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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** |  |

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

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

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

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| **1000m** |  |

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

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

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| 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** |  |

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| 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** |  |

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| 36.3 | Frank Øines | 68 | Stange | 18.03.1995 |
| 37.2 | Øystein Iversen | 73 | Stange | 18.03.1995 |

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| **400m E** |  |

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| 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** |

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| **600m** |  |

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| 1:30.23 | Espen Hofoss | 76 | Stange | 18.02.1995 |

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| **800m** |  |

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| 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** |  |

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

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| 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** |  |

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

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| 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** |  |

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

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

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

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

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

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| --- | --- |
| **2000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:47.25 | Liv Anita Mikkelborg | 80 | Bergen/Fa | 13.08.1995 |

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

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

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| --- | --- | --- | --- | --- |
| 1.45 | Inger Lise Sundheim | 55 | Oslo/La | 22.08.1995 |

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

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

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

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.88 | Ingrid Maudal | 82 | Lillestrøm | 19.02.1995 |
| 6.37 | Camilla Eilertsen | 82 | Lillestrøm | 19.02.1995 |

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| **MENN SENIOR 1996** | **560** |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.35 | Frank Øines | 68 | Jessheim | 28.09.1996 |
| 11.66 | Øystein Iversen | 73 | Jessheim | 28.09.1996 |
| 11.72 | Jørn Jevne | 64 | Oslo/Bi | 05.06.1996 |
| 12.08 | Terje Grime | 59 | Tønsberg/Gr | 11.08.1996 |
| 13.69 | Øyvind Olufsen | 80 | Jessheim | 20.08.1996 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.92 | Frank Øines | 68 | Oslo/Bi | 18.09.1996 |
| 23.68 | Jørn Jevne | 64 | Oslo/Bi | 05.06.1996 |
| 23.75 | Thorstein Gystad | 67 | Jessheim | 25.06.1996 |
| 24.62 | Terje Grime | 59 | Tønsberg/Gr | 10.08.1996 |
| 26.18 | Petter Lyngmo | 81 | Jessheim | 25.06.1996 |
| 27.04 | Stian Aaserud | 81 | Jessheim | 28.09.1996 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.4 | Terje Grime | 59 | Jessheim | 02.06.1996 |
| 27.8 | Knut Rimstad | 49 | Rolvsrud | 19.09.1996 |
| 40.8 | Håvard Lund | 24 | Jessheim | 02.06.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.64 | Frank Øines | 68 | Oslo/St | 09.09.1996 |
| 52.28 | Itri Amazigh | 70 | Kalstad, SWE | 27.07.1996 |
| 52.40 | Thorstein Gystad | 67 | Oslo/Bi | 01.07.1996 |
| 52.45 | Jørn Jevne | 64 | Oslo/Bi | 30.06.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:57.2 | Itri Amazigh | 70 | Jessheim | 19.08.1996 |
| 1:59.1 | Kjell Vidar Solheim | 70 | Jessheim | 19.08.1996 |
| 2:01.60 | Frank Øines | 68 | Oslo/Bi | 09.07.1996 |
| 2:09.6 | Alf Roger Holme | 77 | Jessheim | 19.08.1996 |
| 2:13.2 | Sigurd Fjeldbo | 82 | Jessheim | 14.09.1996 |
| 2:14.0 | Carl Jørgen Owre | 82 | Jessheim | 14.09.1996 |
| 2:14.96 | Stian Aaserud | 81 | Jessheim | 26.09.1996 |
| 2:15.4 | Mads Johansson | 78 | Jessheim | 19.08.1996 |
| 2:15.61 | Ole Skolt | 53 | Jessheim | 25.06.1996 |
| 2:16.3 | Steinar Gressløs | 53 | Lørenfallet | 04.06.1996 |
| 2:16.9 | Lars Øyre | 54 | Jessheim | 23.08.1996 |
| 2:17.48 | Petter Lyngmo | 81 | Nadderud | 14.06.1996 |
| 2:17.6 | Knut Rimstad | 49 | Jessheim | 25.06.1996 |
| 2:20.3 | Anders Knudsen | 73 | Jessheim | 19.08.1996 |

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| **MENN SENIOR 1996** | **561** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:21.1 | Erik Johansen | 68 | Jessheim | 19.08.1996 |
| 2:22.9 | Leif Nicolaysen | 76 | Jessheim | 19.08.1996 |
| 2:27.5 | Rolf Eirik Nyheim | 47 | Jessheim | 23.08.1996 |
| 2:27.9 | Johnny Røsåsen | 44 | Jessheim | 23.08.1996 |
| 2:32.5 | Kristian Finstad | 79 | Jessheim | 19.08.1996 |
| 2:34.1 | Ole Arnegård | 44 | Jessheim | 23.08.1996 |
| 2:44.0 | Lasse Andersen | 47 | Jessheim | 19.08.1996 |
| 2:51.7 | Helge Velure | 50 | Jessheim | 23.08.1996 |
| 2:53.5 | Anders Jellum | 48 | Jessheim | 19.08.1996 |
| 3:00.5 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 19.08.1996 |
| 3:01.9 | Trond Kaasin | 53 | Jessheim | 19.08.1996 |
| 3:02.8 | Eivind Skolt | 83 | Jessheim | 19.08.1996 |
| 3:25.0 | John Arve Johansen | 36 | Jessheim | 19.08.1996 |
| 3:25.9 | Martin Gulbrandsen | 82 | Jessheim | 19.08.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:09.66 | Ole Fredrik Mørck | 62 | Oslo/Bi | 23.05.1996 |
| 4:26.5 | Ole Johan Garli | 56 | Jessheim | 17.06.1996 |
| 4:36.1 | Lars Øyre | 54 | Jessheim | 17.06.1996 |
| 4:27.1 | Ole Skolt | 53 | Jessheim | 15.06.1996 |
| 4:41.8 | Petter Stensby | 52 | Jessheim | 17.06.1996 |
| 4:43.7 | Mads Jakobsson | 78 | Jessheim | 17.06.1996 |
| 4:47.5 | Erik Johansen | 68 | Jessheim | 17.06.1996 |
| 4:47.8 | Geir Håkon Bjørnstad | 56 | Jessheim | 17.06.1996 |
| 4:50.1 | Knut Rimstad | 49 | Jessheim | 17.06.1996 |
| 4:51.3 | Asgeir Steinsvik | 53 | Jessheim | 17.06.1996 |
| 4:51.3 | Odd Kinnsbekken | 48 | Jessheim | 17.06.1996 |
| 4:59.1 | Sigurd Fjeldbo | 82 | Jessheim | 17.06.1996 |
| 5:04.7 | Anders Knudsen | 73 | Jessheim | 17.06.1996 |
| 5:05.8 | Tore Ragnar Olsen | 46 | Jessheim | 17.06.1996 |
| 5:05.8 | Egil Ødemark | 41 | Jessheim | 17.06.1996 |
| 5:05.8 | Knut Kristensen | 44 | Jessheim | 17.06.1996 |
| 5:09.4 | Petter Lyngmo | 81 | Jessheim | 17.06.1996 |
| 5:10.4 | Arne Luke | 44 | Jessheim | 17.06.1996 |
| 5:13.6 | Rune Tunhøvd | 59 | Jessheim | 17.06.1996 |
| 5:14.1 | Kristian Finstad | 76 | Jessheim | 17.06.1996 |
| 5:15.5 | Kjell Carlsson | 44 | Jessheim | 17.06.1996 |
| 5:18.0 | Johnny Røsåsen | 44 | Jessheim | 17.06.1996 |
| 5:19.7 | Torbjørn Johansen | 45 | Jessheim | 17.06.1996 |
| 5:25.5 | Tron Erik Hovind | 56 | Jessheim | 17.06.1996 |

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| **MENN SENIOR 1996** | **562** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:31.4 | Jan Erik Bøhnsdalen | 52 | Jessheim | 17.06.1996 |
| 5:34.1 | Ole Arnegård | 44 | Jessheim | 17.06.1996 |
| 5:39.0 | Terje Grime | 59 | Jessheim | 02.06.1996 |
| 5:42.6 | Anders Jellum | 48 | Jessheim | 17.06.1986 |
| 5:55.0 | Helge Velure | 50 | Jessheim | 17.06.1996 |
| 6:02.5 | John Birkelund | 32 | Jessheim | 17.06.1996 |
| 6:03.8 | Kristen Langbakk | 39 | Jessheim | 17.06.1996 |
| 6:05.2 | Tore Eriksen | 37 | Jessheim | 17.06.1996 |
| 6:08.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 17.06.1996 |
| 6:16.2 | Øystein Jørgensen | 47 | Jessheim | 17.06.1996 |
| 6:16.5 | Steinar Ørum | 46 | Jessheim | 17.06.1996 |
| 6:25.7 | Asbjørn Hoel | 43 | Jesshjeim | 17.06.1996 |
| 6:33.5 | Jan Berge | 40 | Jessheim | 17.06.1996 |
| 6:35.4 | Valter Berntsen | 39 | Jessheim | 17.06.1996 |
| 6:40.5 | Eivind Skolt | 83 | Jessheim | 17.06.1996 |
| 6:40.5 | Svein Anders Skolt | 80 | Jessheim | 17.06.1996 |
| 6:43.8 | Trond Kaasin | 53 | Jessheim | 17.06.1996 |
| 7:02.4 | Olav Rutle | 45 | Jessheim | 17.06.1996 |
| 7:43.6 | Håkon Amundstad | 24 | Jessheim | 17.06.1996 |
| 7:51.2 | John Arve Johansen | 36 | Jessheim | 17.06.1996 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:56.7 | Ole Fredrik Mørck | 62 | Jessheim | 23.08.1996 |
| 9:22.6 | Ole Johan Garli | 56 | Jessheim | 23.08.1996 |
| 9:42.2 | Lars Øyre | 54 | Jessheim | 23.08.1996 |
| 9:47.7 | Steinar Gressløs | 53 | Lørenfallet | 03.09.1996 |
| 10:58.9 | Odd Kinnsbekken | 48 | Jessheim | 23.08.1996 |
| 11:01.9 | Arne Luke | 44 | Jessheim | 23.08.1996 |
| 11:01.9 | Tore Ragnar Olsen | 46 | Jessheim | 23.08.1996 |
| 11:08.5 | Egil Ødemark | 41 | Jessheim | 23.08.1996 |
| 11:14.7 | Rune Tunhøvd | 59 | Jessheim | 23.08.1996 |
| 11:16.8 | Kjell Carlson | 44 | Jessheim | 23.08.1996 |
| 11:31.4 | Asgeir Steinsvik | 53 | Jessheim | 23.08.1996 |
| 11:39.3 | Knut Kristensen | 44 | Jessheim | 23.08.1996 |
| 11:45.1 | Geir Håkon jørnstad | 56 | Jessheim | 19.08.1996 |
| 11.50.2 | Jan Erik Bøhnsdalen | 52 | Jessheim | 23.08.1996 |
| 11:56.3 | Ole Skolt | 53 | Jessheim | 23.08.1996 |
| 12:09.2 | Tron Erik Hovind | 56 | Jessheim | 19.08.1996 |
| 12:10.6 | Nils Sæthermoen | 40 | Jessheim | 23.08.1996 |
| 12:55.1 | Kristen Langbakk | 39 | Jessheim | 23.08.1996 |

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| **MENN SENIOR 1996** | **563** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 13:00.5 | Svein Anders Skolt | 80 | Jessheim | 19.08.1996 |
| 13:06.5 | Tore Eriksen | 37 | Jessheim | 23.08.1996 |
| 13:24.8 | Asbjørn Hoel | 43 | Jessheim | 19.08.1996 |
| 13:33.4 | Steinar Ørum | 46 | Jessheim | 19.08.1996 |
| 13:35.5 | John Birkelund | 32 | Jessheim | 23.08.1996 |
| 14:04.2 | Jan Berge | 40 | Jessheim | 19.08.1996 |
| 14:08.2 | Øystein Jørgensen | 47 | Jessheim | 23.08.1996 |
| 14:53.7 | Valter Berntsen | 39 | Jessheim | 19.08.1996 |
| 16:50.8 | Håkon Amundstad | 24 | Jessheim | 23.08.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:33.44 | Ole Fredrik Mørck | 62 | Jessheim | 06.08.1996 |

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

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| --- | --- | --- | --- | --- |
| 18.37 | Håvard Lund | 24 | Tønsberg/Gr | 10.08.1996 |

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

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| --- | --- | --- | --- | --- |
| 27.4 | Espen Hofoss | 76 | Ski | 04.10.1996 |

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

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| --- | --- | --- | --- | --- |
| 11:45.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 23.08.1996 |

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| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:06:59 | Tor Erik Nyquist | 67 | Oslo | 14.09.1996 |
| 1:22.20 | Ole Johan Garli | 56 | Jessheim | 17.11.1996 |
| 1:36.56 | Torbjørn Johansen | 45 | Jessheim | 06.10.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:18:39 | Tor Erik Nyquist | 67 | Berlin, GER | 29.09.1996 |
| 2:29:49 | Ole Fredrik Mørck | 62 | Drammen | 05.10.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Frank Øines | 68 | Jessheim | 28.09.1986 |
| 1.70 | Ansgar Gulbrandsen | 44 | Jessheim | 28.09.1996 |
| 1.61 | Terje Grime | 59 | Oslo/Tr | 21.08.1996 |
| 1.58 | Henning Forsland | 80 | Nadderud | 16.06.1996 |
| 1.55 | Petter Lyngmo | 81 | Jessheim | 25.06.1996 |
| 1.31 | Håvard Lund | 24 | Tønsberg/Gr | 09.08.1996 |

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| **MENN SENIOR 1996** | **564** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.24 | Øystein Iversen | 73 | Jessheim | 28.09.1996 |
| 6.13 | Terje Grime | 59 | Tønsberg/Gr | 09.08.1996 |
| 4.91 | Henning Forsland | 80 | Nadderud | 16.06.1996 |
| 3.52 s | Daniel Askeland | 85 | Jessheim | 26.09.1996 |
| 3.16 | Håvard Lund | 24 | Jessheim | 02.06.1996 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.14 | Terje Grime | 59 | Tønsberg/Gr | 11.08.1996 |

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

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| --- | --- | --- | --- | --- |
| 10.59 | Roy Kenneth Hermansen | 83 | Sofiemyr | 24.08.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.66 | Øyvind Olufsen | 80 | Sofiemyr | 24.08.1996 |
| 10.70 | Håvard Lund | 24 | Jessheim | 20.10.1996 |

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

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| --- | --- | --- | --- | --- |
| 9.40 | Terje Grime | 59 | Oslo/Tr | 21.08.1996 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 32.22 | Håvard Lund | 24 | Jessheim | 19.10.1996 |

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

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| --- | --- | --- | --- | --- |
| 30.74 | Øyvind Olufsen | 80 | Jessheim | 20.08.1996 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 23.06 | Terje Grime | 59 | Jessheim | 02.06.1996 |

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

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| --- | --- | --- | --- | --- |
| 31.16 | Håvard Lund | 24 | Jessheim | 19.10.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.16 | Håvard Lund | 24 | Jessheim | 02.06.1996 |
| 24.18 | Roy Kenneth Hermansen | 85 | Sofiemyr | 25.08.1996 |

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| **MENN SENIOR 1996** | **565** |

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

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| --- | --- | --- | --- | --- |
| 40.14 | Terje Grime | 59 | Oslo/Tr | 21.08.1996 |

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| --- | --- |
| **Vektakst 5.45 kg** |  |

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| --- | --- | --- | --- | --- |
| 14.07 | Håvard Lund | 24 | Jessheim | 20.10.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2854 | Terje Grime | 59 | Jessheim | 02.06.1996 |
| 6.12-39.98-24.4-23.06-5:39.0 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2159 | Håvard Lund | 24 | Jessheim | 02.06.1996 |
| 3.16-34.16-40.8-29.72-0 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:28.48 | MS |  | Jessheim | 06.09.1996 |
| Frank Øines68-Arne Sverdahl69-Jørn Jevne64-Itri Amazigh70 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:03.21 | MS |  | Oslo/Bi | 16.06.1996 |
| Terje Grime59-Thorstein Gystad67-Jøren Jevne64-Frank Øines68 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:04.44 | MS |  | Oslo/St | 11.08.1996 |
| Øystein Iversen73-Jørn Jevne74-Arve Svardahl64-Frank Øines68 | | | |

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| **MENN SENIOR 1996** | **566** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.25 | Eirik Haus | 79 | Askim | 11.02.1996 |
| 7.30 | Jørn Jevne | 64 | Stange | 17.02.1996 |
| 7.44 | Øystein Iversen | 73 | Oslo/Ek | 02.03.1996 |
| 7.46 | Frank Øines | 68 | Lillestrøm | 03.03.1996 |
| 7.74 | Terje Grime | 59 | Stange | 03.03.1996 |
| 7.80 | Jon Kjetil Hoel | 74 | Stange | 13.01.1996 |
| 8.13 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 9.04 | Eivind Hjelle | 84 | Stange | 16.03.1996 |
| 10.11 | Chris Lundegaard | 84 | Stange | 16.03.1996 |
| 10.73 | Eivind Hjelle | 84 | Stange | 16.03.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.2 | Eirik Krogen Hagen | 85 | Lillestrøm | 03.03.1996 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.71 | Øystein Iversen | 73 | Drammen | 28.01.1996 |
| 12.30 | Terje Grime | 59 | Drammen | 28.01.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.72 | Frank Øines | 68 | Stange | 14.01.1996 |
| 23.96 | Jørn Jevne | 64 | Stange | 17.02.1996 |
| 24.08 | Øystein Iversen | 73 | Stange | 14.01.1996 |
| 24.81 | Terje Grime | 59 | Stange | 02.03.1996 |
| 25.60 | Jon Kjetil Hoel | 74 | Stange | 14.01.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.27 | Jørn Jevne | 64 | Stange | 03.02.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:12.19 | Ole Skolt | 53 | Stange | 03.03.1996 |
| 2:23.94 | Petter Lyngmo | 81 | Stange | 16.03.1996 |
| 3:10.92 | Erik Krogen Hagen | 85 | Lillestrøm | 03.03.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:31.43 | Ole Johan Garli | 56 | Stange | 03.03.1996 |
| 9:39.01 | Lars Øyre | 54 | Stange | 03.03.1996 |
| 10:39.32 | Petter Stensby | 52 | Stange | 03.03.1996 |

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| **MENN SENIOR 1996** | **567** |

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

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| --- | --- | --- | --- | --- |
| 13.19 | Håvard Lund | 24 | Stange | 02.03.1996 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.70 | Henning Forsland | 80 | Lillestrøm | 03.03.1996 |
| 1.65 | Ansgar Gulbrandsen | 44 | Stange | 03.03.1996 |
| 1.55 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 1.30 | Håvard Lund | 24 | Stange | 03.03.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.94 | Terje Grime | 59 | Stange | 02.03.1996 |
| 5.20 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 3.12 s | Erik Krogen Hagen | 85 | Lillestrøm | 03.03.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.10 | Terje Grime | 59 | Stange | 03.03.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.25 | Ansgar Gulbrandsen | 44 | Nittedal | 09.03.1996 |
| 1.20 | Espen Hofoss | 76 | Nittedal | 09.03.1996 |
| 1.02 | Håvard Lund | 24 | Stange | 02.03.1996 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.59 | Ansgar Gulbrandsen | 44 | Nittedal | 09.03.1996 |
| 2.50 | Espen Hofoss | 76 | Nittedal | 09.03.1996 |
| 2.10 | Håvard Lund | 24 | Stange | 02.03.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.15 | Håvard Lund | 24 | Stange | 03.03.1996 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1996** | **568** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.48 | Victoria Hillveg | 86 | Oslo/Bi | 29.06.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.3 | Anette Erikstad | 85 | Haga | 06.06.1996 |
| 12.0 | Ingvild Skolt | 85 | Årnes | 12.06.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.98 | Lena Opaker Øines | 69 | Oslo/St | 20.08.1996 |
| 13.54 | Liv Anira Mikkelborg | 80 | Jessheim | 27.05.1996 |
| 13.65 | Tone Lauritzen | 76 | Jessheim | 20.08.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.0 | Inger Lise Sundheim | 55 | Oslo/So | 15.09.1996 |
| 14.4 | Kari Kamstrup Hovind | 56 | Jessheim | 04.06.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.15 | Lena Opaker Øines | 69 | Sofiemyr | 27.07.1996 |
| 31.37 | Kari Kamstrup Hovind | 56 | Jessheim | 25.06.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60.36 | Lena Opaker Øines | 68 | Oslo/St | 11.08.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:25.45 | Kamilla Bråthen | 77 | Jessheim | 25.06.1996 |
| 2:50.2 | Mari Jellum | 79 | Jessheim | 19.08.1996 |
| 2:54.07 | Victoria Hillveg | 86 | Sofiemyr | 24.08.1996 |
| 2:54.4 | Marianne Opsahl | 73 | Jessheim | 19.08.1996 |
| 2:56.2 | Lise Mette Holme | 83 | Jessheim | 19.08.1996 |
| 3:02.2 | Kari Kamstrup Hovind | 56 | Jessheim | 02.06.1996 |
| 3:06.9 | Gerda Tunhøvd | 61 | Jessheim | 23.08.1996 |
| 3:08.4 | Dagrun Rommen | 76 | Lørenfallet | 04.06.1996 |
| 3:08.4 | Berit Holå Johannessen | 76 | Lørenfallet | 04.06.1996 |
| 3:10.8 | Kari Kamstrup Hovind | 56 | Jessheim | 19.08.1996 |
| 3:19.2 | Inger Finstad | 51 | Jessheim | 23.08.1996 |
| 3:24.0 | Marit Skolt Skafle | 56 | Jessheim | 19.08.1996 |
| 3:26.8 | Marianne Gulbrandsen | 79 | Jessheim | 19.08.1996 |
| 3:42.2 | May Skolt | 59 | Jessheim | 19.08.1996 |
| 3:43.5 | Anette Erikstad | 85 | Årnes | 12.06.1996 |
| 3:43.5 | Ingvild Skolt | 85 | Årnes | 12.06.1996 |

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| **KVINNER SENIOR 1996** | **569** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:57.0 | Kamilla Bråthen | 77 | Jessheim | 17.06.1996 |
| 5:32.9 | Trine Bogstad Mangerud | 51 | Jessheim | 19.06.1996 |
| 5:42.2 | Anne Lillegård | 73 | Jessheim | 17.06.1996 |
| 5:54.4 | Lise Mette Holme | 83 | Jessheim | 17.06.1996 |
| 6:11.5 | Marianne Opsahl | 73 | Jessheim | 17.06.1996 |
| 6:23.7 | Maria Lockert | 81 | Jessheim | 17.06.1996 |
| 6:24.7 | Gerda Tunhøvd | 61 | Jessheim | 19.06.1996 |
| 6:48.7 | Marit Skolt Skafle | 56 | Jessheim | 17.06.1996 |
| 6:53.0 | Vera Holm | 63 | Jessheim | 17.06.1996 |
| 6:54.5 | Dagrun Rommen | 76 | Jessheim | 17.06.1996 |
| 7:04.7 | Inger Finstad | 51 | Jessheim | 19.06.1996 |
| 7:23.3 | Marianne Gulbrandsen | 79 | Jessheim | 17.06.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:08.2 | Kamilla Bråthen | 77 | Jessheim | 19.08.1996 |
| 12:01.9 | Trine Bogstad Mangerud | 51 | Jessheim | 19.08.1996 |
| 12:29.4 | Berit Bamrud | 55 | Jessheim | 23.08.1996 |
| 12:33.6 | Anne Lillegård | 73 | Jessheim | 19.08.1996 |
| 15:32.5 | Tove Rutle | 47 | Jessheim | 19.08.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.36 | Victoria Hillveg | 86 | Sofiemyr | 24.08.1996 |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 47.33 | Berit Bamrud | 55 | Jessheim | 06.10.1996 |

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| --- | --- |
| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:28:23 | Bente Holter | 62 | Oslo | 14.09.1996 |
| 1:38.03 | Berit Bamrud | 55 | Oslo | 14.09.1996 |
| 1:40:27 | Trine Bogstad Mangerud | 51 | Jessheim | 17.11.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:06:44 | Camilla Hott Johansen | 69 | Drammen | 03.10.1996 |
| 3:57.03 | Anne Marie Frydenlund | 49 | Drammen | 03.10.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.48 | Inger Lise Sundheim | 55 | Oslo/So | 15.09.1996 |
| 1.32 | Victoria Hillveg | 86 | Jessheim | 14.09.1996 |

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| **KVINNER SENIOR 1996** | **570** |

|  |  |
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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.05 | Tone Lauritzen | 76 | Jessheim | 20.08.1996 |
| 4.81 | Inger Lise Sundheim | 55 | Jessheim | 25.06.1996 |
| 4.46 | Kari Kamstrup Hovind | 56 | Jessheim | 02.06.1996 |
| 3.35 s | Victoria Hillveg | 86 | Oslo/Bi | 29.06.1996 |
| 3.30 s | Hege Normann | 86 | Jessheim | 25.06.1996 |
| 3.25 s | Anette Erikstad | 85 | Hurdal | 29.05.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.51 | Tone Lauritzen | 76 | Jessheim | 26.09.1996 |
| 9.35 | Inger Lise Sundheim | 55 | Oslo/So | 15.09.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.67 | Hege Normann | 85 | Jessheim | 25.06.1996 |
| 6.42 | Victoria Hillveg | 86 | Sofiemyr | 24.08.1996 |
| 5.32 | Ingvild Skolt | 85 | Årnes | 12.06.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.88 | Ingrid Maudal | 82 | Oslo/Bi | 30.06.1996 |
| 9.86 | Astrid Willersrud | 42 | Jessheim | 20.08.1996 |
| 6.35 | Line Nielsen | 82 | Jessheim | 14.09.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.96 | Kari Kamstrup Hovind | 56 | Jessheim | 25.06.1996 |
| 8.67 | Astrid Willersrud | 42 | Jessheim | 20.08.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.82 | Ingrid Maudal | 82 | Oslo/Bi | 28.06.1996 |

|  |  |
| --- | --- |
| **Diskos 750 g** |  |

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| --- | --- | --- | --- | --- |
| 31.56 | Ingrid Maudal | 82 | Jessheim | 20.08.1996 |

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

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

|  |  |
| --- | --- |
| **Slegge 3 kg** |  |

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

|  |  |
| --- | --- |
| **KVINNER SENIOR 1996** | **571** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20.26 | Astrid Willersrud | 42 | Oslo/La | 31.08.1996 |
| 18.30 | Ingrid Maudal | 82 | Hurdal | 29.05.1996 |

|  |  |
| --- | --- |
| **Vektkast 7.26 kg** |  |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.75 | Ingvild Skolt | 85 | Haga | 06.06.1986 |
| 9.20 | Anette Erikstad | 85 | Haga | 06.06.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 19.34 | Victoria Hillveg | 86 | Sofiemyr | 24.08.1996 |
| 15.60 | Anette Erikstad | 85 | Hurdal | 29.05.1996 |

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| --- | --- |
| **4-kamp M 60m-Lengde-Kule2kg-800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2397 | Anette Erikstad | 85 | Årnes | 12.06.1986 |
| 11.0-3.16-5.15-3:43.5 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2347 | Ingvild Skolt | 85 | Årnes | 12.06.1986 |
| 12.0-2.97-5.32-3:43.5 | | | |

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

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

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

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

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| **KVINNER SENIOR 1996** | **572** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.43 | Lena Opaker | 69 | Stange | 13.01.1996 |
| 8.95 | Inger Lise Sundheim | 55 | Stange | 03.03.1996 |
| 9.14 | Ingrid Maudal | 82 | Stange | 16.03.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.18 | Lena Opaker | 69 | Stange | 04.02.1996 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.35 | Inger Lise Sundheim | 55 | Stange | 02.03.1996 |
| 1.35 | Ingrid Maudal | 82 | Lillestrøm | 03.03.1996 |
| 1.00 | Victoria Hillveg | 86 | Lillestrøm | 03.03.1996 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.69 | Inger Lise Sundheim | 55 | Stange | 02.03.1996 |
| 4.19 | Ingrid Maudal | 82 | Lillestrøm | 03.03.1986 |
| 3.33 s | Victoria Hillveg | 86 | Lillestrøm | 03.03.1996 |
| 3.32 s | Hanne Normann | 85 | Lillestrøm | 02.02.1996 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 9.28 | Inger Lise Sundheim | 55 | Stange | 03.03.1996 |

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| **Høyde uten tilløp** |  |

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

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.57 | Inger Lise Sundheim | 55 | Stange | 02.03.1996 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 5.19 | Hanne Normann | 85 | Lillestrøm | 03.03.1996 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.94 | Ingrid Maudal | 82 | Lillestrøm | 03.03.1996 |

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| --- | --- |
| **MENN SENIOR 1997** | **573** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.39 | Eirik Haus | 79 | Jessheim | 01.09.1997 |
| 11.46 | Frank Øines | 68 | Lillehammer/Ss | 29.06.1997 |
| 11.75 | Jørn Jevne | 64 | Oslo/Bi | 15.08.1997 |
| 11.99 | Terje Grime | 59 | Florø | 27.06.1997 |
| 12.98 | Stian Fredriksen | 81 | Jessheim | 26.06.1997 |
| 13.02 | Per Arne Østerud | 81 | Nadderud | 22.06.1997 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.1 | Frank Øines | 68 | Jessheim | 29.05.1997 |
| 11.5 | Øystein Iversen | 73 | Jessheim | 29.05.1997 |
| 11.9 | Terje Grime | 59 | Jessheim | 29.05.1997 |
| 12.9 | Per Arne Østerud | 81 | Jessheim | 16.06.1997 |
| 16.2 | John Arve Johansen | 36 | Moss/Me | 23.08.1997 |
| 18.3 | Håvard Lund | 24 | Moss/Me | 23.08.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.82 | Frank Øines | 68 | Jessheim | 11.08.1997 |
| 23.38 | Jørn Jevne | 64 | Oslo/Bi | 30.07.1997 |
| 23.38 | Eirik Haus | 79 | Jessheim | 11.08.1997 |
| 24.89 | Henrik Stigen | 74 | Oslo/Bi | 30.07.1997 |
| 24.41 | Terje Grime | 59 | Jessheim | 11.08.1997 |
| 25.53 | Stian Fredriksen | 81 | Nadderud | 21.06.1997 |
| 25.97 | Øyvind Sigvaldsen | 81 | Jessheim | 28.09.1997 |
| 26.19 | Jan Gulbrandsen | 74 | Jessheim | 26.06.1997 |
| 26.54 | Per-Arne Østerud | 81 | Jessheim | 28.09.1997 |
| 27.37 | Frode Myrvang | 67 | Jessheim | 26.06.1997 |
| 27.59 | Knut Rimstad | 49 | Jessheim | 26.06.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.4 | Per Arne Østerud | 81 | Jessheim | 20.09.1997 |

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| **300m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.14 | Jørn Jevne | 64 | Oslo/La | 10.05.1997 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.35 | Frank Øines | 68 | Oslo/St | 16.08.1997 |
| 52.42 | Jørn Jevne | 64 | Oslo/St | 16.08.1997 |
| 55.08 | Henrik Stigen | 74 | Oslo/Bi | 05.08.1997 |
| 56.01 | Stian Fredriksen | 81 | Jessheim | 01.09.1997 |
| 56.61 | Eirik Haus | 79 | Jessheim | 28.09.1997 |

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| **MENN SENIOR 1997** | **574** |

