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| **MENN SENIOR 2004** | **675** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.97 | Sugel Dieguez Jaime | 91 | Lillehammer/Ss | 26.06.2004 |
| 8.46 | Kristoffer Kvilten | 90 | Jessheim | 12.07.2004 |
| 8.65 | Anthony Davies | 92 | Lillehammer/Ss | 26.06.2004 |
| 8.66 | Ole Eriksen | 91 | Nadderud | 12.06.2004 |
| 8.82 | Hans Kærsgaard | 92 | Jessheim | 14.06.2004 |
| 8.70 | Martin Fald Gården | 90 | Jessheim | 12.07.2004 |
| 8.79 | Nils Luke | 90 | Jessheim | 12.07.2004 |
| 8.98 | Emilio Dunne | 93 | Lillehammer/Ss | 26.06.2004 |
| 9.06 | Christer Amundsen | 92 | Lillehammer/Ss | 26.06.2004 |
| 9.20 | Andreas Løland | 90 | Lillehammer/Ss | 26.06.2004 |
| 9.71 | Michael Løland | 92 | Lillehammer/Ss | 26.06.2004 |
| 10.08 | Christopher Aanda | 92 | Asker/Fø | 21.08.2004 |
| 10.40 | Ola Sandvær Aamodt | 95 | Jessheim | 20.09.2004 |
| 10.44 | Joakim Halvorsen | 92 | Lillehammer/Ss | 26.06.2004 |

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| **60m M** |  |

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| 8.3 | Sugel Dieguez Jaime | 91 | Jessheim | 27.05.2004 |
| 8.5 | Ole Eriksen | 91 | Jessheim | 24.05.2004 |
| 8.5 | Jonathan Joo | 91 | Jessheim | 16.08.2004 |
| 8.6 | Martin Fald Gården | 90 | Jessheim | 09.09.2004 |
| 8.7 | Anthony Davies | 92 | Jessheim | 27.05.2004 |
| 8.8 | Anders Løland | 90 | Jessheim | 24.05.2004 |
| 8.8 | Christer Amundsen | 92 | Jessheim | 12.07.2004 |
| 9.0 | Nils Luke | 90 | Jessheim | 23.05.2004 |
| 9.2 | Michael Løland | 92 | Jessheim | 09.09.2004 |
| 9.3 | Atle Bekken | 90 | Jessheim | 27.05.2004 |
| 9.5 | Øyvind Gismervik | 90 | Jessheim | 09.09.2004 |
| 9.8 | Christopher Aanda | 92 | Jessheim | 27.05.2004 |
| 10.1 | Ola Sandvær Aamodt | 95 | Jessheim | 27.05.2004 |

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| **80m E** |  |

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| --- | --- | --- | --- | --- |
| 11.52 | Anthony Davies | 92 | Göteborg, SWE | 03.07.2004 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 11.84 +3.3 | Eirik Johansen | 84 | Jessheim | 14.06.2004 |
| 12.52 | Jørn Jevne | 64 | Jessheim | 20.09.2004 |
| 12.91 | Sugel Dieguez Jaime | 91 | Lillehammer/Ss | 27.06.2004 |
| 13.14 +3.3 | Espen Nyhus | 89 | Jessheim | 14.06.2004 |
| 13.74 | Ole Eriksen | 91 | Jessheim | 14.06.2004 |

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| **MENN SENIOR 2004** | **676** |

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| **100m M** |  |

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| 11.7 | Eirik Johansen | 84 | Jessheim | 27.05.2004 |
| 12.4 | Jørn Jevne | 64 | Jessheim | 16.08.2004 |
| 13.0 | Sugel Diegues Jaime | 91 | Jessheim | 20.09.2004 |
| 13.4 | Jonathan Joo | 91 | Jessheim | 20.09.2004 |

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| **200m E** |  |

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| 24.44 | Gudbrand Rognstad | 82 | Jessheim | 12.07.2004 |
| 24.99 | Marius Fuglerud | 87 | Jessheim | 12.07.2004 |
| 26.17 | Fredrik Fuglerud | 89 | Jessheim | 12.07.2004 |
| 26.65 | Sugel Diegues Jaime | 91 | Lillehammer/Ss | 24.06.2004 |
| 27.47 | Kristoffer Kvilten | 90 | Lillehammer/Ss | 24.06.2004 |
| 27.86 | Jonathan Joo | 91 | Jessheim | 20.09.2004 |
| 28.58 | Martin Fald Gården | 90 | Lillehammer/Ss | 24.06.2004 |
| 28.80 | Hans Kjærsgaard | 92 | Jessheim | 20.09.2004 |
| 29.36 | Anthony Davies | 92 | Nadderud | 13.06.2004 |
| 29.72 | Nils Luke | 90 | Lillehammer/ss | 24.06.2004 |
| 30.18 | Kristoffer Barengdal | 91 | Jessheim | 20.09.2004 |
| 31.50 | Christer Amundsen | 92 | Nadderud | 13.06.2004 |
| 31.62 | Harald Tronsli | 92 | Nadderud | 13.06.2004 |
| 31.66 | Eivind Damstuen | 92 | Nadderud | 13.06.2004 |

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| **200m M** |  |

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| 24.2 | Eirik Johansen | 84 | Jessheim | 27.05.2004 |
| 27.6 | Knut Rimstad | 49 | Jessheim | 27.05.2004 |

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| **300m E** |  |

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| --- | --- | --- | --- | --- |
| 42.19 | Fredrik Fuglerud | 89 | Göteborg, SWE | 03.07.2004 |

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| **400m E** |  |

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| 55.12 | Eirik Johansen | 84 | Jessheim | 14.06.2004 |
| 55.40 | Marius Fuglerud | 87 | Jessheim | 20.09.2004 |
| 56.66 | Jørn Jevne | 64 | Jessheim | 20.09.2004 |
| 57.48 | Tor Eilert Navestad | 81 | Jessheim | 20.09.2004 |
| 60.07 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 26.06.2004 |
| 60.61 | Knut Rimstad | 49 | Kristiansand | 25.06.2004 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 61.2 | Knut Rimstad | 49 | Oslo/St | 14.06.2004 |

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| **MENN SENIOR 2004** | **677** |

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| **600m M** |  |

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| --- | --- | --- | --- | --- |
| 1:33.37 | Kristoffer Kvilten | 90 | Nadderud | 11.06.2004 |
| 1:44.81 | Andreas Løland | 90 | Nadderud | 11.06.2004 |
| 1:45.09 | Eivind Tronsli | 90 | Nadderud | 11.06.2004 |
| 1:47.89 | Nils Luke | 90 | Nadderud | 11.06.2004 |
| 1:49.35 | Maciael Løland | 92 | Nadderud | 11.06.2004 |
| 2:03.33 | Emilio Dunne | 93 | Lillehammer/Ss | 24.06.2004 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:00.24 | Carl Jørgen Owre | 82 | Geithus | 04.09.2004 |
| 2:01.2 | Francesco Bazzanella | 87 | Jessheim | 16.08.2004 |
| 2:11.32 | Kristoffer Kvilten | 90 | Lillehammer/Ss | 27.06.2004 |
| 2:11.79 | Ståle Nilsen | 65 | Jessheim | 14.06.2004 |
| 2:16.88 | Gudbrand Rognstad | 82 | Lillehammer/Ss | 27.06.2004 |
| 2:18.38 | Fredrik Fuglerud | 89 | Göteborg, SWE | 03.07.2004 |
| 2:18.7 | Frank Øines | 68 | Jessheim | 20.09.2004 |
| 2:22.34 | Knut Rimstad | 49 | Kristiansand | 26.06.2004 |
| 2:22.61 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 27.06.2004 |
| 2:24.55 | Ole Johan Garli | 56 | Jessheim | 14.06.2004 |
| 2:25.66 | Andreas Løland | 90 | Lillehammer/Ss | 27.06.2004 |
| 2:28.6 | Lars Øyre | 54 | Jessheim | 20.09.2004 |
| 2:28.8 | Steinar Gressløs | 53 | Lørenfallet | 08.06.2004 |
| 2:29.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 20.09.2004 |
| 2:29.54 | Nils Luke | 90 | Lillehammer/Ss | 27.06.2004 |
| 2:29.55 | Martin Fald Gården | 90 | Lillehammer/Ss | 27.06.2004 |
| 2:34.7 | Eirik Kamstrup Hovimnd | 90 | Jessheim | 24.09.2004 |
| 2:36.5 | Odd Kinnsbekken | 48 | Jessheim | 25.09.2004 |
| 2:40.2 | Michael Løland | 92 | Jessheim | 16.08.2004 |
| 2:43.47 | Hans Kærsgaard | 92 | Jessheim | 14.06.2004 |
| 2:50.0 | Emil Strøm | 90 | Jessheim | 10.06.2004 |
| 2:58.7 | Molvin Knutsen | 62 | Jessheim | 24.09.2004 |
| 2:59.2 | Ole Arnegård | 44 | Jessheim | 20.09.2004 |
| 3:03.9 | Henning Høgheim | 39 | Jessheim | 20.09.2004 |
| 3:07.0 | Anders Jellum | 48 | Jessheim | 24.09.2004 |
| 3:09.2 | Helge Velure | 50 | Jessheim | 24.09.2004 |
| 3:19.0 | Ole Jacobsen | 92 | Jessheim | 10.06.2004 |
| 3:34.0 | Ola Sandvær Aamodt | 95 | Jessheim | 10.06.2004 |
| 3:39.6 | Per Walter Bøe | 42 | Jessheim | 24.09.2004 |
| 9:59.9 | Valter Berntsen | 39 | Jessheim | 24.09.2004 |

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| **1500m** |  |

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| 4:11.05 | Francesco Bazzanella | 87 | Oslo/La | 09.09.2004 |
| 4:24.75 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 24.06.2004 |
| 4:32.1 | Itri Amizig | 70 | Jessheim | 27.05.2004 |

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| **MENN SENIOR 2004** | **678** |

