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

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| **100m M** |  |

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| 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 |

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| **200m M** |  |

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| 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 |

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| **400m M** |  |

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| 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 |

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| **800m** |  |

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| 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 |

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| **1500m** |  |

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| 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 |

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| **3000m** |  |

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| 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** | | |

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| **5000m** |  |

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| 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 |

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| **10000m** |  |

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

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

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| 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 |

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

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| 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 |

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

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

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

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

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| **20km landevei** |  |

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

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| **25km landevei** |  |

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

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

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| **Høyde** |  |

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

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| **Stav** |  |

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| 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 |

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| **Lengde** |  |

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| 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 |

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| **Tresteg** |  |

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| 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 |

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| **Kule 5.5 kg** |  |

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

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| **Kule 7.26 kg** |  |

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| 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 |

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| **Diskos 1.5 kg** |  |

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

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| **Diskos 2 kg** |  |

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

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

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

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| 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 |

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

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

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| **4x400m** |  |

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

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

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

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

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

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

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

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

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

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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

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

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| **60m M** |  |

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| 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 |

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| **100m M** |  |

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| 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 |

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| **200m M** |  |

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

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| **400m M** |  |

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

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| **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 |

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

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

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

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

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| 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 |

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| **Høyde** |  |

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

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| **Lengde** |  |

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| 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 |

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| **Kule 4 kg** |  |

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

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

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

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

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

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

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| 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 |

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

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| 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 |

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

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| 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** | | |

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

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

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

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

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| **3-kamp 100m-Diskos-Høyde** |  |

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

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

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

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

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| **INNENDØRS** |  |

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| --- | --- |
| **Høyde** |  |

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

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| **Kule 4 kg** |  |

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

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

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

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

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

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

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| **200m M** |  |

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

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| **400m M** |  |

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

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| **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 |

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

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

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

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

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

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| **10000m** |  |

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

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

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

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

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

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

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

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

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

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

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| **20 km landevei** |  |

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

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

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| **Stav** |  |

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

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

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

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| **Tresteg** |  |

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

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| **Kule 5.5 kg** |  |

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

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| **Kule 7.26 kg** |  |

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

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| **Diskos 1.5 kg** |  |

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

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

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| **Diskos 2 kg** |  |

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

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| **Slegge 7.26 kg** |  |

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

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

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

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

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

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

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

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

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

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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

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

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| **60m M** |  |

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

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

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

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

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

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

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

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

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

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

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

|  |  |
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| **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 |

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| **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 |

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| **Kule 4 kg** |  |

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| 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 |

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| **Diskos 1 kg** |  |

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| 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 |

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

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

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

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

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

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

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

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

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

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

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| **3-kamp M 100m-Diskos-Høyde** |  |

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

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

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

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

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

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

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

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| **INNENDØRS** |  |

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| **Høyde** |  |

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

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| **Kule 4 kg** |  |

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

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| **Diskos 1 kg** |  |

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

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

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| **Høyde uten tilløp** |  |

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

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| **Lengde uten tilløp** |  |

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

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

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| **60m M** |  |

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

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

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

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| **200m M** |  |

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| 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 |

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| **400m M** |  |

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

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| **800m** |  |

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| 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 |

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| **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** | | |

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| **20km landevei** |  |

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

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| **Maraton 42195m** |  |

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

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

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

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

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

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

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

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| **Høyde** |  |

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

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

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| **Lengde** |  |

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

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| **Kule 5.5 kg** |  |

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

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

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| **Kule 7.26 kg** |  |

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| 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 |

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| **Diskos 2 kg** |  |

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| 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 |

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

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| 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 |

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| **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** | |  | | |

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

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

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| **60m M** |  |

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

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| **100m M** |  |

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

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

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

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

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

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| **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 |

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| **KVINNER SENIOR 1967** | **183** |

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

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| **Kule 4 kg** |  |

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| 12.02 | Else Opsahl | 32 | Råholt | 24.08.1967 |
| 11.60 | Astrid Willersrud | 42 | Oslo/Bi | 24.05.1967 |

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

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| **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 |

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| **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 |

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

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| --- | --- |
| **KVINNER SENIOR 1967** | **184** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 40.5 | J 11-12 |  | Lillestrøm | 20.08.1967 |
| ? | | | |

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| **INNENDØRS** |  |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.39 | Astrid Willersrud | 42 | Oslo/Hu | 16.02.1967 |

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

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

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

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| **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 |

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

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

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| --- | --- | --- | --- | --- |
| 60.9 | Kjell Reiestad | 46 | Råholt | 25.08.1968 |
| 62.6 | Nils Kristen Wiig | 43 | Råholt | 25.08.1968 |

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

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| --- | --- | --- | --- | --- |
| 1:15.53 | Torgeir Sørum | 45 | Jessheim | 27.09.1968 |

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

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

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| **MENN SENIOR 1968** | **187** |

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

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

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

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| **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 |

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

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| **MENN SENIOR 1968** | **188** |

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

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| --- | --- |
| **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 | 15.09.1968 |
| 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 |

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| **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 |

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

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

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| **KVINNER SENIOR 1968** | **191** |

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| **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 | | | |

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

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

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| --- | --- |
| **KVINNER SENIOR 1968** | **192** |

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| **INNENDØRS** |  |

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| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.80 | Else Opsahl | 32 | Oslo/Hu | 16.03.1968 |
| 10.73 | Astrid Willersrud | 42 | Oslo/Hu | 16.03.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.54 | Else Opsahl | 32 | Oslo/Hu | 16.03.1968 |
| 32.88 | Astrid Willersrud | 42 | Oslo/Hu | 16.03.1968 |

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

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| --- | --- | --- | --- | --- |
| 0.99 | Tove Dønnum Jensen | 40 | Eidsvoll/Ås | 09.03.1968 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.24 | Tove Dønnum Jensen | 40 | Eidsvoll/Ås | 09.03.1968 |

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

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| **200m M** |  |

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| 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 |

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| **400m M** |  |

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| 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 |

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| **800m** |  |

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| 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 |

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| **MENN SENIOR 1969** | **194** |

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| **1500m** |  |

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| 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 |

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| **3000m** |  |

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| 8:48.6 | Torgeir Sørum | 45 | Oslo/Bi | 23.07.1969 |
| 10:01.6 | Øivind Gulbrandsen | 51 | Strømmen | 07.09.1969 |

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| **5000m** |  |

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

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| **10000m** |  |

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| 35:38.2 | Torgeir Sørum | 45 | Råholt | 24.09.1969 |
| 37:24.0 | Arne Luke | 44 | Råholt | 24.09.1969 |

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

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| 17.5 | Nils Kristen Wiig | 43 | Råholt | 23.08.1969 |
| 19.3 | Finn Ugletveit | 49 | Strømmen | 14.09.1969 |

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

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| 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 |

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| **MENN SENIOR 1969** | **195** |

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| **3000m hinder 91.4** |  |

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| 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 |

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| **20 km landevei** |  |

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| 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 |

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| **Høyde** |  |

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| 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 |

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| **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 |

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| **Lengde** |  |

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| 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 |

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| **MENN SENIOR 1969** | **196** |

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| **Tresteg** |  |

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| 12.13 | Nils Kristen Wiig | 43 | Lillestrøm | 15.08.1969 |
| 11.92 | Finn Ugletveit | 49 | Lillestrøm | 15.08.1969 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.80 | Kjell Åge Moslet | 56 | Blaker/Br | 28.09.1969 |

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| **Kule 7.26 kg** |  |

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| 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 |

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| **Diskos 2 kg** |  |

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| 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 |

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| **Slegge 7.26 kg** |  |

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| 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 |

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

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| 29.02 | Magne Furuseth | 53 | Strømmen | 07.09.1969 |

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

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| 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 |

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| **Liten ball 150 g** |  |

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| 45.80 | Claus Nerhagen | 59 | Blaker/Br | 28.09.1969 |

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

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| 2579 | Claus Nerhagen | 59 | Blaker/Br | 28.09.1969 |
| 9.8-3.87-45.80 | | | |

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| **MENN SENIOR 1969** | **197** |

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

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| 1776 | Kjell Åge Moslet | 56 | Blaker/Br | 28.09.1969 |
| 9.5-4.37-8.80 | | | |

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

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

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

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

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| **4x100m M** |  |

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| 46.2 |  |  | Lillestrøm | 30.06.1969 |
| ? | | | |
| 47.3 |  |  | Jessheim | 20.08.1969 |
| ? | | | |
| 55.1 | 13-14 |  | Lillestrøm | 19.09.1969 |
| ? | | | |

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

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| 3:41.3 | MS |  | Blaker/Br | 18.06.1969 |
| Finn Ugletveit49-Kjell Reiestad46-Arve Bogstad41-Odd Mikkelsen37 | | | |

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| **4x1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:22.4 | MS |  | Lillestrøm | 15.08.1969 |
| Arne Luke44-Geir Helge Nordal46-Sverre Fosstvedt47-Torgeir Sørum45 | | | |

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| 17:35.0 |  |  | Jessheim | 20.08.1969 |
| ? | | | |

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| **MENNSENIOR 1969** | **198** |

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| **1000m** |  |

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| 2:11.8 |  |  | Jessheim | 03.09.1969 |
| ? | | | |

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| **KVINNER SENIOR 1969** | **199** |

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

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

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| **80m M** |  |

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| --- | --- | --- | --- | --- |
| 12.0 | Kirsten Ladegård | 56 | Strømmen | 20.06.1969 |

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| **100m M** |  |

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

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| **200m M** |  |

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

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| **400m M** |  |

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

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:44.9 | May Britt Engenes | 53 | Jessheim | 20.08.1969 |
| 2:53.3 | Tone Nordby Andersen | 55 | Jessheim | 20.08.1969 |

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| **100m hekk 76.2 cm M** |  |

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| 20.3 | Liv Knutsen | 52 | Råholt | 16.08.1969 |

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| **KVINNER SENIOR 1969** | **200** |

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

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| 18.5 | Astrid Willersrud | 42 | Ski | 15.06.1969 |
| 19.3 | Liv Knutsen | 52 | Strømmen | 03.09.1969 |

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| **Høyde** |  |

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

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| **Lengde** |  |

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| 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 |

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| **Kule 4 kg** |  |

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| 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 |

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| **Diskos 1 kg** |  |

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

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

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

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| **KVINNER SENIOR 1969** | **201** |

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

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

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

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| --- | --- | --- | --- | --- |
| 28.10 | Anne Mette Olsen | 54 | Blaker/Br | 28.09.1969 |

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

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

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

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| --- | --- | --- | --- | --- |
| 2153 | Anne Mette Olsen | 54 | Blaker/Br | 28.09.1969 |
| 9.0-4.15-28.10 | | | |

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| **4x60m M** |  |

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| 34.7 | J13-14 |  | Lillestrøm | 19.09.1969 |
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| --- | --- |
| **4x100m M** |  |

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

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| **KVINNER SENIOR 1969** | **202** |

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| **INNENDØRS** |  |

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| **Kule 4** |  |

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| 12.05 | Else Opsahl | 32 | Skien | 02.03.1969 |

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| **Høyde uten tilløp** |  |

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

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| **MENN SENIOR 1970** | **203** |

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| **60m M** |  |

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| 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 |

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| **80m M** |  |

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| 11.5 | Frode Bekken | 58 | Nadderud | 28.06.1970 |
| 12.0 | Claus Nerhagen | 59 | Råholt | 20.09.1970 |

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| **100m M** |  |

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| 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 |

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| **200m M** |  |

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| 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 |

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| **300m M** |  |

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| 46.5 | Kåre Gismervik | 57 | Råholt | 19.09.1970 |

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| **MENN SENIOR 1970** | **204** |

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| **400m M** |  |

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| 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 |

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| **600m** |  |

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| 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 |

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| **800m** |  |

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| 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 |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 3:00.9 | Martin Furuseth | 53 | Lillestrøm | 21.08.1970 |

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| **1500m** |  |

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| 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 |

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| **3000m** |  |

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| 9:08.4 | Jan Erik Viholmen | 49 | Oslo/Bi | 21.08.1970 |
| 9:22.8 | Sverre Fosstvedt | 47 | Råholt | 05.08.1970 |

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| **MENN SENIOR 1970** | **205** |

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| **5000m** |  |

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| 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 |

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| **10000m** |  |

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| 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 |

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

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| 17.6 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 19.0 | Nils Kristen Wiig | 43 | Råholt | 01.08.1970 |

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

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| 59.6 | Finn Ugletveit | 49 | Lillestrøm | 14.06.1970 |
| 64.1 | Torgeir Sørum | 45 | Strømmen | 23.08.1970 |

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

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| 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 |

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| **MENN SENIOR 1970** | **206** |

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| **20km landevei** |  |

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| 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 |

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| **Høyde** |  |

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| 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 |

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| **Lengde** |  |

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| 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 |

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| **Tresteg** |  |

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| 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 |

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| **Kule 3 kg** |  |

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| 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 |

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| **MENN SENIOR 1970** | **207** |

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| **Kule 4 kg** |  |

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| 11.77 | Per Kåre Opsahl | 54 | Råholt | 19.09.1970 |
| 10.22 | Kjell Åge Moslet | 56 | Råholt | 20.09.1970 |

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| **Kule 7.26 kg** |  |

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| 9.39 | Arne Nyland | 36 | Lillestrøm | 01.06.1970 |
| 8.93 | Nils Kristen Wiig | 43 | Lillestrøm | 01.06.1970 |

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| **Diskos 1 kg** |  |

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| 25.74 | Kjell Åge Moslet | 56 | Råholt | 19.09.1970 |

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| **Diskos 2 kg** |  |

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| 35.34 | Nils Andresen | 36 | Strømmen | 23.08.1970 |
| 26.96 | Arve Bogstad | 41 | Strømmen | 23.08.1970 |

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| **Slegge 7.26 kg** |  |

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| 31.82 | Nils Andresen | 36 | Lillestrøm | 19.06.1970 |
| 27.10 | Arne Nyland | 36 | Lillestrøm | 19.06.1970 |

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

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| 34.58 | Kjell Åge Moslet | 56 | Råholt | 20.09.1970 |

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

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| 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 |

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| **Liten ball 150 g** |  |

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| 45.52 | Claus Nerhagen | 59 | Lillestrøm | 09.08.1970 |

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

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| 2314 | Claus Nerhagen | 59 | Lillestrøm | 09.08.1970 |
| 9.5-3.94-6.75 | | | |

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| **4x60m M** |  |

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| 36.3 | G11-12 |  | Lillestrøm | 24.08.1970 |
| ? | | | |
| **MENN SENIOR 1970** | | **208** | | |

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| **4x100m M** |  |

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| 47.1 |  |  | Strømmen | 23.08.1970 |
| ? | | | |

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| **4x200m** |  |

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| 1:37.6 |  |  | Lillestrøm | 08.08.1970 |
| ? | | | |

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| **4x400m** |  |

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| 3:47.0 |  |  | Lillestrøm | 01.06.1970 |
| ? | | | |

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| **4x1500m** |  |

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| 17:53.8 |  |  | Råholt | 01.08.1970 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 2:08.6 |  |  | Lillestrøm | 06.09.1970 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.60 | Bent Helseth | 53 | Lillestrøm/Pl | 15.02.1970 |

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| **Lengde** |  |

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

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| **KVINNER SENIOR 1970** | **209** |

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| **60m M** |  |

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| 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 |

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| **80m M** |  |

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| 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 |

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

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

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 29.2 | Anne Mette Olsen | 54 | Lillestrøm | 20.09.1970 |
| 32.0 | Inger Anne Nerhagen | 57 | Lillestrøm | 20.09.1970 |

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

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

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| **500m** |  |

|  |  |  |  |  |
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| 1:36.8 | Karin Kvamme | 58 | Lillestrøm | 19.09.1970 |

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| **KVINNER SENIOR 1970** | **210** |

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

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| 1:53.6 | Inger Anne Nerhagen | 57 | Lillestrøm | 19.09.1970 |

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

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| --- | --- | --- | --- | --- |
| 2:36.7 | May Britt Engenes | 53 | Jessheim | 21.08.1970 |

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

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| --- | --- | --- | --- | --- |
| 12.4 | Anita Melbye | 58 | Lillestrøm | 19.09.1970 |

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| **100m hekk 76.2 cm M** |  |

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| --- | --- | --- | --- | --- |
| 19.3 | Anne Mette Olsen | 54 | Lillestrøm | 20.09.1970 |

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| **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 |

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| **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 |

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| **Kule 3 kg** |  |

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| 7.31 | Kjersti Stubberud | 58 | Lillestrøm | 20.09.1970 |
| 7.08 | Anita Melbye | 58 | Lillestrøm | 20.09.1970 |

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| **KVINNER SENIOR 1970** | **211** |

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| **Kule 4 kg** |  |

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| 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 |

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| **Diskos 1 kg** |  |

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| 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 |

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

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| 20.86 | Tove Dønnum Jensen | 40 | Lillestrøm | 06.09.1970 |

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

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| 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 |

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| **Liten ball 80 g** |  |

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| 30.62 | Anita Melbye | 58 | Lillestrøm | 20.09.1970 |
| 30.30 | Karin Kvamme | 58 | Lillestrøm | 20.09.1970 |

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

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| 2934 | Anita Melbye | 58 | Lillestrøm | 09.08.1970 |
| 8.8-4.26-27.85 | | | |

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| 2372 | Inger Anne Nerhagen | 57 | Lillestrøm | 09.08.1970 |
| 9.3-4.12-25.88 | | | |

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| **4x100m** |  |

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

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| **KVINNER SENIOR 1970** | **212** |

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| **4x200m** |  |

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| 2:08.3 | J17 |  | Nannestad | 04.06.1970 |
| Anne Mette Olsen54-Inger Anne Nerhagen57-May Britt Engenes53-Anita Melbye58 | | | |

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| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.30 | Kirsten Ladegård | 56 | Lillestrøm/Pl | 15.02.1970 |
| 1.25 | Inger Anne Nerhagen | 57 | Lillestrøm/Pl | 15.02.1970 |

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| **Lengde** |  |

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| 4.41 | Kari Wang | 56 | Lillestrøm/Pl | 15.02.1970 |

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| **MENN SENIOR 1971** | **213** |

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| **60m M** |  |

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| 8.4 | Kåre Gismervik | 57 | Lillestrøm | 18.09.1971 |
| 8.5 | Frode Bekken | 59 | Jessheim | 06.06.1971 |
| 8.7 | Stein Vik-Strandli | 58 | Jessheim | 06.06.1971 |
| 8.8 | Claus Nerhagen | 59 | Lillestrøm | 18.09.1971 |
| 9.2 | Jon Henriksen | 60 | Nannestad | 11.09.1971 |
| 9.5 | Odd Lindahl | 57 | Jessheim | 06.06.1971 |
| 10.1 | Tom Frode Andresen | 61 | Nannestad | 11.09.1971 |
| 10.2 | Arne Gismervik | 61 | Blaker/Br | 20.06.1971 |
| 10.3 | Jan Børge Kvamme | 61 | Blaker/Br | 20.06.1971 |

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| **100m M** |  |

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| 12.2 | Arve Bogstad | 41 | Lørenfallet | 01.06.1971 |
| 12.4 | Tore Østvang | 52 | Lørenfallet | 01.06.1971 |
| 12.9 | Kjell Åge Moslet | 56 | Lillestrøm | 19.09.1971 |
| 12.9 | Bjørn Øiesvold | 56 | Jessheim | 06.06.1971 |
| 13.4 | Kåre Gismervik | 57 | Lillestrøm | 19.09.1971 |
| 13.5 | Reidar Skrautvold | 56 | Jessheim | 06.06.1971 |
| 13.8 | Stein Vik-Strandli | 58 | Lillestrøm | 19.09.1971 |
| 14.1 | Frode Bekken | 59 | Nadderud | 27.06.1971 |
| 14.1 | Claus Nerhagen | 59 | Lillestrøm | 19.09.1971 |
| 14.9 | Bård Lundahl | 57 | Jessheim | 06.06.1971 |
| 15.0 | Kjell Arild Johansen | 58 | Lillestrøm | 18.09.1971 |
| 15.1 | Jon Henriksen | 60 | Lillestrøm | 19.09.1971 |
| 16.2 | Arvid Ranklev Hansson | 60 | Lillestrøm | 19.09.1971 |

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| **200m M** |  |

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| 24.9 | Tore Østvang | 52 | Strømmen | 05.09.1971 |
| 24.9 | Arve Bogstad | 41 | Råholt | 22.08.1971 |
| 26.3 | Kjell Åge Moslet | 56 | Råholt | 07.07.1971 |
| 29.4 | Stein Vik-Strandli | 57 | Råholt | 07.07.1971 |

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| **300m M** |  |

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| 43.3 | Kåre Gismervik | 57 | Lillestrøm | 18.09.1971 |
| 49.0 | Kjell Arild Johansen | 58 | Lillestrøm | 18.09.1971 |

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| **400m M** |  |

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| 54.4 | Arve Bogstad | 41 | Råholt | 21.08.1971 |
| 54.6 | Odd Mikkelsen | 37 | Råholt | 21.08.1971 |
| 55.0 | Tore Østvang | 52 | Strømmen | 04.09.1971 |
| 61.8 | Claus Nerhagen | 59 | Roskilde, DEN | 28.08.1971 |

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| **MENN SENIOR 1971** | **214** |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:35.1 | Øivind Kjørmo | 56 | Lillestrøm | 19.09.1971 |
| 1:36.6 | Claus Nerhagen | 59 | Hønefoss | 26.09.1971 |
| 1:38.2 | Kjell Åge Moslet | 56 | Jessheim | 06.06.1971 |
| 1:40.5 | Kåre Gismervik | 57 | Lørenfallet | 03.10.1971 |
| 1:52.4 | Jon Henriksen | 60 | Lørenfallet | 03.10.1971 |
| 1:59.8 | Jan Børge Kvamme | 60 | Lillestrøm | 19.09.1971 |
| 2:01.4 | Arvid Ranklev Hanssen | 60 | Lillestrøm | 19.09.1971 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:02.1 | Arve Bogstad | 41 | Oslo/Bi | 26.08.1971 |
| 2:02.7 | Arne Luke | 44 | Oslo/Bi | 26.09.1971 |
| 2:03.1 | Harald Lindstrøm | 54 | Strømmen | 05.09.1971 |
| 2:06.7 | Sverre Fosstvedt | 47 | Råholt | 22.08.1971 |
| 2:14.6 | Øivind Kjørmo | 56 | Blaker/Br | 20.06.1971 |