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| **400m E forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 58.46 | Stian Aaserud | 81 | Jessheim | 01.09.1997 |
| 60.55 | Knut Rimstad | 49 | Jessheim | 26.06.1997 |
| 61.51 | Jan Gulbrandsen | 74 | Jessheim | 26.06.1997 |
| 62.03 | Frode Myrvang | 67 | Jessheim | 26.06.1997 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 78.8 | John Arve Johansen | 36 | Moss/Me | 23.08.1997 |

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

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| --- | --- | --- | --- | --- |
| 2:04.71 | Stian Aaserud | 81 | Nadderud | 21.06.1997 |
| 2:08.57 | Erlend Skare | 73 | Jessheim | 29.05.1997 |
| 2:09.11 | Carl Johan Owre | 82 | Nadderud | 20.06.1997 |
| 2:09.5 | Stian Fredriksen | 81 | Jessheim | 18.08.1997 |
| 2:17.1 | Steinar Pleym Hoel | 83 | Jessheim | 18.08.1997 |
| 2:17.2 | Sigurd Fjeldbo | 82 | Jessheim | 18.08.1997 |
| 2:17.6 | Steinar Gressløs | 53 | Lørenfallet | 03.06.1997 |
| 2:22.8 | Knut Rimstad | 49 | Jessheim | 18.08.1997 |
| 2:27.6 | Per Arne Østerud | 81 | Jessheim | 18.08.1997 |
| 2:31.8 | Kristian Finstad | 76 | Jessheim | 18.08.1997 |
| 2:37.8 | Ole Arnegård | 44 | Jessheim | 18.08.1997 |
| 2:42.1 | Eivind Skolt | 83 | Jessheim | 18.08.1997 |
| 2:43.0 | Lasse Andersen | 47 | Jessheim | 18.08.1997 |
| 2:48.3 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 18.08.1997 |
| 3:03.48 | Bjørnar Berg | 88 | Jessheim | 28.09.1997 |
| 3:14.6 | Ivar Opsahl | 47 | Jessheim | 18.08.1997 |
| 3:21.9 | Kristen Langbakk | 39 | Jessheim | 18.08.1997 |
| 3:24.8 | John Arve Johansen | 36 | Jessheim | 18.08.1997 |
| 4:41.4 | Johannes Bjørnland | 17 | Jessheim | 18.08.1997 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:08.3 | Tor Erik Nyquist | 67 | Jessheim | 16.06.1997 |
| 4:25.8 | Ole Johan Garli | 56 | Jessheim | 16.06.1997 |
| 4:27.5 | Lars Øyre | 54 | Jessheim | 16.06.1997 |
| 4:33.7 | Dag Amundsen | 51 | Jessheim | 16.06.1997 |
| 4:43.0 | Steinar Gressløs | 53 | Jessheim | 16.06.1997 |
| 4:45.6 | Glenn Strand | 76 | Jessheim | 16.06.1997 |
| 4:46.0 | Asgeir Steinsvik | 53 | Jessheim | 16.06.1997 |
| 4:47.2 | Petter Stensby | 52 | Jessheim | 16.06.1997 |
| 4:47.64 | Kjell Vidar Solheim | 70 | Jessheim | 11.08.1997 |
| 4:47.9 | Knut Rimstad | 49 | Jessheim | 16.06.1997 |
| 4:54.3 | Sigurd Fjeldbo | 82 | Jessheim | 16.06.1997 |
| 4:57.1 | Odd Kinnebekken | 48 | Jessheim | 16.06.1997 |

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| **MENN SENIOR 1997** | **575** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:57.7 | Egil Ødemark | 41 | Jessheim | 16.06.1997 |
| 4:58.9 | Knut Kristensen | 44 | Jessheim | 16.06.1997 |
| 4:59.9 | Johnny Røsåsen | 44 | Jessheim | 16.06.1997 |
| 5:00.1 | Ole Skolt | 53 | Jessheim | 16.06.1997 |
| 5:00.2 | Steinar Pleym Hoel | 83 | Jessheim | 16.06.1997 |
| 5:01.2 | Stian Fredriksen | 81 | Jessheim | 16.06.1997 |
| 5:06.3 | Arne Luke | 44 | Jessheim | 16.06.1997 |
| 5:07.8 | Kjell Carlsson | 44 | Jessheim | 16.06.1997 |
| 5:08.3 | Eivind Skolt | 83 | Jessheim | 16.06.1997 |
| 5:10.8 | Kristian Finstad | 76 | Jessheim | 16.06.1997 |
| 5:12.1 | Tron Erik Hovind | 56 | Jessheim | 16.06.1997 |
| 5:12.6 | Svein Anders Skolt | 80 | Jessheim | 16.06.1997 |
| 5:20.9 | Geir Håkon Bjørnstad | 56 | Jessheim | 16.06.1997 |
| 5:25.2 | Jan Erik Bøhnsdalen | 52 | Jessheim | 16.06.1997 |
| 5:29.1 | Ole Arnegård | 44 | Jessheim | 16.06.1997 |
| 5:34.0 | Anders Jellum | 48 | Jessheim | 16.06.1997 |
| 5:45.1 | Nils Sæthermoen | 40 | Jessheim | 16.06.1997 |
| 6:03.7 | Helge Velure | 50 | Jessheim | 16.06.1997 |
| 6:15.3 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 16.06.1997 |
| 6:17.3 | John Birkelund | 32 | Jessheim | 16.06.1997 |
| 6:21.8 | Lasse Andersen | 47 | Jessheim | 16.06.1997 |
| 6:21.9 | Steinar Ørum | 46 | Jessheim | 16.06.1997 |
| 6:22.4 | Asbjørn Hoel | 43 | Jessheim | 16.06.1997 |
| 6:33.0 | Jan Berge | 40 | Jessheim | 16.06.1997 |
| 6:37.4 | Kristen Langbakk | 39 | Jessheim | 16.06.1997 |
| 6:45.9 | Øystein Jørgensen | 47 | Jessheim | 16.06.1997 |
| 6.52.8 | Ivar Opsahl | 47 | Jessheim | 16.06.1997 |
| 7:04.9 | Valter Berntsen | 39 | Jessheim | 16.06.1997 |
| 7:13.5 | John Arve Johansen | 36 | Moss/Me | 23.08.1997 |
| 8:29.9 | Håkon Amundstad | 24 | Jessheim | 16.06.1997 |
| 9:29.3 | Johannes Bjørnland | 17 | Jessheim | 16.06.1997 |

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| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 6:40.51 | Sigurd Fjellbo | 82 | Jessheim | 26.06.1997 |
| 7:32.96 | Snorre Fjellbo | 79 | Jessheim | 26.06.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:15.3 | Ole Fredrik Mørck | 62 | Jessheim | 29.05.1997 |
| 9:28.2 | Ole Johan Garli | 56 | Jessheim | 18.08.1997 |
| 9:32.8 | Erlend Skare | 73 | Jessheim | 29.05.1997 |
| 9:37.68 | Stian Aaserud | 81 | Jessheim | 28.09.1997 |
| 9:38.45 | Lars Øyre | 54 | Jessheim | 28.09.1997 |

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| **MENN SENIOR 1997** | **576** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 9:48.3 | Dag Amundsen | 51 | Jessheim | 18.09.1997 |
| 10:01.9 | Erlend Skaare | 73 | Jessheim | 18.08.1997 |
| 10:12.1 | Ole Skolt | 53 | Jessheim | 18.08.1997 |
| 10:41.7 | Odd Kinnsbekken | 48 | Jessheim | 18.08.1997 |
| 11:07.9 | Tore Ragnar Olsen | 46 | Jessheim | 18.08.1997 |
| 11:14.2 | Arne Luke | 44 | Jessheim | 18.08.1997 |
| 11:16.2 | Egil Ødemark | 41 | Jessheim | 18.08.1997 |
| 10:25.0 | Petter Stensby | 52 | Jessheim | 18.08.1997 |
| 11:24.0 | Svein Anders Skolt | 80 | Jessheim | 18.08.1997 |
| 11:27.1 | Torbjørn Johansen | 45 | Jessheim | 18.08.1997 |
| 11:34.6 | Geir Håkon Bjørnstad | 56 | Jessheim | 18.08.1997 |
| 11:52.0 | Johnny Røsåsen | 44 | Jessheim | 18.08.1997 |
| 12:19.1 | Nils Sæthermoen | 40 | Jessheim | 18.08.1997 |
| 13:13.8 | John Birkelund | 32 | Jessheim | 18.08.1997 |
| 13:18.5 | Asbjørn Hoel | 43 | Jessheim | 18.08.1997 |
| 13:17.7 | Helge velure | 50 | Jessheim | 18.08.1997 |
| 13:26.3 | Jan Berge | 40 | Jessheim | 18.08.1997 |
| 14:07.7 | Øystein Jørgensen | 47 | Jessheim | 18.08.1997 |
| 14:31.5 | Steinar Ørum | 46 | Jessheim | 18.08.1997 |
| 15:08.5 | Valter Berntsen | 39 | Jessheim | 18.08.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:09.4 | Ole Fredrik Mørck | 62 | Jessheim | 11.08.1997 |
| 16:18.25 | Øystein Syversen | 52 | Lillehammer/Ss | 15.08.1997 |
| 17:06.04 | Dag Amundsen | 51 | Lillehammer/Ss | 15.08.1997 |

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

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| --- | --- | --- | --- | --- |
| 18.85 | Håvard Lund | 25 | Florø | 27.07.1997 |

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

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| --- | --- | --- | --- | --- |
| 18.6 | Håvard Lund | 25 | Moss/Me | 24.08.1997 |

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

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| 21.3 | John Arve Johansen | 36 | Moss/Me | 24.08.1997 |

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

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| --- | --- | --- | --- | --- |
| 59.80 | Frank Øines | 68 | Jessheim | 28.09.1997 |
| 60.26 | Jørn Jevne | 64 | Jessheim | 28.09.1997 |
| 66.80 | Jan Gulbrandsen | 74 | Jessheim | 11.08.1997 |
| 70.81 | Frode Myrvang | 67 | Jessheim | 11.08.1997 |

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| **MENN SENIOR 1997** | **577** |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:20:46 | Lars Øyre | 54 | Jessheim | 16.11.1997 |

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

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| --- | --- | --- | --- | --- |
| 2:21:31 | Tor Erik Nyquist | 67 | København, DEN | 10.05.1997 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.76 | Frank Øines | 68 | Jessheim | 28.09.1997 |
| 1.75 | Frode Myrvang | 67 | Jessheim | 11.08.1997 |
| 1.59 | Ansgar Gulbrandsen | 44 | Oslo/Tr | 11.06.1997 |
| 1.55 | Jan Gulbrandsen | 74 | Jessheim | 11.06.1997 |
| 1.55 | Jørn Jevne | 64 | Jessheim | 28.09.1997 |
| 1.30 | Fredrik Risbø | 86 | Jessheim | 01.09.1997 |
| 1.29 | Håvard Lund | 24 | Oslo/Tr | 11.06.1997 |
| 1.25 | John Arve Johansen | 36 | Moss/Me | 23.08.1997 |

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| **Stav** |  |

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| 2.32 | John Arve Johansen | 36 | Jessheim | 28.09.1997 |
| 1.80 | Håvard Lund | 24 | Moss/Me | 24.08.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.09 | Terje Grime | 59 | Florø | 28.07.1997 |
| 5.93 | Jørn Jevne | 64 | Jessheim | 28.09.1997 |
| 5.29 | Frode Myrvang | 67 | Jessheim | 11.08.1997 |
| 4.41 | Jan Gulbrandsen | 74 | Jessheim | 11.08.1997 |
| 4.28 | John Arve Johansen | 36 | Jessheim | 01.06.1997 |
| 2.87 | Håvard Lund | 24 | Moss/Me | 23.08.1997 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.26 | Terje Grime | 59 | Florø | 29.07.1997 |
| 11.39 | Frode Myrvang | 67 | Jessheim | 26.06.1997 |
| 10.05 | Jan Gulbrandsen | 74 | Jessheim | 26.06.1997 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.44 | Håvard Lund | 24 | Rolvsrud | 26.10.1997 |

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| **Kule 5 kg** |  |

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| 10.84 | Bjarne Guneriussen | 34 | Jessheim | 28.09.1997 |
| 8.82 | John Arve Johansen | 36 | Moss/Me | 23.08.1997 |

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| **MENN SENIOR 1997** | **578** |

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| **Kule 7.26 kg** |  |

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| 10.31 | Frode Myrvang | 67 | Jessheim | 11.08.1997 |
| 10.15 | Terje Aastorp | 56 | Jessheim | 28.09.1997 |
| 9.02 | Jan Gulbrandsen | 74 | Jessheim | 11.08.1997 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 30.18 | Håvard Lund | 24 | Rolvsrud | 22.11.1997 |

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

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| --- | --- | --- | --- | --- |
| 31.62 | Håvard Lund | 24 | Rolvsrud | 18.09.1997 |

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

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| --- | --- | --- | --- | --- |
| 38.90 | Bjarne Guneriussen | 34 | Hurdal | 20.09.1997 |
| 35.34 | Håvard Lund | 24 | Oslo/Tr | 11.06.1997 |
| 21.00 | John Arve Johansen | 36 | Moss/Me | 24.08.1997 |

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

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| --- | --- | --- | --- | --- |
| 42.44 | Frode Myrvang | 67 | Jessheim | 26.06.1997 |
| 35.46 | Jan Gulbrandsen | 74 | Jessheim | 11.08.1997 |
| 32.96 | Terje Aastorp | 56 | Jessheim | 28.09.1997 |

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| **Vektkast 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 14.23 | Håvard Lund | 24 | Heggedal/Gj | 13.05.1997 |

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| --- | --- |
| **Vektkast 9.08 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.19 | Håvard Lund | 24 | Rolvsrud | 22.11.1997 |

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| **Vektkast 11.34 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.32 | Håvard Lund | 24 | Rolvsrud | 22.11.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2197 vet | Ole Skolt | 53 | Jessheim | 01.06.1997 |
| 4.40-24.18-28.08-20.42-4:37.60 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2070 vet | John Arve Johansen | 36 | Jessheim | 01.06.1997 |
| 4.26-28.38-33.62-28.44-0 | | | |

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| **MENN SENIOR 1997** | **579** |

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

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| --- | --- | --- | --- | --- |
| 3741 | Håvard Lund | 24 | Rolvsrud | 26.10.1997 |
| 29.24-10.44-32.84-31.40-13.38 | | | |

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

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| --- | --- | --- | --- | --- |
| 3897 | John Arve Johansen | 36 | Moss/Me | 23-24-09.1997 |
| 16.2-3.91-8.82-1.25-78.8/21.3(100m)-0-2.30-21.00-7:13.5 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4233 | Håvard Lund | 24 | Moss/Me | 23-24-09.1997 |
| 18.3-2.87-9.63-1.25-0/18.6(80m)-28.32-1.80-31.24-0 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:47.11 | G16 |  | Bjørkelangen | 24.05.1997 |
| Carl Jørgen Owre82-Stian Fredriksen81-Stian Aaserud81 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:01.39 | MS |  | Oslo/Bi | 30.07.1997 |
| Eirik Haus79-Henrik Stigen74-Jørn Jevne65-Frank Øines68 | | | |

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| **MENN SENIOR 1997** | **580** |

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| **INNENDØRS** |  |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:10.06 | Stian Aaserud | 81 | Oslo/Ek | 01.03.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:29.05 | Stian Aaserud | 81 | Stange | 16.03.1997 |
| 4:49.11 | Petter Stensby | 52 | Stange | 01.03.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:22.99 | Petter Stensby | 52 | Stange | 02.03.1997 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.30 | Håvard lund | 24 | Stange | 01.03.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.21 | Terje Grime | 59 | Stange | 01.02.1997 |

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

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| --- | --- | --- | --- | --- |
| 1.10 | Håvard Lund | 24 | Heggedal/He | 15.02.1997 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.98 | Håvard Lund | 24 | Heggedal/He | 15.02.1997 |

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| **KVINNER SENIOR 1997** | **581** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.03 | Victoria Hillveg | 86 | Lillehammer/Ss | 28.06.1997 |
| 9.69 | Tonje Berg | 85 | Jessheim | 28.09.1997 |
| 10.46 | Hege Jacobsen | 85 | Jessheim | 26.06.1997 |
| 10.51 | Tone Hauge | 86 | Jessheim | 26.06.1997 |
| 10.97 | Christina Ellingesen | 88 | Jessheim | 01.09.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.3 | Victoria Hillveg | 86 | Jessheim | 16.06.1997 |
| 10.7 | Hege Jakobsen | 85 | Jessheim | 16.06.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.63 | Lena Opaker Øines | 69 | Oslo/Bi | 05.08.1997 |
| 14.64 | Inger Lise Sundheim | 55 | Jessheim | 26.09.1997 |
| 14.89 | Ingrid Maudal | 82 | Jessheim | 26.06.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.6 | Lise Mette Holme | 83 | Jessheim | 16.06.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.51 | Lena Opaker Øines | 69 | Oslo/Bi | 05.08.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 72.38 | Anne Lillegård | 73 | Jessheim | 01.09.1997 |
| 74.53 | Trine Bogstad Mangerud | 51 | Jessheim | 01.09.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:41.9 | Anne-Torill Garli | 57 | Jessheim | 01.06.1997 |
| 2:44.9 | Lise Mette Holme | 83 | Jessheim | 18.08.1997 |
| 2:47.7 | Anne Lillegård | 73 | Jessheim | 18.08.1997 |
| 3:00.1 | Gerda Tunhøvd | 61 | Jessheim | 18.08.1997 |
| 3:03.6 | Vibeke Kaasin | 81 | Jessheim | 18.08.1997 |
| 3:05.2 | Ingvild Skolt | 85 | Jessheim | 18.08.1997 |
| 3:09.8 | Anne Larsen | 79 | Jessheim | 18.08.1997 |
| 3:10.9 | Dagrun Rommen | 76 | Jessheim | 18.08.1997 |
| 3:12.1 | Berit Flatby | 81 | Jessheim | 18.08.1997 |
| 3:14.7 | Torill Mundal | 58 | Jessheim | 18.08.1997 |
| 3:19.5 | Marte Solberg | 85 | Jessheim | 18.08.1997 |
| 3:21.2 | Marit Skolt Skafle | 56 | Jessheim | 18.08.1997 |
| 3:25.32 | Christine Sørmo | 85 | Jessheim | 26.06.1997 |

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| **KVINNER SENIOR 1997** | **582** |

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| --- | --- |
| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 3:25.75 | Hege Jacobsen | 85 | Jessheim | 26.06.1997 |
| 3:32.9 | Inger Finstad | 51 | Jessheim | 18.08.1997 |
| 3:45.7 | May Skolt | 59 | Jessheim | 18.08.1997 |
| 3:52.3 | Vera Holm | 63 | Jessheim | 18.08.1997 |
| 3:57.8 | Rita Raastad | 47 | Jessheim | 18.08.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:53.56 | Kamilla Bråthen | 77 | Oslo/Bi | 19.06.1997 |
| 5:38.4 | Trine Bogstad Mangerud | 51 | Jessheim | 16.06.1997 |
| 5:56.0 | Marianne Opsahl | 73 | Jessheim | 16.06.1997 |
| 6:02.2 | Berit Bamrud | 55 | Jessheim | 16.06.1997 |
| 6:08.9 | Gerda Tunhøvd | 61 | Jessheim | 16.06.1997 |
| 6:10.9 | Anne Lillegård | 73 | Jessheim | 16.06.1997 |
| 6.29.4 | Torill Mundal | 58 | Jessheim | 16.06.1997 |
| 6:31.8 | Ingvill Skolt | 85 | Jessheim | 16.06.1997 |
| 6:41.6 | Dagrun Rommen | 76 | Jessheim | 16.06.1997 |
| 6:45.3 | Berit Flatby | 81 | Jessheim | 16.06.1997 |
| 6:45.5 | Marit Skolt Skafle | 56 | Jessheim | 16.06.1997 |
| 7:08.2 | Inger Finstad | 51 | Jessheim | 16.06.1997 |
| 7:47.2 | May Skolt | 59 | Jessheim | 16.06.1997 |
| 7:53.9 | Aud Irene Lerengen | 54 | Jessheim | 16.06.1997 |
| 9:16.0 | Vera Holm | 63 | Jessheim | 16.06.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:24.5 | Kamilla Bråthen | 77 | Jessheim | 18.08.1997 |
| 11:57.8 | Trine Bogstad Mangerud | 51 | Jessheim | 18.08.1997 |
| 15:45.2 | Tove Rutle | 47 | Jessheim | 18.08.1997 |
| 17:59.0 | Aud Irene Lerengen | 54 | Jessheim | 18.08.1997 |

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

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| 10.97 | Victoria Hillveg | 86 | Lillehammer/Ss | 27.06.1997 |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 43.09 | Trine Bogstad Mangerud | 51 | Jessheim | 05.10.1997 |

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

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| --- | --- | --- | --- | --- |
| 3:16.55 | Camilla Hott Johansen | 69 | Drammen | 05.10.1997 |
| 3:37:59 | Trine Bogstad Mangerud | 51 | Jessheim | 16.11.1997 |

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| **KVINNER SENIOR 1997** | **583** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.45 | Ingrid Maudal | 82 | Oslo/Bi | 31.05.1997 |
| 1.41 | Victoria Hillveg | 86 | Bjørkelangen | 24.05.1997 |
| 1.40 | Inger Lise Sundheim | 55 | Oslo/Tr | 11.06.1997 |
| 1.15 | Tonje Berg | 85 | Jessheim | 01.09.1997 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.60 | Inger Lise Sundheim | 55 | Lillehammer/Ss | 16.08.1997 |
| 3.75 s | Victoria Hillveg | 86 | Jessheim | 28.09.1997 |
| 3.71 s | Tonje Berg | 85 | Jessheim | 28.09.1997 |

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| **Tresteg** |  |

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

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.98 | Tonje Berg | 85 | Jessheim | 01.09.1997 |
| 7.32 | Victoria Hillveg | 86 | Oslo/Bi | 14.06.1997 |

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| **Kule 3 kg** |  |

|  |  |  |  |  |
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| 10.55 | Ingrid Maudal | 82 | Oslo/Ek | 01.03.1997 |
| 9.70 | Astrid Willersrud | 42 | Lillehammer/Ss | 17.08.1997 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.55 | Ingrid Maudal | 82 | Jessheim | 01.09.1997 |
| 7.88 | Astrid Willersrud | 42 | Jessheim | 11.08.1997 |

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| **Diskos 600 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.94 | Victoria Hillveg | 86 | Jessheim | 28.09.1997 |
| 16.12 | Tonje Berg | 85 | Jessheim | 28.09.1997 |

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| **Diskos 750 g** |  |

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| --- | --- | --- | --- | --- |
| 29.90 | Ingrid Maudal | 82 | Oslo/La | 07.06.1997 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 25.00 | Astrid Willersrud | 42 | Lillehammer/Ss | 16.08.1997 |
| 24.18 | Ingrid Maudal | 82 | Jessheim | 01.09.1997 |

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| **KVINNER SENIOR 1997** | **584** |

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| **Slegge 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 29.84 | Astrid Willersrud | 42 | Lillehammer/Ss | 15.08.1997 |

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

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| --- | --- | --- | --- | --- |
| 25.18 | Astrid Willersrud | 42 | Rolvsrud | 04.09.1997 |

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| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 21.68 | Astrid Willersrud | 42 | Årnes | 02.07.1997 |
| 21.56 | Tonje Berg | 85 | Jessheim | 28.09.1997 |
| 13.26 | Victoria Hillveg | 86 | Jessheim | 28.09.1997 |

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| **Liten ball 80 g** |  |

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| 26.80 | Victoria Hillveg | 86 | Bjørkelangen | 23.08.1997 |

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

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

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3358 | Astrid Willersrud | 42 | Heggedal/Gj | 30.08.1997 |
| 29.56-8.95-24.72-22.92-10.12 | | | |

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| **KVINNER SENIOR 1997** | **585** |

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| **INNENDØRS** |  |

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| --- | --- |
| **Høyde** |  |

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

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

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

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.25 | Inger Lise Sundheim | 55 | Stange | 01.02.1997 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.57 | Inger Lise Sundheim | 55 | Stange | 01.02.1997 |

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| **MENN SENIOR 1998** | **586** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.55 | Lasse Bjørn | 84 | Jessheim | 26.09.1988 |
| 10.40 | Espen Nyhus | 89 | Jessheim | 26.09.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.58 | Frank Øines | 68 | Jessheim | 23.07.1998 |
| 12.16 | Jørn Jevne | 64 | Oslo/St | 05.09.1998 |
| 12.15 | Stian Fredriksen | 81 | Nadderud | 21.06.1998 |
| 12.40 | Per Arne Østerud | 81 | Nadderud | 21.06.1998 |
| 12.41 | Øyvind Sigvartsen | 81 | Bjørkelangen | 23.05.1998 |
| 12.53 | Terje Grime | 59 | Jessheim | 11.07.1998 |
| 13.37 | Lasse Bjørn | 83 | Oslo/St | 06.09.1998 |
| 14.21 | Morten Sigvartsen | 83 | Oslo/St | 06.09.1998 |
| 15.10 | Tor Håkon Mangerud | 84 | Jessheim | 24.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.67 | Frank Øines | 68 | Jessheim | 12.07.1998 |
| 23.38 | Eirik Haus | 79 | Jessheim | 11.09.1998 |
| 24.23 | Jørn Jevne | 64 | Jessheim | 12.07.1998 |
| 24.53 | Stian Fredriksen | 81 | Jessheim | 22.06.1998 |
| 24.90 | Øyvind Sigvartsen | 81 | Lillehammer/Ss | 26.06.1998 |
| 25.01 | Per Arne Østerud | 81 | Jessheim | 26.09.1998 |
| 25.39 | Runar Homble | 72 | Jessheim | 26.09.1998 |
| 26.81 | Stian Aaserud | 81 | Jessheim | 26.09.1998 |
| 27.16 | Lasse Bjørn | 83 | Oslo/St | 05.09.1998 |
| 29.61 | Morten Sigvartsen | 83 | Oslo/St | 05.09.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.53 | Frank Øines | 68 | Jessheim | 11.07.1998 |
| 53.22 | Jørn Jevne | 64 | Oslo/St | 05.09.1998 |
| 53.38 | Stian Fredriksen | 81 | Jessheim | 11.07.1998 |
| 54.69 | Carl Jørgen Owre | 82 | Oslo/St | 06.09.1998 |
| 55.62 | Kjetil Brynhildsen | 71 | Jessheim | 31.08.1998 |
| 56.42 | Halvor Marius Mangerud | 81 | Jessheim | 24.08.1998 |
| 56.58 | Stian Aaserud | 81 | Lillehammer/ss | 27.06.1998 |
| 56.79 | Per Arne Østerud | 81 | Jessheim | 31.08.1998 |
| 57.19 | Runar Homble | 72 | Jessheim | 31.08.1998 |
| 58.91 | Sigurd Fjeldbo | 82 | Jessheim | 24.08.1998 |
| 59.46 | Tor Eilert Navestad | 81 | Jessheim | 31.08.1998 |

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| **MENN SENIOR 1998** | **587** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:58.2 | Frank Øines | 68 | Jessheim | 17.08.1998 |
| 2:02.97 | Stian Fredriksen | 81 | Oslo/St | 05.09.1998 |
| 2:03.09 | Carl Jørgen Owre | 82 | Sofiemyr | 25.07.1998 |
| 2:06.74 | Stian Aaserud | 81 | Jessheim | 04.06.1998 |
| 2:08.5 | Sigurd Fjeldbo | 82 | Jessheim | 17.08.1998 |
| 2:09.2 | Øyvind Sigvartsen | 81 | Jessheim | 17.08.1998 |
| 2:09.5 | Erlend Skare | 73 | Jessheim | 17.06.1998 |
| 2:12.08 | Ole Petter Kjærstad | 80 | Jessheim | 26.08.1998 |
| 2:13.1 | Kjetil Brynhildsen | 71 | Jessheim | 17.08.1998 |
| 2:14.51 | Halvor Marius Mangerud | 81 | Lilleshammer/Ss | 28.06.1998 |
| 2:17.8 | Tore Østvang | 52 | Jessheim | 17.08.1998 |
| 2:21.3 | Runnar Homble | 72 | Jessheim | 17.06.1998 |
| 2:24.1 | Per Arne Østerud | 81 | Jessheim | 17.08.1998 |
| 2:24.8 | Knut Rimstad | 49 | Jessheim | 17.08.1998 |
| 2:25.9 | Johnny Røsåsen | 44 | Jessheim | 17.08.1998 |
| 2:26:05 | Espen Langrusten | 82 | Jessheim | 04.06.1998 |
| 2:38.2 | Kjell Carlsson Hovde | 44 | Jessheim | 17.08.1998 |
| 2.39.5 | Ole Arnegård | 44 | Jessheim | 17.08.1998 |
| 2:44.5 | Tor Håkon Mangerud | 84 | Jessheim | 17.08.1998 |
| 2:46.9 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 17.08.1998 |
| 2:51.3 | Lasse Andersen | 47 | Jessheim | 17.08.1998 |
| 2:56.5 | Anders Jellum | 48 | Jessheim | 17.08.1998 |
| 2:58.0 | Helge Velure | 50 | Jessheim | 17.08.1998 |
| 3:05.0 | Thue Holme | 52 | Jessheim | 17.08.1998 |
| 3:02.7 | Kristian Hansen | 86 | Jessheim | 17.08.1998 |
| 3:06.9 | John Birkelund | 32 | Jessheim | 17.08.1998 |
| 4:13.7 | Kristen Langbakk | 39 | Jessheim | 17.08.1998 |
| 4:29.4 | Håkon Amundstad | 24 | Jessheim | 17.08.1998 |
| 4:41.5 | Johannes Bjørnland | 17 | Jessheim | 17.08.1998 |
| 7:27.0 | John Arve Johansen | 36 | Jessheim | 17.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:18.17 | Stian Aaserud | 81 | Jessheim | 11.07.1998 |
| 4:20.2 | Alf Roger Holme | 77 | Jessheim | 15.06.1998 |
| 4:20.7 | Ole Petter Kjærstad | 80 | Jessheim | 17.06.1998 |
| 4:23.07 | Carl Jørgen Owre | 82 | Jessheim | 11.07.1998 |
| 4:25.01 | Sigurd Fjeldbo | 82 | Jessheim | 11.07.1998 |
| 4:26.7 | Lars Lysbakken | 79 | Jessheim | 15.06.1998 |
| 4:29.4 | Roger Mohaugen | 76 | Jessheim | 15.06.1998 |
| 4:30.6 | Ole Johan Garli | 56 | Jessheim | 15.06.1998 |
| 4:32.34 | Halvor Mangerud | 81 | Jessheim | 11.07.1998 |
| 4:35.4 | Lars Øyre | 54 | Jessheim | 15.06.1998 |

