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| **MENN SENIOR 1989** | **446** |

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| --- | --- |
| **40m** |  |

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| --- | --- | --- | --- | --- |
| 6.1 | Gudmund Bjotveit | 77 | Jessheim | 30.05.1989 |
| 6.5 | Svend Inge Bråten | 76 | Jessheim | 30.05.1989 |
| 6.6 | Atle Skauen | 77 | Jessheim | 30.05.1989 |
| 6.9 | Anders Knudsen | 77 | Jessheim | 30.05.1989 |
| 7.2 | Fredrik Hansen | 77 | Jessheim | 30.05.1989 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.67 | Gudmund Bjotveit | 77 | Grimstad | 08.07.1989 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.2 | Runar Homble | 72 | Jessheim | 25.09.1989 |
| 7.2 | Ola Nerhagen | 71 | Jessheim | 25.09.1989 |
| 7.2 | Jo Henning Hals Nilssen | 68 | Jessheim | 25.09.1989 |
| 7.6 | Odd Arne Urnes | 73 | Jessheim | 25.09.1989 |
| 7.6 | Tom Erik Olsen | 74 | Jessheim | 25.09.1989 |
| 7.8 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.09.1989 |
| 7.8 | Ivar Opsahl | 47 | Jessheim | 25.09.1989 |
| 8.2 | Glenn Myrland | 72 | Jessheim | 25.09.1989 |
| 8.3 | Trygve Andresen | 34 | Jessheim | 25.09.1989 |
| 8.5 | Øyvind Arnegård | 75 | Jessheim | 17.09.1989 |
| 8.6 | Gudmund Bjotveit | 77 | Bjørkelangen | 09.09.1989 |
| 8.9 | Valter Berntsen | 39 | Jessheim | 25.09.1989 |
| 9.0 | Pål Finstad | 75 | Jessheim | 05.06.1989 |
| 9.1 | Sven Inge Bråten | 76 | Jessheim | 05.06.1989 |
| 9.4 | Anders Knudsen | 77 | Jessheim | 05.06.1989 |
| 9.4 | Ingar Ørum | 77 | Jessheim | 25.09.1989 |
| 9.7 | Jon Arne Skiaker | 79 | Jessheim | 25.09.1989 |
| 9.7 | Tor Andre Borgersen | 77 | Jessheim | 25.09.1989 |
| 9.7 | Trond Erik Bakkerud | 77 | Jessheim | 25.09.1989 |
| 9.8 | Emil Borge | 78 | Jessheim | 13.09.1989 |

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| **80m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.9 | Gudmund Bjotveit | 77 | Årnes | 21.06.1989 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.52 | Ola Nerhagen | 71 | Lillehammer/Ss | 25.06.1989 |
| 12.11 | Runar Homble | 72 | Jessheim | 03.07.1989 |
| 12.99 | Jørgen Hjelm Bakkerud | 74 | Nadderud | 16.06.1989 |

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| **MENN SENIOR 1989** | **447** |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.5 | Ola Nerhagen | 71 | Jessheim | 30.05.1989 |
| 11.7 | Runar Homble | 72 | Bjørkelangen | 09.09.1989 |
| 12.1 | Frode Nygård | 69 | Bjørkelangen | 09.09.1989 |
| 12.2 | Hans Jørgen Borgen | 70 | Jessheim | 30.05.1989 |
| 12.2 | Odd Arne Urnes | 73 | Jessheim | 17.09.1989 |
| 12.5 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 17.09.1989 |
| 12.9 | Ivar Opsahl | 47 | Jessheim | 28.09.1989 |
| 13.1 | Knut Tørum | 45 | Jessheim | 30.05.1989 |
| 13.3 | Øyvind Arnegård | 75 | Bjørkelangen | 09.09.1989 |
| 13.3 | Glenn Myrland | 72 | Jessheim | 28.09.1989 |
| 13.4 | Ansgar Gulbrandsen | 44 | Bjørkelangen | 09.09.1989 |
| 13.8 | Trygve Andresen | 34 | Jessheim | 28.09.1989 |
| 14.5 | Gudmund Bjotveit | 77 | Nannestad | 14.06.1989 |
| 14.9 | Sven Inge Bråten | 76 | Bjørkelangen | 10.08.1989 |
| 15.3 | Thorbjørn Wiig | 77 | Nannestad | 14.06.1989 |
| 15.3 | Pål Nygård | 75 | Nannestad | 14.06.1989 |
| 15.3 | Atle Skaugen | 77 | Jessheim | 28.09.1989 |
| 15.5 | Tor Andre Borgersen | 77 | Nannestad | 24.06.1989 |
| 15.5 | Jon Arne Skiaker | 79 | Jessheim | 28.09.1989 |
| 15.8 | Anders Knutsen | 77 | Jessheim | 28.09.1989 |
| 15.8 | Emil Borge | 78 | Jessheim | 30.05.1989 |
| 16.4 | Daniel Hirch | 76 | Nannestad | 14.06.1989 |
| 16.5 | Ingar Ørum | 77 | Nannestad | 14.06.1989 |
| 16.7 | Trond-Erik Bakkerud | 77 | Nannestad | 14.06.1989 |
| 16.7 | Pål Christian Torvund | 76 | Nannestad | 14.06.1989 |
| 17.0 | Christian Tolland | 77 | Nannestad | 14.06.1989 |
| 17.0 | Håvard Mathisen | 77 | Jessheim | 14.06.1989 |
| 17.4 | Fredrik Hansen | 77 | Nannestad | 14.06.1989 |
| **Medvind** | |  | | |
| 11.5 forsøk | Runar Homble | 72 | Bjørkelangen | 09.09.1989 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.50 | Hans Jørgen Borgen | 70 | Jessheim | 08.08.1989 |
| 23.70 | Ola Nerhagen | 71 | Bergen/Fa | 25.08.1989 |
| 24.08 | Tom Erik Olsen | 74 | Jessheim | 08.08.1989 |
| 24.24 | Runar Homble | 72 | Jessheim | 08.08.1989 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.0 | Ola Nerhagen | 71 | Bjørkelangen | 10.09.1989 |
| 23.7 | Runar Homble | 72 | Bjørkelangen | 10.09.1989 |
| 23.7 | Hans Jørgen Borgen | 70 | Bjørkelangen | 10.09.1989 |
| 24.3 | Odd Arne Urnes | 73 | Jessheim | 25.09.1989 |
| 24.9 | Frode Nygård | 69 | Bjørkelangen | 22.05.1989 |

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| **MENN SENIOR 1989** | **448** |

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

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| --- | --- | --- | --- | --- |
| 25.2 | Jørgen Hjelm Bakkerud | 74 | Bjørkelangen | 10.09.1989 |
| 28.2 | Martin Carlsen | 71 | Jessheim | 25.09.1989 |
| 29.1 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 25.09.1989 |

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| **300m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 40.25 | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 06.05.1989 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.34 | Hans Jørgen Borgen | 70 | Sofiemyr | 11.06.1989 |
| 53.45 | Frode Nygård | 69 | Grimstad | 17.06.1989 |
| 54.36 | Kjell Frostlid | 60 | Sofiemyr | 11.06.1989 |
| 54.46 | Jan-Olav Arnegård | 71 | Jessheim | 03.07.1989 |
| 56.79 | Jørgen Hjelm Bakkerud | 74 | Sofiemyr | 11.06.1989 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.8 | Hans Jørgen Borgen | 70 | Jessheim | 30.05.1989 |
| 56.1 | Ole Pedersen | 67 | Jessheim | 30.05.1989 |
| 59.8 | Knut Tørum | 45 | Jessheim | 30.05.1989 |
| 60.6 | Ståle Murud | 69 | Jessheim | 30.05.1989 |
| 61.3 | Martin Carlson | 71 | Jessheim | 30.05.1989 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:52.61 | Hans Jørgen Borgen | 70 | Raufoss | 27.06.1989 |
| 1:56.13 | Ivar Moen | 65 | Oslo/Bi | 18.05.1989 |
| 2:01.62 | Ole Johan Pedersen | 67 | Jessheim | 03.07.1989 |
| 2:02.72 | Ole Fredrik Mørck | 62 | Nadderud | 30.08.1989 |
| 2:03.7 | Inge Nessiøy | 57 | Jessheim | 21.08.1989 |
| 2:07.22 | Kåre-Christian Olsen | 64 | Jessheim | 03.07.1989 |
| 2:08.2 | Jan-Olav Arnegård | 71 | Sofiemyr | 10.06.1989 |
| 2:10.04 | Ståle Murud | 69 | Jessheim | 03.07.1989 |
| 2:12.01 | Martin Carlsson | 68 | Jessheim | 03.07.1989 |
| 2:12.9 | Knut Tørum | 45 | Jessheim | 05.06.1989 |
| 2:13.9 | Arne Luke | 44 | Lørenfallet | 14.06.1989 |
| 2:14.24 | Christopher Wiig | 72 | Jessheim | 03.07.1989 |
| 2:14.4 | Thomas Lundring | 75 | Bjørkelangen | 10.09.1989 |
| 2:15.26 | Geir Håkon Bjørnstad | 56 | Jessheim | 03.07.1989 |
| 2:16.38 | Paal Raastad | 73 | Jessheim | 03.07.1989 |
| 2:17.14 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03.07.1989 |
| 2:26.6 | Anders Carlson | 71 | Jessheim | 21.08.1989 |
| 2:27.9 | Atle Sander | 71 | Jessheim | 21.08.1989 |
| 2:28.4 | Rolf Fredagsvik | 42 | Jessheim | 21.08.1989 |

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| **MENN SENIOR 1989** | **449** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:35.4 | Torger Ringen | 45 | Jessheim | 21.08.1989 |
| 2:40.9 | Tron Wiig | 72 | Jessheim | 21.08.1989 |
| 2:44.0 | Torbjørn Wiig | 77 | Bjørkelangen | 10.09.1989 |
| 2:44.8 | Pål Nygaard | 75 | Jessheim | 05.06.1989 |
| 2:45.0 | Ola Haugset | 43 | Jessheim | 21.08.1989 |
| 2:47.8 | Sven Inge Bråthen | 76 | Jessheim | 05.06.1989 |
| 2:49.3 | Trond-Erik Bakkerud | 76 | Bjørkelangen | 10.09.1989 |
| 2:51.9 | Per Ramstad | 74 | Jessheim | 21.08.1989 |
| 2:57.9 | Alexander Jørgensen | 71 | Jessheim | 21.08.1989 |
| 3:12.5 | Kjell Audun Strand | 78 | Jessheim | 13.09.1989 |
| 3:29.6 | Frank Thorvaldsen | 48 | Jessheim | 21.08.1989 |
| 3:40.2 | Trygve Nagell | 38 | Jessheim | 21.08.1989 |

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| **1000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:23.0 | Pål Nygaard | 75 | Nannestad | 14.06.1989 |
| 3:45.3 | Thorbjørn Wiig | 77 | Nannestad | 14.06.1989 |
| 4:13.0 | Tor-Andre Borgersen | 77 | Nannestad | 14.06.1989 |
| 4:17.0 | Håvard Mathisen | 77 | Nannestad | 14.06.1989 |
| 4:33.0 | Fredrik Hansen | 77 | Nannestad | 14.06.1989 |
| 4:46.2 | Trond-Erik Bakkerud | 77 | Nannestad | 14.06.1989 |
| 4:52.0 | Christian Tollerud | 77 | Nannestad | 14.06.1989 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:09.6 | Ole Fredrik Mørck | 62 | Jessheim | 16.06.1989 |
| 4:08.8 | Leif Erling Aronsveen | 57 | Jessheim | 12.06.1989 |
| 4:10.90 | Hans Jørgen Borgen | 70 | Oslo/Bi | 15.08.1989 |
| 4:10.9 | Inge Nessiøy | 57 | Jessheim | 12.06.1989 |
| 4:12.20 | Roger Bråten | 71 | Jessheim | 08.08.1989 |
| 4:17.7 | Ole Johan Pedersen | 67 | Jessheim | 12.06.1989 |
| 4:22.7 | Trygve Stanger | 62 | Jessheim | 12.06.1989 |
| 4:23.8 | Ole Johan Garli | 56 | Jessheim | 12.06.1989 |
| 4:27.3 | Runar Kristiansen | 71 | Jessheim | 12.06.1989 |
| 4:29.6 | Knut Kristensen | 44 | Jessheim | 16.06.1989 |
| 4:30.2 | Kåre-Christian Olsen | 64 | Jessheim | 12.06.1989 |
| 4:33.5 | Ståle Murud | 69 | Jessheim | 12.06.1989 |
| 4:33.6 | Øystein Frilseth | 48 | Jessheim | 12.06.1989 |
| 4:34.3 | Ole-Henrik Hansen | 72 | Jessheim | 12.06.1989 |
| 4:34.7 | Martin Carlsson | 68 | Jessheim | 12.06.1989 |
| 4:34.8 | Bjørn Langsett | 71 | Jesheim | 12.06.1989 |
| 4:37.1 | Claus Nerhagen | 59 | Jessheim | 12.06.1989 |
| 4:37.64 | Geir Håkon Bjørnstad | 56 | Jessheim | 08.08.1989 |
| 4:38.5 | Jan-Olav Arnegård | 71 | Jessheim | 12.06.1989 |
| 4:39.3 | Arne Luke | 44 | Jessheim | 12.06.1989 |

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| **MENN SENIOR 1989** | **450** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:40.1 | Erik Næss | 61 | Jessheim | 12.06.1989 |
| 4:40.3 | Stian Torstveit | 66 | Jessheim | 12.06.1989 |
| 4:41.3 | Bjørn Tore Ottersen | 66 | Jessheim | 12.06.1989 |
| 4:41.5 | Torbjørn Johansen | 45 | Jessheim | 12.06.1989 |
| 4:41.63 | Jan Erik Bøhnsdalen | 52 | Jessheim | 08.08.1989 |
| 4:42.0 | Audun Kjos | 71 | Jessheim | 12.06.1989 |
| 4:43.3 | Kolbjørn Skjerve | 37 | Jessheim | 16.06.1989 |
| 4:46.9 | Thomas Lundring | 75 | Jessheim | 13.09.1989 |
| 4:49.4 | Johnny Røsåsen | 44 | Jessheim | 12.06.1989 |
| 4:51.3 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 12.06.1989 |
| 4:51.9 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 16.06.1989 |
| 4:53.0 | Trygve Bårde | 48 | Jessheim | 12.06.1989 |
| 4:53.5 | Thorbjørn Næss | 68 | Jessheim | 12.06.1989 |
| 4:56.5 | Kjell Carlsson | 44 | Jessheim | 12.06.1989 |
| 4:58.1 | Asbjørn Hoel | 43 | Jessheim | 12.06.1989 |
| 4:59.5 | Kjell Aarflot | 44 | Jessheim | 12.06.1989 |
| 5:00.0 | Lars Nermoen | 74 | Jessheim | 12.06.1989 |
| 5:01.1 | Anders Carlsson | 71 | Jessheim | 12.06.1989 |
| 5:01.3 | Rolf Fredagsvik | 42 | Jessheim | 12.06.1989 |
| 5:01.4 | Ola Nerhagen | 71 | Jessheim | 12.06.1989 |
| 5:10.8 | Sigmund Syversen | 49 | Jessheim | 12.06.1989 |
| 5:12.7 | Nils Sæthermoen | 40 | Jessheim | 12.06.1989 |
| 5:13.0 | Ole Arnegård | 44 | Jessheim | 12.06.1989 |
| 5:14.3 | Jens Mathiesen | 47 | Jessheim | 12.06.1989 |
| 5:15.3 | Ivar Skedsmo | 55 | Jessheim | 12.06.1989 |
| 5:15.2 | Stein Bringeland | 54 | Jessheim | 12.06.1989 |
| 5:18.1 | Bjørn Fløtaker | 46 | Jessheim | 12.06.1989 |
| 5.18.8 | Ragnar Bakken | 48 | Jessheim | 12.06.1989 |
| 5:20.3 | Helge Velure | 50 | Jessheim | 12.06.1989 |
| 5:20.4 | Bjørn Ødegård | 74 | Jessheim | 12.06.1989 |
| 5:21.5 | Svein Rustad | 44 | Jessheim | 12.06.1989 |
| 5:21.8 | John Birkelund | 32 | Jessheim | 16.06.1989 |
| 5:24.0 | Georg Johnsen | 55 | Jessheim | 12.06.1989 |
| 5:27.0 | Dag Indredavik | 70 | Jessheim | 12.06.1989 |
| 5:29.2 | Ola Haugset | 43 | Jessheim | 12.06.1989 |
| 5:30.3 | Kristen Langbakk | 39 | Jessheim | 12.06.1989 |
| 5:34.0 | Geir Sander | 45 | Jessheim | 12.06.1989 |
| 5:36.6 | Arve Bogstad | 41 | Jessheim | 12.06.1989 |
| 5:39.5 | Torger Ringen | 45 | Jessheim | 12.06.1989 |
| 5:40.5 | Øystein Jørgensen | 47 | Jessheim | 12.06.1989 |
| 5:42.2 | Tron Wiig | 72 | Jessheim | 12.06.1989 |
| 5:43.7 | Kristoffer Stanger | 33 | Jessheim | 12.06.1989 |
| 5:45.0 | Ingar Indredavik | 45 | Jessheim | 12.06.1989 |
| 5:48.9 | Jørgen Torstveit | 40 | Jessheim | 12.06.1989 |

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| **MENN SENIOR 1989** | **451** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:51.0 | Jan Grønlien | 49 | Jessheim | 12.06.1989 |
| 5:51.9 | Ole Kristian Wiig | 45 | Jessheim | 12.06.1989 |
| 5:53.1 | Daniel Hirch | 76 | Jessheim | 13.09.1989 |
| 5:54.3 | Olav Rutle | 45 | Jessheim | 12.06.1989 |
| 5:57.5 | Per Hellestuen | 33 | Jessheim | 12.06.1989 |
| 5:57.9 | Jan Berg | 40 | Jessheim | 12.06.1989 |
| 5:59.0 | Oddbjørn Wahl | 37 | Jessheim | 12.06.1989 |
| 6:00.9 | Oddbjørn Ødegård | 43 | Jessheim | 12.06.1989 |
| 6:08.9 | Amund Gulbrandsen | 47 | Jessheim | 12.06.1989 |
| 6:09.1 | Per Ramstad | 74 | Jessheim | 12.06.1989 |
| 6:12.5 | Kjetil Grønlien | 71 | Jessheim | 12.06.1989 |
| 6:14.7 | Svein Skolt | 25 | Jessheim | 16.06.1989 |
| 6:18.0 | Martin Hellestuen | 33 | Jessheim | 12.06.1989 |
| 6:35.1 | Magne Engen | 33 | Jessheim | 12.06.1989 |
| 6:36.8 | Arne Aas | 29 | Jessheim | 12.06.1989 |
| 6:49.2 | Anders Knudsen | 77 | Jessheim | 25.09.1989 |
| 6:49.4 | Johannes Bjørnland | 17 | Jessheim | 16.06.1989 |
| 6:51.3 | Håkon Amundstad | 24 | Jessheim | 16.06.1989 |
| 6:54.1 | Reidar Melby | 27 | Jessheim | 16.06.1989 |
| 7:00.7 | Håvard Mathisen | 77 | Jessheim | 25.09.1989 |
| 7:01.0 | Trygve Nagell | 38 | Jessheim | 12.06.1989 |
| 7:02.5 | Frank Thorvaldsen | 48 | Jessheim | 12.06.1989 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 8:40.84 | Leif Erling Aronsveen | 57 | Jessheim | 08.08.1989 |
| 8:58.91 | Roger Bråten | 71 | Bergen/Fa | 27.08.1989 |
| 9:43.2 | Claus Nerhagen | 59 | Jessheim | 21.08.1989 |
| 9:43.6 | Knut Kristensen | 44 | Jessheim | 21.08.1989 |
| 9:44.3 | Ståle Murud | 69 | Jessheim | 21.08.1989 |
| 9:53.4 | Øystein Frilseth | 46 | Jessheim | 21.08.1989 |
| 9:53.8 | Runar Kristiansen | 71 | Jessheim | 21.08.1989 |
| 9:54.3 | Bjørn Langsett | 71 | Jessheim | 21.08.1989 |
| 9:55.5 | Kåre-Christian Olsen | 64 | Jessheim | 21.08.1989 |
| 10:06.5 | Jan Erik Bøhnsdalen | 52 | Jessheim | 21.08.1989 |
| 10:07.5 | Kolbjørn Skjerve | 37 | Jessheim | 21.08.1989 |
| 10:09.5 | Christopher Wiig | 73 | Jessheim | 21.08.1989 |
| 10:12.6 | Arne Luke | 44 | Jessheim | 21.08.1989 |
| 10:13.6 | Odd Kinnsbekken | 48 | Jessheim | 21.08.1989 |
| 10:16.6 | Tore Ragnar Olsen | 46 | Jessheim | 21.08.1989 |
| 10:17.3 | Stian Torstveit | 66 | Jessheim | 21.08.1989 |
| 10:18.6 | Audun Kjos | 71 | Jessheim | 21.08.1989 |
| 10:24.8 | Bjørn Tore Ottersen | 66 | Jessheim | 21.08.1989 |
| 10:26.3 | Paal Raastad | 73 | Jessheim | 21.08.1989 |
| 10:32.2 | Trygve Bårde | 48 | Jessheim | 21.08.1989 |

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| **MENN SENIOR 1989** | **452** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 10:35.0 | Kjell Carlson | 44 | Jessheim | 21.08.1989 |
| 10:36.3 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 21.08.1989 |
| 10:50.2 | Thomas Vole Olsen | 73 | Jessheim | 21.08.1989 |
| 11:05.9 | Johnny Røsåsen | 44 | Jessheim | 21.08.1989 |
| 11:10.5 | Ragnar Bakken | 48 | Jessheim | 21.08.1989 |
| 11:13.2 | Asbjørn Hoel | 43 | Jessheim | 21.08.1989 |
| 11:30.5 | Stein Bringeland | 54 | Jessheim | 21.08.1989 |
| 11:31.8 | Ingar Indredavik | 45 | Jessheim | 21.08.1989 |
| 11:32.2 | Sigmund Syversen | 49 | Jessheim | 21.08.1989 |
| 11:40.1 | Helge Velure | 50 | Jessheim | 21.08.1989 |
| 11:45.4 | Kristen Langbakk | 39 | Jessheim | 21.08.1989 |
| 11:45.7 | Dag Indredavik | 70 | Jessheim | 21.08.1989 |
| 11:48.5 | John Birkelund | 32 | Jessheim | 21.08.1989 |
| 11:49.3 | Jens Mathiesen | 47 | Jessheim | 21.08.1989 |
| 11:57.3 | Bjørn Ødegård | 74 | Jessheim | 21.08.1989 |
| 11:57.5 | Ola Nerhagen | 71 | Jessheim | 21.08.1989 |
| 12:04.4 | Arve Bogstad | 41 | Jessheim | 21.08.1989 |
| 12:09.0 | Svein Rustad | 44 | Jessheim | 21.08.1989 |
| 12:13.3 | Bernt Reppe | 34 | Jessheim | 21.08.1989 |
| 12:13.9 | Jørgen Torstveit | 40 | Jessheim | 21.08.1989 |
| 12:14.6 | Øystein Jørgensen | 47 | Jessheim | 21.08.1989 |
| 12:17.1 | Jan Olav Skibakk | 71 | Jessheim | 21.08.1989 |
| 12:17.9 | Steinar Ørum | 46 | Jessheim | 21.08.1989 |
| 12:27.2 | Ole Arnegård | 44 | Jessheim | 21.08.1989 |
| 12:42.2 | Geir Sander | 45 | Jessheim | 21.08.1989 |
| 12:43.6 | Jan Grønlien | 49 | Jessheim | 21.08.1989 |
| 12:44.7 | Jan Berge | 40 | Jessheim | 21.08.1989 |
| 12:51.8 | Per Hellestuen | 33 | Jessheim | 21.08.1989 |
| 12:57.6 | Karl Lødemel | 24 | Jessheim | 21.08.1989 |
| 13:10.8 | Amund Gulbrandsen | 47 | Jessheim | 21.08.1989 |
| 13:12.1 | Svein Skolt | 25 | Jessheim | 21.08.1989 |
| 13:31.6 | Oddbjørn Ødegård | 43 | Jessheim | 21.08.1989 |
| 13:52.0 | Kristoffer Stanger | 33 | Jessheim | 21.08.1989 |
| 13:41.2 | Håkon Amundstad | 24 | Jessheim | 21.08.1989 |
| 14:07.1 | Arne Aas | 29 | Jessheim | 21.08.1989 |
| 14:41.9 | Johannes Bjørnland | 17 | Jessheim | 25.08.1989 |
| 14:44.5 | Dag Schøyen | 45 | Jessheim | 21.08.1989 |
| 17:06.6 | Reidar Melby | 27 | Jessheim | 21.08.1989 |

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| **5000m** |  |

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| 14:38.78 | Bjørn Dæhlie | 67 | Oslo/Bi | 18.05.1989 |
| 15:42.37 | Roger Bråten | 71 | Oslo/Bi | 16.09.1989 |
| 16:01.23 | Ole-Johan Garli | 56 | Jessheim | 03.07.1989 |

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| **MENN SENIOR 1989** | **453** |

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

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| --- | --- | --- | --- | --- |
| 30:31.76 | Bjørn Dæhlie | 67 | Oslo/Bi | 22.06.1989 |
| 33:21.0 | Ole Fredrik Mørck | 62 | Jessheim | 28.09.1989 |
| 36:55.0 | Arne Luke | 44 | Jessheim | 28.09.1989 |
| 37:08.0 | Knut Kristensen | 44 | Jessheim | 28.09.1989 |

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

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| 12.6 | Fredrik Hansen | 77 | Bjørkelangen | 10.09.1989 |
| 13.5 | Torbjørn Wiig | 77 | Fetsund/Fe | 14.08.1989 |
| 14.2 | Ingar Ørum | 77 | Fetsund/Fe | 14.08.1989 |
| 15.9 | Richard Mack | 77 | Fetsund/Fe | 14.08.1989 |
| 16.1 | Anders Knudsen | 77 | Fetsund/Fe | 14.08.1989 |

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

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| 17.7 | Pål Nygård | 75 | Fetsund/Fe | 14.08.1989 |

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

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| --- | --- | --- | --- | --- |
| 30.6 | Jørgen Hjelm Bakkerud | 74 | Sofiemyr | 12.09.1989 |

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

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| --- | --- | --- | --- | --- |
| 43.74 | Jørgen Hjelm Bakkerud | 74 | Bergen/Fa | 27.08.1989 |

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

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| --- | --- | --- | --- | --- |
| 9:02.0 | Bjørn Dæhlie | 67 | Jessheim | 25.08.1989 |
| 10:11.9 | Ole Fredrik Mørck | 62 | Jessheim | 21.08.1989 |
| 10:13.9 | Stein Roar Ulseth | 52 | Jessheim | 21.08.1989 |
| 10:25.8 | Ole Johan Garli | 56 | Jessheim | 21.08.1989 |
| 11:16.0 | Geir Håkon Bjørnstad | 56 | Jessheim | 21.08.1989 |
| 12:09.7 | Kjell Aarflot | 44 | Jessheim | 24.08.1989 |
| 12:14.6 | Knut Tørum | 45 | Jessheim | 24.08.1989 |
| 12:33.5 | Nils Sæthermoen | 40 | Jessheim | 21.08.1989 |
| 13:03.1 | Bjørn Fløtaker | 46 | Jessheim | 21.08.1989 |
| 13:04.3 | Ivar Skedsmo | 55 | Jessheim | 21.08.1989 |
| 13:53.9 | Georg Johnsen | 55 | Jessheim | 21.08.1989 |
| 13:58.9 | Ole Kristian Wiig | 45 | Jessheim | 21.08.1989 |

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| **MENN SENIOR 1989** | **454** |

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| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:05:21 | Fredrik Bakken | 66 | Arna | 02.04.1989 |
| 1:13:11 | Ole Fredrik Mørck | 62 | Jessheim | 08.10.1989 |
| 1:17:50 | Kolbjørn Skjerve | 37 | Jessheim | 19.11.1989 |
| 1:24:23 | Knut Kristensen | 44 | Jessheim | 08.10.1989 |
| 1:26:15 | Trygve Bårde | 48 | Jessheim | 08.10.1989 |
| 1:27:28 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 08.10.1989 |
| 1:28:00 | Kjell Carlsson | 44 | Jessheim | 08.10.1989 |
| 1:30:47 | Stian Torstveit | 66 | Jessheim | 08.10.1989 |
| 1:31:35 | Helge Velure | 50 | Moelv | 29.07.1989 |
| 1:35:18 | Torbjørn Johansen | 44 | Jessheim | 08.10.1989 |
| 1:35:28 | Nils Sæthermoen | 40 | Jessheim | 08.10.1989 |
| 1:36:11 | Håkon Amundstad | 24 | Jessheim | 08.10.1989 |
| 1:37:14 | Kjell Aarflot | 44 | Jessheim | 08.10.1989 |
| 1:37:23 | Ragnar Bakken | 48 | Jessheim | 08.10.1989 |
| 1:37:30 | Asbjørn Hoel | 43 | Jessheim | 19.11.1989 |
| 1:38:54 | Jørgen Torstveit | 40 | Jessheim | 08.10.1989 |
| 1:41:02 | Arve Bogstad | 41 | Jessheim | 08.10.1989 |
| 1:46:07 | Steinar Ørum | 46 | Jessheim | 08.10.1989 |
| 1:49:57 | Geir Sander | 45 | Jessheim | 08.10.1989 |
| 1:58:01 | Arne Aas | 29 | Jessheim | 08.10.1989 |

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| **Maraton 42195m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:24:50 | Helge Velure | 50 | Oslo | 09.09.1989 |
| 3:44:22 | Ragnar Bakken | 48 | Jessheim | 19.11.1989 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.85 | Frode Myrvang | 67 | Jessheim | 28.09.1989 |
| 1.80 | Ansgar Gulbrandsen | 44 | Frøystad | 04.06.1989 |
| 1.70 | Glenn Erik Myrland | 72 | Sofiemyr | 11.06.1989 |
| 1.65 | Odd Arne Urnes | 73 | Jessheim | 28.09.1989 |
| 1.55 | Ivar Opsahl | 47 | Jessheim | 28.09.1989 |
| 1.50 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.09.1989 |
| 1.50 | Runar Homble | 72 | Jessheim | 28.09.1989 |
| 1.50 | Ola Nerhagen | 71 | Jessheim | 28.09.1989 |
| 1.45 | Torbjørn Strand | 76 | Bjørkelangen | 24.08.1989 |
| 1.45 | Frode Nygård | 69 | Jessheim | 28.09.1989 |
| 1.21 | Kjell Strand | 78 | Bjørkelangen | 10.09.1989 |
| 1.20 | Trond Erik Bakkerud | 77 | Bjørkelangen | 24.08.1989 |
| 1.20 | Ingar Ørum | 77 | Bjørkelangen | 24.08.1989 |
| 1.20 | Jon Arne Skiaker | 79 | Jessheim | 28.09.1989 |
| 1.15 | Atle Skaugen | 77 | Bjørkelangen | 24.08.1989 |

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| **MENN SENIOR 1989** | **455** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.15 | Fredrik Hansen | 77 | Bjørkelangen | 24.08.1989 |
| 1.10 | Gudmund Bjotveit | 77 | Bjørkelangen | 24.08.1989 |
| 1.10 | Håvard Mathisen | 77 | Bjørkelangen | 24.08.1989 |
| 1.05 | Paal Nygaard | 75 | Jessheim | 13.09.1989 |
| 1.00 | Richard Mack | 77 | Bjørkelangen | 24.08.1989 |

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| **Stav** |  |

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| 4.00 | Jan Andresen | 70 | Jessheim | 30.09.1989 |
| 3.80 | Odd Arne Urnes | 73 | Bergen/Fa | 26.08.1989 |
| 3.25 | Jørgen Hjelm Bakkerud | 74 | Sofiemyr | 10.06.1989 |
| 3.00 | Trygve Andresen | 34 | Jessheim | 30.09.1989 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.44 | Jo Henning Hals Nilssen | 68 | Jessheim | 25.09.1989 |
| 6.02 | Ola Nerhagen | 71 | Lillehammer/Ss | 22.06.1989 |
| 6.00 | Tom Erik Olsen | 74 | Jessheim | 25.09.1989 |
| 5.93 | Jan Andresen | 70 | Jessheim | 25.09.1989 |
| 5.60 | Frode Nygård | 69 | Bjørkelangen | 10.09.1989 |
| 5.29 | Runar Homble | 72 | Jessheim | 25.09.1989 |
| 5.05 | Odd Arne Urnes | 73 | Bjørkelangen | 10.09.1989 |
| 5.00 | Glenn Erik Myrland | 72 | Jessheim | 25.09.1989 |
| 4.95 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.09.1989 |
| 4.83 s | Øivind Arnegård | 75 | Bjørkelangen | 09.09.1989 |
| 4.72 s | Daniel Hirch | 76 | Jessheim | 17.09.1989 |
| 4.35 s | Gudmund Bjotveit | 77 | Bjørkelangen | 09.09.1989 |
| 4.14 | Kjell Carlsson | 44 | Jessheim | 25.09.1989 |
| 4.07 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 25.09.1989 |
| 4.04 s | Ingar Ørum | 77 | Jessheim | 25.09.1989 |
| 3.98 s | Pål Nygaard | 75 | Jessheim | 05.06.1989 |
| 3.80 s | Torbjørn Wiig | 77 | Bjørkelangen | 09.09.1989 |
| 3.76 s | Arne Skaugen | 77 | Jessheim | 25.09.1989 |
| 3.70 s | Jon Arne Skiaker | 79 | Jessheim | 25.09.1989 |
| 3.63 s | Emil Borge | 78 | Fetsund/Fe | 14.08.1989 |
| 3.61 s | Kjell Strand | 78 | Bjørkelangen | 09.09.1989 |
| 3.60 s | Trond Erik Bakkerud | 77 | Jessheim | 25.09.1989 |
| 3.56 s | Anders Knudsen | 77 | Jessheim | 13.09.1989 |
| 3.51 s | Torbjørn Wiig | 77 | Fetsund/Fe | 14.08.1989 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.44 | Ingar Ørum | 77 | Jessheim | 17.09.1989 |
| 11.27 | Håvard Mathisen | 77 | Jessheim | 17.09.1989 |
| 9.86 | Trond-Erik Bakkerud | 77 | Jessheim | 17.09.1989 |
| 9.09 | Gudmund Bjotveit | 77 | Jessheim | 25.09.1989 |
| **MENN SENIOR 1989** | | **456** | | |

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| --- | --- |
| **Kule 2 kg forts.** |  |

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| --- | --- | --- | --- | --- |
| 8.66 | Christian Tollerud | 77 | Jessheim | 25.09.1989 |
| 8.65 | Atle Skaugen | 77 | Jessheim | 05.06.1989 |
| 8.18 | Kjetil Audun Strand | 78 | Jessheim | 17.09.1989 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.42 | Håvard Mathisen | 77 | Bjørkelangen | 24.08.1989 |
| 9.32 | Ingar Ørum | 77 | Bjørkelangen | 24.08.1989 |
| 8.58 | Christian Tollerud | 77 | Bjørkelangen | 24.08.1989 |
| 8.56 | Trond Erik Bakkerud | 77 | Bjørkelangen | 24.08.1989 |
| 8.14 | Gudmund Bjotveit | 77 | Bjørkelangen | 24.08.1989 |
| 7.84 | Arne Skaugen | 77 | Bjørkelangen | 24.08.1989 |
| 6.72 | Torbjørn Strand | 76 | Bjørkelangen | 24.08.1989 |
| 5.94 | Anders Knutsen | 77 | Bjørkelangen | 24.08.1989 |
| 5.74 | Fredrik Hansen | 77 | Bjørkelangen | 24.08.1989 |

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| **Kule 4 kg** |  |

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| 10.67 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.09.1989 |
| 8.40 | Håvard Mathisen | 77 | Jessheim | 13.09.1989 |
| 7.95 | Paal Nygaard | 75 | Jessheim | 13.09.1989 |