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| **1500m forts.** |  |

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| 4:38.9 | Trygve Stanger | 62 | Jessheim | 10.06.2004 |
| 4:46.58 | Gudbrand Rognstad | 82 | Jessheim | 12.07.2004 |
| 4:58.60 | Tor Eilert Navestad | 81 | Jessheim | 12.07.2004 |
| 4:59.0 | Geir Asphaug | 65 | Jessheim | 10.06.2004 |
| 5:00.2 | Knut Rimstad | 49 | Jessheim | 27.05.2004 |
| 5:20.2 | Odd Kinnsbekken | 48 | Jessheim | 10.06.2004 |
| 5:22.0 | Eirik Kamstrup Hovind | 86 | Jessheim | 10.06.2004 |
| 5:27.0 | Geir Håkon Bjørnstad | 56 | Jessheim | 10.06.2004 |
| 5:29.6 | Oddvar Leivestad | 45 | Jessheim | 10.06.2004 |
| 5:33.0 | Knut Kristiansen | 44 | Jessheim | 10.06.2004 |
| 5:33.0 | Martin Oterholt | 71 | Jessheim | 10.05.2004 |
| 5:50.0 | Molvin Knutsen | 62 | Jessheim | 10.06.2004 |
| 5:32.0 | Helge Velure | 50 | Jessheim | 10.06.2004 |
| 5:56.0 | Anders Jellum | 48 | Jessheim | 10.06.2004 |
| 6:17.0 | Nils Sæthermoen | 40 | Jessheim | 10.06.2004 |
| 6:24.0 | Arne Luke | 44 | Jessheim | 10.06.2004 |
| 6:28.0 | Paal Jørgensen | 50 | Jessheim | 10.06.2004 |
| 6:56.0 | Tore Eriksen | 37 | Jessheim | 10.06.2004 |
| 6:58.0 | Lasse Andersen | 47 | Jessheim | 10.06.2004 |
| 7:20.0 | Per Walter Bøe | 42 | Jessheim | 10.06.2004 |
| 8:21.8 | John Birkelund | 32 | Jessheim | 10.06.2004 |
| 9:59.0 | John Arve Johansen | 36 | Jessheim | 10.06.2004 |
| 15:38.0 | Johannes Bjørnland | 17 | Jessheim | 10.06.2004 |

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| **2000m** |  |

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| 6:48.7 | Hans Agnar Grønnvoll | 84 | Hurdal | 26.06.2004 |
| 6:57.5 | Fredrik Fuglerud | 89 | Jessheim | 26.06.2004 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 9:04.14 | Francesco Bazzanella | 87 | Oslo/La | 23.09.2004 |
| 11:21.1 | Steinar Gressløs | 53 | Lørenfallet | 07.09.2004 |
| 14:00.5 | Henning Høgheim | 39 | Jessheim | 07.09.2004 |

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| **80m hekk 68.6 cm E** |  |

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| --- | --- | --- | --- | --- |
| 22.86 +3.2 | Håvard Lund | 24 | Kristiansand | 26.06.2004 |

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| **Halvmaraton 21098m** |  |

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| 1:19:06 | Ole Fredrik Mørck | 62 | Jessheim | 21.11.2004 |

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| **MENN SENIOR 2004** | **679** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.55 | Håvard Nygård | 80 | Jessheim | 20.09.2004 |
| 1.40 | Knut Rimstad | 49 | Oslo/St | 14.06.2004 |
| 1.36 | John Arve Johansen | 36 | Jessheim | 20.09.2004 |
| 1.35 | Anthony Davies | 92 | Nadderud | 13.06.2004 |
| 1.25 | Atle Bakken | 90 | Jessheim | 27.05.2004 |
| 1.25 | Eivind Damstuen | 92 | Nadderud | 13.06.2004 |
| 1.25 | Christer Amundsen | 92 | Nadderud | 13.06.2004 |
| 1.20 | Christopher Aadna | 92 | Oslo/La | 18.06.2004 |
| 1.15 | Ola Sandvær Aamodt | 95 | Jessheim | 20.09.2004 |
| 1.14 | Håvard Lund | 24 | Kristiansand | 26.06.2004 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.27 s | Sugel Dieguez Jaime | 91 | Nadderud | 04.09.2004 |
| 5.18 | Frank Øines | 68 | Jessheim | 20.09.2004 |
| 4.97 | Håvard Nygård | 80 | Jessheim | 20.09.2004 |
| 4.75 | Tor Eilert Navestad | 81 | Jessheim | 20.09.2004 |
| 4.53 | John Arve Johansen | 36 | Jessheim | 26.08.2004 |
| 4.50 s | Anthony Davies | 92 | Lillehammer/Ss | 27.06.2004 |
| 4.43 s | Christer Amundsen | 92 | Jessheim | 06.06.2004 |
| 4.16 s | Emilio Dunne | 93 | Lillehammer/Ss | 27.06.2004 |
| 4.11 s | Eivind Damstuen | 92 | Nadderud | 13.06.2004 |
| 3.50 s | Ola Sandvær Aamodt | 95 | Jessheim | 20.09.2004 |
| 3.48 s | Atle Bakken | 90 | Jessheim | 27.05.2004 |
| 3.46 s | Christopher Aanda | 92 | Lillehammer/Ss | 27.06.2004 |
| 3.37 s | Joakim Halvorsen | 92 | Lillehammer/Ss | 27.06.2004 |

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| **Tresteg** |  |

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| 9.00 | John Arve Johansen | 36 | Jessheim | 20.09.2004 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.01 | Christer Amundsen | 92 | Jessheim | 12.07.2004 |
| 8.42 | Christer Aas | 92 | Jessheim | 27.05.2004 |

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| **Kule 3 kg** |  |

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| 9.66 | Sugel Diegues Jaime | 91 | Jessheim | 20.09.2004 |
| 8.78 | Christer Amundsen | 92 | Asker/Fø | 22.09.2004 |
| 8.67 | Jonathan Joo | 91 | Jessheim | 20.09.2004 |
| 7.80 | Iver Repsjø Hognæs | 91 | Jessheim | 27.05.2004 |

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| **MENN SENIOR 2004** | **680** |

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| **Kule 4 kg** |  |

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| 10.34 | Bjarne Guneriussen | 34 | Årnes | 30.06.2004 |
| 7.96 | Håvard Lund | 24 | Jessheim | 12.07.2004 |

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| **Kule 5 kg** |  |

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| 9.36 | John Arve Johsnen | 36 | Jessheim | 20.09.2004 |

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| **Kule 7.26 kg** |  |

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| 10.15 | Tor Eilert Navestad | 81 | Jessheim | 12.07.2004 |
| 8.87 | Molvin Knutsen | 62 | Jessheim | 20.09.2004 |
| 8.54 | Håvard Nygård | 80 | Jessheim | 20.09.2004 |

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| **Diskos 1 kg** |  |

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| 29.14 | John Arve Johansen | 36 | Jessheim | 20.09.2004 |
| 24.44 | Håvard Lund | 24 | Heggedal/Gj | 21.08.2004 |

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| **Slegge 4 kg** |  |

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| 25.90 | Håvard Lund | 24 | Heggedal/Gj | 05.06.2004 |

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| **Spyd 400 g** |  |

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| 25.63 | Håvard Lund | 24 | Kristiansand | 25.06.2004 |

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| **Spyd 500 g** |  |

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| --- | --- | --- | --- | --- |
| 36.38 | Bjarne Guneriussen | 34 | Jessheim | 16.08.2004 |

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

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| --- | --- | --- | --- | --- |
| 28.82 | John Arve Johansen | 36 | Jessheim | 20.09.2004 |

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

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| --- | --- | --- | --- | --- |
| 33.50 | Molvin Knutsen | 62 | Jessheim | 20.09.2004 |
| 31.43 | Tor Eilert Navestad | 81 | Jessheim | 20.09.2004 |

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| **MENN SENIOR 2004** | **681** |

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| **Vektkast 5.45 kg** |  |

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| 14.02 | Håvard Lund | 24 | Kristiansand | 25.06.2004 |

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

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| 21.44 | Christer Amundsen | 92 | Jessheim | 14.06.2004 |
| 16.42 | Joakim Halvorsen | 92 | Jessheim | 14.06.2004 |
| 15.72 | Eivind Damstuen | 92 | Jessheim | 14.06.2002 |

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| **Liten ball 150 g** |  |

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| 42.63 | Anthony Davies | 92 | Bjørkelangen | 06.06.2004 |
| 41.71 | Christer Amundsen | 92 | Nadderud | 12.06.2004 |
| 38.12 | Christopher Aanda | 92 | Nadderud | 12.06.2004 |
| 34.23 | Ola Sandvær Aamodt | 95 | Jessheim | 20.09.2004 |

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

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| --- | --- | --- | --- | --- |
| 3783 | Håvard Lund | 24 | Heggedal/Gj | 21.08.2004 |
| 23.47-7.18-24.44-25.56-12.27 | | | |

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| **4x60m E** |  |

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| --- | --- | --- | --- | --- |
| 33.88 | G13 |  | Asker/Fø | 21.08.2004 |
| Jonathan Joo91-Anthony Davies92-Charister Amundsen92-Ole Eriksen91 | | | |

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| --- | --- | --- | --- | --- |
| 37.19 | G12 |  | Asker/Fø | 21.08.2004 |
| Hans Kærsgaard92-Emilio Dunne93-Michael Løland92-Christopher Aadna92 | | | |

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| **4x60m M** |  |

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| 32.8 | G13 |  | Jessheim | 20.09.2004 |
| Jonathan Joo91-Sugel Jamine91-Anthony Davies92-Hans Kærsgård92 | | | |

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| --- | --- | --- | --- | --- |
| 34.6 | G14 |  | Jessheim | 20.09.2004 |
| Martin Gården90-Kristoffer Kvilten90-Emilio Dunne93-Christopher Aadna92 | | | |

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| **4x100m E** |  |

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| --- | --- | --- | --- | --- |
| 52.94 | G15 |  | Asker/Fø | 21.08.2004 |
| Fredrik Fuglerud89-Kristoffer Kvilten90-Martin Fald Gården90-Espen Nyhus89 | | | |

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| **MENN SENIOR 2004** | **682** |

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| **3x600m** |  |

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| --- | --- | --- | --- | --- |
| 5:54.76 | G13 |  | Asker/Fø | 21.08.2004 |
| Michael Løland92-Ole Eriksen91-Brage Jahren91 | | | |