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| **1000m** |  |

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| 2:42.1 | Harald Lindstrøm | 54 | Råholt | 28.07.1971 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:12.0 | Arne Luke | 44 | Oslo/Bi | 08.10.1971 |
| 4:17.1 | Harald Lindstrøm | 54 | Oslo/Fr | 31.05.1971 |
| 4:19.4 | Øivind Kjørmo | 56 | Jessheim | 06.06.1971 |
| 4:25.1 | Odd Kinnsbekken | 48 | Lørenfallet | 01.06.1971 |
| 4:27.9 | Torgeir Sørum | 45 | Lørenfallet | 01.06.1971 |

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| **2000m** |  |

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| 6:07.8 | Øivind Kjørmo | 56 | Oslo/Jo | 12.05.1971 |

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| **3000m** |  |

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| 9:09.6 | Arne Luke | 44 | Moss/Me | 28.07.1971 |

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| **5000m** |  |

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| 16:29.4 | Jan Rustad | 40 | Jessheim | 12.06.1971 |
| 16:43.0 | Arne Luke | 44 | Strømmen | 14.08.1971 |
| 16:47.2 | Harald Lindstrøm | 54 | Jessheim | 12.06.1971 |
| 16:49.8 | Bjørn Rommen | 43 | Jessheim | 12.06.1971 |
| 16:49.8 | Odd Kinnsbekken | 48 | Strømmen | 14.08.1971 |
| 18:35.0 | Torgeir Sørum | 45 | Jessheim | 12.06.1971 |
| 18:43.0 | Kjell Carlsson | 44 | Jessheim | 12.06.1971 |
| 18:43.6 | Kristoffer Stanger | 33 | Jessheim | 12.06.1971 |
| **MENN SENIOR 1971** | | **215** | | |

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| **5000m forts.** |  |

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| 18:44.0 | Gudmund Ølstørn | 40 | Jessheim | 12.06.1971 |
| 20:12.6 | Kristen Nygaard | 26 | Jessheim | 12.06.1971 |
| 20:48.0 | Øyvind Mangerud | 48 | Jessheim | 12.06.1971 |
| 21:25.8 | Sten Melbye | 31 | Jessheim | 12.06.1971 |

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| **10000m** |  |

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| 36:24.8 | Odd Kinnsbekken | 48 | Lillestrøm | 25.06.1971 |

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

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| 18.1 | Nils Kristen Wiig | 43 | Råholt | 21.08.1971 |
| 19.1 | Finn Ugletveit | 49 | Råholt | 21.08.1971 |

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

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| 60.6 | Nils Kristen Wiig | 43 | Råholt | 22.08.1971 |
| 62.8 | Finn Ugletveit | 49 | Råholt | 22.08.1971 |
| 63.3 | Arve Bogstad | 41 | Strømmen | 14.08.1971 |

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

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| 10:05.0 | Jan Rustad | 40 | Jessheim | 22.09.1971 |
| 10:19.8 | Bjørn Rommen | 43 | Jessheim | 28.08.1971 |
| 10:24.4 | Arne Luke | 44 | Jessheim | 22.09.1971 |
| 10:55.6 | Arne Nyland | 36 | Jessheim | 28.08.1971 |
| 11:29.0 | Kristoffer Stanger | 33 | Jessheim | 28.08.1971 |
| 12:29.0 | Kristen Nygaard | 26 | Jessheim | 28.08.1971 |
| 12:49.0 | Gudmund Ølstørn | 40 | Jessheim | 28.08.1971 |
| 12:55.0 | Øivind Mangerud | 48 | Jessheim | 28.08.1971 |
| 13:00.0 | Øystein Jørgensen | 44 | Jessheim | 29.08.1971 |
| 13:14.8 | Sten Melbye | 31 | Jessheim | 28.08.1971 |

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| **20 km landevei** |  |

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| 1:12:09 | Bjørn Rommen | 43 | Jessheim | 02.10.1871 |
| 1:19:30 | Arne Nyland | 36 | Jessheim | 02.10.1971 |
| 1:19:46 | Arne Luke | 44 | Jessheim | 02.10.1971 |
| 1:22:09 | Odd Kinnsbekken | 48 | Jessheim | 02.10.1971 |
| 1:27:23 | Kristoffer Stanger | 33 | Jessheim | 02.10.1971 |
| 1:47:45 | Gudmund Ølstørn | 40 | Jessheim | 02.10.1971 |

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| **Høyde** |  |

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| 1.25 | Frode Bekken | 59 | Lillestrøm | 18.09.1971 |

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| **MENN SENIOR 1971** | **216** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.57 | Arve Bogstad | 41 | Lørenfallet | 01.06.1971 |
| 5.29 | Nils Kristen Wiig | 43 | Lørenfallet | 01.06.1971 |
| 5.00 | Arvid Bårslistuen | 55 | Lillestrøm | 19.09.1971 |
| 4.99 | Claus Nerhagen | 59 | Oslo/Bi | 28.06.1971 |
| 4.92 | Kjell Åge Moslet | 56 | Lillestrøm | 19.09.1971 |
| 4.78 | Tore Østvang | 52 | Lørenfallet | 01.06.1971 |
| 4.43 | Bård Lundahl | 57 | Jessheim | 06.06.1971 |
| 4.26 | Kjell Arild Johansen | 58 | Jessheim | 06.06.1971 |
| 4.23 | Frode Bekken | 59 | Lillestrøm | 20.09.1971 |
| 3.97 | Arvid Ranklev Hanssen | 60 | Lillestrøm | 19.09.1971 |
| 3.95 | Jon Henriksen | 60 | Lillestrøm | 19.09.1971 |

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| **Tresteg** |  |

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| 12.17 | Finn Ugletveit | 49 | Jessheim | 28.09.1971 |
| 11.19 | Nils Kristen Wiig | 43 | Jessheim | 28.09.1971 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.45 | Claus Nerhagen | 59 | Lillestrøm | 11.09.1971 |
| 7.68 | Frode Bekken | 59 | Lillestrøm | 19.09.1971 |

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| **Kule 4 kg** |  |

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| 10.25 | Kjell Åge Moslet | 56 | Lillestrøm | 18.09.1971 |

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| **Kule 7.26 kg** |  |

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| 11.04 | Sten Melbye | 31 | Jessheim | 02.07.1971 |
| 9.30 | Arne Nyland | 36 | Jessheim | 02.07.1971 |
| 9.11 | Nils Kristen Wiig | 43 | Lørenfallet | 01.06.1971 |
| 8.96 | Arve Bogstad | 41 | Lørenfallet | 01.06.1971 |

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| **Diskos 1.5 kg** |  |

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| 21.86 | Kjell Åge Moslet | 56 | Blaker/Br | 20.06.1971 |

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| **Diskos 2 kg** |  |

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| 26.26 | Arve Bogstad | 41 | Strømmen | 14.08.1971 |
| 25.58 | Nils Kristen Wiig | 43 | Strømmen | 14.08.1971 |

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| **Slegge 7.26 kg** |  |

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| 19.78 | Nils Kristen Wiig | 43 | Lillestrøm | 25.06.1971 |

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| **MENN SENIOR 1971** | **217** |

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

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| --- | --- | --- | --- | --- |
| 46.02 | Ivar Skedsmo | 55 | Lillestrøm | 19.09.1971 |
| 40.60 | Kjell Åge Moslet | 56 | Strømmen | 19.06.1971 |

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

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| --- | --- | --- | --- | --- |
| 44.38 | Finn Ugletveit | 49 | Råholt | 22.08.1971 |
| 41.02 | Ivar Skedsmo | 55 | Strømmen | 05.09.1971 |

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| **Liten ball 150 g** |  |

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| 39.42 | Jan Børge Kvamme | 60 | Lillestrøm | 25.06.1971 |

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

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| --- | --- | --- | --- | --- |
| 2544 | Claus Nerhagen | 59 | Lørenfallet | 15.08.1971 |
| 8.9-4.48-9.14 | | | |

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| --- | --- | --- | --- | --- |
| 2524 | Frode Bekken | 59 | Lørenfallet | 15.08.1971 |
| ? | | | |

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| **4x60m M** |  |

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| --- | --- | --- | --- | --- |
| 35.5 | G11-12 |  | Strømmen | 25.08.1971 |
| ? | | | |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 55.5 | G13-14 |  | Strømmen | 25.08.1971 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 3:45.0 |  |  | Lørenfallet | 01.06.1971 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 19:38.4 |  |  | Lillestrøm | 27.08.1971 |
| ? | | | |

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| **KVINNER SENIOR 1971** | **218** |

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| **INNENDØRS** |  |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.31 | Claus Nerhagen | 59 | Lillestrøm/Pl | 29.03.1971 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.19 | Claus Nerhagen | 59 | Skårer/Kj | 14.03.1971 |

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| **KVINNER SENIOR 1971** | **219** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.5 | Anne Mette Olsen | 54 | Råholt | 22.08.1971 |
| 8.6 | Anita Melbye | 58 | Jessheim | 06.06.1971 |
| 8.6 | Kari Wang | 56 | Jessheim | 18.09.1971 |
| 8.8 | Karin Kvamme | 58 | Jessheim | 19.09.1971 |
| 8.8 | Inger Anne Nerhagen | 57 | Jessheim | 19.09.1971 |
| 9.0 | May Britt Mehlen | 57 | Jessheim | 18.09.1971 |
| 9.4 | Bente Henriksen | 59 | Jessheim | 19.09.1971 |
| 9.4 | Gry Vera Gjevert | 69 | Jessheim | 19.09.1960 |
| 9.6 | Torill Henriksen | 60 | Rolvsrud | 13.06.1971 |
| 9.7 | Anne-Lise Opheim | 59 | Strømmen | 20.06.1971 |
| 10.4 | Elisabeth Brovold | 60 | Jessheim | 19.09.1971 |

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| **80m M** |  |

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| 11.6 | Anita Melbye | 58 | Strømmen | 20.06.1971 |
| 12.3 | Inger Anne Nerhagen | 57 | Strømmen | 20.06.1971 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.6 | Anne Mette Olsen | 54 | Jessheim | 02.07.1971 |
| 14.0 | Kari Wang | 56 | Jessheim | 18.09.1971 |
| 14.2 | Anita Melbye | 58 | Nannestad | 17.06.1971 |
| 14.2 | Karin Kvamme | 58 | Lillesterøm | 26.09.1971 |
| 14.6 | Inger Anne Nerhagen | 57 | Jessheim | 02.07.1971 |
| 15.5 | Grete Ellingsen | 58 | Hannestad | 17.06.1971 |
| 15.5 | Turid Ligård | 58 | Råholt | 07.07.1971 |
| 15.7 | Gry Vera Gjevert | 60 | Jessheim | 19.09.1971 |
| 16.0 | Torill Henriksen | 61 | Jessheim | 19.09.1971 |
| 16.3 | Anne Lise Opheim | 59 | Råholt | 07.07.1971 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 28.0 | Anne Metter Olsen | 54 | Strømmen | 05.09.1971 |
| 30.0 | Kari Wang | 56 | Jessheim | 19.09.1971 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 67.0 | Anne Mette Olsen | 54 | Nannestad | 04.06.1971 |

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| **KVINNER SENIOR 1971** | **220** |

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| **600m** |  |

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| 1:43.5 | Karin Kvamme | 58 | Bergen/Fa | 22.08.1971 |
| 1:47.5 | Inger Anne Nerhagen | 57 | Jessheim | 18.09.1971 |
| 1:57.3 | Bente Henriksen | 59 | Jessheim | 19.09.1971 |
| 1:59.7 | Turid Ligaard | 58 | Jessheim | 06.06.1971 |
| 2:00.7 | Anne Lise Opheim | 59 | Jessheim | 19.09.1971 |
| 2:05.2 | Torill Henriksen | 61 | Jessheim | 19.09.1971 |
| 2:06.4 | Ranveig Vestli | 58 | Nannestad | 17.06.1971 |

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| **800m** |  |

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| 2:27.4 | May Britt Engenes | 53 | Strømmen | 05.09.1971 |
| 2:42.7 | Inger Anne Nerhagen | 57 | Jessheim | 18.08.1971 |

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| **Høyde** |  |

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| 1.63 | Anne Mette Olsen | 54 | Strømmen | 04.09.1971 |
| 1.53 | Tove Dønnum Jensen | 40 | Lillestrøm | 29.08.1971 |
| 1.25 | Inger Anne Nerhagen | 57 | Nannestad | 17.06.1971 |
| 1.15 | Grete Ellingsen | 58 | Jessheim | 19.09.1971 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.04 | Anne Mette Olsen | 54 | Kongsvinger/Gj | 20.06.1971 |
| 4.70 | Anita Melbye | 58 | Eidanger | 04.07.1971 |
| 4.49 | Kari Wang | 56 | Jessheim | 18.09.1971 |
| 4.43 | May Britt Mehlen | 57 | Jessheim | 18.09.1971 |
| 4.43 | Inger Anne Nerhagen | 57 | Jessheim | 06.06.1971 |
| 4.34 | Karin Kvamme | 58 | Nannestad | 17.06.1971 |
| 3.48 | Torill Henriksen | 60 | Jessheim | 19.09.1971 |

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| **Kule 3 kg** |  |

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| 8.38 | Anita Melbye | 58 | Jessheim | 18.09.1971 |
| 7.75 | Kjersti Stubberud | 58 | Jessheim | 18.09.1971 |
| 6.79 | Karin Kvamme | 58 | Lillestrøm | 26.09.1971 |

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| **Kule 4 kg** |  |

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| 9.63 | Astrid Willersrud | 42 | Råholt | 22.08.1971 |
| 8.52 | Tove Dønnum Jensen | 40 | Råholt | 22.08.1971 |
| 7.85 | Kari Wang | 56 | Lillestrøm | 26.09.1971 |

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| **KVINNER SENIOR 1971** | **221** |

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| **Diskos 1 kg** |  |

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| 32.60 | Astrid Willersrud | 42 | Halden | 03.07.1971 |
| 29.72 | Tove Dønnum Jensen | 40 | Råholt | 21.08.1971 |
| 23.86 | Anita Melbye | 58 | Jessheim | 18.09.1971 |

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

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| 32.10 | Ragnhild Sundby | 44 | Lillestrøm | 29.08.1971 |
| 29.72 | Astrid Willersrud | 42 | Råholt | 22.08.1971 |

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

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| --- | --- | --- | --- | --- |
| 36.66 | Anita Melbye | 58 | Jessheim | 19.09.1971 |
| 36.34 | May Britt Mehlen | 57 | Jessheim | 19.09.1971 |
| 29.02 | Inger Anne Nerhagen | 57 | Lillestrøm | 15.08.1971 |
| 24.94 | Gry Vera Gjevert | 60 | Jessheim | 19.09.1971 |

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| **Liten ball 80 g** |  |

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| 33.68 | Karin Kvamme | 58 | Jessheim | 19.09.1971 |

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

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| --- | --- | --- | --- | --- |
| 2413 | May Britt Mehlen | 57 | Lillestrøm | 15.08.1971 |
| 9.4-4.36-33.58 | | | |
| 2082 | Inger Anne Nerhagen | 57 | Lillestrøm | 15.08.1971 |
| 9.5-3.89-29.02 | | | |

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

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| 2644 | Anita Melbye | 58 | Lillestrøm | 26.09.1971 |
| 14.4-4.44-6.97 | | | |

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| 2528 | Karin Kvamme | 58 | Lillestrøm | 26.09.1971 |
| 14.9-3.96-6.79 | | | |

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

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| 2376 | Kari Wang | 56 | Lillestrøm | 26.09.1971 |
| 14.3-4.02-7.85 | | | |

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

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| --- | --- | --- | --- | --- |
| 37.6 | J11-12 |  | Strømmen | 25.08.1971 |
| ? | | | |

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| **KVINNER SENIOR 1971** | **222** |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 56.6 | J13-14 |  | Strømmen | 26.08.1971 |
| ? | | | |

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| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.97 | Anne Mette Olsen | 54 | Lillestrøm/Pl | 29.03.1971 |
| 4.63 | May Britt Mehlen | 57 | Lillestrøm/Pl | 29.03.1971 |
| 4.63 | Anita Melbye | 58 | Lillestrøm/Pl | 29.03.1971 |

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| **Lengde uten tilløp** |  |

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| 2.17 | Anita Melbye | 58 | Skjetten/St | 13.03.1971 |

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| **MENN SENIOR 1972** | **223** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.0 | Stein Vik-Strandli | 58 | Lørenfallet | 13.06.1972 |
| 8.3 | Frode Bekken | 59 | Jessheim | 28.06.1972 |
| 8.3 | Claus Nerhagen | 59 | Råholt | 09.09.1972 |
| 8.7 | John Backe-Bogstad | 61 | Råholt | 09.09.1972 |
| 8.8 | Kjell Arne Johansen | 58 | Lørenfallet | 13.06.1972 |
| 9.0 | Jon Henriksen | 60 | Nannestad | 07.07.1972 |
| 9.8 | Arne Gismervik | 61 | Lørenfallet | 13.06.1972 |

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| **100m M** |  |

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| 11.8 | Arve Bogstad | 41 | Lillestrøm | 19.08.1972 |
| 11.9 | Leif Spjeld | 40 | Jessheim | 06.10.1972 |
| 12.0 | Tore Østvang | 52 | Lillestrøm | 02.09.1972 |
| 12.0 | Odd Kristiansen | 47 | Jessheim | 06.10.1972 |
| 12.0 | Raymond Trondsen | 47 | Jessheim | 06.10.1972 |
| 12.9 | Kåre Gismervik | 57 | Strømmen | 17.06.1972 |
| 13.1 | Stein Vik-Strandli | 58 | Strømmen | 17.06.1972 |
| 13.3 | Claus Nerhagen | 59 | Strømmen | 17.06.1972 |
| 13.5 | Frode Bekken | 59 | Strømmen | 17.06.1972 |
| 13.9 | Kjell Arild Johansen | 58 | Strømmen | 17.06.1972 |
| 14.2 | John Backe-Bogstad | 61 | Nannestad | 07.07.1972 |
| 14.8 | Jon Henriksen | 60 | Nannestad | 07.07.1972 |
| 14.9 | Arve Gismervik | 61 | Nannestad | 07.07.1972 |

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| **200m M** |  |

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| 24.6 | Raymond Trondsen | 47 | Lillestrøm | 06.10.1972 |
| 25.0 | Arve Bogstad | 41 | Lørenfallet | 30.09.1972 |
| 26.6 | Kåre Gismervik | 57 | Råholt | 10.09.1972 |

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| **400m M** |  |

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| 53.4 | Raymond Trondsen | 47 | Oslo/Bi | 17.06.1972 |
| 54.8 | Tore Østvang | 52 | Strømmen | 20.08.1972 |
| 55.0 | Odd Kristansen | 47 | Jessheim | 06.10.1972 |
| 55.2 | Arve Bogstad | 41 | Lillestrøm | 19.08.1972 |
| 55.5 | Odd Mikkelsen | 37 | Jessheim | 06.10.1972 |
| 59.2 | Claus Nerhagen | 59 | Drammen/Ma | 24.08.1972 |
| 60.8 | Kåre Gismervik | 57 | Drammen/Ma | 24.08.1972 |

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| **MENN SENIOR 1972** | **224** |

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| **600m** |  |

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| 1:34.7 | Claus Nerhagen | 59 | Bergen/Fa | 20.08.1972 |
| 1:45.9 | Stein Vik-Strandli | 58 | Lørenfallet | 13.06.1972 |
| 1:49.7 | Jon Henriksen | 60 | Lørenfallet | 27.06.1972 |
| 1:50.2 | Frode Bekken | 59 | Råholt | 10.09.1972 |
| 1:52.3 | Kjell Arild Johansen | 58 | Råholt | 10.09.1972 |
| 1:52.6 | Arne Gismervik | 61 | Lørenfallet | 27.06.1972 |
| 1:54.3 | Arvid Ranklev Hansson | 60 | Råholt | 10.09.1972 |
| 1:56.9 | Arne Gismervik | 61 | Lørenfallet | 13.06.1972 |
| 1:57.1 | Jan Børge Kvamme | 61 | Lørenfallet | 13.06.1972 |
| 2:00.4 | Frank Jåtten | 61 | Lørenfallet | 13.06.1972 |

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| **800m** |  |

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| 2:02.1 | Arne Luke | 44 | Lillestrøm | 19.08.1972 |
| 2:03.7 | Harald Lindstrøm | 54 | Lørenfallet | 30.09.1972 |
| 2:04.0 | Odd Arne Døskeland | 44 | Lillestrøm | 19.08.1972 |
| 2:04.4 | Raymond Trondsen | 47 | Lillestrøm | 19.08.1972 |

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| **1000m** |  |

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| 2:36.7 | Harald Lindstrøm | 54 | Gjøvik | 26.08.1972 |
| 2:38.3 | Arne Luke | 44 | Lørenfallet | 01.08.1972 |
| 2:43.5 | Raymond Trondsen | 47 | Lørenfallet | 01.08.1972 |
| 2:54.1 | Nils Kristen Wiig | 43 | Lørenfallet | 01.08.1972 |

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| **1500m** |  |

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| 4:08.5 | Arne Luke | 44 | Oslo/Bi | 06.09.1972 |
| 4:14.6 | Harald Lindstrøm | 54 | Oslo/Bi | 12.09.1972 |
| 4:16.1 | Raymond Trondsen | 47 | Oslo/Bi | 12.09.1972 |
| 4:16.4 | Torgeir Sørum | 45 | Oslo/Bi | 06.09.1972 |

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| **3000m** |  |

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| 8:58.0 | Arne Luke | 44 | Oslo/Bi | 08.06.1972 |
| 9:12.4 | Raymond Trondsen | 47 | Oslo/Bi | 13.09.1972 |
| 9:25.4 | Odd Kinnsbekken | 48 | Oslo/Bi | 13.09.1972 |

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| **5000m** |  |

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| 16:10.0 | Raymond Trondsen | 47 | Jessheim | 16.06.1972 |
| 16:34.6 | Bjørn Rommen | 43 | Jessheim | 16.06.1972 |
| 16:37.6 | Jan Rustad | 40 | Jessheim | 16.06.1972 |
| 16:49.0 | Arne Luke | 44 | Jessheim | 16.06.1972 |
| 16:49.8 | Odd Kinnsbekken | 48 | Jessheim | 16.06.1972 |

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| **MENN SENIOR 1972** | **225** |

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| **5000m forts.** |  |

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| 16:55.6 | Jon Martin Samuelsen | 53 | Jessheim | 16.06.1972 |
| 17:11.6 | Egil Ødemark | 41 | Jessheim | 16.06.1972 |
| 18:21.6 | Svein Skolt | 25 | Jessheim | 16.06.1972 |
| 18:36.6 | Håvard Uhlen | 39 | Jessheim | 16.09.1972 |
| 18:37.6 | Kristoffer Stanger | 33 | Jessheim | 16.06.1972 |
| 19:07.2 | Gudmund Ølstørn | 40 | Jessheim | 16.06.1972 |
| 20:19.4 | Sten Melbye | 31 | Jessheim | 16.06.1972 |
| 20:50.6 | Sverre Lauten | 53 | Jessheim | 16.06.1972 |
| 21:34.6 | Øystein Jørgensen | 47 | Jessheim | 16.06.1972 |
| 23:30.8 | Bjørn Grønlien | 44 | Jessheim | 16.06.1972 |

