.1962 |
| 3.88 | Ingrid Møinichen | 48 | Nannestad | 28.07.1962 |
| 3.75 | Bjørg Torp | 48 | Nannestad | 28.07.1962 |
| 3.59 | Aase Alstad | 48 | Råholt | 23.09.1962 |
| 3.30 | Marit Wiig | 49 | Råholt | 12.09.1962 |
| 3.21 | Solveig Langmo | 50 | Jessheim | 06.10.1962 |
| 2.97 | Inger Granheim | 52 | Råholt | 12.09.1962 |
| 2.88 | Else Marie Dønnum | 53 | Jessheim | 06.10.1962 |
| 2.71 | Mette Harstad | 52 | Jessheim | 06.10.1962 |

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| **KVINNER SENIOR 1962** | **137** |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.76 | Astrid Sundby | 42 | Strømmen | 16.09.1962 |
| 10.32 | Ingvei Sæter | 38 | Strømmen | 16.09.1962 |
| 9.02 | Winnie Lindner | 44 | Strømmen | 22.09.1962 |
| 8.80 | Bente Honne | 43 | Strømmen | 16.09.1962 |
| 8.42 | Åshild Sørum | 39 | Jessheim | 06.10.1962 |
| 8.37 | Vera Martinsen | 47 | Råholt | 23.09.1962 |
| 8.20 | Tove Dønnum | 40 | Jessheim | 26.08.1962 |
| 7.24 | Liv Laache | 46 | Jessheim | 06.10.1962 |
| 7.07 | Brit Elton | 45 | Jessheim | 22.09.1962 |
| 6.65 | Cora Halsan | 47 | Jessheim | 07.09.1962 |
| 6.03 | Inger Laache | 46 | Jessheim | 07.09.1962 |
| 5.76 | Ingeborg Dønnum | 48 | Jessheim | 06.10.1962 |
| 5.50 | Anne Majorsæter | 48 | Jessheim | 06.10.1962 |
| 5.38 | Bjørg Torp | 48 | Råholt | 12.09.1962 |
| 5.32 | Ingrid Møinichen | 48 | Jessheim | 06.10.1962 |
| 5.27 | Aase Alstad | 48 | Råholt | 12.09.1962 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 31.74 | Astrid Sundby | 42 | Jessheim | 06.09.1962 |
| 30.09 | Tove Dønnum | 40 | Jessheim | 26.08.1962 |
| 29.33 | Ingvei Sæter | 38 | Jessheim | 02.07.1962 |
| 26.00 | Winnie Lindner | 44 | Jessheim | 02.07.1962 |
| 24.93 | Bente Honne | 43 | Strømmen | 16.09.1962 |
| 22.74 | Åshild Sørum | 39 | Jessheim | 02.07.1962 |
| 20.16 | Liv Laache | 46 | Nannestad | 28.07.1962 |

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

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| --- | --- | --- | --- | --- |
| 34.58 | Ragnhild Sundby | 44 | Nadderud | 01.07.1962 |
| 30.80 | Astrid Sundby | 42 | Jessheim | 14.06.1962 |
| 29.07 | Winnie Lindner | 44 | Jessheim | 29.09.1962 |
| 26.63 | Åshild Sørum | 39 | Jessheim | 06.10.1962 |
| 22.88 | Cora Halsan | 47 | Jessheim | 07.09.1962 |
| 22.27 | Vera Martinsen | 47 | Jessheim | 02.07.1962 |
| 18.18 | Ellen Refsum | 46 | Jessheim | 07.09.1962 |

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| **Slengball 700 g Lang reim** |  |

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| --- | --- | --- | --- | --- |
| 33.03 | Bjørg Torp | 48 | Råholt | 23.09.1962 |
| 29.02 | Anne Majorsæter | 48 | Råholt | 23.09.1962 |
| 22.91 | Aase Alstad | 48 | Jessheim | 06.09.1962 |

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| **KVINNER SENIOR 1962** | **138** |

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

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| --- | --- | --- | --- | --- |
| 41.10 | Astrid Sundby | 42 | Jessheim | 02.07.1962 |
| 39.86 | Tove Dønnum | 40 | Jessheim | 02.07.1962 |
| 37.27 | Aslaug Kastet | 36 | Jessheim | 02.07.1962 |
| 35.80 | Liv Laache | 46 | Råholt | 12.09.1962 |
| 35.36 | Winnie Lindner | 44 | Jessheim | 06.10.1962 |
| 33.91 | Ingvei Sæter | 38 | Jessheim | 06.10.1962 |
| 32.15 | Vera Martinsen | 47 | Jessheim | 07.09.1962 |
| 32.05 | Bjørg Torp | 48 | Jessheim | 06.10.1962 |
| 30.35 | Inger Laache | 46 | Jessheim | 29.09.1962 |
| 29.04 | Cora Halsan | 47 | Råholt | 12.09.1962 |

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| **3-kamp 100m-Diskos-Høyde** |  |

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| 2048 | Tove Dønnum | 40 | Jessheim | 05.08.1962 |
| 14.0-28.67-1.52 | | | |
| 1865 | Astrid Sundby | 42 | Jessheim | 05.08.1962 |
| 14.2-31.33-1.34 | | | |
| 1803 | Winnie Lindner | 44 | Jessheim | 05.08.1962 |
| 13.7-25.07-1.34 | | | |

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

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| 3291 | Astrid Sundby | 42 | Strømmen | 22-23.09.1962 |
| 14.4-9.60-1.31/4.58-29.4 | | | |
| 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 | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.05 | Tove Dønnum | 40 | Strømmen | 08.04.1962 |
| 0.85 | Kari Furuseth | 45 | Strømmen | 08.04.1962 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.36 | Kari Furuseth | 45 | Strømmen | 08.04.1962 |
| 2.30 | Tove Dønnum | 40 | Strømmen | 08.04.1952 |
| 2.02 | Mette Borgen | 46 | Strømmen | 08.04.1962 |
| 1.76 | Greta Langmo | 51 | Strømmen | 08.04.1962 |
| 1.65 | Else Marie Dønnum | 53 | Strømmen | 08.04.1962 |