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| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.38 | Martin Carlsen | 71 | Jessheim | 25.09.1989 |

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| **Kule 7.26 kg** |  |

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| 11.13 | Jo Henning Hals Nilssen | 68 | Jessheim | 25.09.1989 |
| 10.21 | Ivar Opsahl | 47 | Jessheim | 25.09.1989 |
| 9.27 | Ansgar Gulbrandsen | 44 | Bjørkelangen | 09.09.1989 |

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| **Diskos 600 g** |  |

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| --- | --- | --- | --- | --- |
| 25.68 | Trond Erik Bakkerud | 77 | Lillestrøm | 25.08.1989 |
| 24.96 | Ingar Ørum | 77 | Lillestrøm | 25.08.1989 |
| 24.48 | Håvard Mathisen | 77 | Lillestrøm | 25.08.1989 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 23.88 | Trond Erik Bakkerud | 77 | Sofiemyr | 19.09.1989 |
| 22.16 | Ingar Ørum | 77 | Sofiemyr | 19.09.1989 |
| 21.46 | Håvard Mathisen | 77 | Sofiemyr | 19.09.1989 |

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| **MENN SENIOR 1989** | **457** |

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| **Spyd 400 g** |  |

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| 30.70 | Ingar Ørum | 77 | Jessheim | 28.09.1989 |
| 27.32 | Trond Erik Bakkerud | 77 | Bjørkelangen | 09.09.1989 |
| 25.92 | Håvard Mathisen | 77 | Jessheim | 28.09.1989 |
| 22.54 | Atle Skaugen | 77 | Jessheim | 28.09.1989 |

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

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| 15.04 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.09.1989 |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| --- | --- | --- | --- | --- |
| 40.14 | Frode Myrvang | 67 | Jessheim | 28.09.1989 |
| 32.62 | Glenn Myrland | 72 | Jessheim | 28.09.1989 |
| 32.62 | Runar Homble | 72 | Jessheim | 28.09.1989 |
| 31.56 | Ivar Opsahl | 47 | Jessheim | 25.09.1989 |
| 30.90 | Ola Nerhagen | 71 | Jessheim | 28.09.1989 |
| 29.84 | Frode Nygård | 69 | Jessheim | 28.09.1989 |
| 23.10 | Odd Arne Urnes | 72 | Jessheim | 28.09.1989 |

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| **Liten ball 150 g** |  |

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| 57.25 | Ingar Ørum | 77 | Jessheim | 13.09.1989 |
| 47.90 | Håvard Mathisen | 77 | Nannestad | 14.06.1989 |
| 42.40 | Thorbjørn Wiig | 77 | Nannestad | 14.06.1989 |
| 41.20 | Øyvind Arnegård | 75 | Nannestad | 14.06.1989 |
| 40.90 | Trond-Erik Bakkerud | 77 | Nannestad | 14.06.1989 |
| 37.70 | Fredrik Hansen | 77 | Nannestad | 14.06.1989 |
| 37.67 | Emil Borge | 78 | Jessheim | 13.09.1989 |
| 37.40 | Gudmund Bjotveit | 77 | Nannestad | 14.06.1989 |
| 37.40 | Christian Tolland | 77 | Nannestad | 14.06.1989 |
| 34.60 | Anders Knudsen | 77 | Nannestad | 14.06.1989 |
| 33.60 | Atle Skaugen | 77 | Nannestad | 14.06.1989 |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 46.4 | M20 |  | Nadderud | 03.09.1989 |
| Runar Homble72-Ola Nerhagen71-Frode Nygård69-Odd Arne Urnes73 | | | |

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| **4x400m** |  |

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| --- | --- | --- | --- | --- |
| 3:29.8 | M20 |  | Nadderud | 03.09.1989 |
| Runar Homble72-Hans Jørgen Borgen70-Ola Nerhagen71-Frode Nygård69 | | | |

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| **MENN SENIOR 1989** | **458** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:03.21 | M19 |  | Grimstad | 16.06.1989 |
| Jørgen Hjelm Bakkerud74-Runar Homble72-Ola Nerhagen71-Hans Jørgen Borgen70 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:04.7 | M19 |  | Bjørkelangen | 10.09.1989 |
| Frode Nygård69-Runar Homble72-Ola Nerhagen71-Hans Jørgen Borgen70 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:08.62 | G18 |  | Sofiemyr | 11.06.1989 |
| Jørgen Bakkerud74-Odd Arne Urnes73-Ola Nerhagen71-Runar Homble72 | | | |

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| **MENN SENIOR 1989 INNENDØRS** | **459** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.00 | Odd Arne Urnes | 73 | Oslo/Ek | 11.03.1989 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.3 | Runar Homble | 72 | Lillestrøm | 12.03.1989 |
| 7.6 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 02.12.1989 |
| 7.8 | Odd Arne Urnes | 73 | Lillestrøm | 12.03.1989 |
| 8.5 | Gudmund Bjotveit | 77 | Lillestrøm | 02.12.1989 |
| 8.9 | Øyvind Arnegård | 75 | Lillestrøm | 22.01.1989 |
| 9.4 | Atle Skaugen | 77 | Lillestrøm | 22.01.1989 |
| 9.5 | Torbjørn Wiig | 77 | Lillestrøm | 22.01.1989 |
| 9.7 | Håvard Mathisen | 77 | Lillestrøm | 22.01.1989 |
| 9.7 | Anders Knudsen | 77 | Lillestrøm | 22.01.1989 |
| 9.9 | Trond Erik Bakkerud | 77 | Lillestrøm | 12.03.1989 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 54.69 | Frode Nygård | 69 | Oslo/Ek | 11.03.1989 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:57.66 | Hans Jørgen Borgen | 70 | Oslo/Ek | 05.02.1989 |
| 2:11.12 | Roger Bråthen | 71 | Oslo/Ek | 11.03.1989 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:09.88 | Hans Jørgen Borgen | 70 | Askim | 12.02.1989 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.70 | Odd Arne Urnes | 73 | Lillestrøm | 02.12.1989 |
| 1.50 | Thorbjørn Strand | 76 | Lillestrøm | 02.12.1989 |

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

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| --- | --- | --- | --- | --- |
| 3.50 | Odd Arne Urnes | 73 | Askim | 12.02.1989 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.75 | Frode Nygård | 69 | Oslo/Ek | 11.03.1989 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.41 | Runar Homble | 72 | Jessheim/Je | 16.03.1989 |
| 1.40 | Frode Myrvang | 67 | Jessheim/Je | 16.03.1989 |
| 1.35 | Odd Arne Urnes | 73 | Årnes/Ne | 10.02.1989 |
| **MENN SENIOR 1989** | | **460** | | |

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| **Høyde uten tilløp forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.35 | Ansgar Gulbrandsen | 44 | Jessheim/Je | 16.03.1989 |
| 1.30 | Frode Nygård | 69 | Jessheim/Je | 16.03.1989 |
| 1.20 | Glenn Erik Myrland | 72 | Jessheim/Je | 16.03.1989 |
| 1.20 | Stig Erik Larsen | 75 | Jessheim/Je | 16.03.1989 |
| 1.15 | Torbjørn Strand | 76 | Jessheim/Je | 16.03.1989 |
| 1.05 | Gudmund Bjotveit | 77 | Jessheim/Je | 16.03.1989 |
| 1.00 | Torbjørn Wiig | 77 | Jessheim/Je | 16.03.1989 |
| 0.95 | Øyvind Arnegård | 77 | Årnes/Ne | 10.02.1989 |
| 0.95 | Atle Skaugen | 77 | Jessheim/Je | 16.03.1989 |
| 0.95 | Daniel Hirch | 76 | Jessheim/Je | 16.03.1989 |
| 0.85 | Håvard Mathisen | 77 | Årnes/Ne | 10.02.1989 |
| 0.85 | Ingar Ørum | 77 | Årnes/Ne | 10.02.1989 |
| 0.80 | Lars Furuseth | 77 | Jessheim/Je | 16.03.1989 |
| 0.80 | Håvard Mathisen | 77 | Jessheim/Je | 16.03.1989 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 3.10 | Ola Nerhagen | 71 | Jessheim/Je | 16.03.1989 |
| 2.94 | Jan Olav Arnegård | 71 | Jessheim/Je | 16.03.1989 |
| 2.92 | Runar Homble | 72 | Jessheim/Je | 16.03.1989 |
| 2.75 | Frode Myrvang | 67 | Jessheim/Je | 16.03.1989 |
| 2.75 | Ansgar Gulbrandsen | 44 | Jessheim/Je | 16.03.1989 |
| 2.72 | Odd Arne Urnes | 73 | Jessheim/Je | 16.03.1989 |
| 2.60 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 16.03.1989 |
| 2.55 | Glenn Erik Myrland | 72 | Jessheim/Je | 16.03.1989 |
| 2.55 | Frode Nygård | 69 | Jessheim/Je | 16.03.1989 |
| 2.40 | Kristoffer Stanger | 33 | Jessheim/Je | 16.03.1989 |
| 2.19 | Gudmund Bjotveit | 77 | Jessheim/Je | 16.03.1989 |
| 2.16 | Torbjørn Wiig | 77 | Jessheim/Je | 16.03.1989 |
| 2.13 | Øyvind Arnegård | 75 | Årnes/Ne | 10.02.1989 |
| 2.13 | Daniel Hirch | 76 | Jessheim/Je | 16.03.1989 |
| 2.05 | Anders Knudsen | 77 | Jessheim/Je | 16.03.1989 |
| 2.01 | Ingar Ørum | 77 | Jessheim/Je | 16.03.1989 |
| 1.95 | Pål Christian Torvund | 76 | Jessheim/Je | 16.03.1989 |
| 1.93 | Atle Skaugen | 77 | Jessheim/Je | 16.03.1989 |
| 1.85 | Håvard Mathisen | 77 | Jessheim/Je | 16.03.1989 |
| 1.59 | Richard Mack | 77 | Jessheim/Je | 16.03.1989 |

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| --- | --- |
| **Kule 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.51 | Ingar Ørum | 77 | Lillestrøm | 02.12.1989 |
| 9.63 | Håvard Mathisen | 77 | Lillestrøm | 12.03.1989 |
| 9.33 | Trond-Erik Bakkerud | 77 | Lillestrøm | 12.03.1989 |
| 7.86 | Torbjørn Wiig | 77 | Lillestrøm | 22.01.1989 |
| 7.38 | Atle Skaugen | 77 | Lillestrøm | 22.01.1989 |

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| **KVINNER SENIOR 1989** | **461** |

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| **40m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.2 | Kristine Heggelund | 76 | Jessheim | 30.05.1989 |
| 6.6 | Astrid Martinsen | 76 | Jessheim | 30.05.1989 |
| 6.7 | Maria Sølvberg | 76 | Jessheim | 30.05.1989 |
| 6.8 | Kamilla Bråthen | 77 | Jessheim | 30.05.1989 |
| 7.1 | Vibeke Nessiøy | 77 | Jessheim | 30.05.1989 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.97 | Kristin Urnes | 75 | Sofiemyr | 08.08.1989 |
| 9.46 | Irene Vole Olsen | 77 | Nadderud | 16.06.1989 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.2 | Lene Kristin Nyland | 74 | Jessheim | 25.09.1989 |
| 8.3 | Kristine Heggelund | 76 | Jessheim | 13.09.1989 |
| 8.7 | Kristin Urnes | 75 | Jessheim | 05.06.1989 |
| 8.7 | Sidonie Hansen | 75 | Årnes | 21.06.1989 |
| 9.2 | Astrid Mathiesen | 76 | Jessheim | 25.09.1989 |
| 9.2 | Kamilla Bråthen | 77 | Jessheim | 13.09.1989 |
| 9.4 | Irene Vole Olsen | 77 | Jessheim | 13.09.1989 |
| 9.4 | Astrid Huitfeldt | 77 | Jessheim | 17.09.1989 |
| 9.4 | Hege Christiansen | 76 | Årnes | 21.06.1989 |
| 9.5 | Line Kristin Von Hall | 75 | Jessheim | 17.09.1989 |
| 9.8 | Ragnhild Mehus | 77 | Jessheim | 05.06.1989 |
| 10.4 | Vibeke Nessiøy | 78 | Jessheim | 13.09.1989 |

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| **80m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.5 | Sidonie Hansen | 75 | Årnes | 21.06.1989 |
| 11.8 | Kristine Heggelund | 76 | Årnes | 21.06.1989 |
| 12.7 | Hege Christiansen | 76 | Årnes | 21.06.1989 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.20 | Lene Kristin Nyland | 74 | Bergen/Fa | 25.08.1989 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.8 | Lene Kristin Nyland | 74 | Bjørkelangen | 09.09.1989 |
| 13.6 | Kristine Heggelund | 76 | Bjørkelangen | 09.09.1989 |
| 14.6 | Sidonie Hansen | 75 | Bjørkelangen | 10.08.1989 |
| 14.7 | Kari Kamstrup Hovind | 56 | Jessheim | 30.05.1989 |
| 14.7 | Kristin Urnes | 75 | Nannestad | 14.06.1989 |
| 15.2 | Irene Vole Olsen | 77 | Jessheim | 28.09.1989 |
| 15.4 | Kamilla Bråthen | 77 | Nannestad | 14.06.1989 |

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| **KVINNER SENIOR 1989** | **462** |

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

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| --- | --- | --- | --- | --- |
| 15.6 | Hanne Frydenlund | 76 | Jessheim | 30.05.1989 |
| 15.6 | Hege Christiansen | 76 | Nannestad | 14.06.1989 |
| 15.6 | Hege Johansen | 75 | Nannestad | 14.06.1989 |
| 15.7 | Astrid Mathiesen | 76 | Jessheim | 28.09.1989 |
| 15.7 | Elisabeth Berg Mehus | 74 | Jessheim | 05.06.1989 |
| 16.1 | Maria Sølvberg | 76 | Jessheim | 30.05.1989 |
| 16.3 | Laila Borge | 51 | Jessheim | 30.05.1989 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.34 | Lene Kristin Nyland | 74 | Jessheim | 08.08.1989 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.6 | Lene Kristin Nyland | 74 | Bjørkelangen | 10.09.1989 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:16.9 | Nina Holm | 64 | Bjørkelangen | 27.08.1989 |
| 2:29.35 | Hege Lundring | 73 | Sofiemyr | 10.06.1989 |
| 2:36.7 | Kristin Urnes | 75 | Jessheim | 03.09.1989 |
| 2:37.3 | Kamilla Bråthen | 77 | Bjørkelangen | 10.09.1989 |
| 2:40.4 | Ingvild Fjeldheim | 75 | Jessheim | 17.09.1989 |
| 2:42.5 | Vibeke Aarflot | 69 | Jessheim | 21.08.1989 |
| 2:48.95 | Hanne Frydenlund | 76 | Nadderud | 16.06.1989 |
| 2:50.8 | Ann-Marie Bakkerud | 49 | Jessheim | 28.09.1989 |
| 2:52.8 | Siw Vestengen | 72 | Jessheim | 05.06.1989 |
| 2:53.4 | Kristine Heggelund | 76 | Jessheim | 05.06.1989 |
| 2:55.5 | Astrid Huitfeldt | 77 | Jessheim | 13.09.1989 |
| 3:01.2 | Unn Hoel | 69 | Jessheim | 21.08.1989 |
| 3:03.7 | Marianne Opsahl | 73 | Jessheim | 21.08.1989 |
| 3:09.6 | Kari Kamstrup | 56 | Jessheim | 21.08.1989 |

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| **1000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:27.5 | Kamilla Bråthen | 77 | Nannestad | 14.06.1989 |
| 3:29.0 | Ingvild Fjeldheim | 75 | Nannestad | 14.06.1989 |
| 3:58.3 | Hanne Frydenlund | 76 | Nannestad | 14.06.1989 |

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| **KVINNER SENIOR 1989** | **463** |

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

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| --- | --- | --- | --- | --- |
| 4:42.76 | Nina Holm | 64 | Jessheim | 08.08.1989 |
| 4:59.84 | Anne-Torill Garli | 57 | Jessheim | 08.08.1989 |
| 5:04.0 | Hege Lundring | 73 | Jessheim | 12.06.1989 |
| 5:15.69 | Kamilla Bråthen | 77 | Lillehammer/Ss | 22.06.1989 |
| 5:35.3 | Anne Katrine Hofseth | 76 | Jessheim | 13.09.1989 |
| 5:36.4 | Vibeke Aarflot | 69 | Jessheim | 12.06.1989 |
| 5:42.7 | Ellen Undseth | 73 | Jessheim | 12.06.1989 |
| 5:44.7 | Nina Sand | 74 | Jessheim | 12.06.1989 |
| 5:46.8 | Grethe Marie Hansen | 64 | Jessheim | 12.06.1989 |
| 5:46.6 | Laila Borge | 51 | Jessheim | 12.06.1989 |
| 5:47.4 | Laila Skibakk | 40 | Jessheim | 12.06.1989 |
| 5:52.2 | Anne-Mari Bakkerud | 49 | Jessheim | 12.06.1989 |
| 5:53.6 | Benedicte Sand | 73 | Jessheim | 12.06.1989 |
| 5:53.9 | Trine Bogstad Mangerud | 51 | Jessheim | 12.06.1989 |
| 5:56.4 | Hanne Frydenlund | 76 | Jessheim | 13.09.1989 |
| 6:02.9 | Inger Helene Olsen | 68 | Jessheim | 12.06.1989 |
| 6:05.8 | Marianne Opsahl | 73 | Jessheim | 12.06.1989 |
| 6:06.5 | Eva Blakkisrud | 46 | Jessheim | 12.06.1989 |
| 6:07.3 | Anne-Marie Frydenlund | 49 | Jessheim | 12.06.1989 |
| 6:08.5 | Thora Sand | 48 | Jessheim | 12.06.1989 |
| 6:39.1 | Kari Kamstrup | 56 | Jessheim | 12.06.1989 |
| 6:40.3 | Kjersti Kjensli | 68 | Jessheim | 12.06.1989 |
| 6:45.9 | Marit Skolt Skafle | 56 | Jessheim | 12.06.1989 |
| 6:52.9 | Tove Rutle | 47 | Jessheim | 12.06.1989 |
| 7:06.2 | Inger Lise Wiig | 49 | Jessheim | 12.06.1989 |
| 9:51.6 | Gerd Bakkeløkken | 36 | Jessheim | 12.06.1989 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:25.1 | Hilde Rustad | 66 | Jessheim | 21.08.1979 |
| 10:55.1 | Målfrid Olsen | 66 | Jessheim | 21.08.1979 |
| 10:43.8 | Nina Holm | 64 | Jessheim | 21.08.1989 |
| 10:53.0 | Anne-Torill Garli | 57 | Jessheim | 03.07.1989 |
| 10:56.1 | Hege Lundring | 69 | Jessheim | 21.08.1989 |
| 11:47.8 | Heidi Brendengen | 71 | Jessheim | 21.08.1989 |
| 12:22.7 | Eva Blakkisrud | 46 | Jessheim | 21.08.1989 |
| 12:24.5 | Grethe Marie Hansen | 64 | Jessheim | 21.08.1989 |
| 12:49.3 | Trine Bogstad Mangerud | 51 | Jessheim | 21.08.1989 |
| 12:49.3 | Ann-Marie Bakkerud | 49 | Jessheim | 21.08.1989 |
| 12:52.1 | Ellen Undseth | 73 | Jessheim | 21.08.1989 |
| 13:00.3 | Anne-Marie Frydenlund | 49 | Jessheim | 21.08.1989 |
| 14:21.1 | Monica Sørum | 71 | Jessheim | 21.08.1989 |

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| **60m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 10.31 | Kristin Urnes | 75 | Grimstad | 08.07.1989 |
| **KVINNER SENIOR 1989** | | **464** | | |

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

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| 9.8 | Kristin Urnes | 75 | Sofiemyr | 10.09.1989 |
| 13.9 | Kamilla Bråthen | 77 | Fetsund/Fe | 14.08.1989 |

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

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| --- | --- | --- | --- | --- |
| 13.6 | Kristin Urnes | 75 | Jessheim | 17.09.1989 |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 43:14 | Eva Blakkisrud | 46 | Jessheim | 08.10.1989 |
| 43:14 | Nina Sand | 74 | Jessheim | 08.10.1989 |
| 45:45 | Trine Bogstad Mangerud | 51 | Jessheim | 08.10.1989 |
| 49:38 | Anne-Mari Bakkerud | 49 | Jessheim | 08.10.1989 |
| 54:02 | Cora Halsan Schøyen | 47 | Jessheim | 08.10.1989 |
| 63:43 | Inger Lise Wiig | 49 | Jessheim | 08.10.1989 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:30.30 | Anne-Torill Garli | 57 | Jessheim | 19.11.1989 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 3:35:00 | Anne Marie Frydenlund | 49 | Oslo | 09.09.1989 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.68 | Kristin Urnes | 75 | Grimstad | 09.07.1989 |
| 1.35 | Kristine Heggelund | 76 | Jessheim | 13.09.1989 |
| 1.30 | Kamilla Bråthen | 77 | Bjørkelangen | 24.08.1989 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.60 | Kristin Urnes | 75 | Jessheim | 22.05.1989 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.16 s | Kristin Urnes | 75 | Jessheim | 02.09.1989 |
| 5.05 | Lene Kristin Nyland | 74 | Drammen/Ma | 16.09.1989 |
| 4.43 s | Kristine Heggelund | 76 | Jessheim | 25.09.1989 |
| 4.17 s | Kamilla Bråthen | 77 | Bjørkelangen | 09.09.1989 |
| 4.09 s | Astrid Mathiesen | 76 | Jessheim | 25.09.1989 |
| 3.99 s | Ingrid Vole Olsen | 77 | Jessheim | 13.09.1989 |
| 3.77 s | Astrid Huitfeldt | 77 | Jessheim | 17.09.1989 |
| 3.50 s | Ingvild Fjeldheim | 75 | Jessheim | 05.06.1989 |
| 2.52 s | Agnete Selander | 78 | Jessheim | 13.09.1989 |

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| **KVINNER SENIOR 1989** | **465** |

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| **Kule 2 kg** |  |

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| 6.68 | Kamilla Bråthen | 77 | Bjørkelangen | 24.08.1989 |
| 5.58 | Irene Vole Olsen | 77 | Bjørkelangen | 24.08.1989 |
| 4.60 | Vibeke Nessiøy | 78 | Bjørkelangen | 24.08.1989 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.41 | Kristin Urnes | 75 | Jessheim | 13.09.1989 |
| 7.16 | Kristine Heggelund | 75 | Bjørkelangen | 24.08.1989 |
| 6.50 | Hege Christiansen | 75 | Bjørkelangen | 24.08.1989 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 18.18 | Kristin Urnes | 75 | Sofiemyr | 19.09.1989 |

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| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 25.18 | Kristin Urnes | 75 | Bjørkelangen | 09.09.1989 |
| 20.82 | Kristine Heggelund | 76 | Jessheim | 28.09.1989 |

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

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| --- | --- | --- | --- | --- |
| 29.68 | Eva Cathrine Torvund | 69 | Jessheim | 03.07.1989 |
| 22.16 | Kristin Bråten | 74 | Lillehammer/Ss | 25.06.1989 |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 33.06 | Marthe Schnitler | 78 | Jessheim | 13.09.1989 |
| 32.15 | Astrid Huitfeldt | 77 | Jessheim | 13.09.1989 |
| 31.50 | Kristine Heggelund | 76 | Jessheim | 14.06.1989 |
| 31.30 | Hege Christiansen | 76 | Nannestad | 14.06.1989 |
| 28.80 | Kamilla Bråthen | 77 | Nannestad | 14.06.1989 |
| 28.00 | Kristin Urnes | 75 | Nannestad | 14.06.1989 |
| 26.30 | Irene Vole Olsen | 77 | Nannestad | 14.06.1989 |
| 25.50 | Hege Johansen | 75 | Nannestad | 14.06.1989 |
| 24.10 | Ingvild Fjeldheim | 75 | Nannestad | 14.06.1989 |

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| **6-kamp M 60m-Lengde-Kule3** | **60m hekk 76.2-Høyde-800m** |

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| --- | --- | --- | --- | --- |
| 5422 | Kristin Urnes | 75 | Jessheim | 02-03.09.1989 |
| 8.7-5.16-8.31/10.5-1.64-2:36.0 | | | |

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| **KVINNER SENIOR 1989** | **466** |

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| **INNENDØRS** |  |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.4 | Lene Kristin Nyland | 74 | Lillestrøm | 22.01.1989 |
| 8.7 | Kristin Urnes | 75 | Lillestrøm | 22.01.1989 |
| 9.4 | Astrid Mathisen | 76 | Lillestrøm | 22.01.1989 |
| 9.6 | Marie Sølvberg | 76 | Lillestrøm | 22.01.1989 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:25.68 | Nina Holm | 64 | Oslo/Ek | 18.02.1989 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.07 s | Kristin Urnes | 75 | Lillestrøm | 12.03.1989 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.25 | Kristin Urnes | 75 | Årnes/Ne | 10.02.1989 |
| 1.15 | Guri Fjeldberg | 69 | Jessheim/Je | 16.03.1989 |
| 1.00 | Gro Skålerud | 75 | Årnes/Ne | 10.02.1989 |
| 1.00 | Astrid Huitfeldt | 77 | Jessheim/Je | 16.03.1989 |
| 0.85 | Maria Sølvberg | 76 | Jessheim/Je | 16.03.1989 |

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| --- | --- | --- | --- | --- |
| **Lengde uten tilløp** | |  | | |
| 2.31 | Guri Fjeldberg | 69 | Jessheim/Je | 16.03.1989 |
| 2.23 | Kristin Urnes | 75 | Jessheim/Je | 16.03.1989 |
| 2.07 | Hege Johannesen | 75 | Jessheim/Je | 16.03.1989 |
| 2.05 | Astrid Mathisen | 76 | Jessheim/Je | 16.03.1989 |
| 1.98 | Astrid Huitfeldt | 77 | Jessheim/Je | 16.03.1989 |
| 1.94 | Hanne Frydenlund | 76 | Jessheim/Je | 16.03.1989 |
| 1.94 | Gro Skålerud | 75 | Jessheim/Je | 16.03.1989 |
| 1.78 | Maria Sølvberg | 76 | Jessheim/Je | 16.03.1989 |

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| **MENN SENIOR 1990** | **467** |

|  |  |
| --- | --- |
| **40m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.90 | Gudmund Bjotveit | 77 | Jessheim | 21.05.1990 |
| 6.71 | Ingar Ørum | 77 | Jessheim | 21.05.1990 |
| 6.75 | Atle Skaugen | 77 | Jessheim | 21.05.1990 |
| 6.76 | Per Kristiansen | 77 | Jessheim | 21.09.1990 |
| 6.84 | Stig Arne Bjerkestuen | 77 | Jessheim | 21.05.1990 |
| 6.85 | Tor Borgersen | 77 | Jessheim | 21.05.1990 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.43 | Gudmund Bjotveit | 77 | Lillehammer/Ss | 23.06.1990 |
| 9.23 | Tor Borgersen | 77 | Jessheim | 27.09.1990 |
| 9.44 | Audun Knudsen | 77 | Jessheim | 27.09.1990 |
| 9.46 | Ingar Ørum | 77 | Jessheim | 27.09.1990 |
| 10.21 | Kenneth Warming | 82 | Jessheim | 27.09.1990 |
| 10.35 | Kristian Finstad | 79 | Jessheim | 19.05.1990 |
| 10.49 | Jan Erik Siggerud | 79 | Jessheim | 27.09.1990 |
| 10.67 | Stig Enderud | 79 | Jessheim | 27.09.1990 |

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

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| --- | --- | --- | --- | --- |
| 8.2 | Gudmund Bjotveit | 77 | Bjørkelangen | 09.06.1990 |
| 9.4 | Per Arne Kristiansen | 77 | Bjørkelangen | 09.06.1990 |
| 9.4 | Anders Knudsen | 77 | Bjørkelangen | 09.06.1990 |
| 9.6 | Atle Skaugen | 77 | Bjørkelangen | 09.06.1990 |
| 9.6 | Tor Arne Borgersen | 77 | Bjørkelangen | 09.06.1990 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 11.61 | Runar Homble | 72 | Jessheim | 29.09.1990 |
| 12.17 | Odd Arne Urnes | 73 | Jessheim | 29.05.1990 |
| 12.43 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.05.1990 |
| 13.40 | Gudmund Bjotveit | 77 | Kongsvinger/Gj | 01.09.1990 |
| 13.64 | Ansgar Gulbrandsen | 44 | Sofiemyr | 02.09.1990 |
| 13.96 | Trygve Andresen | 34 | Jessheim | 29.05.1990 |
| 15.07 | Thor Enderud | 77 | Jessheim | 29.09.1990 |
| 16.80 | Kenneth Warming | 82 | Jessheim | 29.09.1990 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 13.4 | Gudmund Bjotveit | 77 | Bjørkelangen | 08.08.1990 |
| 14.8 | Ingar Ørum | 77 | Kongsvinger/Gj | 12.09.1990 |
| 15.2 | Roger Bjerke | 76 | Kongsvinger/Gj | 12.09.1990 |
| 15.8 | Tor Andre Borgersen | 77 | Årnes | 20.06.1990 |
| 16.3 | Atle Skaugen | 77 | Årnes | 20.06.1990 |
| 16.3 | Håvard Mathisen | 77 | Kongsvinger/Gj | 12.09.1990 |

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| **MENN SENIOR 1990** | **468** |

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| **150m E** |  |

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| --- | --- | --- | --- | --- |
| 18.90 | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 12.05.1990 |

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

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| --- | --- | --- | --- | --- |
| 23.45 | Ola Nerhagen | 71 | Overhalla | 27.07.1990 |
| 23.67 | Runar Homble | 72 | Oslo/Bi | 24.07.1990 |
| 24.55 | Odd Arne Urnes | 73 | Jessheim | 27.09.1990 |
| 24.89 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 27.09.1990 |

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| **300m E** |  |

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| 39.36 | Jørgen Hjelm Bakkerud | 74 | Skien | 10.08.1990 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 58.13 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.05.1990 |

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

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| --- | --- | --- | --- | --- |
| 1:54.48 | Hans Jørgen Borgen | 70 | Overhalla | 28.07.1990 |
| 2:05.34 | Christopher Wiig | 73 | Oslo/Bi | 05.06.1990 |
| 2:21.8 | Arne Luke | 44 | Lørenfallet | 05.06.1990 |
| 2:31.12 | Sven Inge Bråten | 76 | Jessheim | 21.05.1990 |
| 2:31.7 | Stig Atle Bjerkestuen | 77 | Bjørkelangen | 09.06.1990 |
| 2:37.1 | Per Arne Kristiansen | 77 | Bjørkelangen | 09.06.1990 |
| 2:50.2 | Jon Arne Skiaker | 79 | Bjørkelangen | 25.05.1990 |
| 2:51.10 | Gudmund Bjotveit | 77 | Jessheim | 21.05.1990 |
| 2:51.35 | Ingar Ørum | 77 | Jessheim | 21.05.1990 |
| 2:52.20 | Tor Arne Borgersen | 77 | Jessheim | 21.05.1990 |
| 2:52.78 | Anders Knudsen | 77 | Jessheim | 21.05.1990 |
| 2:55.1 | Trygve Rommen | 31 | Lørenfallet | 05.06.1990 |
| 2:59.67 | Kristian Finstad | 79 | Jessheim | 21.05.1990 |

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| **1500m** |  |

|  |  |  |  |  |
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| 4:18.5 | Christopher Wiig | 73 | Jessheim | 13.06.1990 |
| 4:22.2 | Ole Pedersen | 69 | Jessheim | 13.06.1990 |
| 4:24.2 | Kåre Christian Olsen | 64 | Jessheim | 13.06.1990 |
| 4:28.6 | Øystein Frilseth | 48 | Jessheim | 13.06.1990 |
| 4:29.3 | Erik Næss | 61 | Jessheim | 13.06.1990 |
| 4:30.7 | Ole Skolt | 53 | Jessheim | 13.06.1990 |
| 4:38.6 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 13.06.1990 |
| 4:38.6 | Tore Ragnar Olsen | 46 | Jessheim | 13.06.1990 |
| 4:40.2 | Bjørn Tore Ottersen | 66 | Jessheim | 13.06.1990 |
| 4:40.68 | Geir Jacobsen | 74 | Jessheim | 19.05.1990 |
| 4:40.8 | Arne Luke | 44 | Jessheim | 13.06.1990 |
| **MENN SENIOR 1990** | | **469** | | |

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| **1500m forts.** |  |

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| 4:42.1 | Kolbjørn Skjerve | 37 | Jessheim | 13.06.1990 |
| 4:44.0 | Thomas Lundring | 75 | Jessheim | 13.06.1990 |
| 4:45.1 | Knut Tørum | 45 | Jessheim | 13.06.1990 |
| 4:48.1 | Egil Ødemark | 41 | Jessheim | 13.06.1990 |
| 4:48.4 | Knut Kristensen | 44 | Jessheim | 13.06.1990 |
| 4:49.8 | Sigmund Syversen | 49 | Jessheim | 13.06.1990 |
| 4:51.0 | Audun Kjos | 71 | Jessheim | 13.06.1990 |
| 4:58.3 | Jim Ryan | 66 | Jessheim | 13.06.1990 |
| 5:02.5 | Pål Nygård | 75 | Jessheim | 13.06.1990 |
| 5:03.9 | Harald Rutle | 68 | Jessheim | 13.06.1990 |
| 5:05.9 | Ivar Skedsmo | 55 | Jessheim | 13.06.1990 |
| 5:09.1 | Georg Johnsen | 55 | Jessheim | 13.06.1990 |
| 5:10.9 | Stig Atle Bjerkestuen | 77 | Bjørkelangen | 10.06.1990 |
| 5:13.9 | Ragnar Bakken | 48 | Jessheim | 13.06.1990 |
| 5:15.4 | Jarle Sæthermoen | 70 | Jessheim | 13.06.1990 |
| 5:17.3 | Kjell Aarflot | 44 | Jessheim | 13.06.1990 |
| 5:21.8 | Helge Sydtangen | 37 | Jessheim | 13.06.1990 |
| 5:23.1 | Asbjørn Hoel | 43 | Jessheim | 13.06.1990 |
| 5:23.3 | Ole Arnegård | 44 | Jessheim | 13.06.1990 |
| 5:24.2 | Kristen Langbakk | 39 | Jessheim | 13.06.1990 |
| 5:27.6 | Helge Velure | 50 | Jessheim | 13.06.1990 |
| 5:29.6 | Jens Vidar Jørgensen | 68 | Jessheim | 13.06.1990 |
| 5:31.3 | Bjørn Fløtaker | 46 | Jessheim | 13.06.1990 |
| 5:33.9 | Nils Kristen Wiig | 43 | Jessheim | 13.06.1990 |
| 5:34.5 | Bjørn Ødegård | 74 | Jessheim | 13.06.1990 |
| 5:34.8 | Geir Sander | 45 | Jessheim | 13.06.1990 |
| 5:36.0 | Øystein Jørgensen | 47 | Jessheim | 13.06.1990 |
| 5:37.1 | Bernt Reppe | 34 | Jessheim | 13.06.1990 |
| 5:37.8 | Jens Jørgensen | 45 | Jessheim | 13.06.1990 |
| 5:40.2 | Alexander Jørgensen | 71 | Jessheim | 13.06.1990 |
| 5:43.2 | Olav Rutle | 45 | Jessheim | 13.06.1990 |
| 5:46.2 | Oddbjørn Wahl | 37 | Jessheim | 13.06.1990 |
| 5:46.5 | Steinar Ørum | 46 | Jessheim | 13.06.1990 |
| 5:48.3 | Thor Bogstad | 59 | Jessheim | 13.06.1990 |
| 5:52.1 | Jens Mathiesen | 47 | Jessheim | 13.06.1990 |
| 5:53.1 | Jørgen Torstveit | 40 | Jessheim | 13.06.1990 |
| 6:00.0 | Tore Eriksen | 37 | Jessheim | 13.06.1990 |
| 6:01.0 | Håkon Håkonsen | 33 | Jessheim | 13.06.1990 |
| 6:05.3 | Kristoffer Stanger | 33 | Jessheim | 13.06.1990 |
| 6:07.3 | Jan Berge | 40 | Jessheim | 13.06.1990 |
| 6:09.0 | Karl Lødemel | 24 | Jessheim | 13.06.1990 |
| 6:15.1 | Kjell Østhus | 42 | Jessheim | 13.06.1990 |
| 6:23.0 | Svein Skolt | 25 | Jessheim | 13.06.1990 |
| 6:23.0 | Amund Gulbrandsen | 47 | Jessheim | 13.06.1990 |
| 6:30.7 | Dag Schøyen | 45 | Jessheim | 13.06.1990 |