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| **10000m** |  |

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| 34:35.4 | Raymond Trondsen | 47 | Lillestrøm | 19.06.1972 |

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

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| --- | --- | --- | --- | --- |
| 14.9 | Claus Nerhagen | 59 | Råholt | 09.09.1972 |

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

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| 18.9 | Nils Kristen Wiig | 43 | Lillestrøm | 19.08.1972 |
| 19.2 | Finn Ugletveit | 49 | Lillestrøm | 19.08.1972 |

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

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| --- | --- | --- | --- | --- |
| 32.2 | Claus Nerhagen | 59 | Råholt | 10.09.1972 |

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

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| 60.9 | Raymond Trondsen | 47 | Råholt | 06.09.1972 |
| 62.9 | Nils Kristen Wiig | 43 | Lillestrøm | 20.08.1972 |
| 63.9 | Finn Ugletveit | 49 | Lillestrøm | 20.08.1972 |

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

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| 10:20.2 | Bjørn Rommen | 43 | Jessheim | 25.08.1972 |
| 10:20.4 | Jan Rustad | 40 | Jessheim | 25.08.1972 |
| 10:24.4 | Arne Luke | 44 | Jessheim | 25.08.1972 |
| 10:25.0 | Raymond Trondsen | 47 | Jessheim | 25.08.1972 |
| 10:30.6 | Jon Martin Samuelsen | 53 | Jessheim | 25.08.1972 |
| 10:35.8 | Odd Kinnsbekken | 48 | Jessheim | 25.08.1972 |
| 10:43.8 | Odd Arne Døskeland | 44 | Jessheim | 25.08.1972 |
| 11:11.8 | Egil Ødemark | 41 | Jessheim | 25.08.1972 |
| 11:34.8 | Roar Kristiansen | 46 | Jessheim | 25.08.1972 |

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| **MENN SENIOR 1972** | **226** |

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| **3000m hinder 91.4 cm forts.** |  |

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| 11:38.6 | Kristoffer Stanger | 33 | Jessheim | 25.08.1972 |
| 11:47.0 | Håvard Uhlen | 49 | Jessheim | 25.08.1972 |
| 11.56.0 | Svein Skolt | 25 | Jessheim | 25.08.1972 |
| 12:06.0 | Kjell Jørgensen | 50 | Jessheim | 25.08.1972 |
| 12:33.0 | Øystein Jørgensen | 47 | Jessheim | 25.08.1972 |
| 12:28.4 | Sten Melbye | 31 | Jessheim | 25.08.1972 |
| 13:06.4 | Kristen Nygaard | 26 | Jessheim | 25.08.1972 |
| 13:45.0 | Øivind Mangerud | 48 | Jessheim | 25.08.1972 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:13:00 | Bjørn Rommen | 43 | Jessheim | 15.10.1972 |
| 1:18:30 | Raymond Trondsen | 47 | Jessheim | 15.10.1972 |
| 1:28:08 | Håvard Uhlen | 39 | Jessheim | 15.10.1972 |
| 1:28:40 | Odd Kinnsbekken | 48 | Jessheim | 15.10.1972 |
| 1:32:17 | Gudmund Ølstørn | 40 | Jessheim | 15.10.1972 |
| 1:32:24 | Kristoffer Stanger | 33 | Jessheim | 15.10.1972 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.55 | Raymond Trondsen | 47 | Lillestrøm | 19.06.1972 |
| 1.55 | Finn Ugletveit | 49 | Lillestrøm | 19.06.1972 |
| 1.20 | Jon Ranklev Hansson | 60 | Råholt | 10.09.1972 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.62 | Nils Kristen Wiig | 43 | Råholt | 06.09.1972 |
| 2.62 | Raymond Trondsen | 47 | Råholt | 06.09.1972 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.80 | Leif Spjeld | 40 | Jessheim | 06.10.1972 |
| 5.78 | Arve Bogstad | 41 | Jessheim | 06.10.1972 |
| 5.54 | Gudmund Bekkedal | 50 | Lillestrøm | 19.08.1972 |
| 5.51 | Finn Ugletveit | 49 | Lillestrøm | 19.08.1972 |
| 5.10 | Claus Nerhagen | 59 | Nadderud | 02.07.1972 |
| 4.82 | Stein Vik Strandli | 58 | Råholt | 09.09.1972 |
| 4.52 | Frode Bekken | 59 | Nannestad | 07.07.1972 |
| 4.52 | Kjell Arild Johansen | 58 | Jessheim | 01.10.1972 |
| 4.46 | John Backe-Bogstad | 61 | Jessheim | 15.06.1972 |
| 4.31 | Arvid Ranklev Hansson | 60 | Råholt | 09.09.1972 |
| 4.23 | Jon Henriksen | 60 | Nannestad | 07.07.1972 |
| 3.86 | Arve Gismervik | 61 | Nannestad | 07.07.1972 |

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| **MENN SENIOR 1972** | **227** |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.49 | Raymond Trondsen | 47 | Rolvsrud | 15.08.1972 |
| 11.63 | Nils Kristen Wiig | 43 | Rolvsrud | 15.08.1972 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.10 | Claus Nerhagen | 59 | Råholt | 10.09.1972 |
| 9.48 | Stein Vik-Strandli | 58 | Jessheim | 28.06.1972 |
| 8.78 | Frode Bekken | 59 | Jessheim | 28.06.1972 |
| 7.37 | Arvid Ranklev Hansson | 60 | Jessheim | 25.06.1972 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.48 | Stein Vik-Strandli | 58 | Jessheim | 25.06.1972 |
| 8.42 | Claus Nerhagen | 59 | Strømmen | 17.06.1972 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.79 | Finn Ugletveit | 49 | Jessheim | 06.10.1972 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 28.38 | Leif Spjeld | 40 | Jessheim | 06.10.1972 |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 25.86 | Leif Spjeld | 40 | Lillestrøm | 19.06.1972 |
| 18.16 | Finn Ugletveit | 49 | Lillestrøm | 19.06.1972 |

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

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| 24.80 | Claus Nerhagen | 59 | Råholt | 10.09.1972 |

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

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| --- | --- | --- | --- | --- |
| 47.90 | Ivar Skedsmo | 55 | Strømmen | 01.09.1972 |
| 45.76 | Raymond Trondsen | 47 | Rolvsrud | 15.08.1972 |
| 44.92 | Finn Ugletveit | 49 | Rolvsrud | 15.08.1972 |

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| **Liten ball 150 g** |  |

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| 42.08 | Arvid Ranklev Hansson | 60 | Råholt | 10.09.1972 |
| 38.50 | Arve Gismervik | 61 | Råholt | 10.09.1972 |
| 37.58 | Jon Henriksen | 60 | Råholt | 10.09.1972 |

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| **MENN SENIOR 1972** | **228** |

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

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| --- | --- | --- | --- | --- |
| 2010 | Frode Bekken | 59 | Jessheim | 28.06.1972 |
| ? | | | |
| 1758 | Stein Vik-Strandli | 58 | Jessheim | 28.06.1972 |
| ? | | | |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 47.3 |  |  | Råholt | 30.08.1972 |
| ? | | | |
| 54.5 | G13-14 |  | Løken | 16.06.1972 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:45.4 |  |  | Råholt | 30.08.1972 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:11.2 |  |  | Råholt | 30.08.1972 |
| Odd Arild Døskeland48-Harald Lindstrøm54-Arne Luke44-Raymond Trondsen47 | | | |
| 17:46.1 |  |  | Rolvsrud | 15.08.1972 |
| Odd Arild Døskeland48-Harald Lindstrøm54-Arne Luke44-Raymond Trondsen47 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:10.4 |  |  | Lillestrøm | 20.08.1972 |
| ? | | | |

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| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.02 | Jon Henriksen | 60 | Lillestrøm/Pl | 19.02.1972 |
| 3.82 | Arvid Hansen | 60 | Lillestrøm/Pl | 19.02.1972 |

|  |  |
| --- | --- |
| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.98 | Frode Bekken | 59 | Lillestrøm/Pl | 19.02.1972 |

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| **MENN SENIOR 1972** | **229** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.16 | Frode Bekken | 59 | Skjetten/St | 12.03.1972 |
| 2.08 | Jon Henriksen | 60 | Skjetten/St | 12.03.1972 |
| 1.98 | Jon Kvarme | 61 | Slketten/St | 12.03.1972 |
| 1.96 | Arvid Ranklev Hansson | 60 | Skjetten/St | 12.03.1972 |

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| **KVINNER SENIOR 1972** | **230** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.8 | Gry Vera Gjevert | 60 | Strømmen | 18.06.1972 |
| 9.3 | Torill Henriksen | 61 | Lørenfallet | 13.06.1972 |
| 9.4 | Bente Henriksen | 59 | Nannestad | 11.08.1972 |
| 9.6 | Anne-Lise Opheim | 59 | Strømmen | 10.09.1972 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.0 | Anne-Lise Opheim | 59 | Strømmen | 18.06.1972 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.9 | Inger Anne Nerhagen | 57 | Strømmen | 18.06.1972 |
| 15.2 | Anne-Lise Opheim | 59 | Strømmen | 09.09.1972 |
| 15.7 | Gry Vera Gjevert | 60 | Strømmen | 09.09.1972 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.0 | Inger Anne Nerhagen | 57 | Strømmen | 10.09.1972 |
| 31.2 | Kari Wang | 56 | Strømmen | 10.09.1972 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:48.7 | Karin Kvamme | 58 | Lørenfallet | 13.06.1972 |
| 1:56.9 | Bente Henriksen | 59 | Lørenfallet | 13.06.1972 |
| 2:05.0 | Torill Henriksen | 61 | Lørenfallet | 13.06.1972 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:43.4 | Inger Anne Nerhagen | 57 | Strømmen | 10.09.1972 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.68 | Anne Mette Olsen | 54 | Lillestrøm | 19.08.1972 |
| 1.55 | Tove Dønnum Jensen | 40 | Lillestrøm | 19.08.1972 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.77 | Anne Mette Olsen | 54 | Lillestrøm | 20.08.1972 |
| 4.05 | Kari Wang | 56 | Strømmen | 09.09.1972 |
| 3.94 | Inger Anne Nerhagen | 57 | Strømmen | 18.06.1972 |
| 3.61 | Torill Henriksen | 61 | Strømmen | 09.09.1972 |

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| **KVINNER SENIOR 1972** | **231** |

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

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| --- | --- | --- | --- | --- |
| 10.27 | Astrid Willersrud | 42 | Jessheim | 01.10.1972 |
| 9.18 | Tove Dønnum Jensen | 40 | Jessheim | 01.10.1972 |
| 6.27 | Kari Wang | 56 | Strømmen | 09.09.1972 |

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

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| --- | --- | --- | --- | --- |
| 31.68 | Astrid Willersrud | 42 | Jessheim | 01.10.1972 |
| 28.50 | Tove Dønnum Jensen | 40 | Jessheim | 14.07.1972 |

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| **INNENDØRS** |  |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.58 | Anne Mette Olsen | 54 | Fredrikstad/Ko | 22.01.1972 |

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| **MENN SENIOR 1973** | **232** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.2 | Claus Nerhagen | 59 | Oslo/Bi | 24.05.1973 |
| 8.2 | Frode Bekken | 59 | Oslo/Bi | 08.06.1973 |
| 8.8 | Jon Henriksen | 60 | Lillestrøm | 18.06.1973 |
| 9.6 | Pål Vik-Strandli | 62 | Lillestrøm | 18.06.1973 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.8 | Ivar Opsahl | 47 | Oslo/La | 27.05.1973 |
| 12.0 | Kåre Gismervik | 57 | Strømmen | 17.06.1973 |
| 12.0 | Odd Kristiansen | 47 | Lillestrøm | 18.06.1973 |
| 12.0 | Stein Vik-Strandli | 58 | Lillestrøm | 18.06.1973 |
| 12.3 | Raymond Trondsen | 47 | Lørenfallet | 30.09.1973 |
| 12.8 | Claus Nerhagen | 59 | Strømmen | 17.06.1973 |
| 13.0 | John Mikalsen | 57 | Strømmen | 17.06.1973 |
| 13.1 | Frode Bekken | 59 | Lillestrøm | 22.06.1973 |
| 14.2 | Per Jota | 59 | Lillestrøm | 22.06.1973 |
| 14.2 | Jon Henriksen | 60 | Lørenfallet | 30.09.1973 |
| 14.4 | John Backe-Bogstad | 61 | Lillestrøm | 22.06.1973 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 24.6 | Odd Kristiansen | 47 | Lillestrøm | 09.09.1973 |
| 25.1 | Kåre Gismervik | 57 | Lillestrøm | 22.06.1973 |
| 25.3 | Stein Vik-Strandli | 58 | Lillestrøm | 22.06.1973 |
| 26.1 | Claus Nerhagen | 59 | Lillestrøm | 26.08.1973 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 53.1 | Raymond Trondsen | 47 | Moss/Me | 22.08.1973 |
| 56.0 | Kåre Gismervik | 57 | Lillestrøm | 04.10.1973 |
| 56.9 | Claus Nerhagen | 59 | Oslo/Bi | 09.06.1973 |
| 56.9 | Stein Vik-Strandli | 58 | Lillestrøm | 04.10.1973 |
| 57.0 | Ivar Opsahl | 47 | Lillestrøm | 14.09.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:31.5 | Claus Nerhagen | 59 | Arendal | 08.07.1973 |
| 1:33.4 | Kåre Gismervik | 57 | Oslo/Bi | 24.05.1973 |
| 1:34.9 | Stein Vik-Strandli | 58 | Strømmen | 17.06.1973 |
| 1:36.7 | John Mikalsen | 57 | Oslo/Bi | 24.05.1973 |
| 1:44.0 | Jon Henriksen | 60 | Lillestrøm | 22.06.1973 |
| 1:44.7 | Geir Austberg | 59 | Oslo/Bi | 25.05.1973 |
| 1:49.6 | Kjell Arne Johansen | 58 | Blaker/Br | 23.09.1973 |

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| **MENN SENIOR 1973** | **233** |

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

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| --- | --- | --- | --- | --- |
| 1:58.1 | Raymond Trondsen | 47 | Nadderud | 27.08.1973 |
| 1:59.4 | Harald Lindstrøm | 54 | Oslo/Bi | 07.16.1973 |
| 2:01.8 | Odd Arild Døskeland | 44 | Nadderud | 27.08.1973 |

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| **1500m** |  |

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| 4:11.8 | Odd Arild Døskeland | 44 | Moss/Me | 27.08.1973 |
| 4:16.0 | Harald Lindstrøm | 54 | Rolvsrud | 08.09.1973 |
| 5:15.9 | Ivar Opsahl | 47 | Lillestrøm | 15.09.1973 |

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

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| --- | --- | --- | --- | --- |
| 15:56.0 | Raymond Trondsen | 47 | Jessheim | 16.06.1973 |
| 16:19.6 | Bjørn Rommen | 43 | Jessheim | 16.06.1973 |
| 16:30.4 | Jon Martin Samuelsen | 53 | Jessheim | 16.06.1973 |
| 16:52.8 | Håvard Uhlen | 39 | Jessheim | 16.06.1973 |
| 17:03.8 | Arne Luke | 44 | Jessheim | 16.06.1973 |
| 17:32.4 | Ole Skolt | 53 | Jessheim | 16.06.1973 |
| 17:32.4 | Egil Ødemark | 41 | Jessheim | 16.06.1973 |
| 17:40.0 | Harald Lindstrøm | 54 | Jessheim | 16.06.1973 |
| 17:44.2 | Odd Kinnsbekken | 48 | Jessheim | 16.06.1973 |
| 18:01.8 | Kjell Carlsson | 44 | Jessheim | 16.06.1973 |
| 18:06.6 | Gundmund Ølstørn | 40 | Jessheim | 16.06.1973 |
| 18:24.0 | Svein Skolt | 25 | Jessheim | 16.06.1973 |
| 18:26.0 | Kristoffer Stanger | 33 | Jessheim | 16.06.1973 |
| 18:56.0 | Sten Melbye | 31 | Jessheim | 16.06.1973 |
| 19:38.2 | Per Neskleiv | 36 | Jessheim | 16.06.1973 |
| 19:51.2 | Øystein Jørgensen | 47 | Jessheim | 16.06.1973 |

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

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| 18.5 | Ivar Opsahl | 47 | Lillestrøm | 15.09.1973 |
| 19.8 | Nils Kristen Wiig | 43 | Lillestrøm | 15.09.1973 |

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

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| --- | --- | --- | --- | --- |
| 29.3 | Odd Kristiansen | 47 | Jessheim | 27.07.1973 |

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

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| --- | --- | --- | --- | --- |
| 64.3 | Nils Kristen Wiig | 43 | Rolvsrud | 29.08.1973 |
| 65.9 | Finn Ugletveit | 49 | Rolvsrud | 29.08.1973 |

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| **MENN SENIOR 1973** | **234** |

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

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| --- | --- | --- | --- | --- |
| 10:15.2 | Bjørn Rommen | 43 | Jessheim | 25.08.1973 |
| 10:16.2 | Raymond Trondsen | 47 | Jessheim | 21.09.1973 |
| 10:30.0 | Jon Martin Samuelsen | 53 | Jessheim | 25.08.1973 |
| 10:40.2 | Harald Lindstrøm | 54 | Jessheim | 21.09.1973 |
| 10:46.4 | Arne Luke | 44 | Jessheim | 25.08.1973 |
| 11:01.2 | Ole Skolt | 53 | Jessheim | 25.08.1973 |
| 11.13.8 | Egil Ødemark | 41 | Jessheim | 21.09.1973 |
| 11:28.6 | Kjell Carlsson | 44 | Jessheim | 25.08.1973 |
| 11:32.8 | Odd Kinnsbekken | 48 | Jessheim | 25.08.1973 |
| 11:31.2 | Gudmund Ølstørn | 40 | Jessheim | 25.08.1973 |
| 11:34.2 | Kristoffer Stanger | 33 | Jessheim | 25.08.1973 |
| 11:52.2 | Sten Melbye | 31 | Jessheim | 25.08.1973 |
| 12:11.0 | Svein Skolt | 25 | Jessheim | 25.08.1973 |
| 12:33.4 | Per Neskleiv | 36 | Jessheim | 25.08.1973 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:11.17 | Bjørn Rommen | 43 | Jessheim | 14.10.1973 |
| 1:17:17 | Raymond Trondsen | 47 | Sørum | 21.10.1973 |
| 1:23:22 | Egil Ødemark | 41 | Jessheim | 14.10.1973 |
| 1:23:45 | Ole Skolt | 53 | Jessheim | 14.10.1973 |
| 1:23:51 | Harald Lindstrøm | 54 | Jessheim | 14.10.1973 |
| 1:30:35 | Kristoffer Stanger | 33 | Jessheim | 14.10.1973 |
| 1:31:12 | Håvard Uhlen | 39 | Jessheim | 14.10.1973 |
| 1:31:57 | Per Neskleiv | 36 | Jessheim | 14.10.1973 |
| 1:48:57 | Øystein Jørgensen | 47 | Jessheim | 14.10.1973 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Ivar Opsahl | 47 | Lillestrøm | 14.09.1973 |
| 1.60 | Odd Kristiansen | 47 | Jessheim | 06.10.1973 |
| 1.50 | Claus Nerhagen | 59 | Lillestrøm | 22.06.1973 |
| 1.45 | Kåre Gismervik | 57 | Lillestrøm | 18.06.1973 |
| 1.25 | Geir Austberg | 59 | Lillestrøm | 18.06.1973 |
| 1.25 | John Backe-Bogstad | 61 | Lillestrøm | 18.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.30 | Ivar Opsahl | 47 | Lillestrøm | 15.09.1973 |
| 2.00 | Nils Kristen Wiig | 43 | Rolvsrud | 29.08.1973 |

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| **MENN SENIOR 1973** | **235** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.95 | Odd Kristiansen | 47 | Lillestrøm | 14.09.1973 |
| 5.67 | Ivar Opsahl | 47 | Lillestrøm | 14.09.1973 |
| 5.38 | Claus Nerhagen | 59 | Lørenfallet | 30.09.1973 |
| 5.00 | Kjell Arild Johansen | 58 | Lørenfallet | 30.09.1973 |
| 4.39 | John Backe-Bogstad | 61 | Jessheim | 29.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.07 | Raymond Trondsen | 47 | Lillestrøm | 07.10.1973 |
| 11.63 | Finn Ugletveit | 47 | Lillestrøm | 07.10.1973 |

|  |  |
| --- | --- |
| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.72 | John Backe Bogstad | 61 | Lillestrøm | 18.06.1973 |
| 7.41 | Jon Henriksen | 60 | Jessheim | 29.06.1973 |

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

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| --- | --- | --- | --- | --- |
| 10.72 | Claus Nerhagen | 59 | Lillestrøm | 14.09.1973 |

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

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| --- | --- | --- | --- | --- |
| 10.87 | Ivar Opsahl | 47 | Lillestrøm | 14.09.1973 |
| 10.18 | Finn Ugletveit | 49 | Jessheim | 29.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.58 | Odd Kristiansen | 47 | Jessheim | 08.10.1973 |
| 28.96 | Ivar Opsahl | 47 | Lillestrøm | 15.09.1973 |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 24.16 | Leif Spjeld | 40 | Strømmen | 20.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.90 | Claus Nerhagen | 59 | Lillestrøm | 22.06.1973 |
| 25.14 | Kåre Gismervik | 57 | Lillestrøm | 22.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.94 | Ivar Opsahl | 47 | Jessheim | 08.06.1973 |
| 42.96 | Finn Ugletveit | 49 | Rolvsrud | 08.09.1973 |
| 42.70 | Raymond Trondsen | 47 | Rolvsrud | 08.09.1973 |

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| **MENN SENIOR 1973** | **236** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5333 | Ivar Opsahl | 47 | Lillestrøm | 14-15.09.1973 |
| 11.8-5.67-10.87-1.75-57.0/18.5-28.96-3.30-44.40-5:15.9 | | | |

|  |  |
| --- | --- |
| **4x200m** |  |

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| --- | --- | --- | --- | --- |
| 1:45.5 |  |  | Jessheim | 21.09.1973 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:47.3 |  |  | Lillestrøm | 09.09.1973 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:30.0 |  |  | Lillestrøm | 09.09.1973 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:14.6 |  |  | Jessheim | 21.09.1973 |
| ? | | | |