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| **MENN SENIOR 1963** | **139** |

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| **Norgesmester i 800m: 2:22.0 Berit Dønnum - Høyde: 1.55 Tove Dønnum – Trondheim** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 9.9 | Håvard Granheim | 53 | Råholt | 22.09.1963 |

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| **80m M** |  |

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| --- | --- | --- | --- | --- |
| 12.4 | Terje Brodshaug | 51 | Råholt | 22.09.1963 |

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| **100m M** |  |

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| 11.9 | Einar Hellum | 47 | Strømmen | 22.06.1963 |
| 12.2 | Jon Erik Lund | 34 | Råholt | 30.08.1963 |
| 12.3 | Kjell Johansen | 44 | Råholt | 23.06.1963 |

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| **200m M** |  |

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| 24.6 | Einar Hellum | 47 | Råholt | 22.09.1963 |
| 25.6 | Jon Erik Lund | 34 | Strømmen | 21.09.1963 |
| 25.8 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |
| 26.2 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 28.1 | Arve Berntsen | 49 | Råholt | 22.09.1963 |

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| **400m M** |  |

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| 53.1 | Einar Hellum | 47 | Råholt | 23.06.1963 |
| 58.8 | Jon Martinsen | 47 | Råholt | 18.08.1963 |
| 58.9 | Nils Kristen Wiig | 43 | Råholt | 30.08.1963 |
| 60.0 | Jon Erik Lund | 34 | Råholt | 30.08.1963 |
| 67.1 | Bjørn Hellum | 48 | Råholt | 18.08.1963 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:00.6 | Einar Hellum | 47 | Råholt | 24.08.1963 |
| 2:05.7 | Torgeir Sørum | 45 | Oslo/Bi | 28.07.1963 |

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| **1500m** |  |

|  |  |  |  |  |
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| 4:17.0 | Håvard Uhlen | 39 | Oslo/Bi | 21.08.1963 |
| 4:18.9 | Arne Gulbrandsen | 44 | Oslo/Bi | 21.08.1963 |
| 4:20.1 | Torgeir Sørum | 45 | Jessheim | 19.07.1963 |
| 4:56.3 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 5:02.8 | Jon Erik Lund | 34 | Strømmen | 21.09.1963 |
| 5:13.0 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |

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| **MENN SENIOR 1963** | **140** |

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| **3000m** |  |

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| 9:24.2 | Håvard Uhlen | 39 | Oslo/Bi | 20.08.1963 |
| 9:35.2 | Arne Gulbrandsen | 44 | Råholt | 22.06.1963 |
| 9:39.8 | Torgeir Sørum | 45 | Jessheim | 06.10.1963 |
| 10:34.4 | Terje Mikalsen | 43 | Råholt | 22.06.1963 |
| 10:45.0 | Arne Luke | 44 | Råholt | 22.06.1963 |

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| **5000m** |  |

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| 16:08.4 | Håvard Uhlen | 39 | Råholt | 25.08.1963 |
| 16:21.6 | Arne Gulbrandsen | 44 | Råholt | 25.08.1963 |

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

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

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.61 | Nils Kristen Wiig | 43 | Råholt | 30.08.1963 |
| 1.60 | Shaun Matheson | 43 | Råholt | 23.06.1963 |
| 1.55 | Jon Erik Lund | 34 | Råholt | 30.08.1963 |
| 1.55 | Torgeir Sørum | 45 | Råholt | 25.08.1963 |
| 1.40 | Einar Hellum | 47 | Råholt | 21.09.1963 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.21 | Jon Erik Lund | 34 | Kongsvinger/Gj | 09.06.1963 |
| 5.61 | Shaun Matheson | 43 | Råholt | 23.06.1963 |
| 5.61 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |
| 3.26 | Håvard Granheim | 53 | Blaker/Br | 15.09.1963 |

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| **Tresteg** |  |

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| 12.38 | Jon Erik Lund | 34 | Råholt | 25.08.1963 |
| 11.38 | Shaun Matheson | 43 | Råholt | 22.06.1963 |

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| **Kule 4 kg** |  |

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| 13.75 | Terje Finnebråten | 48 | Råholt | 18.08.1963 |

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| **Kule 7.26 kg** |  |

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| 9.76 | Per Jota | 33 | Jessheim | 25.09.1963 |
| 8.47 | Nils Kristen Wiig | 43 | Råholt | 31.08.1963 |
| 8.41 | Jon Erik Lund | 34 | Råholt | 31.08.1963 |

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| **MENN SENIOR 1963** | **141** |

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| **Diskos 1.5 kg** |  |

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| 30.23 | Terje Finnebråten | 48 | Råholt | 18.08.1963 |

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| **Diskos 2 kg** |  |

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| 25.78 | Shaun Matheson | 43 | Råholt | 23.06.1963 |
| 24.37 | Jon Erik Lund | 34 | Strømmen | 21.09.1963 |
| 21.12 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 20.65 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |

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| **Spyd 700 g** |  |

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| 33.50 | Einar Hellum | 47 | Råholt | 22.09.1963 |

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

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| 41.76 | Jon Erik Lund | 34 | Råholt | 06.10.1963 |
| 29.99 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |
| 29.59 | Arne Luke | 44 | Strømmen | 21.09.1963 |

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| **Liten ball 150 g** |  |

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| 44.86 | Terje Brodshaug | 51 | Råholt | 22.09.1963 |
| 28.05 | Håvard Granheim | 53 | Blaker/Br | 15.09.1963 |

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| **3-kamp 60m-Lengde-Liten ball 150 g** |  |

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| ? | Haavard Granheim | 53 | Blaker/Br | 15.09.1963 |
| 10.1-3.26-28.05 | | | |

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

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| 2123 | Jon Erik Lund | 34 | Strømmen | 21.09.1963 |
| 6.01-39.12-25.6-24.37-5:02.8 | | | |

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| 1461 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 4.79-29.59-26.2-21.12-4:56.3 | | | |