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| **MENN SENIOR 1990** | **470** |

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| **1500m forts.** |  |

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| 6:31.3 | Arne Aas | 29 | Jessheim | 13.06.1990 |
| 6:35.7 | Johnnny Røsåsen | 44 | Jessheim | 13.06.1990 |
| 6:41.0 | Håkon Amundstad | 24 | Jessheim | 13.06.1990 |
| 6:55.4 | Kjell Carlson | 44 | Jessheim | 13.06.1990 |
| 7:06.6 | Johannes Bjørnland | 17 | Jessheim | 13.06.1990 |
| 7:13.8 | Reidar Melby | 27 | Jessheim | 13.06.1990 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 9:16.2 | Erik Næss | 61 | Jessheim | 22.08.1990 |
| 9:27.0 | Christopher Wiig | 73 | Jessheim | 22.08.1990 |
| 9:41.3 | Ole Pedersen | 69 | Jessheim | 22.08.1990 |
| 9:52.0 | Kåre Christian Olsen | 64 | Jessheim | 22.08.1990 |
| 9:58.4 | Audun Kjos | 71 | Jessheim | 22.08.1990 |
| 10:01.2 | Tore Ragnar Olsen | 46 | Jessheim | 22.08.1990 |
| 10:01.5 | Kolbjørn Skjerve | 37 | Jessheim | 22.08.1990 |
| 10:04.0 | Thomas Lundring | 75 | Jessheim | 22.08.1990 |
| 10:11.9 | Bjørn Tore Ottersen | 66 | Jessheim | 22.08.1990 |
| 10:18.2 | Arne Luke | 44 | Jessheim | 22.08.1990 |
| 10:24.3 | Trygve Bårde | 48 | Jessheim | 22.08.1990 |
| 10:27.2 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 22.08.1990 |
| 10:27.8 | Geir Jacobsen | 74 | Nadderud | 09.06.1990 |
| 10:35.4 | Egil Ødemark | 41 | Jessheim | 22.08.1990 |
| 10:39.2 | Knut Tørum | 45 | Jessheim | 22.08.1990 |
| 10:44.6 | Harald Rutle | 68 | Jessheim | 22.08.1990 |
| 10:46.5 | Bjørn Ottersen | 35 | Jessheim | 22.08.1990 |
| 10:47.5 | Knut Kristensen | 44 | Jessheim | 22.08.1990 |
| 10:50.2 | Ivar Skedsmo | 55 | Jessheim | 22.08.1990 |
| 10:56.4 | Kjell Carlson | 44 | Jessheim | 22.08.1990 |
| 10:56.7 | Sigmund Syversen | 49 | Jessheim | 22.08.1990 |
| 11:09.7 | Paal Nygaard | 75 | Jessheim | 22.08.1990 |
| 11:12.1 | Johnny Røsåsen | 44 | Jessheim | 22.08.1990 |
| 11:19.1 | Asbjørn Hoel | 43 | Jessheim | 22.08.1990 |
| 11:22.6 | Ragnar Bakken | 48 | Jessheim | 22.08.1990 |
| 11:33.6 | Kjell Østhus | 42 | Jessheim | 22.08.1990 |
| 11:34.4 | Kjell Aarflot | 44 | Jessheim | 22.08.1990 |
| 11:37.8 | Jens Mathiesen | 47 | Jessheim | 22.08.1990 |
| 11:42.6 | Helge Velure | 50 | Jessheim | 22.08.1990 |
| 11:45.1 | Kristen Langbakk | 39 | Jessheim | 22.08.1990 |
| 11:49.2 | Bjørn Ødegård | 74 | Jessheim | 22.08.1990 |
| 11:59.2 | Tore Eriksen | 37 | Jessheim | 22.08.1990 |
| 12:08.5 | Ole Arnegård | 44 | Jessheim | 22.08.1990 |
| 12:12.5 | Geir Sander | 45 | Jessheim | 22.08.1990 |
| 12:15.1 | Helge Sydtangen | 37 | Jessheim | 22.08.1990 |
| 12:22.9 | Georg Johansen | 55 | Jessheim | 22.08.1990 |
| 12:23.5 | Jørgen Torstveit | 40 | Jessheim | 22.08.1990 |
| **MENN SENIOR 1990** | | **471** | | |

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| **3000m forts.** |  |

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| 12:24.0 | Jens Jørgensen | 45 | Jessheim | 22.08.1990 |
| 12:24.4 | Steinar Ørum | 46 | Jessheim | 22.08.1990 |
| 12:29.4 | Øystein Jørgensen | 47 | Jessheim | 22.08.1990 |
| 12:29.8 | Alexander Jørgensen | 71 | Jessheim | 22.08.1990 |
| 12:41.6 | Håkon Håkonsen | 33 | Jessheim | 22.08.1990 |
| 12:44.9 | Bjørn Fløtaker | 46 | Jessheim | 22.08.1990 |
| 12:46.8 | Jan Berge | 40 | Jessheim | 22.08.1990 |
| 12:48.0 | Bernt Reppe | 34 | Jessheim | 22.08.1990 |
| 12:53.9 | Kristoffer Stanger | 33 | Jessheim | 22.08.1990 |
| 13:13.8 | Olav Rutle | 45 | Jessheim | 22.08.1990 |
| 13:29.0 | Oddbjørn Ødegård | 43 | Jessheim | 22.08.1990 |
| 13:32.7 | Arne Aas | 29 | Jessheim | 22.08.1990 |
| 13:41.2 | Håkon Amundstad | 24 | Jessheim | 22.08.1990 |
| 13:54.9 | Amund Gulbrandsen | 47 | Jessheim | 22.08.1990 |
| 14:01.1 | Thor Bogstad | 59 | Jessheim | 22.08.1990 |
| 14:04.2 | Jens Vidar Jørgensen | 68 | Jessheim | 22.08.1990 |
| 14:53.2 | Martin Hellestuen | 33 | Jessheim | 22.08.1990 |
| 15:41.8 | Reidar Melby | 27 | Jessheim | 22.08.1990 |
| 15:58.1 | Johannes Bjørnland | 17 | Jessheim | 22.08.1990 |

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

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| --- | --- | --- | --- | --- |
| 12.9 | Trond Erik Bakkerud | 77 | Lillestrøm | 08.09.1990 |

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| **100m hekk 91.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 14.78 | Jørgen Hjelm Bakkerud | 74 | Bergen/Fa | 17.08.1990 |

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

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| --- | --- | --- | --- | --- |
| 15.1 | Jørgen Hjelm Bakkerud | 74 | Nadderud | 08.06.1990 |

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

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| 42.17 | Jørgen Hjelm Bakkerud | 74 | Bergen/Fa | 18.08.1990 |

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

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| --- | --- | --- | --- | --- |
| 42.4 | Jørgen Hjelm Bakkerud | 74 | Nadderud | 09.06.1990 |

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

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| --- | --- | --- | --- | --- |
| 10:37.4 | Ole Skolt | 53 | Jessheim | 22.08.1990 |
| 14:00.5 | Nils Kristen Wiig | 43 | Jessheim | 22.08.1990 |

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| **MENN SENIOR 1990** | **472** |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:21:16 | Kolbjørn Skjerve | 37 | Jessheim | 18.11.1990 |
| 1:25:53 | Trygve Bårde | 48 | Jessheim | 07.10.1990 |
| 1:26:02 | Bjørn Ottersen | 35 | Jessheim | 07.10.1990 |
| 1:26:05 | Jim Ryan | 66 | Jessheim | 07.10.1990 |
| 1:26:19 | Tore Ragnar Olsen | 46 | Jessheim | 07.10.1990 |
| 1:32:44 | Harald Rutle | 68 | Jessheim | 07.10.1990 |
| 1:37:17 | Sigmund Syversen | 49 | Jessheim | 07.10.1990 |
| 1:42:26 | Knut Tørum | 45 | Jessheim | 07.10.1990 |
| 1:45:15 | Steinar Ørum | 46 | Jessheim | 07.10.1990 |
| 1:49:51 | Håkon Amundstad | 24 | Jessheim | 07.10.1990 |
| 1:52.40 | Geir Sander | 45 | Jessheim | 07.10.1990 |
| 1:54:46 | Nils Kristen Wiig | 43 | Jessheim | 07.10.1990 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 3:00:53 | Stian Torstveit | 66 | Jessheim | 18.11.1990 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Frode Myrvang | 67 | Jessheim | 29.09.1990 |
| 1.72 | Ansgar Gulbrandsen | 44 | Sofiemyr | 02.09.1990 |
| 1.70 | Odd Arne Urnes | 73 | Jessheim | 29.09.1990 |
| 1.60 | Torbjørn Strand | 76 | Jessheim | 19.05.1990 |
| 1.55 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.09.1990 |
| 1.25 | Per Arne Kristiansen | 77 | Jessheim | 19.09.1990 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 4.30 | Jan Andresen | 70 | Jessheim | 18.06.1990 |
| 3.90 | Odd Arne Urnes | 73 | Jessheim | 09.08.1990 |
| 3.10 | Trygve Andresen | 34 | Jessheim | 23.05.1990 |
| 2.80 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03.09.1990 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.04 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 27.09.1990 |
| 4.97 s | Gudmund Bjotveit | 77 | Bjørkelangen | 09.06.1990 |
| 4.90 | Odd Arne Urnes | 73 | Jessheim | 27.09.1990 |
| 4.29 s | Ingar Ørum | 77 | Kongsvinger/Gj | 12.09.1990 |
| 3.93 s | Thor Enderud | 77 | Jessheim | 27.09.1990 |
| 3.91 s | Stig Atle Bjerkestuen | 77 | Bjørkelangen | 09.06.1990 |
| 3.91 s | Per Arne Kristiansen | 77 | Bjørkelangen | 09.06.1990 |
| 3.30 s | Stig Enderud | 79 | Jessheim | 27.09.1990 |

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| **MENN SENIOR 1990** | **473** |

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| **Kule 2 kg** |  |

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| 6.70 | Kristian Finstad | 79 | Jessheim | 19.05.1990 |

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| **Kule 3 kg** |  |

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| 11.08 | Ingar Ørum | 77 | Lillehammer/Ss | 24.06.1990 |
| 10.05 | Håvard Mathisen | 77 | Kongsvinger/Gj | 12.09.1990 |
| 9.33 | Roger Bjerke | 76 | Kongsvinger/Gj | 12.09.1990 |
| 8.45 | Gudmund Bjotveit | 77 | Kongsvinger/Gj | 12.09.1990 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.72 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 27.09.1990 |

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

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| --- | --- | --- | --- | --- |
| 10.60 | Odd Arne Urnes | 73 | Jessheim | 27.09.1990 |

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

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| --- | --- | --- | --- | --- |
| 10.20 | Frode Myrvang | 67 | Jessheim | 27.09.1990 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 28.42 | Trond Erik Bakkerud | 77 | Lillestrøm | 08.09.1990 |
| 24.36 | Ingar Ørum | 77 | Jessheim | 19.05.1990 |
| 22.76 | Håvard Mathisen | 77 | Rolvsrud | 18.09.1990 |

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| **Slegge 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 22.58 | Trond Erik Bakkerud | 77 | Lillestrøm | 08.09.1990 |

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

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| --- | --- | --- | --- | --- |
| 34.80 | Ingar Ørum | 77 | Jessheim | 29.09.1990 |
| 29.98 | Håvard Mathisen | 77 | Jessheim | 22.06.1990 |
| 24.80 | Trond Erik Bakkerud | 77 | Rolvsrud | 18.09.1990 |
| 23.72 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.09.1980 |
| 23.64 | Gudmund Bjotveit | 77 | Jessheim | 29.09.1990 |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| --- | --- | --- | --- | --- |
| 33.56 | Odd Arne Urnes | 73 | Jessheim | 29.09.1990 |

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| **MENN SENIOR 1990** | **474** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.42 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |
| 7.47 | Runar Homble | 72 | Oslo/Ek | 18.02.1990 |
| 7.76 | Jan-Olav Arnegård | 71 | Oslo/Ek | 18.02.1990 |
| 7.84 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 20.01.1990 |
| 7.85 | Odd Arne Urnes | 73 | Oslo/Ek | 25.03.1990 |
| 7.89 | Frode Nygård | 69 | Oslo/Ek | 18.02.1990 |
| 8.58 | Gudmund Bjotveit | 77 | Oslo/Ek | 25.03.1990 |
| 9.47 | Anders Knudsen | 77 | Oslo/Ek | 25.03.1990 |
| 9.90 | Tor Andre Borgersen | 77 | Oslo/Ek | 25.03.1990 |

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| **60m M** |  |

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| 7.2 | Runar Homble | 72 | Lillestrøm | 31.03.1990 |
| 7.3 | Ola Nerhagen | 71 | Lillestrøm | 31.03.1990 |
| 7.5 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 15.12.1990 |
| 8.1 | Gudmund Bjotveit | 77 | Lillestrøm | 15.12.1990 |
| 9.2 | Tor Andre Borgersen | 77 | Lillestrøm | 18.02.1990 |

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| **200m E** |  |

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| 25.33 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 10.03.1990 |
| 25.43 | Odd Arne Urnes | 73 | Oslo/Ek | 10.03.1990 |

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| **400m M** |  |

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| 54.46 | Frode Nygård | 69 | Oslo/Ek | 18.02.1990 |
| 55.30 | Jan-Olav Arnegård | 71 | Oslo/Ek | 18.02.1990 |

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| **800m** |  |

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| 2:01.67 | Hans Jørgen Borgen | 70 | Oslo/Ek | 03.02.1990 |
| 2:04.5 | Frode Nygård | 69 | Oslo/Ek | 20.01.1990 |

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| **1000m** |  |

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| 2:56.51 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |

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| **60m hekk 91.4 cm E** |  |

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| 9.09 | Jørgen Hjelm Bkkerud | 74 | Oslo/Ek | 10.03.1990 |

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| **60m hekk 106.4 E** |  |

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| 8.59 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |
| **MENN SENIOR 1990** | | **475** | | |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.86 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 3.60 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |
| 3.40 | Odd Arne Urnes | 73 | Oslo/Ek | 25.03.1990 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.82 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |
| 4.90 s | Gudmund Bjotveit | 77 | Oslo/Ek | 25.03.1990 |

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| **Kule 3 kg** |  |

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| 11.08 | Ingar Ørum | 77 | Lillestrøm | 15.12.1990 |
| 10.19 | Håvard Mathisen | 77 | Oslo/Ek | 25.03.1990 |
| 9.67 | Roger Bjerke | 76 | Lillestrøm | 15.12.1990 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.36 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |

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| **7-kamp E 60m-Lengde-Kule-Høyde/** | **60m hekk-Stav-1000m** |

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| --- | --- | --- | --- | --- |
| 4743 | Jo Henning Hals Nilssen | 68 | Drammen | 24-25.02.1990 |
| 7.42-6.82-10.36-1.86/8.59-3.60-2:56.51 | | | |

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| **KVINNER SENIOR 1990** | **476** |

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| **40m E** |  |

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| --- | --- | --- | --- | --- |
| 6.54 | Lene Vole Olsen | 77 | Jessheim | 21.05.1990 |
| 6.82 | Kamilla Bråthen | 77 | Jessheim | 21.05.1990 |
| 6.88 | Astrid Huitfeldt | 77 | Jessheim | 21.05.1990 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.27 | Kristine Heggelund | 76 | Jessheim | 27.09.1990 |
| 8.40 | Tone Lauritzen | 76 | Jessheim | 27.09.1990 |
| 9.21 | Irene Vole Olsen | 77 | Jessheim | 19.05.1990 |
| 9.44 | Kamilla Bråthen | 77 | Jessheim | 19.05.1990 |
| 11.16 | Irene Frilseth | 79 | Jessheim | 27.09.1990 |

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

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| --- | --- | --- | --- | --- |
| 8.1 | Kristine Heggelund | 76 | Jessheim | 09.06.1990 |
| 8.2 | Tone Lauritzen | 76 | Bjørkelangen | 09.06.1990 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.19 | Lene Kristin Nyland | 74 | Lillehammer/Ss | 24.06.1990 |
| 13.40 | Tone Lauritzen | 76 | Jessheim | 29.09.1990 |
| 13.51 | Kristine Heggelund | 76 | Jessheim | 29.05.1990 |
| 14.44 | Kristin Urnes | 75 | Jessheim | 29.09.1990 |
| 15.40 | Kamilla Bråthen | 77 | Jessheim | 29.05.1990 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 13.3 | Lene Kristin Nyland | 74 | Nadderud | 09.06.1990 |
| 13.7 | Kristine Heggelund | 76 | Bjørkelnagen | 08.08.1990 |
| 13.7 | Tone Lauritzen | 76 | Bjørkelangen | 08.08.1990 |

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

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| --- | --- | --- | --- | --- |
| 28.03 | Lene Kristin Nyland | 74 | Jessheim | 19.05.1990 |
| 29.81 | Kristin Urnes | 75 | Jessheim | 27.09.1990 |

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| --- | --- |
| **300m E** |  |

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| --- | --- | --- | --- | --- |
| 45.25 | Lene Kristin Nyland | 74 | Skien | 11.09.1990 |

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

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| --- | --- | --- | --- | --- |
| 73.62 | Siw Vestengen | 72 | Jessheim | 29.05.1990 |

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| **KVINNER SENIOR 1990** | **477** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:30.6 | Kamilla Bråthen | 77 | Kongsvinger/Gj | 01.09.1990 |
| 2:43.6 | Siw Vestengen | 72 | Jessheim | 22.08.1990 |
| 2:52.1 | Vibeke Aarflot | 69 | Jessheim | 22.08.1990 |
| 3:00.5 | Kari Kamstrup Hovind | 56 | Jessheim | 22.08.1990 |
| 3:07.4 | Dagrunn Rommen | 76 | Jessheim | 22.08.1990 |
| 3:16.7 | Ellen Raastad | 73 | Jessheim | 22.08.1990 |
| 4:38.0 | Gerd Bakkeløkken | 36 | Jessheim | 22.08.1990 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:00.2 | Hege Lundring | 73 | Jessheim | 13.06.1990 |
| 5:10.2 | Hege Melby | 68 | Jessheim | 13.06.1990 |
| 5:15.9 | Bente Aarflot | 72 | Jessheim | 13.06.1990 |
| 5:18.3 | Anne-Torill Garli | 57 | Jessheim | 13.06.1990 |
| 5:18.9 | Kamilla Bråthen | 77 | Lillehammer/Ss | 22.06.1990 |
| 5:31.0 | Benedicte Sand | 73 | Jessheim | 13.06.1990 |
| 5:33.0 | Siw Vestengen | 72 | Jessheim | 13.06.1990 |
| 5:40.5 | Ellen Undseth | 73 | Jessheim | 13.06.1990 |
| 5.41.3 | Ann-Katrine Hofset | 75 | Jessheim | 13.06.1990 |
| 5:45.4 | Laila Borge | 51 | Jessheim | 13.06.1990 |
| 5:46.1 | Nina Sand | 74 | Jessheim | 13.06.1990 |
| 5:47.7 | Trine Bogstad Mangerud | 51 | Jessheim | 13.06.1990 |
| 5:47.7 | Vibeke Aarflot | 69 | Jessheim | 13.06.1990 |
| 5:52.7 | Anne Marie Frydenlund | 49 | Jessheim | 13.06.1990 |
| 6:12.0 | Eva Blakkisrud | 46 | Jessheim | 13.06.1990 |
| 6:12.1 | Inger Helene Olsen | 68 | Jessheim | 13.06.1990 |
| 6:19.8 | Thora Sand | 48 | Jessheim | 13.06.1990 |
| 6:28.5 | Marit Skolt Skafle | 56 | Jessheim | 13.06.1990 |
| 6:37.9 | Katrine Finstad | 75 | Jessheim | 13.06.1990 |
| 6:39.3 | Kari Kamstrup Hovind | 56 | Jessheim | 13.06.1990 |
| 6:39.8 | Ellen Ramstad | 73 | Jessheim | 13.06.1990 |
| 6:41.8 | Tove Rutle | 47 | Jessheim | 13.06.1990 |
| 6:45.0 | Dagrun Rommen | 76 | Jessheim | 13.06.1990 |
| 6:50.8 | Jorunn Sørum | 49 | Jessheim | 13.06.1990 |
| 7:35.5 | Anne-Jorunn Homble | 52 | Jessheim | 13.06.1990 |
| 8:40.9 | Gerd Bakkeløkken | 36 | Jessheim | 13.06.1990 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:35.6 | Hege Melby | 68 | Jessheim | 22.08.1990 |
| 10:51.0 | Hege Lundring | 73 | Nadderud | 09.06.1990 |
| 11:14.4 | Anne-Torill Garli | 57 | Jessheim | 22.08.1990 |
| 11:16.9 | Bente Aarflot | 72 | Jessheim | 22.08.1990 |
| 11:43.5 | Kari Seem | 54 | Jessheim | 22.08.1990 |
| 11:53.0 | Nina Sand | 74 | Jessheim | 22.08.1990 |

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| **KVINNER SENIOR 1990** | **478** |

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| --- | --- |
| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 12:23.1 | Trine Bogstad Mangerud | 51 | Jessheim | 22.08.1990 |
| 12:29.6 | Torill Mundahl | 58 | Jessheim | 22.08.1990 |
| 12:34.4 | Laila Borge | 51 | Jessheim | 22.08.1990 |
| 12:36.3 | Anne Marie Frydenlund | 49 | Jessheim | 22.08.1990 |
| 12:54.4 | Grethe Marie Hansen | 64 | Jessheim | 22.08.1990 |
| 12:59.1 | Eva Blakkisrud | 46 | Jessheim | 22.08.1990 |
| 13:11.9 | Ellen Undseth | 73 | Jessheim | 22.08.1990 |
| 13:28.9 | Katrine Finstad | 75 | Jessheim | 22.08.1990 |
| 13:56.7 | Inger Helene Olsen | 68 | Jessheim | 22.08.1990 |
| 14:31.5 | Marit Skolt Skafle | 56 | Jessheim | 22.08.1990 |
| 15:11.8 | Jorunn Sørum | 49 | Jessheim | 22.08.1990 |

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

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| --- | --- | --- | --- | --- |
| 13.62 | Kristin Urnes | 75 | Lillehammer/Ss | 22.06.1990 |

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

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| --- | --- | --- | --- | --- |
| 13.5 | Kristin Urnes | 75 | Nadderud | 08.06.1990 |

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

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| --- | --- | --- | --- | --- |
| 40:37 | Anne-Torill Garli | 57 | Jessheim | 07.10.1990 |
| 41:16 | Bente Aarflot | 72 | Jessheim | 07.10.1990 |
| 45:05 | Eva Blakkisrud | 46 | Jessheim | 07.10.1990 |
| 45.10 | Laila Skibakk | 40 | Jessheim | 07.10.1990 |
| 45:27 | Trine Bogstad Mangerud | 51 | Jessheim | 07.10.1990 |
| 47:47 | Laila Borge | 51 | Jessheim | 07.10.1990 |
| 53:50 | Tove Rutle | 47 | Jessheim | 07.10.1990 |

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

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| --- | --- | --- | --- | --- |
| 3:26:08 | Anne Marie Frydenlund | 49 | Jessheim | 18.11.1990 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.61 | Kristin Urnes | 75 | Bergen/Fa | 18.08.1990 |
| 1.40 | Tone Lauritzen | 76 | Jessheim | 09.06.1990 |
| 1.35 | Kamilla Bråthen | 77 | Jessheim | 21.05.1990 |

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| **KVINNER SENIOR 1990** | **479** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.06 | Lene Kristin Nyland | 74 | Nadderud | 09.06.1990 |
| 5.05 s | Tone Lauritzen | 76 | Jessheim | 27.09.1990 |
| 5.05 s | Kristine Heggelund | 76 | Jessheim | 27.09.1990 |
| 4.75 | Kristin Urnes | 75 | Nadderud | 09.06.1990 |
| 4.22 s | Kamilla Bråthen | 77 | Jessheim | 19.05.1990 |
| 2.92 s | Irene Frilseth | 79 | Jessheim | 27.09.1990 |
| **Lengde medvind** | |  | | |
| 5.17 +2.6 | Lene Kristin Nyland | 74 | Nadderud | 09.06.1990 |

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

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| --- | --- | --- | --- | --- |
| 8.51 | Kristin Urnes | 75 | Jessheim | 27.09.1990 |
| 7.86 | Kristine Heggelund | 76 | Jessheim | 19.05.1990 |

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

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| --- | --- | --- | --- | --- |
| 20.92 | Kristine Heggelund | 76 | Bjørkelangen | 10.06.1990 |

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

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| --- | --- | --- | --- | --- |
| 30.60 | Kristin Urnes | 75 | Bjørkelangen | 09.06.1990 |
| 25.04 | Kristine Heggelund | 76 | Bjørkelangen | 09.06.1990 |

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| **KVINNER SENIOR 1990** | **480** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.18 | Lene Kristin Nyland | 74 | Oslo/Ek | 10.03.1990 |
| 8.67 | Lena Opaker | 69 | Oslo/Ek | 18.02.1990 |

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| **60m M** |  |

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| 8.3 | Lene Kristin Nyland | 74 | Lillestrøm | 18.02.1990 |
| 8.5 | Tone Lauritzen | 76 | Lillestrøm | 18.02.1990 |

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

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| --- | --- | --- | --- | --- |
| 28.48 | Lene Kristin Nyland | 74 | Oslo/Ek | 10.03.1990 |

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| **60m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 10.54 | Kristin Urnes | 75 | Oslo/Ek | 25.03.1990 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.61 | Kristin Urnes | 75 | Lillestrøm | 02.12.1990 |
| 1.35 | Tone Lauritzen | 76 | Lillestrøm | 18.02.1990 |

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

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| --- | --- | --- | --- | --- |
| 5.07 | Lene Kristin Nyland | 74 | Oslo/Ek | 25.03.1990 |

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| **MENN SENIOR 1991** | **481** |

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| --- | --- |
| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 6.20 | Jon Arne Skiaker | 79 | Jessheim | 28.05.1991 |
| 6.75 | Harald Heggelund | 80 | Jessheim | 20.05.1991 |
| 6.83 | Kristian Finstad | 79 | Jessheim | 28.05.1991 |
| 7.06 | Tor Olav Hauge | 79 | Jessheim | 28.05.1991 |
| 7.07 | Georg Tanderø | 79 | Jessheim | 28.05.1991 |
| 7.18 | Nils Ivar Skiaker | 81 | Jessheim | 28.05.1991 |
| 7.41 | Erik Eriksen | 79 | Jessheim | 28.05.1991 |
| 7.91 | Kjetil Taraldlien | 79 | Jessheim | 28.05.1991 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.66 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1991 |
| 7.90 | Gudmund Bjotveit | 77 | Jessheim | 26.09.1991 |
| 8.33 | Atle Skaugen | 77 | Jessheim | 26.09.1991 |
| 8.58 | Jon Arne Skiaker | 79 | Sofiemyr | 28.05.1991 |
| 8.85 | Ingar Ørum | 77 | Jessheim | 28.05.1991 |
| 9.71 | Harald Heggelund | 80 | Jessheim | 28.05.1991 |
| 9.98 | Kristian Finstad | 79 | Jessheim | 28.05.1991 |
| 10.01 | Tor Olav Hauge | 79 | Jessheim | 28.05.1991 |
| 10.21 | Georg Tanderø | 79 | Jessheim | 28.06.1991 |

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| **60m M** |  |

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| 7.6 | Gudmund Bjotveit | 77 | Lillehammer/Ss | 29.06.1991 |
| 8.8 | Jon Arne Skiaker | 79 | Strømmen | 15.06.1991 |
| 10.5 | Nils Ivar Skiaker | 81 | Strømmen | 15.06.1991 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 12.29 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.05.1991 |
| 12.43 | Gudmund Bjotveit | 77 | Jessheim | 07.09.1991 |
| 13.48 | Atle Skaugen | 77 | Jessheim | 28.05.1991 |
| 14.12 | Ingar Ørum | 77 | Jessheim | 28.05.1991 |
| 15.29 | Anders Knudsen | 77 | Jessheim | 28.05.1991 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 24.40 | Odd Arne Urnes | 73 | Grimstad | 14.06.1991 |
| 24.76 | Jørgen Hjelm Bakkerud | 74 | Oslo/Bi | 03.06.1991 |

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| **200m M** |  |

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| 27.0 | Sven Inge Bråten | 76 | Jessheim | 26.08.1991 |

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| **MENN SENIOR 1991** | **482** |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 55.09 | Jørgen Hjelm Bakkerud | 74 | Lillehammer/Ss | 28.06.1991 |
| 58.32 | Sven Inge Bråten | 76 | Lillehammer/Ss | 29.06.1991 |

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| **400m M** |  |

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| 55.8 | Jørgen Hjelm Bakkerud | 74 | Ski | 25.08.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:07.3 | Ronny Opaker | 66 | Jessheim | 19.09.1991 |
| 2:11.86 | Sven Inge Bråten | 76 | Jessheim | 26.09.1991 |
| 2:18.5 | Øyvind Arnegård | 75 | Jessheim | 19.08.1991 |
| 2:37.0 | Kristen Langbakk | 39 | Jessheim | 19.08.1991 |
| 2:44.36 | Jon Arne Skiaker | 79 | Hønefoss | 31.08.1991 |
| 2:50.4 | Svein Rustad | 44 | Jessheim | 19.08.1991 |
| 2:51.5 | Svein Sander | 45 | Jessheim | 19.08.1991 |
| 2:52.7 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 19.08.1991 |
| 2:55.2 | Anders Knudsen | 66 | Jessheim | 19.08.1991 |
| 2:57.52 | Nils Ivar Skiaker | 81 | Hønefoss | 31.08.1991 |
| 2:58.6 | Ola Haugset | 43 | Jessheim | 19.08.1991 |
| 3:00.4 | Torleif Bjortveit | 47 | Jessheim | 19.08.1991 |
| 3:02.3 | Kristian Finstad | 79 | Jessheim | 19.08.1991 |
| 3:12.0 | Bård Fredagsvik | 78 | Jessheim | 19.08.1991 |
| 3:13.6 | Jarle Fredagsvik | 79 | Jessheim | 19.08.1991 |
| 4:28.4 | Tomm Fredagsvik | 76 | Jessheim | 19.08.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:20.0 | Ronny Opaker | 66 | Jessheim | 10.06.1991 |
| 4:25.6 | Bjørn Ingvar Jensen | 66 | Jessheim | 10.06.1991 |
| 4:40.5 | Thomas Lundring | 75 | Jessheim | 10.06.1991 |
| 4:41.5 | Tore Ragnar Olsen | 46 | Jessheim | 10.06.1991 |
| 4:46.6 | Audun Kjos | 71 | Jessheim | 10.06.1991 |
| 4:49.9 | Ole-Kristian Westby | 66 | Jessheim | 10.06.1991 |
| 4:52.1 | Kolbjørn Skjerve | 37 | Jessheim | 10.06.1991 |
| 4:53.4 | Egil Ødemark | 41 | Jessheim | 10.06.1991 |
| 4:59.1 | Martin Wold | 76 | Jessheim | 10.06.1991 |
| 5:00.3 | Lars Bårde | 48 | Jessheim | 10.06.1991 |
| 5:01.6 | Ivar Skedsmo | 55 | Jessheim | 10.06.1991 |
| 5:03.9 | Ragnar Bakken | 48 | Jessheim | 10.06.1991 |
| 5:08.3 | Stein Bringeland | 54 | Jessheim | 10.06.1991 |
| 5:10.1 | Nils Sæthermoen | 49 | Jessheim | 10.06.1991 |
| 5:19.3 | Bjørn Ottersen | 35 | Jessheim | 10.06.1991 |
| 5:20.4 | Kjell Aarflot | 44 | Jessheim | 10.06.1991 |

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| **MENN SENIOR 1991** | **483** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:20.5 | Johnny Røsåsen | 44 | Jessheim | 10.06.1991 |
| 5:20.9 | Helge Sydtangen | 37 | Jessheim | 10.06.1991 |
| 5:21.3 | Asbjørn Hoel | 43 | Jessheim | 10.06.1991 |
| 5:21.3 | Ole Arnegård | 44 | Jessheim | 10.06.1991 |
| 5:22.2 | Kjell Østhus | 42 | Jessheim | 10.06.1991 |
| 5:30.2 | Jens Mathiesen | 47 | Jessheim | 10.06.1991 |
| 5:31.2 | Kristen Langbakk | 39 | Jessheim | 10.06.1991 |
| 5:31.3 | Knut Kristensen | 44 | Jessheim | 16.06.1991 |
| 5:33.3 | Jørgen Torstveit | 40 | Jessheim | 10.06.1991 |
| 5:33.3 | Geir Sander | 45 | Jessheim | 10.06.1991 |
| 5:33.7 | Helge Velure | 50 | Jessheim | 10.06.1991 |
| 5:35.2 | Nils Kristen Wiig | 43 | Jessheim | 10.06.1991 |
| 5:37.3 | John Birkelund | 32 | Jessheim | 10.06.1991 |
| 5:40.9 | Tore Eriksen | 37 | Jessheim | 10.06.1991 |
| 5:41.1 | Alexander Jørgensen | 71 | Jessheim | 16.06.1991 |
| 5:44.9 | Øystein Jørgensen | 47 | Jessheim | 10.06.1991 |
| 5:45.9 | Trond Erik Bakkerud | 77 | Jessheim | 10.06.1991 |
| 5:53.0 | Steinar Ørum | 46 | Jessheim | 10.06.1991 |
| 5:59.1 | Ola Haugset | 43 | Jessheim | 10.06.1991 |
| 5:59.4 | Svein Sander | 75 | Jessheim | 10.06.1991 |
| 5:59.8 | Bernt Reppe | 34 | Jessheim | 10.06.1991 |
| 6:02.0 | Lars Brath | 51 | Jessheim | 10.06.1991 |
| 6:03.1 | Olav Rutle | 45 | Jessheim | 10.06.1991 |
| 6:06.3 | Georg Johnsen | 55 | Jessheim | 10.06.1991 |
| 6:07.6 | Ole Kristian Wiig | 45 | Jessheim | 10.06.1991 |
| 6:08.6 | Håkon Håkonsen | 33 | Jessheim | 10.06.1991 |
| 6:11.9 | Jan Berge | 40 | Jessheim | 10.06.1991 |
| 6:13.7 | Per Ramstad | 47 | Jessheim | 10.06.1991 |
| 6.17.0 | Kristoffer Stanger | 33 | Jessheim | 10.06.1991 |
| 6:23.9 | Amund Gulbrandsen | 47 | Jessheim | 10.06.1991 |
| 6:26.9 | Bård Fredagsvik | 78 | Jessheim | 10.06.1991 |
| 6:27.5 | Kristian Finstad | 79 | Jessheim | 10.06.1991 |
| 6:31.5 | Anders Knudsen | 66 | Jessheim | 10.06.1991 |
| 6:38.6 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 10.06.1991 |
| 6:45.6 | Svein Skolt | 25 | Jessheim | 16.06.1991 |
| 6:46.6 | Arne Aas | 29 | Jessheim | 16.06.1991 |
| 6:51.1 | Jarle Fredagsvik | 79 | Jessheim | 10.06.1991 |
| 7:04.5 | Reidar Melby | 27 | Jessheim | 10.06.1991 |
| 7:14.3 | Johannes Bjørnland | 17 | Jessheim | 10.06.1991 |
| 7:38.4 | Håkon Amundstad | 24 | Jessheim | 10.06.1991 |