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| --- | --- |
| **KVINNER SENIOR 1973** | **237** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.8 | Gry Vera Gjevert | 60 | Kløfta | 22.06.1973 |
| 9.9 | Anniken Lunder | 62 | Kløfta | 22.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.1 | Inger Anne Nerhagen | 57 | Jessheim | 29.06.1973 |
| 14.6 | Anniken Lunder | 62 | Jessheim | 29.06.1973 |
| 14.7 | Gry Vera Gjevert | 60 | Kløfta | 23.06.1973 |

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

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| --- | --- | --- | --- | --- |
| 65.1 | Inger Anne Nerhagen | 57 | Oslo/Bi | 07.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:46.0 | Inger Anne Nerhagen | 57 | Lillestrøm | 12.08.1973 |
| 1:54.8 | Torill Henriksen | 61 | Kløfta | 23.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:28.3 | Inger Anne Nerhagen | 57 | Oslo/Jo | 13.06.1973 |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.48 | Tove Dønnum Jensen | 40 | Rolvsrud | 08.09.1973 |

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

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| --- | --- | --- | --- | --- |
| 4.14 | Inger Anne Nerhagen | 57 | Kløfta | 22.06.1973 |

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

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| --- | --- | --- | --- | --- |
| 25.20 | Tove Dønnum Jensen | 40 | Rolvsrud | 08.09.1973 |

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| **MENN SENIOR 1974** | **238** |

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

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| --- | --- | --- | --- | --- |
| 8.5 | Trond Ørbech | 62 | Lørenfallet | 03.09.1974 |
| 8.8 | Jens Ludvig Sundbø | 59 | Lørenfallet | 03.09.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.8 | Ivar Opsahl | 47 | Lillestrøm | 02.09.1974 |
| 11.8 | Stein Vik-Strandli | 58 | Oslo/Tr | 10.06.1974 |
| 12.2 | Kåre Gismervik | 57 | Strømmen | 11.09.1974 |
| 12.7 | Claus Nerhagen | 59 | Rolvsrud | 09.06.1974 |
| 14.1 | John Backe-Bogstad | 61 | Dombås | 31.07.1974 |
| 15.2 | Arne Gismervik | 61 | Lillestrøm | 05.08.1974 |

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

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| --- | --- | --- | --- | --- |
| 24.5 | Stein Vik-Strandli | 58 | Strømmen | 15.06.1974 |
| 24.7 | Kåre Gismervik | 57 | Råholt | 19.06.1974 |
| 24.9 | Ivar Opsahl | 47 | Råholt | 19.06.1974 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 53.0 | Raymond Trondsen | 47 | Oslo/Bi | 15.05.1974 |
| 55.1 | Claus Nerhagen | 59 | Oslo/Bi | 03.10.1974 |
| 55.3 | Arve Bogstad | 41 | Ås | 31.08.1974 |
| 55.9 | Kåre Gismervik | 57 | Oslo/Bi | 21.05.1974 |
| 56.6 | Stein Vik-Strandli | 58 | Oslo/Bi | 21.05.1974 |
| 58.8 | Ivar Opsahl | 47 | Rolvsrud | 24.08.1974 |
| 59.9 | Jon Mikalsen | 57 | Oslo/Bi | 21.05.1974 |
| 60.1 | Kjell Arild Johansen | 58 | Oslo/Bi | 21.05.1974 |
| 60.4 | John Backe-Bogstad | 61 | Oslo/Bi | 04.09.1974 |

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| **600m** |  |

|  |  |  |  |  |
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| 1:28.3 | Claus Nerhagen | 59 | Oslo/Bi | 27.05.1974 |
| 1:33.6 | John Backe-Bogstad | 61 | Oslo/Bi | 31.08.1974 |
| 1:41.2 | Rune Jota | 59 | Oslo/Bi | 27.05.1974 |
| 1:44.1 | Jon Henriksen | 60 | Strømmen | 11.09.1974 |
| 1:48.7 | Arne Gismervik | 61 | Strømmen | 11.09.1974 |
| 1:50.5 | Kåre Svensson | 62 | Strømmen | 11.09.1974 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:54.5 | Raymond Trondsen | 47 | Oslo/Bi | 06.08.1974 |
| 1:57.6 | Harald Lindstrøm | 54 | Oslo/Bi | 13.09.1974 |
| 2:07.1 | Claus Nerhagen | 59 | Lillestrøm | 10.08.1974 |
| 2:11.8 | Arve Bogstad | 41 | Ås | 01.09.1974 |
| 2:12.2 | John Backe Bogstad | 61 | Oslo/Bi | 19.09.1974 |
| **MENN SENIOR 1974** | | **239** | | |

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| **1000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:38.4 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1974 |
| 2:52.5 | Claus Nerhagen | 59 | Oslo/Bi | 04.10.1974 |
| 2:54.6 | John Backe-Bogstad | 61 | Jessheim | 06.10.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:56.4 | Harald Lindstrøm | 54 | Oslo/Bi | 03.09.1974 |
| 4:10.7 | Øivind Kjørmo | 56 | Oslo/Bi | 15.05.1974 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/Bi | 05.09.1974 |
| 8:59.4 | Raymond Trondsen | 47 | Oslo/Bi | 05.09.1974 |
| 9:01.6 | Øivind Kjørmo | 56 | Oslo/Bi | 27.05.1974 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 15:55.6 | Øivind Kjørmo | 56 | Rolvsrud | 03.07.1974 |
| 16:01.8 | Inge Bråthen | 48 | Jessheim | 12.06.1974 |
| 16:29.0 | Bjørn Rommen | 43 | Jessheim | 12.06.1974 |
| 17:45.0 | Arne Gulbrandsen | 44 | Jessheim | 12.06.1974 |
| 17:51.2 | Håvard Uhlen | 39 | Jessheim | 12.06.1974 |
| 17:55.6 | Torgeir Sørum | 45 | Jessheim | 12.06.1974 |
| 18:09.0 | Kjell Carlson | 44 | Jessheim | 12.06.1974 |
| 18:16.4 | Kristen Langbakk | 39 | Jessheim | 12.06.1974 |
| 18:18.0 | Gudmund Ølstørn | 40 | Jessheim | 12.06.1974 |
| 18:22.6 | Arne Luke | 44 | Jessheim | 12.06.1974 |
| 18:52.2 | Kristoffer Stanger | 33 | Jessheim | 12.06.1974 |
| 18:54.8 | Sverre Lauten | 53 | Jessheim | 12.06.1974 |
| 18:57.4 | Arve Bogstad | 41 | Jessheim | 12.06.1974 |
| 19:14.0 | Svein Skolt | 25 | Jessheim | 12.06.1974 |
| 20:08.4 | Øystein Jørgensen | 47 | Jessheim | 12.06.1974 |
| 20:17.4 | Håkon Amundstad | 24 | Jessheim | 12.06.1974 |
| 20:31.8 | Inge Sesseng | 54 | Jessheim | 12.06.1974 |
| 20:42.2 | Kjell Nakstad | 44 | Jessheim | 12.06.1974 |
| 21:07.6 | Arne Kristina Aas | 29 | Jessheim | 12.06.1974 |
| 21:21.4 | Ivar Opsahl | 47 | Jessheim | 12.06.1974 |
| 21:52.4 | Oddmund Teigen | 35 | Jessheim | 12.06.1974 |

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

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| 17.5 | Ivar Opsahl | 47 | Rolvsrud | 25.08.1974 |
| 21.9 | Torgeir Sørum | 45 | Råholt | 19.06.1974 |

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| **MENN SENIOR 1974** | **240** |

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

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| --- | --- | --- | --- | --- |
| 62.2 | Raymond Trondsen | 47 | Rolvsrud | 10.09.1974 |

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

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| --- | --- | --- | --- | --- |
| 9:42.6 | Harald Lindstrøm | 54 | Jessheim | 23.08.1974 |
| 9:56.6 | Raymond Trondsen | 47 | Jessheim | 23.08.1974 |
| 10:18.2 | Bjørn Rommen | 43 | Jessheim | 23.08.1974 |
| 10:25.2 | Inge Bråthen | 48 | Jessheim | 23.08.1974 |
| 10:35.0 | Arne Gulbrandsen | 44 | Jessheim | 23.08.1974 |
| 10:38.6 | Jon Martin Samuelsen | 53 | Jessheim | 23.08.1974 |
| 11:05.9 | Arne Luke | 44 | Jessheim | 23.08.1974 |
| 11:20.8 | Bjørn Egil Hytjan | 56 | Jessheim | 23.08.1974 |
| 11:25.4 | Torgeir Sørum | 45 | Jessheim | 23.08.1974 |
| 11:28.6 | Kristen Langbakk | 39 | Jessheim | 23.08.1974 |
| 11:37.4 | Sverre Lauten | 53 | Jessheim | 23.08.1974 |
| 11:46.0 | Kjell Carlson | 44 | Jessheim | 23.08.1974 |
| 11:48.8 | Gudmund Ølstørn | 40 | Jessheim | 23.08.1974 |
| 12:08.4 | Svein Skolt | 25 | Jessheim | 23.08.1974 |
| 12:11.8 | Egil Ødemark | 41 | Jessheim | 23.08.1974 |
| 12:59.6 | Øystein Jørgensen | 47 | Jessheim | 23.08.1974 |
| 13:26.0 | Arne Kristian Aas | 29 | Jessheim | 23.08.1974 |
| 13:38.8 | Kjell Nakstad | 44 | Jessheim | 23.08.1974 |
| 13:39.6 | Ivar Opsahl | 47 | Jessheim | 23.08.1974 |
| 14:01.2 | Oddmund Teigen | 35 | Jessheim | 23.08.1974 |
| 14:13.8 | Martin Molnes | 35 | Jessheim | 23.08.1974 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:10:52 | Øivind Kjørmo | 56 | Jessheim | 13.10.1974 |
| 1:11:21 | Bjørn Rommen | 43 | Jessheim | 13.10.1974 |
| 1:16.14 | Arne Gulbrandsen | 44 | Jessheim | 13.10.1974 |
| 1:21:14 | Arne Luke | 44 | Jessheim | 13.10.1974 |
| 1:18:01 | Kristen Langbakk | 39 | Jessheim | 13.10.1974 |
| 1:28:45 | Egil Ødemark | 41 | Jessheim | 13.10.1974 |
| 1:31:52 | Håkon Amundstad | 24 | Jessheim | 13.10.1974 |
| 1:33:10 | Kjell Nakstad | 44 | Jessheim | 13.10.1974 |
| 1:33:46 | Kristoffer Stanger | 33 | Jessheim | 13.10.1974 |
| 1:37:36 | Arne Kristian Aas | 27 | Jessheim | 13.10.1974 |
| 1:51:38 | Martin Molnes | 39 | Jessheim | 13.10.1974 |

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| **MENN SENIOR 1974** | **241** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.80 | Ivar Opsahl | 47 | Råholt | 19.06.1974 |
| 1.60 | Arvid Bårslistuen | 55 | Årnes | 09.06.1974 |
| 1.55 | Claus Nerhagen | 59 | Lillestrøm | 11.08.1974 |
| 1.50 | John Backe-Bogstad | 61 | Strømmen | 11.09.1974 |
| 1.30 | Dag Brokke | 62 | Strømmen | 11.09.1974 |
| 1.20 | Harald Rønåsen | 63 | Strømmen | 11.09.1974 |

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| **Stav** |  |

|  |  |  |  |  |
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| 3.20 | Ivar Opsahl | 47 | Rolvsrud | 25.08.1974 |
| 2.50 | Raymond Trondsen | 47 | Råholt | 19.06.1974 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.87 | Raymond Trondsen | 47 | Lillestrøm | 07.08.1974 |
| 5.69 | Kåre Gismervik | 57 | Lørenfallet | 03.09.1974 |
| 5.43 | Ivar Opsahl | 47 | Rolvsrud | 24.08.1974 |
| 4.75 | Kjell Arild Johansen | 58 | Lørenfallet | 03.09.1974 |
| 4.57 | John Backe-Bogstad | 61 | Lillestrøm | 11.08.1974 |
| 3.76 | Jens Ludvig Sundbø | 59 | Gardermoen | 14.06.1974 |
| 3.75 | Roar Vinjum | 62 | Gardermoen | 14.06.1974 |
| 3.74 | Dag Brokke | 62 | Gardermoen | 14.06.1974 |
| 3.70 | Leif Tofterud | 59 | Gardermoen | 14.06.1974 |

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| **Tresteg** |  |

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| 10.96 | Ivar Opsahl | 47 | Rolvsrud | 22.09.1974 |

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| **Kule 3 kg** |  |

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| 8.00 | John Backe-Bogstad | 61 | Nesodden | 01.07.1974 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.18 | Frank Simonsen | 58 | Lørenfallet | 03.09.1974 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.87 | Ivar Opsahl | 47 | Lillestrøm | 07.09.1974 |
| 9.49 | Finn Myrvold | 49 | Lillestrøm | 07.09.1974 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 31.20 | Ivar Opsahl | 47 | Rolvsrud | 25.08.1974 |

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| **MENN SENIOR 1974** | **242** |

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| **Slegge 7.26 kg** |  |

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| 47.82 | Sverre Strandli | 25 | Ås | 31.08.1974 |
| 23.58 | Ivar Opsahl | 47 | Lillestrøm | 08.09.1974 |
| 22.92 | Leif Spjeld | 40 | Råholt | 19.06.1974 |
| 21.98 | Finn Myrvold | 49 | Råholt | 19.06.1974 |
| 14.20 | Arve Bogstad | 41 | Råholt | 19.06.1974 |

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

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| 46.89 | Frank Simonsen | 58 | Gardermoen | 14.06.1974 |
| 34.42 | Claus Nerhagen | 59 | Strømmen | 11.09.1974 |
| 20.64 | John Backe-Bogstad | 61 | Løken | 14.09.1974 |

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

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| 45.60 | Ivar Opsahl | 47 | Råholt | 25.08.1974 |
| 42.56 | Raymond Trondsen | 47 | Råholt | 25.08.1974 |

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

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| --- | --- | --- | --- | --- |
| 29.00 | Trond Ørbeck | 62 | Gardermoen | 14.06.1974 |
| 26.00 | Karl Morten Nygård | 62 | Gardermoen | 14.06.1974 |
| 22.00 | Per Arne Olsen | 62 | Gardermoen | 14.06.1974 |
| 18.50 | Johan Lauritsen | 62 | Gardermoen | 14.06.1974 |
| 17.00 | Roar Vinjum | 62 | Gardermoen | 14.06.1974 |

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| **Liten ball 150 g** |  |

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| 69.70 | Claus Nerhagen | 59 | Jessheim | 06.10.1074 |
| 55.20 | Trond Ørbeck | 62 | Løken | 14.09.1974 |
| 52.62 | John Backe-Bogstad | 61 | Løken | 14.09.1974 |

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

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| --- | --- | --- | --- | --- |
| 5301 | Ivar Opsahl | 47 | Rolvsrud | 24-25.08.1974 |
| 12.0-5.43-11.23-1.80-58.8/17.5-31.20-3.20-45.60-5:27.4 | | | |

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| **4x60m M** |  |

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| 42.4 | G11-12 |  | Jessheim | 07.06.1974 |
| ? | | | |

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| **MENN SENIOR 1974** | **243** |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 49.4 | G17-18 |  | Jessheim | 07.06.1974 |
| ? | | | |
| 58.8 | G13-14 |  | Jessheim | 07.06.1974 |
| ? | | | |

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| **4x200m** |  |

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| --- | --- | --- | --- | --- |
| 1:38.4 |  |  | Jessheim | 18.09.1974 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:43.2 |  |  | Lørenfallet | 04.06.1974 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:09.4 |  |  | Jessheim | 18.09.1974 |
| ? | | | |

|  |  |  |  |  |
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| 2:16.1 | G17-18 |  | Jessheim | 07.06.1974 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| 1.35 | Ivar Opsahl | 47 | Lillestrøm/Kj | 16.03.1974 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.89 | Ivar Opsahl | 47 | Lillestrøm/Kj | 16.03.1974 |

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| **KVINNER SENIOR 1974** | **244** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.1 | Marian Andersen | 60 | Kløfta | 04.09.1974 |
| 9.1 | Hilde Verpe | 63 | Kløfta | 04.09.1974 |
| 9.3 | Hilde Sørensen | 61 | Kløfta | 04.09.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.2 | Marian Andersen | 60 | Lillestrøm | 14.08.1974 |
| 14.5 | Anne Beate Kogstad | 63 | Jessheim | 11.09.1974 |
| 14.7 | Inger Anne Nerhagen | 57 | Dombås | 31.07.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.9 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |

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

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| --- | --- | --- | --- | --- |
| 66.7 | Inger Anne Nerhagen | 57 | Lillestrøm | 28.07.1974 |
| 68.0 | Torill Henriksen | 61 | Lillestrøm | 28.07.1974 |

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

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| --- | --- | --- | --- | --- |
| 1:49.1 | Torill Henriksen | 61 | Rolvsrud | 08.06.1974 |

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

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| --- | --- | --- | --- | --- |
| 2:30.9 | Inger Anne Nerhagen | 57 | Rolvsrud | 03.07.1974 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.25 | Eli Jensen | 62 | Jessheim | 11.09.1974 |
| 1.10 | Anne Lise Sundbø | 63 | Jessheim | 11.09.1974 |
| 1.05 | Britt Scheie | 63 | Gardermoen | 14.06.1974 |
| 1.05 | Hildegunn Bjerkan | 63 | Gardermoen | 14.06.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.11 | Hilde Verpe | 63 | Kløfta | 04.09.1974 |
| 3.95 | Anne Beate Kogstad | 63 | Kløfta | 04.09.1974 |
| 3.94 | Gro Verpe | 62 | Kløfta | 04.09.1974 |
| 3.90 | Eli Jensen | 62 | Gardermoen | 14.06.1974 |
| 3.70 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |
| 3.42 | Nina Brandvold | 63 | Gardermoen | 14.06.1974 |

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| **KVINNER SENIOR 1974** | **245** |

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| **Kule 4 kg** |  |

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| 8.31 | Tove Dønnum Jensen | 40 | Råholt | 25.08.1974 |
| 7.74 | Runa Nordahl | 56 | Blaker/Br | 13.06.1974 |
| 6.52 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |

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

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| 41.34 | Runa Nordahl | 56 | Stavanger/St | 03.08.1974 |

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| **4x60m** |  |

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| --- | --- | --- | --- | --- |
| 39.1 | J11-12 |  | Jessheim | 07.06.1974 |
| ? | | | |

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| **4x100m** |  |

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

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| **INNENDØRS** |  |

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| **Kule 4 kg** |  |

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| 7.18 | Anita Melbye | 58 | Lillestrim | 02.02.1974 |

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| **MENN SENIOR 1975** | **246** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.4 | Kåre Svensson | 61 | Strømmen | 11.06.1975 |
| 9.0 | Per Olsen | 62 | Lillestrøm | 25.08.1975 |
| 9.2 | Dag Brokke | 62 | Strømmen | 11.06.1975 |
| 9.5 | Arild Holum | 63 | Strømmen | 11.06.1975 |

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| **100m M** |  |

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| 11.8 | Kåre Gismervik | 57 | Strømmen | 01.07.1975 |
| 12.1 | Stein Vik-Strandli | 58 | Årnes | 07.09.1975 |
| 12.2 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |
| 12.4 | Claus Nerhagen | 59 | Lillestrøm | 25.08.1975 |
| 13.2 | Kåre Svensson | 61 | Årnes | 07.09.1975 |
| 14.8 | Pål Vik-Strandli | 62 | Arendal | 01.07.1975 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 23.8 | Stein Vik-Strandli | 58 | Elverum | 31.08.1975 |
| 27.6 | Kåre Svensson | 61 | Lillestrøm | 25.08.1975 |

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| **400m M** |  |

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| 52.3 | Raymond Trondsen | 47 | Oslo/Bi | 26.05.1975 |
| 59.9 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |

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

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| 1:30.4 | John Backe-Bogstad | 61 | Oslo/Bi | 28.08.1975 |
| 1:36.4 | Kåre Svensson | 61 | Lillestrøm | 25.07.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:58.0 | Raymond Trondsen | 47 | Oslo/Bi | 22.05.1975 |
| 1:59.5 | Harald Lindstrøm | 54 | Rolvsrud | 29.08.1975 |
| 2:03.2 | Claus Nerhagen | 59 | Oslo/Bi | 02.06.1975 |
| 2:03.2 | Thue Holme | 52 | Oslo/Bi | 19.09.1975 |
| 2:05.3 | Terje Svendsen | 48 | Oslo/Bi | 19.09.1975 |
| 2:07.0 | John Backe-Bogstad | 61 | Hønefoss | 14.09.1975 |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:32.8 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |
| 2:45.4 | John Backe-Bogstad | 61 | Arvika, SWE | 20.07.1975 |

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| **MENN SENIOR 1975** | **247** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:54.4 | Harald Lindstrøm | 54 | Oslo/Bi | 19.08.1975 |
| 4:07.5 | Thue Holme | 52 | Oslo/Bi | 19.08.1975 |
| 5:27.7 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:26.4 | Harald Lindstrøm | 54 | Oslo/Bi | 09.09.1975 |
| 9:16.8 | Thue Holme | 52 | Oslo/Bi | 09.09.1975 |
| 9:18.4 | Terje Svendsen | 48 | Oslo/Bi | 09.09.1975 |
| 11:06.6 | Svein Skolt | 25 | Jessheim | 17.08.1975 |
| 12:01.8 | Håkon Amundstad | 24 | Jessheim | 17.08.1975 |
| 13:42.0 | Arne Kristian Aas | 29 | Jessheim | 17.08.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14:38.0 | Harald Lindstrøm | 54 | Oslo/Bi | 23.09.1975 |
| 15:50.4 | Thue Holme | 52 | Jessheim | 18.06.1975 |
| 16:25.0 | Bjørn Rommen | 43 | Jessheim | 18.06.1975 |
| 16:51.0 | Inge Bråten | 48 | Jessheim | 18.06.1975 |
| 17:16.2 | Vidar Birkelund | 56 | Jessheim | 18.06.1975 |
| 17:27.8 | Bjørn Egil Hytjan | 56 | Jessheim | 18.06.1975 |
| 17:30.4 | Arne Luke | 44 | Jessheim | 18.06.1975 |
| 17:33.8 | Terje Svendsen | 48 | Jessheim | 18.06.1975 |
| 17:46.2 | Egil ødemark | 41 | Jessheim | 18.06.1975 |
| 17:58.4 | Kristen Langbakk | 39 | Jessheim | 18.06.1975 |
| 18:39.6 | Sverre Lauten | 53 | Jessheim | 18.06.1975 |
| 18:40.0 | Håvard Uhlen | 39 | Jessheim | 18.06.1975 |
| 18:43.8 | Torgeir Sørum | 45 | Jessheim | 18.06.1975 |
| 18:59.8 | Svein Skolt | 25 | Jessheim | 18.06.1975 |
| 19:12.8 | Kristoffer Stanger | 31 | Jessheim | 18.06.1975 |
| 19:21.6 | Magne Engen | 33 | Jessheim | 18.06.1975 |
| 20:02.2 | Håkon Amundstad | 24 | Jessheim | 18.06.1975 |
| 20:31.4 | Øystein Jørgensen | 47 | Jessheim | 18.06.1975 |
| 20:48.6 | Arne Marthinussen | 50 | Jessheim | 18.06.1975 |
| 20:21.6 | Ole Arnegård | 44 | Jessheim | 18.06.1975 |
| 21:05.6 | Martin Molnes | 39 | Jessheim | 18.06.1975 |
| 21:06.2 | Arne Kristian Aas | 29 | Jessheim | 18.06.1975 |
| 21:16.0 | Ivar Opsahl | 47 | Jessheim | 18.06.1975 |
| 23:08.0 | Oddmund Teigen | 35 | Jessheim | 18.06.1975 |