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| --- | --- | --- | --- | --- |
| 1363 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |
| 5.55-29.99-25.8-20.65-5:13.0 | | | |

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| **MENN SENIOR 1963** | **142** |

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

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| --- | --- | --- | --- | --- |
| 3144 | Jon Erik Lund | 34 | Råholt | 30-31.08.1963 |
| ? | | | |

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| 2948 | Nils Kristen Wiig | 43 | Råholt | 30-31.08.1963 |
| ? | | | |

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| **KVINNER SENIOR 1963** | **143** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Astrid Sundby | 42 | Jessheim | 22.09.1963 |
| 8.3 | Tove Dønnum Jensen | 40 | Jessheim | 22.09.1963 |
| 8.5 | Winnie Lindner | 44 | Jessheim | 11.09.1963 |
| 8.6 | Berit Børresen | 48 | Råholt | 22.09.1963 |
| 8.8 | Marit Ørvik | 50 | Oslo/Bi | 05.10.1963 |
| 8.9 | Cora Halsan | 47 | Jessheim | 11.09.1963 |
| 8.9 | Grethe Uhlen | 49 | Jessheim | 22.09.1963 |
| 9.2 | Ingrid Møinichen | 48 | Jessheim | 11.09.1963 |
| 9.2 | Anne Majorsæter | 48 | Jessheim | 11.09.1963 |
| 9.3 | Mabel Owren | 51 | Strømmen | 23.06.1963 |
| 9.3 | Inger Karlsen | 51 | Råholt | 21.09.1963 |
| 9.3 | Aase Alstad | 49 | Jessheim | 11.09.1963 |
| 9.4 | Inger Toril Granheim | 52 | Råholt | 21.09.1963 |
| 9.4 | Marit Anthonsen | 48 | Råholt | 22.09.1963 |
| 9.8 | Marit Wiig | 49 | Jessheim | 11.09.1963 |
| 9.9 | Anne-Lise Granheim | 51 | Jessheim | 11.09.1963 |
| 9.9 | Mette Harstad | 51 | Råholt | 21.09.1963 |
| 10.0 | Gro Jurnhart | 53 | Jessheim | 25.09.1963 |
| 10.1 | Trine Korsmo | 52 | Jessheim | 25.09.1963 |
| 10.2 | Lise Ørvik | 53 | Råholt | 22.09.1963 |
| 10.6 | Else Marie Dønnum | 53 | Jessheim | 11.09.1963 |

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| **80m M** |  |

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| --- | --- | --- | --- | --- |
| 12.2 | Mabel Owren | 51 | Råholt | 22.09.1963 |
| 12.3 | Inger Karlsen | 51 | Råholt | 22.09.1963 |
| 12.3 | Inger Torill Granheim | 52 | Råholt | 22.09.1963 |
| 12.5 | Hanne Strandenes | 51 | Råholt | 22.09.1963 |
| 12.6 | Anne-Lise Granheim | 51 | Råholt | 22.09.1963 |
| 12.7 | Inger johanne Karlsen | 51 | Råholt | 22.09.1963 |
| 13.1 | Mette Harstad | 51 | Råholt | 22.09.1963 |
| 13.2 | Vigdis Blaker | 51 | Råholt | 22.09.1963 |
| 13.7 | Berit Lund | 51 | Råholt | 22.09.1963 |

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| **100m M** |  |

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| 13.4 | Astrid Sundby | 42 | Strømmen | 21.09.1963 |
| 13.5 | Winnie Lindner | 44 | Jessheim | 06.10.1963 |
| 13.9 | Berit Børresen | 48 | Lillestrøm | 24.08.1963 |
| 14.1 | Tove Dønnum Jensen | 40 | Jessheim | 06.10.1963 |
| 14.2 | Marit Ørvik | 50 | Råholt | 22.09.1963 |
| 14.2 | Grethe Uhlen | 49 | Oslo/Bi | 05.10.1963 |
| 14.5 | Rikke Rosenkilde | 50 | Råholt | 22.09.1963 |
| 14.5 | Cora Halsan | 47 | Råholt | 17.08.1963 |
| 14.6 | Ingrid Møinichen | 48 | Nannestad | 21.06.1963 |
| 14.8 | Anne Majorsæter | 48 | Råholt | 17.08.1963 |
| **KVINNER SENIOR 1963** | | **144** | | |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 28.2 | Berit Dønnum | 41 | Lillestrøm | 25.08.1963 |
| 28.4 | Berit Børresen | 48 | Lillestrøm | 24.08.1963 |
| 29.0 | Astrid Sundby | 42 | Råholt | 31.08.1963 |
| 29.1 | Tove Dønnum Jensen | 40 | Råholt | 31.08.1963 |
| 30.2 | Aase Alstad | 48 | Råholt | 22.09.1963 |
| 30.4 | Cora Halsan | 47 | Råholt | 22.09.1963 |
| 30.9 | Ingrid Møinichen | 48 | Råholt | 22.09.1963 |
| 32.0 | Marit Anthonisen | 48 | Råholt | 22.09.1963 |
| 32.1 | Anne Majorsæter | 48 | Råholt | 22.09.1963 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 62.2 | Berit Dønnum | 41 | Sandvika/Ka | 31.08.1963 |
| 69.9 | Tove Dønnum Jensen | 40 | Jessheim | 04.10.1963 |
| 70.5 | Cora Halsan | 47 | Lillestrøm | 24.08.1963 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:20.3 | Berit Dønnum | 41 | Oslo/Bi | 21.08.1963 |
| 2:44.4 | Cora Halsan | 47 | Lillestrøm | 24.08.1963 |
| 2:45.0 | Sissel Dønnum | 43 | Lillestrøm | 24.08.1963 |

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| **60m hekk 76.2 cm M** |  |

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| --- | --- | --- | --- | --- |
| 11.8 | Grethe Uhlen | 49 | Råholt | 22.09.1963 |