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| **MENN SENIOR 1991** | **484** |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 10:06.8 | Ole-Kristian Westby | 66 | Jessheim | 19.08.1991 |
| 10:13.8 | Bjørn Ingvar Jensen | 66 | Jessheim | 19.08.1991 |
| 10:10.5 | Kolbjørn Skjerve | 37 | Jessheim | 19.08.1991 |
| 10:11.6 | Audun Kjos | 71 | Jessheim | 19.08.1991 |
| 10:16.7 | Tore Ragnar Olsen | 46 | Jessheim | 19.08.1991 |
| 10:27.7 | Knut Kristensen | 44 | Jessheim | 19.08.1991 |
| 10:40.3 | Egil Ødemark | 41 | Jessheim | 19.08.1991 |
| 10:58.1 | Ivar Skedsmo | 55 | Jessheim | 19.08.1981 |
| 11:01.4 | Bjørn Ottersen | 35 | Jessheim | 19.08.1991 |
| 11:04.5 | Sigmund Syversen | 49 | Jessheim | 19.08.1991 |
| 11:20.1 | Nils Sæthermoen | 40 | Jessheim | 19.08.1991 |
| 11:32.9 | Stein Bringeland | 54 | Jessheim | 19.08.1981 |
| 11:36.0 | Ragnar Bakken | 48 | Jessheim | 19.08.1991 |
| 11:37.8 | Asbjørn Hoel | 43 | Jessheim | 19.08.1991 |
| 11:50.8 | Helge Velure | 50 | Jessheim | 19.08.1991 |
| 12:01.2 | Kjell Østhus | 42 | Jessheim | 19.08.1991 |
| 12:01.7 | John Birkelund | 32 | Jessheim | 19.08.1991 |
| 12:16.4 | Tore Eriksen | 37 | Jessheim | 19.08.1991 |
| 12:25.0 | Geir Sander | 45 | Jessheim | 19.08.1991 |
| 12:25.1 | Ole Arnegård | 44 | Jessheim | 19.08.1991 |
| 12:32.5 | Helge Sydtangen | 37 | Jessheim | 19.08.1991 |
| 12:36.8 | Jens Mathiesen | 47 | Jessheim | 19.08.1991 |
| 12:37.7 | Steinar Ørum | 46 | Jessheim | 19.08.1991 |
| 12:38.6 | Øystein Jørgensen | 47 | Jessheim | 19.08.1991 |
| 12:52.5 | Bernt Reppe | 34 | Jessheim | 19.08.1991 |
| 12:57.9 | Jens Berge | 40 | Jessheim | 19.08.1991 |
| 13:00.4 | Trygve Rommen | 31 | Jessheim | 19.08.1991 |
| 13:15.1 | Ole Kristen Wiig | 45 | Jessheim | 19.08.1991 |
| 13:18.3 | Håkon Håkonsen | 33 | Jessheim | 19.08.1991 |
| 13:23.0 | Amund Gulbrandsen | 47 | Jessheim | 19.08.1991 |
| 13:27.4 | Georg Johnsen | 55 | Jessheim | 19.08.1991 |
| 13:30.5 | Lars Brath | 51 | Jessheim | 19.08.1991 |
| 13:42.0 | Harald Rutle | 68 | Jessheim | 19.08.1991 |
| 14:21.4 | Svein Skolt | 25 | Jessheim | 19.08.1991 |
| 14:32.7 | Håkon Amundstad | 24 | Jessheim | 19.08.1991 |
| 15:10.0 | Olav Rutle | 45 | Jessheim | 19.08.1991 |
| 15:27.4 | Reidar Melby | 27 | Jessheim | 19.09.1981 |
| 16:40.9 | Johannes Bjørnland | 17 | Jessheim | 19.08.1991 |

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| **300m hekk 84 cm E** |  |

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| --- | --- | --- | --- | --- |
| 41.54 | Jørgen Hjelm Bakkerud | 74 | Lisleby | 17.08.1991 |

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| **300m hekk 84 cm E** |  |

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| --- | --- | --- | --- | --- |
| 41.7 | Jørgen Hjelm Bakkerud | 74 | Bjørkelangen | 08.06.1991 |
| **MENN SENIOR 1991** | | **485** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:00.60 | Ole Skolt | 53 | Bjørkelangen | 14.06.1991 |
| 13:09.0 | Kjell Aarflot | 44 | Jessheim | 19.08.1991 |
| 14:30.9 | Nils Kristen Wiig | 43 | Jessheim | 19.08.1991 |

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| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:14:04 | Ole Fredrik Mørck | 62 | Jessheim | 17.11.1991 |
| 1:17:08 | Ole Skolt | 53 | Jessheim | 17.11.1991 |
| 1:23:03 | Kolbjørn Skjerve | 37 | Jessheim | 17.11.1991 |
| 1:28:59 | Ivar Skedsmo | 55 | Jessheim | 06.10.1991 |
| 1:29:58 | Sigmund Syversen | 49 | Jessheim | 06.10.1991 |
| 1:33:38 | Bjørn Ingvar Jensen | 66 | Jessheim | 06.10.1991 |
| 1:35:42 | Nils Sæthermoen | 40 | Jessheim | 06.10.1991 |
| 1:41:02 | Helge Velure | 50 | Jessheim | 06.10.1991 |
| 1:44:39 | Geir Sander | 45 | Jessheim | 06.10.1991 |
| 1:57:42 | Nils Kristen Wiig | 43 | Jessheim | 06.10.1991 |
| 2:07.28 | Håkon Amundstad | 24 | Jessheim | 06.10.1991 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.35 | Jon Arne Skiaker | 79 | Sofiemyr | 17.08.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.80 | Odd Arne Urnes | 73 | Lisleby | 17.08.1991 |

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

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| --- | --- | --- | --- | --- |
| 5.59 s | Gudmund Bjotveit | 77 | Kongsberg | 24.08.1991 |
| 5.17 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1991 |
| 4.99 | Sven Inge Bråten | 76 | Jessheim | 02.09.1991 |
| 4.77 s | Ingar Ørum | 77 | Jessheim | 26.09.1991 |
| 4.65 s | Jon Arne Skiaker | 79 | Nadderud | 22.06.1991 |
| 3.48 s | Nils Ivar Skiaker | 81 | Strømmen | 15.06.1991 |

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| **Kule 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.48 | Nils Ivar Skiaker | 81 | Strømmen | 15.06.1991 |

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| **Kule 2 kg** |  |

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| 9.33 | Jon Arne Skiaker | 79 | Hønefoss | 31.08.1991 |

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| **MENN SENIOR 1991** | **486** |

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| **Kule 3 kg** |  |

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| 13.04 | Ingar Ørum | 77 | Jessheim | 02.09.1991 |
| 11.67 | Håvard Mathisen | 77 | Jessheim | 02.09.1991 |

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| **Diskos 1 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.44 | Ingar Ørum | 77 | Sofiemyr | 18.08.1991 |
| 27.92 | Håvard Mathisen | 77 | Sofiemyr | 18.08.1991 |

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| **Spyd 400 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20.08 | Harald Heggelund | 80 | Jessheim | 26.09.1991 |

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

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| 42.34 | Ingar Ørum | 77 | Lillehammer/Ss | 28.06.1991 |
| 39.14 | Håvard Mathisen | 77 | Jessheim | 26.09.1991 |
| 25.20 | Atle Skaugen | 77 | Jessheim | 26.09.1991 |
| 25.00 | Gudmund Bjotveit | 77 | Jessheim | 26.09.1991 |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| --- | --- | --- | --- | --- |
| 37.56 | Håvard Lund | 24 | Jessheim | 26.09.1991 |
| 25.02 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1991 |

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| **Slengball 1 kg Kort reimm** |  |

|  |  |  |  |  |
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| 21.28 | Jon Arne Skiaker | 79 | Strømmen | 15.06.1991 |
| 20.34 | Harald Heggelund | 80 | Strømmen | 15.06.1991 |
| 18.03 | Kjetil Taraldsen | 79 | Strømmen | 15.06.1991 |
| 17.33 | Erik Eriksen | 79 | Strømmen | 15.06.1991 |

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| **Liten ball 150 g** |  |

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| 42.12 | Jon Arne Skiaker | 79 | Jessheim | 03.06.1991 |
| 34.68 | Kristian Finstad | 79 | Jessheim | 03.06.1991 |
| 34.50 | Bjørn Flatby | 79 | Jessheim | 03.06.1991 |
| 32.60 | Kjetil Taraldsen | 79 | Jessheim | 03.06.1991 |
| 30.96 | Erik Eriksen | 79 | Jessheim | 03.06.1991 |
| 26.98 | Geir Johansen | 80 | Jessheim | 03.06.1991 |

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| **4x60m E** |  |

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| --- | --- | --- | --- | --- |
| 36.55 | G12 |  | Jessheim | 16.06.1991 |
| Harald Heggelund80-Nils Ivar Skaaker81-Erlend Bråten79-Jon Arne Skiaker79 | | | |

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| **MENN SENIOR 1991** | **487** |

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| **INNENDØRS** |  |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 7.4 | Nils Ivar Skiaker | 81 | Lillestrøm | 20.01.1991 |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.78 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 03.03.1991 |
| 8.28 | Gudmund Bjotveit | 77 | Oslo/Ek | 03.03.1991 |
| 9.04 | Jon Arne Skiaker | 79 | Oslo/Ek | 03.03.1991 |

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

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| --- | --- | --- | --- | --- |
| 7.9 | Gudmund Bjotveit | 77 | Lillestrøm | 20.01.1991 |
| 8.7 | Jon Arne Skiaker | 79 | Drammen | 24.11.1991 |
| 9.0 | Tor Enderud | 77 | Lillestrøm | 20.01.1991 |
| 9.0 | Tor Arne Borgersen | 77 | Lillestrøm | 20.11.1991 |

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| **60m hekk 100 cm M** |  |

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| --- | --- | --- | --- | --- |
| 8.9 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 22.02.1991 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.25 | Jon Arne Skiaker | 79 | Oslo/Ek | 03.03.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.50 | Odd Arne Urnes | 73 | Askim | 10.02.1991 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.12 s | Gudmund Bjotveit | 77 | Oslo/Ek | 03.03.1991 |
| 4.66 s | Jon Arne Skiaker | 79 | Drammen | 24.11.1991 |
| 3.55 s | Kristian Finstad | 79 | Drammen | 24.11.1991 |
| 3.22 s | Jan Erik Hagen | 81 | Lillestrøm | 20.01.1991 |
| 3.01 s | Nils Ivar Skiaker | 81 | Lillestrøm | 20.01.1991 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.40 | Ingar Ørum | 77 | Oslo/Ek | 03.03.1991 |
| 10.51 | Håvard Mathisen | 77 | Lillestrøm | 20.02.1991 |

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| **MENN SENIOR 1991** | **488** |

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

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| --- | --- | --- | --- | --- |
| 9.36 | Roger Bjerke | 76 | Lillestrøm | 17.03.1991 |

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| **KVINNER SENIOR 1991** | **489** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.33 | Kristine Heggelund | 76 | Jessheim | 26.09.1991 |
| 8.34 | Tone Lauritzen | 76 | Jessheim | 26.09.1991 |
| 8.49 | Lene Kristin Nyland | 74 | Jessheim | 26.09.1991 |
| 9.24 | Kamilla Bråthen | 77 | Jessheim | 28.05.1991 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.4 | Tone Lauritzen | 76 | Årnes | 10.07.1991 |
| 10.6 | Ingrid Maudal | 82 | Strømmen | 15.06.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.21 | Kristine Heggelund | 76 | Jessheim | 28.05.1991 |
| 13.47 | Tone Lauritzen | 76 | Lillehammer/Ss | 30.06.1991 |
| 13.52 | Lene Kristin Nyland | 74 | Jessheim | 25.06.1991 |
| 14.86 | Kamilla Bråthen | 77 | Jessheim | 28.05.1991 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.3 | Lene Kristin Nyland | 74 | Bjørkelangen | 09.06.1991 |
| 13.3 | Tone Lauritzen | 76 | Bjørkelangen | 09.06.1991 |

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

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| --- | --- | --- | --- | --- |
| 27.92 | Kristine Heggelund | 76 | Jessheim | 22.08.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.4 | Kristine Heggelund | 76 | Ski | 24.08.1991 |
| 28.6 | Lene Kristin Nyland | 74 | Jessheim | 26.08.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:23.83 | Kamilla Bråthen | 77 | Lillehammer/Ss | 30.06.1991 |
| 3:13.4 | Dagrunn Rommen | 76 | Jessheim | 19.08.1991 |
| 3:22.8 | Kari Kamstrup Hovind | 56 | Jessheim | 19.08.1991 |
| 3:31.8 | Ellen Romstad | 75 | Jessheim | 19.08.1991 |
| 3:43.3 | May Skolt | 59 | Jessheim | 19.08.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:07.7 | Kamilla Bråthen | 77 | Jessheim | 14.06.1991 |
| 5:55.8 | Katrine Finstad | 75 | Jessheim | 10.06.1991 |
| 6:00.1 | Bente Bamrud | 55 | Jessheim | 10.06.1991 |
| 6:27.7 | Astrid Mathisen | 76 | Jessheim | 10.06.1991 |

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| **KVINNER SENIOR 1991** | **490** |

|  |  |
| --- | --- |
| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 6:31.3 | Marit Skolt Skafle | 56 | Jessheim | 10.06.1991 |
| 6:32.4 | Inger Finstad | 51 | Jessheim | 10.06.1991 |
| 6:33.0 | Turid Simonsen | 61 | Jessheim | 10.06.1991 |
| 6:42.8 | Kari Kamstrup Hovind | 56 | Jessheim | 10.06.1991 |
| 6:45.0 | Jorunn Sørum | 49 | Jessheim | 10.06.1991 |
| 6:53.8 | Tove Rutle | 47 | Jessheim | 10.06.1991 |
| 6:54.2 | Dagrun Rommen | 76 | Jessheim | 10.06.1991 |
| 6:58.2 | Ellen Ramstad | 75 | Jessheim | 10.06.1991 |
| 7:31.8 | May Skolt | 59 | Jessheim | 10.06.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:26.0 | Grethe Marie Hansen | 64 | Jessheim | 19.08.1991 |
| 12:46.6 | Berit Bamrud | 55 | Jessheim | 24.08.1991 |
| 13:54.7 | Inger Finstad | 51 | Jessheim | 19.08.1991 |
| 15:12.6 | Tove Rutle | 47 | Jessheim | 19.08.1991 |
| 15:18.7 | Astrid Mathisen | 76 | Jessheim | 19.08.1991 |
| 17:36.3 | Aud Venke Rustad | 45 | Jessheim | 19.08.1991 |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 48:16 | Grethe Marie Hansen | 64 | Jessheim | 06.10.1991 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.68 | Kristin Urnes | 75 | Ski | 24.08.1991 |
| 1.45 | Tone Lauritzen | 76 | Bjørkelangen | 09.06.1991 |
| 1.30 | Kamilla Bråthen | 77 | Sofiemyr | 18.08.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.40 | Kristin Urnes | 75 | Jessheim | 17.09.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.21 | Kristine Heggelund | 76 | Ski | 25.08.1991 |
| 5.10 | Tone Lauritzen | 76 | Jessheim | 02.09.1991 |
| 4.82 | Kristin Urnes | 75 | Ski | 25.08.1991 |
| 4.78 | Lene Kristin Nyland | 74 | Jessheim | 02.09.1991 |
| 2.95 s | Ingrid Maudal | 82 | Strømmen | 15.06.1991 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.41 | Kristine Heggelund | 76 | Lillestrøm | 20.09.1991 |
| 10.28 | Tone Lauritzen | 76 | Lillestrøm | 20.09.1991 |

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| **KVINNER SENIOR 1991** | **491** |

|  |  |
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| **Kule 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 5.27 | Ingrid Maudal | 82 | Strømmen | 15.06.1991 |

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| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 15.34 | Kamilla Bråthen | 77 | Jessheim | 03.06.1991 |

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

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| --- | --- | --- | --- | --- |
| 32.02 | Kristin Urnes | 75 | Bjørkelangen | 25.05.1991 |
| 28.96 | Kristine Heggelund | 76 | Lillehammer/Ss | 30.06.1991 |

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| **KVINNER SENIOR 1991** | **492** |

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| **INNENDØRS** |  |

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| **40m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.9 | Helene Moen | 92 | Lillestrøm | 20.01.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.50 | Tone Lauritzen | 76 | Oslo/Ek | 03.03.1991 |

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

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| --- | --- | --- | --- | --- |
| 8.2 | Tone Lauritzen | 76 | Lillestrøm | 17.03.1991 |
| 8.7 | Kristin Urnes | 75 | Lillestrøm | 17.03.1991 |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.63 | Kristin Urnes | 75 | Oslo/Ek | 03.03.1991 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.80 | Tone Lauritzen | 76 | Oslo/Ek | 03.03.1991 |
| 2.27 s | Helene Moen | 82 | Lillestrøm | 20.01.1991 |

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

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| --- | --- | --- | --- | --- |
| 9.06 | Kristin Urnes | 75 | Oslo/Ek | 03.03.1991 |

|  |  |
| --- | --- |
| **MENN SENIOR 1992** | **493** |

|  |  |
| --- | --- |
| **40m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.4 | Kenneth Warming | 82 | Jessheim | 08.08.1992 |
| 7.5 | Eivind Skolt | 83 | Jessheim | 08.08.1992 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.50 | Jon Arne Skiaker | 79 | Jessheim | 13.09.1992 |
| 8.93 | Bjørn Flatby | 79 | Jessheim | 12.09.1992 |
| 9.52 | Kenneth Warming | 82 | Lillehammer/Ss | 27.06.1992 |
| 9.63 | Nils Ivar Skiaker | 81 | Nadderud | 20.06.1992 |
| 11.19 | Fredrik Hultgren | 81 | Lillehammer/Ss | 27.06.1992 |
| 11.73 | Svein Skolt | 80 | Jessheim | 12.09.1992 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.7 | Gudmund Bjotveit | 77 | Jessheim | 08.08.1992 |
| 8.2 | Jon Arne Skiaker | 79 | Nadderud | 28.08.1992 |
| 8.8 | Bjørn Flatby | 79 | Jessheim | 24.09.1992 |
| 9.5 | Kenneth Warming | 82 | Jessheim | 18.05.1992 |
| 9.6 | Harald Heggelund | 80 | Jessheim | 08.08.1992 |
| 9.7 | Thor Kværner | 82 | Jessheim | 18.05.1992 |
| 9.7 | Nils Ivar Skiaker | 81 | Jessheim | 24.09.1992 |
| 11.2 | Eivind Skolt | 83 | Jessheim | 18.05.1992 |
| 11.2 | Svein Skolt | 80 | Jessheim | 18.05.1992 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.21 | Tom Erik Olsen | 74 | Trondheim/Le | 04.07.1992 |
| 11.49 | Jo Henning Hals Nilssen | 68 | Jessheim | 27.06.1992 |
| 11.62 | Runar Homble | 72 | Sofiemyr | 13.09.1992 |
| 11.84 | Terje Grime | 59 | Jessheim | 27.06.1992 |
| 12.22 | Kjell Vidar Solheim | 70 | Jessheim | 27.08.1992 |
| 12.26 | Gudmund Bjotveit | 77 | Nadderud | 21.06.1992 |
| 13.43 | Jon Arne Skiaker | 79 | Nadderud | 20.06.1992 |
| 15.00 | Bjørn Flatby | 79 | Jessheim | 28.05.1992 |
| 15.99 | Håvard Lund | 24 | Bjørkelangen | 09.08.1992 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.5 | Jo Henning Hals Nilssen | 68 | Jessheim | 18.05.1992 |
| 11.6 | Runar Homble | 72 | Jessheim | 18.05.1992 |
| 11.7 | Terje Grime | 59 | Jessheim | 18.05.1992 |
| 12.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 18.05.1992 |
| 12.2 | Gudmund Bjotveit | 77 | Jessheim | 18.05.1992 |
| 12.5 | Sven Inge Bråten | 76 | Jessheim | 18.05.1992 |
| 12.9 | Atle Skaugen | 77 | Jessheim | 18.05.1992 |
| 14.1 | Håvard Mathisen | 77 | Jessheim | 18.05.1992 |
| **MENN SENIOR 1992** | | **494** | | |

|  |  |
| --- | --- |
| **150m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.83 | Terje Grime | 59 | Oslo/La | 09.05.1992 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.04 | Tom Erik Olsen | 74 | Sofiemyr | 14.06.1992 |
| 23.34 | Runar Homble | 72 | Asker/Fø | 12.09.1992 |
| 23.78 | Jo Henning Hals Nilssen | 68 | Sofiemyr | 14.06.1992 |
| 24.09 | Frode Nygård | 69 | Oslo/Tr | 22.06.1992 |
| 24.21 | Terje Grime | 59 | Sofiemyr | 14.06.1992 |
| 24.92 | Kjell Vidar Solheim | 70 | Oslo/Tr | 22.06.1992 |
| 25.56 | Gudmund Bjotveit | 77 | Jessheim | 28.05.1992 |
| 25.69 | Sven Inge Bråten | 76 | Asker/Fø | 12.09.1992 |
| 34.54 | Håvard Lund | 24 | Søgne | 01.07.1992 |

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| **200m M** |  |

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| 24.1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 06.07.1992 |
| 24.3 | Frode Nygård | 69 | Jessheim | 06.07.1992 |
| 24.3 | Kjell Vidar Solheim | 70 | Jessheim | 06.07.1992 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 51.10 | Tom Erik Olsen | 74 | Stockholm, SWE | 02.08.1992 |
| 51.57 | Dag Håkon Eriksen | 73 | Sofiemyr | 13.06.1992 |
| 52.08 | Runar Homble | 72 | Lillehammer/Ss | 27.06.1992 |
| 52.48 | Frode Nygård | 69 | Sofiemyr | 13.06.1992 |
| 53.36 | Kjell Vidar Solheim | 70 | Sofiemyr | 13.06.1992 |
| 53.65 | Jo Henning Hals Nilssen | 68 | Trondheim/Le | 05.07.1992 |
| 54.60 | Kjetil Brynhildsen | 71 | Sofiemyr | 13.06.1992 |
| 55.99 | Sven Inge Bråten | 76 | Lillehammer/Ss | 27.06.1992 |

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| **400m M** |  |

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| 52.5 | Runar Homble | 72 | Jessheim | 20.07.1992 |

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| **800m** |  |

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| 1:58.37 | Frode Nygård | 69 | Jessheim | 27.06.1992 |
| 2:00.14 | Dag Håkon Eriksen | 73 | Sofiemyr | 14.06.1992 |
| 2:00.2 | Kjetil Brynhildsen | 71 | Jessheim | 24.09.1992 |
| 2:00.3 | Kjell Vidar Solheim | 70 | Jessheim | 24.09.1992 |
| 2:00.54 | Ole Fredrik Mørck | 62 | Oslo/Bi | 01.09.1992 |
| 2:02.00 | Christopher Wiig | 73 | Sofiemyr | 14.06.1992 |
| 2:04.5 | Runar Homble | 72 | Jessheim | 17.08.1992 |
| 2:08.8 | Sven Inge Bråten | 76 | Jessheim | 24.09.1992 |
| 2:09.24 | Ole Skolt | 53 | Jessheim | 27.06.1992 |
| **MENN SENIOR 1992** | | **495** | | |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:11.0 | Eirik Horverak | 73 | Jessheim | 17.08.1992 |
| 2:11.6 | Anders Carlson | 71 | Jessheim | 17.08.1992 |
| 2:13.5 | Øyvind Arnegård | 75 | Jessheim | 17.08.1992 |
| 2:15.39 | Ivar Skedsmo | 55 | Jessheim | 27.06.1992 |
| 2:16.6 | Martin Carlson | 68 | Jessheim | 17.08.1992 |
| 2:17.0 | Rolv-Eirik Nyheim | 47 | Jessheim | 21.08.1992 |
| 2:25.4 | Kjell Carlson | 44 | Jessheim | 17.08.1992 |
| 2:31.2 | Arne Luke | 44 | Lørenfallet | 09.06.1992 |
| 2:32.1 | Jan Erik Bøhnsdalen | 52 | Lørenfallet | 09.06.1992 |
| 2:41.9 | Jostein Ørum | 75 | Jessheim | 17.08.1992 |
| 2:42.1 | Jon Arne Skiaker | 79 | Lena | 29.08.1992 |
| 2.44.8 | Svenn Erik Sørum | 77 | Jessheim | 17.08.1992 |
| 2:48.20 | Nils Ivar Skiaker | 81 | Nadderud | 20.06.1992 |
| 2:49.8 | Kristian Finstad | 79 | Jessheim | 17.08.1992 |
| 2:55.5 | Per Ramstad | 47 | Jessheim | 17.08.1992 |
| 2:56.2 | Helge Velure | 50 | Jessheim | 17.08.1992 |
| 2:56.9 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 17.08.1992 |
| 2:59.9 | Anders Knudsen | 77 | Jessheim | 17.08.1992 |
| 3:02.0 | Ingar Ørum | 77 | Jessheim | 17.08.1992 |
| 3:02.1 | Ola Haugset | 43 | Jessheim | 17.08.1992 |
| 3:05.7 | Torleiv Bjotveit | 47 | Jessheim | 17.08.1992 |
| 3:07.7 | Geir-Espen Johansen | 75 | Jessheim | 17.08.1992 |
| 3:15.9 | Jarle Fredagsvik | 79 | Jessheim | 17.08.1992 |
| 3:18.0 | Trond Erik Bakkerud | 77 | Jessheim | 17.08.1992 |
| 3:55.9 | Kjell Fredagsvik | 45 | Jessheim | 17.08.1992 |

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| **1500m** |  |

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| 4:05.2 | Øystein Syversen | 52 | Kongsvinger/Gj | 23.05.1992 |
| 4:05.7 | Ole Fredrik Mørck | 62 | Jessheim | 15.06.1992 |
| 4:05.9 | Leif Erling Aronsveen | 57 | Jessheim | 15.06.1992 |
| 4:11.8 | Christopher Wiig | 73 | Jessheim | 15.06.1992 |
| 4:18.1 | Ole Johan Garli | 56 | Jessheim | 15.06.1992 |
| 4:21.3 | Ole Skolt | 53 | Jessheim | 19.06.1992 |
| 4:26.5 | Erlend Skåre | 73 | Jessheim | 15.06.1992 |
| 4:31.2 | Thomas Lundring | 75 | Jessheim | 15.06.1992 |
| 4:32.4 | Thomas Vole Olsen | 73 | Jessheim | 15.06.1992 |
| 4:33.4 | Odd Kinnsbekken | 48 | Jessheim | 19.06.1992 |
| 4:33.8 | Paal Raastad | 73 | Jessheim | 15.06.1992 |
| 4:35.8 | Petter Stensby | 52 | Jessheim | 15.06.1992 |
| 4:41.0 | Knut Kristiansen | 44 | Jessheim | 15.06.1992 |
| 4:43.7 | Anders Carlson | 71 | Jessheim | 15.06.1992 |
| 4:45.4 | Tore Ragnar Olsen | 46 | Jessheim | 15.06.1992 |
| 4:46.3 | Eirik Horverak | 73 | Jessheim | 15.06.1992 |

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| **MENN SENIOR 1992** | **496** |

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| **1500m forts.** |  |

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| 4:47.1 | Audun Kjos | 71 | Jessheim | 15.06.1992 |
| 4:47.5 | Rolv-Eirik Nyheim | 47 | Jessheim | 15.06.1992 |
| 4:49.0 | Runar Homble | 72 | Jessheim | 15.06.1992 |
| 4:51.8 | Arne Luke | 44 | Jessheim | 15.06.1992 |
| 4:52.3 | Ivar Skedsmo | 55 | Jessheim | 15.06.1992 |
| 4:57.54 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 03.05.1992 |
| 5:02.12 | Tom Erik Olsen | 74 | Stockholm, SWE | 02.08.1992 |
| 5:02.4 | Kolbjørn Skjerve | 37 | Jessheim | 19.06.1992 |
| 5:04.2 | Stein Bringeland | 54 | Jessheim | 15.06.1992 |
| 5:05.3 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 15.06.1992 |
| 5:10.0 | Henning Høgheim | 39 | Jessheim | 19.06.1992 |
| 5:10.0 | Johnny Røsåsen | 44 | Jessheim | 15.06.1992 |
| 5:11.4 | Ragnar Bakken | 48 | Jessheim | 15.06.1992 |
| 5:14.9 | Ole Seming Wiig | 69 | Jessheim | 15.06.1992 |
| 5:20.1 | Egil Ødemark | 41 | Jessheim | 15.06.1992 |
| 5:22.4 | Ole Arnegård | 44 | Jessheim | 15.06.1992 |
| 5:25.8 | Nils Sæthermoen | 40 | Jessheim | 15.06.1992 |
| 5:27.7 | Kjell Østhus | 42 | Jessheim | 15.06.1992 |
| 5:29.6 | Kristen Langbakk | 39 | Jessheim | 15.06.1992 |
| 5:30.8 | Bjørn Ødegård | 61 | Jessheim | 15.06.1992 |
| 5.31.4 | Kjell Aarflot | 44 | Jessheim | 15.06.1992 |
| 5:33.2 | Helge Sydtangen | 37 | Jessheim | 15.06.1992 |
| 5:34.1 | Asbjørn Hoel | 43 | Jessheim | 15.06.1992 |
| 5:34.6 | John Birkelund | 32 | Jessheim | 19.06.1992 |
| 5:38.3 | Øystein Jørgensen | 47 | Jessheim | 15.06.1992 |
| 5:40.0 | Kristian Finstad | 79 | Jessheim | 15.06.1992 |
| 5:43.7 | Jostein Ørum | 75 | Jessheim | 15.06.1992 |
| 5:45.4 | Olav Rutle | 45 | Jessheim | 15.06.1992 |
| 5:47.3 | Jørgen Torstveit | 40 | Jessheim | 15.06.1992 |
| 5:49.5 | Svenn Erik Sørum | 77 | Jessheim | 15.06.1992 |
| 5:58.7 | Øyvind Arnegård | 75 | Jessheim | 15.06.1992 |
| 5:59.3 | Ola Haugset | 43 | Jessheim | 15.06.1992 |
| 6:00.7 | Steinar Ørum | 46 | Jessheim | 15.06.1992 |
| 6:03.3 | Bernt Reppe | 34 | Jessheim | 15.06.1992 |
| 6:04.7 | Ingar Ørum | 77 | Jessheim | 15.06.1992 |
| 6:05.6 | Per Ramstad | 47 | Jessheim | 15.06.1992 |
| 6:06.2 | Georg Johnsen | 55 | Jessheim | 15.06.1992 |
| 6:09.1 | Jan Berge | 40 | Jessheim | 15.06.1992 |
| 6:15.1 | Kristoffer Stanger | 33 | Jessheim | 15.06.1992 |
| 6:28.1 | Helge Velure | 50 | Jessheim | 15.06.1992 |
| 6:40.8 | Trond Erik Bakkerud | 77 | Jessheim | 15.06.1992 |
| 6:45.0 | Ole Kristian Wiig | 45 | Jessheim | 15.06.1992 |
| 6:47.6 | Harald Rutle | 68 | Jessheim | 15.06.1992 |
| 6:48.1 | Amund Gulbrandsen | 44 | Jessheim | 15.06.1992 |
| 6:52.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 15.06.1992 |

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| **MENN SENIOR 1992** | **497** |

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| **1500m forts.** |  |

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| 7:19.7 | Håkon Amundstad | 24 | Jessheim | 15.06.1992 |
| 7:27.3 | Johannes Bjørnland | 17 | Jessheim | 15.06.1992 |
| 7:35.9 | Trond Bakkerud | 46 | Jessheim | 15.06.1992 |
| 8:05.71 | Håvard Lund | 24 | Søgne | 01.07.1992 |

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| **1mile 1609m** |  |

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| 4:33.8 | Ole Fredrik Mørck | 62 | Årnes | 30.05.1992 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 8:41.80 | Øystein Syversen | 52 | Oslo/Bi | 04.06.1992 |
| 8:56.2 | Fredrik Bakken | 66 | Jessheim | 17.08.1992 |
| 8:57.46 | Ole Fredrik Mørck | 62 | Jessheim | 27.08.1992 |
| 9:04.6 | Leif Erling Aronsveen | 57 | Jessheim | 17.08.1992 |
| 9:14.4 | Ole Johan Garli | 56 | Jessheim | 17.08.1992 |
| 9:17.7 | Sigmund Syversen | 49 | Jessheim | 17.08.1992 |
| 9:20.4 | Christopher Wiig | 73 | Jessheim | 17.08.1992 |
| 9:32.8 | Paal Raastad | 73 | Jessheim | 17.08.1992 |
| 9:46.0 | Odd Kinnsbekken | 48 | Jessheim | 21.08.1992 |
| 9:46.24 | Thomas Randem | 71 | Jessheim | 27.08.1992 |
| 9:49.8 | Erlend Skåre | 73 | Jessheim | 17.08.1992 |
| 9:55.5 | Asgeir Steinsvik | 53 | Jessheim | 17.08.1992 |
| 9:55.9 | Petter Stensby | 52 | Jessheim | 21.08.1992 |
| 10:07.7 | Thomas Vole Olsen | 73 | Jessheim | 17.08.1992 |
| 10:10.3 | Tore Ragnar Olsen | 46 | Jessheim | 21.08.1992 |
| 10:20.2 | Knut Kristensen | 44 | Jessheim | 17.08.1992 |
| 10:26.6 | Arne Luke | 44 | Jessheim | 21.08.1992 |
| 10:32.5 | Anders Huse | 72 | Jessheim | 17.08.1992 |
| 10:56.5 | Egil Ødemark | 41 | Jessheim | 21.08.1992 |
| 11:13.7 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 17.08.1992 |
| 11:15.3 | Kolbjørn Skjerve | 37 | Jessheim | 21.08.1992 |
| 11:20.6 | Audun Kjos | 71 | Jessheim | 17.08.1992 |
| 11:24.9 | Nils Sæthermoen | 40 | Jessheim | 17.08.1992 |
| 11:43.6 | Kjell Østhus | 42 | Jessheim | 17.08.1992 |
| 11:50.8 | Ragnar Bakken | 48 | Jessheim | 17.08.1992 |
| 11:54.0 | Ivar Skedsmo | 55 | Jessheim | 17.08.1992 |
| 12:02.8 | Kristen Langbakk | 39 | Jessheim | 17.08.1992 |
| 12:04.1 | Ole Seming Wiig | 69 | Jessheim | 17.08.1992 |
| 12:16.2 | Ole Arnegård | 44 | Jessheim | 17.08.1992 |
| 12:20.0 | John Birkelund | 32 | Jessheim | 17.08.1992 |
| 12:30.0 | Asbjørn Hoel | 43 | Jessheim | 17.08.1992 |
| 12:35.6 | Jørgen Torstveit | 40 | Jessheim | 17.08.1992 |
| 12:55.0 | Steinar Ørum | 46 | Jessheim | 17.08.1992 |
| 12:57.0 | Olav Rutle | 45 | Jessheim | 17.08.1992 |
| 12:59.5 | Bernt Reppe | 34 | Jessheim | 17.08.1992 |
| **MENN SENIOR 1992** | | **498** | | |

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| **3000m forts.** |  |

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| 13:07.3 | Helge Sydtangen | 37 | Jessheim | 17.08.1992 |
| 13:09.0 | Thomas Lundring | 75 | Jessheim | 17.08.1992 |
| 13:18.3 | Lars Brath | 51 | Jessheim | 17.09.1992 |
| 13:21.0 | Trygve Rommen | 31 | Jessheim | 17.08.1992 |
| 13:23.5 | Jan Berge | 40 | Jessheim | 17.08.1992 |
| 14:15.0 | Ole Kristian Wiig | 45 | Jessheim | 17.08.1992 |
| 13:41.7 | Harald Rutle | 68 | Jessheim | 17.08.1992 |
| 14:47.0 | Håkon Amundstad | 24 | Jessheim | 17.08.1992 |
| 14:52.5 | Arne Gulbrandsen | 44 | Jessheim | 17.08.1992 |
| 16:39.2 | Trond Bakkerud | 46 | Jessheim | 17.08.1992 |
| 17:11.8 | Johannes Bjørnland | 17 | Jessheim | 17.08.1992 |