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

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| --- | --- | --- | --- | --- |
| 31:20.4 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |

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| **MENN SENIOR 1975** | **248** |

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

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| --- | --- | --- | --- | --- |
| 18.2 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |

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

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| --- | --- | --- | --- | --- |
| 9:58.4 | Harald Lindstrøm | 54 | Jessheim | 17.08.1975 |
| 10:23.4 | Bjørn Rommen | 43 | Jessheim | 17.08.1975 |
| 10:41.0 | Inge Bråten | 48 | Jessheim | 17.08.1975 |
| 10:47.0 | Vidar Birkelund | 56 | Jessheim | 22.08.1975 |
| 10:48.0 | Bjørn Egil Hytjan | 56 | Jessheim | 22.08.1975 |
| 11:08.0 | Terje Svendsen | 48 | Jessheim | 17.08.1975 |
| 11:16.0 | Arne Luke | 44 | Jessheim | 17.08.1975 |
| 11:16.0 | Egil Ødemark | 41 | Jessheim | 17.08.1975 |
| 11:30.4 | Torgeir Sørum | 45 | Jessheim | 17.08.1975 |
| 11:34.8 | Sverre Lauten | 53 | Jessheim | 17.08.1975 |
| 11:59.2 | Kristoffer Stanger | 33 | Jessheim | 17.08.1975 |
| 12:09.4 | Kristen Langbakk | 39 | Jessheim | 17.08.1975 |
| 12:32.0 | Øystein Jørgensen | 50 | Jessheim | 17.08.1975 |
| 12:45.0 | Magne Engen | 33 | Jessheim | 17.08.1975 |
| 12:50.2 | Arne Marthinussen | 50 | Jessheim | 17.08.1975 |
| 13:03.8 | Ivar Opsahl | 47 | Jessheim | 17.08.1975 |
| 13:04.0 | Ole Arnegård | 44 | Jessheim | 17.08.1975 |
| 13:33.4 | Oddmund Teigen | 35 | Jessheim | 17.08.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:08:29 | Harald Lindstrøm | 54 | Jessheim | 12.10.1975 |
| 1:11:01 | Terje Svendsen | 49 | Jessheim | 12.10.1975 |
| 1:12.05 | Bjørn Rommen | 43 | Jessheim | 12.10.1975 |
| 1:18:44 | Kristen Langbakk | 39 | Jessheim | 12.10.1975 |
| 1:33:52 | Kristoffer Stanger | 33 | Jessheim | 12.10.1975 |
| 1:33:20 | Thue Holme | 52 | Jessheim | 12.10.1975 |
| 1:33:20 | Håvard Uhlen | 39 | Jessheim | 12.10.1975 |
| 1:34:37 | Håkom Amundstad | 24 | Jessheim | 12.10.1975 |
| 1:44:12 | Ole Arnegård | 44 | Jessheim | 12.10.1975 |
| 1:45:39 | Martin Molnes | 39 | Jessheim | 12.10.1975 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |
| 1.55 | John Backe-Bogstad | 61 | Årnes | 07.09.1975 |
| 1.30 | Kåre Svensson | 61 | Årnes | 07.09.1975 |
| 1.30 | Dag Brokke | 62 | Årnes | 07.09.1975 |
| 1.30 | Per Olsen | 62 | Årnes | 07.09.1975 |

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| **KVINNER SENIOR 1975** | **249** |

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

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| --- | --- | --- | --- | --- |
| 3.00 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.56 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |
| 4.15 | Kåre Svensson | 61 | Lillestrøm | 25.08.1975 |
| 3.91 | Per Olsen | 62 | Lillestrøm | 25.08.1975 |
| 3.65 | Dag Brokke | 62 | Strømmen | 11.06.1975 |

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| --- | --- |
| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.20 | Per Olsen | 62 | Lillestrøm | 25.08.1975 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.81 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |

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

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| --- | --- | --- | --- | --- |
| 27.42 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |

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

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| --- | --- | --- | --- | --- |
| 46.62 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |

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

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| --- | --- | --- | --- | --- |
| 5001 | Ivar Opsahl | 47 | Oslo/Bi | 24-25.05.1975 |
| 12.2-5.56-10.81-1.75-59.9/18.2-27.42-3.00-46.62-5:27.7 | | | |

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

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| --- | --- | --- | --- | --- |
| 3:44.9 |  |  | Lørenfallet | 02.06.1975 |
| ? | | | |

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| **KVINNER SENIOR 1975** | **250** |

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

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| --- | --- | --- | --- | --- |
| 8.5 | Hilde Verpe | 63 | Strømmen | 11.06.1975 |
| 8.6 | Anne Beate Kogstad | 63 | Lørenfallet | 27.05.1975 |
| 8.9 | Britt Scheie | 64 | Strømmen | 11.06.1975 |
| 9.3 | Anne Berit Haug | 64 | Hønefoss | 14.09.1975 |
| 9.4 | Anne Sundheim | 64 | Hønefoss | 14.09.1975 |
| 10.6 | Sølvi Vold | 65 | Lillestrøm | 02.06.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.3 | Gro Verpe | 62 | Lørenfallet | 21.06.1975 |
| 14.9 | Hilde Sørensen | 61 | Strømmen | 11.06.1975 |
| 15.0 | Eli Jensen | 62 | Lørenfallet | 21.06.1975 |
| 15.0 | Mariann Hansen | 60 | Strømmen | 11.06.1975 |
| 15.3 | Anne Berit Haug | 64 | Lørenfallet | 21.06.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 69.3 | Gro Verpe | 62 | Lillestrøm | 02.06.1975 |
| 72.4 | Eli Jensen | 62 | Lillestrøm | 02.06.1975 |
| 77.6 | Hilde Sørensen | 61 | Lillestrøm | 02.06.1975 |

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

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| 1:50.4 | Gro Verpe | 62 | Oslo/Bi | 02.09.1975 |
| 2:00.5 | Eli Jensen | 62 | Nannestad | 17.08.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:41.3 | Inger Johanne Haugen | 60 | Jessheim | 06.07.1975 |
| 2:43.8 | Gro Verpe | 62 | Nadderud | 29.06.1975 |
| 2:57.0 | Bente Hytjan | 60 | Jessheim | 06.07.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:30.0 | Inger Johanne Haugen | 60 | Jessheim | 20.06.1975 |
| 5:59.2 | Bente Hytjan | 60 | Jessheim | 18.06.1975 |
| 7:00.4 | Grete Rustad | 44 | Jessheim | 18.06.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:12.4 | Inger johanne Haugen | 60 | Jessheim | 22.08.1975 |
| 12:53.0 | Bente Hytjan | 60 | Jessheim | 20.08.1975 |
| 14:37.6 | Grete Rustad | 44 | Jessheim | 20.08.1975 |

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| **KVINNER SENIOR 1975** | **251** |

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

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| --- | --- | --- | --- | --- |
| 16.1 | Gro Verpe | 62 | Lørenfallet | 21.06.1975 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.30 | Gro Verpe | 62 | Lørenfallet | 21.06.1975 |
| 1.30 | Eli Jensen | 62 | Lørenfallet | 21.06.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.39 | Hilde Verpe | 63 | Hvam | 21.09.1975 |
| 4.35 | Gro Verpe | 62 | Lillestrøm | 02.06.1975 |
| 4.02 | Anne Beate Kogstad | 63 | Hvam | 21.09.1975 |
| 3.56 | Elin Knutsen | 63 | Strømmen | 11.06.1975 |

|  |  |
| --- | --- |
| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.83 | Anne Beate Kogstad | 63 | Lørenfallet | 21.06.1975 |
| 5.83 | Renate Melbye | 63 | Lørenfallet | 21.06.1975 |
| 5.07 | Hilde Verpe | 63 | Hvam | 21.09.1975 |

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

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| --- | --- | --- | --- | --- |
| 7.87 | Tove Dønnum Jensen | 40 | Råholt | 12.09.1975 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 22.82 | Runa Nordahl | 56 | Strømmen | 15.06.1975 |

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| --- | --- |
| **Slegge 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 30.14 | Runa Nordahl | 56 | Løten | 11.10.1975 |

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

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| --- | --- | --- | --- | --- |
| 44.84 | Runa Nordahl | 56 | Sofiemyr | 26.06.1975 |

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

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| --- | --- | --- | --- | --- |
| 2484 | Hilde Verpe | 63 | Hvam | 21.09.1975 |
| 8.7-4.39-5.07 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2412 | Anne Beate Kogstad | 63 | Hvam | 21.09.1975 |
| 8.8-4.02-5.71 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1678 | Siw Iren Hamberg | 64 | Hvam | 21.09.1975 |
| ? | | | |
| **KVINNER SENIOR 1975** | | **252** | | |

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

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| --- | --- | --- | --- | --- |
| 39.1 | J11-12 |  | Lillestrøm | 03.09.1975 |
| ? | | | |

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

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

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.05 | Gro Verpe | 62 | Fetsund | 15.03.1975 |
| 1.05 | Eli Jensen | 62 | Fetsund | 15.03.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.27 | Gro Verpe | 62 | Fetsund | 15.03.1975 |
| 2.00 | Hilde Verpe | 63 | Fetsund | 15.03.1975 |

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| **MENN SENIOR 1976** | **253** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.2 | Trond Ørbech | 62 | Årnes | 01.09.1976 |
| 8.2 | Kåre Svensson | 61 | Årnes | 01.09.1976 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.1 | Geir Alfredsen | 60 | Årnes | 01.09.1976 |
| 12.8 | Kåre Svensson | 61 | Strømmen | 19.06.1976 |
| 14.6 | Dag Brokke | 62 | Strømmen | 25.06.1976 |
| 15.9 | Oskar Puchmann | 65 | Strømmen | 25.06.1976 |

|  |  |
| --- | --- |
| **300m M** |  |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.8 | Claus Nerhagen | 59 | Oslo/St | 16.06.1976 |
| 59.0 | Kåre Svensson | 61 | Årnes | 11.08.1976 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:59.1 | Claus Nerhagen | 59 | Oslo/St | 28.06.1976 |
| 2:05.3 | Thue Holme | 52 | Oslo/St | 27.08.1976 |
| 2:09.7 | Kåre Svensson | 61 | Strømmen | 20.06.1976 |
| 2:11.3 | Arve Bogstad | 41 | Oslo/St | 28.06.1976 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:54.5 | Harald Lindstrøm | 54 | Oslo/Bi | 01.07.1976 |
| 4:08.3 | Arne Luke | 44 | Lørenfallet | 08.09.1976 |
| 4:10.7 | Thue Holme | 52 | Oslo/St | 28.06.1976 |
| 4:11.4 | Vidar Birkelund | 56 | Oslo/St | 28.06.1976 |
| 4:13.2 | Terje Svendsen | 48 | Oslo/Bi | 12.05.1976 |
| 4:27.2 | Kåre Svensson | 61 | Oslo/Bi | 14.09.1976 |
| 4:40.4 | Sverre Lauten | 53 | Oslo/St | 28.06.1976 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/St | 28.06.1976 |
| 11:19.6 | Svein Skolt | 25 | Jessheim | 25.08.1976 |
| 11:40.2 | Håkon Amundstad | 24 | Jessheim | 25.08.1976 |
| 14:06.6 | Rolf Marthinussen | 24 | Jessheim | 25.08.1976 |

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| **MENN SENIOR 1976** | **254** |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 15:06.2 | Harald Lindstrøm | 54 | Jessheim | 18.06.1976 |
| 15:57.0 | Terje Svendsen | 48 | Jessheim | 18.06.1976 |
| 16:12.8 | Vidar Birkelund | 56 | Jessheim | 18.06.1976 |
| 16:13.2 | Petter Stensby | 52 | Jessheim | 18.06.1976 |
| 16:24.8 | Thue Holme | 52 | Oslo/St | 15.09.1976 |
| 16:28.4 | Arne Luke | 44 | Jessheim | 18.06.1976 |
| 16:33.0 | Inge Bråten | 48 | Jessheim | 18.06.1976 |
| 16:33.8 | Bjørn Rommen | 43 | Jessheim | 18.06.1976 |
| 17:00.8 | Bjørn Egil Hytjan | 56 | Jessheim | 18.06.1976 |
| 17:03.0 | Arne Gulbrandsen | 44 | Jessheim | 18.06.1876 |
| 17:06.4 | Egil Ødemark | 41 | Jessheim | 18.06.1976 |
| 18:05.0 | Sverre Lauten | 53 | Jessheim | 18.06.1976 |
| 18:25.6 | Arve Bogstad | 41 | Jessheim | 18.06.1976 |
| 18:35.2 | Ole Skolt | 53 | Jessheim | 18.06.1976 |
| 18:49.2 | Håvard Uhlen | 39 | Jessheim | 18.06.1976 |
| 19:02.2 | Helge Sydtangen | 37 | Jessheim | 18.06.1976 |
| 19:18.0 | Sten Melbye | 31 | Jessheim | 18.06.1976 |
| 19:18.8 | Kristoffer Stanger | 33 | Jessheim | 18.06.1976 |
| 19:14.4 | Kåre Støverud | 52 | Jessheim | 18.06.1976 |
| 19:27.0 | Kåre Hofskelrud | 39 | Jessheim | 18.06.1976 |
| 19:30.0 | Øystein Jørgensen | 47 | Jessheim | 18.06.1976 |
| 20:02.2 | Svein Skolt | 25 | Jessheim | 18.06.1976 |
| 20:03.6 | Arne Marthinussen | 50 | Jessheim | 18.06.1976 |
| 20:11.2 | Leif Rubach | 45 | Jessheim | 18.06.1976 |
| 20:23.6 | Olav Bjerkeli | 33 | Jessheim | 18.06.1976 |
| 20:27.2 | Per Neskleiv | 36 | Jessheim | 18.06.1976 |
| 20:31.4 | Håkon Amundstad | 24 | Jessheim | 18.06.1976 |
| 20:52.4 | Ole Arnegård | 44 | Jessheim | 18.06.1976 |
| 20:53.2 | Halvor Bogstad | 46 | Jessheim | 18.06.1976 |
| 20:58.0 | Arne Kristian Aas | 29 | Jessheim | 18.06.1976 |
| 21:06.2 | Johan Gabrielsen | 35 | Jessheim | 18.06.1976 |
| 21:12.8 | Roar Norbeck | 43 | Jessheim | 18.06.1976 |
| 21:20.2 | Kristen Langbakk | 39 | Jessheim | 18.06.1976 |
| 21:26.6 | Arnt Horntvedt | 46 | Jessheim | 18.06.1976 |
| 21:40.2 | Kai Hole | 42 | Jessheim | 18.06.1976 |
| 21:50.8 | Olav Rutle | 45 | Jessheim | 18.06.1976 |
| 22:10.6 | Oddmund Teigen | 35 | Jessheim | 18.06.1976 |
| 22:12.0 | Martin Molnes | 35 | Jessheim | 18.06.1976 |
| 22:16.0 | Ivar Opsahl | 47 | Jessheim | 18.06.1976 |
| 23:37.0 | Rolf Marthinussen | 24 | Jessheim | 18.06.1976 |

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

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| --- | --- | --- | --- | --- |
| 15.7 | Trond Ørbech | 62 | Årnes | 01.09.1976 |

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| **MENN SENIOR 1976** | **255** |

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

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| --- | --- | --- | --- | --- |
| 19.0 | Kåre Svensson | 61 | Årnes | 01.09.1976 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:01.2 | Harald Lindstrøm | 54 | Jessheim | 25.08.1976 |
| 10:13.0 | Vidar Birkelund | 56 | Jessheim | 25.08.1976 |
| 10:18.6 | Bjørn Rommen | 43 | Jessheim | 25.08.1976 |
| 10:37.6 | Petter Stensby | 52 | Jessheim | 25.08.1976 |
| 10:33.0 | Bjørn Egil Hytjan | 56 | Jessheim | 25.08.1976 |
| 10:48.8 | Egil Ødemark | 41 | Jessheim | 25.08.1976 |
| 10:53.0 | Ole Skolt | 53 | Jessheim | 25.08.1976 |
| 11:40.8 | Kristen Langbakk | 39 | Jessheim | 25.08.1976 |
| 11:42.6 | Sverre Lauten | 53 | Jessheim | 25.08.1976 |
| 12:07.2 | Sten Melbye | 31 | Jessheim | 25.08.1976 |
| 12:11.2 | Øystein Jørgensen | 47 | Jessheim | 25.08.1976 |
| 12:32.0 | Kåre Hofskelsrud | 39 | Jessheim | 25.08.1976 |
| 12:42.6 | Arne Marthinussen | 50 | Jessheim | 25.08.1976 |
| 12:44.4 | Leif Rubach | 45 | Jessheim | 25.08.1976 |
| 12:59.4 | Per Neskleiv | 36 | Jessheim | 25.08.1976 |
| 13:05.0 | Oddmund Teigen | 35 | Jessheim | 25.08.1976 |
| 13:09.4 | Kai Hole | 42 | Jessheim | 25.08.1976 |
| 13:16.6 | Ole Arnegård | 44 | Jessheim | 25.08.1976 |
| 13:18.4 | Olav Bjerkeli | 33 | Jessheim | 25.08.1976 |
| 13:31.4 | Kåre Støverud | 52 | Jessheim | 25.08.1976 |
| 13:39.4 | Ivar Opsahl | 47 | Jessheim | 25.08.1976 |
| 13:41.2 | Arne Kristian Aas | 29 | Jessheim | 25.08.1976 |
| 13:45.8 | Johan Gabrielsen | 35 | Jessheim | 25.08.1976 |

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| **20km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:13:19 | Bjørn Rommen | 43 | Jessheim | 10.10.1976 |
| 1:18:44 | Egil Ødemark | 41 | Jessheim | 10.10.1976 |
| 1:20:13 | Ole Skolt | 53 | Jessheim | 10.10.1976 |
| 1:21:00 | Kristen Langbakk | 39 | Jessheim | 10.10.1976 |
| 1:21.16 | Arne Luke | 44 | Jessheim | 10.10.1976 |
| 1:24:00 | Thue Holme | 52 | Jessheim | 10.10.1976 |
| 1:24:45 | Arve Bogstad | 41 | Jessheim | 10.10.1976 |
| 1:29:00 | Håvard Uhlen | 39 | Jessheim | 10.10.1976 |
| 1:33:28 | Kristoffer Stanger | 33 | Jessheim | 10.10.1976 |
| 1:34:44 | Sverre Lauten | 53 | Jessheim | 10.10.1976 |
| 1:37:09 | Halvor Bogstad | 46 | Jessheim | 10.10.1976 |
| 1:38:49 | Per Neskleiv | 36 | Jessheim | 10.10.1976 |
| 1:38:51 | Svein Skolt | 25 | Jessheim | 10.10.1976 |
| 1:42:22 | Arne Marthinussen | 50 | Jessheim | 10.10.1976 |

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| **MENN SENIOR 1976** | **256** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.30 | Dag Brokke | 62 | Nannestad | 15.08.1976 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.33 | Kai Hole | 42 | Lørenfallet | 08.06.1976 |
| 4.57 | Trond Ørbech | 62 | Årnes | 01.09.1976 |

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| **Kule 3 kg** |  |

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| 10.33 | Dag Brokke | 62 | Nannestad | 15.08.1976 |
| 8.05 | Odd Nilsen | 63 | Gardermoen | 17.06.1976 |
| 6.53 | Stig Alfredsen | 64 | Gardermoen | 17.06.1976 |
| 6.15 | Oskar Puchmann | 65 | Gardermoen | 17.06.1976 |

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| **Kule 7.26 kg** |  |

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| 12.39 | Kai Hole | 42 | Lørenfallet | 08.06.1976 |

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| **Diskos 2 kg** |  |

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| 43.54 | Kai Hole | 42 | Hvam | 22.05.1976 |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 34.98 | Kai Hole | 42 | Strømmen | 22.06.1976 |

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| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 19.40 | Hårvard Thorstensen | 65 | Gardermoen | 17.06.1976 |
| 17.62 | Roger Bakke | 65 | Gardermoen | 17.06.1976 |
| 16.02 | Oskar Puchmann | 65 | Gardermoen | 17.06.1976 |

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

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| 44.54 | Ivar Opsahl | 47 | Lørenfallet | 18.05.1976 |

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| **Liten ball 150 g** |  |

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| 46.65 | Håvard Thorstensen | 65 | Årnes | 01.09.1976 |
| 39.20 | Stig Alfredsen | 64 | Årnes | 01.09.1976 |
| 38.30 | Oskar Puchmann | 65 | Strømmen | 25.06.1976 |
| 37.45 | Roger Bakke | 65 | Strømmmen | 25.06.1976 |

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| **MENN SENIOR 1976** | **257** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| 1.56 | Kai Hole | 42 | Årnes/Fj | 19.03.1976 |

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| **KVINNER SENIOR 1976** | **258** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.3 | Hilde Verpe | 63 | Bergen/Fa | 22.08.1976 |
| 9.0 | Anne Berit Haug | 64 | Gardermoen | 17.06.1976 |
| 9.1 | Britt Scheie | 64 | Strømmen | 19.06.1976 |
| 9.1 | Elin Knutsen | 63 | Strømmen | 19.06.1976 |

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| **100m M** |  |

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| 13.1 | Hilde Verpe | 63 | Strømmen | 20.06.1976 |
| 14.4 | Eli Jensen | 62 | Lørenfallet | 31.08.1976 |
| 15.0 | Anne Berit Haug | 64 | Lørenfallet | 31.08.1976 |
| 14.9 | Gro Verpe | 62 | Strømmen | 19.06.1976 |
| 15.1 | Britt Scheie | 64 | Strømmen | 20.06.1976 |

