|  |  |
| --- | --- |
| **MENN SENIOR 1959** | **105** |

|  |  |
| --- | --- |
| **NM Hamar Senior: 4: Spyd 31.33 Astrid Sundby -9: Kule 9.98 Astrid Sundby** | |
| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.1 | Hans Asak | 41 | Kløfta | 31.05.1959 |
| 12.2 | Rolf Sletvold | 36 | Jessheim | 12.09.1959 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:02.8 | Thor Martin Furuseth | 41 | Oslo/Bi | 13.08.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:27.5 | Per Ødegård | 29 | Nannestad | 26.07.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:44.4 | Per Ødegård | 29 | Jessheim | 12.07.1959 |
| 11:06.4 | Karl Haukås | 39 | Kløfta | 31.05.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:38.2 | Per Ødegård | 29 | Jessheim | 01.08.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36:49.0 | Per Ødegård | 29 | Nannestad | 05.09.1959 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **MENN SENIOR 1959** | **106** |

|  |  |
| --- | --- |
| **Høyde forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.80 | Bjarne Gunneriussen | 34 | Jessheim | 12.09.1959 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.72 | Terje Thronæs | 39 | Jessheim | 14.09.1959 |
| 10.90 | Bjørn Engelstad | 42 | Jessheim | 14.09.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.33 | Bjørn Tvedt | 44 | Jessheim | 29.08.1959 |
| 8.62 | Kristian Nygård | 44 | Råholt | 14.06.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.02 | Terje Thronæs | 39 | Nannestad | 29.08.1959 |
| 29.15 | Bjarne Gunneriussen | 34 | Nannestad | 26.07.1959 |

|  |  |
| --- | --- |
| **MENN SENIOR 1959** | **107** |

|  |  |
| --- | --- |
| **Slegge 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.36 | Terje Thronæs | 39 | Nannestad | 30.08.1959 |
| 30.60 | Arne Jensen | 36 | Jessheim | 04.10.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.3 | G11-12 |  | Jessheim | 13.09.1959 |
| ? | | | |
| 37.0 | G11-12 |  | Råholt | 14.06.1959 |
| ? | | | |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1959** | **108** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 68.4 | Eva Myrvang | 41 | Jessheim | 17.06.1959 |
| 69.6 | Anne Karin Fagertun | 46 | Jessheim | 20.09.1959 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1959** | **109** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 70.0 | Anne Lise Aas | 42 | Jessheim | 19.09.1959 |
| 70.4 | Åshild Sørum | 39 | Jessheim | 19.09.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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** | | |

|  |  |
| --- | --- |
| **Lengde forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1959** | **111** |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **Liten ball 80 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.15 | Tove Dønnum | 40 | Oslo/Jo | 12.09.1959 |

|  |  |
| --- | --- |
| **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 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2877 | Ragnhild Sundby | 44 | Nannestad | 05-06.09.1959 |
| 14.9-7.96-1.30/4.35-29.5 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1959** | **112** |

|  |  |
| --- | --- |
| **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 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.5 | J16 |  | Oslo/Jo | 09.06.1959 |
| Ragnhild Sundby44-Winnie Lindner44-Inge Sand43-Borghild Hansen45 | | | |
| 35.6 | J13-14 |  | Jessheim | 15.09.1959 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.3 |  |  | Hamar | 15.08.1959 |
| ? | | | |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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** | | |

|  |
| --- |
| **NM Sarpsborg 14.08: 3: Høyde: 1.50 Tove Dønnum 6: 4x100m Tid ikke oppgitt i Romerikes Blad** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.8 | Hans Kristian Hansen | 41 | Lillestrøm | 27.08.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.5 | Hans Kristian Hansen | 41 | Lillestrøm | 28.08.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60.0 | Birger Svensson | 40 | Lillestrøm | 28.06.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:08.4 | Håvard Uhlen | 39 | Lillestrøm | 28.08.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:18.0 | Håvard Uhlen | 39 | Lillestrøm | 27.08.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:28.4 | Håvard Uhlen | 39 | Lillestrøm | 03.07.1960 |
| 10:00.0 | Kåre Karlsen | 36 | Lillestrøm | 03.07.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18:02.0 | Arthur Johansen | 38 | Lillestrøm | 28.08.1960 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.40 | Bjarne Gunneriussen | 34 | Lillestrøm | 27.08.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.80 | Bjarne Gunneriussen | 34 | Jessheim | 15.08.1960 |
| 46.11 | Hans Kristian Hansen | 41 | Lillestrøm | 28.08.1960 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **MENN SENIOR 1960** | **115** |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.38 | Bjørn Pettersen | 36 | Jessheim | 03.04.1960 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1960** | **116** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1960** | **118** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1960** | **119** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2083 | Tove Dønnum | 40 | Jessheim | 02.10.1960 |
| 14.1-29.95-1.54 | | | |

|  |  |
| --- | --- |
| **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 | | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.8 |  |  | Sarpsborg | 14.08.1960 |
| ? | | | |
| 55.0 |  |  | Råholt | 21.08.1960 |
| ? | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1960** | **120** |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 0.93 | Sissel Sommerfeldt | 43 | Jessheim | 03.04.1960 |
| 0.88 | Ragnhild Sundby | 44 | Jessheim | 03.04.1960 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **MENN SENIOR 1961** | **121** |

|  |
| --- |
| **NM Sarpsborg: 1: Høyde: 1.50 Tove Dønnum 4: 800m: 2:29.2 Berit Dønnum** |
| **6: Diskos: 30.18 Astrid Sundby** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:56.4 | Håvard Uhlen | 39 | Råholt | 27.08.1961 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.70 | Hans Kristian Hansen | 41 | Lillestrøm | 03.09.1961 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.36 | Shaun Matheson | 43 | Råholt | 17.09.1961 |
| 7.87 | Odd Dønnum | 45 | Jessheim | 10.09.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.52 | Hans Kristian Hansen | 41 | Lillestrøm | 02.09.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.45 | Shaun Matheson | 43 | Strømmen | 03.09.1961 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.39 | Hans Kristian Hansen | 41 | Lillestrøm | 03.09.1961 |
| 23.38 | Jon Erik Lund | 41 | Kløfta | 21.06.1961 |
| **MENN SENIOR 1961** | | **124** | | |

|  |  |
| --- | --- |
| **Spyd 700 g** |  |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.24 | Finn Ugletveit | 49 | Råholt | 17.09.1961 |
| 23.81 | Hans Bratfos | 49 | Råholt | 17.09.1961 |

|  |  |
| --- | --- |
| **Liten ball 80 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **3kamp 60m-Lengde-Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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-? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1526 | Jon Erik Lund | 34 | Kløfta | 21.06.1961 |
| 6.29-36.76-25.9-23.38-0 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1961** | **125** |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1961** | **126** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1961** | **127** |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **80m hekk 76.2 M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1961** | **128** |

|  |  |
| --- | --- |
| **Lengde forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1961** | **129** |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 | | | |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 0.95 | Astrid Sundby | 42 | Jessheim | 24.03.1961 |
| 0.90 | Ragnhild Sundby | 44 | Jessheim | 24.03.1961 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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** | | |

|  |
| --- |
| **NM Gull og Kongepokal: Høyde: 1.58 Tove Dønnum – NM Gull 800m: 2:25.4 Berit Dønnum** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **MENN SENIOR 1962** | **131** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:58.6 | Håvard Uhlen | 39 | Råholt | 19.09.1962 |
| 9:52.0 | Arne Gulbrandsen | 44 | Jessheim | 02.07.1962 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:40.2 | Håvard Uhlen | 39 | Ås | 05.09.1962 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33:05.0 | Håvard Uhlen | 39 | Lillestrøm | 17.09.1962 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.70 | Hans Kristian Hansen | 41 | Kløfta | 19.06.1962 |
| 2.40 | Fritz Karlsen | 37 | Strømmen | 23.09.1962 |

|  |  |
| --- | --- |
| **MENN SENIOR 1962** | **132** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.31 | Jon Erik Lund | 34 | Råholt | 29.07.1962 |
| 10.08 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.61 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **MENN SENIOR 1962** | **133** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **Slegge 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.55 | Harald Nilsen | 36 | Råholt | 28.07.1962 |

|  |  |
| --- | --- |
| **Spyd 600 g Gammel type tom. 1998** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **Spyd 700 g** |  |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **Slengball 1 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.81 | Finn Larsen | 50 | Jessheim | 06.09.1962 |
| 18.05 | Per Nafstad | 50 | Jessheim | 06.09.1962 |

|  |  |
| --- | --- |
| **Liten ball 150 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.60 | Per Nafstad | 50 | Råholt | 19.08.1962 |

|  |  |
| --- | --- |
| **MENN SENIOR 1962** | **134** |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Liten ball 150 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2083 | Per Nafstad | 50 | Råholt | 19.08.1962 |
| 9.3-3.87-44.50 | | | |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1672 | Bjørn Hellum | 48 | Råholt | 19.08.1962 |
| 8.5-4.44-6.28 | | | |

|  |  |
| --- | --- |
| **3-kamp 100m-Lengde-Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2070 | Einar Hellum | 47 | Råholt | 19.08.1962 |
| 12.2-5.10-8.24 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1017 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |
| 5.08-26.27-27.0-23.57-5:45.7 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |
| ? | | | |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.37 | Bjørn Pettersen | 36 | Lillestrøm/Vi | 21.02.1962 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1962** | **135** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1962** | **136** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1962** | **137** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1962** | **138** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 | | | |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.05 | Tove Dønnum | 40 | Strømmen | 08.04.1962 |
| 0.85 | Kari Furuseth | 45 | Strømmen | 08.04.1962 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **MENN SENIOR 1963** | **139** |

|  |
| --- |
| **Norgesmester i 800m: 2:22.0 Berit Dønnum - Høyde: 1.55 Tove Dønnum – Trondheim** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.9 | Håvard Granheim | 53 | Råholt | 22.09.1963 |

|  |  |
| --- | --- |
| **80m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.4 | Terje Brodshaug | 51 | Råholt | 22.09.1963 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:00.6 | Einar Hellum | 47 | Råholt | 24.08.1963 |
| 2:05.7 | Torgeir Sørum | 45 | Oslo/Bi | 28.07.1963 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **MENN SENIOR 1963** | **140** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:08.4 | Håvard Uhlen | 39 | Råholt | 25.08.1963 |
| 16:21.6 | Arne Gulbrandsen | 44 | Råholt | 25.08.1963 |

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

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.38 | Jon Erik Lund | 34 | Råholt | 25.08.1963 |
| 11.38 | Shaun Matheson | 43 | Råholt | 22.06.1963 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.75 | Terje Finnebråten | 48 | Råholt | 18.08.1963 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **MENN SENIOR 1963** | **141** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.23 | Terje Finnebråten | 48 | Råholt | 18.08.1963 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **Spyd 700 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.50 | Einar Hellum | 47 | Råholt | 22.09.1963 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **Liten ball 150 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.86 | Terje Brodshaug | 51 | Råholt | 22.09.1963 |
| 28.05 | Håvard Granheim | 53 | Blaker/Br | 15.09.1963 |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Liten ball 150 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ? | Haavard Granheim | 53 | Blaker/Br | 15.09.1963 |
| 10.1-3.26-28.05 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2123 | Jon Erik Lund | 34 | Strømmen | 21.09.1963 |
| 6.01-39.12-25.6-24.37-5:02.8 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1461 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 4.79-29.59-26.2-21.12-4:56.3 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1363 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |
| 5.55-29.99-25.8-20.65-5:13.0 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1963** | **142** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3144 | Jon Erik Lund | 34 | Råholt | 30-31.08.1963 |
| ? | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2948 | Nils Kristen Wiig | 43 | Råholt | 30-31.08.1963 |
| ? | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1963** | **143** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **80m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **60m hekk 76.2 cm M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.8 | Grethe Uhlen | 49 | Råholt | 22.09.1963 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1963** | **145** |

|  |  |
| --- | --- |
| **Høyde forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1963** | **146** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1963** | **147** |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Slengball 700 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 | | | |

|  |  |
| --- | --- |
| **3-kamp 100m-Lengde-Slengball 700 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2094 | Astrid Sundby | 42 | Strømmen | 21.09.1963 |
| 13.4-28.67-1.47 | | | |

|  |  |
| --- | --- |
| **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 |
| ? | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1963** | **148** |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.05 | Tove Dønnum Jensen | 40 | Lillestrøm/Vi | 30.03.1963 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **MENN SENIOR 1964** | **149** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:05.9 | Torgeir Sørum | 45 | Moss/Me | 07.06.1964 |
| 9:23.2 | Håvard Uhlen | 39 | Råholt | 01.07.1964 |

|  |  |
| --- | --- |
| **MENN SENIOR 1964** | **150** |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.1 | Nils Kristen Wiig | 43 | Strømmen | 30.08.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.67 | Peter Ørvik | 48 | Lillestrøm | 23.08.1964 |
| 2.52 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |

|  |  |
| --- | --- |
| **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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.15 | Jon Erik Lund | 34 | Strømmen | 30.08.1964 |
| 11.06 | Torgeir Sørum | 45 | Råholt | 14.06.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.08 | Martin Hansen | 48 | Jessheim | 29.09.1964 |
| 8.49 | Hans Bratfos | 49 | Lillestrøm | 22.08.1964 |

|  |  |
| --- | --- |
| **MENN SENIOR 1964** | **151** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.62 | Terje Finnebråten | 48 | Lillestrøm | 22.08.1964 |
| 9.54 | Martin Hansen | 48 | Lillestrøm | 22.08.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.66 | Terje Finnebråten | 48 | Råholt | 22.09.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.99 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |

|  |  |
| --- | --- |
| **Spyd 600 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.90 | Terje Finnebråten | 48 | Lillestrøm | 23.08.1964 |
| 39.10 | Martin Hansen | 48 | Lillestrøm | 23.08.1964 |

|  |  |
| --- | --- |
| **Spyd 700 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.14 | Terje Finnebråten | 48 | Jessheim | 25.08.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1964** | **152** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.2 |  |  | Råholt | 20.09.1964 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:40.0 |  |  | Råholt | 20.09.1964 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:11.8 |  |  | Strømmen | 30.08.1964 |
| ? | | | |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1964** | **154** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **60m hekk 76.2 cm M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.1 | Anne Granheim | 51 | Jessheim | 15.08.1964 |
| 13.2 | Mette Harstad | 51 | Jessheim | 15.08.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1964** | **155** |

|  |  |
| --- | --- |
| **Høyde forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1964** | **156** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1964** | **157** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2026 | Astrid Sundby | 42 | Jessheim | 26.06.1964 |
| ? | | | |
| 1300 | Else Opsahl | 32 | Jessheim | 26.06.1964 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3499 | Astrid Sundby | 42 | Strømmen | 07-08.09.1964 |
| ? | | | |
| 2851 | Anne-Berit Eik | 49 | Strømmen | 07-08.09.1964 |
| ? | | | |