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

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| --- | --- | --- | --- | --- |
| 13.6 | Astrid Sundby | 42 | Jessheim | 04.10.1963 |
| 14.3 | Tove Dønnum Jensen | 40 | Jessheim | 06.10.1963 |
| 15.5 | Aase Alstad | 48 | Råholt | 22.09.1963 |
| 16.3 | Cora Halsan | 47 | Jessheim | 06.10.1963 |
| 17.2 | Ingrid Møinichen | 48 | Råholt | 17.08.1963 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.60 | Tove Dønnum Jensen | 40 | Oslo/Fr | 02.07.1963 |
| 1.47 | Astrid Sundby | 42 | Strømmen | 21.09.1963 |
| 1.35 | Winnie Lindner | 44 | Jessheim | 06.10.1963 |
| 1.29 | Cora Halsan | 47 | Jessheim | 11.09.1963 |
| 1.29 | Berit Børresen | 48 | Jessheim | 11.09.1963 |
| 1.26 | Ingrid Møinichen | 48 | Jessheim | 11.09.1963 |
| 1.25 | Marit Ørvik | 50 | Oslo/Bi | 05.10.1963 |
| 1.21 | Grethe Uhlen | 49 | Jessheim | 11.09.1963 |
| 1.21 | Mabel Owren | 51 | Jessheim | 11.09.1963 |

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| **KVINNER SENIOR 1963** | **145** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.21 | Inger Torill Granheim | 52 | Jessheim | 09.10.1963 |
| 1.15 | Anne Majorsæter | 48 | Jessheim | 11.09.1963 |
| 1.10 | Else Marie Dønnum | 53 | Jessheim | 11.09.1963 |
| 1.10 | Vigdis Blaker | 51 | Råholt | 18.08.1963 |
| 1.10 | Inger Karlsen | 51 | Råholt | 18.08.1963 |
| 1.10 | Marit Wiig | 49 | Jessheim | 11.09.1963 |
| 1.10 | Aase Alstad | 48 | Råholt | 18.08.1963 |
| 1.05 | Anne-Lise Granheim | 51 | Jessheim | 25.09.1963 |
| 1.05 | Mette Harstad | 51 | Jessheim | 25.09.1963 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.05 | Tove Dønnum Jensen | 40 | Kongsvinger/Gj | 09.06.1963 |
| 4.84 | Astrid Sundby | 42 | Kongsvinger/Gj | 09.06.1963 |
| 4.39 | Cora Halsan | 47 | Blaker/Br | 15.09.1963 |
| 4.16 | Ragnhild Sundby | 44 | Jessheim | 25.09.1963 |
| 4.12 | Ingrid Møinichen | 48 | Nannestad | 21.06.1963 |
| 4.12 | Grethe Uhlen | 49 | Oslo/Bi | 05.10.1963 |
| 4.06 | Mabel Owren | 51 | Blaker/Br | 15.09.1963 |
| 4.05 | Berit Børresen | 48 | Strømmen | 23.06.1963 |
| 3.86 | Marit Ørvik | 50 | Jessheim | 06.10.1963 |
| 3.68 | Inger Torill Granheim | 52 | Råholt | 18.08.1963 |
| 3.58 | Anne-Lise Granheim | 51 | Blaker/Br | 15.09.1963 |
| 3.57 | Mette Harstad | 51 | Blaker/Br | 15.09.1963 |
| 3.47 | Inger Karlsen | 51 | Jessheim | 25.09.1963 |
| 3.46 | Vigdis Blaker | 51 | Råholt | 18.08.1963 |
| 3.01 | Else Marie Dønnum | 53 | Jessheim | 25.09.1963 |
| 2.90 | Trine Korsmo | 52 | Jessheim | 25.09.1963 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.00 | Astrid Sundby | 42 | Sandvika/Ka | 07.10.1963 |
| 9.69 | Else Opsahl | 32 | Oslo/Bi | 03.10.1963 |
| 8.76 | Winnie Lindner | 44 | Jessheim | 25.09.1963 |
| 8.66 | Ingvei Sæter | 38 | Jessheim | 19.07.1963 |
| 7.99 | Tove Dønnum | 40 | Lillestrøm | 24.08.1963 |
| 7.16 | Ragnhild Sundby | 44 | Jessheim | 25.09.1963 |
| 7.14 | Liv Laache | 46 | Råholt | 17.08.1963 |
| 6.97 | Berit Børresen | 48 | Råholt | 17.08.1963 |
| 6.66 | Ingeborg Dønnum | 48 | Råholt | 17.08.1963 |
| 6.33 | Cora Halsan | 47 | Råholt | 17.08.1963 |
| 6.08 | Vilgunn Abrahamsen | 49 | Råholt | 17.08.1963 |
| 5.76 | Anne Majorsæter | 48 | Råholt | 17.08.1963 |
| 5.54 | Marit Wiig | 49 | Jessheim | 06.10.1963 |

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| **KVINNER SENIOR 1963** | **146** |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 32.97 | Astrid Sundby | 42 | Jessheim | 16.08.1963 |
| 30.83 | Else Opsahl | 32 | Jessheim | 04.10.1963 |
| 27.78 | Tove Dønnum Jensen | 40 | Jessheim | 16.08.1963 |
| 26.00 | Ingvei Sæter | 38 | Jessheim | 06.10.1963 |

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

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| --- | --- | --- | --- | --- |
| 32.97 | Astrid Sundby | 42 | Jessheim | 15.09.1963 |
| 31.60 | Else Opsahl | 32 | Jessheim | 18.08.1963 |
| 30.95 | Ragnhild Sundby | 44 | Lillestrøm | 24.08.1963 |
| 27.38 | Winnie Lindner | 44 | Jessheim | 06.10.1963 |
| 24.99 | Tove Dønnum Jensen | 40 | Lillestrøm | 24.08.1963 |

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| **Slengball 700 g Lang reim** |  |