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| **MENN SENIOR 1998** | **588** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:39.9 | Dag Amundsen | 51 | Jessheim | 15.06.1998 |
| 4:41.7 | Ole Skolt | 53 | Jessheim | 15.06.1998 |
| 4:48.9 | Tore Østvang | 52 | Jessheim | 17.06.1998 |
| 4:52.6 | Steinar Gressløs | 53 | Jessheim | 17.06.1998 |
| 4:53.8 | Svein Anders Skolt | 80 | Jessheim | 15.06.1998 |
| 4:54.7 | Steinar Pleym Hoel | 83 | Jessheim | 17.06.1998 |
| 4:56.9 | Stian Fredriksen | 81 | Jessheim | 17.06.1998 |
| 4:58.4 | Geir Håkon Bjørnstad | 56 | Jessheim | 15.06.1998 |
| 5:03.9 | Arne Luke | 44 | Jessheim | 15.06.1998 |
| 5:04.5 | Egil Ødemark | 41 | Jessheim | 15.06.1998 |
| 5:04.7 | Knut Kristensen | 44 | Jessheim | 15.06.1998 |
| 5:06.9 | Tore Ragnar Olsen | 46 | Jessheim | 15.06.1998 |
| 5:09.6 | Johnny Røsåsen | 44 | Jessheim | 17.06.1998 |
| 5:10.7 | Kristian Finstad | 79 | Jessheim | 17.06.1998 |
| 5:13.2 | Øyvind Sigvartsen | 81 | Jessheim | 17.06.1998 |
| 5:15.2 | Øivind Aastorp | 67 | Jessheim | 15.06.1998 |
| 5:15.6 | Per Arne Østerud | 81 | Jessheim | 17.06.1998 |
| 5:17.5 | Geir Asphaug | 65 | Jessheim | 15.06.1998 |
| 5:17.6 | Harald Rutle | 68 | Jessheim | 15.06.1998 |
| 5:18.3 | Kjell Carlsson Hovde | 44 | Jessheim | 17.06.1998 |
| 5:18.8 | Odd Kinnsbekken | 48 | Jessheim | 15.06.1998 |
| 5:32.7 | Tor Håkon Mangerud | 84 | Jessheim | 17.06.1998 |
| 5:32.7 | Torbjørn Johansen | 45 | Jessheim | 15.06.1998 |
| 5:35.6 | Ole Arnegård | 44 | Jessheim | 17.06.1998 |
| 5:38.9 | Jan Erik Bøhnsdalen | 52 | Jessheim | 15.06.1998 |
| 5.45.4 | Nils Sæthermoen | 40 | Jessheim | 15.06.1998 |
| 6:02.8 | Helge Velure | 50 | Jessheim | 17.06.1998 |
| 6:21.1 | John Birkelund | 32 | Jessheim | 17.06.1998 |
| 6:25.8 | Øystein Jørgensen | 47 | Jessheim | 15.06.1998 |
| 6:31.0 | Steinar Ørum | 46 | Jessheim | 15.06.1998 |
| 6:39.9 | Jan Berge | 40 | Jessheim | 15.06.1998 |
| 6:57.4 | Lasse Andersen | 47 | Jessheim | 17.06.1998 |
| 7:08.4 | Valter Berntsen | 39 | Jessheim | 15.06.1998 |
| 7:40.4 | Kristen Langbakk | 39 | Jessheim | 17.06.1998 |
| 8:32.8 | Håkon Amundstad | 24 | Jessheim | 17.06.1998 |
| 10:55.8 | Johannes Bjørnland | 17 | Jessheim | 17.06.1998 |
| 15:12.0 | John Arve Johansen | 36 | Jessheim | 17.06.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:40.91 | Tor Erik Nyquist | 67 | Oslo/Bi | 14.05.1998 |
| 8:52.1 | Anders Hallingstad | 77 | Jessheim | 17.08.1998 |
| 9:24.55 | Ole Fredrik Mørck | 62 | Jessheim | 26.09.1998 |
| 9:35.9 | Erlend Skare | 73 | Jessheim | 17.08.1998 |

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| **MENN SENIOR 1998** | **589** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:37.67 | Stian Aaserud | 81 | Jessheim | 23.07.1998 |
| 9:38.47 | Ole Petter Kjærstad | 80 | Nadderud | 19.06.1998 |
| 9:44.92 | Carl Jørgen Owre | 82 | Jessheim | 23.07.1998 |
| 9:47.95 | Sigurd Fjeldbo | 82 | Jessheim | 23.07.1998 |
| 9:48.0 | Ståle Murud | 69 | Jessheim | 17.08.1998 |
| 9:49.3 | Ole johan Garli | 56 | Jessheim | 17.08.1998 |
| 9:53.6 | Lars Øyre | 54 | Jessheim | 17.08.1998 |
| 9:58.4 | Halvor Marius Mangerud | 81 | Jessheim | 17.08.1998 |
| 9:59.3 | Dag Amundsen | 51 | Jessheim | 17.08.1998 |
| 10:25.13 | Espen Langrusten | 82 | Jessheim | 23.07.1998 |
| 10:20.0 | Ole Skolt | 53 | Jessheim | 17.08.1998 |
| 10:59.8 | Svein Anders Skolt | 80 | Jessheim | 17.08.1998 |
| 11:07.8 | Knut Kristensen | 44 | Jessheim | 17.08.1998 |
| 11:11.3 | Geir Håkon Bjørnstad | 56 | Jessheim | 17.08.1998 |
| 11:14.8 | Odd Kinnsbekken | 48 | Jessheim | 17.08.1998 |
| 11:16.7 | Tore Ragnar Olsen | 46 | Jessheim | 17.08.1998 |
| 11:17.6 | Egil Ødemark | 41 | Jessheim | 17.08.1998 |
| 11:33.1 | Nils Sæthermoen | 40 | Jessheim | 17.08.1998 |
| 11:50.9 | Arne Luke | 44 | Jessheim | 17.08.1998 |
| 12:32.0 | Jan Erik Bøhnsdalen | 52 | Jessheim | 17.08.1998 |
| 13:26.5 | Jan Berge | 40 | Jessheim | 17.08.1998 |
| 14:58.1 | Øystein Jørgensen | 47 | Jessheim | 17.08.1998 |
| 15:11.4 | Valter Berntsen | 39 | Jessheim | 17.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:00.28 | Tor Erik Nyquist | 67 | Oslo/Bi | 04.06.1998 |
| 15:21.48 | Anders Hallingstad | 78 | Stjørdal | 16.08.1998 |
| 15:51.22 | Roger Mohaugen | 76 | Jessheim | 11.07.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30:39.74 | Tor Erik Nyquist | 67 | Oslo/Bi | 18.06.1998 |

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| --- | --- |
| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:09:53 | Tor Erik Nyquist | 67 | Egersund | 30.08.1998 |
| 1:15:50 | Ole Fredrik Mørck | 62 | Jessheim | 15.11.1998 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:31:51 | Tor Erik Nyquist | 67 | Signapore, SIG | 29.11.1998 |

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| **MENN SENIOR 1998** | **590** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.70 | Frank Øines | 68 | Jessheim | 26.09.1998 |
| 1.58 | Ansgar Gulbrandsen | 44 | Jessheim | 24.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.29 | Terje Grime | 59 | Oslo/St | 07.08.1998 |
| 5.95 | Frank Øines | 68 | Jessheim | 26.09.1998 |
| 5.08 | Stian Fredriksen | 81 | Jessheim | 26.09.1998 |
| 4.56 | Ole Petter Kjærstad | 80 | Jessheim | 26.09.1998 |
| 3.83 | Morten Sigvartsen | 84 | Jessheim | 26.09.1998 |
| 3.20 s | Espen Nyhus | 89 | Jessheim | 26.09.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.65 | Terje Grime | 59 | Oslo/St | 07.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.40 | Tor Ivar Bøe | 88 | Jessheim | 24.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.92 | Ove Bøe | 85 | Jessheim | 24.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.27 | Håvard Lund | 24 | Rolvsrud | 23.09.1998 |

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| --- | --- |
| **Kule 6 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.10 | Terje Aastorp | 56 | Jessheim | 22.06.1998 |

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

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| --- | --- | --- | --- | --- |
| 9.87 | Terje Aastorp | 56 | Jessheim | 26.09.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.47 | Terje Aastorp | 56 | Jessheim | 26.09.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.80 | Håvard Lund | 24 | Jessheim | 03.09.1998 |

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| **MENN SENIOR 1998** | **591** |

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| **Vektkast 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.56 | Håvard Lund | 24 | Heggedal/Gj | 04.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.63 | G17 |  | Moss/Me | 30.05.1998 |
| Per Arne Østerud81-Øyvind Sigvartsen81-Halvor Mangerud81-Stian Fredriksen81 | | | |

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| --- | --- |
| **4x600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:02.86 | G17 |  | Moss/Me | 30.05.1998 |
| Stian Aaserud81-Stian Fredriksen81-Øyvind Sigvartsen81-Carl Johan Owre81 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:02.99 | MS |  | Jessheim | 12.07.1998 |
| Terje Grime59-Øyvind Sigvartsen81-Jørn Jevne64-Frank Øines68 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:03.85 | MS 1.lag |  | Oslo/St | 06.09.1998 |
| Terje Grime59-Jan Erik Schmidt70-Jørn Jevne64-Frank Øines68 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:09.56 | G17 2.lag |  | Oslo/St | 06.09.1998 |
| Per Arne Østerud81-Øivind Sigvartsen81-Carl Jørgen Owre82-Stian Fredriksen81 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:10.01 | G18 |  | Lillehammer/Ss | 09.08.1998 |
| Per Arne Østerud81-Øivind Sigvartsen81-Halvor Mangerud81-Stian Fredriksen81 | | | |

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| **MENN SENIOR 1998** | **592** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.46 | Frank Øines | 68 | Oslo(Ek | 17.01.1998 |
| 7.73 | Terje Grime | 59 | Oslo/Ek | 17.01.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.35 | Frank Øines | 68 | Stange | 07.02.1998 |
| 24.88 | Stian Fredriksen | 81 | Stange | 08.03.1998 |
| 25.24 | Øyvind Sigvartsen | 81 | Stange | 08.03.1998 |
| 25.43 | Per Arne Østerud | 81 | Stange | 28.03.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.11 | Frank Øines | 68 | Stange | 07.02.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:08.83 | Stian Aaserud | 81 | Stange | 08.03.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:32.37 | Stian Aaserud | 81 | Drammen | 15.02.1998 |
| 4:38.86 | Dag Amundsen | 51 | Stange | 28.02.1998 |

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| **KVINNER SENIOR 1998** | **593** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.68 | Victoria Hillveg | 86 | Oslo/Bi | 14.06.1998 |
| 9.37 | Tonje Berg | 85 | Jessheim | 26.09.1988 |
| 9.75 | Siv Anita Engh | 85 | Jessheim | 04.07.1998 |
| 11.51 | Morine Achan | 88 | Jessheim | 26.09.1998 |
| 11.55 | Mariella Fossum | 89 | Jessheim | 26.09.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.1 | Victoria Hillveg | 86 | Årnes | 01.07.1998 |
| 9.2 | Tone Hauge | 86 | Jessheim | 17.09.1998 |
| 9.3 | Siv Anita Engh | 85 | Årnes | 01.07.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.66 | Liv Anita Mikkelborg | 80 | Voss | 29.08.1998 |
| 14.74 | Ingrid Maudal | 82 | Oslo/Bi | 13.06.1998 |
| 16.28 | Siv Anita Engh | 85 | Bjørkelangen | 23.05.1998 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16.9 | Hege Jakobsen | 85 | Jessheim | 15.06.1998 |
| 17.2 | Christine Sørmo | 88 | Jessheim | 15.06.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.21 | Tonje Berg | 85 | Nadderud | 21.06.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 61.55 | Liv Anita Mikkelborg | 80 | Jessheim | 31.08.1998 |
| 75.53 | Trine Bogstad Mangerud | 51 | Jessheim | 31.08.1998 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:26.4 | Kamilla Bråthen | 77 | Jessheim | 17.08.1998 |
| 2:27.17 | Liv Anita Mikkelborg | 80 | Voss | 29.08.1998 |
| 2:31.97 | Anne Lillegård | 73 | Jessheim | 23.07.1998 |
| 2:49.74 | Trine Bogstad Mangerud | 51 | Jessheim | 24.08.1998 |
| 2:50.9 | Lise Mette Holme | 83 | Jessheim | 17.08.1998 |
| 2:55.8 | Ingvild Skolt | 85 | Jessheim | 17.08.1998 |
| 2:55.9 | Monica Berglund | 70 | Jessheim | 17.08.1998 |
| 2:56.9 | Elisabeth Langrusten | 86 | Jessheim | 17.08.1998 |
| 3:04.3 | Gerda Tunhøvd | 61 | Jessheim | 17.08.1998 |
| 3:08.3 | Vibeke Kaasin | 81 | Jessheim | 17.08.1998 |

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| **KVINNER SENIOR 1998** | **594** |

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| **800m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:09.7 | Torill Mundal | 60 | Jessheim | 17.08.1998 |
| 3:12.16 | Tonje Berg | 85 | Jessheim | 24.08.1998 |
| 3:12.6 | Siv Anita Engh | 85 | Jessheim | 17.08.1998 |
| 3:13.9 | Tone Hauge | 86 | Jessheim | 17.08.1998 |
| 3:21.8 | Christine Sørmo | 85 | Jessheim | 17.08.1998 |
| 3:23.7 | Dagrun Rommen | 76 | Jessheim | 17.08.1998 |
| 3:25.1 | Hege Jakobsen | 85 | Jessheim | 17.08.1998 |
| 3.27.7 | Kathrine Hansen | 86 | Jessheim | 17.08.1998 |
| 3:28.1 | Brit Johannessen | 80 | Jessheim | 17.08.1998 |
| 3:29.0 | Inger Finstad | 51 | Jessheim | 17.08.1998 |
| 3:30.3 | Marit Skolt Skafle | 56 | Jessheim | 17.08.1998 |
| 3:31.7 | Hege Jacobsen | 85 | Årnes | 01.07.1998 |
| 3:35.6 | Tove Rutle | 47 | Jessheim | 17.08.1998 |
| 3:41.2 | Rita Steinsvik | 73 | Jessheim | 17.08.1998 |
| 3:45.5 | Rita Raastad | 47 | Jessheim | 17.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:55.5 | Kamilla Bråthen | 77 | Jessheim | 17.06.1998 |
| 5:21.6 | Anne Lillegård | 73 | Jessheim | 17.06.1998 |
| 5:35.7 | Trine Bogstad Mangerud | 51 | Jessheim | 17.06.1998 |
| 5:43.1 | Bente Holter | 62 | Jessheim | 17.06.1998 |
| 5:48.0 | Anne-Torill Garli | 57 | Jessheim | 17.06.1998 |
| 5:51.5 | Marianne Opsahl | 73 | Jessheim | 17.06.1998 |
| 6:01.1 | Monica Berglund | 70 | Jessheim | 17.06.1998 |
| 6:04.3 | Gerda Tunhøvd | 61 | Jessheim | 17.06.1998 |
| 6:04.8 | Elisabeth Langrusten | 86 | Jessheim | 17.06.1998 |
| 6:15.0 | Claudia Asphaug | 68 | Jessheim | 17.06.1998 |
| 6:15.7 | Berit Bamrud | 55 | Jessheim | 17.06.1998 |
| 6:20.3 | Torill Mundal | 60 | Jessheim | 17.06.1998 |
| 6:47.5 | Brit Johannessen | 80 | Jessheim | 17.06.1998 |
| 6:54.9 | Marit Skolt Skafle | 56 | Jessheim | 17.06.1998 |
| 7:04.9 | Inger Finstad | 51 | Jessheim | 17.06.1998 |
| 7:08.7 | Tove Rutle | 47 | Jessheim | 17.06.1998 |
| 7:53.7 | Rita Raastad | 47 | Jessheim | 17.06.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:26.36 | Kamilla Bråthen | 77 | Jessheim | 24.08.1998 |
| 11:49.9 | Bente Holter | 62 | Jessheim | 17.08.1998 |
| 11:58.5 | Trine Bogstad Mangerud | 51 | Jessheim | 17.08.1998 |
| 12:23.6 | Anne-Torill Garli | 57 | Jessheim | 17.08.1998 |
| 12:55.1 | Berit Bamrud | 55 | Jessheim | 17.08.1998 |

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| **KVINNER SENIOR 1998** | **595** |

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

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| --- | --- | --- | --- | --- |
| 10.65 | Victoria Hillveg | 86 | Lillehammer/Ss | 26.06.1998 |
| 12.67 | Siv Anita Engh | 85 | Bjørkelangen | 23.05.1998 |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 43:14 | Trine Bogstad Mangerud | 51 | Jessheim | 04.10.1998 |

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| --- | --- |
| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:36:46 | Trine Bogstad Mangerud | 51 | Jessheim | 15.11.1998 |
| 1:46:48 | Rita Steinsvik | 73 | Jessheim | 15.11.1998 |
| 1:46.48 | Heidi Brendengen | 64 | Jessheim | 15.11.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.49 | Victoria Hillveg | 86 | Oslo/Bi | 12.06.1998 |
| 1.43 | Ingrid Maudal | 82 | Nadderud | 20.06.1998 |
| 1.40 | Inger Lise Sundheim | 55 | Jessheim | 24.08.1998 |
| 1.22 | Tonje Berg | 85 | Oslo/Bi | 14.06.1998 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.21 s | Victoria Hillveg | 86 | Jessheim | 26.09.1998 |
| 3.97 s | Tonje Berg | 85 | Jessheim | 04.06.1998 |
| 3.86 s | Siv Anita Engh | 85 | Jessheim | 24.08.1998 |
| 3.14 s | Tone Hauge | 86 | Årnes | 01.07.1998 |
| 2.90 s | Morine Achan | 88 | Jessheim | 26.09.1988 |
| 2.66 s | Marella Fossum | 89 | Jessheim | 26.09.1988 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.20 | Victoria Hillveg | 86 | Lillehammer/Ss | 25.06.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.89 | Ingrid Maudal | 82 | Årnes | 01.07.1998 |
| 9.70 | Astrid Willersrud | 42 | Jessheim | 24.08.1998 |
| 7.32 | Hege Jacobsen | 85 | Årnes | 01.07.1998 |
| 7.01 | Tonje Berg | 85 | Oslo/St | 05.09.1998 |
| 6.22 | Siv Anita Engh | 85 | Jessheim | 24.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.57 | Ingrid Maudal | 82 | Jessheim | 22.06.1998 |
| 8.19 | Astrid Willersrud | 42 | Jessheim | 24.08.1998 |

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| **KVINNER SENIOR 1998** | **596** |

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| **Diskos 600 g** |  |

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| --- | --- | --- | --- | --- |
| 33.54 | Tonje Berg | 85 | Jessheim | 26.09.1998 |

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| --- | --- |
| **Diskos 750 g** |  |

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| --- | --- | --- | --- | --- |
| 30.34 | Ingrid Maudal | 82 | Lillehammer/Ss | 26.06.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.06 | Ingrid Maudal | 82 | Jessheim | 11.07.1998 |
| 22.37 | Astrid Willersrud | 42 | Søre Trysil | 22.08.1998 |

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| --- | --- |
| **Slegge 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.11 | Astrid Willersrud | 42 | Søre Trysil | 22.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.88 | Astrid Willersrud | 42 | Rolvsrud | 03.09.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.54 | Tonje Berg | 85 | Jessheim | 26.09.1988 |
| 23.82 | Astrid Willersrud | 42 | Oslo/St | 07.08.1998 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.64 | Ingrid Maudal | 82 | Oslo/St | 06.09.1998 |

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| --- | --- |
| **Vektkast 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.77 | Astrid Willersrud | 42 | Oslo/St | 07.09.1998 |

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

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| --- | --- | --- | --- | --- |
| 50.18 | Tonje Berg | 85 | Nadderud | 21.06.1998 |

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

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

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| --- | --- |
| **KVINNER SENIOR 1998** | **597** |

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| **INNENDØRS** |  |

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| --- | --- |
| **60m hekk 68 E** |  |

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| --- | --- | --- | --- | --- |
| 11.63 | Victoria Hillveg | 86 | Lillestrøm | 22.03.1998 |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.44 | Victoria Hillveg | 86 | Lillestrøm | 22.03.1998 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.58 | Inger Lise Sundheim | 55 | Stange | 28.02.1998 |

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

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| --- | --- | --- | --- | --- |
| 10.78 | Ingrid Maudal | 82 | Askim | 18.01.1998 |

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| **MENN SENIOR 1999** | **598** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.3 | Ole Eriksen | 91 | Årnes | 18.08.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.04 | Martin Anthonisen | 87 | Jessheim | 24.09.1999 |
| 9.59 | Bjørnar Berg | 88 | Jessheim | 21.06.1999 |
| 9.84 | Espen Nyhus | 89 | Jessheim | 23.08.1999 |
| 9.88 | Johan Hillveg | 88 | Jessheim | 27.05.1999 |
| 11.49 | Simen Tunold | 88 | Jessheim | 24.09.1999 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.8 | Espen Nyhus | 88 | Årnes | 18.08.1999 |
| 11.1 | Stian Skafle | 88 | Jessheim | 14.06.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.63 | Frank Øines | 68 | Jessheim | 27.05.1999 |
| 12.03 | Jørn Jevne | 64 | Oslo/St | 07.08.1999 |
| 12.29 | Runar Homble | 72 | Jessheim | 27.05.1999 |
| 12.36 | Mats Røslie | 82 | Oslo/Bi | 11.06.1999 |
| 12.54 | Lasse Bjørn | 84 | Jessheim | 27.05.1999 |
| 12.66 | Per Arne Østerud | 81 | Jessheim | 24.09.1999 |
| 13.25 | Morten Sigvartsen | 83 | Lillehammer/Ss | 27.06.1999 |
| 13.33 | Tom-Erik Hasle | 84 | Jessheim | 27.05.1999 |
| 18.50 | Håvard Lund | 24 | Gateshead, GBR | 29.07.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.1 | Stian Fredriksen | 81 | Ski | 09.08.1999 |
| 12.3 | Mads Røslie | 82 | Ski | 09.08.1999 |
| 12.5 | Per-Arne Østerud | 81 | Ski | 09.08.1999 |
| 13.2 | Tom-Erik Hasle | 84 | Ski | 09.08.1999 |

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| **150m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.54 | Frank Øines | 68 | Jessheim | 23.08.1999 |
| 18.06 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |
| 18.31 | Stian Fredriksen | 81 | Jessheim | 23.08.1999 |
| 18.68 | Runar Homble | 72 | Jessheim | 23.08.1999 |
| 18.79 | Mads Røslie | 82 | Jessheim | 23.08.1999 |
| 18.99 | Per Arne Østerud | 81 | Jessheim | 23.08.1999 |

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| **MENN SENIOR 1999** | **599** |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.38 | Frank Øines | 68 | Jessheim | 21.06.1999 |
| 24.19 | Stian Fredriksen | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.77 | Tor Eilert Navestad | 81 | Lillehammer/ss | 25.06.1999 |
| 24.78 | Per-Arne Østerud | 81 | Lillehammer/Ss | 25.06.1999 |
| 25.17 | Runar Homble | 72 | Asker/Fø | 05.09.1999 |
| 25.27 | Mads Røslie | 82 | Lillehammer/Ss | 26.06.1999 |
| 25.54 | Terje Grime | 59 | Steinkjer/Gu | 03.07.1999 |
| 25.62 | Halvor Marius Mangerud | 81 | Jessheim | 21.06.1999 |
| 25.95 | Carl Johan Owre | 82 | Jessheim | 22.07.1999 |
| 26.61 | Lasse Bjørn | 84 | Jessheim | 22.07.1999 |
| 27.72 | Morten Sigvartsen | 83 | Lillehammer/Ss | 25.06.1999 |
| 28.21 | Lars Lysbakken | 80 | Jessheim | 21.06.1999 |
| 28.42 | Hans Agnar Grønnvoll | 84 | Jessheim | 21.06.1999 |
| 29.02 | Stian Tufte | 81 | Jessheim | 21.06.1999 |
| 31.18 | Tor Håkon Mangerud | 84 | Jessheim | 22.07.1999 |
| 40.66 | Håvard Lund | 24 | Gjøvik | 19.06.1999 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.33 | Frank Øines | 68 | Jessheim | 22.07.1999 |
| 53.53 | Stian Fredriksen | 81 | Oslo/Bi | 27.07.1999 |
| 55.06 | Kjell Vidar Solheim | 70 | Jessheim | 23.08.1999 |
| 54.32 | Andrew Stevens | 81 | Jessheim | 24.09.1999 |
| 55.75 | Carl Johan Owre | 82 | Jessheim | 22.07.1999 |
| 55.98 | Tor Eilert Navestad | 81 | Lillehammer/Ss | 26.06.1999 |
| 57.02 | Per-Arne Østerud | 81 | Jessheim | 22.07.1999 |
| 57.21 | Runar Homble | 72 | Jessheim | 22.07.1999 |
| 59,57 | Halvor Marius Mangerud | 81 | Jessheim | 22.07.1999 |
| 60.46 | Kristian Finstad | 79 | Jessheim | 23.08.1999 |
| 60.51 | Knut Rimstad | 49 | Odense, DEN | 05.09.1999 |
| 64.60 | Alf Roger Holme | 77 | Jessheim | 22.07.1999 |
| 67.96 | Molvin Knutsen | 62 | Jessheim | 24.09.1999 |
| 68.79 | Tor Håkon Mangerud | 84 | Jessheim | 22.07.1999 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:59.8 | Carl Jørgen Owre | 82 | Jessheim | 16.06.1999 |
| 2:00.3 | Frank Øines | 68 | Jessheim | 16.08.1999 |
| 2:05.93 | Stian Fredriksen | 81 | Jessheim | 27.05.1999 |
| 2:06.03 | Halvor Marius Mangerud | 81 | Oslo/Bi | 12.06.1999 |
| 2:06.48 | Andrè Nilsson | 82 | Lillehammer/Ss | 27.06.1999 |
| 2:11.06 | Stian Aaserud | 81 | Jessheim | 27.05.1999 |
| 2:12.18 | Lars Lysbakken | 82 | Jessheim | 27.05.1999 |
| 2:12.25 | Sigurd Fjeldbo | 82 | Jessheim | 27.05.1999 |
| 2:13.0 | Kristian Finstad | 79 | Jessheim | 16.08.1999 |
| 2.14.39 | Tor Eilert Navestad | 81 | Oslo/Bi | 12.06.1999 |
| **MENN SENIOR 1999** | | **600** | | |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:15.1 | Knut Rimstad | 49 | Jessheim | 16.08.1999 |
| 2:16.87 | Ole Johan Garli | 56 | Jessheim | 27.05.1999 |
| 2:17.9 | Kjell Vidar Solheim | 70 | Jessheim | 16.08.1999 |
| 2:18.19 | Dag Frode Bjerke | 66 | Jessheim | 27.05.1999 |
| 2:18.9 | Espen Langrusten | 82 | Jessheim | 16.08.1999 |
| 2:19.98 | Hans Agnar Grønnvoll | 84 | Asker/Fø | 04.09.1999 |
| 2:20.15 | Kjell Frostelid | 61 | Jessheim | 27.05.1999 |
| 2:21.5 | Per Arne Østerud | 81 | Jessheim | 16.08.1999 |
| 2:28.6 | Stian Aaserud | 81 | Jessheim | 16.08.1999 |
| 2:39.4 | Per Kristian Nyborg | 84 | Jessheim | 16.08.1999 |
| 2:40.1 | Olav Werner Ruud | 55 | Jessheim | 16.08.1999 |
| 2:40.9 | Ole Arnegård | 44 | Jessheim | 16.08.1999 |
| 2:44.1 | Morten Skafle | 86 | Jessheim | 16.08.1999 |
| 2:46.6 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 16.08.1999 |
| 2:50.4 | Lasse Andersen | 47 | Jessheim | 16.08.1999 |
| 2:56.6 | Anders Jellum | 48 | Jessheim | 16.08.1999 |
| 3:01.39 | Bjørnar Berg | 88 | Jessheim | 21.06.1999 |
| 3:08.0 | Tore Eriksen | 37 | Jessheim | 16.08.1999 |
| 3:08.1 | Helge Velure | 50 | Jessheim | 16.08.1999 |
| 3:20.7 | Stian Skafle | 88 | Jessheim | 16.08.1999 |
| 3:21.4 | Finn Moe | 46 | Jessheim | 16.08.1999 |
| 3:36.6 | Valter Berntsen | 39 | Jessheim | 16.08.1999 |
| 4:14.9 | Håkon Amundstad | 24 | Jessheim | 16.08.1999 |
| 5:22.1 | John Arve Johansen | 36 | Jessheim | 16.08.1999 |
| 5:32.8 | Johannes Bjørnland | 17 | Jessheim | 16.08.1999 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:15.0 | Carl Jørgen Owre | 82 | Jessheim | 14.06.1999 |
| 4:17.6 | Øivind Andersen | 67 | Jessheim | 14.06.1999 |
| 4:22.5 | Roger Mohagen | 76 | Jessheim | 14.06.1999 |
| 4:23.39 | Stian Aaserud | 81 | Asker/Fø | 04.09.1999 |
| 4:29.8 | Ole Johan Garli | 56 | Jessheim | 14.06.1999 |
| 4:31.7 | Lars Lysbakken | 79 | Jessheim | 14.06.1999 |
| 4:32.9 | Sigurd Fjeldbo | 82 | Jessheim | 14.06.1999 |
| 4:36.4 | Dag Amundsen | 51 | Jessheim | 14.06.1999 |
| 4:36.6 | Andrè Nilsson | 82 | Jessheim | 14.06.1999 |
| 4:39.4 | Hans Agnar Grønnvoll | 84 | Jessheim | 14.06.1999 |
| 4:39.8 | Ole Skolt | 53 | Jessheim | 14.06.1999 |
| 4:42.1 | Kristian Finstad | 79 | Jessheim | 14.06.1999 |
| 4:42.6 | Halvor Marius Mangerud | 81 | Jessheim | 14.06.1999 |
| 4:42.8 | Lars Øyre | 54 | Jessheim | 14.06.1999 |
| 4:43.2 | Trygve Stanger | 62 | Jessheim | 14.06.1999 |
| 4:44.9 | Thorbjørn Næss | 68 | Jessheim | 14.06.1999 |

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| **MENN SENIOR 1999** | **601** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:57.0 | Geir Asphaug | 65 | Jessheim | 14.06.1999 |
| 4:59.0 | Erlend Skare | 73 | Jessheim | 14.06.1999 |
| 5:03.2 | Stian Tofte | 81 | Jessheim | 14.06.1999 |
| 5:03.8 | Knut Rimstad | 49 | Jessheim | 14.06.1999 |
| 5:04.5 | Svein Anders Skolt | 80 | Jessheim | 14.06.1999 |
| 5:08.3 | Per Arne Østerud | 81 | Jessheim | 14.06.1999 |
| 5:09.4 | Egil Ødemark | 41 | Jessheim | 14.06.1999 |
| 5:10.3 | Odd Kinnsbekken | 48 | Jessheim | 14.06.1999 |
| 5:11.3 | Knut Kristensen | 44 | Jessheim | 14.06.1999 |
| 5:11.6 | Espen Langrusten | 82 | Jessheim | 14.06.1999 |
| 5:14.0 | Tor Eilert Navestad | 81 | Jessheim | 14.06.1999 |
| 5:17.5 | Per Kristian Nyborg | 84 | Jessheim | 14.06.1999 |
| 5:22.4 | Tore Ragnar Olsen | 46 | Jessheim | 14.06.1999 |
| 5:22.7 | Geir Håkon Bjørnstad | 56 | Jessheim | 14.06.1999 |
| 5:34.9 | Tor Håkon Mangerud | 84 | Jessheim | 14.06.1999 |
| 5:40.6 | Torbjørn Johansen | 45 | Jessheim | 14.06.1999 |
| 5:43.2 | Ole Arnegård | 44 | Jessheim | 14.06.1999 |
| 5:47.4 | Nils Sæthermoen | 40 | Jessheim | 14.06.1999 |
| 5:47.5 | Arne Luke | 44 | Jessheim | 14.06.1999 |
| 6:05.8 | Jan Erik Bøhnsdalen | 52 | Jessheim | 14.06.1999 |
| 6:06.7 | John Birkelund | 32 | Jessheim | 14.06.1999 |
| 6:12.57 | Terje Grime | 59 | Gjøvik | 19.06.1999 |
| 6:15.1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 14.06.1999 |
| 6:15.8 | Tore Eriksen | 37 | Jessheim | 14.06.1999 |
| 6:19.6 | Lasse Andersen | 47 | Jessheim | 14.06.1999 |
| 6:43.3 | Helge Velure | 50 | Jessheim | 14.06.1999 |
| 6:53.0 | Jan Berge | 40 | Jessheim | 14.06.1999 |
| 7:15.5 | Valter Berntsen | 39 | Jessheim | 14.06.1999 |
| 8:21.6 | Håkon Amundstad | 24 | Jessheim | 14.06.1999 |
| 10:26.3 | John Arve Johansen | 36 | Jessheim | 14.06.1999 |
| 11:52.4 | Johannes Bjørnland | 17 | Jessheim | 14.06.1999 |