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| **800m** |  |

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| 2:33.0 | Hildegunn Bjerkan | 63 | Oslo/St | 04.09.1976 |
| 2:40.8 | Gro Verpe | 62 | Lørenfallet | 31.08.1976 |
| 2:45.4 | Hilde Verpe | 63 | Lørenfallet | 31.08.1976 |
| 2:45.4 | Eli Jensen | 62 | Lørenfallet | 31.08.1976 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 6:00.2 | Bente Hytjan | 60 | Jessheim | 18.06.1976 |
| 6:20.4 | Sissel Ullerud | 43 | Jessheim | 18.06.1976 |

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| **3000m** |  |

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| 12:10.8 | Berit Bamrud | 55 | Jessheim | 25.08.1976 |
| 13:04.0 | Marit Skolt | 56 | Jessheim | 25.08.1976 |
| 13:19.2 | Bente Hytjan | 60 | Jessheim | 25.08.1976 |
| 13:34.8 | Sissel Ullerud | 43 | Jessheim | 25.08.1976 |
| 14:24.4 | Tone Nordby Lauten | 55 | Jessheim | 25.08.1976 |

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

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| 15.2 | Gro Verpe | 62 | Lørenfallet | 31.08.1976 |

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| **10 km landevei** |  |

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| 44:45 | Marit Skolt | 56 | Jessheim | 10.10.1976 |
| 45:37 | Sissel Ullerud | 43 | Jessheim | 10.10.1076 |

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| **KVINNER SENIOR 1976** | **259** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.40 | Gro Verpe | 62 | Bergen/Fa | 23.08.1976 |
| 1.35 | Hilde Verpe | 63 | Skotterud | 11.06.1976 |
| 1.31 | Eli Jensen | 62 | Årnes | 01.09.1976 |
| 1.25 | Marianne Borgen | 62 | Gardermoen | 17.06.1976 |
| 1.15 | Elin Knutsen | 63 | Strømmen | 19.06.1975 |
| 1.10 | Hildegunn Bjerkan | 63 | Gardermoen | 17.06.1976 |

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| **Lengde** |  |

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| 4.56 | Hilde Verpe | 63 | Strømmen | 19.06.1976 |
| 3.79 | Britt Scheie | 64 | Strømmen | 19.06.1976 |

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| **Kule 3 kg** |  |

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| 6.48 | Hilde Verpe | 63 | Hvam | 05.09.1976 |

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| **Kule 4 kg** |  |

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| 9.64 | Runa Nordahl | 56 | Rolvsrud | 04.05.1976 |
| 7.57 | Anne Marie Scheie | 59 | Strømmen | 25.06.1976 |

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| **Diskos 1 kg** |  |

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| 27.38 | Runa Nordahl | 56 | Hvam | 22.05.1976 |

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| **Slegge 4 kg** |  |

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| 32.08 | Runa Nordahl | 56 | Strømmen | 18.06.1976 |

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

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| 45.62 | Runa Nordahl | 56 | Jessheim | 09.06.1976 |

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

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| 2367 | Hilde Verpe | 63 | Hvam | 05.09.1976 |
| 8.3-4.35-6.48 | | | |

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| **4x100m** |  |

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

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| **MENN SENIOR 1977** | **260** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.13 | Eli Jensen | 62 | Årnes/Fj | 19.03.1976 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.26 | Gro Verpe | 62 | Årnes/Fj | 19.03.1976 |
| 2.25 | Hilde Verpe | 63 | Årnes/Fj | 19.03.1976 |
| 2.09 | Britt Scheie | 64 | Årnes/Fj | 19.03.1976 |
| 2.02 | Ann Sørensen | 64 | Årnes/Fj | 19.03.1976 |

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| **MENN SENIOR 1977** | **261** |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 12.1 | Ivar Opsahl | 47 | Lillestrøm | 11.06.1977 |
| 12.9 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |

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| **400m M** |  |

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| 59.2 | Kåre Svensson | 61 | Årnes | 17.08.1977 |
| 61.7 | Ivar Opsahl | 47 | Lillestrøm | 11.07.1977 |
| 63.8 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |

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| **800m** |  |

|  |  |  |  |  |
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| 1:56.4 | Claus Nerhagen | 59 | Oslo/Bi | 20.06.1977 |
| 2:02.9 | Thue Holme | 52 | Oslo/St | 17.08.1977 |

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| **1500m** |  |

|  |  |  |  |  |
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| 4:13.9 | Thue Holme | 52 | Jessheim | 13.06.1977 |
| 4:20.5 | Claus Nerhagen | 59 | Jessheim | 13.06.1977 |
| 4:26.7 | Bjørn Rommen | 43 | Jessheim | 13.06.1977 |
| 4:27.5 | Arne Gulbrandsen | 44 | Jessheim | 13.06.1977 |
| 4:27.8 | Jan Rustad | 40 | Jessheim | 13.06.1977 |
| 4:28.2 | Petter Stensby | 52 | Jessheim | 13.06.1977 |
| 4:32.2 | Egil Ødemark | 41 | Jessheim | 13.06.1977 |
| 4:34.8 | Bjørn Lilleseth | 46 | Jessheim | 13.06.1977 |
| 4:36.4 | Sven Gustavsen | 50 | Jessheim | 13.06.1977 |
| 4:36.5 | Ingar Indredavik | 45 | Jessheim | 13.06.1977 |
| 4:37.7 | Kristen Langbakk | 39 | Jessheim | 13.06.1977 |
| 4:38.0 | Ole Skolt | 53 | Jessheim | 13.06.1977 |
| 4:38.9 | Torbjørn Johansen | 45 | Jessheim | 13.06.1977 |
| 4:40.9 | Kåre Svensson | 61 | Årnes | 17.08.1977 |
| 4:41.6 | Anders Jellum | 48 | Jessheim | 13.06.1977 |
| 4:43.4 | Torgeir Sørum | 45 | Jessheim | 13.06.1977 |
| 4:44.7 | Sverre Lauten | 53 | Jessheim | 13.06.1977 |
| 4:47.9 | Arve Bogstad | 41 | Jessheim | 13.06.1977 |
| 4:53.0 | Stig Harald Øveraas | 48 | Jessheim | 13.06.1977 |
| 4:56.6 | Helge Sydtangen | 37 | Jessheim | 13.06.1977 |
| 4:57.1 | Olav Bogstad | 35 | Jessheim | 13.06.1977 |
| 4:58.6 | Øystein Jørgensen | 47 | Jessheim | 13.06.1977 |
| 5:01.3 | Kåre Hofskjelrud | 39 | Jessheim | 13.06.1977 |
| 5:01.5 | Vidar Sydtangen | 60 | Jessheim | 13.06.1977 |
| 5:02.1 | Terje Olsen | 42 | Jessheim | 13.06.1977 |
| 5:02.3 | Helge Ullerud | 42 | Jessheim | 13.06.1977 |
| 5:02.9 | Leif Rubach | 45 | Jessheim | 13.06.1977 |
| 5:07.4 | Per Pedersen | 43 | Jessheim | 09.06.1977 |
| 5:08.0 | Ole Arnegård | 44 | Jessheim | 13.06.1977 |

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| **MENN SENIOR 1977** | **262** |

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| **1500m forts.** |  |

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| 5:13.3 | Kristoffer Stanger | 33 | Jessheim | 13.06.1977 |
| 5:16.1 | Håvard Uhlen | 39 | Jessheim | 13.06.1977 |
| 5:22.1 | Olav Bjerkeli | 33 | Jessheim | 13.06.1977 |
| 5:23.4 | Halvor Bogstad | 46 | Jessheim | 13.06.1977 |
| 5:26.5 | Johannes Bjørnland | 17 | Jessheim | 13.06.1977 |
| 5:31.4 | Ivar Opsahl | 47 | Lillestrøm | 12.06.1977 |
| 5:31.4 | Håkon Amundstad | 24 | Jessheim | 13.06.1977 |
| 5:31.4 | Ivar Opsahl | 47 | Jessheim | 13.06.1977 |
| 5:31.6 | Kai Hole | 42 | Lillestrøm | 12.06.1977 |
| 5:32.3 | Øivind Haugerud | 39 | Jessheim | 13.06.1977 |
| 5:34.4 | Johan Gabrielsen | 35 | Jessheim | 13.06.1977 |
| 5:43.0 | Sten Melbye | 31 | Jessheim | 13.06.1977 |
| 5:44.6 | Arne Kristian Aas | 29 | Jessheim | 13.06.1977 |
| 5:46.0 | Kåre Støverud | 52 | Jessheim | 13.06.1977 |
| 5:46.0 | Finn Johannessen | 45 | Jessheim | 13.06.1977 |
| 6:03.9 | Svein Skolt | 25 | Jessheim | 13.06.1977 |
| 6:30.8 | Reidar Melby | 27 | Jessheim | 13.06.1977 |

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| **3000m** |  |

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| 11:37.2 | Håkon Amundstad | 24 | Jessheim | 22.08.1977 |
| 12:47.2 | Johannes Bjørnland | 17 | Jessheim | 22.08.1977 |
| 13:03.2 | Svein Skolt | 25 | Jessheim | 22.08.1977 |
| 13:30.6 | Reidar Melby | 27 | Jessheim | 22.08.1977 |

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

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| 18.2 | Ivar Opsahl | 47 | Lillestrøm | 12.06.1977 |
| 20.0 | Kai Hole | 42 | Lillestrøm | 12.06.1977 |

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

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| --- | --- | --- | --- | --- |
| 10:00.4 | Vidar Birkelund | 56 | Jessheim | 22.08.1977 |
| 10:18.6 | Thue Holme | 52 | Jessheim | 22.08.1977 |
| 10:22.6 | Bjørn Rommen | 43 | Jessheim | 22.08.1977 |
| 10:31.0 | Petter Stensby | 52 | Jessheim | 22.08.1977 |
| 10:35.8 | Jan Rustad | 40 | Jessheim | 22.08.1977 |
| 10:37.2 | Bjørn Egil Hytjan | 56 | Jessheim | 22.08.1977 |
| 10:51.8 | Egil Ødemark | 41 | Jessheim | 22.08.1977 |
| 11:00.0 | Sven Gustavsen | 50 | Jessheim | 22.08.1977 |
| 11:11.8 | Ingar Indredavik | 45 | Jessheim | 22.08.1977 |
| 11:12.0 | Ole Skolt | 53 | Jessheim | 22.08.1977 |
| 11:17.4 | Arne Gulbrandsen | 44 | Jessheim | 22.08.1977 |
| 11:17.6 | Claus Nerhagen | 59 | Jessheim | 22.08.1977 |

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| **MENN SENIOR 1977** | **263** |

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| **3000m hinder 91.4 cm forts.** |  |

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| --- | --- | --- | --- | --- |
| 11:37.0 | Anders Jellum | 48 | Jessheim | 22.08.1977 |
| 11:37.4 | Torgeir Sørum | 45 | Jessheim | 22.08.1977 |
| 11:40.8 | Sverre Lauten | 53 | Jessheim | 22.08.1977 |
| 11:50.0 | Bjørn Lilleseth | 46 | Jessheim | 22.08.1977 |
| 11:56.2 | Øystein Jørgensen | 47 | Jessheim | 22.08.1977 |
| 12:00.4 | Kåre Hofskelrud | 39 | Jessheim | 22.08.1977 |
| 12:05.4 | Stig Harald Øveraas | 48 | Jessheim | 22.08.1977 |
| 12:06.6 | Olav Bogstad | 35 | Jessheim | 22.08.1977 |
| 12:28.8 | Kristoffer Stanger | 33 | Jessheim | 22.08.1977 |
| 12:43.6 | Kristen Langbakk | 39 | Jessheim | 22.08.1977 |
| 12:48.0 | Helge Sydtangen | 37 | Jessheim | 22.08.1977 |
| 12:48.0 | Helge Ullerud | 42 | Jessheim | 22.08.1977 |
| 13:02.0 | Leif Rubach | 45 | Jessheim | 22.08.1977 |
| 13:09.8 | Ole Arnegård | 44 | Jessheim | 22.08.1977 |
| 13:20.6 | Øivind Mangerud | 48 | Jessheim | 22.08.1977 |
| 13:36.0 | Ivar Opsahl | 47 | Jessheim | 22.08.1977 |
| 13:42.8 | Johan Gabrielsen | 35 | Jessheim | 22.08.1977 |
| 14:06.6 | Arne Kristian Aas | 29 | Jessheim | 22.08.1977 |
| 14:30.0 | Finn Johannessen | 45 | Jessheim | 22.08.1977 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:11:10 | Bjørn Rommen | 43 | Jessheim | 09.10.1977 |
| 1:13:56 | Petter Stensby | 52 | Jessheim | 09.10.1977 |
| 1:15:14 | Thue Holme | 52 | Jessheim | 09.10.1977 |
| 1:17:16 | Ole Skolt | 53 | Jessheim | 09.10.1977 |
| 1:17:27 | Anders Jellum | 48 | Jessheim | 09.10.1977 |
| 1:19:20 | Arne Gulbrandsen | 44 | Jessheim | 09.10.1977 |
| 1:20:48 | Bjørn Egil Hytjan | 56 | Jessheim | 09.10.1977 |
| 1:22:01 | Egil Ødemark | 41 | Jessheim | 09.10.1977 |
| 1:24:34 | Torbjørn Jørgensen | 45 | Jessheim | 09.10.1977 |
| 1:26:03 | Helge Ullerud | 42 | Jessheim | 09.10.1977 |
| 1:27:18 | Arve Bogstad | 41 | Jessheim | 09.10.1977 |
| 1:27:30 | Terje Olsen | 42 | Jessheim | 09.10.1977 |
| 1:29:55 | Helge Sydtangen | 37 | Jessheim | 09.10.1977 |
| 1:29:55 | Håvard Uhlen | 39 | Jessheim | 09.10.1977 |
| 1:33:06 | Håkon Amundstad | 24 | Jessheim | 09.10.1977 |
| 1:36:27 | Kristoffer Stanger | 33 | Jessheim | 09.10.1977 |
| 1:40:59 | Stig Harald Øveraas | 48 | Jessheim | 09.10.1977 |
| 1:42:04 | Halvor Bogstad | 46 | Jessheim | 09.10.1977 |

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| **Høyde** |  |

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| 1.75 | Ivar Opsahl | 47 | Lillestrøm | 11.06.1977 |
| 1.55 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |
| 1.30 | Kåre Svensson | 61 | Lørenfallet | 09.08.1977 |
| **MENN SENIOR 1977** | | **264** | | |

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

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| --- | --- | --- | --- | --- |
| 3.15 | Kai Hole | 42 | Lillestrøm | 20.08.1977 |
| 3.10 | Ivar Opsahl | 47 | Lillestrøm | 12.06.1977 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.72 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |
| 5.46 | Ivar Opsahl | 47 | Lillestrøm | 11.06.1977 |

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| **Tresteg** |  |

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| 11.65 | Kai Hole | 42 | Lillestrøm | 21.08.1977 |

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| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.90 | Øystein Samuelsen | 61 | Lørenfallet | 09.08.1977 |

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

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| --- | --- | --- | --- | --- |
| 11.67 | Morten Gaarder | 60 | Nannestad | 11.09.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.28 | Kai Hole | 42 | Lillestrøm | 20.08.1977 |
| 10.52 | Ivar Opsahl | 47 | Lillestrøm | 11.06.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 43.32 | Kai Hole | 42 | Strømmen | 19.09.1977 |
| 33.22 | Morten Gaarder | 60 | Lillestrøm | 21.08.1977 |
| 31.16 | Bjørn Askeland | 42 | Lillestrøm | 21.08.1977 |
| 31.22 | Ivar Opsahl | 47 | Lillestrøm | 12.06.1977 |

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

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| --- | --- | --- | --- | --- |
| 36.16 | Kai Hole | 42 | Lillestrøm | 21.08.1977 |
| 28.56 | Ivar Opsahl | 47 | Strømmen | 10.06.1977 |

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

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| --- | --- | --- | --- | --- |
| 41.98 | Kai Hole | 42 | Rolvsrud | 07.08.1977 |
| 41.88 | Ivar Opsahl | 47 | Rolvsrud | 07.08.1977 |

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| --- | --- |
| **KVINNER SENIOR 1977** | **265** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4927 | Ivar Opsahl | 47 | Lillestrøm | 11-12.06.1977 |
| 12.1-5.46-10.52-1.75-61.7/18.2-31.22-3.10-41.40-5:31.4 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4829 | Kai Hole | 42 | Lillestrøm | 11-12.06.1977 |
| 12.9-5.72-12.78-1.55-63.8/29.0-40.50-3.10-41.24-5:31.6 | | | |

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| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.51 | Kai Hole | 42 | Bjørkelangen | 02.04.1977 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1977** | **266** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.4 | Cecilie Laake | 66 | Strømmen | 22.08.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:44.2 | Sissel Huseby | 64 | Lillestrøm | 16.09.1977 |
| 2:52.8 | Hilde Rustad | 66 | Lillestrøm | 16.09.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:53.0 | Sissel Dønnum Ullerud | 43 | Jessheim | 09.06.1977 |
| 5:42.4 | Marit Skolt | 56 | Jessheim | 09.06.1977 |
| 6:04.4 | Trine Bogstad | 51 | Jessheim | 13.06.1977 |
| 6:12.2 | Åshild Olsen | 39 | Jessheim | 09.06.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:37.6 | Marit Skolt | 56 | Jessheim | 22.08.1977 |
| 13:22.0 | Sissel Dønnum Ullerud | 43 | Jessheim | 22.08.1977 |
| 13:40.0 | Åshild Sørum | 39 | Jessheim | 22.08.1977 |
| 13:45.2 | Trine Bogstad | 51 | Jessheim | 22.08.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.75 | Hilde Verpe | 63 | Jessheim | 04.08.1977 |
| 3.95 | Hilde Ødemark | 64 | Jessheim | 04.08.1977 |
| 3.80 | Cecilie Laake | 66 | Strømmen | 22.08.1977 |

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| **INNENDØRS** |  |

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

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| --- | --- | --- | --- | --- |
| 2.34 | Hilde Verpe | 63 | Fetsund/Ho | 12.03.1977 |
| 1.96 | Kristin Finstad | 65 | Fetsund/Ho | 12.03.1977 |
| 1.92 | Bjørg Opsahl | 66 | Fetsund/Ho | 12.03.1977 |
| 1.76 | Guri Lunder | 66 | Fetsund/Ho | 12.03.1977 |

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| **MENN SENIOR 1978** | **267** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.5 | Arne Hansen | 65 | Rolvsrud | 23.09.1978 |
| 8.6 | Kåre Laake | 64 | Rolvsrud | 23.09.1978 |
| 8.9 | Jan Manglerød | 65 | Gardermoen | 26.08.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.0 | Thor Lasse Johansen | 63 | Gardermoen | 11.09.1978 |
| 13.1 | Helge Sydtangen | 37 | Rolvsrud | 12.09.1978 |
| 13.6 | Svein Lindholt | 62 | Gardermoen | 11.09.1978 |
| 13.6 | Asle Backe-Bogstad | 63 | Gardermoen | 26.08.1978 |
| 14.2 | Kåre Laake | 64 | Gerdermoen | 11.09.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:59.4 | Vidar Birkelund | 56 | Oslo/St | 16.05.1978 |
| 2:25.6 | Asle Backe-Bogstad | 63 | Gardermoen | 26.08.1978 |
| 2:25.7 | Thor Lasse Johansen | 63 | Gardermoen | 26.08.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:16.2 | Thue Holme | 52 | Oslo/Bi | 19.07.1978 |
| 4:19.5 | Bjørn Rommen | 43 | Jessheim | 12.06.1978 |
| 4:25,0 | Jan Rustad | 40 | Jessheim | 12.06.1978 |
| 4:32.6 | Claus Nerhagen | 59 | Jessheim | 12.06.1978 |
| 4:33.2 | Arne Gulbrandsen | 44 | Jessheim | 12.06.1978 |
| 4:34.7 | Ole Skolt | 53 | Jessheim | 12.06.1978 |
| 4:36.5 | Egil Ødemark | 41 | Jessheim | 12.06.1978 |
| 4:38.5 | Sven Gustavsen | 50 | Jessheim | 12.06.1978 |
| 4:40.5 | Ingar Indredavik | 45 | Jessheim | 12.06.1978 |
| 4:41.5 | Sverre Lauten | 53 | Jessheim | 12.06.1978 |
| 4:43.0 | Bjørn Lilleseth | 46 | Jessheim | 12.06.1978 |
| 4:43.1 | Kristen Langbakk | 39 | Jessheim | 12.06.1978 |
| 4:43.3 | Kolbjørn Skjerve | 37 | Jessheim | 12.06.1978 |
| 4:43.4 | Bjørn Egil Hytjan | 56 | Jessheim | 12.06.1978 |
| 4:47.6 | Roar Kristiansen | 46 | Jessheim | 12.06.1978 |
| 4:47.9 | Trygve Stanger | 62 | Jessheim | 12.06.1978 |
| 4:48.0 | Stig Harald Øveraas | 48 | Jessheim | 12.06.1978 |
| 4:49.0 | Torbjørn Johansen | 45 | Jessheim | 12.06.1978 |
| 4:50.5 | Arve Bogstad | 41 | Jessheim | 12.06.1978 |
| 4:53.0 | Torgeir Sørum | 45 | Jessheim | 12.06.1978 |
| 4:55.0 | Helge Sydtangen | 37 | Jessheim | 12.06.1978 |
| 4:58.6 | Leif Rubach | 45 | Jessheim | 12.06.1978 |
| 4:59.5 | Kristoffer Stanger | 33 | Jessheim | 12.06.1978 |