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

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

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.45 | Astrid Sundby | 42 | Oslo/Hu | 04.04.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.27 | Astrid Sundby | 42 | Oslo/Hu | 04.04.1964 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

|  |  |
| --- | --- |
| **MENN SENIOR 1965** | **158** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.6 | Rolf Fredagsvik | 42 | Hamar | 31.07.1965 |
| 11.9 | Jon Martinsen | 47 | Råholt | 28.08.1965 |
| 12.1 | Arve Bogstad | 41 | Jessheim | 19.08.1965 |
| 12.2 | Odd Mikkelsen | 37 | Jessheim | 19.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.5 | Rolf Fredagsvik | 42 | Hamar | 01.08.1965 |
| 23.8 | Jon Martinsen | 47 | Råholt | 08.08.1965 |
| 23.9 | Arve Bogstad | 41 | Råholt | 08.08.1965 |
| 24.9 | Bjørn Hellum | 48 | Råholt | 08.08.1965 |
| 25.0 | Einar Hellum | 47 | Råholt | 29.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.4 | Einar Hellum | 47 | Oslo/Bi | 09.10.1965 |
| 52.8 | Odd Mikkelsen | 37 | Råholt | 07.08.1965 |
| 53.6 | Nils Kristen Wiig | 43 | Råholt | 07.08.1965 |
| 53.9 | Arve Bogstad | 41 | Råholt | 07.08.1965 |
| 54.7 | Jon Martinsen | 47 | Råholt | 28.08.1965 |
| 56.7 | Torgeir Sørum | 45 | Jessheim | 19.08.1965 |
| 58.0 | Petter Ørvik | 48 | Råholt | 28.08.1965 |
| 58.0 | Bjørn Hellum | 48 | Råholt | 28.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:01.0 | Torgeir Sørum | 45 | Råholt | 08.08.1965 |
| 2:01.4 | Einar Hellum | 47 | Oslo/Jo | 08.06.1965 |
| 2:03.4 | Nils Kristen Wiig | 43 | Råholt | 08.08.1965 |
| 2:08.0 | Arve Bogstad | 41 | Jessheim | 19.08.1965 |
| 2:08.0 | Arne Luke | 44 | Jessheim | 19.08.1965 |
| 2:13.9 | Bjørn Hellum | 48 | Råholt | 29.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:05.0 | Odd Mikkelsen | 37 | Jessheim | 19.08.1965 |
| 4:08.3 | Torgeir Sørum | 45 | Råholt | 07.08.1965 |
| 4:09.7 | Einar Hellum | 47 | Oslo/Bi | 19.09.1965 |
| 4:21.8 | Håvard Uhlen | 39 | Råholt | 28.08.1965 |
| 4:28.6 | Arne Luke | 44 | Råholt | 28.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:05.0 | Torgeir Sørum | 45 | Råholt | 11.08.1965 |
| 9:19.2 | Håvard Uhlen | 39 | Råholt | 11.08.1965 |
| 9:41.6 | Arne Luke | 44 | Jessheim | 19.08.1965 |
| **MENN SENIOR 1965** | | **159** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:15.8 | Torgeir Sørum | 45 | Krødsherad | 23.08.1965 |
| 16:24.4 | Håvard Uhlen | 39 | Råholt | 29.08.1965 |
| 16:38.2 | Arne Luke | 44 | Råholt | 29.08.1965 |
| 17:39.0 | Bjørn Simensen | 42 | Råholt | 29.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33:23.2 | Håvard Uhlen | 39 | Råholt | 10.10.1965 |
| 34:45.4 | Arne Luke | 44 | Råholt | 10.10.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.1 | Nils Kristen Wiig | 43 | Råholt | 07.08.1965 |
| 18.2 | Nils Andresen | 36 | Rolvsrud | 04.10.1965 |
| 19.2 | Finn Ugletveit | 49 | Råholt | 07.08.1965 |
| 21.2 | Håvard Uhlen | 39 | Jessheim | 19.08.1965 |
| 22.3 | Torgeir Sørum | 45 | Strømmen | 29.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.4 | Nils Kristen Wiig | 43 | Råholt | 08.08.1965 |
| 61.6 | Einar Hellum | 47 | Råholt | 08.08.1965 |
| 63.4 | Torgeir Sørum | 45 | Råholt | 29.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:48.2 | Torgeir Sørum | 45 | Jessheim | 25.09.1965 |
| 4:56.8 | Håvard Uhlen | 39 | Jessheim | 25.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:23.9 | Håvard Uhlen | 39 | Lillestrøm | 10.09.1965 |
| 10:33.6 | Arne Luke | 44 | Lillestrøm | 10.09.1965 |

|  |  |
| --- | --- |
| **20km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:13:23 | Håvard Uhlen | 39 | Blaker | 26.09.1965 |
| 1:19:16 | Arne Luke | 44 | Blaker | 26.09.1965 |

|  |  |
| --- | --- |
| **25km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:33:39 | Håvard Uhlen | 39 | Tresfjord | 20.06.1965 |

|  |  |
| --- | --- |
| **MENN SENIOR 1965** | **160** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Henning Enger | 46 | Strømmen | 29.09.1965 |
| 1.65 | Kjell Myrvold | 46 | Strømmen | 29.09.1965 |
| 1.60 | Jon Erik Lund | 34 | Jessheim | 19.08.1965 |
| 1.55 | Peter Ørvik | 48 | Råholt | 28.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.10 | Nils Andresen | 36 | Jessheim | 19.08.1965 |
| 2.90 | Peter Ørvik | 48 | Råholt | 08.08.1965 |
| 2.90 | Rune Borge | 48 | Strømmen | 30.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.98 | Jon Erik Lund | 34 | Råholt | 07.08.1965 |
| 5.62 | Tor Stokstad | 44 | Jessheim | 11.06.1965 |
| 5.38 | Øystein Nesje | 48 | Jessheim | 07.08.1965 |
| 5.02 | Einar Hellum | 47 | Jessheim | 11.06.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.67 | Jon Erik Lund | 34 | Råholt | 08.08.1965 |
| 11.80 | Øistein Nesje | 49 | Råholt | 28.08.1965 |
| 11.57 | Torgeir Sørum | 45 | Jessheim | 19.08.1965 |
| 11.06 | Peter Ørvik | 48 | Strømmen | 30.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.26 | Terje Finnebråten | 48 | Råholt | 28.08.1965 |
| 9.47 | Jon Martinsen | 47 | Råholt | 28.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.93 | Nils Andresen | 36 | Krødsherad | 22.08.1965 |
| 10.66 | Terje Finnebråten | 48 | Strømmen | 29.09.1965 |
| 10.29 | Bjarne Guneriussen | 34 | Jessheim | 08.10.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.52 | Terje Finnebråten | 48 | Råholt | 29.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.46 | Nils Kristen Wiig | 43 | Jessheim | 11.06.1965 |
| 20.14 | Einar Hellum | 47 | Jessheim | 11.06.1965 |

|  |  |
| --- | --- |
| **MENN SENIOR 1965** | **161** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.41 | Bjarne Guneriussen | 34 | Jessheim | 08.10.1965 |
| 43.74 | Terje Finnebråten | 48 | Råholt | 29.08.1965 |
| 36.60 | Einar Hellum | 47 | Jessheim | 11.06.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2353 | Nils Kristen Wiig | 43 | Jessheim | 11.06.1965 |
| ? | | | |
| 2212 | Torgeir Sørum | 45 | Jessheim | 11.06.1965 |
| ? | | | |
| 2193 | Einar Hellum | 47 | Jessheim | 11.06.1965 |
| ? | | | |
| 2104 | Tor Stokstad | 44 | Jessheim | 11.06.1965 |
| ? | | | |
| 1894 | Håvard Uhlen | 39 | Jessheim | 11.06.1965 |
| ? | | | |
| 1839 | Arne Luke | 44 | Jessheim | 11.06.1965 |
| ? | | | |
| 1487 | Henning Høgheim | 39 | Jessheim | 11.06.1965 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:38.4 |  |  | Strømmen | 01.10.1965 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:47.4 |  |  | Strømmen | 01.10.1965 |
| Håvard Uhlen39-Torgeir Sørum45-?? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:06.6 |  |  | Råholt | 08.08.1965 |
| Jon Erik Lund34-Jon Martinsen47-Halvor Bogstad46-Einar Hellum47 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:09.8 |  |  | Oslo/Bi | 13.05.1965 |
| ? | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:11.7 | 1. lag |  | Strømmen | 30.09.1965 |
| ? | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:17.0 | 2. lag |  | Strømmen | 30.09.1965 |
| ? | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1965** | **162** |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.79 | Jon Martinsen | 47 | Lillestrøm | 27.04.1965 |
| 2.76 | Øistein Nesje | 49 | Lillestrøm | 27.04.1965 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1965** | **163** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.5 | Astrid Sundby | 42 | Jessheim | 13.09.1965 |
| 8.8 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 8.8 | Mabel Owren | 51 | Strømmen | 21.08.1965 |
| 8.8 | Grethe Uhlen | 49 | Strømmen | 21.08.1965 |
| 8.9 | Marit Wiig | 49 | Råholt | 12.09.1965 |
| 8.9 | Else Opsahl | 32 | Jessheim | 13.09.1965 |
| 9.0 | Tone Sundby | 51 | Strømmen | 21.08.1965 |
| 9.1 | Liv Knudsen | 52 | Råholt | 12.09.1965 |
| 9.2 | Anne Gro Digerud | 52 | Råholt | 12.09.1965 |
| 9.7 | May Gunn Gnutsen | 54 | Råholt | 12.09.1965 |
| 10.1 | Sissel Bakken | 55 | Strømmen | 21.08.1965 |
| 10.2 | Else Marie Dønnum | 53 | Nannestad | 15.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.4 | Astrid Sundby | 42 | Jessheim | 13.06.1965 |
| 13.6 | Grethe Uhlen | 49 | Jessheim | 13.06.1965 |
| 13.6 | Marit Wiig | 49 | Strømmen | 21.08.1965 |
| 13.9 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 14.0 | Mabel Owren | 51 | Jessheim | 11.06.1965 |
| 14.0 | Else Opsahl | 32 | Jessheim | 11.06.1965 |
| 14.2 | Liv Knudsen | 52 | Strømmen | 29.09.1965 |
| 14.3 | Tone Sundby | 51 | Strømmen | 21.08.1965 |
| 15.5 | Anne Gro Digerud | 52 | Strømmen | 29.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.2 | Marit Wiig | 49 | Oslo/Bi | 13.06.1965 |
| 29.3 | Grethe Uhlen | 49 | Strømmen | 22.08.1965 |
| 29.9 | Marit Wiig | 49 | Jessheim | 18.09.1965 |
| 30.6 | Astrid Sundby | 42 | Jessheim | 18.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 64.3 | Grethe Uhlen | 49 | Strømmen | 29.09.1965 |
| 65.2 | Marit Wiig | 49 | Strømmen | 29.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:26.8 | Grethe Uhlen | 49 | Oslo/Bi | 13.05.1965 |
| 2:32.2 | Marit Wiig | 49 | Oslo/Bi | 13.05.1965 |
| 2:44.1 | Anne Berit Eik | 49 | Jessheim | 14.09.1965 |
| 2:54.8 | Else Opsahl | 32 | Jessheim | 14.09.1965 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1965** | **164** |

|  |  |
| --- | --- |
| **60m hekk 76.2 cm M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.9 | Tone Sundby | 51 | Strømmen | 21.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.7 | Astrid Sundby | 42 | Jessheim | 14.09.1965 |
| 16.5 | Marit Wiig | 49 | Jessheim | 17.09.1965 |
| 18.3 | Else Marie Dønnum | 53 | Jessheim | 14.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.51 | Tove Dønnum Jensen | 40 | Jessheim | 13.09.1965 |
| 1.38 | Astrid Sundby | 42 | Jessheim | 13.06.1965 |
| 1.35 | Grethe Uhlen | 49 | Jessheim | 13.06.1965 |
| 1.33 | Mabel Owren | 51 | Jessheim | 11.06.1965 |
| 1.28 | Berit Børresen | 48 | Strømmen | 21.08.1965 |
| 1.25 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 1.20 | Ingrid Møinichen | 48 | Strømmen | 21.08.1965 |
| 1.20 | Marit Wiig | 49 | Jessheim | 17.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.61 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 4.53 | Astrid Sundby | 42 | Jessheim | 17.09.1965 |
| 4.52 | Tove Dønnum Jensen | 40 | Råholt | 11.08.1965 |
| 4.49 | Grethe Uhlen | 49 | Strømmen | 22.08.1965 |
| 4.47 | Mabel Owren | 51 | Strømmen | 22.08.1965 |
| 4.42 | Marit Wiig | 49 | Strømmen | 22.08.1965 |
| 4.30 | Ingrid Møinichen | 48 | Jessheim | 13.09.1965 |
| 4.30 | Liv Knudsen | 52 | Strømmen | 29.09.1965 |
| 4.25 | Anne Gro Digerud | 52 | Råholt | 12.09.1965 |
| 4.25 | Bente Gullichsen | 52 | Råholt | 12.09.1965 |
| 4.11 | Ragnhild Dahl | 50 | Strømmen | 21.08.1965 |
| 3.56 | Marianne Sundling | 52 | Råholt | 12.09.1965 |
| 3.31 | Else Marie Dønnum | 53 | Nannestad | 15.08.1965 |
| 3.27 | May Gunn Knutsen | 54 | Råholt | 12.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.16 | Astrid Sundby | 42 | Romedal | 20.06.1965 |
| 11.28 | Else Opsahl | 32 | Jessheim | 13.09.1965 |
| 8.83 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 7.79 | Ragnhild Dahl | 50 | Strømmen | 21.08.1965 |
| 7.65 | Vera Martinsen | 47 | Strømmen | 21.08.1965 |
| 6.94 | Nina Næss | 51 | Strømmen | 21.08.1965 |
| 6.97 | Marit Wiig | 49 | Jessheim | 18.09.1965 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1965** | **165** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.81 | Aase Alstad | 48 | Strømmen | 21.08.1965 |
| 6.65 | Mabel Owren | 51 | Strømmen | 21.08.1965 |
| 6.47 | Tone Sundby | 51 | Strømmen | 21.08.1965 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Diskos 1 kg** | |  | | |
| 38.60 | Else Opsahl | 32 | Oslo/Bi | 21.07.1965 |
| 35.38 | Astrid Sundby | 42 | Hønefoss | 03.07.2018 |
| 29.22 | Tove Dønnum Jensen | 40 | Råholt | 30.06.1965 |
| 24.06 | Mabel Owren | 51 | Strømmen | 29.09.1965 |
| 21.42 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 20.28 | Tove Sundby | 51 | Strømmen | 22.08.1965 |
| 19.22 | Marit Wiig | 49 | Strømmen | 21.08.1965 |
| 18.16 | Grethe Uhlen | 49 | Jessheim | 13.06.1965 |
| 17.57 | Aase Alstad | 48 | Strømmen | 21.08.1965 |
| 17.16 | Nina Næss | 51 | Strømmen | 21.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.26 | Ragnhild Sundby | 44 | Råholt | 17.08.1965 |
| 34.06 | Astrid Sundby | 42 | Oslo/Bi | 24.06.1965 |
| 28.00 | Nina Næss | 51 | Jessheim | 13.09.1965 |
| 22.60 | Vera Martinsen | 47 | Jessheim | 12.05.1965 |
| 22.02 | Grethe Uhlen | 49 | Strømmen | 21.08.1965 |
| 21.96 | Aase Alstad | 48 | Jessheim | 12.05.1965 |
| 21.48 | Marit Wiig | 49 | Strømmen | 22.08.1965 |
| 21.42 | Anne Berit Eik | 49 | Jessheim | 12.05.1965 |
| 20.52 | Tove Dønnum | 40 | Råholt | 11.08.1965 |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.64 | Anne Gro Digerud | 52 | Strømmen | 22.08.1965 |
| 33.16 | Nina Næss | 51 | Strømmen | 22.08.1965 |
| 27.00 | Marianne Sundling | 52 | Råholt | 12.09.1965 |
| 23.76 | Elisabeth Eik Hansen | 52 | Strømmen | 22.08.1965 |
| 20.92 | Else Marie Dønnum | 53 | Råholt | 12.09.1965 |
| 18.30 | Liv Knudsen | 52 | Råholt | 12.09.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 42.78 | Astrid Sundby | 42 | Jessheim | 14.09.1965 |
| 36.00 | Else Opsahl | 32 | Jessheim | 14.09.1965 |
| 33.66 | Anne Berit Eik | 49 | Råholt | 12.09.1965 |
| 31.22 | Marit Finnebråten | 50 | Strømmen | 22.08.1965 |
| 29.50 | Nina Næss | 51 | Jessheim | 14.09.1965 |
| 29.18 | Ragnhild Dahl | 50 | Strømmen | 22.08.1965 |
| 27.00 | Marit Wiig | 49 | Råholt | 12.09.1965 |
| **KVINNER SENIOR 1965** | | **166** | | |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Slengball 1 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2292 | Anne Marit Eik | 49 | Råholt | 12.09.1965 |
| 8.8-4.33-33.66 | | | |
| 1951 | Marit Wiig | 49 | Råholt | 12.09.1865 |
| 8.9-4.07-27.00 | | | |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Slengball 700 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2217 | Liv Knutsen | 52 | Råholt | 12.09.1965 |
| 9.1-4.29-18.30 | | | |
| 2063 | Anne Gro Digerud | 52 | Råholt | 12.09.1965 |
| 9.2-4.25-21.18 | | | |
| 2138 | May Gunn Knutsen | 54 | Råholt | 12.09.1965 |
| 9.7-3.27-13.50 | | | |
| 1955 | Marianne Sundling | 52 | Råholt | 12.09.1965 |
| 10.2-3.50-27.00 | | | |
| 1865 | Else Marie Dønnum | 53 | Råholt | 12.09.1965 |
| 10.3-3.11-20.92 | | | |
| 1531 | Anne Marie Nafstad | 52 | Råholt | 12.09.1965 |
| 9.9-3.36-13.52 | | | |
| 1359 | Inger Nyhus | 52 | Råholt | 12.09.1965 |
| 10.1-3.29-10.92 | | | |
| 1253 | Britt Aas | 52 | Råholt | 12.09.1965 |
| 9.9-3.26-0 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2121 | Astrid Sundby | 42 | Jessheim | 11.06.1965 |
| 13.4-34.74-1.38 | | | |
| 1884 | Tove Dønnum Jensen | 40 | Jessheim | 11.06.1965 |
| ? | | | |
| 1650 | Grethe Uhlen | 49 | Jessheim | 11.06.1965 |
| 13.6-18.16-1.35 | | | |
| 1532 | Mabel Owren | 51 | Jessheim | 11.06.1965 |
| ? | | | |
| 1483 | Else Opsahl | 32 | Jessheim | 11.06.1965 |
| ? | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **5-kamp 80m hekk-Høyde-Lengde/** | | **Kule-200m** | | |
| 3223 | Astrid Sundby | 42 | Jessheim | 17-18-09.1965 |
| 14.0-1.35-4.53/10.77-30.6 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3088 | Tove Dønnum | 40 | Jessheim | 17-18-09.1965 |
| ? | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2380 | Marit Wiig | 49 | Jessheim | 17-18.09.1965 |
| 16.5-1.20-3.93/6.97-29.9 | | | |
| **KVINNER SENIOR 1965** | | **167** | | |