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| **1mile 1609m** |  |

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| --- | --- | --- | --- | --- |
| 4:14.87 | Carl Jørgen Owre | 82 | Oslo/Bi | 27.07.1999 |
| 4:28.43 | SigurdFjeldbo | 82 | Lillehammer/Ss | 24.06.1999 |
| 4:41.52 | Ole Fredrik Mørch | 62 | Jessheim | 23.08.1999 |
| 4:50.07 | Erlend Skare | 73 | Jessheim | 23.08.1999 |
| 4:53.97 | Andre Nilsson | 82 | Jessheim | 23.08.1999 |
| 5:03.46 | Hans Agnar Grønnvoll | 84 | Jessheim | 23.08.1999 |
| 5:04.15 | Anders Lysbakken | 82 | Jessheim | 23.08.1999 |

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| **MENN SENIOR 1999** | **602** |

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

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| --- | --- | --- | --- | --- |
| 9:21.80 | Carl Johan Owre | 82 | Asker/Fø | 04.09.1999 |
| 9:36.3 | Ole Johan Garli | 56 | Jessheim | 16.08.1999 |
| 9:48.6 | Sigurd Fjeldbo | 82 | Jessheim | 16.08.1999 |
| 9:50.7 | Dag Amundsen | 51 | Jessheim | 16.08.1999 |
| 9:55.8 | Trygve Stanger | 62 | Jessheim | 16.08.1999 |
| 10:00.75 | Andrè Nilsson | 82 | Asker/Fø | 04.09.1999 |
| 10:04.9 | Lars Øyre | 54 | Jessheim | 16.08.1999 |
| 10:09.0 | Anders Hallingstad | 77 | Jessheim | 16.08.1999 |
| 10:10.6 | Ole Skolt | 53 | Jessheim | 16.08.1999 |
| 10:11.0 | Geir Asphaug | 65 | Jessheim | 16.08.1999 |
| 10:13.29 | Ole Johan Garli | 56 | Jessheim | 27.05.1999 |
| 10:22.90 | Hans Agnar Grønnvoll | 84 | Jessheim | 27.05.1999 |
| 10:27.6 | Halvor Marius Mangerud | 81 | Jessheim | 16.08.1999 |
| 10:32.1 | Steinar Gressløs | 53 | Jessheim | 16.08.1999 |
| 10:50.7 | Knut Kristensen | 44 | Jessheim | 16.08.1999 |
| 11:11.5 | Odd Kinnsbekken | 48 | Jessheim | 16.08.1999 |
| 11:27.2 | Egil Ødemark | 41 | Jessheim | 16.08.1999 |
| 11:27.3 | Tore Ragnar Olsen | 46 | Jessheim | 16.08.1999 |
| 11:52.8 | Geir Håkon Bjørnstad | 56 | Jessheim | 16.08.1999 |
| 11:54.6 | Svein Anders Skolt | 80 | Jessheim | 16.08.1999 |
| 11:57.1 | Kjell Carlsson Hovde | 44 | Jessheim | 16.08.1999 |
| 12:04.6 | Nils Sæthermoen | 40 | Jessheim | 16.08.1999 |
| 12:16.9 | Arne Luke | 44 | Jessheim | 16.08.1999 |
| 13:13.2 | John Birkelund | 32 | Jessheim | 16.08.1999 |
| 14:20.3 | Jan Berge | 40 | Jessheim | 16.08.1999 |
| 14:59.8 | Øystein Jørgensen | 47 | Jessheim | 16.08.1999 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 15:03.84 | Tor Erik Nyquist | 67 | Oslo/Bi | 15.06.1999 |

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

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| --- | --- | --- | --- | --- |
| 18.62 | Håvard Lund | 24 | Gateshead, GBR | 30.07.1999 |

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| **200m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 29.50 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |
| 29.77 | Frank Øines | 68 | Jessheim | 23.08.1999 |
| 32.46 | Runar Homble | 72 | Jessheim | 23.08.1999 |

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

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| --- | --- | --- | --- | --- |
| 6:53.95 | Lars Lysbakken | 79 | Jessheim | 22.07.1999 |
| 6:54.43 | Sigurd Fjeldbo | 82 | Jessheim | 22.07.1999 |
| 6:58.39 | Tommy Torgersen | 70 | Jessheim | 23.08.1999 |
| **MENN SENIOR 1999** | | **603** | | |

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| **2000m hinder 91.4 cm forts.** |  |

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| --- | --- | --- | --- | --- |
| 7:00.28 | Hans Agnar Grønnvoll | 84 | Jessheim | 23.08.1999 |
| 7:01.58 | Alf Roger Holme | 77 | Jessheim | 22.07.1999 |
| 7:28.01 | Stian Aaserud | 81 | Jessheim | 23.08.1999 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1.07:54 | Tor Erik Nyquist | 67 | Göteborg, SWE | 08.05.1999 |
| 1:12:47 | Bjørn Dæhlie | 67 | Göteborg, SWE | 08.05.1999 |
| 1:15:38 | Ole Fredrik Mørck | 62 | Jessheim | 21.11.1999 |
| 2:05:21 | Finn Moe | 46 | Jessheim | 21.11.1999 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:20:18 | Tor Erik Nyquist | 67 | Palma, ESP | 05.12.1999 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.68 | Frank Øines | 68 | Jessheim | 23.08.1999 |
| 1.65 | Ansgar Gulbrandsen | 44 | Oslo/St | 31.05.1999 |
| 1.50 | Runar Homble | 72 | Jessheim | 23.08.1999 |
| 1.40 | Hans Agnar Grønnvoll | 84 | Asker/Fø | 05.09.1999 |
| 1.27 | Håvard Lund | 24 | Jessheim | 21.06.1999 |
| 1.27 | John Arve Johansen | 36 | Jessheim | 21.06.1999 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 1.80 | Håvard Lund | 24 | Steinkjer/Gu | 02.07.1999 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.90 | Terje Grime | 59 | Gjøvik | 19.06.1999 |
| 5.79 | Frank Øines | 68 | Jessheim | 23.08.1999 |
| 5.53 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |
| 5.40 | Runar Homble | 72 | Jessheim | 23.08.1999 |
| 5.36 | Stian Fredriksen | 81 | Jessheim | 23.08.1999 |
| 5.16 | Tor Eilert Navestad | 81 | Asker/Fø | 05.09.1999 |
| 4.89 | Mads Røslie | 82 | Jessheim | 23.08.1999 |
| 4.58 | Per Arne Østerud | 81 | Jessheim | 23.08.1999 |
| 3.78 s | Martin Anthonisen | 87 | Jessheim | 24.09.1999 |
| 3.65 s | Espen Nyhus | 88 | Årnes | 18.08.1999 |
| 3.37 s | Johan Fredrik Hillveg | 88 | Bjørkelangen | 29.05.1999 |
| 2.95 | Håvard Lund | 24 | Gjøvik | 19.06.1999 |
| 2.82 s | Ole Eriksen | 91 | Årnes | 18.08.1999 |

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| **MENN SENIOR 1999** | **604** |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 12.65 | Terje Grime | 59 | Steinkjer/Gu | 04.07.1999 |
| 6.92 | Håvard Lund | 24 | Steinkjer/Gu | 04.07.1999 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.07 | Johan Fredrik Hillveg | 88 | Jessheim | 27.05.1999 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.28 | Håvard Lund | 24 | Rolvsrud | 27.09.1999 |

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| **Kule 5 kg** |  |

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| 9.16 | John Arve Johansen | 36 | Jessheim | 21.06.1999 |
| 8.58 | Håvard Lund | 24 | Rolvsrud | 14.11.1999 |

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| **Kule 6 kg** |  |

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| 11.19 | Bjørn Wærø Heggelund | 47 | Steinkjer/Gu | 04.07.1999 |

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| **Kule 7.26 kg** |  |

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| 6.29 | Håvard Lund | 24 | Rolvsrud | 14.11.1999 |

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| **Diskos 600 g** |  |

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| 22.91 | Martin Anthonisen | 87 | Jessheim | 24.09.1999 |
| 15.17 | Espen Nyhus | 88 | Jessheim | 24.09.1999 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 32.26 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |
| 27.19 | John Arve Johansen | 36 | Jessheim | 23.08.1999 |

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| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 38.78 | Bjørn Wærø Heggelund | 47 | Steinkjer/Gu | 03.07.1999 |
| 23.54 | Håvard Lund | 24 | Rolvsrud | 04.12.1999 |
| 17.84 | Hans Agnar Grønnvoll | 84 | Jessheim | 23.08.1999 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 26.64 | Molvin Knutsen | 62 | Jessheim | 23.08.1999 |
| 20.40 | Terje Grime | 59 | Gjøvik | 19.06.1999 |

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| **MENN SENIOR 1999** | **605** |

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| **Diskos 2 kg forts.** |  |

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| 20.40 | Håvard Lund | 24 | Rolvsrud | 13.11.1999 |
| 17.84 | Hans Agnar Grønnvoll | 84 | Jessheim | 23.08.1999 |
| 16.39 | Runar Homble | 72 | Jessheim | 23.08.1999 |

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| **Slegge 4 kg** |  |

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| 30.66 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |

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| **Slegge 5 kg** |  |

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| 25.25 | Håvard Lund | 24 | Rolvsrud | 13.11.1999 |

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| **Slegge 6 kg** |  |

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| 21.61 | Håvard Lund | 24 | Rolvsrud | 13.11.1999 |

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| **Slegge 7.26 kg** |  |

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| 18.59 | Håvard Lund | 24 | Rolvsrud | 04.12.1999 |

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| **Spyd 500 g** |  |

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| 33.72 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |

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

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| --- | --- | --- | --- | --- |
| 37.58 | Bjarne Guneriussen | 34 | Jessheim | 23.08.1999 |
| 30.59 | John Arve Johansen | 36 | Jessheim | 23.08.1999 |
| 28.97 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |

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

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| 41.41 | Molvin Knutsen | 62 | Jessheim | 23.08.1999 |
| 37.12 | Terje Grime | 59 | Gjøvik | 19.06.1999 |
| 37.10 | Runar Homble | 72 | Jessheim | 23.08.1999 |
| 30.28 | Frank Øines | 68 | Jessheim | 23.08.1999 |
| 25.21 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |
| 23.40 | Per Arne Østerud | 81 | Jessheim | 23.08.1999 |
| 14.59 | Stian Fredriksen | 81 | Jessheim | 23.08.1999 |

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| **Vektkast 7.26 kg** |  |

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| 13.79 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |

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| **MENN SENIOR 1999** | **606** |

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| **Vektkast 9.08 kg** |  |

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| 11.49 | Håvard Lund | 24 | Rolvsrud | 14.11.1999 |

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| **Vektkast 11.34 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.73 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |

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| **Vektkast 15.88 kg** |  |

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| 7.04 | Håvard Lund | 24 | Rolvsrud | 04.12.1999 |

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

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| 11.10 | Simen Tunold | 88 | Jessheim | 24.09.1999 |

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| **Liten ball 80 g** |  |

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| 33.70 | Espen Nyhus | 89 | Jessheim | 21.06.1999 |

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

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| --- | --- | --- | --- | --- |
| 2435 | Terje Grime | 59 | Gjøvik | 19.06.1999 |
| 5.90-37.12-26.02-20.40-6:12.57 | | | |

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| --- | --- | --- | --- | --- |
| 2059 | Håvard Lund | 24 | Gjøvik | 19.06.1999 |
| 2.95-24.04-40.66-26.90-0 | | | |

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

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| --- | --- | --- | --- | --- |
| 4820 | Håvard Lund | 24 | Gateshead, GBR | 29-30.07.1999 |
| 18.50-2.91-9.00-1.24-0/18.62-27.00-1.80-25.10-0 | | | |

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

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| 4034 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |
| 30.12-9.88-32.26-33.72-13.28 | | | |

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| **4x600m** | |  | | |
| 6:01.58 | G18 |  | Lillehammer/Ss | 23.05.1999 |
| Stian Aaserud81-Halvor Marius Mangerud81-Carl Johan Owre82-Stian Fredriksen81 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1000m** | |  | | |
| 2:10.52 | MS 1.lag |  | Asker/Fø | 05.09.1999 |
| Lasse Bjørn84-Mads Røslie82-Runar Homble72-Frank Øines68 | | | |
| 2:10.52 | G18 2.lag |  | Asker/Fø | 05.09.1999 |
| Per-Arne Østerud81-Tor Eilert Narvestad81-Stian Fredriksen81-Carl Johan Owre82 | | | |
| **MENN SENIOR 1999** | | **607** | | |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.75 | Terje Grime | 59 | Stange | 21.03.1999 |
| 11.31 | Håvard Lund | 24 | Stange | 21.03.1999 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.41 | Stian Fredriksen | 81 | Stange | 07.03.1999 |
| 25.25 | Terje Grime | 59 | Stange | 20.03.1999 |
| 25.47 | Per Arne Østerud | 81 | Stange | 23.01.1999 |
| 25.55 | Henrik Holm | 81 | Stange | 06.02.1999 |
| 26.44 | Lasse Bjørn | 84 | Stange | 06.02.1999 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 53.87 | Stian Fredriksen | 81 | Stange | 06.03.1999 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:38.02 | Kjell Carlsson Hovde | 44 | Stange | 21.03.1999 |

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

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| --- | --- | --- | --- | --- |
| 4:29.53 | Stian Aaserud | 81 | Stange | 10.04.1999 |

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

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| 13.85 | Håvard Lund | 24 | Stange | 20.03.1999 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.60 | Ansgar Gulbrandsen | 44 | Stange | 21.03.1999 |
| 1.26 | Håvard Lund | 24 | Stange | 21.03.1999 |

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| **Lengde** |  |

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| 5.91 | Terje Grime | 59 | Stange | 20.03.1999 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.92 | Terje Grime | 59 | Stange | 21.03.1999 |
| 6.88 | Håvard Lund | 24 | Stange | 21.03.1999 |

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| **Lengde uten tilløp** |  |

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| 2.06 | Håvard Lund | 24 | Heggedal/Gj | 13.02.1999 |
| **KVINNER SENIOR 1999** | | **608** | | |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.58 | Victoria Hillveg | 86 | Asker/Fø | 05.09.1999 |
| 8.96 | Tonje Berg | 85 | Jessheim | 27.05.1999 |
| 9.41 | Siv Anita Engh | 85 | Jessheim | 23.08.1999 |
| 10.75 | Mariella Fossum | 89 | Jessheim | 27.05.1999 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 9.0 | Tonje Berg | 85 | Årnes | 07.07.1999 |
| 10.6 | Anne Kamstrup Hovind | 88 | Jessheim | 14.06.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.64 | Inger Lise Sundheim | 55 | Jessheim | 24.09.1999 |
| 15.86 | Siv Anita Engh | 85 | Bjørkelangen | 29.05.1999 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15.8 | Maren Skafle | 86 | Jessheim | 14.06.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.68 | Lena Øines | 69 | Jessheim | 23.08.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.04 | Liv Anita Mikkelborg | 80 | Jessheim | 21.06.1999 |
| 29.82 | Anne Lillegård | 73 | Jessheim | 21.06.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.8 | Inger Lise Sundheim | 55 | Oslo/Bi | 18.09.1999 |
| 31.5 | Tonje Berg | 85 | Jessheim | 18.09.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 61.98 | Liv Anita Mikkelborg | 80 | Jessheim | 23.08.1999 |
| 74.80 | Trine Bogstad Mangerud | 51 | Jessheim | 24.09.1999 |
| 78.74 | Anne-Torill Garli | 57 | Jessheim | 24.09.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:22.8 | Liv Anita Mikkelborg | 80 | Jessheim | 16.08.1999 |
| 2:29.65 | Anne Lillegård | 73 | Jessheim | 24.09.1999 |
| 2:36.66 | Elisabeth Langrusten | 86 | Asker/Fø | 04.09.1999 |
| 2:44.58 | Trine Bogstad Mangerud | 51 | Jessheim | 27.05.1999 |

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| **KVINNER SENIOR 1999** | **609** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:47.4 | Ingvild Skolt | 85 | Jessheim | 16.08.1999 |
| 2:57.0 | Siv Anita Engh | 85 | Nittedal | 08.06.1999 |
| 3:00.1 | Tonje Berg | 85 | Jessheim | 16.08.1999 |
| 3:09.82 | Christine Sørmo | 85 | Jessheim | 21.06.1999 |
| 3:15.8 | Kari Kamstrup Hovind | 56 | Jessheim | 16.08.1999 |
| 3:16.3 | Dagrun Rommen | 76 | Jessheim | 16.08.1999 |
| 3:18.2 | Kjersti Andersen | 68 | Jessheim | 16.08.1999 |
| 3:29.5 | Bente Holter | 62 | Jessheim | 16.08.1999 |
| 3:29.6 | Marit Skolt Skafle | 56 | Jessheim | 16.08.1999 |
| 3:33.9 | Inger Finstad | 51 | Jessheim | 16.09.1999 |
| 3:57.3 | May Skolt | 59 | Jessheim | 16.08.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:09.8 | Liv Anita Mikkelborg | 80 | Jessheim | 14.06.1999 |
| 5:17.9 | Anne Lillegård | 73 | Jessheim | 14.06.1999 |
| 5:23.9 | Heidi Brendengen | 71 | Jessheim | 14.06.1999 |
| 5:31.9 | Claudia Asphaug | 68 | Jessheim | 14.06.1999 |
| 5:34.5 | Trine Bogstad Mangerud | 51 | Jessheim | 14.06.1999 |
| 5:47.4 | Anne-Torill Garli | 57 | Jessheim | 14.06.1999 |
| 5:45.8 | Ingvild Skolt | 85 | Jessheim | 14.06.1999 |
| 6:25.7 | Berit Bamrud | 55 | Jessheim | 14.06.1999 |
| 6:29.4 | Bente Holter | 62 | Jessheim | 14.06.1999 |
| 6:42.4 | Birgit Aamodt | 70 | Jessheim | 14.06.1999 |
| 6:59.1 | Marit Skolt Skafle | 56 | Jessheim | 14.06.1999 |
| 7:02.3 | Kari Kamstrup Hovind | 56 | Jessheim | 14.06.1999 |
| 7:02.3 | Tove Rutle | 47 | Jessheim | 14.06.1999 |
| 7:02.4 | Bjørg Aas | 51 | Jessheim | 14.06.1999 |
| 7:45.2 | Inger Finstad | 51 | Jessheim | 14.06.1999 |
| 8:21.6 | May Skolt | 59 | Jessheim | 14.06.1999 |

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| --- | --- |
| **1mile 1609m** |  |

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| --- | --- | --- | --- | --- |
| 5:45.74 | Anne Lillegård | 73 | Jessheim | 23.08.1999 |

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

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| --- | --- | --- | --- | --- |
| 11:22.0 | Heidi Brendengen | 71 | Jessheim | 16.08.1999 |
| 12:59.0 | Anne-Torill Garli | 57 | Jessheim | 16.08.1999 |
| 13:08.9 | Berit Bamrud | 55 | Jessheim | 16.08.1999 |
| 13:19.1 | Birgit Aamodt | 70 | Jessheim | 16.08.1999 |
| 13:32.8 | Trine Bogstad Mangerud | 51 | Jessheim | 16.08.1999 |
| 16:28.5 | Bjørg Aas | 51 | Jessheim | 16.08.1999 |

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| **KVINNER SENIOR 1999** | **610** |

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

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| 10.29 | Victoria Hillveg | 86 | Lillehammer/Ss | 25.06.1999 |

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

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| --- | --- | --- | --- | --- |
| 10.7 | Victoria Hillveg | 86 | Bjørkelangen | 17.06.1999 |

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

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| --- | --- | --- | --- | --- |
| 17.2 | Tonje Berg | 85 | Bjørkelangen | 17.06.1999 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:36:22 | Trine Bogstad Mangerud | 51 | Jessheim | 21.11.1999 |
| 1:41:08 | Anne Lillegård | 73 | Oslo | 04.09.1999 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Victoria Hillveg | 86 | Jessheim | 23.08.1999 |
| 1.50 | Siv Anita Engh | 85 | Asker/Fø | 05.09.1999 |
| 1.40 | Inger Lise Sundheim | 55 | Oslo/So | 18.09.1999 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.59 s | Victoria Hillveg | 86 | Jessheim | 27.05.1999 |
| 4.57 | Inger Lise Sundheim | 55 | Jessheim | 24.09.1999 |
| 4.39 | Tonje Berg | 85 | Årnes | 07.07.1999 |
| 4.25 | Siv Anita Engh | 85 | Jessheim | 27.05.1999 |
| 2.70 | Christine Sørmo | 85 | Nittedal | 08.06.1999 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.85 Pl | Victoria Hillveg | 86 | Jessheim | 24.09.1999 |
| 9.03 | Inger Lise Sundheim | 55 | Oslo/So | 18.09.1999 |
| 8.71 | Tonje Berg | 85 | Asker/Fø | 05.09.1999 |

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

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| --- | --- | --- | --- | --- |
| 9.59 | Astrid Willersrud | 42 | Ski | 09.08.1999 |
| 8.65 | Victoria Hillveg | 85 | Lillehammer/Ss | 25.06.1999 |
| 8.41 | Tonje Berg | 85 | Bjørkelangen | 17.06.1999 |
| 7.26 | Siv Anita Engh | 85 | Jessheim | 27.05.1999 |
| 5.55 | Christine Sørmo | 85 | Bjørkelangen | 17.06.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.98 | Kari Kamstrup Hovind | 56 | Jessheim | 21.06.1999 |
| **KVINNER SENIOR 1999** | | **611** | | |

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

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| 33.34 | Tonje Berg | 85 | Jessheim | 24.09.1999 |
| 16.49 | Siv Anita Engh | 85 | Jessheim | 27.05.1999 |

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

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| --- | --- | --- | --- | --- |
| 21.77 | Astrid Willersrud | 42 | Ski | 18.08.1999 |

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| --- | --- |
| **Slegge 3 kg** |  |

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

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

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| --- | --- | --- | --- | --- |
| 30.05 | Tonje Berg | 85 | Lillehammer/Ss | 26.06.1999 |
| 24.78 | Astrid Willersrud | 42 | Ski | 18.08.1999 |

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| --- | --- |
| **Vektkast 7.26 kg** |  |

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

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| **Slengball 700 g Kort reim** |  |

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| --- | --- | --- | --- | --- |
| 9.40 | Katrine Anthonisen | 88 | Jessheim | 24.09.1999 |

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

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| --- | --- | --- | --- | --- |
| 34.10 | Tonje Berg | 85 | Jessheim | 24.09.1999 |
| 26.40 | Siv Anita Engh | 85 | Jessheim | 24.09.1999 |

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

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| --- | --- | --- | --- | --- |
| 53.71 | Tonje Berg | 85 | Nadderud | 20.06.1999 |
| 34.20 | Hege Jacobsen | 85 | Jessheim | 21.06.1999 |

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

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| --- | --- | --- | --- | --- |
| 3181 | Astrid Willersrud | 42 | Jessheim | 21.07.1999 |
| 29.32-8.71-21.03-19.84-10.89 | | | |

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

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| --- | --- | --- | --- | --- |
| 36.1 | J14 |  | Nittedal | 08.06.1999 |
| Christine Sørmo85-Siv Anita Engh85-Victoria Hillveg86-Tonje Berg85 | | | |

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| **KVINNER SENIOR 1999** | **612** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.93 | Victoria Hillveg | 86 | Stange | 06.03.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.44 | Victoria Hillveg | 86 | Stange | 06.02.1999 |

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

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| --- | --- | --- | --- | --- |
| 10.38 | Victoria Hillveg | 86 | Karlstad, SWE | 10.01.1999 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.47 | Victoria Hillveg | 86 | Stange | 06.03.1999 |

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

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

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

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| --- | --- | --- | --- | --- |
| 1.29 | Inger Lise Sundheim | 55 | Stange | 20.03.1999 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.60 | Inger Lise Sundheim | 55 | Stange | 20.03.1999 |

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| **MENN SENIOR 2000** | **613** |

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

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| --- | --- | --- | --- | --- |
| 7.63 | Frank Øines | 68 | Jessheim | 08.06.2000 |
| 7.67 | Andrew Stevens | 81 | Jessheim | 08.06.2000 |
| 8.05 | Per Arne Østerud | 81 | Jessheim | 08.06.2000 |
| 8.18 | Tom-Eirik Halse | 84 | Jessheim | 08.06.2000 |
| 8.63 | Per Kristian Aarstad | 86 | Jessheim | 08.06.2000 |
| 9.13 | Espen Berg Nyhus | 89 | Lillehammer/Ss | 01.07.2000 |
| 9.41 | Johan Hilveg | 88 | Jessheim | 31.08.2000 |
| 9.72 | Martin Tingvold | 86 | Jessheim | 08.06.2000 |
| 10.18 | Eirik Kamstrup Hovind | 90 | Jessheim | 14.09.2000 |
| 10.28 | Sindre Tofthagen | 88 | Jessheim | 22.05.2000 |
| 10.37 | Emil Strøm | 90 | Jessheim | 14.09.2000 |
| 10.56 | Vetle Ruud Bråten | 90 | Jessheim | 14.09.2000 |

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

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| --- | --- | --- | --- | --- |
| 8.8 | Tor Håkon Mangerud | 84 | Jessheim | 03.08.2000 |
| 9.0 | Espen Berg Nyhus | 89 | Jessheim | 09.09.2000 |
| 10.1 | Stian Skafte | 88 | Jessheim | 13.06.2000 |
| 10.1 | Sindre Tofthagen | 88 | Jessheim | 09.09.2000 |

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| **100m E** |  |

|  |  |  |  |  |
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| 11.91 | Frank Øines | 68 | Jessheim | 31.08.2000 |
| 12.71 | Runar Homble | 72 | Jessheim | 31.08.2000 |
| 12.71 | Mads Røslie | 82 | Jessheim | 22.05.2000 |
| 12.74 | Per Arne Østerud | 81 | Jessheim | 22.05.2000 |
| 13.17 | Hans Agnar Grønnvoll | 84 | Bjørkelangen | 21.05.2000 |
| 13.95 | Knut Rimstad | 49 | Jessheim | 22.05.2000 |

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| **100m M** |  |

|  |  |  |  |  |
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| 11.6 | Frank Øines | 68 | Jessheim | 03.08.2000 |
| 11.8 | Jørn Jevne | 64 | Jessheim | 03.08.2000 |
| 12.7 | Terje Grime | 59 | Oslo/St | 05.06.2000 |
| 14.2 | Per Kristian Aarstad | 86 | Jessheim | 13.06.2000 |
| 14.5 | Morten Skafle | 86 | Jessheim | 13.06.2000 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 23.63 | Frank Øines | 68 | Jessheim | 08.06.2000 |
| 23.91 | Andrew Stevens | 81 | Jessheim | 08.06.2000 |
| 25.66 | Halvor Marius Mangerud | 81 | Jessheim | 22.05.2000 |
| 26.39 | Mads Røslie | 82 | Lillehammer/Ss | 30.06.2000 |
| 26.90 | Tor Eilert Navestad | 81 | Jessheim | 22.05.2000 |
| 27.04 | Tom-Eirik Hasle | 84 | Jessheim | 08.06.2000 |
| **MENN SENIOR 2000** | | **614** | | |

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| **200m E forts.** |  |

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| 27.18 | Sigurd Fjeldbo | 82 | Jessheim | 22.05.2000 |
| 28.20 | Hans Agnar Grønnvoll | 84 | Jessheim | 22.05.2000 |
| 43.66 | Håvard Lund | 24 | Jÿvëskÿlä, FIN | 07.07.2000 |

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| **200m M** |  |

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| 23.7 | Jørn Jevne | 64 | Jessheim | 03.08.2000 |
| 28.6 | Per Kristian Aarstad | 86 | Jessheim | 09.09.2000 |
| 42.6 | Håvard Lund | 24 | Oslo/St | 09.09.2000 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 53.40 | Andrew Stevens | 81 | Fredrikstad | 07.07.2000 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 59.6 | Knut Rimstad | 49 | Oslo/St | 05.06.2000 |
| 63.6 | Tor Håkon Mangerud | 84 | Jessheim | 13.07.2000 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:30.23 | Andrè Nilsson | 82 | Jessheim | 22.05.2000 |
| 1:30.8 | Frank Øines | 68 | Jessheim | 01.05.2000 |
| 1:31.2 | Jørn Jevne | 64 | Jessheim | 01.05.2000 |
| 1:31.72 | Trygve Stanger | 62 | Jessheim | 22.05.2000 |
| 1:31.79 | Sigurd Fjeldbo | 82 | Jessheim | 22.05.2000 |
| 1:32.2 | Halvor Marius Mangerud | 81 | Jessheim | 24.04.2000 |
| 1:39.25 | Hans Agnar Grønnvoll | 84 | Jessheim | 22.05.2000 |
| 1:40.00 | Knut Rimstad | 49 | Jessheim | 22.05.2000 |
| 1:40.25 | Ole Fredrik Mørch | 62 | Jessheim | 22.05.2000 |
| 1:40.87 | Ole Johan Garli | 56 | Jessheim | 22.05.2000 |
| 1:43.4 | Stian Fredriksen | 81 | Jessheim | 24.04.2000 |
| 1:48.20 | Tor Håkon Mangerud | 84 | Jessheim | 22.05.2000 |
| 1:51.9 | Vegard Axelsson | 85 | Jessheim | 24.04.2000 |

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| **800m** |  |

|  |  |  |  |  |
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| 1:58.78 | Carl Johan Owre | 82 | Lillehammer/Ss | 02.07.2000 |
| 2:05.63 | Halvor Marius Mangerud | 81 | Nadderud | 18.06.2000 |
| 2:07.36 | Andrè Nilsson | 82 | Jessheim | 08.06.2000 |
| 2:07.56 | Stian Aaserud | 81 | Oslo/Bi | 24.06.2000 |
| 2:11.03 | Hans Agnar Grønnvoll | 84 | Nadderud | 17.06.2000 |
| 2:12.7 | Trygve Stanger | 62 | Hurdal | 07.06.2000 |

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| **MENN SENIOR 2000** | **615** |