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| --- | --- | --- | --- | --- |
| 33.80 | Berit Børresen | 48 | Blaker/Br | 15.09.1963 |
| 36.00 | Cora Halsan | 47 | Blaker/Br | 15.09.1963 |
| 29.55 | Grethe Uhlen | 49 | Jessheim | 25.09.1963 |
| 28.85 | Marit Ørvik | 50 | Blaker/Br | 15.09.1963 |
| 26.30 | Mabel Owren | 51 | Blaker/Br | 15.09.1963 |
| 25.30 | Mette Harstad | 51 | Blaker/Br | 15.09.1963 |
| 24.75 | Merete Gjestvang | 51 | Jessheim | 11.09.1963 |
| 24.22 | Vilgunn Abrahamsen | 49 | Råholt | 17.08.1963 |
| 24.15 | Marit Wiig | 49 | Råholt | 17.08.1963 |
| 22.60 | Anne-Lise Granheim | 51 | Blaker/Br | 15.09.1963 |
| 20.60 | Vigdis Blaker | 51 | Jessheim | 25.09.1963 |
| 17.80 | Trine Korsmo | 52 | Jessheim | 25.09.1963 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 42.33 | Astrid Sundby | 42 | Jessheim | 06.10.1963 |
| 35.64 | Tove Dønnum Jensen | 40 | Jessheim | 06.10.1963 |
| 34.36 | Inger Laache | 46 | Råholt | 17.08.1963 |
| 33.70 | Else Opsahl | 32 | Jessheim | 06.10.1963 |
| 31.64 | Cora Halsan | 47 | Jessheim | 17.08.1963 |
| 29.63 | Winnie Lindner | 44 | Jessheim | 06.10.1963 |
| 28.75 | Berit Børresen | 48 | Råholt | 17.08.1963 |
| 27.69 | Bjørg Torp | 48 | Råholt | 17.08.1963 |
| 27.60 | Marit Svenson | 48 | Råholt | 17.08.1963 |
| 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 |

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| **KVINNER SENIOR 1963** | **147** |

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| **3-kamp 60m-Lengde-Slengball 700 g** |  |

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| --- | --- | --- | --- | --- |
| 2518 | Mabel Owren | 51 | Blaker/Br | 15.09.1963 |
| 9.7-4.06-26.30 | | | |
| 2467 | Marit Ørvik | 50 | Blaker/Br | 15.09.1963 |
| 9.0-3.79-28.85 | | | |
| 2158 | Mette Harstad | 51 | Blaker/Br | 15.09.1963 |
| 10.3-3.57-25.30 | | | |
| 2091 | Anne-Lise Granheim | 51 | Blaker/Br | 15.09.1963 |
| 10.2-3.58-22.50 | | | |

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| --- | --- |
| **3-kamp 100m-Lengde-Slengball 700 g** |  |

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| --- | --- | --- | --- | --- |
| 2281 | Berit Børresen | 48 | Blaker/Br | 15.09.1963 |
| 14.8-4.01-33.80 | | | |
| 2202 | Cora Halsan | 47 | Blaker/Br | 15.09.1963 |
| 15.2-4.39-36.00 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2094 | Astrid Sundby | 42 | Strømmen | 21.09.1963 |
| 13.4-28.67-1.47 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3401 | Astrid Sundby | 42 | Tønsberg | 07-08.09.1963 |
| 13.7-10.46-1.45/4.68-29.5 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3348 | Tove Dønnum Jensen | 40 | Råholt | 30-31-08.1963 |
| ? | | | |

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| **KVINNER SENIOR 1963** | **148** |

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| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.05 | Tove Dønnum Jensen | 40 | Lillestrøm/Vi | 30.03.1963 |

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

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| --- | --- | --- | --- | --- |
| 2.40 | Tove Dønnum Jensen | 40 | Lillestrøm/Vi | 30.03.1963 |
| 2.36 | Astrid Sundby | 42 | Lillestrøm/Vi | 30.03.1963 |
| 2.29 | Cora Halsan | 47 | Lillestrøm/Vi | 30.03.1963 |
| 2.06 | Marit Ørvik | 50 | Lillestrøm/Vi | 30.03.1963 |
| 2.05 | Mabel Owren | 51 | Lillestrøm/Vi | 30.03.1963 |
| 1.98 | Kari Johansen | 51 | Lillestrøm/Vi | 30.03.1963 |
| 1.95 | Kari Brendshøy | 50 | Lillestrøm/Vi | 30.03.1963 |
| 1.91 | Inger Torill Granheim | 52 | Lillestrøm/Vi | 30.03.1963 |
| 1.80 | Anne-Lise Granheim | 51 | Lillestrøm/Vi | 30.03.1963 |
| 1.77 | Lillian Tronsen | 51 | Lillestrøm/Vi | 30.03.1963 |
| 1.66 | Berit Aas | 53 | Lillestrøm/Vi | 30.03.1963 |

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| **MENN SENIOR 1964** | **149** |

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

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| --- | --- | --- | --- | --- |
| 11.9 | Jon Martinsen | 47 | Lillestrøm | 22.08.1964 |
| 12.1 | Dag Rydland | 44 | Råholt | 13.06.1964 |
| 12.2 | Einar Hellum | 47 | Lillestrøm | 22.08.1964 |
| 12.3 | Martin Hansen | 48 | Lillestrøm | 22.08.1964 |
| 12.7 | Håkon Mangerud | 47 | Råholt | 13.06.1964 |
| 12.7 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |
| 13.1 | Øivind Nilsen | 49 | Råholt | 13.06.1964 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 24.1 | Jon Martinsen | 47 | Lillestrøm | 23.08.1964 |
| 25.2 | Martin Hansen | 48 | Lillestrøm | 23.08.1964 |
| 25.2 | Jon Erik Lund | 34 | Strømmen | 30.08.1964 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 53.7 | Einar Hellum | 47 | Strømmen | 29.08.1964 |
| 55.6 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |
| 56.0 | Dag Rydland | 44 | Råholt | 13.06.1964 |
| 56.0 | Jon Martinsen | 47 | Råholt | 13.06.1964 |
| 56.3 | Martin Hansen | 48 | Lillestrøm | 22.08.1964 |
| 58.1 | Øivind Nilsen | 49 | Råholt | 13.06.1964 |
| 60.9 | Bjørn Hellum | 48 | Lillestrøm | 22.08.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:59.7 | Einar Hellum | 47 | Oslo/Bi | 20.04.1964 |
| 2:00.8 | Torgeir Sørum | 45 | Oslo/Bi | 06.07.1964 |
| 2:10.0 | Jon Martinsen | 47 | Lillestrøm | 23.08.1964 |
| 2:11.9 | Martin Hansen | 48 | Lillestrøm | 23.08.1964 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:06.1 | Torgeir Sørum | 45 | Oslo/Bi | 15.07.1964 |
| 4:11.6 | Einar Hellum | 47 | Oslo/Bi | 04.08.1964 |
| 4:26.6 | Håvard Uhlen | 39 | Oslo/Bi | 20.05.1964 |
| 4:49.8 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 9:05.9 | Torgeir Sørum | 45 | Moss/Me | 07.06.1964 |
| 9:23.2 | Håvard Uhlen | 39 | Råholt | 01.07.1964 |