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| 6:23.15 | G11 |  | Asker/Fø | 21.08.2004 |
| Marius Nyeggen94-Thomas Løland95-Emilio Dunne93 | | | |

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| **3x800m** |  |

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| --- | --- | --- | --- | --- |
| 7:18.84 | G15 |  | Asker/Fø | 21.08.2004 |
| Fredrik Fuglerud89-Andreas Løland90-Kristoffer Kvilten90 | | | |

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| 7:32.23 | G15 |  | Asker/Fø | 21.08.2004 |
| Martin Fald Gården90-Nils Luke90-Espen Nyhus89 | | | |

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| **MENN SENIOR 2004** | **683** |

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| **INNENDØRS** |  |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 6.1 | Anthony Davies | 92 | Råholt | 31.10.2004 |
| 6.9 | Christopher Aadna | 92 | Råholt | 31.10.2004 |
| 8.9 | Markus Lindvall | 97 | Råholt | 31.10.2004 |

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| **60m E** |  |

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| 8.47 | Kristoffer Kvilten | 90 | Stange | 13.03.2004 |
| 8.64 | Anthony Davies | 92 | Oslo/Ek | 04.12.2004 |
| 9.09 | Nils Luke | 90 | Stange | 14.03.2004 |
| 9.13 | Christer Amundsen | 92 | Lillestrøm | 07.02.2004 |
| 10.01 | Joakim Halvorsen | 92 | Lillestrøm | 21.02.2004 |
| 10.08 | Christopher Aanda | 92 | Stange | 14.03.2004 |
| 10.15 | Eivind Damstuen | 92 | Lillestrøm | 21.02.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.04 | Anthony Davies | 92 | Stange | 14.03.2004 |
| 31.25 | Christer Amundsen | 92 | Stange | 14.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 61.62 | Knut Rimstad | 49 | Drammen | 19.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:30.47 | Francesco Bazzanella | 87 | Oslo/Ek | 04.12.2004 |
| 1:49.14 | Andreas Løland | 90 | Stange | 14.03.2004 |
| 1:59.97 | Eivind Damstuen | 92 | Stange | 14.03.2004 |
| 2:22.52 | Joakim Halvorsen | 92 | Stange | 14.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:25.18 | Knut Rimstad | 49 | Drammen | 19.03.2004 |
| 2:37.96 | Jan Erik Rybråten | 53 | Drammen | 20.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:12.72 | Jan Erik Rybråten | 53 | Stange | 27.03.2004 |

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| --- | --- |
| **60m hekk 68.6 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.38 | Eivind Damstuen | 92 | Lillestrøm | 07.02.2004 |
| 16.41 | Håvard Lund | 24 | Drammen | 19.03.2004 |

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| **MENN SENIOR 2004** | **684** |

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

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| --- | --- | --- | --- | --- |
| 12.33 | Eivind Damstuen | 92 | Lillestrøm | 21.02.2004 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.32 | John Arve Johansen | 36 | Drammen | 20.03.2004 |
| 1.30 | Anthony Davies | 92 | Oslo/Ek | 06.03.2004 |
| 1.30 | Christer Amundsen | 92 | Oslo/Ek | 06.03.2004 |
| 1.20 | Eivind Damstuen | 92 | Lillestrøm | 21.02.2004 |
| 1.08 | Håvard Lund | 24 | Drammen | 19.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.30 | John Arve Johansen | 36 | Drammen | 19.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.79 s | Anthony Davies | 92 | Oslo/Ek | 04.12.2004 |
| 4.61 s | Christer Amundsen | 92 | Lillestrøm | 07.02.2004 |
| 4.41 | John Arve Johansen | 36 | Drammen | 19.03.2004 |
| 3.91 s | Eivind Damstuen | 92 | Stange | 13.03.2004 |
| 3:46 s | Joakim Halvorsen | 92 | Lillestrøm | 21.02.2004 |
| 3.34 s | Christopher Aanda | 92 | Stange | 13.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.30 | John Arve Johansen | 36 | Drammen | 21.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.30 | Molvin Knutsen | 62 | Jessheim/No | 19.04.2004 |
| 1.10 | John Arve Johansen | 36 | Jessheim/No | 08.03.2004 |
| 1.10 | Colin Walker | 66 | Råholt | 31.10.2004 |
| 1.06 | Lars Georg Aas | 92 | Råholt | 31.01.2004 |
| 1.05 | Kristoffer Stanger | 33 | Jessheim/No | 08.03.2004 |
| 1.00 | Håvard Lund | 24 | Jessheim/No | 19.04.2004 |
| 0.70 | Paul Walker | 97 | Råholt | 31.10.2004 |
| 0.70 | Carl Walker | 95 | Råholt | 31.10.2004 |

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| **MENN SENIOR 2004** | **685** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.92 | Tor Eilert Navestad | 81 | Jessheim/No | 19.04.2004 |
| 2.72 | Knut Rune Hansen | 58 | Råholt | 31.10.2004 |
| 2.59 | Molvin Knutsen | 62 | Jessheim/No | 19.04.2004 |
| 2.15 | John Arve Johansen | 36 | Jessheim/No | 08.03.2004 |
| 2.11 | Anthony Davies | 92 | Råholt | 31.10.2004 |
| 2.08 | Christer Amundsen | 92 | Jessheim/No | 08.03.2004 |
| 2.02 | Kristoffer Stanger | 33 | Jessheim/No | 08.03.2004 |
| 1.95 | Eivind Damstuen | 92 | Jessheim/No | 08.03.2004 |
| 1.82 | Ola Sandvær | 95 | Jessheim/No | 08.03.2004 |
| 1.81 | Christopher Aadna | 92 | Råholt | 31.10.2004 |
| 1.72 | Håvard Lund | 24 | Drammen | 19.03.2004 |
| 1.62 | Joakim Halvorsen | 92 | Jessheim/No | 08.03.2004 |
| 1.32 | Magnus Lindvall | 97 | Råholt | 08.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.02 | Christer Amundsen | 92 | Lillestrøm | 21.02.2004 |
| 5.89 | Joakim Halvorsen | 92 | Lillestrøm | 21.02.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.74 | Håvard Lund | 24 | Drammen | 21.03.2004 |

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| --- | --- |
| **KVINNER SENIOR 2004** | **686** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.26 | Linn Helene Bakke | 91 | Nadderud | 05.09.2004 |
| 8.88 | Tonje Oliversen | 91 | Lillehammer/Ss | 26.06.2004 |
| 9.05 | Charlotte Oliversen | 91 | Nadderud | 12.06.2004 |
| 9.11 | Christine Nerhagen | 91 | Lillehammer/Ss | 26.06.2004 |
| 9.23 | Silje Scheie Bråthen | 91 | Nadderud | 12.06.2004 |
| 9.55 | Pernille Haslie | 91 | Lillehammer/Ss | 26.06.2004 |
| 9.71 | Sandra Amundsen | 93 | Jessheim | 20.09.2004 |
| 9.89 | Heidi Stubs Holdal | 92 | Jessheim | 20.09.2004 |
| 10.87 | Mona Benmalek | 93 | Jessheim | 20.09.2004 |
| 10.95 | Sofie Rostad | 94 | Jessheim | 20.09.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.3 | Linn Helene Bakke | 91 | Jessheim | 16.08.2004 |
| 8.8 | Tonje Oliversen | 91 | Jessheim | 21.05.2004 |
| 8.9 | Charlotte Oliversen | 91 | Jessheim | 27.05.2004 |
| 9.0 | Christine Nerhagen | 91 | Jessheim | 27.05.2004 |
| 9.0 | Silje Scheie Bråthen | 91 | Jessheim | 27.05.2004 |
| 9.6 | Jannicke Mathisen | 91 | Jessheim | 27.05.2004 |
| 9.6 | Marie Tømmerberg | 91 | Jessheim | 09.09.2004 |
| 10.0 | Margaret Bjørnadottir | 91 | Jessheim | 27.05.2004 |
| 10.1 | Turid Kamstrup Hovind | 92 | Jessheim | 21.05.2004 |
| 10.2 | Tonje Hansen | 92 | Jessheim | 27.05.2004 |
| 11.3 | Mari Birkelund | 91 | Jessheim | 27.05.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.41 | Linn Helene Bakke | 91 | Bergen/Fa | 11.07.2004 |
| 15.35 | Pernille Haslie | 91 | Jessheim | 14.06.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.4 | Linn Helene Bakke | 91 | Jessheim | 20.09.2004 |
| 13.8 | Elisabeth Langrusten | 86 | Jessheim | 16.08.2004 |
| 14.0 | Tonje Oliversen | 91 | Jessheim | 20.09.2004 |
| 14.7 | Charlotte Oliversen | 91 | Jessheim | 20.09.2004 |
| 14.8 | Tonje Berg | 85 | Jessheim | 27.05.2004 |
| 14.9 | Hilde Gustavson | 87 | Jessheim | 27.05.2004 |
| 16.2 | Lene Engebretsen | 88 | Årnes | 30.06.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.79 | Tonje Oliversen | 91 | Lillehammer/Ss | 24.06.2004 |
| 29.61 | Charlotte Oliversen | 91 | Lillehammer/Ss | 24.06.2004 |
| 29.70 | Mari Solbrekken | 87 | Jessheim | 12.07.2004 |
| 29.75 | Christine Nerhagen | 91 | Lillehammer/Ss | 24.06.2004 |
| **KVINNER SENIOR 2004** | | **687** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.04 | Hilde Gustavson | 87 | Jessheim | 12.07.2004 |
| 32.52 | Lene Engebretsen | 88 | Jessheim | 12.07.2004 |
| 34.52 | Heidi Stubs Holdal | 92 | Jessheim | 20.09.2004 |
| 36.90 | Mona Benmalek | 92 | Jessheim | 20.09.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.5 | Anne Lillegård | 73 | Jessheim | 27.05.2004 |
| 29.9 | Mari Solbrekken | 87 | Jessheim | 16.08.2004 |
| 30.6 | Hilde Gustavson | 87 | Jessheim | 16.08.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 63.06 | Anne Lillegård | 73 | Jessheim | 14.06.2004 |
| 64.51 | Elisabeth Langrusten | 86 | Jessheim | 14.06.2004 |
| 65.88 | Maren Fald Gården | 88 | Lillehammer/Ss | 26.06.2004 |
| 70.46 | Hilde Gustavson | 87 | Lillehammer/Ss | 26.06.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:48.41 | Charlotte Oliversen | 91 | Oslo/La | 20.06.2004 |
| 1:48.64 | Tonje Oliversen | 91 | Nadderud | 04.09.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:25.40 | Anne Lillegård | 73 | Bjørkelangen | 06.06.2004 |
| 2:25.62 | Elisabeth Langrusten | 86 | Trondheim | 31.07.2004 |
| 2:31.0 | Liv Anita Skare | 80 | Jessheim | 23.09.2004 |
| 2.32.3 | Silje Ekroll Jahren | 88 | Jessheim | 23.09.2004 |
| 2:33.58 | Maren Fald Gården | 88 | Lillehammer/Ss | 27.06.2004 |
| 2:34.51 | Charlotte Oliversen | 91 | Lillehammer/Ss | 27.06.2004 |
| 2:36.5 | Christine Nerhagen | 91 | Jessheim | 16.08.2004 |
| 2:36.83 | Tonje Oliversen | 91 | Lillehammer/Ss | 27.06.2004 |
| 2:46.8 | Marie Tømmerberg | 91 | Jessheim | 16.08.2004 |
| 2:47.2 | Pernille Haslie | 91 | Jessheim | 16.08.2004 |
| 2:49.8 | Silje Scheie Bråthen | 91 | Jessheim | 27.05.2004 |
| 2:50.4 | Trine Bogstad Mangerud | 51 | Jessheim | 20.09.2004 |
| 2:51.9 | Marianne Tømmerberg | 65 | Jessheim | 20.09.2004 |
| 2:53.4 | Maria Ulvestad | 91 | Lørenfallet | 08.06.2004 |
| 2:53.5 | Anne Kamstrup Hovind | 88 | Jessheim | 24.09.2004 |
| 2:53.8 | Claudia Asphaug | 68 | Jessheim | 20.09.2004 |
| 2:55.20 | Pernille Haslie | 91 | Jessheim | 14.06.2004 |
| 3:04.1 | Kjersti Andersen | 68 | Jessheim | 24.09.2004 |