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

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

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.40 | Tove Dønnum | 40 | Oslo/Hu | 03.04.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.88 | Astrid Sundby | 42 | Oslo/Hu | 03.04.1965 |
| 10.13 | Else Opsahl | 32 | Oslo/Hu | 03.04.1965 |

|  |  |
| --- | --- |
| **Diskos 1 kg – uten rotering** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.14 | Else Opsahl | 32 | Oslo/Hu | 03.04.1965 |
| 29.90 | Tove Dønnum | 40 | Oslo/Hu | 03.04.1965 |

|  |  |
| --- | --- |
| **MENN SENIOR 1966** | **168** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.7 | Harald Ingebretsen | 55 | Lillestrøm | 04.09.1966 |
| 9.7 | Kurt Tjessem | 56 | Lillestrøm | 04.09.1966 |
| 9.8 | Olav Werner Ruud | 55 | Lillestrøm | 10.09.1966 |
| 10.7 | Ove Knutsen | 56 | Lillestrøm | 04.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.9 | Halvor Bogstad | 46 | Råholt | 12.08.1966 |
| 12.2 | Bjørn Hellum | 48 | Lillestrøm | 10.09.1966 |
| 12.2 | Finn Ugletveit | 49 | Råholt | 27.08.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.8 | Bjørn Hellum | 48 | Lillestrøm | 11.09.1966 |
| 23.9 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 24.1 | Nils Kristen Wiig | 43 | Råholt | 12.06.1966 |
| 24.2 | Halvor Bogstad | 46 | Råholt | 11.09.1966 |
| 24.3 | Arve Bogstad | 41 | Råholt | 12.06.1966 |
| 24.8 | Finn Ugletveit | 49 | Råholt | 13.08.1966 |
| 25.3 | Jon Erik Lund | 34 | Råholt | 12.06.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.9 | Einar Hellum | 47 | Oslo/Bi | 08.07.1966 |
| 53.7 | Nils Kristen Wiig | 43 | Oslo/Bi | 08.07.1966 |
| 53.7 | Bjørn Hellum | 48 | Lillestrøm | 10.09.1966 |
| 53.6 | Arve Bogstad | 41 | Råholt | 12.08.1966 |
| 56.8 | Finn Ugletveit | 49 | Lillestrøm | 10.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:57.7 | Einar Hellum | 47 | Råholt | 28.08.1966 |
| 2:01.4 | Torgeir Sørum | 45 | Oslo/Fr | 25.08.1966 |
| 2:03.1 | Nils Kristen Wiig | 43 | Råholt | 13.08.1966 |
| 2:04.0 | Arve Bogstad | 41 | Råholt | 13.08.1966 |
| 2:09.6 | Arne Luke | 44 | Råholt | 06.07.1966 |
| 2:09.6 | Håvard Uhlen | 39 | Råholt | 06.07.1966 |

|  |  |
| --- | --- |
| **MENN SENIOR 1966** | **169** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:06.4 | Einar Hellum | 47 | Oslo/Bi | 02.09.1966 |
| 4:06.9 | Torgeir Sørum | 45 | Råholt | 12.08.1966 |
| 4:20.0 | Håvard Uhlen | 39 | Råholt | 12.08.1966 |
| 4:27.8 | Arne Gulbrandsen | 44 | Råholt | 12.08.1966 |
| 4:43.0 | Arve Bogstad | 41 | Råholt | 12.06.1966 |
| 4:48.4 | Nils Kristen Wiig | 43 | Råholt | 12.06.1966 |
| 5:16.0 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 5:28.0 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:03.2 | Torgeir Sørum | 45 | Oslo/Bi | 08.09.1966 |
| 9:18.0 | Håvard Uhlen | 39 | Oslo/Bi | 17.08.1966 |
| 9:32.0 | Arne Gulbrandsen | 44 | Jessheim | 25.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:34.4 | Ragnar Lund | 43 | Råholt | 06.07.1966 |
| 16:07.0 | Håvard Uhlen | 39 | Råholt | 06.07.1966 |
| 16:23.4 | Arne Luke | 44 | Råholt | 13.08.1966 |
| 17:14.0 | Terje Mikalsen | 43 | Råholt | 13.08.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32:27.0 | Ragnar Lund | 43 | Råholt | 19.06.1966 |
| 34:28.4 | Håvard Uhlen | 39 | Råholt | 19.06.1966 |
| 35:30.8 | Arne Luke | 44 | Råholt | 19.06.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.9 | Nils Kristen Wiig | 43 | Råholt | 12.08.1966 |
| 17.9 | Nils Andresen | 36 | Jessheim | 20.08.1966 |

|  |  |
| --- | --- |
| **400m hekk 91.4 M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.8 | Nils Kristen Wiig | 43 | Råholt | 13.08.1966 |

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

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:37.4 | Torgeir Sørum | 45 | Jessheim | 09.10.1966 |

|  |  |
| --- | --- |
| **MENN SENIOR 1966** | **170** |

|  |  |
| --- | --- |
| **20 km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:16:20 | Henning Høgheim | 39 | Blaker | 18.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.60 | Nils Kristen Wiig | 43 | Råholt | 12.06.1966 |
| 1.60 | Nils Andresen | 36 | Råholt | 13.08.1966 |
| 1.05 | Olav Werner Ruud | 55 | Lillestrøm | 11.09.1966 |
| 1.00 | Harald Engebretsen | 55 | Lillestrøm | 11.09.1966 |
| 0.95 | Kurt Tjessem | 56 | Lillestrøm | 11.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.20 | Nils Andresen | 36 | Jessheim | 21.08.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.85 | Bjørn Hellum | 48 | Lillestrøm | 10.09.1966 |
| 5.85 | Nils Kristen Wiig | 43 | Råholt | 12.06.1966 |
| 5.75 | Jon Erik Lund | 34 | Råholt | 12.06.1966 |
| 5.69 | Shaun Matheson | 43 | Jessheim | 25.09.1966 |
| 5.67 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 5.66 | Nils Andresen | 36 | Jessheim | 20.08.1966 |
| 5.66 | Øistein Nesje | 49 | Lillestrøm | 04.09.1966 |
| 5.45 | Arve Bogstad | 41 | Råholt | 12.06.1966 |
| 5.43 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 3.63 | Harald Engebretsen | 55 | Lillestrøm | 02.10.1966 |
| 3.52 | Olav Werner Ruud | 55 | Lillestrøm | 10.09.1966 |
| 3.25 | Kurt Tjessen | 56 | Lillestrøm | 10.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.34 | Øistein Nesje | 49 | Lillestrøm | 11.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.72 | Terje Finnebråten | 48 | Lillestrøm | 11.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.72 | Nils Andresen | 36 | Jessheim | 20.08.1966 |
| 10.81 | Terje Finnebråten | 48 | Råholt | 28.08.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.34 | Finn Ugletveit | 49 | Lillestrøm | 21.09.1966 |

|  |  |
| --- | --- |
| **MENN SENIOR 1966** | **171** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.68 | Nils Andresen | 36 | Elverum | 19.06.1966 |
| 32.46 | Halvor Bogstad | 46 | Råholt | 13.08.1966 |
| 25.68 | Nils Kristen Wiig | 43 | Råholt | 12.06.1966 |
| 24.70 | Arve Bogstad | 41 | Råholt | 12.06.1966 |
| 22.16 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 19.58 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 14.36 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |

|  |  |
| --- | --- |
| **Slegge 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.58 | Nils Andresen | 36 | Råholt | 06.07.1966 |
| 19.76 | Halvor Bogstad | 46 | Jessheim | 25.09.1966 |
| 15.06 | Nils Kristen Wiig | 43 | Jessheim | 25.09.1966 |
| 14.46 | Torgeir Sørum | 45 | Jessheim | 25.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.04 | Terje Finnebråten | 48 | Råholt | 28.08.1966 |
| 42.48 | Bjarne Guneriussen | 34 | Råholt | 13.08.1966 |
| 41.96 | Nils Andresen | 36 | Jessheim | 21.08.1966 |
| 40.00 | Jon Erik Lund | 34 | Råholt | 12.06.1966 |
| 37.48 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 36.90 | Nils Kristen Wiig | 43 | Råholt | 12.06.1966 |
| 36.54 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 34.68 | Einar Hellum | 48 | Råholt | 12.06.1966 |
| 32.92 | Arve Bogstad | 41 | Råholt | 12.06.1966 |
| 25.40 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2495 | Nils Kristen Wiig | 43 | Råholt | 12.06.1966 |
| 5.85-36.00-24.1-25.68-4:48.4 | | | |
| 2475 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 5.43-34.68-23.9-22.16-4:20.3 | | | |
| 2328 | Arve Bogstad | 41 | Råholt | 12.06.1966 |
| 5.45-32.92-24.3-24.70-4:43-0 | | | |
| 2126 | Jon Erik Lund | 34 | Råholt | 12.06.1966 |
| 5.75-40.00-25.3-21.52-5:23.2 | | | |
| 2023 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 5.45-37.48-25.0-19.58-5:16.0 | | | |
| 1761 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |
| 5.85-25.40-24.2-14.26-5:28.0 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1966** | **172** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5218 | Nils Andresen | 36 | Jessheim | 20-21.08.1966 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46.5 |  |  | Råholt | 14.09.1966 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:34.5 |  |  | Råholt | 14.09.1966 |
| Arve Bogstad41-Halvor Bogstad46-Torgeir Sørum45-Einar Hellum47 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:05.6 |  |  | Råholt | 28.08.1966 |
| ? | | | |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.35 | Einar Hellum | 47 | Jessheim | 26.02.1966 |
| 1.30 | Shaun Matheson | 43 | Jessheim | 26.02.1966 |
| 1.30 | Øistein Nesje | 49 | Jessheim | 26.02.1966 |
| 1.30 | Jon Martinsen | 47 | Jessheim | 26.02.1966 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1966** | **173** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.5 | Liv Knutsen | 52 | Lillestrøm | 10.09.1966 |
| 8.7 | Else Opsahl | 32 | Jessheim | 25.09.1966 |
| 8.9 | Marit Wiig | 49 | Jessheim | 25.09.1966 |
| 8.9 | Tove Dønnum Jensen | 40 | Jessheim | 25.09.1966 |
| 9.0 | Marit Ørvik | 50 | Blaker/Br | 20.08.1966 |
| 9.0 | Unn Berit Knutsen | 56 | Lillestrøm | 11.09.1966 |
| 9.4 | Anne Gro Digerud | 52 | Lillestrøm | 10.09.1966 |
| 9.4 | Anne Mette Olsen | 54 | Jessheim | 02.10.1966 |
| 9.5 | Ragnhild Aarø | 54 | Lillestrøm | 11.09.1966 |
| 9.6 | Berit Eriksen | 54 | Lillestrøm | 11.09.1966 |
| 9.7 | Tone Nordby Andersen | 55 | Lillestrøm | 11.09.1966 |
| 9.7 | Lise Ørvik | 53 | Blaker/Br | 20.08.1966 |
| 9.8 | Inger Tjessem | 54 | Lillestrøm | 11.09.1966 |
| 10.0 | Elisabeth Magnussen | 55 | Lillestrøm | 11.09.1966 |
| 10.0 | Sidsel Bakken | 55 | Lillestrøm | 11.09.1966 |
| 10.2 | Tone Furuseth | 54 | Lillestrøm | 11.09.1966 |
| 10.4 | Lill Strømberg | 55 | Lillestrøm | 11.09.1966 |
| 10.4 | Inger Anne Nerhagen | 57 | Lillestrøm | 11.09.1966 |
| 10.4 | May Britt Mehlen | 57 | Lillestrøm | 11.09.1966 |
| 10.5 | Berit Martinsen | 56 | Lillestrøm | 11.09.1966 |
| 10.7 | Kristin Ladegård | 56 | Lillestrøm | 11.09.1966 |
| 10.8 | Anita Melby | 58 | Lillestrøm | 11.09.1966 |