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| **5000m** |  |

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| 15:06.18 | Øystein Syversen | 52 | Nesbyen | 29.09.1992 |

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| **10000m** |  |

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| 31:34.50 | Øystein Syversen | 52 | Bjørkelangen | 09.08.1992 |
| 35:04.5 | Erlend Skåre | 73 | Bjørkelangen | 19.09.1992 |

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

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| 20.50 | Håvard Lund | 24 | Bjørkelangen | 08.08.1992 |

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| **110m hekk 106.7 cm E** |  |

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| --- | --- | --- | --- | --- |
| 14.81 | Tom Erik Olsen | 74 | Mosjøen | 14.08.1992 |
| 14.85 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 20.06.1992 |

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

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| 26.9 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |

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

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| --- | --- | --- | --- | --- |
| 60.21 | Håvard Lund | 24 | Bjørkelangen | 09.08.1992 |

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| **300m hekk 91.4 cm M** |  |

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| 40.83 | Jørgen Hjelm Bakkerud | 74 | Haugesund | 01.08.1992 |

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| **2000m hinder 91.4 cm** |  |

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| 7:13.2 | Espen Hofoss | 76 | Jessheim | 21.08.1992 |

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| **MENN SENIOR 1992** | **499** |

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

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| 10:02.05 | Ole Fredrik Mørck | 62 | Moss/Me | 05.09.1992 |
| 10:48.5 | Ole Skolt | 53 | Jessheim | 21.08.1992 |
| 15:12.9 | Georg Johnsen | 55 | Jessheim | 17.08.1992 |

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| **Halvmaraton 21098m** |  |

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| 1:09.11 | Øystein Syversen | 52 | Drammen | 04.10.1992 |
| 1:10:04 | Ole Fredrik Mørck | 62 | Drammen | 04.10.1992 |
| 1:18:05 | Ole Skolt | 53 | Jessheim | 04.10.1992 |
| 1:32:48 | Sigmund Syversen | 49 | Jessheim | 04.10.1992 |
| 1:33:02 | Henning Høgheim | 39 | Jessheim | 04.10.1992 |
| 1:33:03 | Kolbjørn Skjerve | 37 | Jessheim | 15.11.1992 |
| 1:34:38 | Kjell Carlson | 44 | Jessheim | 04.10.1992 |
| 1:37:41 | Asgeir Steinsvik | 53 | Jessheim | 04.10.1992 |

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| **Maraton 42195m** |  |

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| 2:26:41 | Tor Erik Nyqvist | 67 | Jessheim | 15.11.1992 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.94 | Tom Erik Olsen | 74 | Seoul, KOR | 16.09.1992 |
| 1.91 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 02.05.1992 |
| 1.77 | Ansgar Gulbrandsen | 44 | Bjørkelangen | 08.08.1992 |
| 1.45 | Jon Arne Skiaker | 79 | Lillehammer/Ss | 26.06.1992 |
| 1.35 | Bjørn Flateby | 79 | Bjørkelangen | 26.08.1992 |
| 1.34 | Håvard Lund | 24 | Oslo/Bi | 15.06.1992 |
| 1.20 | Nils Ivar Skiaker | 81 | Lillehammer/Ss | 27.06.1992 |
| 1.05 | Kenneth Warming | 82 | Jessheim | 08.08.1992 |
| 1.00 | Eivind Skolt | 83 | Jessheim | 08.08.1992 |
| 1.00 | Svein Skolt | 80 | Jessheim | 12.09.1992 |

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| **Stav** |  |

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| 4.80 | Tom Erik Olsen | 74 | Kongsvinger/Gj | 25.07.1992 |
| 4.10 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 03.05.1992 |
| 2.00 | Håvard Lund | 24 | Bjørkelangen | 07.08.1992 |

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| **Lengde** |  |

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| 6.82 | Tom Erik Olsen | 74 | Trondheim/Le | 04.07.1992 |
| 6.70 | Jo Henning Hals Nilssen | 68 | Sofiemyr | 14.06.1992 |
| 5.39 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| 5.20 | Gudmund Bjotveit | 77 | Jessheim | 08.08.1992 |
| 4.46 s | Bjørn Flatby | 79 | Jessheim | 12.09.1992 |

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| **MENN SENIOR 1992** | **500** |

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| **Lengde forts.** |  |

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| 4.40 s | Jon Arne Skiaker | 79 | Jessheim | 12.09.1992 |
| 3.92 s | Kenneth Warming | 82 | Jessheim | 18.05.1992 |
| 3.80 s | Thor Kværner | 82 | Jessheim | 18.05.1992 |
| 3.69 | Håvard Lund | 24 | Oslo/Bi | 13.06.1992 |
| 3.66 s | Nils Ivar Skiaker | 81 | Jessheim | 24.09.1992 |
| 3.09 s | Magnus Jansson | 82 | Jessheim | 18.05.1992 |
| 3.08 s | Eivind Skolt | 83 | Jessheim | 18.05.1992 |
| 3.02 s | Svein Skolt | 80 | Jessheim | 18.05.1992 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 13.68 | Terje Grime | 59 | Sofiemyr | 13.06.1992 |
| 11.30 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| **Tresteg medvind** | |  | | |
| 13.74 +3.4 | Terje Grime | 59 | Sofiemyr | 13.06.1992 |

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| **Kule 2 kg** |  |

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| 6.77 | Nils Ivar Skiaker | 81 | Lena | 29.08.1992 |
| 5.78 | Eivind Skolt | 83 | Jessheim | 08.08.1992 |

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| **Kule 3 kg** |  |

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| 9.22 | Jon Arne Skiaker | 79 | Lena | 29.08.1992 |

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| **Kule 4 kg** |  |

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| 12.24 | Håvard Mathisen | 77 | Nadderud | 21.06.1992 |
| 11.03 | Ingar Ørum | 77 | Jessheim | 18.05.1992 |
| 9.29 | Gudmund Bjotveit | 77 | Jessheim | 18.05.1992 |
| 7.91 | Atle Skaugen | 77 | Jessheim | 18.05.1992 |

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| **Kule 5 kg** |  |

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| 9.89 | Håvard Lund | 24 | Jessheim | 18.05.1992 |

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| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 14.98 | Tom Erik Olsen | 74 | Lillehammer/Ss | 28.06.1992 |

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| **Kule 6.25 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.40 | Tom Erik Olsen | 74 | Stockholm, SWE | 01.08.1992 |

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| **MENN SENIOR 1992** | **501** |

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| **Kule 7.26 kg** |  |

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| 14.47 | Pål Berntsen | 60 | Jessheim | 24.09.1992 |
| 13.07 | Tom Erik Olsen | 74 | Tønsberg/Gr | 02.05.1992 |
| 12.38 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 02.05.1992 |
| 9.05 | Runar Homble | 72 | Jessheim | 20.07.1992 |
| 8.05 | Steinar Ørum | 46 | Siggerud | 22.06.1992 |

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| **Diskos 1 kg** |  |

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| 35.10 | Håvard Lund | 24 | Heggedal/Gj | 29.08.1992 |

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| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 28.98 | Håvard Mathisen | 77 | Sofiemyr | 13.06.1992 |
| 27.26 | Ingar Ørum | 77 | Sofiemyr | 22.06.1992 |

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| **Diskos 1.75 kg** |  |

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| 41.84 | Tom Erik Olsen | 74 | Lillehammer/Ss | 28.06.1992 |

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| **Diskos 2 kg** |  |

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| 42.18 | Pål Berntsen | 60 | Jessheim | 24.09.1992 |
| 41.34 | Jo Henning Hals Nilssen | 68 | Trondheim/Le | 05.07.1992 |
| 34.58 | Tom Erik Olsen | 74 | Seoul, KOR | 17.09.1992 |
| 20.08 | Steinar Ørum | 46 | Siggerud | 22.06.1992 |

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| **Slegge 5 kg** |  |

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| 25.22 | Håvard Lund | 24 | Oslo/So | 27.09.1992 |

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| **Slegge 7.26 kg** |  |

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| 43.62 | Pål Berntsen | 60 | Rolvsrud | 17.09.1992 |

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| **Spyd 400 g** |  |

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| 25.42 | Harald Heggelund | 80 | Jessheim | 08.08.1992 |
| 12.88 | Nils Ivar Skiaker | 81 | Jessheim | 24.09.1992 |

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

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| 46.98 | Ingar Ørum | 77 | Siggerud | 22.06.1992 |
| 41.96 | Håvard Mathisen | 77 | Sofiemyr | 12.06.1992 |
| 39.30 | Håvard Lund | 24 | Bjørkelangen | 27.09.1992 |
| 23.46 | Jon Arne Skiaker | 79 | Jessheim | 24.09.1992 |

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| **MENN SENIOR 1992** | **502** |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| 75.02 | Pål Berntsen | 60 | Mosjøen | 16.08.1992 |
| 59.84 | Jo Henning Hals Nilssen | 68 | Trondheim/Le | 05.07.1992 |
| 43.68 | Tom Erik Olsen | 74 | Trondheim/Le | 05.07.1992 |
| 30.54 | Steinar Ørum | 46 | Siggerud | 22.06.1992 |
| 22.54 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |

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| **Liten ball 80 g** |  |

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| 25.31 | Svein Skolt | 80 | Jessheim | 12.09.1992 |

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| **Vektkast 7.26 kg** |  |

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| 13.78 | Håvard Lund | 24 | Rolvsrud | 24.09.1992 |

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| **Vektkast 9.072 kg** |  |

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| 11.52 | Håvard Lund | 24 | Rolvsrud | 24.09.1992 |

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

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| 3597 | Håvard Lund | 24 | Oslo/So | 27.09.1992 |
| 25.22-9.78-33.80-39.30-11.48 | | | |

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

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| --- | --- | --- | --- | --- |
| 7004 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 02-03.05.1992 |
| 11.23+3.7-6.93+3.3-12.38-1.91-54.34/14.95+1.9-38.00-4.10-58.82-4:57.54 | | | |

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| --- | --- | --- | --- | --- |
| 6825 | Jo Henning Hals Nilssen | 68 | Trondheim/Le | 04-05.07.1992 |
| 11.58-6.63-12.18-1.85-53.65/15.29-41.34-4.00-59.84-4:59.57 | | | |

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| --- | --- | --- | --- | --- |
| 6810 | Tom Erik Olsen | 74 | Trondheim/Le | 04-05.07.1992 |
| 11.21+0.6-6.82-0.4-12.91-1.80-51.24/15.14-1.0-32.62-4.60-43.68-5:03.00 | | | |

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| **10-kamp E 100m-Lengde-Kule-Høyde-400m** | **110m hekk-Diskos-Stav-Spyd-1500m G 18 øvelser** |

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| 6974 | Tom Erik Olsen | 74 | Stockholm, SWE | 01-02.09.1992 |
| 11.31-6.78-13.40-1.87-51.10/14.72-39.32-4.30-42.64-5:02.12 | | | |

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| **4x100m E** |  |

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| --- | --- | --- | --- | --- |
| 46.19 | MS |  | Sofiemyr | 26.08.1992 |
| Kjetil Brynhildsen71-Frode Nygård69-Kjell Vidar Solheim70-Jan-Olav Arnegård71 | | | |

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| **MENN SENIOR 1992** | **503** |

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| **4x400m** |  |

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| 3:28.62 | MS |  | Jessheim | 02.09.1992 |
| Kjetil Brynhildsen71-Runar Homble72-Frode Nygård69-Kjell Vidar Solheim70 | | | |

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| 3:28.85 | MS |  | Sofiemyr | 26.08.1992 |
| Kjell Vidar Solheim70-Frode Nygård69-Kjetil Brynhildsen71-Runar Homble72 | | | |

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| **1000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:03.05 | MS 2. lag |  | Sofiemyr | 14.06.1992 |
| Jan Erik Schmidt70-Jo Henning Hals Nilssen68-Tom Erik Olsen74-Terje Grime59 | | | |

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| --- | --- | --- | --- | --- |
| 2:05.83 | MS 1. lag |  | Sofiemyr | 14.06.1992 |
| Kjetil Brynhildsen71-Dag Håkon Eriksen73-Frode Nygård69-Kjell Vidar Solheim70 | | | |

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| **MENN SENIOR 1992** | **504** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.17 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |
| 7.45 | Runar Homble | 72 | Oslo/Ek | 09.02.1992 |
| 7.53 | Jo Henning Hals Nilssen | 68 | Oslo/Ek | 11.01.1992 |
| 7.59 | Terje Grime | 79 | Oslo/Ek | 11.01.1992 |
| 7.80 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 09.02.1992 |

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| **60m M** |  |

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| 7.5 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 22.02.1992 |
| 7.8 | Sven Inge Bråten | 76 | Lillestrøm | 11.01.1992 |
| 8.5 | Jon Arne Skiaker | 79 | Lillestrøm | 11.01.1992 |
| 9.4 | Harald Hegglund | 80 | Lillestrøm | 11.01.1992 |
| 9.5 | Kenneth Warming | 82 | Lillestrøm | 22.02.1992 |
| 9.7 | Nils Ivar Skiaker | 81 | Lillestrøm | 11.01.1992 |

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| **400m E** |  |

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| 53.81 | Dag Håkon Eriksen | 73 | Oslo/Ek | 09.02.1992 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:50.1 | Nils Ivar Skiaker | 81 | Lillestrøm | 22.02.1992 |
| 2:57.2 | Bent Andersen | 79 | Lillestrøm | 22.02.1992 |

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

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| 2:59.45 | Tom Erik Olsen | 74 | Drammen | 23.02.1992 |

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| **60m hekk 100 cm E** |  |

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| 8.38 | Tom Erik Olsen | 74 | Lillestrøm | 22.02.1992 |

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| **60m hekk 100 cm M** |  |

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| 8.9 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 22.02.1992 |

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| **60m hekk 106.7 cm E** |  |

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| 8.42 | Jo Henning Hals Nilssen | 68 | Stange | 18.01.1992 |

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| **MENN SENIOR 1992** | **505** |

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| **Høyde** |  |

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| 1.91 | Tom Erik Olsen | 74 | Drammen | 23.02.1992 |
| 1.50 | Jon Arne Skiaker | 79 | Lillestrøm | 22.02.1992 |
| 1.10 | Nils Ivar Skiaker | 81 | Lillestrøm | 22.02.1992 |

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| **Stav** |  |

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| 4.50 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |

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| **Lengde** |  |

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| 6.75 | Tom Erik Olsen | 74 | Askim | 16.02.1992 |
| 6.49 | Jo Henning Hals Nilssen | 68 | Stange | 18.01.1992 |
| 4.67s | Jon Arne Skiaker | 79 | Lillestrøm | 11.01.1992 |
| 3.61 s | Nils Ivar Skiaker | 81 | Lillestrøm | 11.01.1992 |
| 3.56 s | Harald Heggelund | 80 | Lillestrøm | 11.01.1992 |
| 3.54 s | Kenneth Warming | 82 | Lillestrøm | 22.02.1992 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.45 | Runar Homble | 72 | Jessheim | 20.02.1992 |
| 1.25 | Ansgar Gulbrandsen | 44 | Jessheim | 20.02.1992 |
| 1.17 | Håvard Lund | 24 | Jessheim | 20.02.1992 |
| 1.05 | Sven Inge Bråten | 76 | Jessheim | 20.02.1992 |

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| **Lengde uten tilløp** |  |

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| 2.87 | Runar Homble | 72 | Jessheim | 20.02.1992 |
| 2.76 | Gudmund Bjotveit | 77 | Jessheim | 21.03.1992 |
| 2.67 | Sven Inge Bråten | 76 | Jessheim | 20.02.1992 |
| 2.62 | Ansgar Gulbrandsen | 44 | Jessheim | 20.02.1992 |
| 2.46 | Jon Arne Skiaker | 79 | Lillestrøm | 27.11.1992 |
| 2.30 | Håvard Lund | 24 | Jessheim | 20.02.1992 |

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| **Kule 5.5 kg** |  |

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| 13.97 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |

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| **7-kamp E** |  |

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| --- | --- | --- | --- | --- |
| 5341 | Tom Erik Olsen | 74 | Drammen | 22-23-02.1992 |
| 7.17-13.97(5.5)-6.73-4.50/8.38(100)-1.91-2:59.45 | | | |

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| **KVINNER SENIOR 1992** | **506** |

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| **60m M** |  |

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| 9.31 | Mari Jellum | 79 | Jessheim | 12.09.1992 |
| 10.26 | Ingrid Maudal | 82 | Lillehammer/Ss | 27.06.1992 |

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| **60m M** |  |

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| 9.2 | Mari Jellum | 79 | Jessheim | 24.09.1992 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 13.18 | Tone Lauritzen | 76 | Jessheim | 27.08.1992 |
| 13.38 | Kristine Heggelund | 76 | Jessheim | 27.08.1992 |
| 13.64 | Lena Opaker | 69 | Bjørkelangen | 19.05.1992 |
| 16.61 | Siw Vestengen | 72 | Jessheim | 27.08.1992 |

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| **100m M** |  |

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| 13.0 | Tone Lauritzen | 76 | Jessheim | 24.09.1992 |
| 13.1 | Lena Opaker | 69 | Jessheim | 18.05.1992 |
| 14.1 | Kristin Urnes | 75 | Jessheim | 18.05.1992 |

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| **200m E** |  |

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| 27.32 | Lena Opaker | 69 | Sofiemyr | 14.06.1992 |
| 27.74 | Kristine Heggelund | 76 | Jessheim | 28.05.1992 |
| 28.32 | Tone Lauritzen | 76 | Jessheim | 28.05.1992 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 62.15 | Lena Opaker | 69 | Sofiemyr | 14.06.1992 |
| 76.97 | Siw Vestengen | 72 | Sofiemyr | 05.08.1992 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:25.57 | Kamilla Bråthen | 77 | Sofiemyr | 14.06.1992 |
| 2:40.61 | Mari Jellum | 79 | Jessheim | 12.09.1992 |
| 3:06.5 | Hanne Nyheim | 79 | Jessheim | 21.08.1992 |
| 3:10.8 | Gerda Tunhøvd | 61 | Jessheim | 17.08.1992 |
| 3:15,7 | Inger Finstad | 51 | Jessheim | 17.08.1992 |
| 3:16.7 | May Skolt Skafle | 56 | Jessheim | 17.08.1992 |
| 3:18.2 | Dagrun Rommen | 76 | Jessheim | 17.08.1992 |
| 3:18.3 | Kari Kamstrup Hovind | 56 | Jessheim | 17.08.1992 |
| 3:37.3 | May Skolt | 59 | Jessheim | 17.08.1992 |
| 3:47.0 | Nina Kristin Nyheim | 74 | Jessheim | 17.08.1992 |
| 3:47.1 | Anne Regine Hals | 37 | Jessheim | 17.08.1992 |
| 4:20.3 | Sissel Nyheim | 51 | Jessheim | 17.08.1992 |
| **KVINNER SENIOR 1992** | | **507** | | |

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| **1500m** |  |

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| 4:50.07 | Kamilla Bråthen | 77 | Lillehammer/Ss | 25.06.1992 |
| 4:55.3 | Hilde Rustad Høgbakken | 66 | Jessheim | 15.06.1992 |
| 5:03.39 | Anne-Torill Garli | 57 | Kristiansand | 27.06.1992 |
| 5:09.9 | Bente Aarflot | 72 | Jessheim | 15.06.1992 |
| 5:38.4 | Benedikte Sand | 73 | Jessheim | 15.06.1992 |
| 5:42.7 | Berit Ruud | 47 | Jessheim | 19.06.1992 |
| 5:49.7 | Laila Borge | 51 | Jessheim | 19.06.1992 |
| 5:50.3 | Norunn Skildheim | 50 | Jessheim | 19.06.1992 |
| 5:51.0 | Anne-Marie Frydenlund | 49 | Jessheim | 19.06.1992 |
| 5:52.2 | Eva Blakkisrud | 46 | Jessheim | 19.06.1992 |
| 5:57.0 | Kathrine Finstad | 75 | Jessheim | 15.06.1992 |
| 6:10.0 | Gunn Tunhøvd | 61 | Jessheim | 15.06.1992 |
| 6:15.1 | Turid Simonsen | 61 | Jessheim | 15.06.1992 |
| 6:23.9 | Mari Jellum | 79 | Jessheim | 15.06.1992 |
| 6:24.5 | Hanne Nyheim | 79 | Jessheim | 15.06.1992 |
| 6:32.6 | Thora Sand | 48 | Jessheim | 15.06.1992 |
| 6:39.7 | May Skolt Skafle | 56 | Jessheim | 15.06.1992 |
| 6:41.0 | Inger Finstad | 51 | Jessheim | 15.06.1992 |
| 6:47.6 | Tove Rutle | 47 | Jessheim | 15.06.1992 |
| 7:26.8 | Jorunn Sørum | 49 | Jessheim | 15.06.1992 |
| 7:56.3 | Anne Regine Hals | 37 | Jessheim | 15.06.1992 |
| 8:02.3 | May Skolt | 59 | Jessheim | 15.06.1992 |
| 9:30.8 | Sissel Nyheim | 57 | Jessheim | 15.06.1992 |

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| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 6:44.57 | Kamilla Bråthen | 77 | Haugesund | 02.08.1992 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 10:46.2 | Hilde Rustad Høgbakken | 66 | Jessheim | 17.08.1992 |
| 11:06.1 | Bente Aarflot | 72 | Jessheim | 21.08.1992 |
| 11:18.5 | Anne-Torill Garli | 57 | Jessheim | 17.08.1992 |
| 11:20.0 | Kamilla Bråthen | 77 | Jessheim | 21.08.1992 |
| 11:58.2 | Berit Ruud | 47 | Jessheim | 17.08.1992 |
| 13:20.7 | Berit Bamrud | 55 | Jessheim | 17.08.1992 |
| 13:25.2 | Turid Simonsen | 61 | Jessheim | 17.08.1992 |
| 14:13.7 | Thora Sand | 48 | Jessheim | 17.08.1992 |
| 14:52.0 | Tove Rutle | 47 | Jessheim | 17.08.1992 |
| 16:13.9 | Jorunn Sørum | 49 | Jessheim | 17.08.1992 |

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| **KVINNER SENIOR 1992** | **508** |

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| **10000m** |  |

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

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

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| --- | --- | --- | --- | --- |
| 17.82 | Kristin Urnes | 75 | Sofiemyr | 05.08.1992 |

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| **10 km landevei** |  |

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| 39:06 | Hilde Rustad Høgbakken | 66 | Jessheim | 04.10.1992 |

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| **Halvmaraton 21098m** |  |

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| 1:46:54 | Berit Bamrud | 55 | Jessheim | 04.10.1992 |

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| **Maraton 42195m** |  |

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| 3:23.08 | Anne-Marie Frydenlund | 49 | Kristiansand | 24.06.1992 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Kristin Urnes | 75 | Sofiemyr | 14.06.1992 |
| 1.50 | Tone Lauritzen | 76 | Lillehammer/Ss | 27.06.1992 |
| 1.00 | Ingrid Maudal | 82 | Lillehammer/Ss | 27.06.1992 |

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

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| 2.40 | Kristin Urnes | 75 | Jessheim | 24.08.1992 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.15 | Tone Lauritzen | 76 | Kongsvinger/Gj | 23.05.1992 |
| 5.13 | Kristine Heggelund | 76 | Haugesund | 02.08.1992 |
| 4.96 | Kristin Urnes | 75 | Nadderud | 19.06.1992 |
| 4.36 | Lena Opaker | 69 | Jessheim | 24.09.1992 |
| 3.19 s | Ingrid Maudal | 81 | Jessheim | 24.09.1992 |
| 2.70 s | Kari Kragset | 81 | Jessheim | 24.09.1992 |

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| **Tresteg** |  |

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| 10.44 | Kristine Heggelund | 76 | Jessheim | 06.07.1992 |
| 10.39 | Kristin Urnes | 75 | Jessheim | 24.09.1992 |
| 10.33 | Tone Lauritzen | 76 | Jessheim | 27.08.1992 |

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| **Kule 3 kg** |  |

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| 10.47 | Astrid Willersrud | 42 | Bjørkelangen | 08.08.1992 |
| **KVINNER SENIOR 1992** | | **509** | | |

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| **Kule 4 kg** |  |

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| 8.17 | Kristin Urnes | 75 | Jessheim | 18.05.1992 |

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

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| --- | --- | --- | --- | --- |
| 33.88 | Kristine Heggelund | 76 | Asker/Fø | 12.09.1992 |
| 30.64 | Kristin Urnes | 75 | Grimstad | 04.07.1992 |

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| **KVINNER SENIOR 1992** | **510** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.55 | Lena Opaker | 69 | Oslo/Ek | 09.02.1992 |

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| **60m hekk 84 cm M** |  |

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| 10.2 | Kristin Urnes | 75 | Lillestrøm | 22.02.1992 |

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| **Høyde** |  |

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| 1.65 | Kristin Urnes | 75 | Lillestrøm | 11.01.1992 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.50 | Kristin Urnes | 75 | Lillestrøm | 22.02.1992 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 3.11 s | Ingrid Maudal | 82 | Lillestrøm | 11.01.1992 |

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| **Tresteg** |  |

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| 10.48 | Kristin Urnes | 75 | Oslo/Ek | 09.02.1992 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.39 | Tone Lauritzen | 76 | Ås/GG | 21.03.1992 |
| 2.29 | Kristin Urnes | 75 | Lillestrøm/Sk | 27.11.1992 |

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| **MENN SENIOR 1993** | **511** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 9.24 | Kenneth Warming | 82 | Kongsvinger/Gj | 18.09.1993 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Bjørn Flatby | 79 | Jessheim | 01.06.1993 |
| 8.8 | Henning Forsland | 80 | Jessheim | 23.09.1993 |
| 9.0 | Kenneth Warming | 82 | Jessheim | 01.06.1993 |
| 9.7 | Bjørn Olav Andersen | 81 | Jessheim | 01.06.1993 |
| 9.7 | Chris Holm | 80 | Jessheim | 01.06.1993 |
| 10.4 | Eivind Skolt | 83 | Jessheim | 01.06.1993 |

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| **80m M** |  |

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| 10.8 | Bjørn Flatby | 79 | Jessheim | 29.07.1993 |
| 12.8 | Kenneth Warming | 82 | Strømmen | 11.09.1993 |

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| **100m E** |  |

|  |  |  |  |  |
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| 11.65 | Thorstein Gystad | 67 | Bjørkelangen | 06.06.1993 |
| 11.72 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 01.05.1993 |
| 11.77 | Runar Homble | 72 | Bjørkelangen | 15.05.1993 |
| 11.95 | Øystein Iversen | 73 | Bjørkelangen | 15.05.1993 |
| 12.00 | Terje Grime | 59 | Bjørkelangen | 06.06.1993 |
| 12.11 | Kjetil Brynhildsen | 71 | Bjørkelangen | 15.05.1993 |
| 16.98 | Håvard Lund | 24 | Jessheim | 12.06.1993 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.2 | Thorstein Gystad | 67 | Jessheim | 01.06.1993 |
| 11.4 | Tom Erik Olsen | 74 | Jessheim | 23.09.1993 |
| 11.6 | Runar Homble | 72 | Jessheim | 01.06.1993 |
| 11.8 | Terje Grime | 59 | Jessheim | 01.06.1993 |
| 11.8 | Øystein Iversen | 73 | Jessheim | 23.09.1993 |
| 12.0 | Kjell Vidar Solheim | 70 | Jessheim | 01.06.1993 |
| 12.2 | Frode Nygård | 69 | Jessheim | 23.09.1993 |
| 12.3 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.1993 |
| 12.5 | Sven Inge Bråten | 76 | Jessheim | 23.08.1993 |
| 12.7 | Espen Hofoss | 76 | Oslo/Bi | 28.09.1993 |
| 13.1 | Jan Forslund | 78 | Jessheim | 23.09.1993 |
| 13.3 | Nils Nordbotten | 78 | Jessheim | 23.09.1993 |
| 13.6 | Bjørn Flatby | 79 | Jessheim | 01.06.1993 |
| 13.6 | Per Ramstad | 78 | Jessheim | 23.09.1993 |
| 16.2 | Chris Holm | 80 | Jessheim | 01.06.1993 |
| 16.3 | Håvard Lund | 24 | Oslo/Bi | 18.09.1993 |
| 17.7 | Svein Anders Skolt | 80 | Jessheim | 01.06.1993 |

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| **MENN SENIOR 1993** | **512** |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 23.69 | Thorstein Gystad | 67 | Bjørkelangen | 05.06.1993 |
| 24.03 | Runar Homble | 72 | Bjørkelangen | 05.06.1993 |
| 24.13 | Øystein Iversen | 73 | Oslo/Bi | 10.06.1993 |
| 24.13 | Kjetil Brynhildsen | 71 | Oslo/Bi | 20.07.1993 |
| 24.48 | Terje Grime | 59 | Bjørkelangen | 05.06.1993 |
| 35.53 | Chris Holm | 80 | Bjørkelangen | 15.05.1993 |
| 37.53 | Svein Anders Skolt | 80 | Bjørkelangen | 15.05.1993 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 23.6 | Tom Erik Olsen | 74 | Jessheim | 27.09.1993 |
| 23.7 | Øystein Iversen | 73 | Jessheim | 27.09.1993 |
| 23.8 | Runar Homble | 72 | Jessheim | 21.06.1993 |
| 23.9 | Frode Nygård | 69 | Jessheim | 21.06.1993 |
| 24.0 | Kjetil Brynhildsen | 71 | Jessheim | 27.09.1993 |
| 24.3 | Kjell Vidar Solheim | 70 | Jessheim | 21.06.1993 |
| 24.4 | Terje Grime | 59 | Jessheim | 21.06.1993 |
| 24.7 | Sven Inge Bråten | 76 | Jessheim | 27.09.1993 |
| 25.3 | Espen Hofoss | 76 | Jessheim | 27.09.1993 |
| 25.9 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 27.09.1993 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 51.57 | Kjetil Brynhildsen | 71 | Oslo/Tr | 18.08.1993 |
| 52.28 | Frode Nygård | 69 | Oslo/Bi | 29.06.1993 |
| 52.47 | Øystein Iversen | 73 | Oslo/Bi | 20.07.1993 |
| 52.72 | Kjell Vidar Solheim | 70 | Oslo/Bi | 29.06.1993 |
| 53.04 | Runar Homble | 72 | Oslo/Tr | 18.08.1993 |
| 54.63 | Sven Inge Bråten | 76 | Lillehammer/Ss | 05.09.1993 |
| 56.34 | Espen Hofoss | 76 | Lillehammer/Ss | 26.06.1993 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 51.0 | Kjetil Brynhildsen | 71 | Jessheim | 01.06.1993 |
| 52.4 | Runar Homble | 72 | Jessheim | 01.06.1993 |
| 53.0 | Kjell Vidar Solheim | 70 | Jessheim | 01.06.1993 |
| 53.2 | Øystein Iversen | 73 | Jessheim | 23.08.1993 |
| 55.8 | Sven Inge Bråten | 76 | Jessheim | 01.06.1993 |
| 56.3 | Espen Hofoss | 76 | Jessheim | 23.08.1993 |
| 57.3 | Anders Sandholtbråten | 76 | Jessheim | 23.08.1993 |

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| **MENN SENIOR 1993** | **513** |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:57.79 | Kjetil Brynhildsen | 71 | Oslo/Bi | 13.07.1993 |
| 2:00.03 | Kjell Vidar Solheim | 70 | Oslo/Bi | 13.07.1993 |
| 2:00.30 | Frode Nygård | 69 | Bjørkelangen | 05.06.1993 |
| 2:01.10 | Anders Sandholtbråten | 76 | Oslo/Bi | 23.08.1993 |
| 2:02.32 | Ole Fredrik Mørck | 62 | Bjørkelangen | 05.06.1993 |
| 2:03.25 | Inge Nessiøy | 57 | Jessheim | 12.06.1993 |
| 2:06.85 | Espen Hofoss | 76 | Lillehammer/Ss | 05.09.1993 |
| 2:09.11 | Erlend Skare | 73 | Jessheim | 21.06.1993 |
| 2:10.65 | Ole Skolt | 53 | Jessheim | 12.06.1993 |
| 2:15.95 | Thomas Randem | 71 | Bjørkelangen | 05.06.1993 |
| 2:16.91 | Ivar Skedsmo | 55 | Jessheim | 12.06.1993 |
| 2:20.09 | Nils Nordbotten | 78 | Bjørkelangen | 05.06.1993 |
| 2:24.3 | Kjell Carlsson | 44 | Jessheim | 18.08.1993 |
| 2:49.5 | Kristian Finstad | 76 | Jessheim | 16.08.1993 |
| 2:43.5 | Svenn Erik Sørum | 77 | Jessheim | 16.08.1993 |
| 2:45.4 | Anders Knudsen | 73 | Jessheim | 16.08.1993 |
| 2:46.5 | Svein Anders Skolt | 80 | Jessheim | 29.07.1993 |
| 2:48.4 | Helge Velure | 50 | Jessheim | 16.08.1993 |
| 2:52.8 | Helge Sydtangen | 37 | Jessheim | 16.08.1993 |
| 2:54.1 | Per Ramstad | 47 | Jessheim | 16.08.1993 |
| 2:55.8 | Ivar Opsahl | 47 | Jessheim | 16.08.1993 |
| 2:58.2 | Eivind Skolt | 82 | Jessheim | 29.07.1993 |
| 3:05.6 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 16.08.1993 |
| 3:06.9 | Bjørn Andersen | 81 | Jessheim | 20.09.1993 |
| 3:15.4 | Kenneth Warming | 82 | Jessheim | 20.09.1993 |
| 3:26.5 | Johnny Røsåsen | 44 | Jessheim | 16.08.1993 |
| 3:30.5 | Tomm Fredagsvik | 76 | Jessheim | 16.08.1993 |

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| **1000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:41.6 | Anders Sandholtbråten | 76 | Jessheim | 27.09.1993 |
| 2:57.7 | Thomas Randem | 71 | Årnes | 08.09.1993 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:06.5 | Tor Erik Nyquist | 67 | Jessheim | 16.06.1993 |
| 4:06.87 | Anders Sandholtbråten | 76 | Oslo/Bi | 20.07.1993 |
| 4:08.7 | Inge Nessiøy | 57 | Jessheim | 16.06.1993 |
| 4:08.7 | Ole Fredrik Mørck | 62 | Jessheim | 14.06.1993 |
| 4:12.5 | Steinar Gressløs | 53 | Jessheim | 16.06.1993 |
| 4:15.8 | Ole Johan Garli | 56 | Jessheim | 13.06.1993 |
| 4:23.5 | Erlend Skare | 73 | Jessheim | 16.06.1993 |
| 4:24.4 | Ole Skolt | 53 | Jessheim | 16.06.1993 |

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| **MENN SENIOR 1993** | **514** |