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| --- | --- |
| **KVINNER SENIOR 2004** | **688** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:03.03 | Silje Ekroll Jahren | 88 | Asker/Fø | 22.08.2004 |
| 5:06.1 | Anne Lillegård | 73 | Jessheim | 10.06.2004 |
| 5:13.3 | Elisabeth Langrusten | 86 | Jessheim | 10.06.2004 |
| 5:19.48 | Marianne Opsahl | 73 | Jessheim | 12.07.2004 |
| 5:19.8 | Heidi Brendengen | 71 | Jessheim | 10.06.2004 |
| 5:22.23 | Christine Nerhagen | 91 | Nadderud | 13.06.2004 |
| 5:22.86 | Maren Fald Gården | 88 | Asker/Fø | 22.08.2004 |
| 5:38.0 | Marianne Tømmerberg | 65 | Jessheim | 10.06.2004 |
| 5:39.0 | Trine Bogstad Mangerud | 51 | Jessheim | 10.06.2004 |
| 5:39.7 | Bente Tenold Holter | 62 | Jessheim | 10.06.2004 |
| 5:53.5 | Anne-Torill Garli | 57 | Jessheim | 10.06.2004 |
| 5:54.2 | Line Mathiesen | 71 | Jessheim | 10.06.2004 |
| 5:55.7 | Claudia Asphaug | 68 | Jessheim | 10.06.2004 |
| 6:21.2 | Gry Vera Haslie | 60 | Jessheim | 10.06.2004 |
| 6:54.0 | Anne Sofie Korslund | 60 | Jessheim | 10.06.2004 |
| 6:55.0 | Marit Skolt Skafle | 56 | Jessheim | 10.06.2004 |
| 7:02.0 | Dagrun Rommen | 76 | Jessheim | 10.06.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:28.0 | Anne Lillegård | 73 | Jessheim | 16.08.2004 |
| 12:15.1 | Bente Tenold Holter | 62 | Jessheim | 16.08.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 19:35.05 | Marianne Opsahl | 73 | Oslo/La | 20.07.2004 |
| 20:17.84 | Anne Lillegård | 73 | Oslo/La | 20.07.2004 |

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

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| --- | --- | --- | --- | --- |
| 10.36 | Linn Helene Bakke | 91 | Nadderud | 13.06.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:31:09 | Marianne Opsahl | 73 | Jessheim | 21.11.2004 |
| 1:36.51 | Trine Bogstad Mangerud | 51 | Oslo | 03.10.2004 |

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

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| --- | --- | --- | --- | --- |
| 3:11.37 | Marianne Opsahl | 73 | Oslo | 03.10.2004 |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.52 | Linn Helene Bakke | 91 | Asker/Fø | 21.08.2004 |

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| **KVINNER SENIOR 2004** | **689** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.60 | Tonje Berg | 85 | Trondheim/St | 30.07.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.83 s | Linn Helene Bakke | 91 | Nadderud | 12.06.2004 |
| 4.57 | Mari Solbrekken | 87 | Asker/Fø | 21.08.2004 |
| 4.24 | Hilde Gustavson | 87 | Jessheim | 16.08.2004 |
| 4.08 s | Janniche Mathisen | 91 | Årnes | 30.06.2004 |
| 3.28 s | Tonje Hansen | 92 | Jessheim | 27.05.2004 |
| 3.26 s | Margaret Bjørnadottir | 91 | Jessheim | 27.05.2004 |
| 3.24 s | Heidi Stubs Holdal | 92 | Jessheim | 27.05.2004 |
| 3.20 s | Mona Benmalek | 92 | Jessheim | 20.09.2004 |
| 3.13 | Lene Engebretsen | 88 | Årnes | 30.06.2004 |
| 2.80 s | Sofie Rostad | 92 | Jessheim | 20.09.2004 |
| 2.50 s | Mari Birkelund | 91 | Jessheim | 20.09.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.71 | Silje Scheie Bråthen | 91 | Jessheim | 12.07.2004 |
| 9.44 | Linn Helene Bakke | 91 | Bergen/Fa | 11.07.2004 |
| 8.70 | Christine Høgbakken | 91 | Jessheim | 12.07.2004 |
| 8.36 | Monica Lenning | 91 | Jessheim | 12.07.2004 |
| 6.87 | Tonje Oliversen | 91 | Jessheim | 12.07.2004 |
| 6.86 | Jannicke Mathisen | 91 | Årnes | 30.06.2004 |
| 6.58 | Charlotte Oliversen | 91 | Jessheim | 12.07.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.36 | Mari Solbrekken | 87 | Jessheim | 12.07.2004 |
| 7.42 | Hilde Gustavson | 87 | Jessheim | 12.07.2004 |

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

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| --- | --- | --- | --- | --- |
| 27.84 | Tonje Berg | 85 | Jessheim | 14.06.2004 |

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

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| --- | --- | --- | --- | --- |
| 28.01 | Tonje Berg | 85 | Bjørkelangen | 05.06.2004 |

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

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| --- | --- | --- | --- | --- |
| 17.42 | Sofie Rostad | 94 | Jessheim | 20.09.2004 |

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| **KVINNER SENIOR 2004** | **690** |

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

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| --- | --- | --- | --- | --- |
| 33.46 | J13 |  | Nadderud | 12.06.2004 |
| Christine Nerhagen91-Tonje Oliversen91-Charlotte Oliversen91-Linn Helene Bakke91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.78 | J13 |  | Asker/Fø | 21.08.2004 |
| Christine Nerhagen91-Charlotte Oliversen91-Tonje Oliversen91-Linn Helene Bakke91 | | | |

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

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| --- | --- | --- | --- | --- |
| 33.5 | J13 |  | Jessheim | 20.09.2004 |
| Christine Nerhagen91-Tonje Oliversen91-Charlotte Oliversen91-Linn Helene Bakke91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.7 | J13 |  | Jessheim | 27.05.2004 |
| Tonje Oliversen91-Charlotte Oliversen91-Christine Nerhagen91-Linn Helene Bakke91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.5 | J13 |  | Jessheim | 27.05.2002 |
| Christine Høgbakken91-Silje Bråthen91-Pernille Haslie91-Marie Tømmerberg91 | | | |

|  |  |
| --- | --- |
| **3x600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:51.99 | J13 |  | Asker/Fø | 21.08.2004 |
| Charlotte Oliversen91-Tonje Oliversen91-Christine Nerhagen91 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:55.76 | J17 |  | Asker/Fø | 21.08.2004 |
| Maren Fald Gården88-Hilde Gustavson87-Silje Ekroll Jahren88 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:35.50 | J18 |  | Asker/Fø | 21.08.2004 |
| Silje Scheie Bråthen91-Mari Solbrekken88-Hilde Gustavsen87-Elisabeth Langrusten86 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:36.04 | J19 |  | Trondheim/St | 01.08.2004 |
| Mari Solbrekken87-Tonje Berg85-Hilde Gustavsen87-Elisabeth Langrusten86 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:37.66 | J19 |  | Fagernes | 15.08.2004 |
| Hilde Gustavsen87-Tonje Berg85-Mari Solbrekken87Elisabeth Langrusten86 | | | |

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| **KVINNER SENIOR 2004** | **691** |