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| **800m** |  |

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| 2:14.7 | Ole Fredrik Mørch | 62 | Hurdal | 07.06.2000 |
| 2:15.1 | Leif Erling Aronsveen | 57 | Hurdal | 07.06.2000 |
| 2:16.8 | Vidar Birkelund | 56 | Hurdal | 05.06.2000 |
| 2:18.5 | Knut Rimstad | 49 | Oslo/Tr | 14.06.2000 |
| 2:21.9 | Steinar Gressløs | 53 | Hurdal | 07.06.2000 |
| 2:22.9 | Ole Johan Garli | 56 | Hurdal | 07.06.2000 |
| 2:25.3 | Ole Johan Pedersen | 67 | Hurdal | 07.06.2000 |
| 2:25.9 | Tor Håkon Mangerud | 84 | Jessheim | 14.08.2000 |
| 2:29.14 | Per Kristian Aarstad | 86 | Lillehammer/Ss | 02.07.2000 |
| 2:35.0 | Stein Roger Tofthagen | 51 | Jessheim | 14.08.2000 |
| 2:39.0 | Ole Arnegård | 44 | Jessheim | 14.08.2000 |
| 2:41.3 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 14.08.2000 |
| 2:41.8 | Morten Skafle | 86 | Jessheim | 14.08.2000 |
| 2:47.6 | Molvin Knudsen | 62 | Jessheim | 14.08.2000 |
| 2:47.7 | Morten Foss | 85 | Jessheim | 14.08.2000 |
| 2:51.11 | Espen Berg Nyhus | 89 | Jessheim | 31.08.2000 |
| 2:53.14 | Stian Skafle | 88 | Jessheim | 31.08.2000 |
| 2:53.82 | Sindre Tofthagen | 88 | Jessheim | 31.08.2000 |
| 2:57.6 | Lasse Andersen | 47 | Jessheim | 14.08.2000 |
| 2:59.4 | Jan Erik Bøhnsdalen | 52 | Jessheim | 14.08.2000 |
| 3:04.0 | Olav Werner Ruud | 55 | Jessheim | 14.08.2000 |
| 3:10.4 | Helge Velure | 50 | Jessheim | 14.08.2000 |
| 3:11.5 | Tore Eriksen | 55 | Jessheim | 14.08.2000 |
| 3:23.7 | Finn Moe | 46 | Jessheim | 14.08.2000 |
| 4:02.5 | Valter Berntsen | 39 | Jassheim | 14.08.2000 |
| 4:29.8 | Håkon Amundstad | 24 | Jessheim | 14.08.2000 |
| 5:11.3 | John Arve Johansen | 36 | Jessheim | 14.08.2000 |
| 6:22.3 | Johannes Bjørnland | 17 | Jessheim | 14.08.2000 |

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| **1500m** |  |

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| 4:11.9 | Carl Jørgen Owre | 82 | Jessheim | 13.06.2000 |
| 4:12.9 | Tor Erik Nyquist | 67 | Jessheim | 15.06.2000 |
| 4.25.56 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 29.06.2000 |
| 4:25.6 | Alf Roger Holme | 77 | Jessheim | 15.06.2000 |
| 4:27.33 | Stian Aaserud | 81 | Lillehammer/Ss | 29.06.2000 |
| 4:27.39 | Stian Hofoss | 78 | Lillehammer/Ss | 29.06.2000 |
| 4:29.1 | Sigurd Fjeldbo | 82 | Jessheim | 13.06.2000 |
| 4:30.7 | Trygve Stanger | 62 | Jessheim | 15.06.2000 |
| 4:30.9 | Erlend Skare | 73 | Jessheim | 15.06.2000 |
| 4:31.0 | Ole Fredrik Mørck | 62 | Jessheim | 15.06.2000 |
| 4:31.4 | Andrè Nilsson | 82 | Jessheim | 13.06.2000 |
| 4.35.5 | Halvor Marius Mangerud | 81 | Jessheim | 13.06.2000 |
| 4:43.8 | Ole Skolt | 53 | Jessheim | 15.06.2000 |
| 4:53.5 | Geir Asphaug | 65 | Jessheim | 15.06.2000 |

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| **MENN SENIOR 2000** | **616** |

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| **1500m** |  |

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| 4:54.74 | Tor Håkon Mangerud | 84 | Jessheim | 31.08.2000 |
| 4:55.9 | Steinar Gressløs | 53 | Jessheim | 15.06.2000 |
| 4:57.4 | Anders Lysbakken | 82 | Jessheim | 13.06.2000 |
| 5:08.4 | Knut Rimstad | 49 | Jessheim | 13.06.2000 |
| 5:13.0 | Knut Kristensen | 44 | Jessheim | 15.06.2000 |
| 5:13.3 | Svein Roger Tofthagen | 51 | Jessheim | 13.06.2000 |
| 5:14.0 | Geir Håkon Bjørnstad | 56 | Jessheim | 15.05.2000 |
| 5:24.6 | Per Arne Østerud | 81 | Jessheim | 13.06.2000 |
| 5:32.4 | Torbjørn Johansen | 45 | Jessheim | 15.06.2000 |
| 5:42.8 | Ole Arnegård | 44 | Jessheim | 13.06.2000 |
| 5:43.3 | Odd Kinnsbekken | 48 | Jessheim | 15.06.2000 |
| 5:47.2 | Arne Luke | 44 | Jessheim | 15.06.2000 |
| 5:53.6 | Nils Sæthermoen | 40 | Jessheim | 15.06.2000 |
| 5:58.8 | Anders Jellum | 48 | Jessheim | 13.06.2000 |
| 5:59.1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 13.06.2000 |
| 5:59.9 | Egil Ødemark | 41 | Jessheim | 15.06.2000 |
| 6:05.8 | Jan Erik Bøhnsdalen | 52 | Jessheim | 13.06.2000 |
| 6:07.0 | Tore Eriksen | 37 | Jessheim | 13.06.2000 |
| 6:08.6 | Vegard Axelsson | 85 | Jessheim | 13.06.2000 |
| 6:09.2 | Molvin Knutsen | 62 | Jessheim | 13.06.2000 |
| 6:10.4 | John Birkelund | 32 | Jessheim | 15.07.2000 |
| 6.13.7 | Thue Holme | 52 | Jessheim | 15.06.2000 |
| 6:28.3 | Helge Velure | 50 | Jessheim | 13.06.2000 |
| 6:33.2 | Morten Foss | 85 | Jessheim | 13.06.2000 |
| 6:50.6 | Lasse Andersen | 47 | Jessheim | 13.06.2000 |
| 6:54.1 | Finn Moe | 46 | Jessheim | 13.06.2000 |
| 9:08.2 | Håkon Amundstad | 24 | Jessheim | 13.06.2000 |

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| **3000m** |  |

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| 9:15.24 | Erlend Skare | 73 | Jessheim | 14.08.2000 |
| 9:25.41 | Hans Agnar Grønvoll | 84 | Porsgrunn/Kj | 20.08.2000 |
| 9:27.8 | Ole Fredrik Mørch | 62 | Jessheim | 14.06.2000 |
| 9:43.89 | Carl Jørgen Owre | 82 | Asker/Fø | 09.09.2000 |
| 9:46.6 | Trygve Stanger | 62 | Jessheim | 14.08.2000 |
| 9:48.6 | Ole Johan Garli | 56 | Jessheim | 14.08.2000 |
| 10:09.5 | Dag Amundsen | 51 | Jessheim | 14.08.2000 |
| 10:13.40 | Andrè Nilsson | 82 | Oslo/Bi | 25.06.2000 |
| 10:15.2 | Anders Lysbakken | 82 | Jessheim | 14.08.2000 |
| 10:18.2 | Ole Skolt | 53 | Jessheim | 14.08.2000 |
| 10:19.0 | Steinar Gressløs | 53 | Lørenfallet | 05.09.2000 |
| 11:18.7 | Geir Håkon Bjørnstad | 56 | Jessheim | 14.08.2000 |
| 11:30.9 | Tore Ragnar Olsen | 46 | Jessheim | 14.08.2000 |
| 11:31.1 | Odd Kinnsbekken | 48 | Jessheim | 14.08.2000 |
| 11:46.0 | Egil Ødemark | 41 | Jessheim | 14.08.2000 |

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| **MENN SENIOR 2000** |  |

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| **3000m forts.** |  |

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| 12:20.0 | Nils Sæthermoen | 40 | Jessheim | 14.08.2000 |
| 12:21.7 | Arne Luke | 44 | Jessheim | 14.08.2000 |
| 12:37.3 | Torbjørn Johansen | 45 | Jessheim | 14.08.2000 |
| 13:47.2 | John Birkelund | 32 | Jessheim | 14.08.2000 |
| 14:42.2 | Jan Berge | 40 | Jessheim | 14.08.2000 |

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| **10000m** |  |

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| 31:51.53 | Tor Erik Nyquist | 67 | Oslo/Bi | 12.07.2000 |

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

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| 14.61 | Håvard Lund | 24 | Ravnanger | 30.06.2000 |

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| **200m hekk 76.2 E** |  |

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| 29.32 | Frank Øines | 68 | Jessheim | 31.08.2000 |
| 32.16 | Eirik Johansen | 84 | Jessheim | 31.08.2000 |
| 32.53 | Runar Homble | 72 | Jessheim | 31.08.2000 |

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

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| 6:30.90 | Hans Agnar Grønnvoll | 84 | Oslo/Bi | 23.06.2000 |
| 6:51.21 | Sigurd Fjeldbo | 82 | Oslo/Bi | 23.06.2000 |
| 7:01.51 | Lars Lysbakken | 79 | Jessheim | 08.06.2000 |

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| **Halvmaraton 21098m** |  |

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| 1:07:45 | Tor Erik Nyquist | 67 | Drammen | 01.10.2000 |
| 1:17:45 | Ole Fredrik Mørck | 62 | Jessheim | 19.11.2000 |
| 1:28:45 | Geir Asphaug | 65 | Jessheim | 19.11.2000 |
| 1:35:05 | Stein Terje Dahl | 55 | Jessheim | 19.11.2000 |

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| **Maraton 42195m** |  |

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| 2:21:39 | Tor Erik Nyquist | 67 | Berlin, GER | 10.09.2000 |

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| **Høyde** | |  | | |
| 1.70 | Frank Øines | 68 | Jessheim | 31.08.2000 |
| 1.58 | Ansgar Gulbrandsen | 44 | Oslo/St | 05.06.2000 |
| 1.53 | Terje Grime | 59 | Oslo/St | 05.06.2000 |
| 1.45 | Runar Homble | 72 | Jessheim | 31.08.2000 |
| 1.35 | Eirik Johansen | 84 | Jessheim | 31.08.2000 |
| 1.28 | John Arve Johansen | 36 | Oslo/St | 05.06.2000 |

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| **MENN SENIOR 2000** | **618** |

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| **Høyde forts.** |  |

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| 1.24 | Håvard Lund | 24 | Jÿvëskÿlä, FIN | 09.07.2000 |
| 1.15 | Sindre Tofthagen | 88 | Jessheim | 31.08.2000 |

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| **Stav** |  |

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| 1.60 | Håvard Lund | 24 | Ravnanger | 30.06.2000 |

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| **Lengde** |  |

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| 5.97 | Terje Grime | 59 | Ravnanger | 30.06.2000 |
| 5.57 | Frank Øines | 68 | Jessheim | 31.08.2000 |
| 5.16 | Runar Homble | 72 | Jessheim | 31.08.2000 |
| 4.99 | Eirik Johansen | 84 | Jessheim | 31.08.2000 |
| 4.22 | John Arve Johansen | 36 | Ravnanger | 30.06.2000 |
| 3.82 s | Espen Berg Nyhus | 89 | Asker/Fø | 10.09.2000 |
| 3.61 s | Eirik Kamstrup Hovind | 90 | Jessheim | 14.09.2000 |
| 3.56 s | Emil Strøm | 90 | Jessheim | 14.09.2000 |
| 3.29 | Vetle Ruud Bråten | 90 | Jessheim | 14.09.2000 |
| 3.25 | Martin Tingvoll | 86 | Jessheim | 08.06.2000 |
| 2.91 | Håvard Lund | 24 | Oslo/St | 09.09.2000 |

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| **Tresteg** |  |

|  |  |  |  |  |
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| 8.93 | John Arve Johansen | 36 | Oslo/St | 05.06.2000 |
| 7.60 | Bjarne Guneriussen | 34 | Oslo/St | 05.06.2000 |

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| **Kule 2 kg** |  |

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| 7.55 | Espen Berg Nyhus | 89 | Lillehammer/Ss | 01.07.2000 |

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| **Kule 4 kg** |  |

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| 10.60 | Bjarne Guneriussen | 34 | Oslo/St | 14.09.2000 |
| 9.89 | Håvard Lund | 24 | Jessheim | 22.05.2000 |

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| **Kule 5 kg** |  |

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| 10.10 | Bjarne Guneriussen | 34 | Jessheim | 14.09.2000 |
| 9.45 | John Arve Johansen | 36 | Jessheim | 08.06.2000 |

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| **Kule 7.26 kg** |  |

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| 10.63 | Molvin Knutsen | 62 | Rolvsrud | 21.09.2000 |

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| **MENN SENIOR 2000** | **619** |

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| **Diskos 1 kg** |  |

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| 29.30 | John Arve Johansen | 36 | Jessheim | 08.06.2000 |
| 29.16 | Håvard Lund | 24 | Jessheim | 08.06.2000 |

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| **Diskos 2 kg** |  |

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| 25.65 | Molvin Knutsen | 62 | Jessheim | 31.08.2000 |

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| **Slegge 4 kg** |  |

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| 27.75 | Håvard Lund | 24 | Oslo/So | 20.05.2000 |

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| **Spyd 500 g** |  |

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| 29.09 | Håvard Lund | 24 | Jÿvëskÿlä, FIN | 13.07.2000 |

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

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| 37.32 | Bjarne Guneriussen | 34 | Oslo/St | 05.06.2000 |
| 30.75 | John Arve Johansen | 36 | Jessheim | 22.05.2000 |
| 29.56 | Håvard Lund | 24 | Jessheim | 03.08.2000 |

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

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| 34.97 | Runar Homble | 72 | Jessheim | 31.08.2000 |
| 34.64 | Molvin Knutsen | 62 | Jessheim | 31.08.2000 |
| 32.59 | Terje Grime | 59 | Oslo/St | 05.06.2000 |
| 28.34 | Frank Øines | 68 | Jessheim | 31.08.2000 |

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| **Vektkast 7.26 kg** |  |

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| 12.80 | Håvard Lund | 24 | Heggedal/Gj | 19.05.2000 |

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

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| 1970 | Håvard Lund | 24 | Jÿvëskÿlä, FIN | 11.07.2000 |
| 2.70-25.49-43.66-27.05-0 | | | |

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

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| 3762 | Håvard Lund | 24 | Oslo/So | 20.05.2000 |
| 27.75-9.00-28.76-28.87-11.69 | | | |

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| **MENN SENIOR 2000** | **620** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.55 | Andrew Stevens | 81 | Stange | 04.03.2000 |
| 7.88 | Per Arne Østerud | 81 | Stange | 18.03.2000 |
| 8.03 | Lasse Bjørn | 84 | Karlstad, SWE | 06.02.2000 |
| 8.12 | Terje Grime | 59 | Stange | 26.03.2000 |
| 8.14 | Mads Røslie | 82 | Stange | 19.02.2000 |
| 8.59 | Vegard Axelsson | 85 | Stange | 04.03.2000 |
| 8.87 | Per Kristian Aarstad | 86 | Lillestrøm | 14.03.2000 |
| 9.40 | Morten Foss | 85 | Stange | 18.03.2000 |

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| **200m E** |  |

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| 23.80 | Andrew Stevens | 81 | Stange | 19.02.2000 |
| 24.48 | Stian Fredriksen | 81 | Stange | 05.03.2000 |
| 25.45 | Per Arne Østerud | 81 | Stange | 05.03.2000 |
| 25.84 | Lasse Bjørn | 84 | Stange | 19.02.2000 |
| 26.17 | Terje Grime | 59 | Stange | 25.03.2000 |
| 26.45 | Mads Røslie | 82 | Stange | 19.02.2000 |

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| **400m E** |  |

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| 53.02 | Andrew Stevens | 81 | Stange | 04.03.2000 |

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| **600m** |  |

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| 1:49.56 | Vegard Axelsson | 85 | Stange | 04.03.2000 |
| 2:13.58 | Arnfinn Hansen | 85 | Stange | 04.03.2000 |

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| **800m** |  |

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| 2:11.91 | Stian Aaserud | 81 | Stange | 05.03.2000 |
| 2:19.53 | Knut Rimstad | 49 | Stange | 26.03.2000 |
| 2:32.03 | Vegard Axelsson | 85 | Stange | 05.03.2000 |
| 2:33.00 | Per Kristian Arstad | 86 | Stange | 19.02.2000 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:29.76 | Stian Aaserud | 81 | Stange | 18.03.2000 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:16.49 | Dag Amundsen | 51 | Stange | 26.03.2000 |

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| **MENN SENIOR 2000** | **621** |

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

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| 14.20 | Håvard Lund | 24 | Stange | 25.03.2000 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Ansgar Gulbrandsen | 44 | Stange | 26.03.2000 |
| 1.24 | Håvard Lund | 24 | Stange | 26.03.2000 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 1.62 | Håvard Lund | 24 | Göteborg, SWE | 11.03.2000 |

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

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| --- | --- | --- | --- | --- |
| 5.46 | Terje Grime | 59 | Stange | 25.03.2000 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 11.88 | Terje Grime | 59 | Stange | 26.03.2000 |

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

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| --- | --- | --- | --- | --- |
| 1.04 | Håvard Lund | 24 | Stange | 25.03.2000 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.98 | Håvard Lund | 24 | Stange | 25.03.2000 |

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| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.46 | Vegard Axelsson | 85 | Stange | 18.03.2000 |
| 9.20 | Håvard Lund | 24 | Stange | 26.03.2000 |

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| **KVINNER SENIOR 2000** | **622** |

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| **60m E** |  |

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| 8.48 | Victoria Hillveg | 86 | Asker/Fø | 10.09.2000 |
| 9.58 | Sigrid Merlie | 87 | Jessheim | 22.05.2000 |
| 11.24 | Karoline Merli | 89 | Jessheim | 22.05.2000 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.3 | Kristin Stanger | 89 | Jessheim | 13.06.2000 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.75 | Victoria Hillveg | 86 | Bjørkelangen | 21.05.2000 |
| 14.70 | Tonje Berg | 85 | Bjørkelangen | 21.05.2000 |
| 14.89 | Inger Lise Sundheim | 55 | Ravnanger | 02.07.2000 |

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| **100m M** |  |

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| 13.9 | Tonje Berg | 85 | Jessheim | 13.06.2000 |
| 14.7 | Inger Lise Sundheim | 55 | Oslo/St | 15.06.2000 |
| 16.4 | Christine Sørmo | 88 | Jessheim | 13.06.2000 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.24 | Tonje Berg | 85 | Oslo/Tr | 05.06.2000 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.9 | Victoria Hillveg | 86 | Ski | 16.09.2000 |
| 30.8 | Inger Lise Sundheim | 55 | Oslo/Tr | 14.06.2000 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 69.19 | Anne Lillegård | 73 | Asker/Fø | 09.09.2000 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 74.9 | Trine Bogstad Mangerud | 51 | Jessheim | 13.07.2000 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:58.20 | Tonje Berg | 85 | Jessheim | 22.05.2000 |

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| **KVINNER SENIOR 2000** | **623** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:20.7 | Liv Anita Mikkelborg | 80 | Jessheim | 14.08.2000 |
| 2:30.39 | Elisabeth Langrusten | 86 | Oslo/Bi | 25.06.2000 |
| 2:32.6 | Anne Lillegård | 73 | Jessheim | 04.08.2000 |
| 2:39.63 | Tonje Berg | 85 | Oslo/Bi | 25.06.2000 |
| 2:42.6 | Trine Bogstad Mangerud | 51 | Jessheim | 03.08.2000 |
| 2:46.2 | Ingvild Skolt | 85 | Jessheim | 14.08.2000 |
| 2:53.9 | Kaja Ekroll Jahren | 85 | Jessheim | 14.08.2000 |
| 3:05.8 | Christine Sørmo | 88 | Jessheim | 14.08.2000 |
| 3:16.2 | Dagrun Rommen | 76 | Jessheim | 14.08.2000 |
| 3:28.9 | Marit Skolt Skafle | 56 | Jessheim | 14.08.2000 |
| 3:32.4 | Kristin Stanger | 89 | Jessheim | 14.08.2000 |
| 3:40.5 | Bjørg Aas | 51 | Jessheim | 14.08.2000 |
| 3:45.3 | Anne Kamstrup Hovind | 88 | Jessheim | 14.08.2000 |
| 3:45.9 | Kari Kamstrup Hovind | 56 | Jessheim | 14.08.2000 |
| 3:52.4 | Inger Finstad | 51 | Jessheim | 14.08.2000 |
| 4:08.7 | May Skolt | 59 | Jessheim | 14.08.2000 |

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| **1000m** |  |

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| 3:23.73 | Elisabeth Langrusten | 86 | Jessheim | 08.06.2000 |

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| **1500m** |  |

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| 5:15.42 | Elisabeth Langrusten | 86 | Lillehammer/Ss | 29.06.2000 |
| 5:25.1 | Heidi Brendengen | 71 | Jessheim | 13.06.2000 |
| 5:29.7 | Claudia Asphaug | 68 | Jessheim | 13.06.2000 |
| 5:36.7 | Anne Lillegård | 73 | Jessheim | 13.06.2000 |
| 5:38.0 | Trine Bogstad Mangerud | 51 | Lillestrøm | 20.06.2000 |
| 5:47.8 | Siri Kvernberg | 69 | Jessheim | 13.06.2000 |
| 5:57.3 | Mari Jellum | 79 | Jessheim | 13.06.2000 |
| 6:02.4 | Ingvild Skolt | 85 | Jessheim | 13.06.2000 |
| 6:06.5 | Katja Ekroll Jahren | 85 | Jessheim | 13.06.2000 |
| 6:06.9 | Line Mathisen | 71 | Jessheim | 13.06.2000 |
| 6:08.3 | Anne-Torill Garli | 57 | Jessheim | 13.06.2000 |
| 6:17.0 | Bente Holter | 62 | Jessheim | 13.06.2000 |
| 6:27.1 | Kjersti Andersen | 68 | Jessheim | 13.06.2000 |
| 6:27.3 | Berit Bamrud | 55 | Jessheim | 13.06.2000 |
| 6:59.3 | Marit Skolt Skafle | 56 | Jessheim | 13.06.2000 |
| 7:02.2 | Dagrun Rommen | 76 | Jessheim | 13.06.2000 |
| 7:18.7 | Birgit Aamodt | 70 | Jessheim | 13.06.2000 |
| 7:21.0 | Bjørg Aas | 51 | Jessheim | 13.06.2000 |
| 7:37.5 | Inger Finstad | 51 | Jessheim | 13.06.2000 |

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| **KVINNER SENIOR 2000** | **624** |

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| **3000m** |  |

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| 11:53.3 | Trine Bogstad Mangerud | 51 | Jessheim | 14.08.2000 |
| 12:07.3 | Siri Kvernberg | 69 | Jessheim | 14.08.2000 |
| 12:20.0 | Anne Lillegård | 73 | Lørenfallet | 05.09.2000 |
| 12:21.8 | Bente Holter | 62 | Jessheim | 14.08.2000 |
| 13:48.0 | Kjersti Andersen | 68 | Jessheim | 14.08.2000 |
| 14:44.0 | Dagrun Rommen | 76 | Lørenfallet | 05.09.2000 |
| 14:50.5 | Berit Bamrud | 55 | Jessheim | 14.08.2000 |

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

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| 12.98 | Victoria Hillveg | 86 | Stjørdal | 26.08.2000 |
| 15.31 | Siv Anita Engh | 85 | Asker/Fø | 09.09.2000 |
| 15.80 | Tonje Berg | 85 | Jessheim | 22.05.2000 |

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

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

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

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| 56.31 | Tonje Berg | 85 | Asker/Fø | 10.09.2000 |

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| **10km landevei** |  |

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| --- | --- | --- | --- | --- |
| 44:41 | Claudia Asphaug | 68 | Jessheim | 19.11.2000 |

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| **Halvmaraton 21098m** |  |

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| 1:34.19 | Trine Bogstad Mangerud | 51 | Drammen | 05.10.2000 |
| 1:45:29 | Anne Lillegård | 73 | Lørenfallet | 14.10.2000 |
| 1:47:12 | Marianne Opdahl | 73 | Jessheim | 19.11.2000 |

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| **Maraton 42195m** |  |

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| 3:26:41 | Camilla Hott Johansen | 69 | Jessheim | 19.11.2000 |

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| **Høyde** |  |

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| 1.56 | Siv Anita Engh | 85 | Porsgrunn/Kj | 19.08.2000 |
| 1.48 | Victoria Hillveg | 86 | Nadderud | 18.06.2000 |
| 1.43 | Inger Lise Sundheim | 55 | Ravnanger | 29.06.2000 |
| 1.35 | Tonje Berg | 85 | Asker/Fø | 10.09.2000 |
| 1.25 | Elisabeth Langrusten | 86 | Jessheim | 22.05.2000 |
| 1.20 | Sigrid Merli | 87 | Jessheim | 22.05.2000 |
| 0.90 | Frida Fiveland | 89 | Jessheim | 22.05.2000 |

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| **KVINNER SENIOR 2000** | **625** |

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| **Lengde** |  |

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| 4.68 | Inger Lise Sundheim | 55 | Ravnanger | 30.06.2000 |
| 4.45 | Tonje Berg | 85 | Oslo/Bi | 25.06.2000 |
| 4.31 | Siv Anita Engh | 85 | Jessheim | 22.05.2000 |
| 4.27 | Victoria Hillveg | 86 | Bjørkelangen | 21.05.2000 |
| 2.50 s | Kristin Stanger | 89 | Jessheim | 06.06.2000 |

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| **Tresteg** |  |

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| 9.83 Pl | Victoria Hillveg | 86 | Jessheim | 31.08.2000 |
| 9.18 | Inger Lise Sundheim | 55 | Oslo/St | 05.06.2000 |
| 9.17 | Tonje Berg | 85 | Asker/Fø | 10.09.2000 |

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

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| --- | --- | --- | --- | --- |
| 9.94 | Victoria Hillveg | 86 | Asker/Fø | 10.09.2000 |
| 9.27 | Tonje Berg | 85 | Asker/Fø | 09.09.2000 |
| 8.73 | Astrid Willersrud | 42 | Heggedal/Gj | 26.08.2000 |
| 8.62 | Siv Anita Engh | 85 | Asker/Fø | 09.09.2000 |

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

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| --- | --- | --- | --- | --- |
| 7.97 | Kari Kamstrup Hovind | 56 | Jessheim | 14.09.2000 |

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

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| --- | --- | --- | --- | --- |
| 27.94 | Victoria Hillveg | 86 | Asker/Fø | 10.09.2000 |

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| **Diskos 750 g** |  |

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| --- | --- | --- | --- | --- |
| 30.43 | Tonje Berg | 85 | Jessheim | 14.09.2000 |
| 18.59 | Siv Anita Engh | 85 | Jessheim | 06.06.2000 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 21.60 | Astrid Willersrud | 42 | Heggedal/Gj | 26.08.2000 |

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| **Slegge 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 27.22 | Astrid Willersrud | 42 | Heggedal/Gj | 26.08.2000 |

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

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| --- | --- | --- | --- | --- |
| 21.83 | Tonje Berg | 85 | Heggedal/Gj | 26.08.2000 |

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| **KVINNER SENIOR 2000** | **626** |

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| **Spyd 400 g** |  |

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| 21.83 | Astrid Willersrud | 42 | Heggedal/Gj | 26.08.2000 |

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

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| --- | --- | --- | --- | --- |
| 32.56 | Tonje Berg | 85 | Lillehammer/Ss | 02.07.2000 |

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| **Vektkast 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.80 | Astrid Willersrud | 42 | Heggedal/Gj | 26.08.2000 |

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| **7-kamp E 80m hekk-Høyde-Kule-200m** | **Lengde-Spyd-800m** |

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| --- | --- | --- | --- | --- |
| 2830 | Tonje Berg | 85 | Oslo/Tr | 05-06.06.2000 |
| 16.28-1.28-8.47-31.24/4.10-26.32-2:50.7 | | | |

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

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| --- | --- | --- | --- | --- |
| 3208 | Astrid Willersrud | 42 | Heggedal/Gj | 26.08.2000 |
| 27.22-8.73-21.60-21.83-10.80 | | | |

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| --- | --- |
| **4-kamp kast Slegge-Kule-Diskos-Spyd** |  |

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| --- | --- | --- | --- | --- |
| 2652 | Tonje Berg | 85 | Asker-Heggedal | 30.09.2000 |
| 19.95-29.85-8.43-26.30 | | | |

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

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| --- | --- | --- | --- | --- |
| 37.57 | J14 |  | Bjørkelangen | 21.05.2000 |
| ? | | | |

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| **KVINNER SENIOR 2000** | **627** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.41 | Victoria Hillveg | 86 | Oslo/Ek | 02.12.2000 |
| 9.05 | Tonje Berg | 85 | Stange | 19.02.2000 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.29 | Victoria Hillveg | 86 | Oslo/Ek | 15.01.2000 |
| 30.66 | Tonje Berg | 85 | Stange | 05.03.2000 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:58.62 | Tonje Berg | 85 | Stange | 04.03.2000 |

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

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| --- | --- | --- | --- | --- |
| 10.22 | Victoria Hillveg | 86 | Karlstad, SWE | 06.02.2000 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.52 | Siw Anita Engh | 85 | Stange | 19.02.2000 |
| 1.50 | Victoria Hillveg | 86 | Karlstad, SWE | 06.02.2000 |
| 1.43 | Inger Lise Sundheim | 55 | Stange | 25.03.2000 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.78 | Victoria Hillveg | 86 | Jevnaker | 01.04.2000 |
| 4.70 | Tonje Berg | 85 | Lillestrøm | 12.03.2000 |
| 4.68 | Inger Lise Sundheim | 55 | Stange | 25.03.2000 |

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

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

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.22 | Inger Lise Sundheim | 55 | Stange | 25.03.2000 |

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

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| --- | --- | --- | --- | --- |
| 2.51 | Inger Lise Sundheim | 55 | Stange | 25.03.2000 |

|  |  |
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| **KVINNER SENIOR 2000** | **628** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.64 | Victoria Hillveg | 86 | Oslo/Ek | 02.12.2000 |
| 9.09 | Siw Anita Engh | 85 | Oslo/Ek | 02.12.2000 |
| 8.95 | Tonje Berg | 85 | Stange | 04.03.2000 |

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| **MENN SENIOR 2001** | **629** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 9.49 | Espen Nyhus | 89 | Jessheim | 28.05.2001 |
| 9.69 | Andreas Løland | 90 | Jessheim | 19.08.2001 |
| 9.76 | Anders Gustavson | 89 | Jessheim | 19.08.2001 |
| 10.20 | Lars Sutterud | 90 | Jessheim | 19.08.2001 |
| 10.64 | Ole Eriksen | 91 | Jessheim | 17.09.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.1 | Espen Nyhus | 89 | Jessheim | 21.05.2001 |
| 9.2 | Andreas Johansen | 88 | Jessheim | 15.09.2001 |
| 9.3 | Eirik Kamstrup Hovind | 89 | Jessheim | 21.05.2001 |
| 9.4 | Andreas Løland | 90 | Jessheim | 21.05.2001 |
| 9.8 | Stian Skafle | 88 | Jessheim | 21.05.2001 |
| 9.8 | Lars Sutterud | 90 | Årnes | 04.07.2001 |
| 9.9 | Sindre Tofthagen | 88 | Jessheim | 21.05.2001 |
| 10.8 | Magnus Nermo | 88 | Jessheim | 14.06.2001 |
| 10.8 | Kristian Fredheim | 89 | Årnes | 04.07.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.88 | Frank Øines | 68 | Jessheim | 18.08.2001 |
| 12.22 | Jørn Jevne | 64 | Jessheim | 21.06.2001 |
| 12.61 | Terje Grime | 69 | Jessheim | 18.08.2001 |
| 12.69 | Erik Johansen | 84 | Jessheim | 17.09.2001 |
| 13.25 | Per Kristian Aarstad | 86 | Jessheim | 19.08.2001 |
| 19.63 | Håvard Lund | 24 | Brisbane, AUS | 04.07.2001 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.4 | Per Kristian Aarstad | 86 | Årnes | 29.08.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.15 | Frank Øines | 68 | Jessheim | 19.08.2001 |
| 24.62 | Jørn Jevne | 64 | Oslo/Bi | 28.07.2001 |
| 25.50 | Carl Jørgen Owre | 82 | Jessheim | 28.05.2001 |
| 26.98 | Per Kristian Aarstad | 86 | Oslo/Bi | 23.06.2001 |
| 27.14 | Hans Agnar Grønnvoll | 84 | Jessheim | 19.08.2001 |
| 28.35 | Tor Håkon Mangerud | 84 | Jessheim | 28.05.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.82 | Frank Øines | 68 | Jessheim | 18.08.2001 |
| 53.99 | Jørn Jevne | 64 | Oslo/St | 16.08.2001 |
| 58.57 | Erik Johansen | 84 | Jessheim | 17.09.2001 |