|  |  |
| --- | --- |
| **80m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.3 | Ragnhild Aarø | 54 | Lillestrøm | 10.09.1966 |
| 12.7 | Inger Tjessem | 54 | Lillestrøm | 10.09.1966 |
| 12.8 | Berit Eriksen | 54 | Lillestrøm | 10.09.1966 |
| 13.0 | Tone Furuseth | 54 | Lillestrøm | 10.09.1966 |
| 13.0 | Tone Nordby Andersen | 55 | Lillestrøm | 10.09.1966 |
| 13.3 | Elisabeth Magnussen | 55 | Lillestrøm | 10.09.1966 |
| 13.9 | Sidsel Bakken | 55 | Lillestrøm | 10.09.1966 |
| 14.0 | Lill Strømberg | 55 | Lillestrøm | 10.09.1966 |
| 14.4 | Nikolas Olsen | 55 | Lillestrøm | 10.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.4 | Astrid Willersrud | 42 | Råholt | 12.06.1966 |
| 13.4 | Marit Wiig | 49 | Råholt | 12.06.1966 |
| 13.7 | Liv Knutsen | 52 | Råholt | 27.08.1966 |
| 14.3 | Tove Dønnum Jensen | 40 | Råholt | 12.06.1966 |
| 14.4 | Marit Ørvik | 50 | Lillestrøm | 04.09.1966 |
| 15.3 | Else Marie Dønnum | 53 | Jessheim | 02.10.1966 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1966** | **174** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.2 | Marit Wiig | 49 | Råholt | 13.08.1966 |
| 29.4 | Liv Knutsen | 52 | Råholt | 28.08.1966 |
| 29.7 | Astrid Willersrud | 42 | Jessheim | 25.09.1966 |
| 30.8 | Tove Dønnum Jensen | 40 | Jessheim | 25.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 64.9 | Marit Wiig | 49 | Råholt | 27.08.1966 |
| 72.6 | Anne Gro Digerud | 52 | Råholt | 13.08.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:33.4 | Marit Wiig | 49 | Oslo/Bi | 08.07.1966 |
| 2:52.1 | Aase Alstad | 48 | Råholt | 28.08.1966 |

|  |  |
| --- | --- |
| **60m hekk 76.2 cm M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.0 | Liv Knutsen | 52 | Lillestrøm | 11.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.4 | Astrid Willersrud | 42 | Jessheim | 20.08.1966 |
| 15.4 | Tove Dønnum Jensen | 40 | Jessheim | 20.08.1966 |
| 16.6 | Marit Wiig | 49 | Jessheim | 20.08.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.54 | Tove Dønnum Jensen | 40 | Jessheim | 21.08.1966 |
| 1.45 | Liv Knutsen | 52 | Lillestrøm | 04.09.1966 |
| 1.40 | Astrid Willersrud | 42 | Jessheim | 21.08.1966 |
| 1.38 | Marit Ørvik | 50 | Lillestrøm | 10.09.1966 |
| 1.31 | Marit Wiig | 49 | Jessheim | 21.08.1966 |
| 1.28 | Nina Næss | 51 | Lillestrøm | 10.09.1966 |
| 1.28 | Lise Ørvik | 53 | Lillestrøm | 10.09.1966 |
| 1.25 | Else Marie Dønnum | 53 | Jessheim | 02.10.1966 |
| 1.08 | Anne Mette Olsen | 54 | Jessheim | 02.10.1966 |
| 1.00 | Tone Furuseth | 54 | Lillestrøm | 10.09.1966 |
| 1.00 | Inger Tjessem | 54 | Lillestrøm | 10.09.1966 |
| 1.00 | Tone Nordby Andersen | 55 | Lillestrøm | 10.09.1966 |
| 1.00 | Elisabeth Magnussen | 55 | Lillestrøm | 10.09.1966 |
| 0.95 | Inger Anne Nerhagen | 57 | Lillestrøm | 10.09.1966 |
| 0.90 | Kristin Ladegård | 56 | Jessheim | 25.09.1966 |
| 0.80 | Unn Berit Knutsen | 56 | Lillestrøm | 10.09.1966 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1966** | **175** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.88 | Liv Knutsen | 52 | Tønsberg | 18.09.1966 |
| 4.85 | Astrid Willersrud | 42 | Råholt | 13.08.1966 |
| 4.63 | Tove Dønnum Jensen | 40 | Råholt | 13.08.1966 |
| 4.39 | Marit Wiig | 49 | Råholt | 27.08.1966 |
| 4.20 | Marit Ørvik | 50 | Jessheim | 02.10.1966 |
| 4.17 | Anne Gro Digerud | 52 | Oslo/Bi | 20.05.1966 |
| 3.81 | Lise Ørvik | 53 | Blaker/Br | 20.08.1966 |
| 3.72 | Anne Mette Olsen | 54 | Jessheim | 02.10.1966 |
| 3.68 | Else Marie Dønnum | 53 | Jessheim | 02.10.1966 |
| 3.35 | Berit Eriksen | 54 | Lillestrøm | 11.09.1966 |
| 3.31 | Tone Furuseth | 54 | Lillestrøm | 11.09.1966 |
| 3.30 | Elisabeth Magnussen | 55 | Lillestrøm | 11.09.1966 |
| 3.26 | Tone Nordby Andersen | 55 | Blaker/Br | 21.08.1966 |
| 3.12 | Inger Tjessem | 54 | Lillestrøm | 11.09.1966 |
| 3.11 | Lill Strømberg | 55 | Lillestrøm | 11.09.1966 |
| 3.08 | Ragnhild Aarø | 54 | Lillestrøm | 11.09.1966 |
| 3.08 | Eva Berg | 55 | Lillestrøm | 10.09.1966 |
| 2.63 | Sidsel Bakken | 55 | Lillestrøm | 11.09.1966 |
| 2.62 | Kristin Ladegård | 56 | Blaker/Br | 21.08.1966 |
| 2.59 | Britt Martinsen | 56 | Blaker/Br | 21.08.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.87 | Else Opsahl | 32 | Oslo/Gr | 02.10.1966 |
| 11.79 | Astrid Willersrud | 42 | Strømmen | 06.08.1966 |
| 8.06 | Tove Dønnum Jensen | 40 | Jessheim | 20.08.1966 |
| 7.38 | Marit Wiig | 49 | Råholt | 27.08.1966 |
| 7.37 | Marit Ørvik | 50 | Lillestrøm | 04.09.1966 |
| 7.07 | Ragnhild Sundby | 44 | Råholt | 12.08.1966 |
| 6.90 | Nina Næss | 51 | Råholt | 26.08.1966 |
| 6.75 | Anne Gro Digerud | 52 | Lillestrøm | 04.09.1966 |
| 6.10 | Lise Ørvik | 53 | Lillestrøm | 04.09.1966 |
| 5.85 | Lisbeth Hansen | 52 | Lillestrøm | 04.09.1966 |
| 5.77 | Randi Holm | 53 | Lillestrøm | 04.09.1966 |
| 5.65 | Else Marie Dønnum | 53 | Jessheim | 02.10.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.96 | Else Opsahl | 32 | Hamar | 21.07.1966 |
| 38.94 | Astrid Willersrud | 42 | Drammen/Ma | 17.07.1966 |
| 27.90 | Tove Dønnum Jensen | 40 | Råholt | 12.06.1966 |
| 21.54 | Nina Næss | 51 | Lillestrøm | 10.09.1954 |
| 20.58 | Marit Wiig | 49 | Råholt | 27.08.1966 |
| 15.98 | Anne Gro Digerud | 52 | Lillestrøm | 10.09.1966 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1966** | **176** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.60 | Astrid Willersrud | 42 | Råholt | 13.08.1966 |
| 29.60 | Ragnhild Sundby | 44 | Råholt | 13.08.1966 |
| 26.46 | Nina Næss | 51 | Lillestrøm | 11.09.1966 |
| 24.20 | Marit Wiig | 49 | Råholt | 28.08.1966 |
| 23.52 | Tove Dønnum Jensen | 40 | Jessheim | 25.09.1966 |
| 21.32 | Aase Alstad | 48 | Råholt | 28.08.1966 |
| 18.82 | Anne Gro Digerud | 52 | Lillestrøm | 11.09.1966 |
| 18.76 | Liv Knutsen | 52 | Lillestrøm | 11.09.1966 |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.76 | Anne Gro Digerud | 52 | Lillestrøm | 11.09.1966 |
| 27.34 | Liv Knutsen | 52 | Blaker/Br | 20.08.1966 |
| 26.84 | Lise Ørvik | 53 | Blaker/Br | 20.08.1966 |
| 21.08 | Tone Nordby Andersen | 55 | Lillestrøm | 11.09.1966 |
| 18.02 | Britt Martinsen | 56 | Blaker/Br | 20.08.1966 |
| 17.76 | Sidsel Bakken | 55 | Lillestrøm | 11.09.1966 |
| 16.64 | Britt Ladegård | 56 | Lillestrøm | 11.09.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.22 | Nina Næss | 51 | Jessheim | 25.09.1966 |
| 26.42 | Marit Ørvik | 50 | Blaker/Br | 20.08.1966 |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Slengball 700 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2380 | Liv Knutsen | 52 | Blaker/Br | 20.08.1966 |
| 8.7-4.28-27.34 | | | |
| 2191 | Lise Ørvik | 53 | Blaker/Br | 20.08.1966 |
| 9.7-3.81-26.84 | | | |
| 2097 | Britt Martinsen | 56 | Blaker/Br | 20.08.1966 |
| 10.8-2.69-18.02 | | | |
| 2082 | Tone Nordby Andersen | 55 | Blaker/Br | 20.08.1966 |
| 10.4-3.05-18.26 | | | |
| 1999 | Anne Gro Digerud | 52 | Blaker/Br | 20.08.1966 |
| 9.8-3.69-30.92 | | | |
| 1889 | Marit Ørvik | 50 | Blaker/Br | 20.08.1966 |
| 9.0-3.98-37.58 | | | |
| 1849 | Kristin Ladegård | 56 | Blaker/Br | 20.08.1966 |
| 11.4-2.62-16.65 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1966** | **177** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1939 | Tove Dønnum Jensen | 40 | Råholt | 12.06.1966 |
| 14.3-27.90-1.48 | | | |
| 1608 | Marit Wiig | 49 | Råholt | 12.06.1966 |
| 14.0-20.88-1.31 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3426 | Astrid Willersrud | 42 | Jessheim | 20-21.08.1966 |
| ? | | | |
| 3003 | Tove Dønnum Jensen | 40 | Jessheim | 20-21.08.1966 |
| ? | | | |
| 2616 | Marit Wiig | 49 | Jessheim | 20-21.08.1966 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 40.6 | J10 |  | Blaker/Br | 18.09.1966 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.8 |  |  | Råholt | 14.09.1966 |
| ? | | | |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.45 | Tove Dønnum Jensen | 40 | Oslo/Hu | 19.03.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.80 | Astrid Willersrud | 42 | Oslo/Hu | 19.03.1966 |
| 10.77 | Else Opsahl | 32 | Oslo/Hu | 19.03.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.17 | Astrid Willersrud | 42 | Oslo/Hu | 19.03.1966 |
| 33.67 | Else Opsahl | 32 | Oslo/Hu | 19.03.1966 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1966** | **178** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.15 | Tove Dønnum Jenbsen | 40 | Jessheim | 26.02.1966 |
| 1.00 | Nina Næss | 51 | Sørumsand | 06.03.1966 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.42 | Tove Dønnum Jensen | 40 | Jessheim | 26.02.1966 |
| 2.26 | Mabel Owren | 51 | Sørumsand | 06.03.1966 |
| 2.15 | Marit Ørvik | 50 | Sørumsand | 06.03.1966 |
| 2.15 | Anne Gro Digerud | 52 | Sørumsand | 06.03.1966 |
| 2.03 | Liv Knutsen | 52 | Sørumsand | 06.03.1966 |
| 2.01 | Nina Næss | 51 | Sørumsand | 06.03.1966 |
| 1.86 | Gunn Korsmo | 54 | Sørumsand | 06.03.1966 |

|  |  |
| --- | --- |
| **MENN SENIOR 1967** | **179** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.1 | Jon Erik Lund | 34 | Jessheim | 15.09.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.6 | Finn Ugletveit | 49 | Lillestrøm | 03.09.1967 |
| 11.9 | Steinar Mikalsen | 43 | Råholt | 16.08.1967 |
| 12.0 | Kjell Reiestad | 46 | Jessheim | 15.09.1967 |
| 12.1 | Arve Bogstad | 41 | Råholt | 26.08.1967 |
| 12.1 | Halvor Bogstad | 46 | Råholt | 26.08.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.5 | Finn Ugletveit | 49 | Lillestrøm | 10.09.1967 |
| 24.4 | Steinar Mikalsen | 43 | Råholt | 27.08.1967 |
| 24.7 | Arve Bogstad | 41 | Blaker/Br | 18.06.1967 |
| 25.1 | Nils Kristen Wiig | 43 | Blaker/Br | 18.06.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.7 | Odd Mikkelsen | 37 | Råholt | 26.08.1967 |
| 53.1 | Finn Ugletveit | 49 | Lillestrøm | 09.09.1967 |
| 54.1 | Nils Kristen Wiig | 43 | Råholt | 16.08.1967 |
| 54.4 | Kjell Reiestad | 46 | Jessheim | 15.09.1967 |
| 61.1 | Petter Ørvik | 48 | Råholt | 16.08.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:56.8 | Odd Mikkelsen | 37 | Råholt | 27.08.1967 |
| 1:59.6 | Torgeir Sørum | 45 | Råholt | 27.08.1967 |
| 2:03.6 | Nils Kristen Wiig | 43 | Jessheim | 30.08.1967 |
| 2:13.1 | Finn Ugletveit | 49 | Lillestrøm | 10.09.1967 |
| 2:14.4 | Arve Bogstad | 41 | Jessheim | 15.09.1967 |
| **1500m** | |  | | |
| 4:02.6 | Torgeir Sørum | 45 | Råholt | 24.08.1967 |
| 4:22.4 | Håvard Uhlen | 39 | Råholt | 26.08.1967 |
| 4:38.0 | Nils Kristen Wiig | 43 | Blaker/Br | 18.06.1967 |
| 4:38.7 | Finn Ugletveit | 49 | Nadderud | 30.07.1967 |
| 4:55.0 | Arve Bogstad | 41 | Blaker/Br | 18.06.1967 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **3000m** | |  | | |
| 8:47.2 | Torgeir Sørum | 45 | Oslo/Bi | 08.09.1967 |
| 9:19.8 | Håvard Uhlen | 39 | Jessheim | 15.09.1967 |
| **5000m** | |  | | |
| 15:51.4 | Håvard Uhlen | 39 | Råholt | 27.08.1967 |
| **10000m** | |  | | |
| 32:29.8 | Ragnar Lund | 43 | Råholt | 06.10.1967 |
| **MENN SENIOR 1967** | | **180** | | |

|  |  |
| --- | --- |
| **20km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:14.03 | Håvard Uhlen | 39 | Oslo | 09.06.1967 |
| 1:17.41 | Henning Høgheim | 39 | Oslo | 09.06.1967 |

|  |  |
| --- | --- |
| **Maraton 42195m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:11.46 | Henning Høgheim | 39 | Tønsberg | 27.08.1965 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.4 | Nils Kristen Wiig | 43 | Råholt | 26.08.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.6 | Nils Kristen Wiig | 43 | Råholt | 25.08.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:54.0 | Torgeir Sørum | 45 | Lillestrøm | 27.09.1967 |
| 10:13.6 | Ragnar Lund | 43 | Lillestrøm | 27.09.1967 |
| 10:48.6 | Håvard Uhlen | 39 | Lillestrøm | 27.09.1967 |
| 12:19.0 | Henning Høgheim | 39 | Lillestrøm | 27.09.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Nils Kristen Wiig | 43 | Råholt | 16.08.1967 |
| 1.60 | Petter Ørvik | 48 | Råholt | 16.08.1967 |
| 1.60 | Henning Enger | 46 | Jessheim | 30.08.1967 |
| 1.60 | Nils Andresen | 36 | Jessheim | 15.09.1967 |
| 1.55 | Torgeir Sørum | 45 | Jessheim | 15.09.1967 |
| 1.45 | Jon Erik Lund | 34 | Jessheim | 15.09.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.04 | Nils Andresen | 36 | Råholt | 27.08.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.01 | Arve Bogstad | 41 | Råholt | 26.08.1967 |
| 5.80 | Nils Kristen Wiig | 43 | Jessheim | 30.08.1967 |
| 5.58 | Finn Ugletveit | 49 | Blaker/Br | 16.07.1967 |
| 4.96 | Steinar Mikalsen | 43 | Råholt | 16.08.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.21 | Finn Ugletveit | 49 | Nadderud | 30.07.1967 |