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| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.9 | Linn Helene Bakke | 91 | Råholt | 31.10.2004 |
| 6.7 | Heidi Holdal | 92 | Råholt | 31.10.2004 |
| 7.0 | Katrine Hoff | 91 | Råholt | 31.10.2004 |
| 7.1 | Tonje Hansen | 92 | Roholt | 31.10.2004 |
| 7.3 | Ida Berg Hansen | 92 | Råholt | 31.10.2004 |
| 8.2 | Andrea Davies | 97 | Råholt | 31.10.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.32 | Linn Helene Bakke | 91 | Oslo/Ek | 04.12.2004 |
| 8.70 | Mari Solbrekken | 87 | Stange | 13.03.2004 |
| 8.81 | Tonje Oliversen | 91 | Stange | 13.03.2004 |
| 8.97 | Silje Scheie Bråthen | 91 | Stange | 13.03.2004 |
| 9.20 | Charlotte Oliversen | 91 | Stange | 13.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.69 | Mari Solbrekken | 87 | Stange | 14.03.2004 |
| 29.01 | Linn Helene Bakke | 91 | Oslo/Ek | 04.12.2004 |
| 29.82 | Tonje Oliversen | 91 | Oslo/Ek | 06.03.2004 |
| 30.31 | Hilde Gustavson | 86 | Stange | 14.03.2004 |
| 31.24 | Charlotte Oliversen | 91 | Oslo/Ek | 06.03.2004 |
| 31.38 | Silje Scheie Bråthen | 91 | Oslo/Ek | 06.03.2004 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:47.58 | Anne Lillegård | 73 | Stange | 13.03.2004 |
| 1:52.25 | Tonje Oliversen | 91 | Stange | 13.03.2004 |
| 1:57.53 | Charlotte Oliversen | 91 | Stange | 13.03.2004 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:29.71 | Elisabeth Langrusten | 86 | Stange | 14.03.2004 |
| 2:31.42 | Anne Lillegård | 73 | Stange | 14.03.2004 |
| 2:47.29 | Tonje Oliversen | 91 | Stange | 24.01.2004 |
| 2:49.93 | Hilde Gustavson | 86 | Oslo/Ek | 06.03.2004 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 5:21.93 | Anne Lillegård | 73 | Stange | 14.02.2004 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.60 | Linn Helene Bakke | 91 | Oslo/Ek | 04.12.2004 |
| **KVINNER SENIOR 2004** | | **692** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.80 | Mari Solbrekken | 87 | Oslo/Ek | 06.03.2004 |
| 4.75 s | Linn Helene Bakke | 91 | Oslo/Ek | 04.12.2004 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.22 | Inger Lise Sundheim | 55 | Drammen | 19.03.2004 |
| 1.20 | Linn Helene Bakke | 91 | Råholt | 31.10.2004 |
| 1.00 | Ida Berg Hansen | 92 | Råholt | 31.10.2004 |
| 0.98 | Christine Høgbakken | 91 | Jessheim/No | 08.03.2004 |
| 0.95 | Pernille Haslie | 91 | Jessheim/No | 08.03.2004 |
| 0.95 | Katrine Hoff | 91 | Råholt | 31.10.2004 |
| 0.95 | Mari Solbrekken | 87 | Råholt | 31.10.2004 |
| 0.95 | Hilde Gustavson | 87 | Råholt | 31.10.2004 |
| 0.89 | Marie Tømmerberg | 91 | Jessheim/No | 08.03.2004 |
| 0.89 | Charlotte Oliversen | 91 | Jessheim/No | 08.03.2004 |
| 0.75 | Hanna Schultze Toverød | 96 | Råholt | 31.10.2004 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.51 | Inger Lise Sundheim | 55 | Drammen | 19.03.2004 |
| 2.39 | Mari Solbrekken | 87 | Råholt | 31.10.2004 |
| 2.18 | Hilde Gustavson | 87 | Råholt | 31.10.2004 |
| 2.01 | Charlotte Oliversen | 91 | Jessheim/No | 08.03.2004 |
| 1.98 | Christine Høgbakken | 91 | Jessheim/No | 08.03.2004 |
| 1.97 | Tonje Oliversen | 91 | Jessheim/No | 08.03.2004 |
| 1.97 | Pernille Haslie | 91 | Jessheim/No | 08.03.2004 |
| 1.96 | Marie Tømmerberg | 91 | Jessheim/No | 08.03.2004 |
| 1.94 | Heidi Stubs Holdal | 92 | Råholt | 31.10.2004 |
| 1.92 | Ida Berg Hansen | 92 | Råholt | 31.10.2004 |
| 1.91 | Tonje Hansen | 92 | Råholt | 31.10.2004 |
| 1.33 | Andrea Davies | 97 | Råholt | 31.10.2004 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.97 | Silje Scheie Bråthen | 91 | Oslo/Ek | 06.03.2004 |

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| **MENN SENIOR 2005** | **693** |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.71 | Marius Fuglerud | 87 | Asker/Fø | 28.05.2005 |
| 7.91 | Jonathan Joo | 91 | Asker/Fø | 28.05.2005 |
| 8.19 | Hans Kærgaard | 92 | Nadderud | 11.09.2005 |
| 8.32 | Erlend Morthen | 92 | Nadderud | 11.09.2005 |
| 8.46 | Anthony Davies | 92 | Lillehammer/Ss | 25.06.2005 |
| 8.50 | Christer Amundsen | 92 | Nadderud | 18.06.2005 |
| 8.59 | Ole Eriksen | 91 | Jessheim | 18.08.2005 |
| 9.52 | Marius Nyeggen | 94 | Jessheim | 22.08.2005 |
| 9.55 | Georg Holden | 94 | Jessheim | 13.06.2005 |
| 9.61 | Ola Sandvær Aamodt | 95 | Jessheim | 13.06.2005 |
| 9.66 | Thomas Løland | 95 | Jessheim | 18.08.2005 |
| 9.77 | Henrik Næss | 95 | Jessheim | 13.05.2005 |
| 9.96 | Marius Rognerud | 94 | Jessheim | 18.08.2005 |
| 10.83 | Olav Juvik | 95 | Jessheim | 18.08.2005 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.9 | Jonathan Joo | 91 | Jessheim | 09.06.2005 |
| 8.0 | Martin Fald Gården | 90 | Jessheim | 09.06.2005 |
| 8.1 | Ole Eriksen | 91 | Jessheim | 09.06.2005 |
| 8.1 | Hans Kærsgaard | 92 | Jessheim | 26.05.2005 |
| 8.5 | Erlend Morthen | 92 | Årnes | 29.06.2005 |
| 8.6 | Christer Amundsen | 92 | Oslo/La | 18.05.2005 |
| 8.8 | Emil Strøm | 90 | Jessheim | 09.06.2005 |
| 8.9 | Ole Jacobsen | 92 | Jessheim | 09.06.2005 |
| 9.3 | Marius Nyeggen | 94 | Jessheim | 09.06.2005 |
| 9.3 | Georg Holden | 94 | Jessheim | 09.06.2005 |
| 9.4 | Thomas Løland | 95 | Jessheim | 09.06.2005 |
| 9.5 | Ole Sandvær Aamodt | 95 | Oslo/La | 18.05.2005 |
| 9.7 | Marius Rognerud | 94 | Jessheim | 09.06.2005 |
| 10.7 | Fredrik Liland | 94 | Jessheim | 09.06.2005 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.03 | Marius Fuglerud | 87 | Oslo/St | 15.08.2005 |
| 12.19 | Eirik Johansen | 84 | Jessheim | 26.05.2005 |
| 13.32 | Espen Nyhus | 89 | Jessheim | 13.06.2005 |
| 13.45 | Hans Kærsgaard | 92 | Jessheim | 13.06.2005 |
| 13:58 | Erlend Morthen | 92 | Lillehammer/Ss | 25.06.2005 |
| 13.75 | Anthony Davies | 92 | Lillehammer/Ss | 26.06.2005 |
| 13.75 | Christer Amundsen | 92 | Lillehammer/Ss | 26.06.2005 |

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| **MENN SENIOR 2005** | **694** |

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| **100m M** |  |

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| 13.8 | Christer Amundsen | 92 | Jessheim | 01.10.2005 |
| 15.8 | John Arve Johansen | 36 | Jessheim | 01.10.2005 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 23.96 | Marius Fuglerud | 87 | Göteborg, SWE | 03.07.2005 |
| 24.54 | Eirik Johansen | 84 | Jessheim | 26.05.2005 |
| 24.87 | Gudbrand Rognerud | 82 | Lillehammer/Ss | 24.06.2005 |
| 24.88 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 24.06.2005 |
| 26.23 | Hans Kærsgaard | 92 | Nadderud | 19.06.2005 |
| 26.37 | Jonathan Joo | 91 | Asker/Fø | 29.05.2005 |
| 27.16 | Martin Fald Gården | 90 | Lillehammer/Ss | 24.06.2005 |
| 27.90 | Stig Torkildsen | 90 | Lillehammer/Ss | 24.06.2005 |
| 28.02 | Christer Amundsen | 92 | Nadderud | 19.06.2005 |
| 28.18 | Anthony Davies | 92 | Nadderud | 19.06.2005 |
| 28.41 | Erlend Morthen | 92 | Lillehammer/Ss | 23.06.2005 |

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| **200m M** |  |

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| 25.7 | Fredrik Fuglerud | 89 | Jessheim | 23.04.2005 |
| 26.1 | Jonathan Joo | 91 | Jessheim | 23.04.2005 |
| 26.8 | Martin Fald Gården | 90 | Jessheim | 23.04.2005 |
| 28.1 | Erlend Morthen | 92 | Jessheim | 23.04.2005 |
| 29.8 | Michael Løland | 92 | Jessheim | 29.04.2005 |
| 30.1 | Anthony Davies | 92 | Jessheim | 23.04.2005 |
| 30.9 | Ole Eriksen | 91 | Jessheim | 23.04.2005 |
| 31.2 | Marius Nyeggen | 94 | Jessheim | 23.04.2005 |
| 31.7 | Thomas Løland | 95 | Jessheim | 23.04.2005 |
| 34.0 | Ola Sandvær Aamodt | 95 | Jessheim | 23.04.2005 |

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| **400m E** |  |

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| 53.27 | Marius Fuglerud | 87 | Drammen/Ma | 05.05.2005 |
| 55.48 | Fredrik Fuglerud | 89 | Bjørkelangen | 04.06.2005 |

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| **600m** |  |

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| 1:41.45 | Erlend Morthen | 92 | Oslo/Bi | 28.08.2005 |
| 1:41.53 | Hans Kærsgaard | 92 | Nadderud | 10.09.2005 |
| 1:45.06 | Michael Løland | 92 | Nadderud | 10.09.2005 |
| 1:47.05 | Ole Eriksen | 91 | Jessheim | 22.08.2005 |
| 1:51.92 | Thomas Løland | 95 | Oslo/Bi | 28.08.2005 |
| 1:53.5 | Jonathan Joo | 91 | Oslo/La | 18.05.2005 |
| 1:56.4 | Christer Amundsen | 92 | Oslo/La | 19.05.2005 |