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| **1500m forts.** |  |

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| 4:28.1 | Thomas Vole Olsen | 73 | Jessheim | 16.06.1993 |
| 4:30.4 | Petter Stensby | 52 | Jessheim | 16.06.1993 |
| 4:31.7 | Thomas Randem | 71 | Jessheim | 23.08.1993 |
| 4:33.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 16.06.1993 |
| 4:32.2 | Odd Kinnsbekken | 48 | Jessheim | 16.06.1993 |
| 4:33.42 | Espen Hofoss | 76 | Sofiemyr | 30.06.1993 |
| 4:33.7 | Kjartan Roland | 73 | Jessheim | 16.06.1993 |
| 4:40.0 | Alf Roger Holme | 77 | Jessheim | 18.06.1993 |
| 4:49.1 | Tore Ragnar Olsen | 46 | Jessheim | 16.06.1993 |
| 4:49.2 | Knut Kristensen | 44 | Jessheim | 16.06.1993 |
| 4:55.1 | Egil Ødemark | 41 | Jessheim | 16.06.1993 |
| 4:56.1 | Asgeir Steinsvik | 53 | Jessheim | 16.06.1993 |
| 4:58.5 | Torbjørn Johansen | 45 | Jessheim | 16.06.1993 |
| 5:00.3 | Arne Luke | 44 | Jessheim | 14.06.1993 |
| 5:01.4 | Kjell Carlson | 44 | Jessheim | 14.06.1993 |
| 5:02.9 | Sigmund Syversen | 49 | Jessheim | 16.06.1993 |
| 5:03.9 | Øivind Arnegård | 75 | Jessheim | 14.06.1993 |
| 5:05.7 | Tron Johan Wiig | 72 | Jessheim | 14.06.1993 |
| 5:07.8 | Johnny Røsåsen | 44 | Jessheim | 14.06.1993 |
| 5:13.3 | Henning Høgheim | 39 | Jessheim | 16.06.1993 |
| 5:14.1 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 14.06.1993 |
| 5:20.1 | Anders Jellum | 48 | Jessheim | 14.06.1993 |
| 5:21.2 | Ole Arnegård | 44 | Jessheim | 14.06.1993 |
| 5:25.4 | Kristen Langbakk | 39 | Jessheim | 16.06.1993 |
| 5:30.3 | Kristian Finstad | 76 | Jessheim | 14.06.1993 |
| 5:31.2 | Jarle Fredagsvik | 79 | Jessheim | 14.06.1993 |
| 5:32.3 | Bjørn Flatby | 79 | Jessheim | 14.06.1993 |
| 5:37.0 | Kjell Aarflot | 44 | Jessheim | 14.06.1993 |
| 5:39.1 | Anders Knudsen | 73 | Jessheim | 14.06.1993 |
| 5:39.8 | Svenn Erik Sørum | 77 | Jessheim | 14.06.1993 |
| 5:39.9 | Asbjørn Hoel | 43 | Jessheim | 16.06.1993 |
| 5:42.6 | John Birkelund | 32 | Jessheim | 16.06.1993 |
| 5:42.8 | Ragnar Bakken | 48 | Jessheim | 14.06.1993 |
| 5:47.9 | Stein Anders Skolt | 80 | Jessheim | 14.06.1993 |
| 5:51.4 | Helge Velure | 50 | Jessheim | 14.06.1993 |
| 5:56.1 | Georg Johnsen | 55 | Jessheim | 14.06.1993 |
| 6:03.3 | Jørgen Torstveit | 40 | Jessheim | 14.06.1993 |
| 6:04.5 | Jan Berge | 40 | Jessheim | 14.06.1993 |
| 6:18.3 | Bernt Reppe | 34 | Jessheim | 16.06.1993 |
| 6:20.3 | Ivar Opsahl | 47 | Jessheim | 14.06.1993 |
| 6:25.0 | Steinar Ørum | 46 | Jessheim | 14.06.1993 |
| 6:45.0 | Ole Kristian Wiig | 45 | Jessheim | 14.06.1993 |
| 6:59.8 | Kjell Fredagsvik | 45 | Jessheim | 14.06.1993 |
| 7:21.5 | Håkon Amundstad | 24 | Jessheim | 16.06.1993 |
| 7:33.3 | Johannes Bjørnland | 17 | Jessheim | 14.06.1993 |

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| **MENN SENIOR 1993** | **515** |

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| **3000m** |  |

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| 8:54.38 | Anders Sandholtbråten | 76 | Trondheim/Le | 15.08.1993 |
| 8:59.6 | Tor Erik Nyquist | 67 | Jessheim | 13.08.1993 |
| 9:00.7 | Ole Fredrik Mørck | 62 | Jessheim | 13.08.1993 |
| 9:26.1 | Ole Johan Garli | 56 | Jessheim | 18.08.1993 |
| 9:28.2 | Ole Skolt | 53 | Jessheim | 18.08.1993 |
| 9:29.8 | Espen Hansen | 66 | Jessheim | 16.08.1993 |
| 9:36.6 | Erland Skåre | 73 | Jessheim | 18.08.1993 |
| 9:47.1 | Eirik Horverak | 73 | Jessheim | 18.08.1993 |
| 9:48.2 | Thomas Vole Olsen | 73 | Jessheim | 18.08.1993 |
| 9:51.7 | Odd Kinnsbekken | 48 | Jessheim | 18.08.1993 |
| 9:57.8 | Thorbjørn Næss | 68 | Jessheim | 16.08.1993 |
| 9:59.1 | Petter Stensby | 52 | Jessheim | 18.08.1993 |
| 10:08.7 | Geir Håkon Bjørnstad | 56 | Jessheim | 18.08.1993 |
| 10:15.3 | Asgeir Steinsvik | 53 | Jessheim | 18.08.1993 |
| 10:27.7 | Tore Ragnar Olsen | 46 | Jessheim | 18.08.1993 |
| 10:43.3 | Paal Raastad | 73 | Jessheim | 16.08.1992 |
| 10:43.3 | Knut Kristensen | 44 | Jessheim | 16.08.1993 |
| 10:45.0 | Torbjørn Johansen | 45 | Jessheim | 16.08.1993 |
| 11:06.5 | Arne Luke | 44 | Jessheim | 16.08.1993 |
| 11:09.7 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 16.08.1993 |
| 11:16.5 | Sigmund Syversen | 49 | Jessheim | 16.08.1993 |
| 11:19.4 | Kolbjørn Skjerve | 37 | Jessheim | 18.08,1993 |
| 11:28.1 | Anders Jellum | 48 | Jessheim | 16.08.1993 |
| 11:42.8 | Nils Sæthermoen | 40 | Jessheim | 18.08.1993 |
| 11:49.8 | Henning Høgheim | 39 | Jessheim | 06.09.1993 |
| 11:54.0 | Ragnar Bakken | 48 | Jessheim | 16.08.1993 |
| 12:09.0 | Kjell Aarflot | 44 | Jessheim | 16.08.1993 |
| 12:24.6 | John Birkelund | 32 | Jessheim | 18.08.1993 |
| 12:25.4 | Ole Arnegård | 44 | Jessheim | 16.08.1993 |
| 12:32.9 | Tron Johan Wiig | 72 | Jessheim | 16.08.1993 |
| 12:38.1 | Kristen Langbakk | 39 | Jessheim | 16.08.1993 |
| 13:01.6 | Jan Berge | 40 | Jessheim | 16.08.1993 |
| 13:03.0 | Jørgen Torstveit | 40 | Jessheim | 16.08.1993 |
| 13:08.8 | Georg Johnsen | 55 | Jessheim | 16.08.1993 |
| 13:11.6 | Bernt Reppe | 34 | Jessheim | 18.08.1993 |
| 14:21.6 | Harald Rutle | 68 | Jessheim | 16.08.1993 |
| 14:49.2 | Ole Kristian Wiig | 45 | Jessheim | 16.08.1993 |
| 14:53.2 | Håkon Amundstad | 24 | Jessheim | 16.08.1993 |
| 17:19.8 | Johannes Bjørnland | 17 | Jessheim | 18.08.1993 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 16:18.48 | Ole Johan Garli | 56 | Jessheim | 12.06.1993 |
| 18:49.39 | Kjell Carlson | 44 | Jessheim | 12.06.1993 |

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| **MENN SENIOR 1993** | **516** |

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

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| 30:31.09 | Bjørn Dæhlie | 67 | Oslo/Bi | 29.06.1993 |
| 32:46.89 | Ole Fredrik Mørck | 62 | Oslo/Bi | 29.06.1993 |

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

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| --- | --- | --- | --- | --- |
| 12.9 | Kenneth Warming | 82 | Jessheim | 17.08.1993 |

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

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| --- | --- | --- | --- | --- |
| 21.89 | Håvard Lund | 24 | Overhalla | 06.08.1993 |

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

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| --- | --- | --- | --- | --- |
| 64.2 | Thorstein Gystad | 67 | Jessheim | 27.09.1993 |

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

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| --- | --- | --- | --- | --- |
| 10:10.7 | Steinar Gressløs | 53 | Jessheim | 13.08.1993 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:08:01 | Tor Erik Nyquist | 67 | Hokksund | 03.04.1993 |
| 1:08:42 | Fredrik Bakken | 69 | Hokksund | 03.04.1993 |
| 1:11:29 | Ole Johan Garli | 56 | Hokksund | 03.04.1993 |
| 1:12:26 | Ole Fredrik Mørck | 62 | Jessheim | 21.11.1993 |
| 1:19:00 | Ole Skolt | 53 | Jessheim | 21.11.1993 |
| 1:47:27 | Kolbjørn Skjerve | 37 | Jessheim | 21.11.1993 |

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| **Maraton 42195m** |  |

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| 2:24:36 | Tor Erik Nyquist | 67 | Jessheim | 21.11.1993 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.65 | Ansgar Gulbrandsen | 44 | Jessheim | 27.09.1993 |
| 1.31 | Håvard Lund | 24 | Jessheim | 12.06.1993 |
| 1.20 | Chris Holm | 80 | Jessheim | 29.07.1993 |
| 1.20 | Kenneth Warming | 82 | Strømmen | 11.09.1993 |
| 1.10 | Svein Anders Skolt | 80 | Jessheim | 29.07.1993 |
| 1.10 | Eivind Skolt | 83 | Jessheim | 29.07.1993 |

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| **MENN SENIOR 1993** | **517** |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.40 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 01.05.1993 |
| 6.10 | Terje Grime | 59 | Jessheim | 23.09.1993 |
| 5.77 | Øystein Iversen | 73 | Jessheim | 23.09.1993 |
| 5.31 | Thorstein Gystad | 67 | Jessheim | 23.09.1993 |
| 5.14 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.1993 |
| 5.05 | Frode Nygård | 69 | Jessheim | 23.09.1993 |
| 4.84 | Per Ramstad | 78 | Jessheim | 23.09.1993 |
| 4.71 | Jan Forsland | 78 | Jessheim | 23.09.1993 |
| 4.69 | Nils Nordbotten | 78 | Jessheim | 23.09.1993 |
| 4.21 s | Kenneth Warming | 82 | Ski | 13.06.1993 |
| 4.09 s | Henning Forsland | 80 | Jessheim | 23.09.1993 |
| 3.71 s | Chris Holm | 80 | Jessheim | 29.07.1993 |
| 3.61 | Håvard Lund | 24 | Overhalla | 06.08.1993 |
| 3.24 s | Eivind Skolt | 83 | Ski | 13.06.1993 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.90 | Terje Grime | 59 | Jessheim | 27.09.1993 |
| 7.72 | Håvard Lund | 24 | Overhalla | 07.08.1993 |

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| **Kule 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.76 | Kenneth Warming | 82 | Jessheim | 20.09.1993 |
| 6.13 | Eivind Skolt | 83 | Jessheim | 20.09.1993 |

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| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.67 | Bjørn Flatby | 79 | Jessheim | 29.07.1993 |
| 9.46 | Henning Forsland | 80 | Jessheim | 20.09.1993 |
| 5.50 | Chris Holm | 80 | Blaker/Br | 27.05.1993 |

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| **Kule 5 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.75 | Håvard Lund | 24 | Rolvsrud | 26.08.1993 |

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| **Kule 5.5 kg** |  |

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| 9.75 | Håvard Lund | 24 | Rolvsrud | 26.08.1993 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.79 | Pål Berntsen | 60 | Karlstad, SWE | 29.09.1993 |
| 10.74 | Bjørn Wærø Heggelund | 47 | Jessheim | 12.06.1993 |

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| **MENN SENIOR 1993** | **518** |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 35.32 | Håvard lund | 24 | Rolvsrud | 09.09.1983 |

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| --- | --- |
| **Diskos 1.75 kg** |  |

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| --- | --- | --- | --- | --- |
| 24.04 | Espen Hofoss | 76 | Jessheim | 27.09.1993 |
| 23.76 | Sven Inge Bråten | 76 | Jessheim | 27.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 41.36 | Pål Berntsen | 60 | Karlstad, SWE | 29.09.1993 |
| 38.16 | Tom Erik Olsen | 74 | Jessheim | 27.09.1993 |
| 35.00 | Bjørn Wærø Heggelund | 47 | Jessheim | 12.06.1993 |

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| **Slegge 5 kg** |  |

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| --- | --- | --- | --- | --- |
| 27.12 | Håvard Lund | 24 | Rolvsrud | 09.09.1993 |

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

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| --- | --- | --- | --- | --- |
| 43.20 | Pål Berntsen | 60 | Karlstad, SWE | 29.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.30 | Håvard Lund | 24 | Overhalla | 08.08.1993 |
| 27.08 | Henning Forsland | 80 | Jessheim | 20.09.1993 |
| 23.18 | Bjørn Flatby | 79 | Jessheim | 23.09.1993 |

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| --- | --- |
| **Spyd 800 g Ny type fra og med 1986** |  |

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| --- | --- | --- | --- | --- |
| 73.76 | Pål Berntsen | 60 | Drammen/Ma | 30.05.1993 |
| 45.96 | Ivar Skedsmo | 55 | Jessheim | 12.06.1993 |

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| **Vektkast 9.08 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.85 | Håvard Lund | 24 | Rolvsrud | 23.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20.71 | Kenneth Warming | 82 | Strømmen | 11.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.85 | Kenneth Warming | 82 | Jessheim | 20.09.1993 |
| 26.18 | Eivind Skolt | 83 | Jessheim | 20.09.1993 |

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| --- | --- |
| **MENN SENIOR 1993** | **519** |

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

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| --- | --- | --- | --- | --- |
| 49.72 | Bjørn Flatby | 79 | Jessheim | 20.09.1993 |
| 42.15 | Henning Forsland | 80 | Jessheim | 20.09.1993 |
| 20.48 | Svein Skolt | 80 | Jessheim | 20.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3402 | Håvard Lund | 24 | Oslo/So | 24.07.1993 |
| 24.46-9.55-32.94-34.38-10.93 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.8 | MS |  | Nadderud | 24.05.1993 |
| Torstein Gystad67-Jo Henning Hals Nilssen68-Runar Homble72-Øystein Iversen73 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.3 | MS |  | Nadderud | 24.05.1993 |
| Terje Grime59-Frode Nygård69-Kjell Vidar Solheim70-Øystein Dahl70 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:30.9 | MS |  | Nadderud | 24.05.1993 |
| Kjell Vidar Solheim70-Frode Nygård69-Øystein Iversen73-Runar Homble72 | | | |

|  |  |
| --- | --- |
| **3x800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.20.7 | G17 |  | Nadderud | 24.05.1993 |
| Espen Hofoss76-Sven Inge Bråten Bråten76-Anders Sandholtbråten76 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:04.41 | MS |  | Bjørkelangen | 06.06.1993 |
| Øystein Iversen73-Runar Homble72-Kjetil Brynhildsen71-Thorstein Gystad67 | | | |

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| **MENN SENIOR 1993** | **520** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.42 | Thorstein Gystad | 67 | Stange | 31.01.1993 |
| 7.60 | Runar Homble | 72 | Stange | 31.01.1993 |
| 7.70 | Øystein Iversen | 73 | Stange | 31.01.1993 |
| 7.71 | Terje Grime | 59 | Stange | 31.01.1993 |
| 8.70 | Espen Hofoss | 76 | Stange | 31.01.1993 |
| 9.27 | Kenneth Warming | 82 | Askim | 10.01.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.90 | Thorstein Gystad | 67 | Stange | 30.01.1993 |
| 24.25 | Runar Homble | 72 | Stange | 30.01.1993 |
| 24.92 | Kjell Vidar Solheim | 70 | Stange | 30.01.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.35 | Kjetil Brynhildsen | 71 | Stange | 31.01.1993 |
| 52.72 | Frode Nygård | 69 | Stange | 31.01.1993 |
| 53.96 | Kjell Vidar Solheim | 70 | Stange | 31.01.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:10.79 | Espen Hofoss | 76 | Stange | 30.01.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.70 | Ansgar Gulbrandsen | 44 | Stange | 28.02.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.10 | Håvard Lund | 24 | Stange | 27.02.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:35.70 | MS |  | Stange | 31.01.1993 |
| Thorstein Gystad67-Frode Nygård69-Kjetil Brynhildsen71-Runar Homble72 | | | |

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| --- | --- |
| **KVINNER SENIOR 1993** | **521** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.82 | Liv Anita Mikkelberg | 80 | Kongsberg | 28.08.1993 |
| 9.48 | Mari Jellum | 79 | Bjørkelangen | 15.05.1993 |
| 10.15 | Ingrid Maudal | 82 | Bjørkelangen | 15.05.1993 |
| 10.28 | Anette Kiran | 82 | Bjørkelangen | 15.05.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.4 | Liv Anita Mikkelborg | 80 | Jessheim | 01.06.1993 |
| 9.1 | Mari Jellum | 79 | Jessheim | 23.09.1983 |
| 9.6 | Ingrid Maudal | 82 | Ski | 13.06.1993 |
| 10.3 | Siri Hansen | 82 | Jessheim | 23.09.1993 |
| 10.5 | Anette Kiran | 82 | Nittedal | 08.06.1993 |
| 10.7 | Kari Kragset | 82 | Jessheim | 01.06.1993 |
| 10.7 | Lise Mette Holme | 82 | Jessheim | 23.09.1993 |
| 10.7 | Elisabeth Johannessen | 82 | Jessheim | 23.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.3 | Liv Anita Mikkelborg | 80 | Strømmen | 11.09.1993 |
| 13.4 | Ingrid Maudal | 82 | Strømmen | 11.09.1993 |
| 14.4 | Kari Kragset | 82 | Strømmen | 11.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.39 | Tone Lauritzen | 76 | Lillehammer/Ss | 27.06.1993 |
| 13.64 | Lena Opaker | 69 | Bjørkelangen | 06.06.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.0 | Kristine Heggelund | 76 | Jessheim | 01.06.1993 |
| 13.1 | Tone Lauritzen | 76 | Jessheim | 01.06.1993 |
| 13.4 | Lena Opaker | 69 | Jessheim | 23.08.1993 |
| 13.6 | Liv Anita Mikkelborg | 80 | Jessheim | 01.06.1993 |
| 14.5 | Inger Lise Sundheim | 55 | Jessheim | 23.09.1993 |
| 15.2 | Mari Jellum | 79 | Jessheim | 01.06.1993 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.52 | Lena Opaker | 69 | Jessheim | 21.06.1993 |
| 28.46 | Kristine Heggelund | 76 | Bjørkelangen | 05.06.1993 |
| 29.14 | Liv Anita Mikkelborg | 80 | Bjørkelangen | 15.05.1993 |
| 32.01 | Mari Jellum | 79 | Bjørkelangen | 15.05.1993 |

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| **KVINNER SENIOR 1993** | **522** |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 66.64 | Lena Opaker | 69 | Oslo/Bi | 29.06.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:24.99 | Nina Holm | 64 | Nadderud | 09.07.1993 |
| 2:27.20 | Liv Anita Mikkelborg | 80 | Kongsberg | 05.09.1993 |
| 2:46.4 | Mari Jellum | 79 | Ski | 13.06.1993 |
| 2:46.7 | Benedicte Sand | 73 | Jessheim | 16.08.1993 |
| 2:52.7 | Norunn Skildheim | 50 | Lørenfallet | 08.06.1993 |
| 2:55.3 | Kari Kamstrup Hovind | 56 | Jessheim | 18.08.1993 |
| 3:00.0 | Anette Kiran | 82 | Lillehammer/Ss | 27.06.1993 |
| 3:02.0 | Ina Jacobsen | 80 | Jessheim | 16.08.1993 |
| 3:13.9 | Dagrun Rommen | 76 | Lørenfallet | 08.06.1992 |
| 3:16.0 | Inger Finsatad | 51 | Jessheim | 16.08.1993 |
| 3:21.1 | Anette Knudsen | 80 | Jessheim | 16.08.1993 |
| 3:22.8 | Marit Skolt Skafle | 56 | Jessheim | 16.08.1993 |
| 3:23.9 | Linda Opdal | 80 | Jessheim | 20.09.1993 |
| 3:27.7 | Elisabeth Johannessen | 82 | Jessheim | 20.09.1993 |
| 3:28.8 | Jorunn Sørum | 49 | Jessheim | 16.08.1993 |
| 3:29.6 | Kari Mo Larsen | 38 | Jessheim | 16.06.1993 |
| 3:34.9 | Ingrid Maudal | 82 | Jessheim | 20.09.1993 |
| 3:36.3 | Vibeke Kåsin | 81 | Jessheim | 16.08.1993 |
| 3:38.2 | May Skolt | 59 | Jessheim | 16.08.1993 |
| 3:43.0 | Kari Kragset | 82 | Nittedal | 08.06.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:51.3 | Nina Holm | 64 | Oslo/Bi | 13.07.1993 |
| 4:51.6 | Hilde Rustad Høgbakken | 66 | Jessheim | 16.06.1993 |
| 5:00.77 | Kamilla Bråthen | 77 | Lillehammer/Ss | 24.06.1993 |
| 5:08.75 | Liv Anita Mikkelborg | 80 | Lillehammer/Ss | 24.06.1993 |
| 5:12.9 | Anne-Torill Garli | 57 | Jessheim | 16.06.1993 |
| 5:32.8 | Bente Tenold | 62 | Jessheim | 14.06.1993 |
| 5:35,9 | Siw Vestengen | 72 | Jessheim | 14.06.1993 |
| 5:41.4 | Berit Ruud | 47 | Jessheim | 14.08.1993 |
| 5:49.4 | Benedicte Sand | 73 | Jessheim | 14.06.1993 |
| 5:52.4 | Norunn Skildheim | 50 | Jessheim | 16.06.1993 |
| 5:53.5 | Mari Jellum | 79 | Jessheim | 16.06.1993 |
| 5:57.0 | Trine Bogstad Mangerud | 51 | Jessheim | 16.06.1993 |
| 5:59.8 | Eva Blakkisrud | 46 | Jessheim | 16.06.1993 |
| 6:07.1 | Katrine Finstad | 75 | Jessheim | 14.06.1993 |
| 6:10.1 | Kari Kamstrup Hovind | 56 | Jessheim | 16.06.1993 |
| 6:14.3 | Anne Marie Frydenlund | 49 | Jessheim | 16.06.1993 |
| 6:33.4 | Ina Jacobsson | 80 | Jessheim | 14.06.1993 |
| 6:39.5 | Turid Simonsen | 61 | Jessheim | 14.06.1993 |

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| **KVINNER SENIOR 1993** | **523** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 6:40.3 | Kari Bentdal | 55 | Jessheim | 16.06.1993 |
| 6:42.3 | Anette Knudsen | 80 | Jessheim | 14.06.1993 |
| 6:49.5 | Marit Skolt Skafle | 56 | Jessheim | 14.06.1993 |
| 6:51.6 | Inger Finstad | 51 | Jessheim | 14.06.1993 |
| 7:01.7 | Jorunn Sørum | 49 | Jessheim | 14.06.1993 |
| 7:02.1 | Tone Rustad | 67 | Jessheim | 14.06.1993 |
| 7:04.4 | Kari Mo Larsen | 38 | Jessheim | 16.06.1993 |
| 7:32.6 | Wenche Rustad | 49 | Jessheim | 14.06.1993 |
| 7:34.4 | Vibeke Kaasin | 81 | Jessheim | 14.06.1993 |
| 7:38.2 | May Skolt | 59 | Jessheim | 14.06.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:23.0 | Hilde Rustad Høgbakken | 66 | Jessheim | 16.06.1993 |
| 10:29.86 | Nina Holm | 64 | Oslo/Bi | 20.07.1993 |
| 10:45.8 | Kamilla Bråthen | 77 | Jessheim | 16.08.1993 |
| 10:58.8 | Bente Aarflot | 72 | Jessheim | 20.08.1993 |
| 11:48.04 | Anne-Torill Garli | 57 | Jessheim | 18.08.1993 |
| 12:14.5 | Berit Ruud | 47 | Jessheim | 18.08.1993 |
| 12:37.2 | Trine Bogstad Mangerud | 51 | Jessheim | 18.08.1993 |
| 12:52.8 | Katrine Finstad | 75 | Jessheim | 16.08.1993 |
| 13:02.4 | Norunn Skildheim | 50 | Jessheim | 18.08.1993 |
| 13:14.0 | Anne Marie Frydenlund | 49 | Jessheim | 18.08.1993 |
| 13:22.1 | Berit Bamrud | 55 | Jessheim | 16.06.1993 |
| 13:30.2 | Eva Blakkisrud | 46 | Jessheim | 18.08.1993 |
| 14:00.0 | Turid Simonsen | 61 | Jessheim | 16.08.1993 |
| 14:55.0 | Kari Bentdal | 55 | Jessheim | 18.08.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 41.15 | Bente Tenold | 62 | Jessheim | 03.10.1993 |
| 46.47 | Berit Ruud | 47 | Jessheim | 03.10.1993 |
| 47.14 | Berit Bamrud | 55 | Jessheim | 03.10.1993 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:43.04 | Norunn Skildheim | 50 | Göteborg, SWE | 14.05.1993 |

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

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| --- | --- | --- | --- | --- |
| 3:42.30 | Anne Marie Frydenlund | 49 | Oslo | 04.09.1993 |

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| **KVINNER SENIOR 1993** | **524** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.70 | Anita Dahle | 76 | Sofiemyr | 24.07.1993 |
| 1.45 | Tone Lauritzen | 76 | Bjørkelangen | 06.06.1993 |
| 1.39 | Inger Lise Sundheim | 55 | Overhalla | 08.08.1993 |
| 1.05 | Ingrid Maudal | 82 | Strømmen | 11.09.1993 |
| 0.95 | Kari Kragset | 82 | Strømmen | 11.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.25 | Kristin Urnes | 75 | Jessheim | 01.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.11 | Tone Lauritzen | 76 | Oslo/Bi | 10.06.1993 |
| 4.92 | Kristine Heggelund | 76 | Nadderud | 18.06.1993 |
| 4.75 | Anita Dale | 76 | Jessheim | 23.09.1993 |
| 4.52 | Kristin Urnes | 75 | Jessheim | 23.09.1993 |
| 4.39 | Inger Lise Sundheim | 55 | Jessheim | 23.09.1993 |
| 4.15 s | Liv Anita Mikkelborg | 80 | Jessheim | 23.09.1993 |
| 3.93 | Lena Opaker | 69 | Jessheim | 23.09.1993 |
| 3.59 | Mari Jellum | 79 | Blaker/Br | 27.05.1993 |
| 3.42 s | Lise-Mette Holme | 83 | Jessheim | 17.08.1993 |
| 3.35 s | Siri Hansen | 81 | Jessheim | 23.09.1993 |
| 3.34 s | Ingrid Maudal | 82 | Jessheim | 23.09.1993 |
| 3.10 s | Anette Kiran | 82 | Nittedal | 08.06.1993 |
| 3.04 s | Kari Kragset | 82 | Nittedal | 08.06.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.45 | Kristin Urnes | 75 | Jessheim | 01.09.1993 |
| 10.33 | Tone Lauritzen | 76 | Jessheim | 23.08.1993 |

|  |  |
| --- | --- |
| **Kule 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.89 | Ingrid Maudal | 82 | Jessheim | 20.09.1993 |
| 6.51 | Anette Kiran | 82 | Nittedal | 08.06.1993 |
| 5.83 | Kari Kragset | 82 | Ski | 13.06.1993 |
| 4.83 | Lise Mette Holme | 83 | Jessheim | 20.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.40 | Astrid Willersrud | 42 | Jessheim | 12.06.1993 |
| 5.90 | Silje Kinsten | 77 | Jessheim | 27.09.1993 |
| 5.38 | Mari Jellum | 79 | Blaker/Br | 27.05.1993 |
| 5.30 | Liv Anita Mikkelberg | 80 | Lillehammer/Ss | 25.06.1993 |

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| **KVINNER SENIOR 1993** | **525** |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.81 | Anita Dale | 76 | Jessheim | 27.09.1993 |
| 7.90 | Kristine Urnes | 75 | Jessheim | 27.09.1993 |

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| --- | --- |
| **Diskos 600 g** |  |

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| --- | --- | --- | --- | --- |
| 20.10 | Liv Anita Mikkelborg | 80 | Strømmen | 11.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.46 | Anita Dale | 76 | Jessheim | 27.09.1993 |
| 21.88 | Kristin Urnes | 75 | Jessheim | 27.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.88 | Kristine Heggelund | 76 | Nadderud | 23.08.1993 |
| 33.12 | Elisabeth Saudaunet | 78 | Jessheim | 23.09.1993 |
| 29.12 | Kristrin Urnes | 75 | Jessheim | 23.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 19.59 | Ingrid Maudal | 82 | Strømmen | 11.09.1993 |
| 12.69 | Kari Kragset | 82 | Strømmen | 11.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.08 | Kari Kragset | 82 | Ski | 13.06.1993 |
| 27.75 | Ingrid Maudal | 82 | Jessheim | 20.09.1993 |
| 26.69 | Lise Mette Holme | 83 | Jessheim | 20.09.1993 |
| 21.49 | Anette Kiran | 82 | Jessheim | 20.09.1993 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.19 | Elisabeth Saudaunet | 78 | Jessheim | 20.09.1993 |
| 37.10 | Liv Anita Mikkelborg | 80 | Jessheim | 20.09.1993 |
| 25.97 | Mari Jellum | 79 | Jessheim | 20.09.1993 |
| 21.54 | Linda Opdal | 80 | Jessheim | 20.09.1993 |

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| --- | --- |
| **4-kamp M 60m-Kule 2-Lengde-800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2382 | Anette Kiran | 82 | Nittedal | 08.06.1993 |
| 10.5-6.51-3.10-3:17.1 | | | |
| 2044 | Ingrid Maudal | 82 | Nittedal | 08.06.1993 |
| 19.3-6.04-3.25-3:40.5 | | | |
| 1705 | Kari Kragset | 82 | Nittedal | 08.06.1993 |
| 11.0-5.51-3.04-3:43.0 | | | |

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| **KVINNER SENIOR 1993** | **526** |

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| **INNENDØRS** |  |

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

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| --- | --- | --- | --- | --- |
| 8.59 | Lena Opaker | 69 | Stange | 31.01.1993 |

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| **60m M** |  |

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| 8.3 | Lena Opaker | 69 | Lillestrøm | 07.02.1993 |

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| **200m E** |  |

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| 27.98 | Lena Opaker | 69 | Stange | 30.01.1993 |

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| **MENN SENIOR 1994** | **527** |

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| **60m E** |  |

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| 10.06 | Roy-Kenneth Hermansen | 83 | Lillehammer/Ss | 25.06.1994 |
| 10.32 | Joakim Strand | 83 | Lillehammer/Ss | 25.06.1994 |

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| **60m M** |  |

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| 7.4 | Eirik Haus | 79 | Jessheim | 26.09.1994 |
| 9.8 | Werner Lien Stahaug | 83 | Jessheim | 26.09.1994 |

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| **100m E** |  |

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| 11.30 | Tom Erik Olsen | 74 | Jessheim | 20.06.1994 |
| 11.55 | Frank Øines | 68 | Oslo/Bi | 24.05.1994 |
| 11.75 | Terje Grime | 59 | Jessheim | 20.06.1994 |
| 11.85 | Øystein Iversen | 73 | Jessheim | 20.06.1994 |
| 11.96 | Eirik Haus | 79 | Lillehammer/Ss | 26.06.1994 |
| 12.15 | Frode Nygård | 69 | Jessheim | 20.06.1994 |
| 12.32 | Sven Inge Bråten | 76 | Bjørkelangen | 28.05.1994 |
| 12.41 | Kristian Fagerhus | 79 | Nadderud | 18.06.1994 |
| 12.43 | Andrè Haaland | 75 | Jessheim | 20.06.1994 |
| 12.65 | Espen Sollien | 79 | Bjørkelangen | 28.05.1994 |
| 12.70 | Espen Hofoss | 76 | Bjørkelangen | 28.05.1994 |
| 12.83 | Anders Sandholtbråten | 76 | Bjørkelangen | 28.05.1994 |
| 12.89 | Per Olav Ramstad | 78 | Nadderud | 18.06.1994 |
| 12.95 | Jan Terje Forsland | 78 | Nadderud | 18.06.1994 |
| 16.92 | Håvard Lund | 24 | Stord | 07.08.1994 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.1 | Frank Øines | 68 | Jessheim | 22.09.1994 |
| 11.6 | Øystein Iversen | 73 | Jessheim | 21.06.1994 |
| 11.7 | Eirik Haus | 79 | Kristiansand | 14.08.1994 |
| 11.7 | Ola Nerhagen | 73 | Jessheim | 22.09.1994 |
| 13.1 | Ivar Opsahl | 47 | Oslo/La | 23.08.1993 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.96 | Frank Øines | 68 | Oslo/Bi | 18.07.1994 |
| 23.22 | Tom Erik Olsen | 74 | Drammen/Ma | 28.05.1994 |
| 24.31 | Terje Grime | 59 | Oslo/Bi | 18.07.1994 |
| 25.07 | Sven Inge Bråten | 76 | Oslo/Bi | 18.07.1994 |
| 25.51 | Espen Hofoss | 76 | Lillehammer/Ss | 03.09.1994 |
| 26.19 | Anders Sandholtbråten | 76 | Sofiemyr | 03.06.1994 |
| 35.85 | Håvard Lund | 24 | Athen, HEL | 09.06.1994 |

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| **MENN SENIOR 1994** | **528** |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 23.3 | Øystein Iversen | 73 | Jessheim | 26.09.1994 |
| 24.1 | Terje Grime | 59 | Ski | 15.06.1994 |
| 24.5 | Espen Hofoss | 76 | Jessheim | 26.09.1994 |
| 24.7 | Eirik Haus | 79 | Jessheim | 22.09.1994 |

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| **300m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 39.00 | Espen Hofoss | 76 | Oslo/Bi | 27.09.1994 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 50.58 | Frank Øines | 68 | Oslo/Bi | 24.05.1994 |
| 52.49 | Øystein Iversen | 73 | Oslo/Bi | 24.05.1994 |
| 52.83 | Dag Håkon Eriksen | 73 | Oslo/Bi | 09.06.1994 |
| 53.04 | Kjell Vidar Solheim | 70 | Oslo/Bi | 14.05.1994 |
| 53.19 | Frode Nygård | 69 | Jessheim | 20.06.1994 |
| 54.56 | Anders Sandholtbråten | 76 | Bjørkelangen | 28.05.1994 |
| 54.85 | Espen Hofoss | 76 | Oslo/Bi | 13.06.1994 |
| 56.91 | Sven Inge Bråten | 76 | Lillehammer/Ss | 05.09.1994 |
| 58.76 | Kenneth Vestgøte | 76 | Lillehammer/Ss | 11.09.1994 |
| 60.27 | Espen Sollien | 79 | Bjørkelangen | 28.05.1994 |
| 63.79 | Bjørn Olav Sem | 79 | Bjørkelangen | 28.05.1994 |
| 86.35 | Håvard Lund | 24 | Bjørkelangen | 27.08.1994 |

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| **400m M** |  |

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| 52.7 | Racid El Hanaoui | 70 | Jessheim | 22.09.1994 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:28.93 | Espen Hofoss | 76 | Oslo/Bi | 29.09.1994 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:56.27 | Itri Amazigh | 70 | Jessheim | 20.06.1994 |
| 1:56.99 | Anders Sandholtbråten | 76 | Jessheim | 20.06.1994 |
| 2:00.08 | Frank Øines | 68 | Oslo/Bi | 12.07.1994 |
| 2:00.86 | Morten Kristiansen | 69 | Jessheim | 20.06.1994 |
| 2:01.44 | Ole Fredrik Mørck | 62 | Jessheim | 20.06.1994 |
| 2:03.2 | Kjell Vidar Solheim | 70 | Jessheim | 29.08.1994 |
| 2:05.03 | Espen Hofoss | 76 | Skien | 05.08.1994 |
| 2:06.44 | Roger Mohaugen | 76 | Lillehammer/Ss | 26.06.1994 |
| 2:10.3 | Steinar Gressløs | 53 | Lørenfallet | 07.06.1994 |
| 2:12.9 | Alf Roger Holme | 77 | Lillehammer/Ss | 26.06.1994 |
| 2:13.2 | Anders Carlsson | 71 | Jessheim | 29.08.1994 |