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| **MENN SENIOR 1964** | **150** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:52.0 | Torgeir Sørum | 45 | Strømmen | 30.08.1964 |
| 17:01.0 | Håvard Uhlen | 39 | Strømmen | 30.08.1964 |
| 17:05.0 | Per Berg | 34 | Strømmen | 30.08.1964 |

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

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| --- | --- | --- | --- | --- |
| 18.1 | Nils Kristen Wiig | 43 | Strømmen | 30.08.1964 |

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

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| --- | --- | --- | --- | --- |
| 59.4 | Nils Kristen Wiig | 43 | Råholt | 08.08.1964 |
| 65.9 | Håvard Uhlen | 39 | Råholt | 14.06.1964 |
| 66.9 | Jon Martinsen | 47 | Råholt | 14.06.1964 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.64 | Torgeir Sørum | 45 | Råholt | 14.06.1964 |
| 1.63 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |
| 1.63 | Terje Aarnes | 40 | Strømmen | 30.08.1964 |
| 1.60 | Jon Erik Lund | 34 | Strømmen | 30.08.1964 |

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| --- | --- |
| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.67 | Peter Ørvik | 48 | Lillestrøm | 23.08.1964 |
| 2.52 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.04 | Jon Erik Lund | 34 | Strømmen | 30.08.1964 |
| 5.76 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |
| 5.64 | Terje Aarnes | 40 | Strømmen | 29.08.1964 |
| 5.55 | Håkon Mangerud | 47 | Råholt | 13.06.1964 |
| 5.39 | Martin Hansen | 48 | Lillestrøm | 22.08.1964 |
| 5.07 | Øivind Nilsen | 49 | Råholt | 13.06.1964 |

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

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| --- | --- | --- | --- | --- |
| 12.15 | Jon Erik Lund | 34 | Strømmen | 30.08.1964 |
| 11.06 | Torgeir Sørum | 45 | Råholt | 14.06.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.08 | Martin Hansen | 48 | Jessheim | 29.09.1964 |
| 8.49 | Hans Bratfos | 49 | Lillestrøm | 22.08.1964 |

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| **MENN SENIOR 1964** | **151** |

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| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.62 | Terje Finnebråten | 48 | Lillestrøm | 22.08.1964 |
| 9.54 | Martin Hansen | 48 | Lillestrøm | 22.08.1964 |

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| **Kule 7.26 kg** |  |

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| 10.04 | Bjarne Guneriussen | 34 | Strømmen | 29.08.1964 |
| 9.37 | Terje Finnebråten | 48 | Råholt | 13.06.1964 |
| 8.35 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |

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| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 35.66 | Terje Finnebråten | 48 | Råholt | 22.09.1964 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 25.99 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |

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| **Spyd 600 g** |  |

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| --- | --- | --- | --- | --- |
| 48.90 | Terje Finnebråten | 48 | Lillestrøm | 23.08.1964 |
| 39.10 | Martin Hansen | 48 | Lillestrøm | 23.08.1964 |

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| **Spyd 700 g** |  |

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| --- | --- | --- | --- | --- |
| 44.14 | Terje Finnebråten | 48 | Jessheim | 25.08.1964 |

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

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| --- | --- | --- | --- | --- |
| 48.00 | Bjarne Guneriussen | 34 | Strømmen | 30.08.1964 |
| 43.13 | Terje Finnebråten | 48 | Råholt | 14.06.1964 |
| 38.70 | Jon Erik Lund | 34 | Strømmen | 30.08.1964 |
| 38.25 | Terje Aarnes | 40 | Strømmen | 30.08.1964 |
| 33.71 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |

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

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

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| **MENN SENIOR 1964** | **152** |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 53.2 |  |  | Råholt | 20.09.1964 |
| ? | | | |

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| --- | --- |
| **4x400m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:40.0 |  |  | Råholt | 20.09.1964 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:11.8 |  |  | Strømmen | 30.08.1964 |
| ? | | | |

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| **KVINNER SENIOR 1964** | **153** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.5 | Anne Berit Eik | 49 | Jessheim | 16.08.1964 |
| 8.5 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 8.6 | Astrid Sundby | 42 | Jessheim | 29.09.1964 |
| 8.6 | Berit Dønnum | 41 | Oslo/Jo | 29.09.1964 |
| 8.7 | Marit Ørvik | 50 | Jessheim | 16.08.1964 |
| 8.7 | Ragnhild Dahl | 50 | Jessheim | 16.08.1964 |
| 9.0 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 9.1 | Mabel Owren | 51 | Jessheim | 15.08.1968 |
| 9.3 | Inger Torill Granheim | 52 | Strømmen | 21.06.1964 |
| 9.6 | Anne-Lise Granheim | 51 | Strømmen | 21.06.1964 |
| 9.9 | Mette Harstad | 51 | Strømmen | 21.06.1964 |
| 10.2 | Gunn Mette Uhlen | 54 | Jessheim | 16.08.1964 |
| 10.5 | Synnøve Bekkelund | 53 | Jessheim | 16.08.1964 |
| 10.5 | Else Marie Dønnum | 53 | Jessheim | 16.08.1964 |