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| **MENN SENIOR 2005** | **695** |

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| **600m forts.** |  |

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| 2:05.77 | Georg Holden | 94 | Bjørkelangen | 04.06.2005 |
| 2:10.7 | Ola Sandvær Aamodt | 95 | Oslo/La | 18.05.2005 |
| 2:12.80 | Henrik Næss | 95 | Jessheim | 13.06.2005 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:00.59 | Carl Jørgen Owre | 82 | Oslo/Bi | 27.08.2005 |
| 2:04.96 | Fredrik Fuglerud | 89 | Moss/Me | 03.09.2005 |
| 2:06.88 | Gudbrand Rogstad | 82 | Jessheim | 22.08.2005 |
| 2:07.13 | Øivind Lund | 83 | Jessheim | 22.08.2005 |
| 2:08.87 | Kristoffer Borgen Kvilten | 90 | Göteborg, SWE | 02.07.2005 |
| 2:15.75 | Martin Fald Gården | 90 | Lillehammer/Ss | 26.06.2005 |
| 2:16.9 | Trygve Stanger | 62 | Jessheim | 01.10.2005 |
| 2:17.16 | Andreas Løland | 90 | Nadderud | 18.06.2005 |
| 2:19.5 | Ståle Murud | 69 | Jessheim | 01.10.2005 |
| 2:21.93 | Erlend Morthen | 92 | Lillehammer/Ss | 26.06.2005 |
| 2:22.2 | Hans Jørgen Borgen | 70 | Jessheim | 01.10.2005 |
| 2:22.47 | Ståle Nilsen | 65 | Jessheim | 22.08.2005 |
| 2:29.4 | Steinar Gressløs | 53 | Lørenfallet | 07.06.2005 |
| 2:31.7 | Dag Amundsen | 51 | Jessheim | 01.10.2005 |
| 2:32.02 | Øyvind Gismervik | 90 | Jessheim | 13.06.2005 |
| 2:39.9 | Odd Kinnsbekken | 48 | Jessheim | 01.10.2005 |
| 2:40.0 | Thomas Løland | 95 | Jessheim | 01.10.2005 |
| 2:51.2 | Marius Nyeggen | 94 | Jessheim | 01.10.2005 |
| 2:51.9 | Jonathan Joo | 91 | Jessheim | 01.10.2005 |
| 3:02.0 | Henning Høgheim | 39 | Jessheim | 01.10.2005 |
| 3:13.4 | Anders Jellum | 48 | Jessheim | 01.10.2005 |
| 3:22.0 | Lasse Andersen | 47 | Jessheim | 01.10.2005 |
| 3:32.5 | Helge Velure | 50 | Jessheim | 01.10.2005 |

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| **1500m** |  |

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| 4:15.9 | Tommy Torgersen | 70 | Jessheim | 09.06.2005 |
| 4:38.8 | Ole Johan Garli | 56 | Jessheim | 09.06.2005 |
| 4:40.6 | Ole Fredrik Mørck | 62 | Jessheim | 09.06.2005 |
| 4:44.1 | Ståle Nilsen | 65 | Jessheim | 09.06.2005 |
| 4:47.3 | Erik Gustavsen | 59 | Jessheim | 09.06.2005 |
| 4:47.8 | Trygve Stanger | 62 | Jessheim | 09.06.2005 |
| 4:49.0 | Eirik Kamstrup Hovind | 86 | Jessheim | 09.06.2005 |
| 4:53.0 | Frank Øines | 68 | Jessheim | 09.06.2005 |
| 4:54.78 | Anders Løland | 90 | Lillehammer/Ss | 23.06.2005 |
| 4:57.24 | Michael Løland | 92 | Nadderud | 11.09.2005 |
| 5:01.0 | Geir Asphaug | 65 | Jessheim | 09.06.2005 |
| 5:04.4 | Geir Håkon Bjørnstad | 56 | Jessheim | 09.06.2005 |

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| **MENN SENIOR 2005** | **696** |

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| **1500m forts.** |  |

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| 5:21.1 | Tore Østvang | 52 | Jessheim | 09.06.2005 |
| 5:22.0 | Thorbjørn Næss | 68 | Jessheim | 09.06.2005 |
| 5:23.1 | Odd Kinnsbekken | 48 | Jessheim | 09.06.2005 |
| 5:28.1 | Lars Øyre | 54 | Jessheim | 09.06.2005 |
| 5:34.0 | Hans Jørgen Borgen | 70 | Jessheim | 09.06.2005 |
| 5:52.1 | Knut Kristensen | 44 | Jessheim | 09.06.2005 |
| 6:05.2 | Nils Sæthermoen | 40 | Jessheim | 09.06.2005 |
| 6:07.0 | Anders Jellum | 48 | Jessheim | 09.06.2005 |
| 6:07.1 | Ole Arnegård | 44 | Jessheim | 09.06.2005 |
| 6:12.0 | Tore Ragnar Olsen | 46 | Jessheim | 09.06.2005 |
| 6:35.8 | Henning Høgheim | 39 | Jessheim | 09.06.2005 |
| 6:20.0 | Arne Luke | 44 | Jessheim | 09.06.2005 |
| 6:44.0 | Helge Velure | 50 | Jessheim | 09.06.2005 |
| 7:03.9 | Tore Eriksen | 37 | Jessheim | 09.06.2005 |
| 7:09.0 | Olav Werner Ruud | 55 | Jessheim | 09.06.2005 |
| 7:26.0 | Per Walter Bøe | 42 | Jessheim | 09.06.2005 |
| 8:50.0 | John Birkelund | 32 | Jessheim | 09.06.2005 |
| 9:55.0 | John Arve Johansen | 36 | Jessheim | 09.06.2005 |

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| **3000m** |  |

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| 9:16.99 | Tommy Torgersen | 70 | Lillehammer/Ss | 25.06.2005 |
| 13:49.1 | Henning Høgheim | 39 | Lørenfallet | 06.09.2005 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 15:49.46 | Tommy Torgersen | 70 | Oslo/Tr | 24.09.2005 |
| 16:53.67 | Ole Fredrik Mørck | 62 | Jessheim | 22.08.2005 |
| 16:57.26 | Ole Johan Garli | 56 | Jessheim | 22.08.2005 |
| 17:05.69 | Trygve Stanger | 62 | Jessheim | 22.08.2005 |

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| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 32:29.16 | Tommy Torgersen | 70 | Oslo/La | 14.06.2005 |

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| **60m hekk 68 cm E** |  |

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| 12.74 | Ola Sandvær Aamodt | 95 | Bjørkelangen | 04.06.2005 |

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

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| 11.7 | Christer Amundsen | 92 | Oslo/La | 19.05.2005 |

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| **MENN SENIOR 2005** | **697** |

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| **80m hekk 84 cm E** |  |

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| 13.63 | Jonathan Joo | 91 | Bjørkelangen | 04.06.2005 |

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| **80m hekk 84 cm M** |  |

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| 13.5 | Jonathan Joo | 91 | Nadderud | 11.09.2005 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:14:00 | Tommy Torgersen | 70 | Drammen | 03.09.2005 |
| 1:47:43 | Henning Høgheim | 39 | Drammen | 03.10.2005 |

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| **Høyde** |  |

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| 1.52 | Jonathan Joo | 91 | Asker/Fø | 29.05.2005 |
| 1.45 | Christer Amundsen | 92 | Oslo/La | 19.05.2005 |
| 1.34 | John Arve Johansen | 36 | Jessheim | 01.10.2005 |
| 1.30 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 27.08.2005 |
| 1.15 | Håvard Lund | 24 | San Sebastian, ESP | 22.08.2005 |
| 1.00 | Marius Rognerud | 94 | Jessheim | 22.09.2005 |

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| **Lengde** |  |

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| 5.58 | Marius Fuglerud | 97 | Jessheim | 13.06.2005 |
| 4.86 s | Jonathan Joo | 91 | Nadderud | 11.09.2005 |
| 4.78 s | Erlend Morthen | 92 | Nadderud | 11.09.2005 |
| 4.61s | Christer Amundsen | 92 | Lillehammer/Ss | 26.06.2005 |
| 4.47 s | Anthony Davies | 92 | Jessheim | 26.06.2005 |
| 4.39 | John Arve Johansen | 36 | Jessheim | 01.10.2005 |
| 4.09 s | Ola Sandvær Aamodt | 95 | Nadderud | 18.06.2005 |
| 3.92 s | Georg Holden | 94 | Jessheim | 13.06.2005 |
| 3.78 s | Marius Rognerud | 94 | Jessheim | 22.08.2005 |
| 3.65 s | Thomas Løland | 95 | Oslo/La | 18.05.2005 |
| 2.97 s | Henrik Næss | 95 | Jessheim | 13.06.2005 |

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| **Tresteg** |  |

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| 9.00 | John Arve Johansen | 36 | Jessheim | 01.10.2005 |

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| **Kule 2 kg** |  |

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| 7.05 | Ola Sandvær Aamodt | 95 | Jessheim | 22.08.2005 |
| 5.03 | Henrik Næss | 95 | Jessheim | 22.08.2005 |

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| **MENN SENIOR 2005** | **698** |

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| **Kule 3 kg** |  |

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| 11.83 | Christer Amundsen | 92 | Jessheim | 01.10.2005 |
| 9.44 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |

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| **Kule 4 kg** |  |

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| 8.75 | John Arve Johansen | 36 | Jessheim | 01.10.2005 |
| 8.67 | Jonathan Joo | 91 | Oslo/La | 19.05.2005 |
| 8.14 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |

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| **Diskos 750 g** |  |

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| 23.12 | Christer Amundsen | 92 | Nadderud | 11.09.2005 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 24.04 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |

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| **Slegge 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 28.63 | Håvard Lund | 24 | Heggedal/Gj | 11.05.2005 |

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| **Slegge 4 kg** |  |

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| 23.10 | Håvard Lund | 24 | Tønsberg/Gr | 30.04.2005 |