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| **MENN SENIOR 1994** | **529** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:13.5 | Espen Pettersen | 66 | Jessheim | 29.08.1994 |
| 2:15.5 | Tom Trzebinsky | 79 | Jessheim | 26.09.1994 |
| 2:15.51 | Kenneth Vestgøte | 76 | Nadderud | 17.06.1994 |
| 2:16.0 | Knut Rimstad | 49 | Jessheim | 29.08.1994 |
| 2:17.7 | Mads Jakobsson | 78 | Jessheim | 29.08.1994 |
| 2:18.5 | Per Olav Ramstad | 78 | Jessheim | 18.06.1994 |
| 2:18.66 | Eirik Haus | 79 | Sofiemyr | 05.06.1994 |
| 2:19.37 | Thomas Randem | 71 | Jessheim | 20.06.1994 |
| 2:22.6 | Ivar Skedsmo | 55 | Jessheim | 29.08.1994 |
| 2:24.2 | Egil Ødemark | 41 | Jessheim | 20.05.1994 |
| 2:27.40 | Bjørn Olav Hem | 79 | Nadderud | 17.06.1994 |
| 2:28.2 | Anders Knudsen | 73 | Jessheim | 29.08.1994 |
| 2:29.1 | Rolv Eirik Nyheim | 47 | Jessheim | 31.08.1994 |
| 2:33.3 | Kristian Finstad | 76 | Jessheim | 29.08.1994 |
| 2:33.9 | Ole Arnegård | 44 | Jessheim | 29.08.1994 |
| 2:34.6 | Svenn Erik Sørum | 77 | Jessheim | 29.08.1994 |
| 2:38.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.08.1994 |
| 2:46.79 | Eivind Skolt | 83 | Sofiemyr | 05.06.1994 |
| 2:50.5 | Helge Sydtangen | 37 | Jessheim | 29.08.1994 |
| 2:51.4 | Helge Velure | 50 | Jessheim | 29.08.1994 |
| 2:56.4 | Svein Anders Skolt | 80 | Jessheim | 29.08.1994 |
| 2:56.4 | Per Ramstad | 47 | Jessheim | 29.08.1994 |
| 2:59.8 | Per Walter Bøe | 42 | Jessheim | 29.08.1994 |
| 3:00.4 | Johnny Røsåsen | 44 | Jessheim | 29.08.1994 |
| 3:12.8 | Ivar Opsahl | 47 | Jessheim | 29.08.1994 |
| 3:17.2 | Ole Kristian Wiig | 45 | Jessheim | 29.08.1994 |
| 3:19.7 | Tomm Fredagsvik | 76 | Jessheim | 29.08.1994 |
| 3:20.7 | Rolf Fredagsvik | 42 | Jessheim | 29.08.1994 |
| 4:20.9 | Johannes Bjørnland | 17 | Jessheim | 29.08.1994 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 3:59.85 | Itri Amazigh | 70 | Oslo/Bi | 09.06.1994 |
| 4:02.0 | Bjørn Dæhlie | 67 | Jessheim | 15.06.1994 |
| 4:03.6 | Anders Sandholtbråten | 76 | Jessheim | 15.06.1994 |
| 4:06.17 | Ole Fredrik Mørck | 62 | Oslo/Bi | 30.06.1994 |
| 4:12.4 | Morten Kristiansen | 69 | Jessheim | 15.06.1994 |
| 4:13.1 | Leif Erling Aronsveen | 57 | Jessheim | 15.06.1994 |
| 4:15.8 | Steinar Gressløs | 53 | Jessheim | 15.06.1994 |
| 4:16.8 | Ole Johan Garli | 56 | Jessheim | 15.06.1994 |
| 4:18.4 | Anders Hallingstad | 77 | Jessheim | 15.06.1994 |
| 4:20.7 | Roger Mohaugen | 76 | Jessheim | 15.06.1994 |

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| **MENN SENIOR 1994** | **530** |

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| **1500m forts.** |  |

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| 4:25.48 | Espen Hofoss | 76 | Lillehammer/Ss | 11.09.1994 |
| 4:28.1 | Alf Roger Holme | 77 | Jessheim | 15.06.1994 |
| 4:33.2 | Petter Stensby | 52 | Jessheim | 15.06.1994 |
| 4:33.8 | Erlend Skåre | 73 | Jessheim | 13.06.1994 |
| 4:33.9 | Dag Olav Holter | 75 | Jessheim | 15.06.1994 |
| 4:37.2 | Kjartan Roland | 73 | Jessheim | 13.06.1994 |
| 4:39.3 | Thomas Randem | 71 | Jessheim | 13.06.1994 |
| 4:49.9 | Kenneth Vestgøte | 76 | Jessheim | 15.06.1994 |
| 4:50.9 | Geir Håkon Bjørnstad | 56 | Jessheim | 15.06.1994 |
| 4:52.5 | Egil Ødemark | 41 | Jessheim | 13.06.1994 |
| 4:52.9 | Knut Rimstad | 49 | Jessheim | 13.06.1994 |
| 4:54.7 | Knut Kristiansen | 44 | Jessheim | 15.06.1994 |
| 4:55.9 | Rune Tunhøvd | 59 | Jessheim | 13.06.1994 |
| 4:57.3 | Arne Luke | 44 | Jessheim | 15.06.1994 |
| 4:58.1 | Tore Ragnar Olsen | 46 | Jessheim | 13.06.1994 |
| 4:58.3 | Odd Kinnsbekken | 48 | Jessheim | 13.06.1994 |
| 4:58.8 | Per Olav Ramstad | 79 | Jessheim | 15.06.1994 |
| 5:03.2 | Anders Knudsen | 73 | Jessheim | 13.06.1994 |
| 5:03.4 | Mads Jakobsson | 78 | Jessheim | 13.06.1994 |
| 5:05.3 | Kjell Carlsson | 44 | Jessheim | 13.06.1994 |
| 5:08.3 | Kolbjørn Skjerve | 37 | Jessheim | 15.06.1994 |
| 5:11.7 | Svenn Erik Strøm | 77 | Jessheim | 13.06.1994 |
| 5:11.7 | Torbjørn Johansen | 45 | Jessheim | 13.06.1994 |
| 5:17.4 | Sigmund Syversen | 49 | Jessheim | 13.06.1994 |
| 5:18.1 | Kristian Finstad | 76 | Jessheim | 13.06.1994 |
| 5:19.8 | Bjørn Lilleseth | 46 | Jessheim | 13.06.1994 |
| 5:28.2 | Tron Erik Hovind | 56 | Jessheim | 13.06.1994 |
| 5:28.2 | Bjørn Engebretsen | 79 | Jessheim | 13.06.1994 |
| 5:29.2 | Ole Arnegård | 44 | Jessheim | 13.06.1994 |
| 5:29.9 | Nils Sæthermoen | 40 | Jessheim | 13.06.1994 |
| 5:31.8 | Asbjørn Hoel | 43 | Jessheim | 13.06.1994 |
| 5:34.0 | Kristen Langbakk | 39 | Jessheim | 13.06.1994 |
| 5:34.6 | Kjell Aarflot | 44 | Jessheim | 13.06.1994 |
| 5:36.4 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 13.06.1994 |
| 5:44.4 | Helge Velure | 50 | Jessheim | 13.06.1994 |
| 5:47.5 | Ole Skolt | 53 | Jessheim | 13.06.1994 |
| 5:50.5 | John Birkelund | 32 | Jessheim | 15.06.1994 |
| 5:51.7 | Eivind Skolt | 83 | Jessheim | 13.06.1994 |
| 5:54.4 | Helge Sydtangen | 37 | Jessheim | 13.06.1994 |
| 5:57.1 | Geir Sander | 45 | Jessheim | 13.06.1994 |
| 6:04.2 | Per Ramstad | 47 | Jessheim | 13.06.1994 |
| 6:04.7 | Ivar Opsahl | 47 | Jessheim | 13.06.1994 |
| 6:06.1 | Jan Berge | 40 | Jessheim | 13.06.1994 |
| 6:06.2 | Jan Grønlien | 49 | Jessheim | 13.06.1994 |
| 6:17.0 | Per Walter Boe | 42 | Jessheim | 13.06.1994 |

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| **MENN SENIOR 1994** | **531** |

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| **1500m forts.** |  |

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| 6:24.9 | Jørgen Torstveit | 40 | Jessheim | 13.06.1994 |
| 6:26.3 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 13.06.1994 |
| 6:26.6 | Svein Anders Skolt | 80 | Jessheim | 13.06.1994 |
| 6:33.4 | Olav Rutle | 45 | Jessheim | 13.06.1994 |
| 6:55.6 | Johnny Røsåsen | 44 | Jessheim | 13.06.1994 |
| 7:02.7 | Rolf Fredagsvik | 42 | Jessheim | 13.06.1994 |
| 7:15.0 | Ole Kristian Wiig | 45 | Jessheim | 13.06.1994 |
| 7:38.3 | Håkon Aasmundstd | 24 | Jessheim | 13.06.1994 |
| 9:01.2 | Johannes Bjørnland | 17 | Jessheim | 13.06.1994 |

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| **3000m** |  |

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| 8:43.3 | Tor Erik Nyquist | 67 | Jessheim | 31.08.1994 |
| 8:43.8 | Itri Amazigh | 70 | Jessheim | 31.08.1994 |
| 8:48.5 | Anders Sandholtbråten | 76 | Jessheim | 31.08.1994 |
| 9:08.2 | Leif Erling Aronsveen | 57 | Jessheim | 31.08.1994 |
| 9:08.0 | Christopher Wiig | 73 | Jessheim | 31.08.1994 |
| 9:14.4 | Ole Johan Garli | 56 | Jessheim | 15.06.1994 |
| 9:20.8 | Ole Fredrik Mørch | 62 | Jessheim | 29.08.1994 |
| 9:26.7 | Roger Mohagen | 76 | Jessheim | 29.08.1994 |
| 9:30.4 | Morten Kristiansen | 69 | Jessheim | 29.08.1994 |
| 9:38.3 | Dag Olav Holter | 75 | Jessheim | 31.08.1994 |
| 9:38.9 | Kjartan Roland | 73 | Jessheim | 29.08.1994 |
| 9:44.2 | Erlend Skaare | 73 | Jessheim | 29.08.1994 |
| 9:48.4 | Petter Stensby | 52 | Jessheim | 31.08.1994 |
| 9:54.8 | Thomas Lundring | 75 | Jessheim | 02.09.1994 |
| 9:57.2 | Per Håkon Sand | 74 | Jessheim | 31.08.1994 |
| 10:02.9 | Odd Kinnsbekken | 48 | Jessheim | 31.08.1994 |
| 10:23.5 | Knut Kristiansen | 44 | Jessheim | 15.06.1994 |
| 10:28.1 | Rune Tunhøvd | 59 | Jessheim | 31.08.1994 |
| 10:32.4 | Kenneth Vestgøte | 76 | Jessheim | 31.08.1994 |
| 10:32.9 | Arne Luke | 44 | Jessheim | 31.05.1994 |
| 10:34.1 | Ola Neskleim | 62 | Jessheim | 29.08.1994 |
| 10:44.7 | Tore Ragnar Olsen | 46 | Jessheim | 31.08.1994 |
| 10:51.6 | Kolbjørn Skjerve | 37 | Jessheim | 31.08.1994 |
| 11:23.0 | Ole Skolt | 53 | Jessheim | 29.08.1994 |
| 11:29.1 | Torbjørn Johansen | 45 | Jessheim | 29.08.1994 |
| 11:36.3 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 29.08.1994 |
| 11:40.9 | Kjell Carlsson | 44 | Jessheim | 29.08.1994 |
| 11:43.6 | Asgeir Steinsvik | 53 | Jessheim | 29.08.1994 |
| 11:44.8 | Sigmund Syversen | 49 | Jessheim | 29.08.1994 |
| 11:51.1 | Bjørn Engebretsen | 79 | Jessheim | 29.08.1994 |
| 12:00.9 | Kristen Langbakk | 39 | Jessheim | 29.08.1994 |
| 12:35.2 | Henning Høgheim | 39 | Lørenfallet | 06.09.1994 |
| 12:46.3 | Kjell Aarflot | 44 | Jessheim | 29.08.1994 |

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| **MENN SENIOR 1994** | **532** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 12:51.5 | Thorleif Maudal | 47 | Jessheim | 29.08.1994 |
| 12:51.6 | John Birkelund | 32 | Jessheim | 31.08.1994 |
| 12:52.8 | Asbjørn Hoel | 43 | Jessheim | 29.08.1994 |
| 13:17.8 | Geir Sander | 45 | Jessheim | 29.08.1994 |
| 13:40.7 | Jørgen Torstveit | 40 | Jessheim | 29.08.1994 |
| 13:42.2 | Steinar Ørum | 46 | Jessheim | 29.08.1994 |
| 14.35.0 | Jens Berge | 40 | Jessheim | 29.08.1994 |
| 15:29.5 | Håkon Amundstad | 24 | Jessheim | 31.08.1994 |
| 16:29.2 | Svein Skolt | 25 | Jessheim | 29.08.1994 |

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

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| --- | --- | --- | --- | --- |
| 15:47.96 | Tor Erik Nyquist | 67 | Oslo/Bi | 04.08.1994 |

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

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| --- | --- | --- | --- | --- |
| 13.29 | Roy Kenneth Harmansen | 83 | Lillehammer/Ss | 24.06.1994 |

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

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| --- | --- | --- | --- | --- |
| 17.14 | Håvard Lund | 24 | Bjørkelangen | 28.08.1994 |

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

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| --- | --- | --- | --- | --- |
| 15.8 | Håvard Lund | 24 | Oslo/So | 25.06.1994 |

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| **100m hekk 91.4 cm cm** |  |

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| --- | --- | --- | --- | --- |
| 15.8 | Håvard Lund | 24 | Oslo/So | 25.06.1994 |

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

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| --- | --- | --- | --- | --- |
| 14.65 | Tom Erik Olsen | 74 | Jessheim | 19.08.1994 |

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

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| 27.9 | Frank Øines | 68 | Jessheim | 22.09.1994 |
| 28.2 | Espen Hofoss | 76 | Jessheim | 22.09.1994 |

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

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| --- | --- | --- | --- | --- |
| 65.61 | Håvard Lund | 24 | Stord | 07.08.1994 |

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| **MENN SENIOR 1994** | **533** |

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| **300m hekk 91.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 44.53 | Espen Hofoss | 76 | Sofiemyr | 24.09.1994 |

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

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| --- | --- | --- | --- | --- |
| 9:11.39 | Bjørn Dæhlie | 67 | Oslo/Bi | 03.08.1994 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:07:35 | Tor Erik Nyquist | 67 | Drammen | 09.10.1994 |
| 1:12:04 | Ole Johan Garli | 56 | Drammen | 09.10.1994 |
| 1:31:12 | Kolbjørn Skjerve | 37 | Jessheim | 20.11.1994 |
| 1:37.03 | Nils Sæthermoen | 40 | Jessheim | 02.10.1994 |
| 1:39:32 | Henning Høgheim | 39 | Lørenfallet | 08.10.1994 |
| 2:16.00 | Steinar Ørum | 46 | Jessheim | 02.10.1994 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:23:54 | Tor Erik Nyquist | 67 | Tromsø | 02.07.1994 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Ansgar Gulbrandsen | 44 | Oslo/La | 23.08.1994 |
| 1.63 | Espen Sollien | 79 | Nadderud | 18.06.1994 |
| 1.50 | Ivar Opsahl | 47 | Oslo/La | 23.08.1994 |
| 1.34 | Håvard Lund | 24 | Oslo/So | 25.06.1994 |
| 1.05 | Roy Kenneth Hermansen | 83 | Sofiemyr | 05.06.1994 |
| 1.00 | Harald Vestgøte | 83 | Bjørkelangen | 28.05.1994 |

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| **Stav** |  |

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| 2.00 | Håvard Lund | 24 | Bjørkelangen | 28.08.1994 |
| 1.65 | Geir Espen Johansen | 81 | Jessheim | 26.09.1994 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.45 | Andre Haaland | 75 | Nadderud | 18.06.1994 |
| 5.18 | Espen Sollien | 79 | Nadderud | 17.06.1994 |
| 3.42 | Håvard Lund | 24 | Athen, HEL | 09.06.1994 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 7.60 | Håvard Lund | 24 | Stord | 07.08.1994 |

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| **MENN SENIOR 1994** | **534** |

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| **Kule 2 kg** |  |

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| 8.90 | Harald Vestgøte | 83 | Nadderud | 19.06.1994 |
| 7.72 | Roy Kenneth Hermansen | 83 | Jessheim | 22.09.1994 |

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| **Kule 3 kg** |  |

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| 11.66 | Håvard Lund | 24 | Jessheim | 26.11.1994 |
| 10.04 | Henning Forsland | 80 | Nadderud | 18.06.1994 |

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| **Kule 4 kg** |  |

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| 11.26 | Håvard Lund | 24 | Rolvsrud | 22.09.1994 |
| 9.79 | Kristian Fagerhus | 79 | Lillehammer/Ss | 26.06.1994 |
| 9.70 | Bjørn Flatby | 79 | Jessheim | 22.09.1994 |

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| **Kule 5 kg** |  |

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| 9.04 | Håvard Lund | 24 | Jessheim | 26.11.1994 |

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| **Kule 6 kg** |  |

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| 8.13 | Håvard Lund | 24 | Jessheim | 26.11.1994 |

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| **Kule 7.26 kg** |  |

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| 8.83 | Ivar Opsahl | 47 | Oslo/La | 23.08.1994 |
| 7.15 | Håvard Lund | 24 | Jessheim | 26.11.1994 |

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| **Diskos 600 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.98 | Harald Vestgøte | 83 | Sofiemyr | 05.06.1994 |

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| **Diskos 1 kg** |  |

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| 34.92 | Håvard Lund | 24 | Bjørkelangen | 28.08.1994 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 36.86 | Jo Henning Hals Nilssen | 68 | Jessheim | 22.09.1994 |

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| **Slegge 4 kg** |  |

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| 30.60 | Håvard Lund | 24 | Rolvsrud | 08.09.1994 |

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| **MENN SENIOR 1994** | **535** |

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| --- | --- |
| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 26.48 | Roy Kenneth Harmansen | 83 | Sofiemyr | 04.06.1994 |
| 20.76 | Harald Vestgøte | 83 | Lillehammer/Ss | 24.06.1994 |

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

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| --- | --- | --- | --- | --- |
| 37.14 | Håvard Lund | 24 | Rolvsrud | 08.09.1994 |
| 30.64 | Bjørn Olav Sem | 79 | Bjørkelangen | 28.05.1994 |
| 30.52 | Kristian Fagerhus | 79 | Bjørkelangen | 28.05.1994 |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| 63.94 | Pål Berntsen | 60 | Jessheim | 21.09.1994 |

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| **Vektkast 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.82 | Håvard Lund | 24 | Rolvsrud | 15.09.1994 |

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| **Vektkast 9.08 kg** |  |

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| 11.74 | Håvard Lund | 24 | Rolvsrud | 17.12.1994 |

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| **Vektkast 11.34 kg** |  |

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| 10.24 | Håvard Lund | 24 | Rolvsrud | 17.12.1994 |

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| **Vektkast 15.88 kg** |  |

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| 8.60 | Håvard Lund | 24 | Rolvsrud | 17.12.1994 |

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| **Liten ball 80 g** |  |

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| 33.80 | Harald Vestgøte | 83 | Bjørkelangen | 28.05.1994 |

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

|  |  |  |  |  |
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| 2549 | Håvard Lund | 24 | Athen, HEL | 09.06.1994 |
| 3.42-35.82-35.85-29.80-0 | | | |

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

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| 3845 | Håvard Lund | 24 | Jessheim | 27.11.1994 |
| 29.50-32.26-11.00-33.72-13.28 | | | |

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| **MENN SENIOR 1994** | **536** |

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| **5-kamp kule 7.26-6-5-4-3 kg** |  |

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| 3280 | Håvard Lund | 24 | Jessheim | 26.11.1994 |
| 7.15-8.13-8.94-10.36-11.66 | | | |

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| **10-kamp E 100m-lengde-kule-høyde-400m** | **110m/100m h-diskos-stav-spyd-1500m** |

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| --- | --- | --- | --- | --- |
| 5400 | Håvard Lund | 24 | Bjørkelangen | 27-28.08.1994 |
| 17.19-3.20-9.99-1.27-86.35/17.14-30.50-2.00-34.92-0 | | | |

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| **4x100m E** |  |

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| --- | --- | --- | --- | --- |
| 44.71 | MS |  | Oslo/Bi | 30.06.1994 |
| Runar Homble72-Tom Erik Olsen74-Øystein Iversen73-Frank Øines68 | | | |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 48.5 | G18 |  | Bjørkelangen | 24.08.1994 |
| ? | | | |

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| 55.0 | G16 |  | Bjørkelangen | 24.08.1994 |
| ? | | | |

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| **3x800m** |  |

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| --- | --- | --- | --- | --- |
| 6:15.6 | G18 |  | Bjørkelangen | 24.08.1994 |
| Espen Hofoss76-Roger Mohaugen76-Anders Sandholtbråten76 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:59.22 | MS |  | Jessheim | 21.08.1994 |
| Terje Grime59-Øystein Iversen73-Tom Erik Olsen74-Frank Øines68 | | | |

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| **MENN SENIOR 1994** | **537** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.57 | Runar Homble | 72 | Oslo/Ek | 15.01.1994 |
| 7.58 | Frank Øines | 68 | Oslo/Ek | 06.02.1994 |
| 7.65 | Øystein Iversen | 73 | Oslo/Ek | 06.02.1994 |
| 7.80 | Andrè Haaland | 75 | Oslo/Ek | 15.01.1984 |
| 9.24 | Kenneth Warming | 82 | Lillestrøm | 12.03.1994 |
| 10.51 | Håvard Lund | 24 | Stange | 06.02.1994 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.3 | Frank Øines | 68 | Lillestrøm | 06.03.1994 |
| 7.4 | Andrè Haaland | 75 | Lillestrøm | 06.03.1994 |
| 7.7 | Eirik Haus | 79 | Lillestrøm | 06.03.1994 |
| 7.8 | Per Olav Ramstad | 78 | Lillestrøm | 06.03.1994 |
| 8.0 | Jan Terje Forsland | 78 | Lillestrøm | 06.03.1994 |
| 8.4 | Bjørn Flatby | 79 | Jessheim | 06.03.1994 |
| 8.5 | Kenneth Warming | 82 | Lillestrøm | 06.03.1994 |
| 8.6 | Henning Forsland | 80 | Lillestrøm | 06.04.1994 |

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| **200m E** |  |

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| 24.72 | Terje Grime | 59 | Stange | 05.02.1994 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.02 | Kjell Vidar Solheim | 70 | Oslo/Ek | 06.02.1994 |
| 55.02 | Runar Homble | 72 | Oslo/Ek | 06.02.1994 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:01.30 | Anders Sandholtbråten | 76 | Oslo/Ek | 15.01.1994 |
| 2:07.63 | Inge Nessiøy | 57 | Stange | 06.02.1994 |
| 2:19.60 | Geir Håkon Bjørnstad | 56 | Stange | 06.02.1994 |
| 2:29.5 | Eirik Haus | 79 | Lillestrøm | 06.03.1994 |
| 2:37.4 | Bjørn Flatby | 79 | Lillestrøm | 06.03.1994 |
| 2:47.3 | Svein Skolt | 80 | Lillestrøm | 06.03.1994 |
| 2:47.7 | Eivind Skolt | 83 | Lillestrøm | 06.03.1994 |

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| **1500m** |  |

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| 4:13.02 | Anders Sandholtbråten | 76 | Askim | 06.02.1994 |

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| **MENN SENIOR 1994** | **538** |

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

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| --- | --- | --- | --- | --- |
| 9:07.53 | Ole Johan Garli | 56 | Stange | 06.02.1994 |
| 9:50.38 | Petter Stensby | 52 | Stange | 06.02.1994 |

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| **60m hekk 76.2 E** |  |

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| 12.80 | Håvard Lund | 24 | Stange | 05.02.1994 |

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| **60m hekk 84 cm M** |  |

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| 12.6 | Henning Forsland | 80 | Lillestrøm | 06.03.1994 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Ansgar Gulbrandsen | 44 | Stange | 05.02.1994 |
| 1.35 | Henning Forsland | 80 | Lillestrøm | 06.03.1994 |
| 1.30 | Kenneth Warming | 82 | Lillestrøm | 06.03.1994 |
| 1.28 | Håvard Lund | 24 | Stange | 05.02.1904 |

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| **Lengde** |  |

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| 6.18 | Terje Grime | 59 | Stange | 05.02.1994 |
| 4.83 | Jan Terje Forsland | 78 | Lillestrøm | 06.03.1994 |
| 4.75 | Per Olav Ramstad | 78 | Lillestrøm | 06.03.1994 |
| 4.24 s | Kenneth Warming | 82 | Lillestrøm | 06.03.1994 |
| 3.25 | Håvard Lund | 24 | Stange | 05.02.1994 |
| 3.20 s | Harald Vestgøte | 83 | Lillestrøm | 06.03.1994 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 7.21 | Håvard Lund | 24 | Stange | 06.02.1994 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.22 | Håvard Lund | 24 | Kolbotn/In | 19.02.1994 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.45 | Kenneth Warming | 82 | Lillestrøm | 06.03.1994 |
| 8.43 | Harald Vestgøte | 83 | Lillestrøm | 06.03.1994 |

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

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| --- | --- | --- | --- | --- |
| 11.15 | Håvard Lund | 24 | Stange | 06.02.1994 |
| 9.92 | Bjørn Flatby | 79 | Lillestrøm | 06.03.1994 |

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| **KVINNER SENIOR 1994** | **539** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.38 | Liv Anita Mikkelborg | 80 | Sofiemyr | 24.07.1994 |
| 9.93 | Anne Mette Holme | 83 | Lillehammer/Ss | 25.06.1994 |
| **Medvind** | |  | | |
| 8.28 +2.9 | Liv Anita Mikkelborg | 80 | Lilleshammer/Ss | 10.09.1994 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.8 | Ingrid Maudal | 82 | Jessheim | 26.09.1994 |
| 9.1 | Anette Kiran | 82 | Jessheim | 26.09.1994 |
| 9.9 | Lise Mette Holme | 83 | Nittedal | 07.06.1994 |
| 10.4 | Camilla Eilertsen | 82 | Nittedal | 07.06.1994 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.90 | Lena Opaker | 69 | Oslo/St | 14.08.1994 |
| 13.08 | Liv Anita Mikkelborg | 80 | Bjørkelangen | 17.09.1994 |
| 13.40 | Tone Lauritzen | 76 | Bjørkelangen | 28.05.1994 |
| 15.10 | Mari Jellum | 79 | Nadderud | 18.06.1994 |
| 15.16 | Hanne Nyheim | 79 | Nadderud | 18.06.1994 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 12.3 | Lena Opaker | 69 | Jessheim | 22.09.1994 |
| 13.0 | Liv Anita Mikkelborg | 80 | Jessheim | 22.09.1994 |
| 14.5 | Inger Lise Sundheim | 55 | Oslo/La | 23.08.1994 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.45 | Lena Opaker | 69 | Oslo/Bi | 04.08.1994 |
| 32.25 | Mari Jellum | 79 | Oslo/La | 21.06.1994 |
| **Medvind** | |  | | |
| 26.40 +2.7 | Lena Opaker | 69 | Oslo/Bi | 21.06.1994 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.7 | Lena Opaker | 69 | Ski | 15.06.1994 |
| 27.3 | Tone Lauritzen | 76 | Jessheim | 26.09.1994 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60.11 | Lena Opaker | 69 | Oslo/Bi | 30.06.1994 |

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

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| --- | --- | --- | --- | --- |
| 1:39.47 | Liv Anita Mikkelborg | 80 | Lillehammer/Ss | 10.09.1994 |

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| **KVINNER SENIOR 1994** | **540** |

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

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| --- | --- | --- | --- | --- |
| 2:21.84 | Liv Anita Mikkelborg | 80 | Sofiemyr | 13.08.1994 |
| 2:43.5 | Lise Mette Holme | 83 | Lillehammer/Ss | 26.06.1994 |
| 2:44.2 | Mari Jellum | 79 | Jessheim | 31.08.1994 |
| 2:49.0 | Linda Wolden | 66 | Jessheim | 29.08.1994 |
| 2:50.50 | Anette Kiran | 82 | Sofiemyr | 05.06.1994 |
| 2:53.4 | Benedicte Sand | 73 | Jessheim | 29.08.1994 |
| 2:54.2 | Gerda Tunhøvd | 61 | Jessheim | 29.08.1994 |
| 2:55.0 | Ina Jakobsson | 80 | Jessheim | 29.08.1994 |
| 3:09.4 | Dagrunn Rommen | 76 | Jessheim | 29.08.1994 |
| 3:09.5 | Hanne Nyheim | 79 | Jessheim | 31.08.1994 |
| 3:11.5 | Vibeke Kaasin | 81 | Jessheim | 29.08.1994 |
| 3:11.7 | Anette Knudsen | 80 | Jessheim | 29.08.1994 |
| 3:19.2 | Inger Finstad | 51 | Jessheim | 29.08.1994 |
| 3.30.5 | Marit Skolt Skafle | 56 | Jessheim | 29.08.1994 |
| 3:36.1 | Ingrid Maudal | 82 | Nittedal | 07.06.1994 |
| 3:38.0 | Jorsunn Sørum | 49 | Jessheim | 29.08.1994 |
| 3:41.3 | Camilla Eilertsen | 82 | Nittedal | 07.06.1994 |
| 3:41.9 | May Skolt | 59 | Jessheim | 29.08.1994 |
| 4:11.4 | Wenche Rustad | 49 | Jessheim | 29.08.1994 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:48.51 | Anette Kiran | 82 | Lillehammer/Ss | 23.06.1994 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:58.5 | Kamilla Bråthen | 77 | Jessheim | 17.06.1994 |
| 4:59.2 | Hilde Rustad Høgbakken | 66 | Jessheim | 17.06.1994 |
| 5:11.09 | Liv Anita Mikkelborg | 80 | Lillehammer/Ss | 23.06.1994 |
| 5:15.0 | Bente Tenold | 62 | Jessheim | 17.06.1994 |
| 5:16.0 | Anne-Torill Garli | 57 | Jessheim | 15.06.1994 |
| 5:41.3 | Trine Bogstad Mangerud | 51 | Jessheim | 15.06.1994 |
| 5:48.2 | Benedicte Sand | 73 | Jessheim | 13.06.1994 |
| 5:51.1 | Kartrine Finstad | 75 | Jessheim | 13.06.1994 |
| 5:51.5 | Ina Jakobsson | 80 | Jessheim | 13.06.1994 |
| 5:55.4 | Norunn Skildheim | 50 | Jessheim | 13.06.1994 |
| 5:56.2 | Gerda Tunhøvd | 61 | Jessheim | 13.06.1994 |
| 6:01.8 | Mari Jellum | 79 | Jessheim | 13.06.1994 |
| 6:02.1 | Berit Ruud | 47 | Jessheim | 15.06.1994 |
| 6:11.3 | Eva Blakkisrud | 46 | Jessheim | 15.06.1994 |
| 6:16.2 | Hanne Nyheim | 79 | Jessheim | 15.06.1994 |
| 6:24.3 | Anette Knudsen | 80 | Jessheim | 13.06.1994 |
| 6:24.4 | Berit Bamrud | 55 | Jessheim | 13.06.1994 |
| 6:41.9 | Kari Kamstrup Hovind | 56 | Jessheim | 13.06.1994 |
| 6:44.5 | Inger Finstad | 51 | Jessheim | 13.06.1994 |

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| **KVINNER SENIOR 1994** | **541** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 6:51.5 | Marit Skolt Skafle | 56 | Jessheim | 13.06.1994 |
| 6:55.4 | Dagrun Rommen | 76 | Jessheim | 13.06.1994 |
| 7:00.6 | Vibeke Kaasin | 81 | Jessheim | 13.06.1994 |
| 7:03.5 | Jorunn Sørum | 49 | Jessheim | 13.06.1994 |
| 7:31.3 | Tove Rutle | 47 | Jessheim | 13.06.1994 |
| 7:43.2 | May Skolt | 59 | Jessheim | 13.06.1994 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 10:14.58 | Hilde Rustad Høgbakken | 66 | Oslo/Bi | 26.07.1994 |
| 10:25.4 | Kamilla Bråthen | 77 | Jessheim | 31.08.1994 |
| 11:07.1 | Bjørg Moen | 47 | Jessheim | 29.08.1994 |
| 11:18.9 | Bente Tenold | 62 | Jessheim | 31.08.1994 |
| 11:26.6 | Anne-Torill Garli | 57 | Jessheim | 31.08.1994 |
| 12:12.3 | Berit Ruud | 47 | Jessheim | 31.08.1994 |
| 12:27.7 | Trine Bogstad Mangerud | 51 | Jessheim | 31.08.1994 |
| 12:52.0 | Eva Blakkisrud | 46 | Jessheim | 31.08.1994 |
| 13:01.1 | Norunn Skildhem | 50 | Jessheim | 31.08.1994 |

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| **10000m** |  |

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| 37:06.99 | Hilde Rustad Høgbakken | 66 | Jessheim | 21.08.1994 |

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| **60m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 13.19 | Lise Mette Holme | 83 | Oslo/Bi | 02.07.1994 |

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

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| --- | --- | --- | --- | --- |
| 17.19 | Mari Jellum | 79 | Oslo/La | 21.06.1994 |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 37:02 | Hilde Rustad Høgbakken | 66 | Jessheim | 02.10.1994 |
| 45.55 | Eva Blakkisrud | 46 | Jessheim | 02.10.1994 |
| 46.29 | Berit Bamrud | 55 | Jessheim | 02.10.1994 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:20:43 | Hilde Rustad Høgbakken | 66 | Oslo | 24.09.1994 |
| 1:30:10 | Bente Tenold | 62 | Jessheim | 02.10.1994 |
| 1:34:50 | Anne-Torill Garli | 57 | Jessheim | 02.10.1994 |
| 1:38:53 | Norunn Skildheim | 50 | Kragerø | 12.06.1994 |
| 1:40.21 | Eva Blakkisrud | 46 | Oslo | 24.09.1994 |
| 1:41:24 | Trine Bogstad Mangerud | 51 | Jessheim | 02.10.1994 |
| 1:43:42 | Berit Bamrud | 55 | Oslo | 24.09.1994 |
| **KVINNER SENIOR 1994** | | **542** | | |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 4:21:50 | Anne Marie Frydenlund | 49 | Oslo | 18.09.1994 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.71 | Anita Dale | 76 | Lillehammer/Ss | 26.06.1994 |
| 1.53 | Guri Fjeldberg | 69 | Jessheim | 22.09.1994 |
| 1.50 | Tone Lauritzen | 76 | Jessheim | 20.06.1994 |
| 1.48 | Inger Lise Sundheim | 55 | Oslo/La | 23.08.1994 |
| 1.30 | Lise Mette Holme | 83 | Oslo/Bi | 01.07.1994 |
| 1.30 | Ingrid Maudal | 82 | Jessheim | 22.09.1994 |
| 1.21 | Mari Jellum | 79 | Oslo/La | 21.06.1994 |

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| **Stav** |  |

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| 2.15 | Guri Fjeldberg | 69 | Jessheim | 25.08.1994 |
| 2.05 | Kristin Urnes | 75 | Jessheim | 26.09.1994 |
| 1.95 | Mari Jellum | 79 | Jessheim | 26.09.1994 |

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| **Lengde** |  |

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| 5.10 | Tone Lauritzen | 76 | Kristiansand | 12.08.1994 |
| 4.75 | Inger Lise Sundheim | 55 | Stord | 05.08.1994 |
| 4.63 | Guri Fjeldberg | 69 | Tønsberg/Gr | 24.05.1994 |
| 4.22 s | Ingrid Maudal | 82 | Sofiemyr | 04.06.1994 |
| 4.19 | Liv Anita Mikkelborg | 80 | Bjørkelangen | 17.09.1994 |
| 4.03 s | Lise Mette Holme | 83 | Nittedal | 07.06.1994 |
| 3.95 | Hanne Nyheim | 79 | Nadderud | 19.06.1994 |
| 3.86 | Mari Jellum | 79 | Nadderud | 19.06.1994 |
| 3.54 s | Anette Kiran | 82 | Nittedal | 07.06.1994 |
| 3.31 s | Camilla Eilertsen | 82 | Nittedal | 07.06.1994 |