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| **MENN SENIOR 2001** | **630** |

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| **400m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 58.89 | Per Kristian Aarstad | 86 | Jessheim | 21.06.2001 |
| 59.62 | Tor Håkon Mangerud | 84 | Jessheim | 21.06.2001 |
| 61.49 | Knut Rimstad | 49 | Jessheim | 21.06.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:59.80 | Carl Jørgen Owre | 82 | Nadderud | 17.06.2001 |
| 2:07.75 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 01.07.2001 |
| 2:11.28 | Erlend Skare | 73 | Jessheim | 28.05.2001 |
| 2:16.16 | Tor Håkon Mangerud | 84 | Jessheim | 19.08.2001 |
| 2:17.35 | Knut Rimstad | 49 | Bismo | 04.08.2001 |
| 2:20.3 | Trygve Stanger | 62 | Hurdal | 08.06.2001 |
| 2:20.9 | Leif Erling Aronsveen | 57 | Hurdal | 08.06.2001 |
| 2:23.6 | Ole Skolt | 53 | Hurdal | 08.06.2001 |
| 2:24.08 | Per Kristian Aarstad | 86 | Jessheim | 18.08.2001 |
| 2:24.4 | Ole Johan Garli | 56 | Hurdal | 08.06.2001 |
| 2:29.5 | Vidar Birkelund | 56 | Hurdal | 08.06.2001 |
| 2:44.05 | Andreas Løland | 90 | Jessheim | 18.08.2001 |
| 2:45.21 | Espen Nyhus | 89 | Jessheim | 18.08.2001 |
| 2:53.6 | Andreas Johansen | 88 | Jessheim | 14.06.2001 |
| 2:58.0 | Kristian Fredheim | 89 | Jessheim | 04.07.2001 |
| 3:00.5 | Sindre Tofthagen | 88 | Jessheim | 14.06.2001 |
| 3:00.9 | Stian Skafle | 88 | Jessheim | 14.06.2001 |
| 3:03.8 | Magnus Nermo | 88 | Jessheim | 14.06.2001 |

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

|  |  |  |  |  |
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| 4:14.06 | Carl Jørgen Owre | 82 | Oslo/Bi | 24.07.2001 |
| 4:22.9 | Lars Lysbakken | 79 | Jessheim | 14.06.2001 |
| 4:26.96 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 28.06.2001 |
| 4:27.5 | Erlend Skare | 73 | Jessheim | 14.06.2001 |
| 4:30.0 | Trygve Stanger | 62 | Jessheim | 14.06.2001 |
| 4:35.5 | Ole Fredrik Mørch | 62 | Jessheim | 14.06.2001 |
| 4:40.1 | Thorbjørn Næss | 68 | Jessheim | 14.06.2001 |
| 4:44.9 | Ole Skolt | 53 | Jessheim | 14.09.2001 |
| 4:52.4 | Knut Rimstad | 49 | Jessheim | 14.06.2001 |
| 4:56.7 | Tor Håkon Mangerud | 84 | Jessheim | 14.06.2001 |
| 5:15.5 | Knut Kristensen | 44 | Jessheim | 14.06.2001 |
| 5:19.5 | Odd Kinnsbekken | 48 | Jessheim | 14.06.2001 |
| 5:50.0 | Thor Lasse Løland (Johansen) | 63 | Jessheim | 14.06.2001 |
| 5:56.7 | Ole Arnegård | 44 | Jessheim | 14.06.2001 |
| 6:03.0 | Molvin Knudsen | 62 | Jessheim | 14.06.2001 |
| 6:05.5 | Nils Sæthermoen | 40 | Jessheim | 14.06.2001 |
| 6:09.1 | Arne Luke | 44 | Jessheim | 14.06.2001 |
| 6:21.8 | Henning Høgheim | 39 | Jessheim | 14.06.2001 |

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| **MENN SENIOR 2001** | **631** |

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

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| --- | --- | --- | --- | --- |
| 6.25.7 | Morten Skafle | 86 | Jessheim | 14.06.2001 |
| 6:37.1 | Tore Eriksen | 37 | Jessheim | 14.06.2001 |
| 6:41.1 | Jon Smestad | 54 | Jessheim | 14.06.2001 |
| 6:45.4 | John Birkelund | 32 | Jessheim | 14.06.2001 |
| 6:48.7 | Øystein Jørgensen | 47 | Jessheim | 14.06.2001 |
| 7:18.5 | Lasse Andersen | 47 | Jessheim | 14.06.2001 |
| 7:48.5 | Jan Erik Bøhnsdalen | 52 | Jessheim | 14.06.2001 |
| 9:28.0 | John Arve Johansen | 36 | Jessheim | 14.06.2001 |
| 13:33.0 | Johannes Bjørnland | 17 | Jessheim | 14.06.2001 |

|  |  |
| --- | --- |
| **2000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:19.49 | Åsmund Lysbakken | 86 | Jessheim | 19.08.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:40.40 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 30.06.2001 |
| 9:55.38 | Erik Gustavsen | 59 | Jessheim | 17.09.2001 |
| 10:14.9 | Dag Amundsen | 51 | Stange | 25.03.2001 |

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

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| --- | --- | --- | --- | --- |
| 13.81 | Lars Sutterud | 90 | Jessheim | 18.08.2001 |

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

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| --- | --- | --- | --- | --- |
| 20.57 | Håvard Lund | 24 | Bismo | 03.08.2001 |

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

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| --- | --- | --- | --- | --- |
| 47.93 | Hans Agnar Grønnvoll | 84 | Jessheim | 19.08.2001 |

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

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| --- | --- | --- | --- | --- |
| 6:30.14 | Hans Agnar Grønnvoll | 84 | Oslo/Bi | 22.06.2001 |
| 6:32.72 | Lars Lysbakken | 79 | Jessheim | 22.06.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:18.64 | Hans Agnar Grønnvoll | 84 | Jessheim | 18.08.2001 |
| 10:19.30 | Lars Lysbakken | 79 | Jessheim | 18.08.2001 |

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| --- | --- |
| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:16:39 | Ole Fredrik Mørck | 62 | Jessheim | 18.11.2001 |

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| **MENN SENIOR 2001** | **632** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.45 | Ansgar Gulbrandsen | 44 | Oslo/St | 30.05.2001 |
| 1.19 | Håvard Lund | 24 | Bismo | 03.08.2001 |
| 1.16 | Lars Sutterud | 90 | Jessheim | 19.08.2001 |
| 1.05 | Phittaya Phaefung | 88 | Jessheim | 17.09.2001 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 1.60 | Håvard Lund | 24 | Brisbane, AUS | 05.07.2001 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.62 | Terje Grime | 59 | Jessheim | 17.09.2001 |
| 4.85 | Eirik Johansen | 84 | Jessheim | 17.09.2001 |
| 4.76 | Hans Agnar Grønnvoll | 84 | Jessheim | 19.08.2001 |
| 4.37 | John Arve Johansen | 36 | Jessheim | 17.09.2001 |
| 4.02 s | Espen Nyhus | 89 | Jessheim | 21.06.2001 |
| 3.50 s | Phittaya Phaefung | 88 | Jessheim | 17.09.2001 |
| 3.37 s | Lars Sutterud | 90 | Årnes | 04.07.2001 |
| 3.33 s | Ole Eriksen | 91 | Jessheim | 17.09.2001 |
| 2.69 | Håvard Lund | 24 | Brisbane, AUS | 04.07.2001 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.08 | Terje Grime | 59 | Jessheim | 17.09.2001 |
| 8.92 | John Arve Johansen | 36 | Jessheim | 17.09.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.49 | Lars Sutterud | 90 | Jessheim | 19.08.2001 |
| 8.88 | Kristian Fredheim | 99 | Årnes | 04.07.2001 |
| 8.55 | Espen Nyhus | 89 | Jessheim | 19.08.2001 |
| 6.52 | Phittaya Phaefung | 88 | Jessheim | 17.09.2001 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.35 | Per Grønvold | 87 | Jessheim | 17.09.2001 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.16 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2001 |

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| **Kule 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.67 | Bjarne Guneriussen | 34 | Jessheim | 27.08.2001 |
| 9.28 | John Arve Johansen | 36 | Jessheim | 17.09.2001 |

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| **MENN SENIOR 2001** | **633** |

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

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| --- | --- | --- | --- | --- |
| 9.10 | Hans Agnar Grønnvoll | 84 | Jessheim | 19.08.2001 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.74 | Molvin Knudsen | 62 | Jessheim | 17.09.2001 |

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

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| --- | --- | --- | --- | --- |
| 17.30 | Lars Sutterud | 90 | Jessheim | 19.08.2001 |

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

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| --- | --- | --- | --- | --- |
| 28.84 | Håvard Lund | 24 | Oslo/So | 12.05.2001 |
| 27.69 | John Arve Johansen | 36 | Jessheim | 27.08.2001 |
| 18.63 | Per Grønvold | 87 | Jessheim | 17.09.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.69 | Molvin Knudsen | 62 | Jessheim | 17.09.2001 |

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

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| --- | --- | --- | --- | --- |
| 27.32 | Håvard Lund | 24 | Tønsberg/Gr | 28.04.2001 |

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| **Spyd 500 g** |  |

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| --- | --- | --- | --- | --- |
| 32.09 | Håvard Lund | 24 | Rolvsrud | 07.06.2001 |

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

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| 37.01 | Bjarne Guneriussen | 34 | Jessheim | 27.08.2001 |
| 28.23 | John Arve Johansen | 36 | Jessheim | 27.08.2001 |

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

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| 32.07 | Bjarne Guneriussen | 34 | Jessheim | 21.06.2001 |
| 30.04 | Molvin Knutsen | 62 | Jessheim | 17.09.2001 |

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| **Vektkast 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.15 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2001 |

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| **Vektkast 9.08 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.51 | John Arve Johansen | 36 | Jessheim | 27.08.2001 |
| **MENN SENIOR 2001** | | **634** | | |

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

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| --- | --- | --- | --- | --- |
| 46.27 | Lars Sutterud | 90 | Jessheim | 19.08.2001 |
| 29.05 | Ole Eriksen | 91 | Jessheim | 28.05.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3979 | Håvard Lund | 24 | Brisbane, AUS | 04.07.2001 |
| 19.63-2.69-8.43-1.13-0/20.58-23.80-1.60-23.14-0 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3775 | Håvard Lund | 24 | Oslo/So | 12.05.2001 |
| 26.08-9.14-28.84-30.49-11.48 | | | |

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| **MENN SENIOR 2001** | **635** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.96 | Terje Grime | 59 | Stange | 25.04.2001 |
| 8.14 | Per Kristian Aarstad | 86 | Lillestrøm | 25.02.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.99 | Per Kristian Aarstad | 86 | Stange | 04.02.2001 |

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

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| --- | --- | --- | --- | --- |
| 2:21.48 | Knut Rimstad | 49 | Stange | 25.03.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:14.59 | Dag Amundsen | 51 | Stange | 25.03.2001 |

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

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| --- | --- | --- | --- | --- |
| 14.61 | Håvard Lund | 24 | Oslo/St | 24.03.2001 |

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| **60m hekk 84 cm E** |  |

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| --- | --- | --- | --- | --- |
| 12.64 | John Arve Johansen | 36 | Stange | 24.03.2001 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.60 | Ansgar Gulbrandsen | 44 | Stange | 25.03.2001 |
| 1.20 | Håvard Lund | 24 | Stange | 25.03.2001 |

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

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| --- | --- | --- | --- | --- |
| 2.20 | John Arve Johansen | 36 | Stange | 24.03.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.65 | Terje Grime | 59 | Stange | 24.03.2001 |
| 4.22 | John Arve Johansen | 36 | Stange | 24.03.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.70 | Terje Grime | 59 | Stange | 25.03.2001 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.01 | Håvard Lund | 24 | Stange | 24.03.2001 |
| **MENN SENIOR 2001** | | **636** | | |

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| **Lengde utem tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.93 | Håvard Lund | 24 | Stange | 24.93.2001 |

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

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| --- | --- | --- | --- | --- |
| 9.27 | Håvard Lund | 24 | Stange | 25.03.2001 |

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| **KVINNER SENIOR 2001** | **637** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.89 | Kari Robøle | 86 | Jessheim | 28.05.2001 |
| 9.18 | Tonje Berg | 85 | Jessheim | 28.05.2001 |
| 9.35 | Linn Helene Bakke | 91 | Jessheim | 19.08.2001 |
| 9.36 | Elisabeth Langrusten | 86 | Jessheim | 28.05.2001 |
| 9.60 | Hilde Gustavsen | 87 | Jessheim | 19.08.2001 |
| 10.05 | Karoline Hertzenberg | 89 | Jessheim | 19.08.2001 |
| 11.30 | Kristin Stanger | 89 | Oslo/Bi | 24.06.2001 |
| 11.58 | Milly Smedstad | 89 | Jessheim | 19.08.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.6 | Heidi Huse | 89 | Jessheim | 21.05.2001 |
| 9.9 | Karoline Hertzenberg | 89 | Jessheim | 21.05.2001 |
| 9.9 | Silje Ekroll Jahren | 88 | Jessheim | 21.05.2001 |
| 10.0 | Marlene Furulund | 89 | Jessheim | 21.06.2001 |
| 10.2 | Karen Aas | 89 | Jessheim | 21.05.2001 |
| 10.8 | Kristin Stanger | 89 | Jessheim | 15.09.2001 |
| 10.9 | Milly Smestad | 89 | Jessheim | 21.05.2001 |
| 10.9 | Marlene Furulund | 89 | Jessheim | 21.05.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.97 | Mari Robøle | 86 | Jessheim | 19.08.2001 |
| 14.77 | Victoria Hillveg | 86 | Jessheim | 17.09.2001 |
| 14.96 | Anne Lise Sundheim | 55 | Bismo | 05.08.2001 |
| 15.00 | Tonje Berg | 85 | Jessheim | 17.09.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.33 | Kari Robøle | 86 | Nadderud | 16.06.2001 |
| 30.53 | Siv Anita Engh | 85 | Oslo/Bi | 05.06.2001 |
| 30.56 | Tonje Berg | 85 | Jessheim | 28.05.2001 |
| 30.78 | Inger Lise Sundheim | 55 | Jessheim | 19.08.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.9 | Hilde Gustavsen | 87 | Årnes | 12.09.2001 |
| 33.8 | Maren Fald Gården | 88 | Årnes | 12.09.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.72 | Liv Anita Mikkelborg | 80 | Oslo/Bi | 29.05.2001 |
| 65.06 | Anne Lillegård | 73 | Jessheim | 21.06.2001 |
| 66.53 | Tonje Berg | 85 | Lillehammer/Ss | 01.07.2001 |
| 68.91 | Kari Robøle | 86 | Jessheim | 21.06.2001 |
| 74.04 | Trine Bogstad Mangerud | 51 | Jessheim | 21.06.2001 |
| **KVINNER SENIOR 2001** | | **638** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:17.72 | Liv Anita Mikkelborg | 80 | Oslo/Bi | 22.05.2001 |
| 2:26.74 | Anne Lillegård | 73 | Oslo/Bi | 19.06.2001 |
| 2:30.34 | Elisabeth Langrusten | 86 | Jessheim | 18.08.2001 |
| 2:32.77 | Tonje Berg | 85 | Oslo/Bi | 26.05.2001 |
| 2:46.0 | Trine Bogstad Mangerud | 51 | Jessheim | 17.09.2001 |
| 2:51.5 | Silje Ekroll Jahren | 88 | Jessheim | 14.06.2001 |
| 2:52.57 | Karoline Hertzenberg | 89 | Oslo/Bi | 22.06.2001 |
| 2:57.64 | Hilde Gustavsen | 87 | Jessheim | 19.09.2001 |
| 3:01.2 | Anne Kamstrup Hovind | 88 | Jessheim | 14.06.2001 |
| 3:04.20 | Maren Fald Gården | 88 | Jessheim | 17.09.2001 |
| 3:17.84 | Kristin Stanger | 89 | Jessheim | 19.08.2001 |
| 3:21.4 | Milly Smedstad | 89 | Jessheim | 14.06.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:09.6 | Liv Anita Mikkelborg | 80 | Jessheim | 14.06.2001 |
| 5:19.1 | Anne Lillegård | 73 | Jessheim | 14.06.2001 |
| 5:28.5 | Siri Kvernberg | 69 | Jessheim | 14.06.2001 |
| 5:29.3 | Trine Bogstad Mangerud | 51 | Jessheim | 14.06.2001 |
| 5:37.1 | Bente Holter | 62 | Jessheim | 14.06.2001 |
| 5:37.4 | Claudia Asphaug | 68 | Jessheim | 14.06.2001 |
| 5:41.0 | Tonje Berg | 85 | Jessheim | 14.06.2001 |
| 5:44.0 | Anne-Torill Garli | 57 | Jessheim | 13.06.2001 |
| 5:57.3 | Kjersti Andersen | 68 | Jessheim | 14.06.2001 |
| 5:58.3 | Katja Ekroll Jahren | 85 | Jessheim | 14.06.2001 |
| 6:20.4 | Berit Bamrud | 55 | Jessheim | 14.06.2001 |
| 6:39.5 | Inger Nermo | 62 | Jessheim | 14.06.2001 |
| 7:04.0 | Marit Skolt Skafle | 56 | Jessheim | 14.06.2001 |
| 7:52.5 | Inger Finstad | 51 | Jessheim | 14.06.2001 |
| 8:31.5 | May Skolt | 59 | Jessheim | 14.06.2001 |

|  |  |
| --- | --- |
| **2000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:11.43 | Elisabeth Langrusten | 86 | Bergen/Fa | 09.09.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:34.81 | Bente Tenold Holter | 62 | Jessheim | 17.09.2001 |
| 11:40.19 | Trine Bogstad Mangerud | 51 | Bismo | 03.08.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.52 | Tonje Berg | 85 | Jessheim | 19.08.2001 |

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| **KVINNER SENIOR 2001** | **639** |

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| **10km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45:05 | Anne Lillegård | 73 | Jessheim | 18.11.2001 |

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| --- | --- |
| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:35.18 | Bente Holter | 62 | Jessheim | 18.11.2001 |
| 1:36:44 | Claudia Asphaug | 68 | Jessheim | 18.11.2001 |
| 1:39.34 | Marianne Opsahl | 73 | Drammen | 07.10.2001 |
| 2:04.41 | Ann-Marie Frydenlund | 49 | Jessheim | 18.11.2001 |

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

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| --- | --- | --- | --- | --- |
| 3:46:51 | Trine Bogstad Mangerud | 51 | Drammen | 07.10.2001 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.55 | Siv Aniya Engh | 85 | Oslo/Bi | 23.06.2001 |
| 1.45 | Inger Lise Sundheim | 55 | Jessheim | 18.08.2001 |
| 1.35 | Tonje Berg | 85 | Jessheim | 19.08.2001 |
| 1.23 | Karoline Hertzenberg | 89 | Jessheim | 19.09.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.60 | Tonje Berg | 85 | Bodø | 26.08.2001 |
| 2.60 | Siv Anita Engh | 85 | Bergen/Fa | 07.09.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.65 | Inger Lise Sundheim | 55 | Bismo | 03.08.2001 |
| 4.24 | Siv Anita Engh | 85 | Oslo/Bi | 27.09.2001 |
| 4.22 | Tonje Berg | 85 | Jessheim | 28.05.2001 |
| 4.11 | Hilde Gustavsen | 87 | Jessheim | 18.08.2001 |
| 3.85 s | Karoline Hertzenberg | 89 | Jessheim | 19.08.2001 |
| 3.66 s | Linn Helene Bakke | 91 | Jessheim | 19.08.2001 |
| 3.09 s | Kristin Stanger | 89 | Årnes | 04.07.2001 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.13 | Tonje Berg | 85 | Jessheim | 19.08.2001 |
| 8.81 | Inger Lise Sundheim | 55 | Jessheim | 17.09.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.21 | Milly Smestad | 89 | Jessheim | 28.05.2001 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2001** | **640** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.75 | Victoria Hillveg | 86 | Jessheim | 17.09.2001 |
| 8.73 | Astrid Willersrud | 42 | Eskilstuna, SWE | 17.08.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.45 | Astrid Willersrud | 42 | Jessheim | 17.09.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.90 | Karoline Hertzenberg | 89 | Jessheim | 17.09.2001 |

|  |  |
| --- | --- |
| **Diskos 750 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.63 | Tonje Berg | 85 | Lillehammer/Ss | 29.06.2001 |

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

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

|  |  |
| --- | --- |
| **Slegge 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.96 | Astrid Willersrud | 42 | Eskilstuna, SWE | 17.08.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.97 | Astrid Willersrud | 42 | Rolvsrud | 30.08.2001 |
| 23.15 | Siv Anita Engh | 85 | Lillestrøm | 09.05.2001 |
| 20.13 | Tonje Berg | 85 | Lillestrøm | 09.05.2001 |

|  |  |
| --- | --- |
| **Spyd 500 g** |  |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.47 | Tonje Berg | 85 | Oslo/Bi | 24.06.2001 |
| 20.43 | Siv Anita Engh | 85 | Lillestrøm | 09.05.2001 |

|  |  |
| --- | --- |
| **Vektkast 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.51 | Astrid Willersrud | 42 | Eskilstuna, SWE | 17.08.2001 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2001** | **641** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3022 | Astrid Willersrud | 42 | Oslo/La | 25.08.2001 |
| 25.68-8.66-19.85-21.02-10.07 | | | |

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| --- | --- |
| **KVINNER SENIOR 2001** | **642** |

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| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.16 | Karoline Hertzenberg | 89 | Lillestrøm | 03.02.2001 |
| 11.27 | Milly Karoline Smestad | 89 | Lillestrøm | 03.02.2001 |
| 12.37 | Kristin Stanger | 89 | Lillestrøm | 03.02.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.15 | Victoria Hillveg | 86 | Stange | 04.02.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:32.95 | Elisabeth Langrusten | 86 | Karlstad, SWE | 11.02.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.11 | Victoria Hillveg | 86 | Stange | 02.02.2001 |
| 11.65 | Tonje Berg | 85 | Lillestrøm | 25.02.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Siv Anita Engh | 85 | Lillestrøm | 25.02.2001 |
| 1.40 | Tonje Berg | 85 | Lillestrøm | 25.02.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.16 | Tonje Berg | 85 | Lillestrøm | 25.02.2001 |

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

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.52 | Inger Lise Sundheim | 55 | Stange | 24.03.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.17 | Milly Karoline Smestad | 89 | Lillestrøm | 03.02.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.49 | Victoria Hillveg | 86 | Stange | 03.02.2001 |
| 9.03 | Siv Anita Engh | 85 | Karlstad, SWE | 11.02.2001 |

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| --- | --- |
| **MENN SENIOR 2002** | **643** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.76 | Espen Nyhus | 89 | Lillehammer/Ss | 29.06.2002 |
| 9.02 | Eirik Kamstrup Hovind | 90 | Jessheim | 20.06.2002 |
| 9.30 | Andreas Løland | 90 | Jessheim | 20.06.2002 |
| 9.40 | Nils Luke | 90 | Lillehammer/Ss | 29.06.2002 |
| 9.48 | Anthony Davies | 92 | Jessheim | 23.09.2002 |
| 9.55 | Martin Fald Gården | 90 | Jessheim | 20.06.2002 |
| 9.61 | Ole Eriksen | 91 | Nadderud | 16.06.2002 |
| 9.70 | Lars Sutterud | 90 | Jessheim | 20.06.2002 |
| 9.72 | Kristoffer Kvilten | 90 | Jessheim | 20.06.2002 |
| 9.94 | Michael Løland | 91 | Jessheim | 20.06.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.6 | Espen Nyhus | 89 | Jessheim | 21.05.2002 |
| 9.0 | Øyvind Bekken | 89 | Jessheim | 21.05.2002 |
| 9.0 | Eirik Kamstrup Hovind | 90 | Jessheim | 12.09.2002 |
| 9.1 | Andreas Løland | 90 | Jessheim | 21.05.2002 |
| 9.1 | Andreas Johansen | 88 | Jessheim | 12.09.2002 |
| 9.4 | Martin Fald Gården | 90 | Jessheim | 21.05.2002 |
| 9.5 | Nils Luke | 90 | Årnes | 03.07.2002 |
| 9.5 | Kristoffer Kvilten | 90 | Jessheim | 12.09.2002 |
| 9.5 | Anders Gustavson | 89 | Jessheim | 12.09.2002 |
| 9.7 | Ole Eriksen | 91 | Jessheim | 12.09.2002 |
| 9.7 | Anthony Davies | 92 | Strømmen | 14.09.2002 |
| 9.8 | Stian Skafle | 88 | Jessheim | 21.05.2002 |
| 9.8 | Brage Ekroll Jahren | 91 | Jessheim | 12.09.2002 |
| 9.9 | Ingar Stokstad | 89 | Jessheim | 12.09.2002 |
| 9.9 | Christer Larsen | 88 | Jessheim | 12.09.2002 |
| 10.2 | Lars Sutterud | 90 | Jessheim | 03.07.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.03 | Jørn Jevne | 64 | Oslo/St | 07.08.2002 |
| 12.16 | Frank Øines | 68 | Jessheim | 20.06.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.9 | Frank Øines | 68 | Jessheim | 19.08.2002 |
| 12.0 | Jørn Jevne | 64 | Jessheim | 19.08.2002 |
| 12.8 | Per Kristian Aarstad | 86 | Jessheim | 19.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.85 | Jørn Jevne | 64 | Oslo/St | 07.08.2002 |

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| **MENN SENIOR 2002** | **644** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.1 | Frank Øines | 68 | Jessheim | 19.08.2002 |
| 24.6 | Jørn Jevne | 64 | Jessheim | 19.08.2002 |
| 27.2 | Tor Håkon Mangerud | 84 | Jessheim | 19.08.2002 |
| 27.8 | Knut Rimstad | 49 | Jessheim | 19.08.2002 |
| 29.1 | Ole Skolt | 53 | Jessheim | 19.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 40.1 | Per Kristian Aarstad | 86 | Jessheim | 18.04.2002 |
| 41.0 | Jørn Jevne | 64 | Jessheim | 15.04.2002 |
| 45.1 | Hans Agnar Grønnvoll | 84 | Jessheim | 18.04.2002 |
| 53.4 | Espen Nyhus | 89 | Jessheim | 15.04.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.93 | Andrew Stevens | 81 | Jessheim | 27.05.2002 |
| 54.74 | Frank Øines | 68 | Jessheim | 20.06.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:37.5 | Carl Jørgen Owre | 82 | Jessheim | 15.04.2002 |
| 1:39.5 | Jørn Jevne | 64 | Jessheim | 15.04.2002 |
| 1:42.9 | Tor Håkon Mangerud | 84 | Jessheim | 15.04.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:01.20 | Carl Jørgen Owre | 82 | Oslo/Bi | 22.06.2002 |
| 2:06.82 | Halvor Marius Mangerud | 81 | Nadderud | 16.06.2002 |
| 2:18.64 | Tor Håkon Mangerud | 84 | Lillehammer/Ss | 30.06.2002 |
| 2:21.4 | Knut Rimstad | 49 | Jessheim | 23.09.2002 |
| 2:28.3 | Lars Øyre | 54 | Jessheim | 23.09.2002 |
| 2:28.7 | Steinar Gressløs | 53 | Lørenfallet | 11.06.2002 |
| 2:32.60 | Espen Berg Nyhus | 89 | Lillehammer/Ss | 30.06.2002 |
| 2:32.70 | Kristoffer Kvilten | 90 | Lillehammer/Ss | 30.06.2002 |
| 2:33.0 | Andreas Johansen | 88 | Jessheim | 21.06.2002 |
| 2:35.7 | Odd Kinnsbekken | 48 | Jessheim | 23.09.2002 |
| 2:37.14 | Andreas Løland | 90 | Jessheim | 21.06.2002 |
| 2:39.3 | Kjell Vidar Solheim | 70 | Jessheim | 23.09.2002 |
| 2:40.64 | Nils Luke | 90 | Lillehammer/Ss | 30.06.2002 |
| 2:43.0 | Eirik Kamstrup Hovind | 90 | Jessheim | 21.06.2002 |
| 2:44.0 | Stian Skafle | 88 | Jessheim | 13.06.2002 |
| 2:46.76 | Martin Fald Gården | 90 | Lillehammer/Ss | 30.06.2002 |
| 2:58.0 | Anders Gustavson | 88 | Jessheim | 13.06.2002 |
| 3:01.05 | Michael Løland | 91 | Jessheim | 23.09.2002 |

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| **MENN SENIOR 2002** | **645** |

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| --- | --- |
| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 3:07.0 | Ole Eriksen | 91 | Jessheim | 13.06.2002 |
| 3:18.7 | Olav Werner Ruud | 55 | Jessheim | 23.09.2002 |
| 3:34.8 | Jan Erik Bøhnsdalen | 52 | Jessheim | 23.09.2002 |
| 3:37.0 | Finn Moe | 46 | Jessheim | 23.09.2002 |
| 4:09.0 | Erik Lindbøl | 90 | Jessheim | 13.06.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:04.7 | Ole Skolt | 53 | Jessheim | 19.08.2002 |
| 3:08.8 | Knut Rimstad | 49 | Jessheim | 19.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:11.95 | Carl Jørgen Owre | 82 | Lillehammer/Ss | 27.06.2002 |
| 4:13.57 | Bjørn Dæhlie | 67 | Jessheim | 20.06.2002 |
| 4:26.57 | Trygve Stanger | 62 | Jessheim | 20.06.2002 |
| 4:27.35 | Inge Nessiøy | 57 | Jessheim | 20.06.2002 |
| 4:28.07 | Ole Fredrik Mørck | 62 | Jessheim | 20.06.2002 |
| 4:31.0 | Erik Gustavson | 59 | Jessheim | 13.06.2002 |
| 4:42.0 | Ole Skolt | 53 | Jessheim | 13.06.2002 |
| 4:43.0 | Steinar Gressløs | 53 | Jessheim | 13.06.2002 |
| 4:44.0 | Erlend Skare | 73 | Jessheim | 13.06.2002 |
| 4:45.98 | Ole Johan Garli | 56 | Jessheim | 20.06.2002 |
| 4:49.0 | Knut Kristiansen | 44 | Jessheim | 13.06.2002 |
| 4:51.15 | Tor Håkon Mangerud | 84 | Jessheim | 20.06.2002 |
| 4:53.0 | Dag Amundsen | 51 | Jessheim | 13.06.2002 |
| 4:54.03 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 27.06.2002 |
| 5:11.0 | Odd Kinnebekken | 48 | Jessheim | 13.06.2002 |
| 5:15.0 | Geir Håkon Bjørnstad | 56 | Jessheim | 13.06.2002 |
| 5:45.0 | Molving Knutsen | 62 | Jessheim | 13.06.2002 |
| 5:51.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 13.06.2002 |
| 5:52.0 | Tore Ragnar Olsen | 46 | Jessheim | 13.06.2002 |
| 5:54.0 | Ole Arnegård | 44 | Jessheim | 13.06.2002 |
| 5:58.0 | Arne Luke | 44 | Jessheim | 13.06.2002 |
| 5:59.0 | Nils Sæthermoen | 40 | Jessheim | 13.06.2002 |
| 6:30.0 | Tore Eriksen | 37 | Jessheim | 13.06.2002 |
| 6:47.0 | Jan Erik Bøhnsdalen | 52 | Jessheim | 13.06.2002 |
| 7:03.0 | Olav Werner Ruud | 55 | Jessheim | 13.06.2002 |
| 7:19.0 | John Birkelund | 32 | Jessheim | 13.06.2002 |
| 8:11.0 | Tor Bjerkan | 30 | Jessheim | 13.06.2002 |
| 9:49.0 | John Arve Johansen | 36 | Jessheim | 13.06.2002 |
| 14:10.0 | Johannes Bjørnland | 17 | Jessheim | 13.06.2002 |