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| **Spyd 400 g** |  |

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| 27.08 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |
| 23.58 | Christer Amundsen | 92 | Jessheim | 13.06.2005 |
| 13.24 | Henrik Næss | 95 | Jessheim | 13.06.2005 |

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| **Spyd 500 g** |  |

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| 39.35 | Bjarne Guneriussen | 34 | Jessheim | 13.06.2005 |

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| **Vektkast 5.45 kg** |  |

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| 14.34 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |

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| **Liten ball 80 g** |  |

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| 50.04 | Ola Sandvær Aamodt | 95 | Nadderud | 19.06.2005 |
| 30.45 | Thomas Løland | 95 | Oslo/La | 18.05.2005 |

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| **MENN SENIOR 2005** | **699** |

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| **4-kamp M 60m-Lengde-Liten ball-600m** |  |

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| --- | --- | --- | --- | --- |
| 2900 | Ola Sandvær Aamodt | 95 | Oslo/La | 18.05.2005 |
| 9.5-3.69-38.10-2:10.7 | | | |

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| --- | --- | --- | --- | --- |
| 2864 | Thomas Løland | 95 | Oslo/La | 18.05.2005 |
| 9.9-3.65-30.45-1:58.6 | | | |

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

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| --- | --- | --- | --- | --- |
| 3906 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |
| 28.63-9.44-22.97-27.08-11.97 | | | |

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| **6 kamp M 60m-Lengde-Kule 3kg** | **60m hekk-Høyde-600m** |

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| 4269 | Christer Amundsen | 92 | Oslo/La | 18-19.05.2005 |
| 8.6-4.63-10.24/11.7-1.45-1:56.4 | | | |

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| **6 kamp M 60m-Lengde-Kule 3kg** | **80m hekk-Høyde-600m** |

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| --- | --- | --- | --- | --- |
| 4085 | Jonathan Joo | 91 | Oslo/La | 18-19.05.2005 |
| 8.1-4.64-8.67/14.3-1.50-1:53.5 | | | |

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| **4x60m E** |  |

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| 33.06 | G13 |  | Asker/Fø | 28.05.2005 |
| Anthony Davies92-Christer Amundsen92-Erlend Morthen92-Hans Kjærsgaard92 | | | |

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

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| 2:17.06 | G16 |  | Nadderud | 19.06.2005 |
| Martin Fald Gården90-Espen Nyhus89-Kristoffer Kvilten90-Fredrik Fuglerud89 | | | |

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| 2:17.72 | G16 |  | Moss/Me | 04.09.2005 |
| Martin Fald Gården90-Stian Skattum89-Kristoffer Kvilten90-Fredrik Fuglerud89 | | | |

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| **MENN SENIOR 2005** | **700** |

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| --- | --- |
| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.67 | Marius Fuglerud | 87 | Oslo/Ek | 03.12.2005 |
| 8.27 | Jonathan Joo | 91 | Stange | 05.03.2005 |
| 8.38 | Fredrik Fuglerud | 89 | Lillestrøm | 09.04.2005 |
| 8.39 | Anthony Davies | 92 | Karlstad, SWE | 20.02.2005 |
| 8.53 | Kristoffer Kvilten | 90 | Lillestrøm | 09.04.2005 |
| 8.74 | Erlend Morthen | 92 | Stange | 05.03.2005 |
| 8.79 | Christer Amundsen | 92 | Lillestrøm | 29.01.2005 |
| 9.75 | Ola Sandvær Aamodt | 95 | Lillestrøm | 09.04.2005 |
| 10.19 | Thomas Løland | 95 | Lillestrøm | 09.04.2005 |
| 13.32 | Håvard Lund | 24 | Stange | 27.02.2005 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 9.7 | Ola Sandvær Aamodt | 95 | Stange | 06.03.2005 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.49 | Marius Fuglerud | 87 | Oslo/Ek | 03.12.2005 |
| 28.27 | Anthony Davies | 92 | Stange | 06.03.2005 |
| 29.26 | Christer Amundsen | 92 | Stange | 06.03.2005 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 53.73 | Marius Fuglerud | 87 | Stange | 15.01.2005 |

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

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| --- | --- | --- | --- | --- |
| 1:30.19 | Marius Fuglerud | 87 | Stange | 05.03.2005 |
| 1:55.22 | Michael Løland | 92 | Lillestrøm | 09.04.2005 |
| 2:02.97 | Thomas Løland | 95 | Lillestrøm | 09.04.2005 |
| 2:19.84 | Ola Sandvær Aamodt | 95 | Stange | 05.03.2005 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:27.97 | Tommy Torgersen | 70 | Stange | 15.01.2005 |
| 4:32.45 | Franseco Bazzanella | 87 | Stange | 30.01.2005 |

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| **3000m** |  |

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| 9:19.37 | Tommy Torgersen | 70 | Stange | 13.02.2005 |

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| **MENN SENIOR 2005** | **701** |

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

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| 12.51 | Ola Sandvær Aamodt | 95 | Lillestrøm | 09.04.2005 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.53 | Christer Amundsen | 92 | Oslo/Ek | 02.12.2005 |
| 1.33 | John Arve Johansen | 36 | Stange | 27.02.2005 |
| 1.20 | Ola Sandvær Aamodt | 95 | Lillestrøm | 29.01.2005 |
| 1.13 | Håvard Lund | 24 | Stange | 27.02.2005 |

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| **Stav** |  |

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| 2.40 | John Arve Johansen | 36 | Stange | 26.02.2005 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.84 s | Jonathan Joo | 91 | Lillestrøm | 29.01.2005 |
| 4.84 s | Christer Amundsen | 92 | Oslo/Ek | 03.12.2005 |
| 4.80 s | Anthony Davies | 92 | Lillestrøm | 29.01.2005 |
| 4.29 | John Arve Johansen | 36 | Stange | 26.02.2005 |
| 3.51 s | Thomas Løland | 95 | Lillestrøm | 09.04.2005 |
| 3.48 s | Ola Sandvær Aamodt | 95 | Lillestrøm | 09.04.2005 |

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| **Tresteg** |  |

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| 9.12 | John Arve Johansen | 36 | Stange | 27.02.2005 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.08 | Kristoffer Stanger | 33 | Jessheim/No | 14.03.2005 |
| 1.03 | John Arve Johansen | 36 | Jessheim/No | 14.03.2005 |
| 0.98 | Jonathan Joo | 91 | Jessheim/No | 14.03.2005 |
| 0.95 | Håvard Lund | 24 | Stange | 26.02.2005 |
| 0.80 | Ola Sandvær Aamodt | 95 | Jessheim/No | 14.03.2005 |

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| **MENN SENIOR 2005** | **702** |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.61 | Jonathan Joo | 91 | Jessheim/No | 14.03.2005 |
| 2.52 | Hans Jørgen Borgen | 70 | Jessheim/No | 14.03.2005 |
| 2.47 | Eirik Johansen | 84 | Jessheim/No | 14.03.2005 |
| 2.41 | Fredrik Fuglerud | 89 | Jessheim | 14.03.2005 |
| 2.25 | Christer Amundsen | 92 | Jessheim/No | 14.03.2005 |
| 2.07 | Anthony Davies | 92 | Jessheim/No | 14.03.2005 |
| 2.02 | Kristoffer Stanger | 33 | Jessheim/No | 14.03.2005 |
| 1.78 | Håvard Lund | 24 | Stange | 26.02.2005 |

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| **Kule 3 kg** |  |

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| 10.27 | Christer Amundsen | 92 | Oslo/Ek | 03.12.2005 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.83 | Stig Torkildsen | 90 | Stange | 06.03.2005 |
| 7.58 | Håvard Lund | 24 | Stange | 27.02.2005 |

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| **Kule 5 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.11 | Stian Skattum | 89 | Stange | 06.03.2005 |

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| --- | --- |
| **Vekt 7.26 kg** |  |

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| 13.80 | Håvard Lund | 24 | Sandbu | 26.02.2005 |

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| **4x100m E** |  |

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| 54.78 | G14 |  | Stange | 05.03.2005 |
| Jonathan Joo91-Anthony Davies92-Christer Amundsen92-Erlend Morthen92 | | | |

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| **KVINNER SENIOR 2005** | **703** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.88 | Linn Helene Bakke | 91 | Nadderud | 18.06.2005 |
| 8.62 | Tonje Oliversen | 91 | Lillehammer/Ss | 25.06.2005 |
| 8.94 | Silje Disserud | 91 | Asker/Fø | 28.05.2005 |
| 9.02 | Heidi StubbsHoldal | 92 | Jessheim | 18.08.2005 |
| 9.03 | Charlotte Oliversen | 91 | Lillehammer/Ss | 25.06.2005 |
| 9.03 | Munda Mkanda | 94 | Oslo/Bi | 28.08.2005 |
| 9.16 | Martine Lystad | 91 | Lillehammer/Ss | 25.06.2005 |
| 9.23 | Marie Tømmerberg | 91 | Lillehammer/Ss | 25.06.2005 |
| 9.51 | Ida Berg-Hanasen | 92 | Jessheim | 18.08.2005 |
| 9.52 | Marte Skogstad | 93 | Jessheim | 18.08.2005 |
| 9.62 | Katrine Hoff | 91 | Oslo/Bi | 27.08.2005 |
| 10.19 | Sofie Rostad | 94 | Jessheim | 22.08.2005 |
| 10.33 | Lise Gismervik | 93 | Jessheim | 18.08.2005 |
| 10.92 | Synne Solberg | 94 | Jessheim | 22.08.2005 |
| 11.03 | Karoline Næss | 94 | Jessheim | 22.08.2005 |
| 11.58 | Ida Holter | 94 | Jessheim | 18.08.2005 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.5 | Tonje Oliversen | 91 | Jessheim | 09.06.2005 |
| 8.9 | Silje Disserud | 91 | Jessheim | 26.05.2005 |
| 9.1 | Martine Lystad | 91 | Jessheim | 26.05.2005 |
| 9.5 | Lise Gismervik | 93 | Jessheim | 09.06.2005 |
| 9.7 | Turid Kamstrup Hovind | 92 | Jessheim | 09.06.2005 |
| 10.0 | Ida Berg-Hansen | 92 | Jessheim | 26.05.2005 |
| 10.1 | Sofie Rostad | 94 | Jessheim | 09.06.2005 |
| 10.1 | Anniken Alnæs | 94 | Årnes | 29.06.2005 |
| 10.7 | Ida Holter | 94 | Jessheim | 09.06.2005 |
| 10.9 | Karoline Næss | 94 | Jessheim | 26.05.2005 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 12.65 | Linn Helene Bakke | 91 | Lillehammer/Ss | 26.06.2005 |
| 13.81 | Tonje Oliversen | 91 | Lillehammer/Ss | 26.06.2005 |
| 14.33 | Silje Disserud | 91 | Lillehammer/Ss | 25.06.2005 |
| 14.36 | Mari Solbrekken | 87 | Jessheim | 13.06.2005 |
| 14.43 | Martine Lystad | 91 | Lillehammer/Ss | 25.06.2005 |
| 14.57 | Tonje Berg | 85 | Jessheim | 26.05.2005 |
| 14.71 | Charlotte Oliversen | 91 | Lillehammer/Ss | 26.06.2005 |
| 15.01 | Kari Robøle | 86 | Jessheim | 13.06.2005 |
| 15.06 | Lillian Langseth | 88 | Jessheim | 22.08.2005 |
| 15.07 | Marie Tømmerberg | 91 | Jessheim | 13.06.2005 |
| 15.63 | Inger Lise Sundheim | 55 | Gjøvik | 26.08.2005 |
| 15.73 | Katrine Hoff | 91 | Jessheim | 22.08.2005 |
| 16.19 | Kaja Merete Aas | 90 | Jessheim | 22.08.2005 |