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| **Tresteg** |  |

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| 10.51 | Tone Lauritzen | 76 | Nadderud | 05.09.1994 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.85 | Ingrid Maudal | 82 | Sofiemyr | 25.09.1994 |
| 7.32 | Anette Kiran | 82 | Sofiemyr | 04.06.1994 |
| 6.65 | Lise Mette Holme | 93 | Bjørkelangen | 17.09.1994 |
| 6.34 | Camilla Eilertsen | 82 | Nittedal | 07.06.1994 |

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| **Kule 3 kg** |  |

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| 9.36 | Astrid Willersrud | 42 | Jessheim | 22.09.1994 |
| 6.05 | Mari Jellum | 79 | Oslo/La | 21.06.1994 |
| **KVINNER SENIOR 1994** | | **543** | | |

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| **Kule 4 kg** |  |

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| 10.78 | Guri Fjeldberg | 69 | Jessheim | 20.06.1994 |

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| **Diskos 600 g** |  |

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| 23.64 | Ingrid Maudal | 82 | Sofiemyr | 25.09.1994 |

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| **Diskos 1 kg** |  |

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| 32.60 | Guri Fjeldberg | 69 | Jessheim | 20.06.1994 |

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| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 12.00 | Line Nielsen | 82 | Jessheim | 26.09.1994 |

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

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| --- | --- | --- | --- | --- |
| 34.18 | Guri Fjeldberg | 69 | Jessheim | 20.06.1994 |
| 31.10 | Elisabeth Sandaunet | 78 | Kristiansand | 12.08.1994 |
| 29.14 | Kristin Urnes | 75 | Jessheim | 26.09.1994 |

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| **Liten ball 80 g** |  |

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| 28.74 | Ingrid Maudal | 82 | Bjørkelangen | 28.05.1994 |

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| **4-kamp M 60m-Lengde-Kule 2-800m** |  |

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| 2943 | Lise Mette Holme | 83 | Nittedal | 07.06.1994 |
| 9.9-4.03-6.18-3:02.0 | | | |

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| 2245 | Ingrid Maudal | 82 | Nittedal | 07.06.1994 |
| 9.8-3.97-8.48-3:36.1 | | | |

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| --- | --- | --- | --- | --- |
| 2221 | Anette Kiran | 82 | Nittedal | 07.05.1994 |
| 10.0-3.54-6.84-3:11.7 | | | |

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| 1546 | Camilla Eilertsen | 82 | Nittedal | 07.06.1994 |
| 10.4-3.31-6.24-3:41.3 | | | |

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| **6-kamp 80m h-Høyde-Kule/Lengde-60m-800m** |  |

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| --- | --- | --- | --- | --- |
| 2372 | Mari Jellum | 79 | Oslo/La | 21-22.06.1994 |
| 17.19-1.21-6.05/3.61-11.42-2:45.52 | | | |

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| **KVINNER SENIOR 1994** | **544** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.45 | Liv Anita Mikkelborg | 80 | Oslo/Ek | 15.01.1994 |
| 8.52 | Lena Opaker | 69 | Oslo/Ek | 06.02.1994 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Tone Lauritsen | 76 | Lillestrøm | 06.03.1994 |
| 8.3 | Liv Anita Mikkelborg | 80 | Lillestrøm | 06.03.1994 |
| 9.5 | Ingrid Maudal | 82 | Lillestrøm | 06.03.1994 |
| 10.0 | Lise Mette Holme | 83 | Lillestrøm | 06.03.1994 |
| 10.2 | Siri Hansen | 81 | Lillestrøm | 06.03.1994 |
| 10.2 | Camilla Eilertsen | 82 | Lillestrøm | 06.03.1994 |
| 10.8 | Line Nielsen | 82 | Lillestrøm | 06.03.1994 |
| 11.7 | Nina Henriksen | 83 | Lillestrøm | 06.03.1994 |

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| **200m E** |  |

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| 28.17 | Liv Anita Mikkelborg | 80 | Drammen | 03.03.1994 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:30.3 | Liv Anita Mikkelborg | 80 | Oslo/Ek | 15.01.1994 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Anita Dale | 76 | Askim | 05.03.1994 |
| 1.35 | Inger Lise Sundheim | 55 | Stange | 06.02.1994 |
| 1.15 | Siri Hansen | 81 | Lillestrøm | 06.03.1994 |
| 1.10 | Lise Mette Holme | 83 | Lillestrøm | 06.03.1994 |
| 1.00 | Ingrid Maudal | 82 | Lillestrøm | 06.03.1994 |
| 1.00 | Camilla Eilertsen | 82 | Lillestrøm | 06.03.1994 |
| 1.00 | Line Nielsen | 82 | Lillestrøm | 06.03.1994 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.59 | Inger Lise Sundheim | 55 | Stange | 04.03.1994 |
| 3.98 s | Ingrid Maudal | 82 | Lillestrøm | 06.03.1994 |
| 3.79 s | Lise Mette Holme | 83 | Lillestrøm | 06.03.1994 |
| 3.12 s | Camilla Eilertsen | 82 | Lillestrøm | 06.03.1994 |
| 2.79 s | Line Nielsen | 82 | Lillestrøm | 06.03.1994 |

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| **Høyde uten tilløp** |  |

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| 1.27 | Inger Lise Sundheim | 55 | Kolbotn/In | 19.03.1994 |

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| **KVINNER SENIOR 1994** | **545** |

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| **Lengde uten tilløp** |  |

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| 2.57 | Inger Lise Sundheim | 55 | Kolbotn/In | 19.03.1994 |

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| **Kule 2 kg** |  |

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| 8.43 | Ingrid Maudal | 82 | Lillestrøm | 06.03.1994 |
| 6.19 | Camilla Eilertsen | 82 | Lillestrøm | 06.03.1994 |
| 4.84 | Line Nielsen | 82 | Lillestrøm | 06.03.1994 |

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| **MENN SENIOR 1995** | **546** |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 10.98 | Tom Erik Olsen | 74 | Oslo/Bi | 30.06.1995 |
| 11.34 | Frank Øines | 68 | Oslo/Bi | 11.07.1995 |
| 11.48 | Øystein Iversen | 73 | Sofiemyr | 23.07.1995 |
| 11.80 | Eirik Haus | 79 | Oslo/Bi | 02.07.1995 |
| 11.80 | Terje Grime | 59 | Bismo | 11.08.1995 |

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| **100m M** |  |

|  |  |  |  |  |
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| 11.5 | Eirik Haus | 79 | Jessheim | 29.05.1995 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.35 | Tom Erik Olsen | 74 | Tønsberg/Gr | 27.05.1995 |
| 22.55 | Frank Øines | 68 | Oslo/Bi | 17.07.1995 |
| 23.39 | Øystein Iversen | 73 | Oslo/Bi | 01.07.1995 |
| 23.97 | Terje Grime | 59 | Bismo | 12.08.1995 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 49.85 | Frank Øines | 68 | Oslo/Bi | 27.07.1995 |
| 51.40 | Øystein Iversen | 73 | Sofiemyr | 23.07.1995 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 51.3 | Øystein Iversen | 74 | Jessheim | 29.05.1995 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:59.8 | Itri Amazigh | 70 | Jessheim | 14.08.1995 |
| 2:06.7 | Erlend Skare | 73 | Jessheim | 14.08.1995 |
| 2:12.4 | Leif Nicolaysen | 76 | Jessheim | 14.08.1995 |
| 2:16.2 | Claus Nerhagen | 59 | Jessheim | 14.08.1995 |
| 2:17.2 | Knut Rimstad | 49 | Jessheim | 14.08.1995 |
| 2:18.4 | Alf Roger Holme | 77 | Jessheim | 14.08.1995 |
| 2:19.0 | Erik Johansen | 68 | Jessheim | 14.08.1995 |
| 2:23.2 | Kristen Finstad | 76 | Jessheim | 14.08.1995 |
| 2:25.2 | Johnny Røsåsen | 44 | Jessheim | 14.08.1995 |
| 2:26.4 | Mads Jakobsson | 78 | Jessheim | 14.08.1995 |
| 2:26.6 | Anders Knudsen | 73 | Jessheim | 14.08.1995 |
| 2:27.9 | Thomas Randem | 71 | Jessheim | 14.08.1995 |
| 2:32.9 | Ivar Skedsmo | 55 | Jessheim | 14.08.1995 |
| 2:33.6 | Lars Lysbakken | 79 | Jessheim | 14.08.1995 |
| 2:35.1 | Ole Arnegård | 44 | Jessheim | 14.08.1995 |
| 2:39.7 | Svenn Erik Sørum | 77 | Jessheim | 14.08.1995 |

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| **MENN SENIOR 1995** | **547** |

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| **800m forts.** |  |

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| 2:42.8 | Eivind Skolt | 83 | Jessheim | 14.08.1995 |
| 2:43.9 | Svein Anders Skolt | 80 | Jessheim | 14.08.1995 |
| 2:47.1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 14.08.1995 |
| 2:58.6 | Ivar Opsahl | 47 | Jessheim | 14.08.1995 |
| 2:59.5 | Helge Sydtangen | 37 | Jessheim | 14.08.1995 |
| 2:50.6 | Helge Velure | 50 | Jessheim | 14.08.1995 |
| 3:05.1 | Per Ramstad | 47 | Jessheim | 14.08.1995 |
| 3:17.5 | Tomm Fredagsvik | 76 | Jessheim | 14.08.1995 |
| 3:18.1 | Kjell Fredagsvik | 45 | Jessheim | 14.08.1995 |
| 4:35.3 | Johannes Bjørnland | 17 | Jessheim | 14.08.1995 |

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| **1500m** |  |

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| 4:10.9 | Ole Fredrik Mørch | 62 | Jessheim | 12.06.1995 |
| 4:10.9 | Tor Erik Nyquist | 67 | Jessheim | 12.06.1995 |
| 4:12.1 | Thore Lauritsen | 67 | Jessheim | 12.06.1995 |
| 4:13.9 | Leif Erling Aronsveen | 57 | Jessheim | 12.06.1995 |
| 4:18.5 | Atri Amazigh | 70 | Jessheim | 12.05.1995 |
| 4:24.8 | Erlend Skare | 73 | Jessheim | 12.06.1995 |
| 4:27.6 | Lars Øyre | 54 | Jessheim | 12.06.1995 |
| 4:27.7 | Steinar Gressløs | 53 | Jessheim | 12.06.1995 |
| 4:31.2 | Alf Roger Holme | 77 | Jessheim | 12.06.1995 |
| 4:33.5 | Ole Skolt | 53 | Jessheim | 12.06.1995 |
| 4:45.5 | Espen Pettersen | 66 | Jessheim | 12.06.1995 |
| 4:47.1 | Odd Kinnsbekken | 48 | Jessheim | 12.06.1995 |
| 4:47.6 | Asgeir Steinsvik | 53 | Jessheim | 12.06.1995 |
| 4:49.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 12.06.1995 |
| 4:51.8 | Knut Rimstad | 49 | Jessheim | 12.06.1995 |
| 4:51.9 | Knut Kristensen | 44 | Jessheim | 12.06.1995 |
| 4:54.1 | Egil Ødemark | 41 | Jessheim | 12.06.1995 |
| 4:54.7 | Lars Lysbakken | 79 | Jessheim | 12.06.1995 |
| 4:55.5 | Mads Jakobsson | 78 | Jessheim | 12.06.1995 |
| 4:57.3 | Johnny Røsåsen | 44 | Jessheim | 12.06.1995 |
| 4:58.2 | Claus Nerhagen | 59 | Jessheim | 12.06.1995 |
| 4:59.0 | Rune Tunhøvd | 59 | Jessheim | 12.06.1995 |
| 5:01.8 | Thomas Randem | 71 | Jessheim | 12.06.1995 |
| 5:01.8 | Kjell Carlsson | 44 | Jessheim | 12.06.1995 |
| 5:04.1 | Tore Ragnar Olsen | 46 | Jessheim | 12.06.1995 |
| 5:06.8 | Anders Knudsen | 73 | Jessheim | 12.06.1995 |
| 5:07.3 | Kristen Finstad | 76 | Jessheim | 12.06.1995 |
| 5:08.3 | Arne Luke | 44 | Jessheim | 12.06.1995 |
| 5:19.0 | Torbjørn Johansen | 45 | Jessheim | 12.06.1995 |
| 5:19.4 | Per Neskleiv | 36 | Jessheim | 12.06.1995 |
| 5:23.0 | Tron Johan Wiig | 72 | Jessheim | 12.06.1995 |
| 5:23.3 | Anders Jellum | 48 | Jessheim | 12.06.1995 |

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| **MENN SENIOR 1995** | **548** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:27.8 | Eivind Skolt | 83 | Jessheim | 12.06.1995 |
| 5:28.0 | Bjørn Flatby | 79 | Jessheim | 12.06.1995 |
| 5:29.6 | Svein Anders Skolt | 80 | Jessheim | 12.06.1995 |
| 5:33.1 | Jan Erik Bøhnsdalen | 52 | Jessheim | 12.06.1995 |
| 5:36.5 | Ole Arnegård | 44 | Jessheim | 12.06.1995 |
| 5:37.5 | Helge Velure | 50 | Jessheim | 12.06.1995 |
| 5:38.1 | Svenn Erik Sørum | 77 | Jessheim | 12.06.1995 |
| 5:40.0 | Nils Sæthermoen | 40 | Jessheim | 12.06.1995 |
| 5:46.4 | Kristen Langbakk | 39 | Jessheim | 12.06.1995 |
| 5:47.5 | John Birkelund | 32 | Jessheim | 12.06.1995 |
| 5:57.2 | Asbjørn Hoel | 43 | Jessheim | 12.06.1995 |
| 5:59.4 | Steinar Ørum | 46 | Jessheim | 12.06.1995 |
| 6:13.2 | Jørgen Torstveit | 40 | Jessheim | 12.06.1995 |
| 6:15.5 | Ivar Opsahl | 47 | Jessheim | 12.06.1995 |
| 6:19.6 | Ivar Skedsmo | 55 | Jessheim | 12.06.1995 |
| 6:21.1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 12.06.1995 |
| 6:22.2 | Valter Berntsen | 39 | Jessheim | 12.06.1995 |
| 6:26.7 | Jan Berge | 40 | Jessheim | 12.06.1995 |
| 6:50.4 | Kjell Fredagsvik | 45 | Jessheim | 12.06.1995 |
| 8:04.5 | Håkon Amundstad | 24 | Jessheim | 12.06.1995 |
| 9:55.1 | Johannes Bjørnland | 17 | Jessheim | 12.06.1995 |

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| **1mile 1609m** |  |

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| 4:28.0 | Tor Erik Nyquist | 67 | Jessheim | 25.08.1995 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 8:47.10 | Ole Fredrik Mørck | 62 | Oslo/Bi | 20.06.1995 |
| 9:04.8 | Thore Lauritsen | 67 | Jessheim | 14.08.1995 |
| 9:07.7 | Leif Erling Aronsveen | 57 | Jessheim | 14.08.1995 |
| 9:25.9 | Lars Øyre | 54 | Jessheim | 14.08.1995 |
| 9:45.7 | Ole Johan Garli | 56 | Jessheim | 14.08.1995 |
| 9:51.8 | Steinar Gressløs | 53 | Jessheim | 14.08.1995 |
| 10:13.0 | Asgeir Steinsvik | 53 | Jessheim | 14.08.1995 |
| 10:28.2 | Odd Kinnsbekken | 48 | Jessheim | 14.08.1995 |
| 10:31.6 | Ole Skolt | 53 | Jessheim | 16.08.1995 |
| 10:46.0 | Tore Ragnar Olsen | 46 | Jessheim | 14.08.1995 |
| 11:00.1 | Rune Tunhøvd | 59 | Jessheim | 14.08.1995 |
| 11:09.8 | Arne Luke | 44 | Jessheim | 14.08.1995 |
| 11:17.4 | Geir Håkon Bjørnstad | 56 | Jessheim | 14.08.1995 |
| 11:35.7 | Anders Jellum | 48 | Jessheim | 14.08.1995 |
| 11:42.5 | Nils Sæthermoen | 40 | Jessheim | 14.08.1995 |
| 11:44.2 | Jan Erik Bøhnsdalen | 52 | Jessheim | 14.08.1995 |
| 12.00.0 | Morten Kristiansen | 69 | Jessheim | 14.08.1995 |

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| **MENN SENIOR 1995** | **549** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 12:00.5 | Egil Ødemark | 41 | Jessheim | 14.08.1995 |
| 12:00.6 | Kjell Carlsson | 44 | Jessheim | 14.08.1995 |
| 12:25.1 | Kristen Langbakk | 39 | Jessheim | 14.08.1995 |
| 12:29.8 | John Birkelund | 32 | Jessheim | 14.08.1995 |
| 12:40.9 | Knut Kristensen | 44 | Jessheim | 14.08.1995 |
| 13:04.7 | Asbjørn Hoel | 43 | Jessheim | 14.06.1995 |
| 13:23.0 | Jan Berge | 40 | Jessheim | 14.08.1995 |
| 13:58.1 | Trygve Rommen | 31 | Lørenfallet | 05.09.1995 |
| 14:04.2 | Valter Berntsen | 39 | Jessheim | 14.08.1995 |
| 14:15.6 | Jørgen Torstveit | 40 | Jessheim | 14.08.1995 |
| 16:15.2 | Håkon Amundstad | 24 | Jessheim | 14.08.1995 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 15:09.5 | Tor Erik Nyquist | 67 | Jessheim | 03.08.1995 |

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| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 32:59.39 | Ole Fredrik Mørch | 62 | Oslo/Bi | 27.05.1995 |

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

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| 17.22 | Håvard Lund | 24 | Bismo | 11.08.1995 |

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| **110m hekk 100 cm M** |  |

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| --- | --- | --- | --- | --- |
| 19.9 | Ivar Opsahl | 47 | Oslo/Tr | 22.08.1995 |

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

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| 14.12 | Tom Erik Olsen | 74 | Oslo/Bi | 02.07.1995 |

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

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| 10:31.6 | Ole Skolt | 53 | Jessheim | 16.08.1995 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:09:16 | Tor Erik Nyquist | 67 | Oslo | 09.09.1995 |
| 1:15:02 | Ole Fredrik Mørck | 62 | Jessheim | 19.11.1995 |
| 1:18.07 | Leif Erling Aronsveen | 57 | Jessheim | 01.10.1995 |
| 1:20.02 | Lars Øyre | 54 | Jessheim | 01.10.1995 |
| 1:22:21 | Steinar Gressløs | 53 | Lørenfallet | 07.10.1995 |
| 1:33.45 | Torbjørn Johansen | 45 | Jessheim | 01.10.1995 |
| 1:37.12 | Nils Sæthermoen | 40 | Jessheim | 01.10.1995 |

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| **MENN SENIOR 1995** | **550** |

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| **Maraton 42195m** |  |

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| 2:24:30 | Tor Erik Nyquist | 67 | Tromsø | 01.07.1995 |
| 2:28:32 | Ole Fredrik Mørch | 62 | Drammen | 30.09.1995 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.71 | Ansgar Gulbrandsen | 44 | Bismo | 12.08.1995 |
| 1.55 | Ivar Opsahl | 47 | Oslo/La | 22.08.1995 |
| 1.28 | Håvard lund | 24 | Buffalo, USA | 13.07.1995 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.60 | Ivar Opsahl | 47 | Oslo/La | 29.08.1995 |

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| **Lengde** |  |

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| 6.50 | Terje Grime | 59 | Bismo | 11.08.1995 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 13.18 | Terje Grime | 59 | Sofiemyr | 21.07.1995 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.94 | Håvard Lund | 24 | Buffalo, USA | 13.07.1995 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 27.92 | Håvard lund | 24 | Buffalo, USA | 13.07.1995 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 39.60 | Jo Henning Hals Nilssen | 68 | Jessheim | 25.09.1995 |

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

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| --- | --- | --- | --- | --- |
| 31.66 | Håvard lund | 24 | Rolvsrud | 10.12.1995 |

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| --- | --- |
| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 33.72 | Roy Kenneth Hermansen | 83 | Jessheim | 21.09.1995 |

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

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| --- | --- | --- | --- | --- |
| 35.90 | Håvard Lund | 24 | Buffalo, USA | 13.07.1995 |

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| **MENN SENIOR 1995** | **551** |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| --- | --- | --- | --- | --- |
| 51.04 | Jo Henning Hals Nilssen | 68 | Jessheim | 21.09.1995 |
| 44.66 | Terje Grime | 59 | Oslo/La | 27.05.1995 |
| 31.12 | Håvard Lund | 24 | Jessheim | 08.10.1995 |

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| **Vektkast 7.26 kg** |  |

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| 11.20 | Håvard Lund | 24 | Buffalo, USA | 13.07.1995 |

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| **5-kamp kule 7.26-6-5-4-3** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3487 | Håvard lund | 24 | Rolvsrud | 12.11.1995 |
| 7.21-8.15-9.18-11.02-12.15 | | | |

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

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| --- | --- | --- | --- | --- |
| 3487 | Håvard lund | 24 | Rolvsrud | 12.11.1995 |
| 27.46-9.94-27.92-32.20-11.20 | | | |

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| **4x100m E** |  |

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| --- | --- | --- | --- | --- |
| 42.86 | MS |  | Bjørkelangen | 09.09.1995 |
| Terje Grime59-Øystein Iversen73-Frank Øines68-Tom Erik Olsen74 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:58.46 | MS |  | Lillehammer/Ss | 22.08.1995 |
| Terje Grime59-Øystein Iversen73-Tom Erik Olsen74-Frank Øines68 | | | |

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| **MENN SENIOR 1995** | **552** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.17 | Tom Erik Olsen | 74 | Lillestrøm | 19.02.1995 |
| 7.29 | Frank Øines | 68 | Stange | 18.03.1995 |
| 7.33 | Eirik Haus | 79 | Lillestrøm | 10.12.1995 |
| 7.36 | Øystein Iversen | 73 | Stange | 18.03.1995 |
| 7.55 | Terje Grime | 59 | Stange | 05.03.1995 |
| 7.66 | Jostein Salemonsen | 73 | Stange | 14.01.1995 |
| 7.73 | Andrè Haaland | 75 | Oslo/Ek | 04.03.1995 |
| 7.81 | Jon Arne Skiaker | 79 | Stange | 18.02.1995 |
| 8.12 | Ivar Opsahl | 47 | Stange | 05.03.1995 |
| 8.17 | Henrik Stigen | 74 | Oslo/Ek | 04.03.1995 |
| 8.22 | Bjørn Flatby | 79 | Lillestrøm | 19.02.1995 |
| 8.86 | Kenneth Warming | 82 | Lillestrøm | 19.02.1995 |
| 9.93 | Ole Ruud | 82 | Lillestrøm | 19.02.1995 |
| 11.24 | Werner Storhaug | 83 | Lillestrøm | 19.02.1995 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.59 | Frank Øines | 68 | Drammen | 29.01.1995 |
| 11.69 | Øystein Iversen | 73 | Drammen | 29.01.1995 |
| 11.89 | Jostein Salemonsen | 73 | Drammen | 29.01.1995 |
| 12.14 | Terje Grime | 59 | Drammen | 29.01.1995 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.92 | Frank Øines | 68 | Stange | 15.01.1995 |
| 23.95 | Øystein Iversen | 73 | Stange | 15.01.1995 |
| 24.30 | Terje Grime | 59 | Stange | 04.03.1995 |
| 24.87 | Eirik Haus | 79 | Stange | 18.02.1995 |
| 25.03 | Kjell Vidar Solheim | 70 | Stange | 15.01.1995 |
| 25.65 | Espen Hofoss | 76 | Stange | 15.01.1995 |
| 26.07 | Henrik Stigen | 74 | Stange | 18.02.1995 |

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| --- | --- |
| **300m ME** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.3 | Frank Øines | 68 | Stange | 18.03.1995 |
| 37.2 | Øystein Iversen | 73 | Stange | 18.03.1995 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.63 | Kjell Vidar Solheim | 70 | Stange | 14.01.1995 |
| 55.32 | Espen Hofoss | 76 | Stange | 14.01.1995 |
| 56.56 | Henrik Stigen | 74 | Oslo/Ek | 04.03.1995 |

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| **MENN SENIOR 1995** | **553** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:30.23 | Espen Hofoss | 76 | Stange | 18.02.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:10.9 | Inge Nessiøy | 57 | Stange | 05.03.1995 |
| 2:16.49 | Ole Skolt | 53 | Stange | 05.03.1995 |
| 2:49.2 | Eivind Skolt | 83 | Lillestrøm | 19.02.1995 |
| 2:54.3 | Svein Skolt | 80 | Lillestrøm | 19.02.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:10.02 | Anders Sandholtbråten | 76 | Stange | 14.01.1995 |
| 4:19.22 | Tore Lauritzen | 68 | Stange | 18.02.1995 |
| 4:25.69 | Morten Kristiansen | 77 | Stange | 14.01.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.93 | Kenneth Warming | 82 | Lillestrøm | 19.02.1995 |
| 12.44 | Ole Ruud | 82 | Lillestrøm | 19.02.1995 |
| 12.66 | Håvard Lund | 24 | Stange | 04.03.1995 |

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| **60m hekk 100 cm E** |  |

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| --- | --- | --- | --- | --- |
| 10.22 | Ivar Opsahl | 47 | Stange | 04.03.1995 |

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| --- | --- |
| **60m hekk 106.7 cm E** |  |

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| 8.12 | Tom Erik Olsen | 74 | Lillestrøm | 19.02.1995 |
| 8.71 | Jostein Salemonsen | 73 | Stange | 12.02.1995 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.70 | Ansgar Gulbrandsen | 44 | Stange | 05.03.1995 |
| 1.58 | Ivar Opsahl | 47 | Stange | 05.03.1995 |
| 1.30 | Kenneth Warming | 82 | Lillestrøm | 19.02.1995 |
| 1.29 | Håvard Lund | 24 | Stange | 04.03.1995 |
| 0.95 | Werner Storhaug | 83 | Jevnaker | 25.03.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.70 | Ivar Opsahl | 47 | Stange | 04.03.1995 |

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| **MENN SENIOR 1995** | **554** |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.15 | Terje Grime | 59 | Stange | 05.03.1995 |
| 5.44 | Bjørn Flateby | 79 | Lillestrøm | 19.02.1995 |
| 5.35 | Jon Arne Skiaker | 79 | Lillestrøm | 19.02.1995 |
| 4.70 s | Kenneth Warming | 82 | Jevnaker | 25.03.1995 |
| 3.63 s | Joakim Strand | 83 | Jevnaker | 25.03.1995 |
| 3.06 s | Werner Storhaug | 83 | Jevnaker | 25.03.1995 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 12.64 | Terje Grime | 59 | Stange | 05.03.1995 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.13 | Håvard Lund | 24 | Stange | 04.03.1995 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.14 | Håvard Lund | 24 | Stange | 04.03.1995 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.64 | Harald Vestgøte | 83 | Lillestrøm | 19.02.1995 |
| 6.95 | Werner Storhaug | 83 | Jevnaker | 25.03.1995 |

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

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| --- | --- | --- | --- | --- |
| 7.20 | Kenneth Warming | 82 | Jevnaker | 25.03.1995 |

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

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| --- | --- | --- | --- | --- |
| 10.77 | Håvard Lund | 24 | Stange | 05.03.1995 |
| 10.50 | Bjørn Flateby | 79 | Lillestrøm | 19.02.1995 |

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| **4x200m** |  |

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| --- | --- | --- | --- | --- |
| 1:31.59 | MS |  | Stange | 12.02.1995 |
| Øystein Iversen73-Tom Erik Olsen74-Frank Øines68-Jostein Salemonsen73 | | | |

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| **KVINNER SENIOR 1995** | **555** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.85 | Lena Opaker | 69 | Oslo/Bi | 27.06.1995 |
| **Medvind** | |  | | |
| 12.79 +2.5 | Lena Opaker | 69 | Oslo/Bi | 11.07.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.8 | Lena Opaker | 69 | Jessheim | 29.05.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.05 | Lena Opaker | 69 | Oslo/Bi | 20.06.1995 |
| 27.17 | Liv Anita Mikkelborg | 80 | Jessheim | 03.08.1995 |
| 27.68 | Tone Lauritzen | 76 | Jessheim | 03.08.1995 |
| **Medvind** | |  | | |
| 25.72 +5.1 | Lena Opaker | 69 | Øvre Årdal | 26.08.1995 |

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| --- | --- |
| **300m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 42.20 | Liv Anita Mikkelborg | 80 | Skien | 05.08.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 58.93 | Liv Anita Mikkelborg | 80 | Lillehammer/Ss | 24.06.1995 |
| 59.80 | Lena Opaker | 69 | Oslo/Bi | 08.06.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:15.42 | Liv Anita Mikkelborg | 80 | Åkrestrømmen | 26.08.1995 |
| 2:47.3 | Lise Mette Holme | 83 | Jessheim | 14.08.1995 |
| 2:48.3 | Mari Jellum | 79 | Jessheim | 14.08.1995 |
| 2:51.3 | Ina Jakobsson | 80 | Jessheim | 14.08.1995 |
| 2:51.4 | Siw Vestengen | 72 | Jessheim | 14.08.1995 |
| 2:57.2 | Marianne Opsahl | 73 | Jessheim | 14.08.1995 |
| 2:57.8 | Hanna Nyheim | 79 | Jessheim | 14.08.1995 |
| 2:59.1 | Gerda Tunhøvd | 61 | Jessheim | 14.08.1995 |
| 3:12.9 | Dagrun Rommen | 76 | Jessheim | 14.08.1995 |
| 3:13.3 | Kari Kamstrup Hovind | 56 | Jessheim | 14.08.1995 |
| 3:15.2 | Anette Knutsen | 80 | Jessheim | 14.08.1995 |
| 3:17.4 | Inger Finstad | 51 | Jessheim | 14.08.1995 |
| 3:24.6 | Marit Skolt Skafle | 56 | Jessheim | 14.08.1995 |
| 3:59.1 | May Skolt | 59 | Jessheim | 14.08.1995 |

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| **KVINNER SENIOR 1995** | **556** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:41.72 | Hilde Rustad Høgbakken | 66 | Øvre Årdal | 23.08.1995 |
| 4:48.98 | Kamilla Bråthen | 77 | Åkrestrømmen | 27.07.1995 |
| 4:50.7 | Liv Anita Mikkelborg | 80 | Jessheim | 29.05.1995 |
| 5:21.1 | Bente Tenold | 62 | Jessheim | 12.06.1995 |
| 5:27.9 | Lise Mette Holme | 83 | Jessheim | 12.06.1995 |
| 5:36.1 | Trine Bogstad Mangerud | 51 | Jessheim | 12.06.1995 |
| 5:42.9 | Mari Jellum | 79 | Jessheim | 12.06.1995 |
| 5:55.6 | Hanne Nyheim | 79 | Jessheim | 12.06.1995 |
| 6:01.8 | Berit Bamrud | 55 | Jessheim | 12.06.1995 |
| 6:08.2 | Marianne Opsahl | 73 | Jessheim | 12.06.1995 |
| 6:13.9 | Gerda Tunhøvd | 61 | Jessheim | 12.06.1995 |
| 6:14.1 | Eva Blakkisrud | 46 | Jessheim | 12.06.1995 |
| 6:37.1 | Anette Knudsen | 80 | Jessheim | 12.06.1995 |
| 6:49.0 | Inger Finstad | 51 | Jessheim | 12.06.1995 |
| 6:52.5 | Dagny Rommen | 76 | Jessheim | 12.06.1995 |
| 6:54.6 | Marit Skolt Skafle | 56 | Jessheim | 12.06.1995 |
| 7:06.3 | Tove Rutle | 47 | Jessheim | 12.06.1995 |
| 7:36.2 | May Skolt | 59 | Jessheim | 12.06.1995 |

|  |  |
| --- | --- |
| **2000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:47.25 | Liv Anita Mikkelborg | 80 | Bergen/Fa | 13.08.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.07.96 | Hilde Rustad Høgbakken | 66 | Øvre Årdal | 26.08.1995 |
| 10:15.75 | Kamilla Bråthen | 77 | Åkrestrømmen | 25.08.1995 |
| 11:36.0 | Anne-Torill Garli | 57 | Jessheim | 14.08.1995 |
| 11:40.0 | Bente Tenold | 62 | Jessheim | 14.08.1995 |
| 12:30.3 | Trine Bogstad Mangerud | 51 | Jessheim | 14.08.1995 |
| 12:48.1 | Berit Bamrud | 55 | Jessheim | 14.08.1995 |
| 13:27.1 | Eva Blakkisrud | 46 | Jessheim | 14.08.1995 |
| 13:46.1 | Rita Steinsvik | 73 | Jessheim | 14.08.1995 |
| 15:33.4 | Tove Rutle | 47 | Jessheim | 14.08.1995 |
| **Løp med gutter** | |  | | |
| 10:14.9 | Kamilla Bråthen | 77 | Bjørkelangen | 10.08.1995 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:37.14 | Trine Bogstad Mangerud | 51 | Jessheim | 01.10.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:40.52 | Berit Bamrud | 55 | Berlin, GER | 24.09.1995 |

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| **KVINNER SENIOR 1995** | **557** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.45 | Inger Lise Sundheim | 55 | Oslo/La | 22.08.1995 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.12 | Tone Lauritzen | 76 | Lillehammer/Ss | 23.06.1995 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 10.74 | Tone Lauritzen | 76 | Oslo/Bi | 17.07.1995 |

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| **Diskos 600 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.06 | Ingrid Maudal | 82 | Kongsberg | 26.08.1995 |

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| --- | --- |
| **KVINNER SENIOR 1995** | **558** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.19 | Liv Anita Mikkelborg | 80 | Lillestrøm | 19.02.1995 |
| 8.20 | Lena Opaker | 69 | Lillestrøm | 19.02.1995 |
| 8.34 | Tone Lauritzen | 76 | Stange | 18.03.1995 |
| 8.79 | Hanna Nyheim | 79 | Lillestrøm | 19.02.1995 |
| 9.07 | Inger Lise Sundheim | 55 | Stange | 04.03.1995 |
| 9.38 | Ingrid Maudal | 82 | Lillestrøm | 19.02.1995 |
| 10.17 | Camilla Eilertsen | 82 | Lillestrøm | 19.02.1995 |
| 11.69 | Iren Gjerde | 84 | Lillestrøm | 19.02.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.30 | Lena Opaker | 69 | Stange | 12.02.1995 |
| 26.79 | Liv Anita Mikkelborg | 80 | Stange | 18.03.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.35 | Inger Lise Sundheim | 55 | Stange | 04.03.1995 |
| 1.34 | Lise Mette Holme | 83 | Jevnaker | 25.03.1995 |
| 1.30 | Ingrid Maudal | 82 | Lillestrøm | 19.02.1995 |
| 1.05 | Iren Gjerde | 84 | Lillestrøm | 19.02.1995 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.22 | Tone Lauritzen | 76 | Stange | 28.02.1995 |
| 4.59 | Inger Lise Sundheim | 55 | Stange | 04.03.1995 |
| 4.45 | Hanne Nyheim | 79 | Lillestrøm | 19.02.1995 |
| 4.28 s | Lise Mette Holme | 83 | Jevnaker | 25.03.1995 |
| 4.13 s | Ingrid Maudal | 82 | Lillestrøm | 19.02.1995 |
| 3.21 s | Iren Gjerde | 84 | Jevnaker | 25.03.1995 |

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| **Høyde uten tilløp** |  |

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| 1.28 | Inger Lise Sundheim | 55 | Stange | 04.03.1995 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.56 | Inger Lise Sundheim | 55 | Stange | 04.03.1995 |
| 2.32 | Tone Lauritzen | 76 | Hurdal | 12.03.1995 |

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| **Kule 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.78 | Lise Mette Holme | 83 | Jevnaker | 25.03.1995 |
| 4.25 | Iren Gjerde | 84 | Lillestrøm | 19.02.1995 |

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| **KVINNER SENIOR 1995** | **559** |

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

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| --- | --- | --- | --- | --- |
| 7.88 | Ingrid Maudal | 82 | Lillestrøm | 19.02.1995 |
| 6.37 | Camilla Eilertsen | 82 | Lillestrøm | 19.02.1995 |