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| **MENN SENIOR 1978** | **268** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:59.9 | Trygve Rommen | 31 | Jessheim | 12.06.1978 |
| 5:01.5 | Kåre Hofskelrud | 39 | Jessheim | 12.06.1978 |
| 5:02.0 | Helge Ullerud | 42 | Jessheim | 12.06.1978 |
| 5:03.2 | Olav Bogstad | 35 | Jessheim | 12.06.1978 |
| 5:06.0 | Terje Olsen | 42 | Jessheim | 12.06.1978 |
| 5:11.7 | John Birkelund | 32 | Jessheim | 12.06.1978 |
| 5:13.5 | Arne Hvattum | 36 | Jessheim | 12.06.1978 |
| 5:15.5 | Jens Henrik Jørgensen | 45 | Jessheim | 12.06.1978 |
| 5:16.4 | Kåre Andresen | 38 | Jessheim | 12.06.1978 |
| 5:20.7 | Terje Weimoth | 46 | Jessheim | 12.06.1978 |
| 5:24.5 | Finn Sandmo | 33 | Jessheim | 12.06.1978 |
| 5:24.8 | Per Christian Bjørnæs | 42 | Jessheim | 12.06.1978 |
| 5:25.3 | Thor Lasse Johansen | 63 | Jessheim | 12.06.1978 |
| 5:25.5 | Finn Johannessen | 45 | Jessheim | 12.06.1978 |
| 5:27.6 | Ole Arnegård | 44 | Jessheim | 12.06.1978 |
| 5:27.7 | Magne Engen | 33 | Jessheim | 12.06.1978 |
| 5:32.4 | Svein Skolt | 25 | Jessheim | 12.06.1978 |
| 5:32.4 | Halvor Bogstad | 46 | Jessheim | 12.06.1978 |
| 5:35.7 | Ivar Opsahl | 47 | Jessheim | 12.06.1978 |
| 5:38.0 | Sten Melbye | 31 | Jessheim | 12.06.1978 |
| 5:39.2 | Asbjørn Rud | 53 | Jessheim | 12.06.1978 |
| 5:41.0 | Arne Kristian Aas | 29 | Jessheim | 12.06.1978 |
| 5:43.0 | Kåre Støverud | 52 | Jessheim | 12.06.1978 |
| 5:43.1 | Olav Bjerkeli | 33 | Jessheim | 12.06.1978 |
| 5:44.2 | Johan Gabrielsen | 35 | Jessheim | 12.06.1978 |
| 5:44.7 | Konrad Svensson | 34 | Jessheim | 12.06.1978 |
| 5:44.7 | Håkon Amundstad | 24 | Jessheim | 12.06.1978 |
| 5:44.8 | Bjørn Grønlien | 44 | Jessheim | 12.06.1978 |
| 5:54.9 | Ottar Gjesvang | 27 | Jessheim | 12.06.1978 |
| 5:55.8 | Johannes Bjørnland | 17 | Jessheim | 12.06.1978 |
| 5:56.3 | Karl Lødemel | 24 | Jessheim | 12.06.1978 |
| 6:02.4 | Håkon Håkonsen | 33 | Jessheim | 12.06.1978 |
| 6:15.1 | Reidar Melby | 27 | Jessheim | 12.06.1978 |
| 6:15.1 | Rolf Marthinussen | 24 | Jessheim | 12.06.1978 |
| 6:23.3 | Ragnar Langbakk | 37 | Jessheim | 12.06.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:32.4 | Svein Skolt | 25 | Jessheim | 21.08.1978 |
| 11:53.0 | Håkon Amundstad | 24 | Jessheim | 21.08.1978 |
| 12.27.9 | Karl Lødemel | 24 | Jessheim | 21.08.1978 |
| 13:05.6 | Johannes Bjørnland | 17 | Jessheim | 21.08.1978 |
| 13:24.8 | Hans Ruud | 18 | Jessheim | 21.08.1978 |
| 13:33.2 | Ottar Gjestvang | 27 | Jessheim | 21.08.1978 |
| 13:41.7 | Rolf Marthinussen | 24 | Jessheim | 21.08.1978 |
| 13:41.7 | Reidar Melby | 27 | Jessheim | 21.08.1978 |
| **MENN SENIOR 1978** | | **269** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.9 | Ivar Opsahl | 47 | Rolvsrud | 15.08.1978 |
| 19.8 | Nils Kristen Wiig | 43 | Rolvsrud | 15.08.1978 |
| 20.2 | Kai Hole | 42 | Lillestrøm | 27.08.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:17.0 | Ole Skolt | 53 | Årnes | 13.09.1978 |
| 10:28.0 | Jan Rustad | 40 | Jessheim | 21.08.1978 |
| 10:29.1 | Thue Holme | 52 | Jessheim | 21.08.1978 |
| 10:31.6 | Bjørn Rommen | 43 | Jessheim | 21.08.1978 |
| 10:39.0 | Claus Nerhagen | 59 | Jessheim | 21.08.1978 |
| 10:57.0 | Bjørn Egil Hytjan | 56 | Jessheim | 21.08.1978 |
| 11:03.4 | Egil Ødemark | 41 | Jessheim | 21.08.1978 |
| 11:27.0 | Sverre Lauten | 53 | Jessheim | 21.08.1978 |
| 11:28.5 | Kristen Langbakk | 39 | Jessheim | 21.08.1978 |
| 11:34.4 | Torbjørn Johansen | 45 | Jessheim | 21.08.1978 |
| 11:35.8 | Kolbjørn Skjerve | 37 | Jessheim | 21.08.1978 |
| 11:36.0 | Anders Jellum | 48 | Jessheim | 21.08.1978 |
| 11:52.6 | Kristoffer Stanger | 33 | Jessheim | 21.08.1978 |
| 11:58.0 | Torgeir Sørum | 45 | Jessheim | 21.08.1978 |
| 11:59.0 | Kåre Hofskelrud | 39 | Jessheim | 21.08.1978 |
| 12:00.4 | Arne Hvattum | 36 | Jessheim | 21.08.1978 |
| 12:08.3 | Terje Olsen | 42 | Jessheim | 21.08.1978 |
| 12:14.7 | Olav Bogstad | 35 | Jessheim | 21.08.1978 |
| 12:23.8 | Arne Matyhinussen | 50 | Jessheim | 21.08.1978 |
| 12:30.9 | Bjørn Lilleseth | 46 | Jessheim | 21.08.1978 |
| 12:32.0 | Thor Lasse Johansen | 63 | Jessheim | 21.08.1978 |
| 12:32.9 | Stig Harald Øveraas | 48 | Jessheim | 21.08.1978 |
| 12:37.3 | Helge Ullerud | 42 | Jessheim | 21.08.1978 |
| 12:40.3 | John Birkelund | 32 | Jessheim | 21.08.1978 |
| 12:47.2 | Kåre Andresen | 38 | Jessheim | 21.08.1978 |
| 12:57.7 | Per Christian Bjørnæs | 42 | Jessheim | 21.08.1978 |
| 13:06.1 | Sten Melbye | 31 | Jessheim | 21.08.1978 |
| 13:08.2 | Ole Arnegård | 44 | Jessheim | 21.08.1978 |
| 13:12.6 | Terje Weimoth | 46 | Jessheim | 21.08.1978 |
| 13:14.0 | Øivind Melby | 55 | Jessheim | 21.08.1978 |
| 13:31.6 | Johan Gabrielsen | 35 | Jessheim | 21.08.1978 |
| 13:42.0 | Ola Neskleiv | 62 | Jessheim | 21.08.1978 |
| 13:43.2 | Olav Bjerkeli | 33 | Jessheim | 21.08.1978 |
| 13:47.0 | Finn Johannessen | 45 | Jessheim | 21.08.1978 |
| 13:51.5 | Magne Engen | 33 | Jessheim | 21.08.1978 |
| 13:55.7 | Ivar Opsahl | 47 | Jessheim | 21.08.1978 |
| 14:08.9 | Kåre Støverud | 52 | Jessheim | 21.08.1978 |
| 14:11.5 | Arne Kristian Aas | 29 | Jessheim | 21.08.1978 |

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| **MENN SENIOR 1978** | **270** |

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

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| --- | --- | --- | --- | --- |
| 14:13.5 | Asbjørn Rud | 53 | Jessheim | 21.08.1978 |
| 14:16.9 | Konrad Svensson | 34 | Jessheim | 21.08.1978 |
| 15:01.5 | Håkon Håkonsen | 33 | Jessheim | 21.08.1978 |
| 15:57.4 | Ragnar Langbakk | 37 | Jessheim | 21.08.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:12:17 | Bjørn Rommen | 43 | Jessheim | 08.10.1978 |
| 1:17:31 | Ole Skolt | 53 | Jessheim | 08.10.1978 |
| 1:18:29 | Torbjørn Johansen | 39 | Jessheim | 08.10.1978 |
| 1:19:42 | Kolbjørn Skjerve | 37 | Jessheim | 08.10.1978 |
| 1:20:04 | Anders Jellum | 48 | Jessheim | 08.10.1978 |
| 1:22:32 | Ingar Indredavik | 45 | Jessheim | 08.10.1978 |
| 1:22:42 | Arne Gulbrandsen | 44 | Jessheim | 08.10.1978 |
| 1:25:00 | Claus Nerhagen | 59 | Jessheim | 08.10.1978 |
| 1:25:23 | Olav Bogstad | 35 | Jessheim | 08.10.1978 |
| 1:25:39 | Trygve Rommen | 31 | Jessheim | 08.10.1978 |
| 1:26:15 | Kåre Andresen | 38 | Jessheim | 08.10.1978 |
| 1:27:41 | Arne Hvattum | 36 | Jessheim | 08.10.1978 |
| 1:28:27 | Arve Bogstad | 41 | Jessheim | 08.10.1978 |
| 1:29:23 | John Birkelund | 32 | Jessheim | 08.10.1978 |
| 1:30:52 | Thue Holme | 52 | Jessheim | 08.10.1978 |
| 1:33:45 | Trygve Stanger | 62 | Jessheim | 08.10.1978 |
| 1:34:00 | Helge Sydtangen | 37 | Jessheim | 08.10.1978 |
| 1:34:49 | Helge Ullerud | 42 | Jessheim | 08.10.1978 |
| 1:35:29 | Arve Marthinussen | 50 | Jessheim | 08.10.1988 |
| 1:35:40 | Finn Sandmo | 33 | Jessheim | 08.10.1978 |
| 1:35:46 | Kristoffer Stanger | 33 | Jessheim | 08.10.1978 |
| 1:38:47 | Svein Skolt | 25 | Jessheim | 08.10.1978 |
| 1:39:55 | Leif Rubach | 45 | Jessheim | 08.10.1978 |
| 1:40.50 | Torgeir Sørum | 45 | Jessheim | 08.10.1978 |
| 1:41:07 | Terje Weimoth | 46 | Jessheim | 08.10.1978 |
| 1:41:25 | Olav Bjerkeli | 33 | Jessheim | 08.10.1978 |
| 1:43:00 | Per Christian Bjørnæs | 42 | Jessheim | 08.10.1978 |
| 1:43:00 | Håvard Uhlen | 38 | Jessheim | 08.10.1978 |
| 1:43:47 | Halvor Bogstad | 46 | Jessheim | 08.10.1978 |
| 1:45:00 | Asbjørn Rud | 53 | Jessheim | 08.10.1978 |
| 1:45:22 | Arne Kristian Aas | 29 | Jessheim | 08.10.1978 |
| 1:48:32 | Øivind Melby | 55 | Jessheim | 08.10.1988 |

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| **MENN SENIOR 1978** | **271** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Ivar Opsahl | 47 | Lillestrøm | 27.08.1978 |
| 1.60 | Kai Hole | 42 | Lillestrøm | 26.08.1978 |
| 1.35 | Frode Liland | 65 | Gardermoen | 11.09.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.10 | Kai Hole | 42 | Lillestrøm | 27.08.1978 |
| 3.00 | Ivar Opsahl | 47 | Lillestrøm | 27.08.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.53 | Kai Hole | 42 | Lillestrøm | 26.08.1978 |
| 4.09 | Arne Hansen | 65 | Gardermoen | 26.08.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.03 | Kai Hole | 42 | Nannestad | 20.08.1978 |

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

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| --- | --- | --- | --- | --- |
| 12.35 | Morten Gaarder | 60 | Løken | 05.08.1978 |

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

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| --- | --- | --- | --- | --- |
| 13.22 | Kai Hole | 42 | Lørenfallet | 30.09.1978 |
| 11.31 | Ivar Opsahl | 47 | Løken | 02.08.1978 |
| 10.92 | Bjørn Askeland | 42 | Gardermoen | 26.08.1978 |

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

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| --- | --- | --- | --- | --- |
| 44.60 | Morten Gaarder | 60 | Hvam | 21.08.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.80 | Kai Hole | 42 | Ski | 07.10.1978 |
| 36.24 | Morten Gaarder | 60 | Ski | 07.10.1978 |
| 32.34 | Ivar Opsahl | 47 | Nannestad | 20.08.1978 |

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| --- | --- |
| **Slegge 6 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.24 | Morten Gaarder | 60 | Strømmen | 18.09.1978 |

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| **MENN SENIOR 1978** | **272** |

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

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| --- | --- | --- | --- | --- |
| 37.54 | Kai Hole | 42 | Strømmen | 18.09.1978 |
| 29.12 | Bjørn Askeland | 42 | Hvam | 19.08.1978 |
| 25.16 | Ivar Opsahl | 47 | Hvam | 19.08.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 41.72 | Kai Hole | 42 | Løken | 05.08.1978 |
| 39.18 | Ivar Opsahl | 47 | Løken | 05.08.1978 |
| 32.96 | Morten Gaarder | 60 | Løken | 05.08.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.1 |  |  | Nannestad | 20.08.1978 |
| ? | | | |

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| --- | --- |
| **4x200m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:45.5 |  |  | Årnes | 13.09.1978 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:54.2 |  |  | Lørenfallet | 06.06.1978 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18:21.0 |  |  | Rolvsrud | 15.08.1978 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:20.6 |  |  | Årnes | 13.09.1978 |
| ? | | | |

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| **INNENDØRS** |  |

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

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| --- | --- | --- | --- | --- |
| 1.56 | Kai Hole | 42 | Skedsmo/ST | 04.03.1978 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 3.05 | Martin Bratfos | 47 | Skedsmo/ST | 04.03.1978 |
| 2.71 | Kai Hole | 42 | Skedsmo/ST | 04.03.1978 |
| 2.54 | Morten Gaarder | 60 | Skedsmo/ST | 04.03.1978 |
| **KVINNER SENIOR 1978** | | **273** | | |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.6 | Ceilie Laake | 66 | Lørenfallet | 23.09.1978 |
| 9.0 | Hilde Ødemark | 64 | Gardermoen | 26.08.1978 |
| 9.3 | Inger Birgitte Reppe | 68 | Gardermoen | 26.08.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.2 | Cecilie Laake | 66 | Årnes | 06.09.1978 |
| 15.1 | Inger Birgitte Reppe | 68 | Årnes | 06.09.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:36.7 | Hilde Rustad | 66 | Gardermoen | 11.09.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:16.1 | Hildegunn Bjerkan | 63 | Jessheim | 12.06.1978 |
| 5:49.2 | Kjersti Magnussen | 60 | Jessheim | 12.06.1978 |
| 5:58.1 | Marit Skolt | 56 | Jessheim | 12.06.1978 |
| 6:03.4 | Elisabeth Magnussen | 55 | Jessheim | 12.06.1978 |
| 6:05.0 | Sissel Dønnum Ullerud | 43 | Jessheim | 12.06.1978 |
| 6:07.5 | Åshild Olsen | 39 | Jessheim | 12.06.1978 |
| 6:25.2 | Thora Sand | 48 | Jessheim | 12.06.1978 |
| 6:42.6 | May Skolt | 59 | Jessheim | 12.06.1978 |
| 7:04.5 | Bergljot Bjørnsveen | 38 | Jessheim | 12.06.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:33.6 | Hildegunn Bjerkan | 63 | Jessheim | 21.08.1978 |
| 12:52.1 | Sissel Dønnum Ullerud | 43 | Jessheim | 21.08.1978 |
| 13:20.7 | Åshild Olsen | 39 | Jessheim | 21.08.1978 |
| 13:34.9 | Kjersti Magnussen | 60 | Jessheim | 21.08.1978 |
| 13:46.2 | Marit Skolt | 56 | Jessheim | 21.08.1978 |
| 14:23.6 | Thora Sand | 48 | Jessheim | 21.08.1978 |
| 14:39.1 | Elise Wogstad | 44 | Jessheim | 21.08.1978 |
| 15:10.9 | May Skolt | 59 | Jessheim | 21.08.1978 |

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

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| 13.7 | Inger Birgitte Reppe | 68 | Årnes | 06.09.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.39 | Cecilie Laake | 66 | Lørenfallet | 23.09.1978 |
| 4.06 | Anne Hemsen | 65 | Gardermoen | 23.08.1978 |
| 3.58 | Inger Birgitte Reppe | 68 | Gardermoen | 11.09.1978 |

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| **KVINNER SENIOR 1978** | **274** |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 6.77 | Cecilie Laake | 66 | Årnes | 06.09.1978 |

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

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| --- | --- | --- | --- | --- |
| 2552 | Cecilie Laake | 66 | Lørenfallet | 23.09.1978 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 36.4 | J11-12 |  | Årnes | 31.08.1978 |
| ? | | | |

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| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.17 | Marianne Borgen | 62 | Skedsmo/ST | 04.03.1978 |
| 1.05 | Cecilie Laake | 66 | Skedsmo/ST | 04.03.1978 |
| 0.85 | Inger Birgitte Reppe | 68 | Skedsmo/ST | 04.03.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.21 | Cecilie Laake | 66 | Skedsmo/ST | 04.03.1978 |
| 1.84 | Inger Birgitte Reppe | 68 | Skedsmo/ST | 04.03.1978 |

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| **MENN SENIOR 1979** | **275** |

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

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| --- | --- | --- | --- | --- |
| 7.8 | Thor Lasse Johansen | 63 | Lillestrøm | 28.08.1979 |
| 8.1 | Frode Liland | 65 | Lillestrøm | 28.08.1979 |
| 8.5 | Ørnulf Brekke | 67 | Strømmen | 02.06.1979 |
| 8.6 | Kåre Laake | 64 | Strømmen | 02.06.1979 |
| 8.8 | Åge Mangelrød | 65 | Strømmen | 02.06.1979 |

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

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| --- | --- | --- | --- | --- |
| 12.6 | Thor Lasse Johansen | 63 | Rolvsrud | 08.09.1979 |
| 12.6 | Øivind Østby | 63 | Rolvsrud | 08.09.1979 |
| 13.4 | Frode Liland | 65 | Skotterud | 24.06.1979 |
| 13.8 | Arne Hansen | 65 | Skotterud | 24.06.1979 |
| 13.9 | Ørnulf Brekke | 67 | Jessheim | 30.06.1979 |
| 14.0 | Kåre Laake | 64 | Jessheim | 30.06.1979 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.0 | Thor Lasse Johansen | 63 | Oslo/Bi | 04.09.1979 |
| 28.3 | Kåre Laake | 64 | Oslo/Bi | 30.08.1979 |
| 28.6 | Arne Hansen | 65 | Oslo/Bi | 30.08.1979 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:09.4 | Asle Backe-Bogstad | 63 | Jessheim | 19.08.1979 |
| 2:11.4 | Trygve Stanger | 62 | Jessheim | 27.06.1979 |
| 2:16.3 | Frode Liland | 65 | Skotterud | 24.06.1979 |
| 2:30.9 | Arne Hansen | 65 | Skotterud | 24.06.1979 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:25.7 | Jan Rustad | 40 | Jessheim | 11.06.1979 |
| 4:29.3 | Ole Skolt | 53 | Jessheim | 11.06.1979 |
| 4:29.9 | Egil Ødemark | 41 | Jessheim | 11.06.1979 |
| 4:30.2 | Ingar Indredavik | 45 | Jessheim | 11.06.1979 |
| 4:30.8 | Odd Kinnsbekken | 48 | Jessheim | 11.06.1979 |
| 4:32.3 | Frank Finstad | 48 | Jessheim | 11.06.1979 |
| 4:34.6 | Trygve Stanger | 62 | Jessheim | 11.06.1979 |
| 4:34.7 | Anders Jellum | 48 | Jessheim | 11.06.1979 |
| 4:34.7 | Kolbjørn Skjerve | 37 | Jessheim | 11.06.1979 |
| 4:34.7 | Kjell Jørgensen | 50 | Jessheim | 11.06.1979 |
| 4:34.8 | Trygve Stanger | 62 | Rolvsrud | 08.09.1979 |
| 4:35.3 | Bjørn Rommen | 43 | Jessheim | 11.06.1979 |
| 4:36.5 | Dag Sand | 45 | Jessheim | 11.06.1979 |
| 4:37.6 | Bjørn Egil Hytjan | 56 | Jessheim | 11.06.1979 |

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| **MENN SENIOR 1979** | **276** |

|  |  |
| --- | --- |
| **1500m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:38.3 | Stephan Muryn | 45 | Jessheim | 11.06.1979 |
| 4:39.3 | Thorbjørn Johansen | 45 | Jessheim | 11.06.1979 |
| 4:40.1 | Kjell Østhus | 42 | Jessheim | 11.06.1979 |
| 4:40.5 | Arne Gulbrandsen | 44 | Jessheim | 11.06.1979 |
| 4:41.5 | Torgeir Sørum | 45 | Jessheim | 11.06.1979 |
| 4:43.3 | Kristen Langbakk | 39 | Jessheim | 11.06.1979 |
| 4:49.5 | Arve Bogstad | 41 | Jessheim | 11.06.1979 |
| 4:53.0 | Olav Bogstad | 35 | Jessheim | 11.06.1979 |
| 4:55.2 | John Kristian Smestad | 55 | Jessheim | 11.06.1979 |
| 4:55.8 | Pål Simonsen | 60 | Jessheim | 11.06.1979 |
| 4:56.0 | Thor Lasse Johansen | 63 | Jessheim | 11.06.1979 |
| 4:57.5 | Svein Olsen | 47 | Jessheim | 11.06.1979 |
| 4:59.8 | Arne Rognerud | 41 | Jessheim | 11.06.1979 |
| 5:01.0 | Helge Ullerud | 42 | Jessheim | 11.06.1979 |
| 5:02.8 | Terje Olsen | 42 | Jessheim | 11.06.1979 |
| 5:03.5 | Sten Melbye | 31 | Jessheim | 11.06.1979 |
| 5:04.4 | Paul Ronny Jensen | 63 | Jessheim | 11.06.1979 |
| 5:04.6 | Leif Rubach | 45 | Jessheim | 11.06.1979 |
| 5:06.3 | Per Olav Bjørnås | 40 | Jessheim | 11.06.1979 |
| 5:06.8 | Torger Ringen | 45 | Jessheim | 11.06.1979 |
| 5:07.0 | Helge Sydtangen | 37 | Jessheim | 11.06.1979 |
| 5:08.0 | Kristoffer Stanger | 33 | Jessheim | 11.06.1979 |
| 5:08.0 | Arne Hvattum | 36 | Jessheim | 11.06.1979 |
| 5:09.7 | Øystein Jørgensen | 47 | Jessheim | 11.06.1979 |
| 5:10.0 | Knut Lein | 28 | Jessheim | 11.06.1979 |
| 5:10.1 | Trygve Rommen | 31 | Jessheim | 11.06.1979 |
| 5:10.1 | Jens Jørgensen | 45 | Jessheim | 11.06.1979 |
| 5:10.3 | Arne Marthinussen | 50 | Jessheim | 11.06.1979 |
| 5:10.4 | Ole Arnegård | 44 | Jessheim | 11.06.1979 |
| 5:11.8 | Jostein Nilsen | 48 | Jessheim | 11.06.1979 |
| 5:12.7 | John Birkelund | 32 | Jessheim | 11.06.1979 |
| 5:13.6 | Molvin Knudsen | 62 | Jessheim | 11.06.1979 |
| 5:14.0 | Stig Harald Øveraas | 48 | Jessheim | 11.06.1979 |
| 5:17.4 | Øivind Melby | 50 | Jessheim | 11.06.1979 |
| 5:20.5 | Olav Bjerkeli | 33 | Jessheim | 11.06.1979 |
| 5:22.6 | Martin Bratfos | 47 | Jessheim | 11.06.1979 |
| 5:25.9 | Bjørn Grønlien | 44 | Jessheim | 11.06.1979 |
| 5:26.6 | Halvor Bogstad | 46 | Jessheim | 11.06.1979 |
| 5:26.7 | Øivind Mangerud | 48 | Jessheim | 11.06.1979 |
| 5:29.4 | Kåre Andresen | 38 | Jessheim | 11.06.1979 |
| 5:29.8 | Finn Johannessen | 45 | Jessheim | 11.06.1979 |
| 5:32.3 | Svein Skolt | 25 | Jessheim | 11.06.1979 |