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| **MENN SENIOR 2002** | **646** |

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

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| --- | --- | --- | --- | --- |
| 9:57.78 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 28.06.2002 |
| 10:41.5 | Steinar Gressløs | 53 | Lørenfallet | 10.09.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:42.4 | Thorstein Gystad | 67 | Aalborg, DEN | 10.08.2002 |

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

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| --- | --- | --- | --- | --- |
| 12.26 | Lars Sutterud | 90 | Bjørkelangen | 01.06.2002 |

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

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| --- | --- | --- | --- | --- |
| 23.07 | Håvard Lund | 24 | Askim | 28.06.2002 |

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

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| --- | --- | --- | --- | --- |
| 6:37.00 | Hans Agnar Grønnvoll | 84 | Oslo/Bi | 25.09.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.56 | Ansgar Gulbrandsen | 44 | Askim | 28.06.2002 |
| 1.30 | Lars Sutterud | 90 | Bjørkelangen | 01.06.2002 |
| 1.30 | John Arve Johansen | 36 | Jessheim | 19.08.2002 |
| 1.20 | Håvard lund | 24 | Jessheim | 19.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.25 | John Arve Johansen | 36 | Jessheim | 19.08.2002 |
| 3.84 s | Ole Eriksen | 91 | Jessheim | 19.08.2002 |
| 3.74 s | Lars Sutterud | 90 | Årnes | 03.07.2002 |
| 3.23 s | Anthony Davies | 92 | Jessheim | 23.09.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.30 | John Arve Johansen | 36 | Oslo/Tr | 10.06.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.97 | Lars Sutterud | 90 | Oslo/Bi | 22.06.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.82 | Lars Sutterud | 90 | Jessheim | 23.09.2002 |
| 8.31 | Espen Nyhus | 89 | Lillehammer/Ss | 29.06.2002 |

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| --- | --- |
| **MENN SENIOR 2002** | **647** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.69 | Håvard Lund | 24 | Jessheim | 19.08.2002 |

|  |  |
| --- | --- |
| **Kule 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.80 | John Arve Johansen | 36 | Jessheim | 19.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.44 | Lars Sutterud | 90 | Asker/Fø | 17.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.86 | John Arve Johansen | 36 | Jessheim | 20.06.2002 |
| 28.72 | Håvard Lund | 24 | Rolvsrud | 26.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.97 | Molvin Knudsen | 62 | Jessheim | 23.09.2002 |

|  |  |
| --- | --- |
| **Slegge 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.57 | Lars Sutterud | 90 | Heggedal/Gj | 29.09.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.34 | Håvard Lund | 24 | Heggedal/Gj | 31.08.2002 |

|  |  |
| --- | --- |
| **Slegge 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20.86 | Håvard Lund | 24 | Rolvsrud | 03.04.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.60 | Håvard Lund | 24 | Rolvsrud | 03.04.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.13 | Lars Sutterud | 90 | Lillehammer/Ss | 27.06.2002 |

|  |  |
| --- | --- |
| **Spyd 500 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.31 | Håvard Lund | 24 | Jessheim | 19.08.2002 |

|  |  |
| --- | --- |
| **MENN SENIOR 2002** | **648** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.04 | Bjarne Guneriussen | 34 | Jessheim | 19.08.2002 |
| 30.08 | John Arve Johansen | 36 | Jessheim | 20.06.2002 |
| 26.94 | Håvard Lund | 24 | Jessheim | 20.06.2002 |
| 19.41 | Lars Sutterud | 90 | Jessheim | 20.06.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.20 | Molvin Knudsen | 62 | Jessheim | 23.09.2002 |

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| **Vektkast 7.26 kg** |  |

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| 11.94 | Håvard Lund | 24 | Tønsberg/Gr | 02.08.2002 |

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| **Vektkast 9.08 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.03 | Håvard Lund | 24 | Rolvsrud | 03.04.2002 |

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| --- | --- |
| **Vektkast 11.34 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.59 | Håvard Lund | 24 | Rolvsrud | 03.04.2002 |

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| **Vektkast 15.88 kg** |  |

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| --- | --- | --- | --- | --- |
| 5.91 | Håvard Lund | 24 | Rolvsrud | 03.04.2002 |

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

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| --- | --- | --- | --- | --- |
| 29.36 | Lars Sutterud | 90 | Asker/Fø | 29.09.2002 |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 59.97 | Lars Sutterud | 90 | Nadderud | 15.06.2002 |
| 43.40 | Martin Fald Gården | 90 | Jessheim | 23.09.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3451 | Håvard Lund | 24 | Tønsberg/Gr | 02.08.2002 |
| 25.10-8.06-24.77-27.17-11.94 | | | |

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| --- | --- | --- | --- | --- |
| 3996 | Lars Sutterud | 90 | Asker-Heggedal | 29.09.2002 |
| 29.57sl2-10.60k2-25.23d600-30.03sp400-29.36sb1 | | | |

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| **MENN SENIOR 2002** | **649** |

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

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| --- | --- | --- | --- | --- |
| 34.94 | G12 |  | Nadderud | 15.06.2001 |
| Ole Eriksen91-Andreas Løland90-Eirik Kamstrup Hovind90-Lars Sutterud90 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.40 | G12-1.lag |  | Jessheim | 27.05.2002 |
| AndersLøland90-Ole Eriksen91-Erik Hovind90-Lars Sutterud90 | | | |

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| --- | --- | --- | --- | --- |
| 37.32 | G14 |  | Jessheim | 27.05.2002 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 39.06 | G12- 2.lag |  | Jessheim | 27.05.2002 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.60 | MS-1.lag |  | Jessheim | 27.05.2002 |
| Andrew Stevens81-Frank Øines68-Henrik Stigen74-Carl Jørgen Owre82 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.93 | MS-2.lag |  | Jessheim | 27.05.2002 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:50.97 | MS |  | Jessheim | 27.05.2002 |
| ? | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:58.00 | MV |  | Jessheim | 27.05.2002 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 7:09.14 | MV |  | Jessheim | 27.05.2002 |
| ? | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:16.81 | G17-18 |  | Jessheim | 27.05.2002 |
| ? | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:29.84 | G12-1.lag |  | Jessheim | 27.05.2002 |
| Andreas Løland90-Nils Luke90-Kristoffer Kvilten90 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:38.76 | G13-14 |  | Jessheim | 27.05.2002 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 9:27.15 | G11-12-2.lag |  | Jessheim | 27.05.2002 |
| ? | | | |

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| **MENN SENIOR 2002** | **650** |

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| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.91 | Per Kristian Arstad | 86 | Lillestrøm | 02.03.2002 |
| 8.29 | Terje Grime | 59 | Drammen | 07.03.2002 |
| 9.88 | Lars Sutterud | 90 | Lillestrøm | 02.03.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.58 | Per Kristian Aartsad | 86 | Drammen | 19.02.2002 |
| 13.20 | Terje Grime | 59 | Drammen | 06.04.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.36 | Per Kristian Aarstad | 86 | Stange | 26.01.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:19.00 | Per Kristian Aartsad | 86 | Stange | 17.03.2002 |
| 2:20.83 | Knut Rimstad | 49 | Drammen | 07.04.2002 |

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

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| --- | --- | --- | --- | --- |
| 16.29 | Håvard Lund | 24 | Drammen | 06.04.2002 |

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| **80m hekk 84 cm E** |  |

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| --- | --- | --- | --- | --- |
| 12.93 | John Arve Johansen | 36 | Drammen | 06.04.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Ansgar Gulbrandsen | 44 | Drammen | 07.04.2002 |
| 1.25 | Lars Sutterud | 90 | Lillestrøm | 02.03.2002 |
| 1.15 | Håvard Lund | 24 | Drammen | 06.04.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.30 | John Arve Johansen | 36 | Drammen | 06.04.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.47 | Terje Grime | 59 | Drammen | 06.04.2002 |
| 3.76 s | Lars Sutterud | 90 | Lillestrøm | 02.03.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.16 | Terje Grime | 59 | Drammen | 07.04.2002 |
| **MENN SENIOR 2002** | | **651** | | |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.03 | Håvard Lund | 24 | Drammen | 06.04.2002 |

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

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| --- | --- | --- | --- | --- |
| 11.39 | Lars Sutterud | 90 | Oslo/Ek | 07.12.2002 |

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

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| --- | --- | --- | --- | --- |
| 8.28 | Håvard Lund | 24 | Drammen | 06.04.2002 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2002** | **652** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.82 | Linn Helene Bakke | 91 | Jessheim | 19.08.2002 |
| 8.86 | Kari Robøle | 86 | Asker/Fø | 17.08.2002 |
| 9.33 | Maren Fald Gården | 88 | Lillehammer/Ss | 28.06.2002 |
| 9.51 | Tonje Oliversen | 91 | Jessheim | 23.09.2002 |
| 9.66 | Charlotte Oliversen | 91 | Jessheim | 23.09.2002 |
| 9.67 | Christine Nerhagen | 91 | Jessheim | 20.06.2002 |
| 9.74 | Silje Scheie Bråthen | 91 | Jessheim | 23.09.2002 |
| 10.66 | Marie Tømmerberg | 91 | Jessheim | 23.09.2002 |
| 10.74 | Jannicke Mathisen | 91 | Jessheim | 23.09.2002 |
| 11.73 | Cecilie Høitomt | 91 | Jessheim | 23.09.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.7 | Linn Helene Bakke | 91 | Jessheim | 12.09.2002 |
| 9.4 | Silje Scheie Bråthen | 91 | Jessheim | 12.09.2002 |
| 9.5 | Karoline Hertzenberg | 89 | Jessheim | 21.05.2002 |
| 9.5 | Christine Nerhagen | 91 | Jessheim | 12.09.2002 |
| 9.6 | Charlotte Oliversen | 91 | Årnes | 11.09.2002 |
| 9.6 | Maren Fald Gården | 88 | Årnes | 11.09.2002 |
| 10.0 | Tonje Oliversen | 91 | Årnes | 11.09.2002 |
| 10.3 | Marie Tømmerberg | 91 | Jessheim | 12.09.2002 |
| 10.8 | Kristin Stanger | 89 | Jessheim | 12.09.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.77 | Kari Robøle | 86 | Lillehammer/Ss | 30.06.2002 |
| 14.11 | Sigrid Nyland | 87 | Jessheim | 23.09.2002 |
| 14.25 | Elisabeh Langrusten | 86 | Jessheim | 19.08.2002 |
| 14.63 | Tonje Berg | 85 | Jessheim | 20.06.2002 |
| 14.67 | Siv Anita Engh | 85 | Jessheim | 23.09.2002 |
| 14.78 | Anne Kamstrup Hovind | 88 | Jessheim | 20.06.2002 |
| 14.87 | Hilde Gustavson | 87 | Lillehammer/Ss | 30.06.2002 |
| 15.56 | Maren Fald Gården | 88 | Jessheim | 20.06.2002 |
| 17.52 | Julia Fjelldalen | 87 | Jessheim | 20.06.2002 |
| 17.75 | Kristin Stanger | 89 | Jessheim | 20.06.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.6 | Hilde Gustavson | 87 | Jessheim | 19.08,2002 |
| 14.9 | Anne Lillegård | 73 | Jessheim | 19.08.2002 |
| 15.1 | Line Mathisen | 71 | Jessheim | 19.08.2002 |
| 15.8 | Unn Helen Grønvold | 61 | Jessheim | 19.08.2002 |
| 16.0 | Gabriella Klouda | 76 | Jessheim | 19.08.2002 |
| 16.3 | Marianne Opsahl | 73 | Jessheim | 19.08.2002 |
| 17.6 | Kjersti Andersen | 68 | Jessheim | 19.08.2002 |

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| **KVINNER SENIOR 2002** | **653** |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.30 | Kari Robøle | 86 | Asker/Fø | 18.08.2002 |
| 30.72 | Hilde Gustavson | 87 | Asker/Fø | 18.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.3 | Elisabeth Langrusten | 86 | Jessheim | 19.08.2002 |
| 30.4 | Tonje Berg | 85 | Jessheim | 19.08.2002 |
| 30.5 | Anne Lillegård | 73 | Jessheim | 19.08.2002 |
| 30.7 | Hilde Gustavson | 87 | Jessheim | 19.08.2002 |
| 31.0 | Maren Fald Gården | 88 | Jessheim | 19.08.2002 |
| 31.3 | Line Mathisen | 71 | Jessheim | 19.08.2002 |
| 34.7 | Marianne Opsahl | 73 | Jessheim | 19.08.2002 |
| 35.0 | Gabrielle Klouda | 76 | Jessheim | 19.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.9 | Anne Lillegård | 73 | Jessheim | 18.04.2002 |
| 51.5 | Anne Kamstrup Hovind | 88 | Jessheim | 15.04.2002 |
| 52.5 | Hilde Gustavson | 87 | Jessheim | 18.04.2002 |
| 52.3 | Silje Ekroll Jahren | 88 | Jessheim | 15.04.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 64.66 | Anne Lillegård | 73 | Jessheim | 20.06.2002 |
| 68.11 | Kari Robøle | 86 | Jessheim | 27.05.2002 |
| 68.26 | Tonje Berg | 85 | Lillehammer/Ss | 28.06.2002 |
| 94.01 | Julia Fjelddalen | 87 | Jessheim | 20.06.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:46.3 | Anne Lillegård | 73 | Jessheim | 15.04.2002 |
| 2:00.0 | Elisabeth Langrusten | 86 | Jessheim | 15.06.2002 |
| 2:00.9 | Silje Ekroll Jahren | 88 | Jessheim | 15.04.2002 |
| 2:02.8 | Anne Kamstrup Hovind | 88 | Jessheim | 15.04.2002 |
| 2:04.0 | Hilde Gustavson | 87 | Jessheim | 15.04.2002 |
| 2:07.3 | Maren Fald Gården | 88 | Jessheim | 18.04.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:29.28 | Anne Lillegård | 73 | Oslo/St | 26.06.2002 |
| 2:29.9 | Elisabeth Langrusten | 86 | Jessheim | 23.09.2002 |
| 2:34.85 | Karoline Hertzenberg | 89 | Oslo/Bi | 24.08.2002 |
| 2:37.73 | Maren Fald Gården | 88 | Lillehammer/Ss | 30.06.2002 |

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| **KVINNER SENIOR 2002** | **654** |

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| --- | --- |
| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:38.20 | Tonje Berg | 85 | Nadderud | 16.06.2002 |
| 2:40.2 | Katja Ekroll Jahren | 85 | Jessheim | 23.09.2002 |
| 2:42.1 | Bente Holter | 62 | Jessheim | 23.09.2002 |
| 2:43.0 | Line Mathisen | 71 | Jessheim | 23.09.2002 |
| 2:43.1 | Silje Ekroll Jahren | 88 | Jessheim | 23.09.2002 |
| 2:43.6 | Trine Bogstad Mangerud | 51 | Jessheim | 23.09.2002 |
| 2:49.4 | Marianne Opsal | 73 | Jessheim | 23.09.2002 |
| 2:52.6 | Hilde Gustavson | 87 | Jessheim | 23.09.2002 |
| 2:59.09 | Charlotte Oliversen | 91 | Jessheim | 23.09.2002 |
| 2:59.80 | Tonje Oliversen | 91 | Jessheim | 23.09.2002 |
| 3:01.0 | Christine Nerhagen | 91 | Jessheim | 13.06.2002 |
| 3:05.2 | Gabriella Klouda | 68 | Jessheim | 23.09.2002 |
| 3:06.98 | Silje Scheie Bråthen | 91 | Jessheim | 23.09.2002 |
| 3:13.0 | Marie Tømmerberg | 91 | Jessheim | 21.06.2002 |
| 3:14.56 | Kristin Stanger | 89 | Jessheim | 23.09.2002 |
| 3:21.3 | Karen Victoria Aas | 89 | Jessheim | 23.09.2002 |
| 3:21.8 | Dagrun Rommen | 76 | Lørenfallet | 11.06.2002 |
| 3:31.0 | Ann-Marie Bakkerud | 49 | Jessheim | 23.09.2002 |
| 3:33.5 | Milly Smestad | 89 | Jessheim | 23.09.2002 |
| 4:13.3 | Vera Holm | 63 | Jessheim | 23.09.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:19.6 | Anne Lillegård | 73 | Årnes | 18.09.2002 |
| 3:34.6 | Bente Holter | 62 | Jessheim | 19.08.2002 |
| 3:48.4 | Marianne Opsahl | 73 | Jessheim | 19.08.2002 |
| 3:50.6 | Anne Kamstrup Hovind | 88 | Jessheim | 19.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:13.0 | Anne Lillegård | 73 | Jessheim | 13.06.2002 |
| 5:19.10 | Elisabeth Langrusten | 86 | Jessheim | 18.08.2002 |
| 5:28.0 | Heidi Brendengen | 71 | Jessheim | 13.06.2002 |
| 5:28.0 | Trine Bogstad Mangerud | 51 | Jessheim | 13.06.2002 |
| 5:44.0 | Anne-Torill Garli | 57 | Jessheim | 13.06.2002 |
| 5:49.0 | Katja Ekroll Jahren | 85 | Jessheim | 13.06.2002 |
| 5:50.0 | Line Mathisen | 71 | Jessheim | 13.06.2002 |
| 6:00.0 | Anne Kamstrup Hovind | 88 | Jessheim | 13.06.2002 |
| 6:05.0 | Kjersti Andersen | 68 | Jessheim | 13.06.2002 |
| 6:15.0 | Hilde Gustavson | 87 | Jessheim | 13.06.2002 |
| 6:41.0 | Dagrun Rommen | 76 | Jessheim | 13.06.2002 |
| 6:50.0 | Marit Skolt Skafle | 56 | Jessheim | 13.06.2002 |
| 7:13.0 | Ann-Marie Bakkerud | 49 | Jessheim | 13.06.2002 |
| 7:44.0 | Kari Kamstrup Hovind | 56 | Jessheim | 13.06.2002 |

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| **KVINNER SENIOR 2002** | **655** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:05.72 | Elisabeth Langrusten | 86 | Nadderud | 14.06.2002 |
| 11:33.82 | Trine Bogstad Mangerud | 51 | Askim | 28.06.2002 |

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| --- | --- |
| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:30:46 | Bente Holter | 62 | Drammen | 06.10.2002 |
| 1:31:09 | Trine Bogstad Mangerud | 51 | Oslo | 07.09.2002 |
| 1:32.00 | Heidi Brendengen | 71 | Oslo | 07.09.2002 |
| 1:36.24 | Marianne Opsahl | 73 | Drammen | 06.10.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.53 | Siv Anita Engh | 85 | Jessheim | 23.09.2002 |
| 1.40 | Inger Lise Sundheim | 55 | Jessheim | 23.09.2002 |
| 1.35 | Karoline Hertzenberg | 89 | Asker/Fø | 17.08.2002 |
| 1.29 | Linn Helene Bakke | 91 | Lillehammer/Ss | 28.06.2002 |
| 1.15 | Silje Scheie Bråthen | 91 | Jessheim | 20.06.2002 |
| 1.10 | Christine Nerhagen | 91 | Jessheim | 20.06.2002 |
| 0.85 | Cecilie Høitomt | 91 | Jessheim | 23.09.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.80 | Tonje Berg | 85 | Lillehammer/Ss | 27.06.2002 |
| 2.70 | Siv Anita Engh | 85 | Jessheim | 20.06.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.52 | Christina Ellingsen | 88 | Jessheim | 20.06.2002 |
| 4.42 | Tonje Berg | 85 | Jessheim | 19.08.2002 |
| 4.27 s | Linn Helene Bakke | 91 | Jessheim | 19.08.1982 |
| 4.22 | Inger Lise Sundheim | 55 | Jessheim | 23.09.2002 |
| 4.21 | Hilde Gustavsen | 87 | Bjørkelangen | 01.06.2002 |
| 3.95 s | Karoline Hertzenberg | 89 | Jessheim | 20.06.2002 |
| 3.75 s | Silje Scheie Bråthen | 91 | Årnes | 11.09.2002 |
| 3.66 s | Tonje Oliversen | 91 | Årnes | 11.09.2002 |
| 3.63 s | Charlotte Oliversen | 91 | Jessheim | 23.09.2002 |
| 3.52 s | Christine Nerhagen | 91 | Årnes | 11.09.2002 |
| 3.20 s | Marie Tømmerberg | 91 | Årnes | 11.09.2002 |
| 3.18 s | Jannicke Mathisen | 91 | Jessheim | 23.09.2002 |
| 3.19 s | Kristin Stanger | 89 | Jessheim | 19.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.85 | Siv Anita Engh | 85 | Bjørkelangen | 01.06.2002 |
| 9.17 | Tonje Berg | 85 | Bjørkelangen | 01.06.2002 |

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| **KVINNER SENIOR 2002** | **656** |

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

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| --- | --- | --- | --- | --- |
| 3.72 | Charlotte Oilversen | 91 | Jessheim | 23.09.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.18 | Astrid Willersrud | 42 | Heggedal/Gj | 31.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.52 | Tonje Berg | 85 | Jessheim | 19.08.2002 |
| 7.66 | Unn Helen Grønvold | 61 | Jessheim | 19.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16.30 | Karoline Hertzenberg | 89 | Asker/Fø | 17.08.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.24 | Tonje Berg | 85 | Jessheim | 23.09.2002 |
| 20.44 | Astrid Willersrud | 42 | Jessheim | 19.08.2002 |

|  |  |
| --- | --- |
| **Slegge 3 kg** |  |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20.93 | Tonje Berg | 85 | Lillestrøm | 05.09.2002 |
| 18.61 | Siv Anita Engh | 85 | Lillestrøm | 05.09.2002 |

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| **Spyd 400 g** |  |

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

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| --- | --- |
| **Spyd 600 g Ny type fra og med1999** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.26 | Tonje Berg | 85 | Bjørkelangen | 01.06.2002 |
| 14.20 | Marianne Opsahl | 73 | Jessheim | 19.08.2002 |

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| --- | --- |
| **Vektkast 5.45 kg** |  |

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

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| **KVINNER SENIOR 2002** | **657** |

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

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

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

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| --- | --- | --- | --- | --- |
| 35.18 | J13-14 |  | Jessheim | 27.05.2002 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 36.89 | J111 |  | Nadderud | 20.09.2002 |
| Christine Nerhagen91-Silje Bråthen91-Linn Helene Bakke91-Charlotte Oliversen91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.81 | J11-12 |  | Jessheim | 27.05.2002 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 58.99 | J16 |  | Jessheim | 27.05.2002 |
| Hilde Gustavsen87-Kari Robøle86-Elisabeth Langrusten86-Mari Birkelund86 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:18.32 | KS |  | Jessheim | 27.05.2002 |
| ? | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:43.02 | J16 |  | Jessheim | 27.05.2002 |
| Elisabeth Langrusten86-Mari Birkelund86-Hilde Gustavsen87 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:45.65 | J13-14-1.lag |  | Jessheim | 27.05.2002 |
| Anne Hovind88-Kari Robøle86-Silje Ekroll Jahren88 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:13.13 | J13-14-2.lag |  | Jessheim | 27.05.2002 |
| ? | | | |

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| **KVINNER SENIOR 2002** | **658** |

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| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.74 | Kari Robøle | 86 | Stange | 16.03.2002 |
| 8.96 | Linn Helene Bakke | 91 | Oslo/Ek | 07.12.2002 |
| 9.32 | Hilde Gustavson | 87 | Drammen | 02.02.2002 |
| 9.49 | Heidi Huse | 89 | Stange | 16.03.2002 |
| 11.18 | Kristin Stanger | 89 | Lillestrøm | 02.03.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 64.51 | Anne Lillegård | 73 | Stange | 16.03.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:10.97 | Karoline Hertzenberg | 89 | Stange | 10.03.2002 |
| 2:38.04 | Kristin Stanger | 89 | Lillestrøm | 02.02.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:30.55 | Anne Lillegård | 73 | Stange | 17.03.2002 |
| 2:39.16 | Tonje Berg | 85 | Stange | 26.01.2002 |
| 3:40.85 | Kristin Stanger | 89 | Lillestrøm | 02.03.2002 |

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| **60m hekk 84 cm E** |  |

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| --- | --- | --- | --- | --- |
| 11.34 | Tonje Berg | 85 | Karlstad, SWE | 17.02.2002 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.56 | Siv Anita Engh | 85 | Stange | 10.02.2002 |
| 1.30 | Karoline Hertzenberg | 89 | Stange | 16.03.2002 |
| 1.25 | Heidi Huse | 89 | Lillestrøm | 02.03.2002 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.60 | Tonje Berg | 85 | Stange | 10.02.2002 |
| 2.30 | Siv Anita Engh | 85 | Karlstad, SWE | 17.02.2002 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.41 | Hilde Gustavson | 87 | Lillestrøm | 02.03.2002 |
| 4.11 s | Linn Helene Bakke | 91 | Oslo/Ek | 07.12.2002 |
| 3.72 s | Karoline Hertzenberg | 89 | Lillestrøm | 02.02.2002 |

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| **KVINNER SENIOR 2002** | **659** |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.15 | Inger Lise Sundheim | 55 | Drammen | 06.04.2002 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.50 | Inger Lise Sundheim | 55 | Drammen | 06.04.2002 |

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| **MENN SENIOR 2003** | **660** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.13 | Per Kristian Aarstad | 86 | Asker/Fø | 23.08.2003 |
| 8.36 | Espen Nyhus | 89 | Jessheim | 25.09.2003 |
| 8.67 | Kristoffer Kvilten | 90 | Asker/Fø | 23.08.2003 |
| 8.98 | Anthony Davies | 92 | Lillehammer/Ss | 28.06.2003 |
| 9.02 | Thomas Roth | 91 | Asker/Fø | 23.08.2003 |
| 9.05 | Andreas Løland | 90 | Lillehammer/Ss | 28.06.2003 |
| 9.13 | Ole Eriksen | 91 | Nadderud | 15.06.2003 |
| 9.19 | Nils Luke | 90 | Lillehammer/Ss | 28.06.2003 |
| 9.30 | Christer Amundsen | 92 | Oslo/Bi | 22.06.2003 |
| 9.31 | Martin Fald Gården | 90 | Lillehammer/Ss | 28.06.2003 |
| 9.72 | Michael Løland | 92 | Lillehammer/Ss | 28.06.2003 |
| 9.84 | Eivind Damstuen | 92 | Lillehammer/Ss | 28.06.2003 |
| 9.84 | Harald Tronsli | 92 | Asker/Fø | 23.08.2003 |
| 10.96 | Ola Sandvær Aamodt | 95 | Jessheim | 25.09.2003 |
| 11.20 | Christopher Aadna | 92 | Jessheim | 25.09.2003 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.2 | Espen Nyhus | 89 | Jessheim | 20.05.2003 |
| 8.7 | Kristoffer Kvilten | 90 | Jessheim | 20.05.2003 |
| 8.7 | Ole Eriksen | 91 | Jessheim | 18.08.2003 |
| 8.8 | Eirik Kamstrup Hovind | 90 | Jessheim | 20.05.2003 |
| 8.8 | Morten Korslund | 89 | Jessheim | 20.05.2003 |
| 8.8 | Anders Sunde | 89 | Jessheim | 20.05.2003 |
| 8.8 | Anthony Davies | 92 | Bjørkelangen | 31.05.2003 |
| 8.9 | Martin Fald Gården | 90 | Jessheim | 20.05.2003 |
| 8.9 | Andreas Løland | 90 | Bjørkelangen | 31.05.2003 |
| 9.3 | Nils Luke | 90 | Jessheim | 20.05.2003 |
| 9.3 | Christer Amundsen | 92 | Bjørkelangen | 31.05.2003 |
| 9.5 | Michael Løland | 92 | Bjørkelangen | 31.05.2003 |
| 9.5 | Harald Tronsli | 91 | Jessheim | 18.08.2003 |
| 9.6 | Ole Jacobsen | 91 | Jessheim | 20.05.2003 |

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| **80m E** |  |

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| --- | --- | --- | --- | --- |
| 12.31 | Nils Luke | 90 | Göteborg, SWE | 05.07.2003 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 12.04 | Eirik Johansen | 84 | Jessheim | 25.09.2003 |
| 12.32 | Frank Øines | 68 | Jessheim | 18.08.2003 |
| 12.36 | Jørn Jevne | 64 | Jessheim | 18.08.2003 |
| 13.52 | Espen Nyhus | 89 | Jessheim | 18.08.2003 |
| 13.92 | San Phaefuang | 88 | Jessheim | 25.09.2003 |
| 14.99 | Martin Fald Gården | 90 | Jessheim | 18.08.2003 |

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| **MENN SENIOR 2003** | **661** |

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| **100m M** |  |

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| 12.1 | Jørn Jevne | 64 | Oslo/St | 02.06.2003 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 24.34 | Gudbrand Rognstad | 82 | Oslo/Bi | 21.06.2003 |
| 24.75 | Halvor Marius Mangerud | 81 | Jessheim | 18.08.2003 |
| 25.08 | Frank Øines | 68 | Jessheim | 25.09.2003 |
| 25.26 | Eirik Johansen | 84 | Jessheim | 18.08.2003 |
| 25.69 | Jørn Jevne | 64 | Jessheim | 18.08.2003 |
| 28.29 | Espen Nyhus | 89 | Lillehammer/Ss | 26.06.2003 |
| 28.40 | Kristoffer Kvilten | 90 | Bergen/Le | 14.09.2003 |
| 30.03 | Martin Fald Gården | 90 | Lillehammer/Ss | 26.06.2003 |
| 30.13 | Andreas Løland | 90 | Lillehammer/Ss | 26.06.2003 |
| 30.53 | Nils Luke | 90 | Lillehammer/Ss | 26.06.2003 |

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| **400m E** |  |

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| 53.12 | Halvor Marius Mangerud | 81 | Jessheim | 25.09.2003 |
| 56.34 | Gudbrand Rognerud | 82 | Lillehammer/Ss | 28.06.2003 |
| 57.09 | Ståle Nilsen | 65 | Stjørdal | 01.08.2003 |
| 70.14 | San Phaefuang | 88 | Jessheim | 25.09.2003 |