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| --- | --- |
| **80m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.3 | Inger Torill Granheim | 52 | Jessheim | 16.08.1964 |
| 14.2 | Else Marie Dønnum | 53 | Jessheim | 16.08.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.8 | Grethe Uhlen | 49 | Strømmen | 21.06.1964 |
| 13.8 | Astrid Sundby | 42 | Jessheim | 20.06.1964 |
| 13.8 | Anne-Berit Eik | 49 | Råholt | 29.07.1964 |
| 13.9 | Marit Ørvik | 50 | Jessheim | 16.08.1964 |
| 14.3 | Berit Dønnum | 41 | Jessheim | 29.09.1964 |
| 14.4 | Ragnhild Dahl | 50 | Jessheim | 16.08.1964 |
| 14.9 | Rikke Rosenkilde | 50 | Jessheim | 29.09.1964 |
| 15.0 | Ingrid Møinichen | 48 | Råholt | 13.06.1964 |
| 15.3 | Aase Alstad | 48 | Råholt | 13.06.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.0 | Grethe Uhlen | 49 | Jessheim | 15.08.1964 |
| 28.8 | Berit Dønnum | 41 | Jessheim | 07.10.1964 |
| 28.9 | Anne-Berit Eik | 49 | Jessheim | 16.08.1964 |
| 29.2 | Astrid Sundby | 42 | Strømmen | 08.09.1964 |
| 29.6 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 29.7 | Marit Wiig | 49 | Jessheim | 16.08.1964 |
| 30.3 | Grete Vegel | 47 | Råholt | 14.06.1964 |
| 30.4 | Aase Alstad | 48 | Jessheim | 16.08.1964 |

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| **KVINNER SENIOR 1964** | **154** |

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

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| --- | --- | --- | --- | --- |
| 62.1 | Grethe Uhlen | 49 | Lillestrøm | 22.08.1964 |
| 62.6 | Berit Dønnum | 41 | Råholt | 01.07.1964 |
| 65.6 | Grete Vegel | 47 | Lillestrøm | 22.08.1964 |
| 69.2 | Marit Wiig | 49 | Jessheim | 30.08.1964 |
| 69.3 | Ragnhild Dahl | 50 | Råholt | 13.06.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:24.9 | Berit Dønnum | 41 | Råholt | 29.07.1964 |
| 2:28.6 | Grete Vegel | 47 | Jessheim | 30.08.1964 |
| 2:29.0 | Grethe Uhlen | 49 | Sandvika/Ka | 12.09.1964 |
| 2:44.0 | Marit Wiig | 49 | Jessheim | 30.08.1964 |
| 2:48.4 | Ragnhild Dahl | 50 | Jessheim | 07.10.1964 |
| 2:49.0 | Anne-Berit Eik | 49 | Råholt | 14.06.1964 |

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| --- | --- |
| **60m hekk 76.2 cm M** |  |

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| --- | --- | --- | --- | --- |
| 13.1 | Anne Granheim | 51 | Jessheim | 15.08.1964 |
| 13.2 | Mette Harstad | 51 | Jessheim | 15.08.1964 |

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

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| --- | --- | --- | --- | --- |
| 13.4 | Astrid Sundby | 42 | Jessheim | 20.09.1964 |
| 14.8 | Anne-Berit Eik | 49 | Jessheim | 16.08.1964 |
| 15.0 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 15.6 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 16.0 | Ragnhild Sundby | 44 | Jessheim | 29.09.1964 |
| 16.0 | Aase Alstad | 48 | Råholt | 14.06.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.45 | Astrid Sundby | 42 | Jessheim | 26.06.1964 |
| 1.40 | Tove Dønnum Jensen | 40 | Jessheim | 29.09.1964 |
| 1.38 | Anne-Berit Eik | 49 | Jessheim | 15.08.1964 |
| 1.37 | Grethe Uhlen | 49 | Råholt | 01.07.1964 |
| 1.33 | Marit Ørvik | 50 | Jessheim | 15.08.1964 |
| 1.30 | Berit Dønnum | 41 | Jessheim | 13.09.1964 |
| 1.26 | Mabel Owren | 51 | Jessheim | 13.09.1964 |
| 1.26 | Ragnhild Dahl | 50 | Jessheim | 13.09.1964 |
| 1.25 | Marit Wiig | 49 | Jessheim | 15.08.1964 |
| 1.25 | Ingrid Møinichen | 48 | Jessheim | 15.08.1964 |
| 1.25 | Grete Vegel | 47 | Jessheim | 29.09.1964 |
| 1.23 | Inger Torill Granheim | 52 | Jessheim | 13.09.1964 |

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| **KVINNER SENIOR 1964** | **155** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.16 | Lise Ørvik | 53 | Jessheim | 15.08.1964 |
| 1.15 | Aase Alstad | 48 | Jessheim | 15.08.1964 |
| 1.12 | Else Marie Dønnum | 53 | Jessheim | 15.08.1964 |
| 0.85 | Gunn Mette Uhlen | 54 | Jessheim | 13.09.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.86 | Anne Berit Eik | 49 | Strømmen | 08.09.1964 |
| 4.58 | Astrid Sundby | 42 | Strømmen | 08.09.1964 |
| 4.51 | Ingrid Møinichen | 48 | Råholt | 13.06.1964 |
| 4.42 | Grete Vegel | 47 | Råholt | 13.06.1964 |
| 4.39 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 4.34 | Ragnhild Dahl | 50 | Jessheim | 29.09.1964 |
| 4.00 | Inger Torill Granheim | 52 | Nannestad | 26.07.1964 |
| 3.97 | Mette Harstad | 51 | Jessheim | 15.08.1964 |
| 3.70 | Mabel Owren | 51 | Jessheim | 13.09.1964 |
| 3.46 | Lise Ørvik | 53 | Jessheim | 15.08.1964 |
| 3.26 | Else Marie Dønnum | 53 | Jessheim | 15.08.1964 |
| 3.06 | Synnøve Bekkelund | 53 | Jessheim | 15.08.1964 |