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| **MENN SENIOR 1979** | **277** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:34.8 | Johan Gabrielsen | 35 | Jessheim | 11.06.1979 |
| 5:35.0 | Amund Gulbrandsen | 47 | Jessheim | 11.06.1979 |
| 5:35.0 | Håvard Uhlen | 39 | Jessheim | 11.06.1979 |
| 5:36.3 | Karl Lødemel | 24 | Jessheim | 11.06.1979 |
| 5:37.3 | Magne Engen | 33 | Jessheim | 11.06.1979 |
| 5:38.5 | Kåre Støverud | 52 | Jessheim | 11.06.1979 |
| 5:41.7 | Ole Kristian Wiig | 45 | Jessheim | 11.06.1979 |
| 5:43.5 | Johannes Bjørnland | 17 | Jessheim | 11.06.1979 |
| 5:46.6 | Finn Thorer Kjos | 66 | Jessheim | 11.06.1979 |
| 5:48.4 | Håkon Amundstad | 24 | Jessheim | 11.06.1979 |
| 5:50.6 | Arne Aas | 29 | Jessheim | 11.06.1979 |
| 5:53.9 | Ivar Opsahl | 47 | Jessheim | 11.06.1979 |
| 5:54.8 | Konrad Svensson | 34 | Jessheim | 11.06.1979 |
| 6:08.8 | Jørgen Torstveit | 40 | Jessheim | 11.06.1979 |
| 6:09.4 | Reidar Melby | 27 | Jessheim | 11.06.1979 |
| 6:12.3 | Håkon Håkonsen | 33 | Jessheim | 11.06.1979 |
| 6:26.8 | Ottar Gjestvang | 27 | Jessheim | 11.06.1979 |

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| **3000m** |  |

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| 9:51.3 | Trygve Stanger | 62 | Lillestrøm | 28.08.1979 |
| 11:38.3 | Svein Skolt | 25 | Jessheim | 20.08.1979 |
| 11:57.5 | Karl Lødemel | 24 | Jessheim | 20.08.1979 |
| 12:03.5 | Håkon Amundstad | 24 | Jessheim | 20.08.1979 |
| 12:35.6 | Arne Aas | 29 | Jessheim | 20.08.1979 |
| 12:52.9 | Johannes Bjørnland | 17 | Jessheim | 20.08.1979 |
| 13:07.5 | Reidar Melby | 27 | Jessheim | 20.08.1979 |
| 13:16.5 | Ottar Gjesvang | 27 | Jessheim | 20.08.1979 |

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

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| 16.6 | Thor Lasse Johansen | 63 | Jessheim | 27.06.1979 |

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

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| --- | --- | --- | --- | --- |
| 10:07.8 | Ole Skolt | 53 | Jessheim | 20.08.1979 |
| 10:27.0 | Jan Rustad | 40 | Jessheim | 20.08.1979 |
| 10:27.8 | Bjørn Egil Hytjan | 56 | Jessheim | 20.08.1979 |
| 10:37.6 | Bjørn Rommen | 43 | Jessheim | 20.08.1979 |
| 10:39.8 | Kjell Jørgensen | 50 | Jessheim | 20.08.1979 |
| 10:44.3 | Odd Kinnsbekken | 48 | Jessheim | 20.08.1979 |
| 10:46.4 | Dag Sand | 45 | Jessheim | 20.08.1979 |
| 10:54.8 | Claus Nerhagen | 59 | Jessheim | 20.08.1979 |
| 10:58.1 | Frank Finstad | 48 | Jessheim | 20.08.1979 |

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| **MENN SENIOR 1979** | **278** |

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| **3000m hinder 91.4 cm forts.** |  |

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| --- | --- | --- | --- | --- |
| 11:00.1 | Anders Jellum | 48 | Jessheim | 20.08.1979 |
| 11:05.7 | Trygve Stanger | 62 | Jessheim | 20.08.1979 |
| 11:07.9 | Egil Ødemark | 41 | Jessheim | 20.08.1979 |
| 11:12.8 | Ingar Indredavik | 45 | Jessheim | 20.08.1979 |
| 11:35.1 | Kristen Langbakk | 39 | Jessheim | 20.08.1979 |
| 11:35.5 | Torstein Gjelsvik | 42 | Jessheim | 20.08.1979 |
| 11:42.9 | Torgeir Sørum | 45 | Jessheim | 20.08.1979 |
| 11:44.9 | Kjell Østhus | 42 | Jessheim | 20.08.1979 |
| 11:52.9 | Svein Olsen | 52 | Jessheim | 20.08.1979 |
| 12:03.2 | Kristoffer Stanger | 33 | Jessheim | 20.08.1979 |
| 12:04.7 | Olav Bogstad | 35 | Jessheim | 20.08.1979 |
| 12:21.0 | Jens Henrik Jørgensen | 45 | Jessheim | 20.08.1979 |
| 12:18.8 | Arne Hvattum | 36 | Jessheim | 20.08.1979 |
| 12:20.5 | Øystein Jørgensen | 47 | Jessheim | 20.08.1979 |
| 12:24.0 | Terje Olsen | 42 | Jessheim | 20.08.1979 |
| 12:24.2 | Arne Marthinussen | 50 | Jessheim | 20.08.1979 |
| 12:33.9 | Helge Ullerud | 42 | Jessheim | 20.08.1979 |
| 12:35.5 | Per Bjørnæs | 42 | Jessheim | 20.08.1979 |
| 12:48.8 | Molvin Knutsen | 62 | Jessheim | 20.08.1979 |
| 12:49.1 | Thor Lasse Johansen | 63 | Jessheim | 20.08.1979 |
| 12:51.5 | Sten Melbye | 31 | Jessheim | 11.08.1979 |
| 12:52.6 | Leif Rubach | 45 | Jessheim | 20.08.1979 |
| 12:58.0 | Helge Sydtangen | 37 | Jessheim | 20.08.1979 |
| 13:07.1 | Paul Ronny Jensen | 63 | Jessheim | 20.08.1979 |
| 13:13.1 | Torger Ringen | 45 | Jessheim | 20.08.1979 |
| 13:17.9 | Øivind Mangerud | 48 | Jessheim | 20.08.1979 |
| 13:23.4 | Kåre Andresen | 38 | Jessheim | 20.08.1979 |
| 13:27.2 | Ole Arnegård | 44 | Jessheim | 20.08.1979 |
| 13:41.3 | Magne Engen | 33 | Jessheim | 20.08.1979 |
| 13:45.8 | Finn Johannessen | 45 | Jessheim | 20.08.1979 |
| 13:46.7 | Finn-Thorer Kjos | 66 | Jessheim | 20.08.1979 |
| 13:47.6 | Jostein Nilsen | 48 | Jessheim | 20.08.1979 |
| 13:57.3 | Ole Kristian Wiig | 45 | Jessheim | 20.08.1979 |
| 14:09.4 | Kåre Støverud | 52 | Jessheim | 20.08.1979 |
| 14:27.1 | Bjørn Grønlien | 44 | Jessheim | 20.08.1979 |
| 14:32.8 | Johan Gabrielsen | 35 | Jessheim | 20.08.1979 |
| 14:37.8 | Ivar Opsahl | 47 | Jessheim | 20.08.1979 |
| 14:53.9 | Håkon Håkonsen | 33 | Jessheim | 20.08.1979 |
| 15:34.3 | Konrad Svensson | 34 | Jessheim | 20.08.1979 |
| 16:23.8 | Jørgen Torstveit | 40 | Jessheim | 20.08.1979 |

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| **MENN SENIOR 1979** | **279** |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:10:23 | Harald Lindstrøm | 54 | Jessheim | 07.10.1979 |
| 1:13:15 | Bjørn Rommen | 43 | Jessheim | 07.10.1979 |
| 1:13:27 | Kjell Jørgensen | 50 | Jessheim | 07.10.1979 |
| 1:13:51 | Jan Rustad | 40 | Jessheim | 07.10.1979 |
| 1:15:20 | Ole Skolt | 53 | Jessheim | 07.10.1979 |
| 1:16:31 | Frank Finstad | 48 | Jessheim | 07.10.1979 |
| 1:16:46 | Anders Jellum | 48 | Jessheim | 97.10.1979 |
| 1:17:22 | Torbjørn Johansen | 45 | Jessheim | 07.10.1979 |
| 1:19:13 | Odd Kinnsbekken | 59 | Jessheim | 07.10.1979 |
| 1:20:11 | Ingar Indredavik | 45 | Jessheim | 07.10.1979 |
| 1:21:11 | Kristen Langbakk | 39 | Jessheim | 07.10.1979 |
| 1:21:29 | Claus Nerhagen | 59 | Jessheim | 07.10.1979 |
| 1:21:23 | Arne Gulbrandsen | 44 | Jessheim | 07.10.1979 |
| 1:27:34 | Trygve Rommen | 31 | Jessheim | 07.10.1979 |
| 1:29:23 | Knut Lein | 28 | Jessheim | 07.10.1979 |
| 1:29:25 | Kåre Andresen | 38 | Jessheim | 07.10.1979 |
| 1:29:34 | Per Bjørnås | 40 | Jessheim | 07.10.1979 |
| 1:30:17 | Olav Bjerkeli | 33 | Jessheim | 07.10.1979 |
| 1:32:31 | John Birkelund | 32 | Jessheim | 07.10.1979 |
| 1:33:45 | John Kristian Smestad | 55 | Jessheim | 07.10.1979 |
| 1:34:34 | Kristoffer Stanger | 33 | Jessheim | 07.10.1979 |
| 1:35:53 | Håkon Amundstad | 24 | Jessheim | 07.10.1979 |
| 1:35:57 | Torgeir Sørum | 45 | Jessheim | 07.10.1979 |
| 1:36:37 | Arve Bogstad | 41 | Jessheim | 07.10.1979 |
| 1:38:07 | Karl Lødemel | 24 | Jessheim | 07.10.1979 |
| 1:38:10 | Helge Sydtangen | 37 | Jessheim | 07.10.1979 |
| 1:38:30 | Per Christian Bjørnæs | 42 | Jessheim | 07.10.1979 |
| 1:38:30 | Håvard Uhlen | 39 | Jessheim | 07.10.1979 |
| 1:38:52 | Øivind Melby | 55 | Jessheim | 07.10.1979 |
| 1:38:55 | Halvor Bogstad | 46 | Jessheim | 07.10.1979 |
| 1:40:35 | Arne Rognerud | 41 | Jessheim | 07.10.1979 |
| 1:42:56 | Amund Gulbrandsen | 47 | Jessheim | 07.10.1979 |
| 1:42:41 | Martin Bratfos | 47 | Jessheim | 07.10.1979 |
| 1:43:00 | Stig Harald Øveraas | 48 | Jessheim | 07.10.1979 |
| 1:44:25 | Trygve Stanger | 62 | Jessheim | 07.10.1979 |
| 1:47:50 | Bjørn Grønlien | 44 | Jessheim | 07.10.1979 |

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| **Høyde** |  |

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| 1.58 | Frode Liland | 65 | Jessheim | 19.08.1979 |
| 1.35 | Thor Lasse Johansen | 63 | Jessheim | 19.08.1979 |
| 1.20 | Bård Hole | 67 | Jessheim | 19.08.1979 |

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| **MENN SENIOR 1979** | **280** |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.05 | Thor Lasse Johansen | 63 | Lillestrøm | 28.08.1979 |
| 4.74 s | Frode Liland | 65 | Jessheim | 19.08.1979 |
| 4.53 s | Arne Hansen | 65 | Jessheim | 19.08.1979 |
| 4.52 s | Ørnulf Brekke | 67 | Lillestrøm | 28.08.1979 |

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| **Kule 3 kg** |  |

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| 11.25 | Frode Liland | 65 | Lillestrøm | 21.08.1979 |
| 6.97 | Bård Hole | 67 | Jessheim | 19.08.1979 |
| 6.84 | Ørnulf Brekke | 67 | Lørenfallet | 22.09.1979 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.79 | Thor Lasse Johansen | 63 | Jessheim | 27.06.1979 |
| 11.33 | Øivind Østby | 63 | Jessheim | 27.06.1979 |
| 7.18 | Kjell Kleiven | 65 | Jessheim | 27.06.1979 |

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| **Kule 7.26 kg** |  |

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| 13.10 | Kai Hole | 42 | Lillestrøm | 18.08.1979 |

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| **Diskos 1.5 kg** |  |

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| 32.40 | Øivind Østby | 63 | Strømmen | 10.09.1979 |
| 29.64 | Thor Lasse Johansen | 63 | Strømmen | 10.09.1979 |

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| **Diskos 2 kg** |  |

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| 42.18 | Kai Hole | 42 | Strømmen | 10.09.1979 |
| 36.58 | Morten Gaarder | 60 | Lørenfallet | 21.09.1979 |

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

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| 38.66 | Thor Lasse johansen | 63 | Lillestrøm | 28.08.1979 |
| 29.47 | Øivind Østby | 63 | Jessheim | 27.06.1979 |
| 28.86 | Kjell Kleiven | 65 | Rolvsrud | 08.09.1979 |

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| **Liten ball 150 g** |  |

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| 40.98 | Ørnulf Brekke | 67 | Rolvsrud | 08.09.1979 |

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

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| 3014 | Ørnulf Brekke | 67 | Lørenfallet | 22.09.1979 |
| ? | | | |

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| **MENN SENIOR 1979** | **281** |

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| **4x100m** |  |

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| 54.7 | G13-14 |  | Strømmen | 06.09.1979 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.61 | Thor Lasse Johansen | 63 | Skårer/Kj | 25.03.1979 |
| 2.51 | Øivind Østby | 63 | Skårer/Kj | 25.03.1979 |
| 2.31 | Kåre Laake | 64 | Skårer/Kj | 25.03.1979 |
| 2.07 | Arne Hansen | 65 | Skårer/Kj | 25.03.1979 |
| 2.01 | Ørnulf Brekke | 67 | Skårer/Kj | 25.03.1979 |

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| **KVINNER SENIOR 1979** | **282** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Kristin Brekke | 65 | Lillestrøm | 08.09.1979 |
| 8.5 | Cecilie Laake | 66 | Lillestrøm | 08.09.1979 |
| 8.6 | Kristin Bogstad | 64 | Strømmen | 04.06.1979 |
| 8.7 | Britt Folge | 66 | Lillestrøm | 08.09.1979 |
| 8.8 | Hilde Ødemark | 64 | Jessheim | 30.06.1979 |
| 8.9 | Inger Birgitte Reppe | 68 | Lillestrøm | 08.09.1979 |
| 9.2 | Heidi Bogstad | 67 | Lillestrøm | 08.09.1979 |

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| **100m M** |  |

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| 13.4 | Kristin Brekke | 65 | Jessheim | 19.08.1979 |
| 13.9 | Cecilie Laake | 66 | Jessheim | 19.08.1979 |
| 14.3 | Britt Folge | 66 | Jessheim | 19.08.1979 |
| 14.3 | Hilde Johansen | 66 | Jessheim | 30.06.1979 |
| 14.6 | Kristin Kulblikkseter | 67 | Jessheim | 30.06.1979 |
| 14.6 | Hilde Ødemark | 64 | Jessheim | 19.08.1979 |
| 14.7 | Inger Birgitte Reppe | 68 | Strømmen | 04.06.1979 |
| 15.1 | Heidi Rønning | 67 | Strømmen | 04.06.1979 |

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| **200m M** |  |

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| 28.3 | Kristin Brekke | 65 | Strømmen | 24.08.1979 |
| 28.7 | Kristin Bogstad | 64 | Lillestrøm | 08.09.1979 |
| 29.2 | Cecilie Laake | 66 | Oslo/Bi | 30.08.1979 |
| 30.3 | Britt Folge | 66 | Lillestrøm | 08.09.1979 |

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| **800m** |  |

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| 2:25.3 | Hilde Rustad | 65 | Oslo/Bi | 31.05.1979 |

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| **1000m** |  |

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| 3:05.1 | Hilde Rustad | 65 | Oslo/Bi | 30.08.1979 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 5:03.0 | Hilde Rustad | 66 | Jessheim | 11.06.1979 |
| 5.14.1 | Målfrid Olsen | 66 | Strømmen | 24.08.1979 |
| 5:29.1 | Wenche Moen | 65 | Jessheim | 11.06.1979 |
| 5:54.1 | Marit Skolt | 56 | Jessheim | 13.06.1979 |
| 5:59.8 | Sissel Dønnum Ullerud | 43 | Jessheim | 13.06.1979 |
| 6:00.0 | Cora Schøyen | 47 | Jessheim | 11.06.1979 |
| 6:01.5 | Kjersti Hvattum | 65 | Jessheim | 11.06.1979 |
| 6:02.2 | Inger Marie Hvattum | 62 | Jessheim | 11.06.1979 |

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| **KVINNER SENIOR 1979** | **283** |

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| **1500m forts.** |  |

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| 6:03.6 | Åshild Olsen | 39 | Jessheim | 13.06.1979 |
| 6:22.3 | Aase Dahl Klepsvik | 37 | Jessheim | 11.06.1979 |
| 6:26.6 | Trine Bogstad Mangerud | 51 | Jessheim | 11.06.1979 |
| 6:30.0 | May Skolt | 59 | Jessheim | 11.06.1979 |
| 6:30.8 | Randi Nagell | 53 | Jessheim | 11.06.1979 |
| 6:35.3 | Anne Lise Kjos | 64 | Jessheim | 11.06.1979 |
| 6:36.3 | Astrid Hansen | 42 | Jessheim | 11.06.1979 |
| 6:51.8 | Inger Lise Wiig | 49 | Jessheim | 11.06.1979 |
| 6:55.7 | Jorunn Sørum | 49 | Jessheim | 11.06.1979 |
| 7:12.1 | Elise Wogstad | 44 | Jessheim | 11.06.1979 |
| 7:13.5 | Kari Ruud | 40 | Jessheim | 11.06.1979 |

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| **3000m** |  |

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| 10:25.1 | Hilde Rustad | 66 | Jessheim | 20.08.1979 |
| 10:55.1 | Målfrid Olsen | 66 | Jessheim | 20.08.1979 |
| 11:45.1 | Wenche Moen | 65 | Jessheim | 20.08.1979 |
| 12:47.2 | Sissel Dønnum Ullerud | 43 | Jessheim | 20.09.1979 |
| 12:53.2 | Marit Skolt | 56 | Jessheim | 20.08.1979 |
| 13:18.0 | Kjersti Hvattum | 65 | Jessheim | 20.08.1979 |
| 13:18.5 | Inger Marie Hvattum | 62 | Jessheim | 20.09.1979 |
| 13:29.7 | Åshild Olsen | 39 | Jessheim | 20.08.1979 |
| 13:30.1 | Cora Schøyen | 47 | Jessheim | 20.08.1979 |
| 14:13.1 | Inger Lise Wiig | 49 | Jessheim | 20.08.1979 |
| 14:15.7 | Trine Bogstad Mangerud | 51 | Jessheim | 20.08.1979 |
| 14:17.8 | Nina Holme | 64 | Jessheim | 20.08.1979 |
| 14:23.0 | Anne Line Kjos | 64 | Jessheim | 20.08.1979 |
| 14:45.5 | May Skolt | 59 | Jessheim | 20.08.1979 |
| 14:46.3 | Jorunn Sørum | 49 | Jessheim | 20.08.1979 |
| 14:58.5 | Astrid Hansen | 42 | Jessheim | 20.08.1979 |
| 15:07.9 | Elise Wogstad | 44 | Jessheim | 20.08.1979 |
| 15:12.8 | Kari Ruud | 40 | Jessheim | 20.08.1979 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.38 | Hilde Ødemark | 64 | Årnes | 28.08.1979 |
| 1.35 | Kristin Brekke | 65 | Årnes | 28.08.1979 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.81 s | Cecilie Laake | 66 | Lørenfallet | 22.09.1979 |
| 4.65 s | Kristin Brekke | 65 | Årnes | 28.08.1979 |
| 4.41 | Kristin Bogstad | 64 | Årnes | 28.08.1979 |
| 4.36 s | Britt Folge | 66 | Strømmen | 02.06.1979 |
| 4.04 s | Inger Birgitte Reppe | 68 | Årnes | 28.08.1979 |
| 3.78 s | Heidi Bogstad | 67 | Strømmen | 02.06.1979 |
| **KVINNER SENIOR 1979** | | **284** | | |

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| **Kule 3 kg** |  |

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| 8.00 | Anita Aasheim | 66 | Rolvsrud | 27.06.1979 |
| 8.00 | Cecilie Laake | 66 | Lørenfallet | 22.09.1979 |

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| **Liten ball 150 g** |  |

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| 36.72 | Anita Aasheim | 66 | Rolvsrud | 27.06.1979 |
| 27.28 | Inger Birgitte Reppe | 68 | Rolvsrud | 27.06.1979 |

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

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| 3422 | Inger Birgitte Reppe | 68 | Lørenfallet | 22.09.1979 |
| ? | | | |
| 3227 | Cecilie Laake | 66 | Lørenfallet | 22.09.1979 |
| ? | | | |

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| **4x60m** |  |

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| 34.5 | J11-12 |  | Strømmen | 06.09.1979 |
| Heidi Bogstad67-Kristin Kublikksæter67-Inger Birgitte Reppe68-Heidi Rønning67 | | | |

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| **4x100m** |  |

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| 54.1 | J13-14 |  | Strømmen | 06.09.1979 |
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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.42 | Cecilie Laake | 66 | Skårer /Kj | 25.03.1979 |
| 2.12 | Kristin Bogstad | 64 | Fetsund | 10.03.1979 |
| 2.11 | Inger Birgitte Reppe | 68 | Fetsund | 10.03.1979 |
| 2.11 | Kristin Brekke | 65 | Fetsund | 10.03.1979 |