|  |  |
| --- | --- |
| **MENN SENIOR 1967** | **181** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.09 | Nils Andresen | 36 | Jessheim | 15.09.1967 |
| 10.25 | Halvor Bogstad | 46 | Jessheim | 15.09.1967 |
| 9.27 | Arve Bogstad | 41 | Råholt | 16.08.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.54 | Nils Andresen | 36 | Lillestrøm | 03.09.1967 |
| 32.50 | Halvor Bogstad | 46 | Jessheim | 30.08.1967 |
| 27.46 | Finn Ugletveit | 49 | Blaker/Br | 18.06.1967 |
| 26.90 | Nils Kristen Wiig | 43 | Blaker/Br | 18.06.1967 |
| 23.70 | Arve Bogstad | 41 | Råholt | 16.08.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.20 | Finn Ugletveit | 49 | Blaker/Br | 16.07.1967 |
| 36.41 | Nils Kristen Wiig | 43 | Blaker/Br | 18.06.1967 |
| 35.20 | Arve Bogstad | 41 | Blaker/Br | 18.06.1967 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **5kamp Lengde-Spyd-200m –Diskos-1500m** | |  | | |
| 2465 | Nils Kristen Wiig | 43 | Blaker/Br | 18.06.1967 |
| 5.78-35.68-25.1-26.90-4:38.0 | | | |
| 2393 | Arve Bogstad | 41 | Blaker/Br | 18.06.1967 |
| 5.92-35.20-24.7-25.72-4:55.0 | | | |
| 2292 | Finn Ugletveit | 49 | Blaker/Br | 18.06.1967 |
| 5.39-35.91-25.7-27.46-4:41.5 | | | |
| **4x100m M** | |  | | |
| 46.2 |  |  | Jessheim | 23.08.1967 |
| ? | | | |
| 49.5 |  |  | Jessheim | 30.08.1967 |
| ? | | | |
| 50.5 |  |  | Råholt | 16.08.1967 |
| ? | | | |
| **4x400m** | |  | | |
| 3:37.1 |  |  | Jessheim | 23.08.1967 |
| ? | | | |
| **4x1500m M** | |  | | |
| 18:11.2 |  |  | Jessheim | 23.08.1967 |
| ? | | | |
| **1000m** | |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:04.9 | MS |  | Råholt | 25.08.1967 |
| Halvor Bogstad46-Finn Ugletveit49-Steinar Mikalsen43Odd Mikkelsen37 | | | |
| **INNENDØRS** | |  | | |
| **Lengde uten tilløp** | |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.92 | Øistein Nesje | 49 | Lillestrøm/Kj | 12.03.1967 |
| **KVINNER SENIOR 1967** | | **182** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.0 | Anne Mette Olsen | 54 | Lillestrøm | 09.09.1967 |
| 9.0 | Liv Marit Øie | 53 | Lillestrøm | 09.09.1967 |
| 9.1 | Randi Øye | 55 | Lillestrøm | 09.09.1967 |
| 9.3 | Berit Eriksen | 54 | Lillestrøm | 09.09.1967 |
| 9.3 | Inger Berit Øye | 53 | Lillestrøm | 09.09.1967 |
| 9.4 | Mette Mikalsen | 55 | Lillestrøm | 09.09.1967 |
| 9.6 | Unn Berit Knutsen | 56 | Lillestrøm | 09.09.1967 |
| 9.6 | Rita Havenstrøm | 55 | Lillestrøm | 09.09.1967 |
| 9.9 | May Britt Mehlen | 57 | Lillestrøm | 09.09.1967 |
| 10.2 | Inger Anne Nerhagen | 57 | Lillestrøm | 09.09.1967 |
| 10.2 | Kirsten Ladegård | 56 | Lillestrøm | 09.09.1967 |
| 10.2 | Kari Bentdal | 55 | Lillestrøm | 09.09.1967 |
| 10.3 | Siri Foyn | 55 | Lillestrøm | 09.09.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.5 | Astrid Willersrud | 42 | Lillestrøm | 25.06.1967 |
| 14.5 | Marit Wiig | 49 | Blaker/Br | 18.06.1967 |
| 14.6 | Else Opsahl | 32 | Blaker/Br | 18.06.1967 |
| 15.1 | Randi Øye | 55 | Lillestrøm | 17.09.1967 |
| 15.2 | Britt Eriksen | 54 | Lillestrøm | 17.09.1967 |
| 15.9 | Kristin Ladegård | 56 | Lillestrøm | 09.09.1967 |
| 16.0 | Rita Havenstrøm | 55 | Lillestrøm | 11.09.1967 |
| 16.2 | Tone Furuseth | 54 | Lillestrøm | 17.09.1967 |

|  |  |
| --- | --- |
| **60m hekk 76.2 M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.0 | Tone Furuseth | 54 | Lillestrøm | 17.09.1967 |
| 13.5 | Berit Eriksen | 54 | Lillestrøm | 17.09.1967 |

|  |  |
| --- | --- |
| **80m hekk 76.2 M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.5 | Astrid Willersrud | 42 | Oslo/Fr | 19.06.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.44 | Astrid Willersrud | 42 | Råholt | 26.08.1967 |
| 1.32 | Marit Wiig | 49 | Blaker/Br | 18.06.1967 |
| 1.23 | Anne Mette Olsen | 54 | Lillestrøm | 10.09.1967 |
| 1.17 | Else Opsahl | 32 | Blaker/Br | 18.06.1967 |
| 1.10 | Randi Øye | 55 | Lillestrøm | 10.09.1967 |
| 1.10 | Britt Havenstrøm | 55 | Lillestrøm | 10.09.1967 |
| 1.10 | Kristin Ladegård | 56 | Lillestrøm | 10.09.1967 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1967** | **183** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.58 | Astrid Willersrud | 42 | Råholt | 27.08.1967 |
| 3.82 | Anne Mette Olsen | 54 | Lillestrøm | 10.09.1967 |
| 3.68 | Marit Øye | 53 | Lillestrøm | 10.09.1967 |
| 3.48 | Inger Øye | 53 | Lillestrøm | 10.09.1967 |
| 3.48 | Randi Øyde | 55 | Lillestrøm | 10.09.1967 |
| 3.44 | Unni Berit Knutsen | 56 | Lillestrøm | 10.09.1967 |
| 3.43 | Rita Havenstrøm | 55 | Lillestrøm | 10.09.1967 |
| 3.41 | Bente Eriksen | 53 | Lillestrøm | 10.09.1967 |
| 3.35 | Kirsten Ladegård | 56 | Lillestrøm | 10.09.1967 |
| 3.21 | Mette Mikalsen | 55 | Lillestrøm | 10.09.1967 |
| 3.00 | Siri Foyn | 55 | Lillestrøm | 10.09.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.02 | Else Opsahl | 32 | Råholt | 24.08.1967 |
| 11.60 | Astrid Willersrud | 42 | Oslo/Bi | 24.05.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.16 | Astrid Willersrud | 42 | Råholt | 27.08.1967 |
| 37.90 | Else Opsahl | 32 | Jessheim | 29.08.1967 |
| 22.04 | Marit Wiig | 49 | Blaker/Br | 18.06.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.74 | Astrid Willersrud | 42 | Råholt | 27.08.1967 |
| 15.68 | Anne Gro Digerud | 52 | Råholt | 27.08.1967 |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.34 | Eva Bergh | 55 | Lillestrøm | 10.09.1967 |
| 23.00 | Rita Havenstrøm | 55 | Lillestrøm | 10.09.1967 |
| 21.00 | Siri Foyn | 55 | Lillestrøm | 10.09.1967 |
| 15.00 | Tone Andersen | 55 | Lillestrøm | 10.09.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2062 | Astrid Willersrud | 42 | Lillestrøm | 25.06.1967 |
| 13.5-34.54-1.35 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 668 | Marit Wiig | 49 | Blaker/Br | 18.06.1967 |
| 14.5-22.04-1.32 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1967** | **184** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 40.5 | J 11-12 |  | Lillestrøm | 20.08.1967 |
| ? | | | |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.54 | Else Opsahl | 32 | Oslo/Hu | 01.04.1967 |
| 10.78 | Astrid Willersrud | 42 | Oslo/Hu | 01.04.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.10 | Else Opsahl | 32 | Oslo/Hu | 09.02.1967 |
| 34.14 | Astrid Willersrud | 42 | Oslo/Hu | 02.04.1967 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.39 | Astrid Willersrud | 42 | Oslo/Hu | 16.02.1967 |

|  |  |
| --- | --- |
| **MENN SENIOR 1968** | **185** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.4 | Øivind Kjørmo | 56 | Råholt | 31.08.1968 |
| 9.8 | Jan Erik Hagen | 56 | Råholt | 31.08.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.8 | Steinar Mikalsen | 43 | Råholt | 24.08.1968 |
| 12.0 | Halvor Bogstad | 46 | Råholt | 10.06.1968 |
| 12.0 | Arve Bogstad | 46 | Jessheim | 20.06.1968 |
| 12.0 | Finn Ugletveit | 49 | Jessheim | 20.06.1968 |
| 12.8 | Nils Kristen Wiig | 43 | Råholt | 10.06.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.5 | Arve Bogstad | 41 | Råholt | 25.08.1968 |
| 23.9 | Finn Ugletveit | 49 | Råholt | 06.10.1968 |
| 24.4 | Steinar Mikalsen | 43 | Råholt | 17.07.1968 |
| 24.6 | Halvor Bogstad | 46 | Råholt | 17.07.1968 |
| 26.0 | Nils Kristen Wiig | 43 | Råholt | 23.06.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.6 | Odd Mikkelsen | 37 | Råholt | 22.08.1968 |
| 53.4 | Arve Bogstad | 41 | Jessheim | 01.09.1968 |
| 54.4 | Finn Ugletveit | 49 | Jessheim | 20.08.1968 |
| 57.3 | Tore Østvang | 52 | Råholt | 10.06.1968 |
| 58.6 | Halvor Bogstad | 46 | Råholt | 22.08.1968 |
| 62.6 | Nils Kristen Wiig | 43 | Råholt | 22.08.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:01.1 | Torgeir Sørum | 45 | Råholt | 10.06.1968 |
| 2:04.4 | Arne Luke | 44 | Råholt | 25.08.1968 |
| 2:05.4 | Kjell Reiestad | 46 | Jessheim | 20.06.1968 |
| 2:05.6 | Øivind Gulbrandsen | 51 | Jessheim | 20.06.1968 |
| 2:16.2 | Tore Østvang | 52 | Råholt | 01.09.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:59.7 | Torgeir Sørum | 45 | Råholt | 17.07.1968 |
| 4:17.9 | Arne Luke | 44 | Råholt | 24.08.1968 |
| 4:21.8 | Øivind Gulbrandsen | 51 | Råholt | 31.08.1968 |
| 4:22.5 | Jan Erik Viholmen | 49 | Råholt | 05.10.1968 |
| 4:45.8 | Finn Ugletveit | 49 | Strømmen | 08.09.1968 |
| 4:55.9 | Arve Bogstad | 41 | Råholt | 23.06.1968 |
| 5:07.9 | Nils Kristen Wiig | 43 | Råholt | 23.06.1968 |

|  |  |
| --- | --- |
| **MENN SENIOR 1968** | **186** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:56.8 | Torgeir Sørum | 45 | Jessheim | 20.06.1968 |
| 9:22.6 | Jan Erik Viholmen | 49 | Jessheim | 20.06.1968 |
| 9:36.6 | Øivind Gulbrandsen | 51 | Råholt | 10.06.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:44.8 | Torgeir Sørum | 45 | Råholt | 24.08.1968 |
| 16:57.8 | Jan Erik Viholmen | 49 | Råholt | 06.10.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.4 | Nils Kristen Wiig | 43 | Råholt | 24.08.1968 |
| 19.5 | Finn Ugletveit | 49 | Strømmen | 08.09.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60.9 | Kjell Reiestad | 46 | Råholt | 25.08.1968 |
| 62.6 | Nils Kristen Wiig | 43 | Råholt | 25.08.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:59.0 | Torgeir Sørum | 45 | Jessheim | 30.08.1968 |
| 10:54.0 | Arne Luke | 44 | Jessheim | 30.08.1968 |
| 11:09.0 | Arne Nyland | 36 | Jessheim | 30.08.1968 |
| 11:12.0 | Jan Erik Viholmen | 49 | Jessheim | 30.08.1968 |

|  |  |
| --- | --- |
| **20 km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:15.53 | Torgeir Sørum | 45 | Jessheim | 27.09.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.59 | Nils Kristen Wiig | 43 | Jessheim | 20.06.1968 |
| 1.56 | Finn Ugletveit | 49 | Strømmen | 07.09.1968 |
| 1.55 | Torgeir Sørum | 45 | Råholt | 10.06.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.87 | Arve Bogstad | 41 | Råholt | 23.06.1968 |
| 5.60 | Kjell Reiestad | 46 | Jessheim | 20.06.1968 |
| 5.55 | Finn Ugletveit | 49 | Strømmen | 07.09.1968 |
| 5.45 | Nils Kristen Wiig | 43 | Jessheim | 10.06.1968 |
| 3.84 | Jan Erik Hagen | 56 | Råholt | 31.08.1968 |
| 3.61 | Øivind Kjørmo | 56 | Råholt | 31.08.1968 |

|  |  |
| --- | --- |
| **MENN SENIOR 1968** | **187** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.54 | Halvor Bogstad | 46 | Jessheim | 20.06.1968 |
| 10.13 | Arne Nyland | 42 | Jessheim | 20.06.1968 |
| 8.48 | Arve Bogstad | 41 | Råholt | 10.06.1968 |
| 8.30 | Finn Ugletveit | 49 | Strømmen | 07.09.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.44 | Halvor Bogstad | 46 | Jessheim | 20.06.1968 |
| 26.96 | Arve Bogstad | 41 | Jessheim | 20.06.1968 |
| 26.08 | Nils Kristen Wiig | 43 | Råholt | 23.06.1968 |
| 22.02 | Finn Ugletveit | 49 | Råholt | 23.06.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 39.88 | Finn Ugletveit | 49 | Råholt | 23.06.1968 |
| 31.46 | Nils Kristen Wiig | 41 | Råholt | 23.06.1968 |
| 29.93 | Arve Bogstad | 41 | Råholt | 23.06.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2229 | Finn Ugletveit | 49 | Råholt | 23.06.1968 |
| 5.52-39.88-24.7-22.02-5:01.6 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2144 | Arve Bogstad | 41 | Råholt | 23.06.1968 |
| 5.87-29.93-25.6-22.06-4:55.9 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2038 | Nils Kristen Wiig | 43 | Råholt | 23.06.1968 |
| 5.37-31.46-26.0-26.08-5:07.9 | | | |