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

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| --- | --- | --- | --- | --- |
| 11.23 | Astrid Sundby | 42 | Oslo/Fr | 18.09.1964 |
| 10.66 | Else Opsahl | 32 | Oslo/Fr | 18.09.1964 |
| 9.17 | Anne Berit Eik | 49 | Råholt | 29.07.1964 |
| 8.51 | Winnie Lindner | 44 | Jessheim | 05.06.1964 |
| 8.15 | Grete Vegel | 47 | Jessheim | 05.06.1964 |
| 8.04 | Ragnhild Dahl | 50 | Jessheim | 15.08.1964 |
| 7.70 | Tove Dønnum Jensen | 40 | Jessheim | 29.09.1964 |
| 6.99 | Berit Børresen | 48 | Jessheim | 16.08.1964 |
| 6.97 | Marit Ørvik | 50 | Jessheim | 15.08.1964 |
| 6.93 | Marit Svensson | 48 | Jessheim | 16.08.1964 |
| 6.89 | Grethe Uhlen | 49 | Jessheim | 15.08.1964 |
| 6.74 | Aase Alstad | 48 | Jessheim | 16.08.1964 |
| 6.10 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 5.53 | Frøydis Esbjørsen | 51 | Jessheim | 15.08.1964 |
| 5.32 | Nina Næss | 51 | Jessheim | 15.08.1964 |

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| **KVINNER SENIOR 1964** | **156** |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 37.16 | Else Opsahl | 32 | Hamar | 21.07.1964 |
| 34.98 | Astrid Sundby | 42 | Gjøvik | 22.08.1964 |
| 25.97 | Tove Dønnum Jensen | 40 | Jessheim | 13.09.1964 |
| 22.42 | Marit Ørvik | 50 | Jessheim | 15.08.1964 |
| 21.90 | Anne Marit Eik | 49 | Jessheim | 16.08.1964 |
| 21.63 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 20.11 | Ragnhild Dahl | 50 | Jessheim | 15.08.1964 |
| 19.99 | Aase Alstad | 48 | Jessheim | 15.08.1964 |
| 19.40 | Nina Næss | 51 | Jessheim | 15.08.1964 |
| 19.35 | Marit Svensson | 48 | Jessheim | 15.08.1964 |
| 16.61 | Lise Gaupås | 51 | Jessheim | 13.09.1964 |
| 15.20 | Berit Grønlien | 50 | Jessheim | 15.08.1964 |

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

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| --- | --- | --- | --- | --- |
| 34.00 | Astrid Sundby | 42 | Oslo/Fr | 17.08.1964 |
| 27.37 | Ragnhild Sundby | 44 | Jessheim | 13.09.1964 |
| 25.26 | Grete Vegel | 47 | Råholt | 13.06.1964 |
| 24.14 | Nina Næss | 51 | Jessheim | 15.08.1964 |
| 22.73 | Grethe Uhlen | 49 | Jessheim | 20.07.1964 |
| 21.72 | Marit Wiig | 49 | Jessheim | 16.08.1964 |
| 21.30 | Marit Svensson | 48 | Jessheim | 13.09.1964 |
| 19.17 | Aase Alstad | 48 | Jessheim | 15.08.1964 |
| 18.80 | Anne Berit Eik | 49 | Jessheim | 16.08.1964 |
| 17.67 | Ragnhild Dahl | 50 | Jessheim | 13.09.1964 |

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| **Slengball 700 g Lang reim** |  |

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| --- | --- | --- | --- | --- |
| 28.84 | Nina Næss | 51 | Jessheim | 15.08.1964 |
| 27.18 | Mette Harstad | 51 | Jessheim | 15.08.1964 |
| 24.65 | Anne Lise Granheim | 51 | Jessheim | 15.08.1964 |
| 23.91 | Lise Ørvik | 53 | Jessheim | 16.08.1964 |
| 23.25 | Inger Torill Granheim | 52 | Jessheim | 15.08.1964 |
| 21.45 | Else Marie Dønnum | 53 | Jessheim | 16.08.1964 |
| 19.74 | Synnøve Bekkelund | 53 | Jessheim | 16.08.1964 |

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

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| 39.62 | Astrid Sundby | 42 | Jessheim | 13.09.1964 |
| 34.90 | Else Opsahl | 32 | Jessheim | 13.09.1964 |
| 29.87 | Grete Vegel | 47 | Jessheim | 29.09.1964 |
| 29.63 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 29.40 | Marit Ørvik | 50 | Jessheim | 16.08.1964 |
| 28.57 | Ragnhild Dahl | 50 | Jessheim | 16.08.1964 |
| 21.85 | Marit Wiig | 49 | Jessheim | 16.08.1964 |

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| **KVINNER SENIOR 1964** | **157** |

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| **3-kamp 100m-Diskos-Høyde** |  |

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| --- | --- | --- | --- | --- |
| 2026 | Astrid Sundby | 42 | Jessheim | 26.06.1964 |
| ? | | | |
| 1300 | Else Opsahl | 32 | Jessheim | 26.06.1964 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 3499 | Astrid Sundby | 42 | Strømmen | 07-08.09.1964 |
| ? | | | |
| 2851 | Anne-Berit Eik | 49 | Strømmen | 07-08.09.1964 |
| ? | | | |

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

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

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| **INNENDØRS** |  |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.45 | Astrid Sundby | 42 | Oslo/Hu | 04.04.1964 |

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

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| --- | --- | --- | --- | --- |
| 10.27 | Astrid Sundby | 42 | Oslo/Hu | 04.04.1964 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.13 | Inger Torill Granheim | 52 | Strømmen | 03.03.1964 |
| 2.08 | Mabel Owren | 50 | Strømmen | 03.03.1964 |
| 1.90 | Wenche Thorbjørnsen | 53 | Strømmen | 03.03.1964 |
| 1.87 | Mette Harstad | 51 | Strømmen | 03.03.1964 |
| 1.86 | Marianne Sundling | 52 | Strømmen | 03.03.1964 |