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| **400m M** |  |

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| 57.8 | Gudbrand Rognstad | 82 | Bjørkelangen | 31.05.2003 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:40.01 | Kristoffer Kvilten | 90 | Göteborg, SWE | 04.07.2003 |
| 1:47.80 | Andreas Løland | 90 | Göteborg, SWE | 04.06.2003 |
| 1:51.60 | Nils Luke | 90 | Göteborg, SWE | 04.07.2003 |
| 1:53.51 | Michael Løland | 92 | Göteborg, SWE | 04.07.2003 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:02.40 | Halvor Marius Mangerud | 81 | Arvika, SWE | 26.07.2003 |
| 2:04.03 | Carl Jørgen Owre | 82 | Jessheim | 26.05.2003 |
| 2:05.61 | Ståle Nilsen | 65 | Stjørdal | 02.08.2003 |
| 2:06.99 | Itri Amazigh | 70 | Jessheim | 26.05.2003 |
| 2:14.8 | Trygve Stanger | 62 | Jessheim | 25.09.2003 |
| 2:17.50 | Kristoffer Kvilten | 90 | Oslo(Bi | 22.06.2003 |
| 2:18.5 | Knut Rimstad | 49 | Jessheim | 25.09.2003 |
| 2:21.77 | Tor Håkon Mangerud | 84 | Jessheim | 26.05.2003 |
| 2:24.53 | Espen Nyhus | 89 | Lillehammer/Ss | 29.06.2003 |
| 2:32.12 | Andreas Løland | 90 | Nadderud | 13.06.2003 |

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| **MENN SENIOR 2003** | **662** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:33.44 | Nils Luke | 90 | Oslo/Bi | 22.06.2003 |
| 2:33.6 | Karl Jostein Nyquist | 91 | Jessheim | 25.09.2003 |
| 2:34.37 | Martin Fald Gården | 90 | Lillehammer/Ss | 29.06.2003 |
| 2:35.0 | Erik Kamstrup Hovind | 90 | Jessheim | 26.05.2003 |
| 2:35.45 | Eivind Tronsli | 90 | Jessheim | 18.08.2003 |
| 2:35.5 | Michael Løland | 92 | Bjørkelangen | 31.05.2003 |
| 2:36.5 | Odd Kinnsbekken | 48 | Jessheim | 25.09.2003 |
| 2:45.0 | Brage Ekroll Jahren | 91 | Jessheim | 25.09.2003 |
| 2:50.3 | Ole Eriksen | 91 | Jessheim | 25.09.2003 |
| 2:54.4 | Henning Høgheim | 39 | Jessheim | 25.09.2003 |
| 2:55.9 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.09.2003 |
| 2:56.4 | Morten Korslund | 89 | Jessheim | 12.06.2003 |
| 3:00.52 | Lars Sutterud | 90 | Jessheim | 19.06.2003 |
| 3:22.4 | Helge Velure | 50 | Jessheim | 25.09.2003 |
| 3:52.0 | Martin Stanger | 91 | Jessheim | 25.09.2003 |

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| **1500m** |  |

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| 4:20.38 | Carl Jørgen Owre | 82 | Oslo/Bi | 20.05.2003 |
| 4:23.45 | Ståle Nilsen | 65 | Stjørdal | 03.08.2003 |
| 4:37.0 | Ole Fredrik Mørck | 62 | Jessheim | 12.06.2003 |
| 4:38.0 | Trygve Stanger | 62 | Jessheim | 15.06.2003 |
| 4:41.0 | Ole Skolt | 53 | Jessheim | 20.06.2003 |
| 4:49.0 | Tor Håkon Mangerud | 84 | Jessheim | 15.06.2003 |
| 4:59.0 | Knut Rimstad | 49 | Jessheim | 15.06.2003 |
| 5:22.91 | Andreas Løland | 90 | Göteborg, SWE | 05.07.2003 |
| 5:39.0 | Knut Kristensen | 44 | Jessheim | 15.06.2003 |
| 5:52.0 | Geir Håkon Bjørnstad | 56 | Jessheim | 15.06.2003 |
| 5:53.0 | Anders Jellum | 48 | Jessheim | 15.06.2003 |
| 5:59.0 | Arne Luke | 44 | Jessjeim | 15.06.2003 |
| 6:00.0 | Ole Arnegård | 44 | Jessheim | 15.06.2003 |
| 6:06.0 | Nils Sæthermoen | 40 | Jessheim | 15.06.2003 |
| 6:23.0 | Molvin Knutsen | 62 | Jessheim | 15.06.2003 |
| 6:29.0 | Helge Velure | 50 | Jessheim | 15.06.2003 |
| 6:35.0 | Paal Jørgensen | 50 | Jessheim | 15.06.2003 |
| 6:52.0 | Olav Werner Ruud | 55 | Jessheim | 15.06.2003 |
| 6:59.0 | Tore Eriksen | 36 | Jessheim | 15.06.2003 |
| 7:59.0 | Per Walter Boe | 42 | Jessheim | 15.06.2003 |
| 9:01.0 | John Arve Johansen | 36 | Jessheim | 15.06.2003 |
| 15:38.0 | Johannes Bjørnland | 17 | Jessheim | 15.06.2003 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:06.0 | Steinar Gressløs | 53 | Lørenfallet | 09.09.2003 |
| 13:11.0 | Henning Høgheim | 39 | Lørenfallet | 09.09.2003 |

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| **MENN SENIOR 2003** | **663** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.35 | John Arve Johansen | 36 | Jessheim | 25.09.2003 |
| 1.35 | Anthony Davies | 92 | Jessheim | 25.09.2003 |
| 1.20 | Eivind Damstuen | 92 | Jessheim | 26.05.2003 |
| 1.20 | Christer Amundsen | 92 | Bjørkelangen | 01.06.2003 |
| 1.16 | Håvard Lund | 24 | Jessheim | 25.09.2003 |
| 1.00 | Ola Sandvær Aamodt | 95 | Jessheim | 25.09.2003 |
| 0.90 | Ruben Hagen | 92 | Jessheim | 26.05.2003 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.90 s | Espen Nyhus | 89 | Jessheim | 19.06.2003 |
| 4.42 | John Arve Johansen | 36 | Jessheim | 19.06.2993 |
| 4.20 | San Phaefuang | 88 | Jessheim | 25.09.2003 |
| 4.02 s | Ole Eriksen | 91 | Jessheim | 25.09.2003 |
| 3.80 s | Christer Amundsen | 92 | Oslo/Bi | 21.06.2003 |
| 3.78 s | Lars Sutterud | 90 | Jessheim | 19.06.2003 |
| 3.74 s | Eivind Damstuen | 92 | Jessheim | 19.06.2003 |
| 3.72 s | Anthony Davies | 92 | Jessheim | 25.09.2003 |
| 3.68 s | Martin Fald Gården | 90 | Jessheim | 18.08.2003 |
| 2.97 s | Ola Sandvær Aamodt | 95 | Jessheim | 25.09.2003 |
| 2.95 s | Christopher Aadna | 92 | Jessheim | 25.09.2003 |

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| **Tresteg** |  |

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| 8.90 | John Arve Johansen | 36 | Jessheim | 19.06.2003 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.54 | Christer Amundsen | 92 | Oslo/Bi | 21.06.2003 |
| 6.71 | Anthony Davies | 92 | Bjørkelangen | 13.05.2003 |
| 6.50 | Ruben Hagen | 92 | Jessheim | 26.05.2003 |
| 6.22 | Eivind Damstuen | 92 | Nadderud | 14.06.2003 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.69 | Lars Sutterud | 90 | Jessheim | 18.08.2003 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.09 | Bjarne Guneriussen | 34 | Årnes | 25.06.2003 |
| 8.24 | Håvard Lund | 24 | Jessheim | 25.09.2003 |

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| **Kule 5 kg** |  |

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| 9.38 | John Arve Johansen | 36 | Jessheim | 25.09.2003 |

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| **MENN SENIOR 2003** | **664** |

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| **Diskos 1 kg** |  |

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| 28.62 | John Arve Johansen | 36 | Jessheim | 19.06.2003 |
| 28.14 | Lars Sutterud | 90 | Asker/Fø | 28.09.2003 |
| 25.20 | Håvard Lund | 24 | Heggedal/Gj | 30.08.2003 |

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| **Slegge 3 kg** |  |

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| 27.60 | Lars Sutterud | 90 | Heggedal/Gj | 28.09.2003 |

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| **Slegge 4 kg** |  |

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| 24.32 | Håvard Lund | 24 | Heggedal/Gj | 21.06.2003 |

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| **Spyd 500 g** |  |

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| 38.20 | Bjarne Guneriussen | 34 | Jessheim | 19.06.2003 |
| 25.83 | Håvard Lund | 24 | Stjørdal | 01.08.2003 |

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

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| --- | --- | --- | --- | --- |
| 36.45 | Bjarne Guneriusen | 34 | Årnes | 25.06.2003 |
| 33.55 | Lars Sutterud | 90 | Bergen/Le | 13.09.2003 |

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

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| --- | --- | --- | --- | --- |
| 32.77 | Molvin Knudsen | 62 | Jessheim | 18.08.2003 |

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| **Vektkast 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.49 | Håvard Lund | 24 | Stjørdal | 03.08.2003 |

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

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| 34.22 | Lars Sutterud | 90 | Asker/Fø | 28.09.2003 |

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| **Liten ball 80 g** |  |

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| 41.37 | Anthony Davies | 92 | Nadderud | 14.06.2003 |
| 39.58 | Eivind Damstuen | 92 | Nadderud | 14.06.2003 |
| 33.50 | Christer Amundsen | 92 | Nadderud | 14.06.2003 |

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| **Liten ball 150 g** |  |

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| 51.49 | Lars Sutterud | 90 | Nadderud | 15.06.2003 |

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| **MENN SENIOR 2003** | **665** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3047 | Håvard Lund | 24 | Lyngdal | 27.09.2003 |
| 23.05-7.37-22.33-24.44-10.57 | | | |

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

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| --- | --- | --- | --- | --- |
| 3848 | Lars Sutterud | 90 | Asker-Heggedal | 28.09.2003 |
| 27.60-9.90-28.14-29.85-34.22 | | | |

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| **4x60m E** |  |

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| --- | --- | --- | --- | --- |
| 33.22 | G14 |  | Jessheim | 26.05.2003 |
| Espen Nyhus89-Erik Hovind91-Andreas Løland90-Morten Gården90 | | | |

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| --- | --- | --- | --- | --- |
| 35.45 | G13 |  | Asker/Fø | 23.08.2003 |
| Nils Luke90-Eivind Tronsli90-Ole Eriksen90-Lars Sutterud90 | | | |

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| 36.14 | G12 |  | Jessheim | 26.05.2003 |
| Anthony Davies92-Christer Amundsen92-Ole Eriksen91-Michael Løland | | | |

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| --- | --- | --- | --- | --- |
| 39.96 | G12 |  | Jessheim | 26.05.2003 |
| Eivind Damstuen92-Eirik Tuft92Fredrik Gulbrandsen92-Bjørn Nilsen92 | | | |

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| **4x100m E** |  |

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| 50.88 | G16 |  | Asker/Fø | 23.08.2003 |
| ? | | | |

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| **3x800m** |  |

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| 7:41.94 | G14 |  | Asker/Fø | 23.08.2003 |
| Espen Nyhus89-Andreas Løland90-Kristoffer Kvilten90 | | | |

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| 8:24.03 | G13 |  | Asker/Fø | 23.08.2003 |
| Eivind Tronsli90-Nils Luke90-Martin Fald Gården90 | | | |

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| **MENN SENIOR 2003** | **666** |

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| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.09 | Per Kristian Aarstad | 86 | Stange | 15.03.2003 |
| 8.34 | Terje Grime | 59 | Drammen | 23.03.2003 |
| 8.91 | Eirik Kamstrup Hovind | 90 | Stange | 15.03.2003 |
| 8.96 | Anthony Davies | 92 | Lillestrøm | 29.03.2003 |
| 9.07 | Kristoffer Kvilten | 90 | Stange | 15.03.2003 |
| 9.20 | Nils Luke | 90 | Stange | 15.03.2003 |
| 9.25 | Andreas Løland | 90 | Stange | 15.03.2003 |
| 9.34 | Christer Amundsen | 92 | Lillestrøm | 29.03.2003 |
| 10.02 | Michael Løland | 92 | Stange | 29.03.2003 |
| 10.30 | Eivind Damstuen | 92 | Lillestrøm | 29.03.2003 |
| 13.40 | Ruben Haugen | 92 | Lillestrøm | 29.03.2003 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 55.02 | Halvor Marius Mangerud | 81 | Stange | 15.03.2003 |

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| **600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:53.80 | Andreas Løland | 90 | Stange | 29.03.2003 |
| 2:06.16 | Michael Løland | 92 | Stange | 15.03.2003 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:32.29 | Kristoffer Kvilten | 90 | Stange | 16.03.2003 |
| 2:33.20 | Andreas Løland | 90 | Stange | 16.03.2003 |
| 2:45.82 | Erik Hovind | 90 | Stange | 16.03.2003 |
| 2:46.03 | Nils Luke | 90 | Stange | 16.03.2003 |

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| **60m hekk 84 cm E** |  |

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| 13.12 | John Arve Johansen | 36 | Drammen | 22.03.2003 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.30 | Lars Sutterud | 90 | Lillestrøm | 01.02.2003 |
| 1.30 | Anthony Davies | 92 | Oslo/Ek | 08.03.2003 |
| 1.15 | Håvard Lund | 24 | Drammen | 23.03.2003 |
| 1.15 | Eivind Damstuen | 92 | Lillestrøm | 29.03.2003 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.30 | John Arve Johansen | 36 | Drammen | 22.03.2003 |

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| **MENN SENIOR 2003** | **667** |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.57 | John Arve Johansen | 36 | Drammen | 22.03.2003 |
| 3.79 s | Anthony Davies | 92 | Lillestrøm | 29.03.2003 |
| 3.78 s | Christer Amundsen | 92 | Lillestrøm | 29.03.2003 |
| 3.46 s | Eivind Damstuen | 92 | Lillestrøm | 01.02.2003 |
| 2.80 s | Ruben Haugen | 92 | Lillestrøm | 29.03.2003 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.20 | Molvin Knutsen | 62 | Jessheim/No | 10.04.2003 |
| 1.09 | Kristoffer Stanger | 33 | Jessheim/No | 20.02.2003 |
| 1.07 | John Arve Johansen | 36 | Jessheim/No | 20.02.2003 |
| 0.93 | Håvard Lund | 24 | Jessheim/No | 10.04.2003 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.55 | Molvin Knutsen | 62 | Jessheim/No | 10.04.2003 |
| 2.12 | John Arve Johansen | 36 | Jessheim/No | 20.02.2003 |
| 2.09 | Kristoffer Stanger | 33 | Jessheim/No | 20.02.2003 |
| 1.79 | Håvard Lund | 24 | Jessheim/No | 10.04.2003 |

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

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| --- | --- | --- | --- | --- |
| 7.92 | Christer Amundsen | 92 | Lillestrøm | 29.03.2003 |
| 6.65 | Ruben Haugen | 92 | Lillestrøm | 29.03.2003 |
| 6.50 | Anthony Davies | 92 | Lillestrøm | 29.03.2003 |
| 5.37 | Eivind Damstuen | 92 | Lillestrøm | 29.03.2003 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.96 | Lars Sutterud | 90 | Stange | 29.03.2003 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.63 | Håvard Lund | 24 | Drammen | 23.03.2003 |

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| **4x100m E** |  |

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| --- | --- | --- | --- | --- |
| 59.37 | G13 |  | Stange | 15.03.2003 |
| Eivind Hovind90-Andreas Løland90-Lars Suttewrud90-Michael Løland92 | | | |

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| --- | --- | --- | --- | --- |
| 63.19 | G11 |  | Stange | 15.03.2003 |
| Anthony Davies92-Christer Amundsen92-Eivind Damstuen92-Michael Løland92 | | | |

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| **KVINNER SENIOR 2003** | **668** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.58 | Linne Helene Bakke | 91 | Nadderud | 15.06.2003 |
| 8.91 | Elisabeth Langrusten | 86 | Asker/Fø | 23.08.2003 |
| 9.01 | Kari Robøle | 86 | Asker/Fø | 23.08.2003 |
| 9.02 | Tonje Oliversen | 91 | Lillehammer/Ss | 28.06.2003 |
| 9.32 | Charlotte Oilversen | 91 | Lillehammer/Ss | 28.06.2003 |
| 9.39 | Christine Nerhagen | 91 | Lillehammer/Ss | 28.06.2003 |
| 9.44 | Silje Scheie Bråthen | 91 | Oslo/Bi | 22.06.2003 |
| 9.61 | Pernille Haslie | 91 | Jessheim | 25.09.2003 |
| 10.13 | Tererita Egeberg | 82 | Jessheim | 25.09.2993 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.0 | Tonje Oliversen | 91 | Jessheim | 11.09.2003 |
| 9.1 | Charlotte Oilversen | 91 | Jessheim | 11.09.2003 |
| 9.2 | Christine Nerhagen | 91 | Jessheim | 18.08.2003 |
| 9.3 | Silje Scheie Bråthen | 91 | Jessheim | 18.08.2003 |
| 9.7 | Thea Soland | 89 | Jessheim | 20.05.2003 |
| 10.0 | Jannicke Mathisen | 91 | Årnes | 25.06.2003 |
| 10.4 | Turid Kamstrup Hovind | 92 | Jessheim | 11.09.2003 |
| 11.1 | Jenny Strøm | 92 | Jessheim | 11.09.2003 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.27 | Elisabeth Langrusten | 86 | Jessheim | 18.08.2003 |
| 14.33 | Kari Robøle | 86 | Jessheim | 18.08.2003 |
| 15.02 | Hilde Gustavson | 87 | Jessheim | 18.08.2003 |

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| **100m M** |  |

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| 13.8 | Elisabeth Langrusten | 86 | Bjørkelangen | 31.05.2003 |
| 13.9 | Kari Robøle | 86 | Bjørkelangen | 31.05.2003 |
| 14.8 | Hilde Gustavson | 87 | Bjørkelangen | 31.05.2003 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 30.11 | Hilde Gustavsen | 87 | Oslo/Bi | 22.06.2003 |
| 30.62 | Kari Robøle | 86 | Jessheim | 18.08.2003 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 65.14 | Elisabeth Langrusten | 86 | Jessheim | 19.06.2003 |
| 66.47 | Maren Fald Gården | 88 | Lillehammer/Ss | 28.06.2003 |
| 68.96 | Anne Lillegård | 73 | Jessheim | 19.06.2003 |

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| **KVINNER SENIOR 2003** | **669** |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 62.7 | Elisabeth Langrusten | 86 | Bjørkelangen | 31.05.2003 |
| 66.9 | Anne Lillegård | 73 | Bjørkelangen | 31.05.2003 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:55.41 | Tonje Oliversen | 91 | Asker/Fø | 24.08.2003 |
| 1:56.22 | Charlotte Oliversen | 91 | Asker/Fø | 24.08.2003 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:21.63 | Elisabeth Langrusten | 86 | Nadderud | 15.06.2003 |
| 2:30.53 | Anne Lillegård | 73 | Oslo/Bi | 31.07.2003 |
| 2:35.05 | Silje Ekroll Jahren | 88 | Jessheim | 26.05.2003 |
| 2:38.25 | Maren Fald Gården | 88 | Lillehammer/Ss | 29.06.2003 |
| 2:38.43 | Tonje Oliversen | 91 | Oslo/Bi | 20.06.2003 |
| 2:41.7 | Hilde Gustavson | 87 | Bjørkelangen | 31.05.2003 |
| 2:42.32 | Charlotte Oliversen | 91 | Lillehammer/Ss | 29.06.2003 |
| 2:42.66 | Trine Bogstad Mangerud | 51 | Jessheim | 26.05.2003 |
| 2:45.2 | Christine Nerhagen | 91 | Årnes | 25.06.2003 |
| 2:46.3 | Bente Holter | 62 | Jessheim | 25.09.2003 |
| 2:47.0 | Mari Solbrekken | 87 | Jessheim | 25.09.2003 |
| 2:48.4 | Kari Robøle | 86 | Jessheim | 25.09.2003 |
| 2:54.0 | Silje Scheie Bråthen | 91 | Jessheim | 20.05.2003 |
| 2:55.5 | Pernille Haslie | 91 | Jessheim | 25.09.2003 |
| 2:56.8 | Marie Tømmerberg | 91 | Jessheim | 25.09.2003 |
| 2:57.2 | Anne Kamstrup Hovind | 88 | Jessheim | 25.09.2003 |
| 2:57.9 | Katja Ekroll Jahren | 85 | Jessheim | 25.09.2003 |
| 3:24.0 | Turid Kamstrup Hovind | 92 | Jessheim | 12.06.2003 |
| 3:39.47 | Linn Helene Bakke | 91 | Jessheim | 19.06.2003 |
| 3:41.1 | Åse Nessiøy | 58 | Jessheim | 25.09.2003 |

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| **1500m** |  |

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| 5:04.0 | Elisabeth Langrusten | 86 | Jessheim | 12.06.2003 |
| 5:20.1 | Silje Ekroll Jahren | 88 | Jessheim | 12.06.2003 |
| 5:20.16 | Anne Lillegård | 73 | Oslo/Bi | 01.07.2003 |
| 5:23.8 | Trine Bogstad Mangerud | 51 | Jessheim | 15.06.2003 |
| 5:38.0 | Siri Fjeldberg | 69 | Jessheim | 12.06.2003 |
| 6:01.5 | Mari Solbrekken | 86 | Jessheim | 13.06.2003 |
| 6:07.2 | Anne Kamstrup Hovind | 88 | Jessheim | 12.06.2003 |
| 6:14.0 | Anne-Torill Garli | 57 | Jessheim | 12.06.2003 |
| 6:33.0 | Wenche Løland | 65 | Jessheim | 12.06.2003 |
| 6:45.0 | Anne Sofie Korslund | 60 | Jessheim | 12.06.2003 |
| 6:59.0 | Marit Skolt Skafle | 56 | Jessheim | 12.06.2003 |
| 7:31.0 | Marie Sofie Korslund | 86 | Jessheim | 12.06.2003 |
| 7:38.0 | Åse Nessiøy | 58 | Jessheim | 12.06.2003 |
| **KVINNER SENIOR 2003** | | **670** | | |

|  |  |
| --- | --- |
| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 7:48.66 | Maren Fald Gården | 88 | Bergen/Le | 13.09.2003 |

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

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| --- | --- | --- | --- | --- |
| 11:30.40 | Trine Bogstad Mangerud | 51 | Oslo/Bi | 01.07.2003 |
| 13:31.45 | Grete Frank | 83 | Oslo/Bi | 25.08.2003 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:30:06 | Trine Bogstad Mangerud | 51 | Drammen | 31.08.2003 |
| 1:35:17 | Bente Holter | 62 | Jessheim | 16.11.2003 |
| 1:50:15 | Kjersti Andersen | 68 | Jessheim | 16.11.2003 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.45 | Linn Helene Bakke | 91 | Jessheim | 26.05.2003 |
| 1.35 | Christina Gran | 88 | Jessheim | 25.09.2003 |
| 1.30 | Stine Elstad | 87 | Jessheim | 25.09.2003 |
| 1.25 | Charlotte Oliversen | 91 | Jessheim | 19.06.2003 |
| 1.15 | Tonje Oliversen | 91 | Lillehammer/Ss | 28.06.2003 |
| 1.05 | Cecilie Høitomt | 91 | Bjørkelangen | 13.05.2003 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.70 | Tonje Berg | 85 | Kristiansand | 15.08.2003 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.63 | Mari Solbrekken | 87 | Jessheim | 25.09.2003 |
| 4.53 s | Linn Helene Bakke | 91 | Jessheim | 18.08.2003 |
| 4.51 | Christina Gran | 88 | Jessheim | 25.09.2003 |
| 4.48 | Stine Elstad | 87 | Jessheim | 25.09.2003 |
| 4.31 | Hilde Gustavsen | 87 | Jessheim | 25.09.2003 |
| 4.29 | Tonje Berg | 85 | Jessheim | 18.08.2003 |
| 4.13 s | Tonje Oliversen | 91 | Jessheim | 19.06.2003 |
| 3.85 s | Silje Scheie Bråthen | 91 | Årnes | 25.06.2003 |
| 3.81 s | Charlotte Oliversen | 91 | Jessheim | 19.06.2003 |
| 3.55 s | Jannicke Mathisen | 91 | Årnes | 25.06.2003 |
| 3.54 | Christine Nerhagen | 91 | Lillehammer/Ss | 29.06.2003 |

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| **KVINNER SENIOR 2003** | **671** |

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

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| --- | --- | --- | --- | --- |
| 8.40 | Silje Scheie Bråthen | 91 | Jessheim | 18.08.2003 |
| 8.39 | Christine Nerhagen | 91 | Nadderud | 14.06.2003 |
| 7.77 | Linn Helene Bakke | 91 | Nadderud | 14.06.2003 |
| 6.81 | Charlotte Oiversen | 91 | Bjørkelangen | 13.05.2003 |
| 6.21 | Tonje Oliversen | 91 | Bjørkelangen | 13.05.2003 |
| 5.53 | Janniche Mathisen | 91 | Årnes | 25.06.2003 |
| 4.86 | Cecilie Høytomt | 91 | Jessheim | 26.05.2003 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.40 | Kari Kamstrup Hovind | 56 | Jessheim | 25.09.2003 |
| 6.30 | Anne Kamstrup Hovind | 88 | Jessheim | 25.09.2003 |
| 6.30 | Stine Elstad | 87 | Jessheim | 25.09.2003 |
| 6.30 | Christina Gran | 88 | Jessheim | 25.09.2003 |
| 6.14 | Hilde Gustavsen | 87 | Jessheim | 25.09.2003 |
| 6.00 | Mari Solbrekken | 87 | Jessheim | 25.09.2003 |

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| **Liten ball 80 g** |  |

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| 42.00 | Silje Scheie Bråthen | 91 | Nadderud | 14.06.2003 |

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| **4x60m E** |  |

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| --- | --- | --- | --- | --- |
| 34.91 | J12 |  | Nadderud | 14.06.2003 |
| Christine Nerhagen91-Charlotte Oliversen91-Tonje Oliversen91-Linn Helene Bakke91 | | | |

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| --- | --- | --- | --- | --- |
| 36.65 | J12 |  | Jessheim | 26.05.2003 |
| Christine Nerhagen91-Silje Bråthen91-Tonje Oliversen91-Linn Helene Bakke91 | | | |

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| --- | --- | --- | --- | --- |
| 40.65 | J12 |  | Jessheim | 26.05.2003 |
| Jannicke Mathisen91-Cecilie Høytomt91-Charlotte Oliversen91-Turid Hovind92 | | | |

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| **4x100m E** |  |

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| --- | --- | --- | --- | --- |
| 56.70 | J16 |  | Asker/Fø | 23.08.2003 |
| ? | | | |

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

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| 8:10.51 | J16 |  | Asker/Fø | 23.08.2003 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 8:24.43 | J12 |  | Asker/Fø | 23.08.2003 |
| Tonje Oliversen91-Christine Nerhagen91-Charlotte Oliversen91 | | | |

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| **KVINNER SENIOR 2003** | **672** |

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

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| --- | --- | --- | --- | --- |
| 2:35.97 | J17 |  | Kristiansand | 17.08.2003 |
| Hilde Gustavsen87-Kari Robøle86-Mari Solbrekken87-Elisabeth Langrusten86 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:38.53 | J18 |  | Nadderud | 15.06.2003 |
| Hilde Gustavsen87-Kari Robøle86-Tonje Berg85-Elisabeth Langrusten86 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:45.92 | J16 |  | Nadderud | 15.06.2003 |
| Christiane Kværner87-Anne K. Hovind88-Maren Fald Gården88-Hilde Gustavsen87 | | | |

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| **KVINNER SENIOR 2003** | **673** |

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| **INNENDØRS** |  |

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

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| --- | --- | --- | --- | --- |
| 8.71 | Linn Helene Bakke | 91 | Karlstad, SWE | 15.02.2003 |
| 8.75 | Elisabeth Langrusten | 86 | Stange | 15.03.2003 |
| 9.44 | Silje Scheie Bråthen | 91 | Lillestrøm | 01.02.2003 |
| 9.50 | Tonje Oliversen | 91 | Lillestrøm | 01.02.2003 |
| 9.88 | Charlotte Oliversen | 91 | Lillestrøm | 01.02.2003 |
| 10.38 | Heidi Stubs Holdal | 92 | Lillestrøm | 29.03.2003 |
| 10.45 | Jannicke Mathisen | 91 | Lillestrøm | 29.03.2003 |
| 10.75 | Cecilie Høitomt | 91 | Lillestrøm | 29.03.2003 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 29.90 | Hilde Gustavson | 87 | Stange | 16.03.2003 |

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| **400m E** |  |

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| 63.04 | Elisabeth Langrusten | 86 | Stange | 29.03.2003 |

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

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| --- | --- | --- | --- | --- |
| 2:08.01 | Charlotte Oliversen | 91 | Lillestrøm | 01.02.2003 |
| 2:11.03 | Linn Helene Bakke | 91 | Lillestrøm | 01.02.2003 |
| 2:11.54 | Tonje Oliversen | 91 | Lillestrøm | 01.02.2003 |
| 2:15.43 | Marie Tømmerberg | 91 | Stange | 15.03.2003 |

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

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| --- | --- | --- | --- | --- |
| 2:28.08 | Elisabeth Langrusten | 86 | Stange | 16.03.2003 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.40 | Linn Helene Bakke | 91 | Lillestrøm | 29.03.2003 |
| 1.15 | Tonje Oliversen | 91 | Lillestrøm | 01.02.2003 |
| 1.05 | Silje Scheie Bråthen | 91 | Lillestrøm | 01.02.2003 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.70 | Tonje Berg | 85 | Stange | 08.02.2003 |

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| **Lengde** |  |

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| 4.52 s | Linn Helene Bakke | 91 | Oslo/Ek | 11.01.2003 |
| 4.33 | Hilde Gustavsen | 87 | Lillestrøm | 01.02.2003 |
| 3.97 s | Tonje Oliversen | 91 | Lillestrøm | 01.02.2003 |
| **KVINNER SENIOR 2003** | | **674** | | |

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| **Lengde forts.** |  |

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| 3.80 s | Charlotte Oliversen | 91 | Lillestrøm | 01.02.2003 |
| 3.21 s | Jannicke Mathisen | 91 | Lillestrøm | 29.03.2003 |
| 3.12 s | Heidi Stubs Holdal | 92 | Lillestrøm | 29.03.2003 |
| 3.05 s | Cecilie Høitomt | 91 | Lillestrøm | 29.03.2003 |

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| **Høyde uten tilløp** |  |

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| 1.21 | Inger Lise Sundheim | 55 | Drammen | 22.03.2003 |

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| **Lengde uten tilløp** |  |

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| 2.53 | Inger Lise Sundheim | 55 | Drammen | 22.03.2003 |

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| **Kule 2 kg** |  |

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| 7.57 | Linn Helene Bakke | 91 | Stange | 15.03.2003 |
| 5.72 | Jannicke Mathisen | 91 | Lillestrøm | 29.03.2003 |
| 5.47 | Cacilie Høitomt | 91 | Lillestrøm | 29.03.2003 |

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| **1200m 200-180-300-520** |  |

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| 3:12.73 | J18 |  | Stange | 09.02.2003 |
| Kari Robøle86Hilde Gustavson87-Tonje Berg85-Elisabeth Langrusten86 | | | |