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

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.6 |  |  | Råholt | 04.09.1968 |
| Arve Bogstad41-Finn Ugletveit49-Nils Kristen Wiig43-Halvor Bogstad46 | | | |
| 47.6 |  |  | Jessheim | 20.06.1968 |
| ? | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1968** | **188** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:33.6 | MS |  | Råholt | 10.09.1968 |
| Arve Bogstad41-Torgeir Sørum45-Finn Ugletveit49-Odd Mikkelsen47 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:07.2 |  |  | Råholt | 23.08.1968 |
| ? | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1968** | **189** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.9 | Anne Mette Olsen | 54 | Blaker/Br | 15.09.1968 |
| 9.1 | Kari Wang | 56 | Blaker/Br | 15.09.1968 |
| 9.9 | Kristin Ladegård | 56 | Nannestad | 28.07.1968 |
| 9.9 | May Britt Mehlen | 57 | Nannestad | 28.07.1968 |
| 10.0 | Anita Melbye | 58 | Blaker/Br | 15.09.1968 |
| 10.1 | Inger Anne Nerhagen | 57 | Blaker/Br | 15.09.1967 |
| 10.2 | Tone Andersen | 55 | Blaker/Br | 15.09.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.5 | Liv Knutsen | 52 | Strømmen | 31.08.1968 |
| 14.6 | Mabel Owren | 51 | Jessheim | 21.08.1968 |
| 15.1 | Kari Wang | 56 | Jessheim | 21.08.1968 |
| 15.1 | Tone Furuseth | 54 | Strømmen | 31.08.1968 |
| 15.5 | Tove Dønnum Jensen | 40 | Råholt | 23.06.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.0 | Anne Gro Digerud | 52 | Strømmen | 01.09.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 73.0 | Marit Wiig | 49 | Jessheim | 21.08.1968 |
| 74.3 | Anne Gro Digerud | 52 | Lillestrøm | 09.07.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Tove Dønnum Jensen | 40 | Jessheim | 12.06.1968 |
| 1.43 | Liv Knutsen | 52 | Råholt | 23.06.1968 |
| 1.35 | Astrid Willersrud | 42 | Jessheim | 01.09.1968 |
| 1.18 | Inger Anne Nerhagen | 57 | Fjellhamar | 08.09.1968 |
| 1.15 | Tone Furuseth | 54 | Strømmen | 31.08.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.62 | Liv Knutsen | 52 | Råholt | 24.08.1968 |
| 4.43 | Astrid Willersrud | 42 | Råholt | 24.08.1968 |
| 4.17 | Tove Dønnum Jensen | 40 | Jessheim | 21.08.1968 |
| 4.12 | Mabel Owren | 51 | Jessheim | 21.08.1968 |
| 4.05 | Anne Gro Digerud | 52 | Råholt | 24.05.1968 |
| 3.99 | Tove Dønnum Jensen | 40 | Råholt | 24.08.1968 |
| 3.94 | Anne Mette Olsen | 54 | Blaker/Br | 15.09.1968 |
| 3.80 | Kari Wang | 56 | Fjellhamar | 08.09.1968 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1968** | **190** |

|  |  |
| --- | --- |
| **Lengde forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.69 | Kirsten Ladegård | 56 | Nannestad | 28.07.1968 |
| 3.67 | May Britt Mehlen | 57 | Nannestad | 28.07.1968 |
| 3.66 | Inger Anne Nerhagen | 57 | Blaker/Br | 15.09.1968 |
| 3.45 | Anita Melbye | 58 | Fjellhamar | 08.09.1968 |
| 3.29 | Tone Andersen | 55 | Blaker/Br | 15.09.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.56 | Else Opsahl | 32 | Ottestad | 06.10.1968 |
| 11.00 | Astrid Willersrud | 42 | Jessheim | 12.06.1968 |
| **For lett kule** | |  | | |
| 12.68 | Else Opsahl | 32 | Jessheim | 01.09.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.08 | Else Opsahl | 32 | Oslo/Fr | 24.05.1968 |
| 35.82 | Astrid Willersrud | 42 | Oslo/Fr | 28.08.1968 |
| 28.40 | Tove Dønnum Jensen | 40 | Råholt | 10.07.1968 |
| 23.13 | Anne Gro Digerud | 52 | Strømmen | 31.08.1968 |
| 20.06 | Liv Knutsen | 52 | Råholt | 23.06.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.34 | Ragnhild Sundby | 44 | Råholt | 25.08.1968 |
| 33.20 | Astrid Willersrud | 42 | Meisingset | 13.07.1968 |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.50 | Tone Andersen | 55 | Blaker/Br | 15.09.1968 |
| 27.12 | Anne Mette Olsen | 54 | Blaker/Br | 15.09.1968 |
| 26.40 | Kari Wang | 56 | Blaker/Br | 15.08.1968 |
| 21.84 | Inger Anne Nerhagen | 57 | Blaker/Br | 15.08.1968 |
| 19.31 | Anita Melbye | 58 | Blaker/Br | 15.09.1968 |
| 19.22 | Wenche Andersen | 58 | Blaker/Br | 15.09.1958 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 41.75 | Astrid Willersrud | 42 | Jessheim | 21.08.1968 |
| 36.07 | Tove Dønnum Jensen | 40 | Jessheim | 21.08.1968 |
| 35.82 | Else Opsahl | 32 | Jessheim | 21.08.1968 |
| 33.56 | Anne Gro Digerud | 52 | Jessheim | 21.08.1968 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1968** | **191** |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Slengball 700 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2758 | Anita Melby | 58 | Blaker/Br | 15.09.1968 |
| 10.0-3.27-19.31 | | | |
| 2585 | Kari Wang | 56 | Blaker/Br | 15.09.1968 |
| 9.1-3.67-26.40 | | | |
| 2427 | Inger Anne Nerhagen | 57 | Blaker/Br | 15.09.1968 |
| 10.1-3.66-21.84 | | | |
| 2239 | Anne Mette Olsen | 54 | Blaker/Br | 15.09.1968 |
| 8.9-3.94-27.12 | | | |
| 1974 | Wenche Andersen | 58 | Blaker/Br | 15.09.1968 |
| 11.1-2.44-19.22 | | | |
| 1909 | Tone Andersen | 55 | Blaker/Br | 15.09.1968 |
| 10.2-3.29-27.50 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1695 | Tove Dønnum Jensen | 40 | Råholt | 23.06.1968 |
| 15.5-25.82-1.43 | | | |
| 1610 | Liv Knutsen | 52 | Råholt | 23.06.1968 |
| 14.8-20.06-1.43 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.4 | J11-12 |  | Årnes | 21.09.1968 |
| Kirsten Ladegård56-Inger Anne Nerhagen57-May Britt Mehlen57-Kari Wang56 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 57.2 |  |  | Jessheim | 21.08.1968 |
| ? | | | |
| 59.5 |  |  | Jessheim | 21.08.1968 |
| ? | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1968** | **192** |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.80 | Else Opsahl | 32 | Oslo/Hu | 16.03.1968 |
| 10.73 | Astrid Willersrud | 42 | Oslo/Hu | 16.03.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.54 | Else Opsahl | 32 | Oslo/Hu | 16.03.1968 |
| 32.88 | Astrid Willersrud | 42 | Oslo/Hu | 16.03.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 0.99 | Tove Dønnum Jensen | 40 | Eidsvoll/Ås | 09.03.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.24 | Tove Dønnum Jensen | 40 | Eidsvoll/Ås | 09.03.1968 |

|  |  |
| --- | --- |
| **MENN SENIOR 1969** | **193** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.1 | Claus Nerhagen | 59 | Strømmen | 06.09.1969 |
| 9.5 | Kjell Åge Moslet | 56 | Blaker/Br | 28.09.1969 |
| 10.2 | Sven Andersen | 59 | Jessheim | 24.06.1969 |
| 10.3 | Tom Brenni | 58 | Jessheim | 24.06.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.7 | Finn Ugletveit | 49 | Oslo/Bi | 26.09.1969 |
| 12.0 | Steinar Mikalsen | 43 | Oslo/Bi | 26.09.1969 |
| 12.2 | Arve Bogstad | 41 | Oslo/Bi | 26.09.1969 |
| 12.7 | Martin Furuseth | 53 | Strømmen | 06.09.1969 |
| 16.3 | Hans Bålsrud | 57 | Jessheim | 24.06.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.3 | Finn Ugletveit | 49 | Strømmen | 17.08.1969 |
| 23.9 | Arve Bogstad | 41 | Lillestrøm | 30.06.1969 |
| 24.3 | Steinar Mikalsen | 43 | Lillestrøm | 30.06.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.2 | Finn Ugletveit | 49 | Oslo/Bi | 26.09.1969 |
| 52.4 | Kjell Reiestad | 46 | Lillestrøm | 15.08.1969 |
| 53.2 | Arve Bogstad | 41 | Oslo/Bi | 23.07.1969 |
| 54.6 | Nils Kristen Wiig | 43 | Råholt | 24.08.1969 |
| 62.1 | Magne Furuseth | 53 | Strømmen | 06.09.1969 |
| 69.3 | Knut Lødemel | 54 | Jessheim | 24.06.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:59.9 | Torgeir Sørum | 45 | Lillestrøm | 30.06.1969 |
| 2:01.0 | Odd Mikkelsen | 37 | Lillestrøm | 30.06.1969 |
| 2:02.1 | Nils Kristen Wiig | 43 | Oslo/Bi | 23.07.1969 |
| 2:04.2 | Arne Luke | 44 | Lillestrøm | 30.06.1969 |
| 2:06.1 | Øivind Gulbrandsen | 51 | Strømmen | 06.09.1969 |
| 2:06.9 | Sverre Fosstveit | 47 | Råholt | 24.08.1969 |
| 2:09.0 | Arne Nyland | 36 | Råholt | 24.08.1969 |
| 2:09.7 | Geir Helge Nordal | 46 | Råholt | 24.08.1969 |
| 2:17.0 | Martin Furuseth | 53 | Strømmen | 07.09.1969 |
| 2:20.0 | Morten Furuseth | 53 | Årnes | 17.08.1969 |
| 2:23.1 | Ivar Lund | 53 | Årnes | 17.08.1969 |

|  |  |
| --- | --- |
| **MENN SENIOR 1969** | **194** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:00.8 | Torgeir Sørum | 45 | Lillestrøm | 29.06.1969 |
| 4:19.5 | Arne Luke | 44 | Oslo/Bi | 11.06.1969 |
| 4:19.5 | Geir Helge Nordal | 46 | Oslo/Bi | 11.06.1969 |
| 4:21.0 | Øivind Gulbrandsen | 51 | Jessheim | 13.06.1969 |
| 4:26.8 | Svein Vik-Mo | 48 | Jessheim | 13.06.1969 |
| 4:38.6 | Finn Ugletveit | 49 | Blaker/Br | 06.07.1969 |
| 4:59.1 | Arve Bogstad | 41 | Jessheim | 22.06.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:48.6 | Torgeir Sørum | 45 | Oslo/Bi | 23.07.1969 |
| 10:01.6 | Øivind Gulbrandsen | 51 | Strømmen | 07.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:08.0 | Bjørn Rommen | 43 | Råholt | 10.09.1969 |
| 16:12.6 | Torgeir Sørum | 45 | Råholt | 24.08.1969 |
| 16:16.0 | Øivind Gulbrandsen | 51 | Jessheim | 15.06.1969 |
| 16:38.0 | Geir Helge Nordal | 46 | Råholt | 10.09.1969 |
| 16:45.0 | Sverre Fosstveit | 47 | Råholt | 10.09.1969 |
| 17:16.0 | Arne Luke | 44 | Jessheim | 15.06.1969 |
| 17:17.0 | Arne Nyland | 36 | Jessheim | 15.06.1969 |
| 18:05.0 | Odd Kinnsbekken | 48 | Jessheim | 15.06.1969 |
| 19:30.0 | Kjell Løvbrøtte | 41 | Jessheim | 15.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35:38.2 | Torgeir Sørum | 45 | Råholt | 24.09.1969 |
| 37:24.0 | Arne Luke | 44 | Råholt | 24.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.5 | Nils Kristen Wiig | 43 | Råholt | 23.08.1969 |
| 19.3 | Finn Ugletveit | 49 | Strømmen | 14.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.7 | Nils Kristen Wiig | 43 | Råholt | 24.08.1969 |
| 60.0 | Kjell Reiestad | 46 | Råholt | 24.08.1969 |
| 60.8 | Finn Ugletveit | 49 | Råholt | 10.09.1969 |

|  |  |
| --- | --- |
| **MENN SENIOR 1969** | **195** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:05.0 | Torgeir Sørum | 45 | Jessheim | 29.08.1969 |
| 10:34.0 | Bjørn Rommen | 43 | Jessheim | 29.08.1969 |
| 10:36.0 | Geir Helge Nordal | 46 | Jessheim | 29.08.1969 |
| 10:40.0 | Sverre Fosstvedt | 47 | Jessheim | 29.08.1969 |
| 10:40.1 | Arne Luke | 44 | Jessheim | 29.08.1969 |
| 10:58.0 | Arne Nyland | 36 | Jessheim | 29.08.1969 |
| 11:46.0 | Odd Kinnsbekken | 48 | Jessheim | 29.08.1969 |
| 12:50.0 | Kjell Løvbrøtte | 41 | Jessheim | 29.08.1969 |

|  |  |
| --- | --- |
| **20 km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:10.24 | Bjørn Rommen | 43 | Jessheim | 27.09.1969 |
| 1:16.15 | Arne Nyland | 36 | Jessheim | 27.09.1969 |
| 1:18.47 | Torgeir Sørum | 45 | Jessheim | 27.09.1969 |
| 1:20.18 | Arne Luke | 44 | Jessheim | 27.09.1969 |
| 1:34.27 | Kjell Løvbrøtte | 41 | Jessheim | 27.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.59 | Finn Ugletveit | 49 | Strømmen | 13.09.1969 |
| 1.55 | Nils Andresen | 36 | Lillestrøm | 30.06.1969 |
| 1.55 | Torgeir Sørum | 45 | Lillestrøm | 30.06.1969 |
| 1.55 | Nils Kristen Wiig | 43 | Lillestrøm | 30.06.1969 |
| 1.40 | Magne Furuseth | 53 | Årnes | 17.08.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.80 | Magne Furuseth | 53 | Blaker/Br | 05.10.1969 |
| 2.40 | Nils Kristen Wiig | 43 | Råholt | 10.09.1969 |
| 1.98 | Finn Ugletveit | 49 | Strømmen | 14.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.06 | Arve Bogstad | 41 | Jessheim | 22.06.1969 |
| 6.02 | Finn Ugletveit | 49 | Jessheim | 22.06.1969 |
| 5.76 | Nils Kristen Wiig | 43 | Råholt | 23.08.1969 |
| 5.61 | Kjell Reiestad | 46 | Råholt | 23.08.1969 |
| 5.14 | Steinar Mikalsen | 43 | Blaker/Br | 18.06.1969 |
| 5.03 | Bent Helseth | 54 | Strømmen | 06.09.1969 |
| 4.37 | Kjell Åge Moslet | 56 | Blaker/Br | 28.09.1969 |
| 3.87 | Claus Nerhagen | 59 | Blaker/Br | 28.09.1969 |
| 3.75 | Hans Bålsrud | 57 | Jessheim | 24.06.1969 |
| 3.55 | Tom Brenni | 58 | Jessheim | 24.06.1969 |

|  |  |
| --- | --- |
| **MENN SENIOR 1969** | **196** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.13 | Nils Kristen Wiig | 43 | Lillestrøm | 15.08.1969 |
| 11.92 | Finn Ugletveit | 49 | Lillestrøm | 15.08.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.80 | Kjell Åge Moslet | 56 | Blaker/Br | 28.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.70 | Nils Andresen | 36 | Blaker/Br | 18.06.1969 |
| 10.16 | Finn Ugletveit | 49 | Strømmen | 16.08.1969 |
| 9.94 | Arne Nyland | 36 | Blaker/Br | 18.06.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.38 | Nils Andresen | 36 | Råholt | 23.08.1969 |
| 28.04 | Arve Bogstad | 41 | Jessheim | 22.06.1969 |
| 26.78 | Finn Ugletveit | 49 | Strømmen | 14.09.1969 |
| 24.32 | Nils Kristen Wiig | 43 | Råholt | 10.09.1969 |

|  |  |
| --- | --- |
| **Slegge 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.60 | Arne Nyland | 36 | Jessheim | 04.10.1969 |
| 28.12 | Nils Andresen | 36 | Lillestrøm | 30.06.1969 |
| 23.40 | Halvor Bogstad | 46 | Lillestrøm | 30.06.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.02 | Magne Furuseth | 53 | Strømmen | 07.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.64 | Finn Ugletveit | 49 | Strømmen | 17.08.1969 |
| 38.92 | Ivar Lund | 53 | Årnes | 17.08.1969 |
| 38.28 | Nils Kristen Wiig | 43 | Lillestrøm | 15.09.1969 |
| 35.68 | Arve Bogstad | 41 | Jessheim | 22.06.1969 |

|  |  |
| --- | --- |
| **Liten ball 150 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.80 | Claus Nerhagen | 59 | Blaker/Br | 28.09.1969 |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Liten ball 150g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2579 | Claus Nerhagen | 59 | Blaker/Br | 28.09.1969 |
| 9.8-3.87-45.80 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 1969** | **197** |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1776 | Kjell Åge Moslet | 56 | Blaker/Br | 28.09.1969 |
| 9.5-4.37-8.80 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2663 | Finn Ugletveit | 49 | Jessheim | 22.06.1969 |
| 6.02-42.62-24.0-24.76-4:38.7 | | | |
| 2365 | Arve Bogstad | 41 | Jessheim | 22.06.1969 |
| 6.06-34.68-24.7-28.04-4:59.1 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4622 | Finn Ugletveit | 49 | Strømmen | 13-14.09.1969 |
| 11.9-5.54-9.39-1.59-55.4/19.3-26.78-1.98-40.36-4:44.5 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46.2 |  |  | Lillestrøm | 30.06.1969 |
| ? | | | |
| 47.3 |  |  | Jessheim | 20.08.1969 |
| ? | | | |
| 55.1 | 13-14 |  | Lillestrøm | 19.09.1969 |
| ? | | | |

|  |  |
| --- | --- |
| **4x200m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:36.7 | MS |  | Jessheim | 03.09.1969 |
| Steinar Mikalsen43-Finn Ugletveit49-Arve Bogstad41-Nils Kristen Wiig43 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:37.9 | MS |  | Jessheim | 20.08.1969 |
| Finn Ugletveit49-Kjell Reiestad46-Arve Bogstad41-Odd Mikkelsen37 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:41.3 | MS |  | Blaker/Br | 18.06.1969 |
| Finn Ugletveit49-Kjell Reiestad46-Arve Bogstad41-Odd Mikkelsen37 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:22.4 | MS |  | Lillestrøm | 15.08.1969 |
| Arne Luke44-Geir Helge Nordal46-Sverre Fosstvedt47-Torgeir Sørum45 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:35.0 |  |  | Jessheim | 20.08.1969 |
| ? | | | |

|  |  |
| --- | --- |
| **MENNSENIOR 1969** | **198** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:11.8 |  |  | Jessheim | 03.09.1969 |
| ? | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1969** | **199** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.7 | Kari Wang | 56 | Fjellhamar | 08.06.1969 |
| 9.1 | May Britt Mehlen | 57 | Fjellhamar | 08.06.1969 |
| 9.2 | Anita Melbye | 58 | Blaker/Br | 27.09.1969 |
| 9.5 | May Britt Engenes | 53 | Lillestrøm | 02.09.1969 |
| 9.8 | Inger Anne Nerhagen | 57 | Lillestrøm | 06.09.1969 |

|  |  |
| --- | --- |
| **80m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.0 | Kirsten Ladegård | 56 | Strømmen | 20.06.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.0 | Kari Wang | 56 | Lillestrøm | 25.06.1969 |
| 14.1 | Anne Mette Olsen | 54 | Lillestrøm | 07.09.1969 |
| 14.3 | May Britt Mehlen | 57 | Strømmen | 22.06.1969 |
| 14.3 | May Britt Engenes | 53 | Lillestrøm | 03.09.1969 |
| 14.6 | Liv Knutsen | 52 | Strømmen | 16.08.1969 |
| 15.1 | Inger Anne Nerhagen | 57 | Lillestrøm | 07.09.1969 |
| 15.2 | Tone Nordby Andersen | 55 | Jessheim | 24.06.1969 |
| 15.4 | Anita Melbye | 58 | Lillestrøm | 07.09.1969 |
| 15.6 | Kirsten Ladegård | 56 | Jessheim | 20.08.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.8 | Liv Knutsen | 52 | Strømmen | 03.09.1969 |
| 29.8 | May Britt Engenes | 53 | Strømmen | 03.09.1969 |
| 30.8 | Anne Mette Olsen | 54 | Lillestrøm | 06.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 69.4 | Liv Knutsen | 52 | Nannestad | 25.06.1969 |
| 70.1 | May Britt Engenes | 53 | Råholt | 17.08.1969 |
| 70.5 | Marit Wiig | 49 | Råholt | 23.08.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:44.9 | May Britt Engenes | 53 | Jessheim | 20.08.1969 |
| 2:53.3 | Tone Nordby Andersen | 55 | Jessheim | 20.08.1969 |

|  |  |
| --- | --- |
| **100m hekk 76.2 cm M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20.3 | Liv Knutsen | 52 | Råholt | 16.08.1969 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1969** | **200** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.5 | Astrid Willersrud | 42 | Ski | 15.06.1969 |
| 19.3 | Liv Knutsen | 52 | Strømmen | 03.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.43 | Liv Knutsen | 52 | Jessheim | 08.10.1969 |
| 1.43 | Tove Dønnum Jensen | 40 | Jessheim | 08.10.1969 |
| 1.37 | Anne Mette Olsen | 54 | Lillestrøm | 06.09.1969 |
| 1.30 | Inger Anne Nerhagen | 57 | Lillestrøm | 02.09.1969 |
| 1.28 | Kristin Ladegård | 56 | Nannestad | 15.06.1969 |
| 1.25 | May Britt Engenes | 53 | Strømmen | 03.09.1969 |
| 1.05 | Wenche Johansen | 56 | Fjellhamar | 08.06.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.73 | Liv Knutsen | 52 | Råholt | 17.08.1969 |
| 4.39 | Kari Wang | 56 | Lillestrøm | 06.09.1969 |
| 4.35 | Anita Melbye | 58 | Kongsberg | 14.09.1969 |
| 4.24 | Anne Mette Olsen | 54 | Lillestrøm | 07.09.1969 |
| 4.01 | Anne Gro Digerud | 52 | Strømmen | 20.06.1969 |
| 3.95 | May Britt Mehlen | 57 | Årnes | 17.08.1969 |
| 3.95 | Inger Anne Nerhagen | 57 | Blaker/Br | 28.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.05 | Else Opsahl | 32 | Moss/Me | 02.06.1969 |
| 9.86 | Astrid Willersrud | 42 | Jessheim | 08.10.1969 |
| 7.98 | Tove Dønnum Jensen | 40 | Jessheim | 08.10.1969 |
| 7.25 | Liv Knutsen | 52 | Strømmen | 03.09.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.28 | Else Opsahl | 32 | Jessheim | 27.06.1969 |
| 33.96 | Astrid Willersrud | 42 | Trondheim/St | 13.09.1969 |
| 27.54 | Tove Dønnum Jensen | 40 | Råholt | 16.07.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.70 | Astrid Willersrud | 42 | Drammen/Ma | 01.06.1969 |
| 22.02 | Grethe Uhlen | 49 | Strømmen | 21.08.1969 |
| 15.74 | Liv Knutsen | 52 | Råholt | 17.08.1969 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1969** | **201** |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.86 | Kari Wang | 56 | Lillestrøm | 07.09.1969 |
| 34.72 | Tone Nordby Andersen | 55 | Jessheim | 24.06.1969 |
| 31.50 | May Britt Mehren | 57 | Blaker/Br | 27.09.1969 |
| 31.02 | Anita Melbye | 58 | Lillestrøm | 07.09.1969 |
| 28.62 | Kirsten Ladegård | 56 | Jessheim | 24.06.1969 |
| 27.70 | Inger Anne Nerhagen | 57 | Blaker/Br | 27.09.1969 |
| 23.45 | May Britt Mehren | 57 | Jessheim | 24.06.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.10 | Anne Mette Olsen | 54 | Blaker/Br | 28.09.1969 |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Slengball 700 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2934 | Anita Melbye | 58 | Blaker/Br | 28.09.1969 |
| 9.2-4.08-25.00 | | | |
| 2722 | Kari Wang | 56 | Blaker/Br | 28.09.1969 |
| 8.8-4.24-32.206 | | | |
| 2652 | May Britt Mehren | 57 | Blaker/Br | 28.09.1969 |
| 9.3-3.83-31.50 | | | |
| 2594 | Inger Anne Nerhagen | 57 | Blaker/Br | 28.09.1969 |
| 9.5-3.95-27.70 | | | |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Slengball 1 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2153 | Anne Mette Olsen | 54 | Blaker/Br | 28.09.1969 |
| 9.0-4.15-28.10 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.7 | J13-14 |  | Lillestrøm | 19.09.1969 |
| ? | | | |

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

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

|  |  |
| --- | --- |
| **KVINNER SENIOR 1969** | **202** |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.05 | Else Opsahl | 32 | Skien | 02.03.1969 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.00 | Wenche Johannessen | 56 | Skårer/Kj | 14.02.1969 |
| 0.85 | Anita Melbye | 58 | Skårer/Kj | 14.02.1969 |
| 0.80 | May Britt Mehren | 57 | Skårer/Kj | 14.02.1969 |

|  |  |
| --- | --- |
| **MENN SENIOR 1970** | **203** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.3 | Kåre Gismervik | 57 | Jessheim | 10.06.1970 |
| 8.5 | Kjell Åge Moslet | 56 | Jessheim | 10.06.1970 |
| 8.8 | Frode Bekken | 59 | Kongsberg | 12.09.1970 |
| 9.1 | Claus Nerhagen | 59 | Fjellhamar | 30.08.1970 |
| 9.9 | Svein Bjørn Fallås | 60 | Råholt | 19.09.1970 |
| 9.9 | Rino Johansen | 60 | Råholt | 19.09.1970 |
| 10.0 | Kjell Arild Johansen | 58 | Fjellhamar | 30.08.1970 |
| 10.0 | Trond Algarheim | 60 | Råholt | 19.09.1970 |

|  |  |
| --- | --- |
| **80m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.5 | Frode Bekken | 58 | Nadderud | 28.06.1970 |
| 12.0 | Claus Nerhagen | 59 | Råholt | 20.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.6 | Finn Ugletveit | 49 | Blaker/Br | 12.07.1970 |
| 12.0 | Arve Bogstad | 43 | Lillestrøm | 05.09.1970 |
| 12.3 | Ola Koksvik | 47 | Lillestrøm | 01.06.1970 |
| 12.6 | Nils Kristen Wiig | 43 | Lillestrøm | 01.06.1970 |
| 13.0 | Arne Nyland | 36 | Lillestrøm | 01.06.1970 |
| 13.0 | Arvid Bårdslistuen | 53 | Råholt | 19.09.1970 |
| 13.4 | Kjell Åge Moslet | 56 | Råholt | 20.09.1970 |
| 14.0 | Kåre Gismervik | 57 | Fjellhamar | 30.08.1970 |
| 14.5 | Frode Bekken | 59 | Råholt | 20.09.1970 |
| 14.9 | Claus Nerhagen | 59 | Råholt | 20.09.1970 |
| 15.2 | Stein Vik Strandli | 57 | Råholt | 20.09.1970 |
| 15.9 | Kjell Arild Johansen | 58 | Råholt | 20.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.7 | Finn Ugletveit | 49 | Lillestrøm | 19.06.1970 |
| 24.7 | Arve Bogstad | 41 | Lillestrøm | 19.06.1970 |
| 25.4 | Morten Sigvartsen | 53 | Råholt | 20.09.1970 |
| 26.5 | Arvid Bårdslistuen | 55 | Råholt | 20.09.1970 |
| 28.2 | Kjell Åge Moslet | 56 | Råholt | 19.09.1970 |
| 30.8 | Kåre Gismervik | 57 | Råholt | 19.09.1970 |

|  |  |
| --- | --- |
| **300m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46.5 | Kåre Gismervik | 57 | Råholt | 19.09.1970 |

|  |  |
| --- | --- |
| **MENN SENIOR 1970** | **204** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.7 | Odd Mikkelsen | 37 | Lillestrøm | 05.09.1970 |
| 53.5 | Finn Ugletveit | 49 | Oslo/Bi | 12.06.1970 |
| 54.2 | Arve Bogstad | 41 | Råholt | 01.08.1970 |
| 58.4 | Morten Sigvartsen | 53 | Råholt | 19.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:34.5 | Harald Lindstrøm | 54 | Årnes | 16.08.1970 |
| 1:48.3 | Claus Nerhagen | 59 | Råholt | 19.09.1970 |
| 2:02.3 | Sven Andersen | 59 | Råholt | 19.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:00.3 | Odd Mikkelsen | 37 | Lillestrøm | 06.09.1970 |
| 2:04.4 | Arve Bogstad | 41 | Oslo/Bi | 21.08.1970 |
| 2:05.0 | Torgeir Sørum | 45 | Lillestrøm | 19.06.1970 |
| 2:08.8 | Harald Lindstrøm | 54 | Oslo/Bi | 16.06.1970 |
| 2:08.8 | Sverre Fosstvedt | 47 | Råholt | 01.07.1970 |
| 2:12.0 | Kjell Carlsson | 44 | Råholt | 01.07.1970 |
| 2:12.8 | Nils Kristen Wiig | 43 | Lillestrøm | 19.06.1970 |
| 2:13.8 | Morten Furuseth | 53 | Råholt | 20.09.1970 |
| 2:14.8 | Odd Kinnsbekken | 48 | Råholt | 01.07.1970 |
| 2:17.8 | Arvid Bårslistuen | 55 | Nannestad | 04.06.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:00.9 | Martin Furuseth | 53 | Lillestrøm | 21.08.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:24.5 | Sverre Fosstvedt | 47 | Lillestrøm | 01.06.1970 |
| 4:25.5 | Jan Erik Viholmen | 49 | Lillestrøm | 01.06.1970 |
| 4:33.8 | Harald Lindstrøm | 54 | Lillestrøm | 01.06.1970 |
| 4:42.5 | Martin Furuseth | 53 | Råholt | 19.09.1970 |
| 4:45.0 | Arvid Bårdslistuen | 55 | Jessheim | 15.06.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:08.4 | Jan Erik Viholmen | 49 | Oslo/Bi | 21.08.1970 |
| 9:22.8 | Sverre Fosstvedt | 47 | Råholt | 05.08.1970 |

|  |  |
| --- | --- |
| **MENN SENIOR 1970** | **205** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:52.8 | Jan Erik Viholmen | 49 | Strømmen | 23.08.1970 |
| 16:10.2 | Sverre Fosstvedt | 47 | Jessheim | 13.06.1970 |
| 16:38.2 | Bjørn Rommen | 43 | Jessheim | 13.06.1970 |
| 16:51.6 | Øivind Gulbrandsen | 51 | Jessheim | 13.06.1970 |
| 17:13.0 | Arne Nyland | 36 | Jessheim | 13.06.1970 |
| 17:24.0 | Arne Luke | 44 | Jessheim | 13.06.1970 |
| 17:33.8 | Torgeir Sørum | 45 | Jessheim | 13.06.1970 |
| 17:49.4 | Odd Kinnsbekken | 48 | Jessheim | 13.06.1970 |
| 17:54.0 | Arve Bogstad | 41 | Jessheim | 13.06.1970 |
| 18:29.2 | Dag Fosstvedt | 27 | Jessheim | 13.06.1970 |
| 23:02.0 | Harald Svarstad | 27 | Jessheim | 13.06.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33:49.4 | Jan Erik Viholmen | 49 | Lillestrøm | 18.09.1970 |
| 36:56.0 | Sverre Fosstveit | 47 | Lillestrøm | 19.06.1970 |
| 39:25.0 | Arne Nyland | 36 | Lillestrøm | 19.06.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.6 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 19.0 | Nils Kristen Wiig | 43 | Råholt | 01.08.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.6 | Finn Ugletveit | 49 | Lillestrøm | 14.06.1970 |
| 64.1 | Torgeir Sørum | 45 | Strømmen | 23.08.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:08.8 | Jan Erik Viholmen | 49 | Jessheim | 28.08.1970 |
| 10:19.2 | Sverre Fosstvedt | 47 | Lillestrøm | 08.08.1970 |
| 10:22.0 | Bjørn Rommen | 43 | Jessheim | 28.08.1970 |
| 11:01.6 | Torgeir Sørum | 45 | Jessheim | 28.08.1970 |
| 11:02.0 | Arne Nyland | 36 | Jessheim | 28.08.1970 |
| 11:03.2 | Arne Luke | 44 | Jessheim | 28.08.1970 |
| 11:24.0 | Odd Kinnsbekken | 48 | Jessheim | 28.08.1970 |
| 11:55.2 | Arve Bogstad | 41 | Jessheim | 28.08.1970 |
| 13:45.0 | Øivind Mangerud | 48 | Jessheim | 28.08.1970 |
| 15:00.0 | Harald Svarstad | 27 | Jessheim | 28.08.1970 |

|  |  |
| --- | --- |
| **MENN SENIOR 1970** | **206** |

|  |  |
| --- | --- |
| **20km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:11:45 | Bjørn Rommen | 43 | Jessheim | 03.10.1970 |
| 1:15:53 | Jan Erik Viholmen | 49 | Jessheim | 03.10.1970 |
| 1:19:21 | Arne Nyland | 36 | Jessheim | 03.10.1970 |
| 1:27:32 | Torgeir Sørum | 45 | Jessheim | 03.10.1970 |
| 1:28:06 | Odd Kinnsbekken | 48 | Jessheim | 03.10.1970 |
| 1:29:06 | Arve Bogstad | 41 | Jessheim | 03.10.1970 |
| 1:30:50 | Arne Luke | 44 | Jessheim | 03:10:1970 |
| 1:36:39 | Sverre Fosstveit | 47 | Jessheim | 03.10.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.55 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 1.30 | Kåre Gismervik | 57 | Råholt | 20.09.1970 |
| 1.25 | Bård Lundahl | 57 | Råholt | 20.09.1970 |
| 1.20 | Claus Nerhagen | 59 | Råholt | 19.09.1970 |
| 1.20 | Frode Bekken | 59 | Råholt | 19.09.1970 |
| 1.10 | Sven Nordby Andersen | 59 | Råholt | 19.09.1970 |
| 1.10 | Sven Andersen | 59 | Råholt | 20.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.73 | Arve Bogstad | 41 | Lillestrøm | 05.09.1970 |
| 5.41 | Nils Kristen Wiig | 43 | Lillestrøm | 01.06.1970 |
| 4.74 | Kjell Åge Moslet | 56 | Råholt | 19.09.1970 |
| 4.67 | Morten Furuseth | 53 | Lillestrøm | 01.06.1970 |
| 4.45 | Claus Nerhagen | 59 | Lillestrøm | 09.08.1970 |
| 4.16 | Kåre Gismervik | 58 | Nannestad | 14.06.1970 |
| 3.98 | Frode Bekken | 59 | Råholt | 20.09.1970 |
| 3.88 | Kjell Arild Johansen | 58 | Råholt | 19.09.1970 |
| 3.09 | Sven Nordby Andersen | 59 | Fjellhamar | 30.08.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.38 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 11.39 | Nils Kristen Wiig | 43 | Råholt | 01.08.1970 |
| 10.83 | Arvid Bårlistuen | 55 | Rolvsrud | 26.09.1970 |
| 9.49 | Kjell Åge Moslet | 56 | Råholt | 20.09.1970 |

|  |  |
| --- | --- |
| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.59 | Claus Nerhagen | 59 | Råholt | 19.09.1970 |
| 6.50 | Frode Bekken | 59 | Råholt | 19.09.1970 |
| 5.87 | Sven Nordby Andersen | 59 | Råholt | 19.09.1970 |

|  |  |
| --- | --- |
| **MENN SENIOR 1970** | **207** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.77 | Per Kåre Opsahl | 54 | Råholt | 19.09.1970 |
| 10.22 | Kjell Åge Moslet | 56 | Råholt | 20.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.39 | Arne Nyland | 36 | Lillestrøm | 01.06.1970 |
| 8.93 | Nils Kristen Wiig | 43 | Lillestrøm | 01.06.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.74 | Kjell Åge Moslet | 56 | Råholt | 19.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.34 | Nils Andresen | 36 | Strømmen | 23.08.1970 |
| 26.96 | Arve Bogstad | 41 | Strømmen | 23.08.1970 |

|  |  |
| --- | --- |
| **Slegge 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.82 | Nils Andresen | 36 | Lillestrøm | 19.06.1970 |
| 27.10 | Arne Nyland | 36 | Lillestrøm | 19.06.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.58 | Kjell Åge Moslet | 56 | Råholt | 20.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 49.24 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 39.26 | Ivar Lund | 53 | Råholt | 20.09.1970 |
| 32.88 | Nils Kristen Wiig | 43 | Råholt | 01.08.1970 |

|  |  |
| --- | --- |
| **Liten ball 150 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.52 | Claus Nerhagen | 59 | Lillestrøm | 09.08.1970 |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2314 | Claus Nerhagen | 59 | Lillestrøm | 09.08.1970 |
| 9.5-3.94-6.75 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.3 | G11-12 |  | Lillestrøm | 24.08.1970 |
| ? | | | |
| **MENN SENIOR 1970** | | **208** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.1 |  |  | Strømmen | 23.08.1970 |
| ? | | | |

|  |  |
| --- | --- |
| **4x200m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:37.6 |  |  | Lillestrøm | 08.08.1970 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:47.0 |  |  | Lillestrøm | 01.06.1970 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:53.8 |  |  | Råholt | 01.08.1970 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:08.6 |  |  | Lillestrøm | 06.09.1970 |
| ? | | | |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.60 | Bent Helseth | 53 | Lillestrøm/Pl | 15.02.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.72 | Nils Kristen Wiig | 43 | Lillestrøm/Pl | 15.02.1970 |
| 4.47 | Harald Lindstrøm | 54 | Lillestrøm/Pl | 15.02.1970 |
| 4.16 | Claus Nerhagen | 59 | Lillestrøm/Pl | 15.02.1970 |
| 4.06 | Kjell Åge Moslet | 56 | Lillestrøm/Pl | 15.02.1970 |
| 3.89 | Frode Bekken | 59 | Lillestrøm/Pl | 15.02.1970 |
| 3.71 | Bård Lindahl | 57 | Lillestrøm/Pl | 15.02.1970 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1970** | **209** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.5 | Anne Mette Olsen | 54 | Nannestad | 04.06.1970 |
| 8.6 | Anita Melbye | 58 | Lillestrøm | 19.09.1970 |
| 8.6 | Kari Wang | 56 | Lillestrøm | 19.09.1970 |
| 8.9 | Karin Kvamme | 58 | Lillestrøm | 19.09.1970 |
| 9.0 | Liv Knutsen | 52 | Nannestad | 04.06.1970 |
| 9.2 | May Britt Mehlen | 57 | Nannestad | 04.06.1970 |
| 9.2 | Inger Anne Nerhagen | 57 | Lillestrøm | 20.09.1970 |
| 9.3 | Sissel Opsahl | 58 | Lillestrøm | 20.09.1970 |
| 9.4 | Anne Sofie Scheie | 59 | Lillestrøm | 19.09.1970 |
| 10.1 | Liv Haug | 60 | Lillestrøm | 20.09.1970 |
| 10.7 | Mona Rønning | 60 | Lillestrøm | 20.09.1970 |

|  |  |
| --- | --- |
| **80m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.4 | Kari Wang | 56 | Strømmen | 21.06.1970 |
| 12.0 | May Britt Mehlen | 57 | Strømmen | 21.06.1970 |
| 12.1 | Inger Anne Nerhagen | 57 | Strømmen | 21.06.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.6 | Anne Mette Olsen | 54 | Strømmen | 12.09.1970 |
| 14.1 | Kari Wang | 56 | Lillestrøm | 20.09.1970 |
| 14.6 | May Britt Mehlen | 57 | Lillestrøm | 20.09.1970 |
| 14.7 | Inger Anne Nerhagen | 57 | Lillestrøm | 20.09.1970 |
| 14.9 | May Britt Engenes | 53 | Lillestrøm | 20.09.1970 |
| 15.4 | Karin Kvamme | 58 | Nadderud | 28.06.1970 |
| 16.0 | Ellen Andersen | 57 | Rolvsrud | 14.06.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.2 | Anne Mette Olsen | 54 | Lillestrøm | 20.09.1970 |
| 32.0 | Inger Anne Nerhagen | 57 | Lillestrøm | 20.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 67.0 | Anne Mette Olsen | 54 | Nannestad | 04.06.1970 |
| 67.1 | May Britt Engenes | 53 | Nannestad | 04.06.1970 |
| 69.1 | Inger Anne Nerhagen | 57 | Jessheim | 04.09.1970 |
| 69.8 | Karin Kvamme | 58 | Jessheim | 04.10.1970 |

|  |  |
| --- | --- |
| **500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:36.8 | Karin Kvamme | 58 | Lillestrøm | 19.09.1970 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1970** | **210** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:53.6 | Inger Anne Nerhagen | 57 | Lillestrøm | 19.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:36.7 | May Britt Engenes | 53 | Jessheim | 21.08.1970 |

|  |  |
| --- | --- |
| **60m hekk 76.2 cm M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.4 | Anita Melbye | 58 | Lillestrøm | 19.09.1970 |

|  |  |
| --- | --- |
| **100m hekk 76.2 cm M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 19.3 | Anne Mette Olsen | 54 | Lillestrøm | 20.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.53 | Tove Dønnum | 40 | Lillestrøm | 06.09.1970 |
| 1.50 | Anne Mette Olsen | 54 | Nadderud | 28.06.1970 |
| 1.31 | Inger Anne Nerhagen | 57 | Lillestrøm | 20.09.1970 |
| 1.25 | Anita Melbye | 58 | Jessheim | 21.08.1970 |
| 1.20 | Anne Marie Scheie | 59 | Lillestrøm | 19.09.1970 |
| 1.20 | Grete Ellingsen | 58 | Lillestrøm | 19.09.1970 |
| 1.16 | Bente Haugen | 59 | Lillestrøm | 19.09.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.82 | Anne Mette Olsen | 54 | Strømmen | 21.06.1970 |
| 4.74 | Anita Melbye | 58 | Lillestrøm | 20.09.1970 |
| 4.52 | Kari Wang | 56 | Lillestrøm | 19.09.1970 |
| 4.38 | May Britt Mehlen | 57 | Lillestrøm | 20.09.1970 |
| 4.28 | Liv Knutsen | 52 | Nannestad | 04.06.1970 |
| 4.18 | Inger Anne Nerhagen | 57 | Lillestrøm | 20.09.1970 |
| 3.88 | Karin Kvamme | 58 | Lillestrøm | 20.09.1970 |

|  |  |
| --- | --- |
| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.31 | Kjersti Stubberud | 58 | Lillestrøm | 20.09.1970 |
| 7.08 | Anita Melbye | 58 | Lillestrøm | 20.09.1970 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1970** | **211** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.95 | Else Opsahl | 32 | Nannestad | 04.06.1970 |
| 8.10 | Tove Dønnum Jensen | 40 | Strømmen | 21.08.1970 |
| 7.65 | Anne Gro Digerud | 52 | Nannestad | 04.06.1970 |
| 7.37 | Anne Mette Olsen | 54 | Strømmen | 12.09.1970 |
| 6.75 | Liv Knutsen | 52 | Nannestad | 04.06.1970 |
| 6.65 | Kari Wang | 56 | Lillestrøm | 19.09.1970 |
| 6.00 | May Britt Mehlen | 57 | Lillestrøm | 19.09.1970 |
| 5.92 | Wenche Korsmo | 57 | Rolvsrud | 18.06.1970 |
| 5.85 | Ellen Anderson | 57 | Rolvsrud | 18.06.1970 |
| 5.59 | Anita Melbye | 58 | Rolvsrud | 14.06.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.18 | Else Opsahl | 32 | Lillestrøm | 14.06.1970 |
| 29.58 | Astrid Willersrud | 42 | Strømmen | 21.08.1970 |
| 28.62 | Tove Dønnum Jensen | 40 | Strømmen | 21.08.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20.86 | Tove Dønnum Jensen | 40 | Lillestrøm | 06.09.1970 |

|  |  |
| --- | --- |
| **Slengball 700 g Lang reim** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.65 | May Britt Mehlen | 57 | Strømmen | 21.06.1970 |
| 32.72 | Anita Melbye | 58 | Lillestrøm | 20.09.1970 |
| 32.14 | Kari Wang | 56 | Strømmen | 21.06.1970 |
| 30.40 | Inger Anne Nerhagen | 57 | Lillestrøm | 09.08.1970 |

|  |  |
| --- | --- |
| **Liten ball 80 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.62 | Anita Melbye | 58 | Lillestrøm | 20.09.1970 |
| 30.30 | Karin Kvamme | 58 | Lillestrøm | 20.09.1970 |

|  |  |
| --- | --- |
| **3-kamp 60m-Lengde-Slengball 700 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2934 | Anita Melbye | 58 | Lillestrøm | 09.08.1970 |
| 8.8-4.26-27.85 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2372 | Inger Anne Nerhagen | 57 | Lillestrøm | 09.08.1970 |
| 9.3-4.12-25.88 | | | |

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

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

|  |  |
| --- | --- |
| **KVINNER SENIOR 1970** | **212** |

|  |  |
| --- | --- |
| **4x200m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:08.3 | J17 |  | Nannestad | 04.06.1970 |
| Anne Mette Olsen54-Inger Anne Nerhagen57-May Britt Engenes53-Anita Melbye58 | | | |

|  |  |
| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.30 | Kirsten Ladegård | 56 | Lillestrøm/Pl | 15.02.1970 |
| 1.25 | Inger Anne Nerhagen | 57 | Lillestrøm/Pl | 15.02.1970 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.41 | Kari Wang | 56 | Lillestrøm/Pl | 15.02.1970 |