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| **KVINNER SENIOR 2005** | **704** |

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| **100m M** |  |

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| 14.0 | Silje Disserud | 91 | Jessheim | 01.10.2005 |

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| **200m E** |  |

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| 25.84 | Linn Helene Bakke | 91 | Lillehammer/Ss | 23.06.2005 |
| 27.82 | Tonje Oliversen | 91 | Lillehammer/Ss | 23.06.2005 |
| 28.93 | Silje Disserud | 91 | Lillehammer/Ss | 23.06.2005 |
| 29.47 | Martine Lystad | 91 | Lillehammer/Ss | 23.06.2005 |
| 29.70 | Charlotte Oliversen | 91 | Lillehammer/Ss | 23.06.2005 |
| 29.87 | Heidi Holdal | 92 | Lillehammer/Ss | 23.06.2005 |
| 30.07 | Marie Tømmerberg | 91 | Lillehammer/Ss | 23.06.2005 |
| 30.23 | Tonje Berg | 85 | Bjørkelangen | 05.06.2005 |
| 30.88 | Mari Solbrekken | 87 | Jessheim | 22.08.2005 |
| 31.08 | Anne Lillegård | 73 | Jessheim | 26.05.2005 |

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| **200m M** |  |

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| 28.4 | Linn Helene Bakke | 91 | Jessheim | 23.04.2005 |
| 31.2 | Silje Disserud | 91 | Jessheim | 23.04.2005 |
| 31.4 | Munda Mkanda | 94 | Jessheim | 23.04.2005 |
| 34.3 | Ida Berg Hansen | 92 | Jessheim | 23.04.2005 |
| 37.0 | Karoline Næss | 94 | Jessheim | 23.04.2005 |
| 39.8 | Ida Holter | 94 | Jessheim | 23.04.2005 |

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| **400m M** |  |

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| 63.46 | Maren Fald Gården | 88 | Oslo/La | 12.07.2005 |
| 63.85 | Anne Lillegård | 73 | Nadderud | 19.06.2005 |
| 67.02 | Hilde Gustavson | 87 | Oslo/Bi | 28.08.2005 |

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| **600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:48.62 | Tonje Oliversen | 91 | Nadderud | 17.06.2005 |
| 1:50.75 | Charlotte Oliversen | 91 | Nadderud | 10.09.2005 |
| 1:54.15 | Marie Tømmerberg | 91 | Nadderud | 17.06.2005 |
| 1:54.7 | Maria Ulvestad | 91 | Lørenfallet | 06.09.2005 |
| 1:57.62 | Silje Disserud | 91 | Jessheim | 13.06.2005 |
| 1:58.08 | Pernille Dahl | 91 | Jessheim | 13.06.2005 |
| 1:58.3 | Linn Helene Bakke | 91 | Oslo/La | 19.05.2005 |
| 2:03.87 | Anniken Alnæs | 94 | Bjørkelangen | 04.06.2005 |
| 2:09.64 | Sofie Rostad | 94 | Asker/Fø | 29.05.2005 |
| 2:19.14 | Karoline Næss | 94 | Jessheim | 22.08.2005 |

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| **KVINNER SENIOR 2005** | **705** |

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| **800m** |  |

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| 2:22.41 | Anne Lillegård | 73 | Lillehammer/Ss | 26.06.2005 |
| 2.27.98 | Maren Fald Gården | 88 | Lillehammer/Ss | 26.06.2005 |
| 2:30.0 | Marianne Opsahl | 73 | Jessheim | 01.10.2005 |
| 2:30.41 | Tonje Oliversen | 91 | Lillehammer/Ss | 26.06.2005 |
| 2:32.34 | Hilde Gustavson | 87 | Oslo/Tr | 24.09.2005 |
| 2:33.98 | Charlotte Oliversen | 91 | Lillehammer/Ss | 26.06.2005 |
| 2:40.2 | Silje Ekroll Jahren | 88 | Jessheim | 01.10.2005 |
| 2:42.09 | Marie Tømmerberg | 91 | Lillehammer/Ss | 26.06.2005 |
| 2:46.8 | Bente Holter | 62 | Jessheim | 01.10.2005 |
| 2:50.72 | Silje Disserud | 91 | Jessheim | 26.05.2005 |
| 2:59.7 | Maria Ulvestad | 90 | Lørenfallet | 07.06.2005 |
| 3:18.43 | Karoline Næss | 84 | Jessheim | 26.05.2005 |
| 3:21.85 | Sofie Rostad | 94 | Jessheim | 26.05.2005 |
| 4:59.9 | Anne Kamstrup Hovind | 88 | Jessheim | 01.10.2005 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:50.11 | Silje Ekroll Jahren | 88 | Haugesund | 07.08.2005 |
| 4:58.59 | Anne Lillegård | 73 | Lillehammer/Ss | 23.06.2005 |
| 5:12.0 | Marianne Opsahl | 73 | Jessheim | 09.06.2005 |
| 5:22.69 | Maren Fald Gården | 88 | Lillehammer/Ss | 23.06.2005 |
| 5:25.7 | Heidi Brendengen | 71 | Jessheim | 09.06.2005 |
| 5:30.4 | Siri Fjellberg Larsen | 69 | Jessheim | 09.06.2005 |
| 5:34.8 | Trine Bogstad Mangerud | 51 | Jessheim | 09.06.2005 |
| 5:36.8 | Liv Skare | 80 | Jessheim | 01.10.2005 |
| 5:38.2 | Bente Holter | 62 | Jessheim | 09.06.2005 |
| 5:42.0 | Line Mathiesen | 71 | Jessheim | 09.06.2005 |
| 5:45.4 | Marie Tømmerberg | 65 | Jessheim | 09.06.2005 |
| 5:50.0 | Hilde Gustavson | 87 | Jessheim | 09.06.2005 |
| 5:52.8 | Claidia Berger | 68 | Jessheim | 09.06.2005 |
| 5:56.3 | Unn Helen Grønvold | 61 | Jessheim | 09.06.2005 |
| 5:58.0 | Hanne Murud | 73 | Jessheim | 09.06.2005 |
| 6:13.0 | Anne-Torill Garli | 57 | Jessheim | 09.06.2005 |
| 6:32.0 | Mari Birkelund | 86 | Jessheim | 09.06.2005 |
| 6:52.8 | Marit Skafle | 56 | Jessheim | 09.06.2005 |
| 7:25.1 | Ann-Marie Bakkerud | 49 | Jessheim | 09.06.2005 |

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| **3000m** |  |

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| 10:42.34 | Silje Ekroll Jahren | 88 | Moss/Me | 02.09.2005 |
| 11:03.09 | Marianne Opsahl | 73 | Oslo/La | 14.06.2005 |
| 11:41.07 | Anne Lillegård | 73 | Oslo/La | 12.05.2005 |

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| **KVINNER SENIOR 2005** | **706** |

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| **5000m** |  |

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| 19:06.75 | Marianne Opsahl | 73 | Bjørkelangen | 05.06.2005 |

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| **10000m** |  |

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| 44:09.9 | Trine Bogstad Mangerud | 51 | Oslo/Bi | 30.07.2005 |

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| **60m hekk 68 cm E** |  |

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| 11.63 | Munda Mkanda | 94 | Oslo/Bi | 27.08.2005 |

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

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| 11.68 | Silje Disserud | 91 | Lillehammer/Ss | 26.06.2005 |

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

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| 9.6 | Linn Helene bakke | 91 | Oslo/La | 19.05.2005 |

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| **Halvmaraton 21098m** |  |

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| 1:30:48 | Marianne Opsahl | 73 | Fredrikstad | 29.10.2005 |
| 1:38:49 | Bente Holter | 62 | Jessheim | 20.11.2005 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.60 | Linn Helene Bakke | 91 | Oslo/La | 19.05.2005 |
| 1.38 | Inger Lise Sundheim | 55 | Gjøvik | 27.08.2005 |
| 1.35 | Mari Solbrekken | 87 | Jessheim | 26.05.2005 |
| 1.05 | Sofie Rostad | 94 | Jessheim | 22.08.2005 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.74 | Mari Solbrekken | 87 | Lillehammer/Ss | 24.06.2005 |
| 4.69 s | Linn Helene Bakke | 91 | Oslo/La | 19.05.2005 |
| 4.38 | Inger Lise Sundheim | 55 | Gjøvik | 26.08.2005 |
| 4.36 s | Tonje Oliversen | 91 | Nadderud | 10.09.2005 |
| 4.34 s | Silje Disserud | 91 | Jessheim | 13.06.2005 |
| 4.10 s | Munda Mkanda | 94 | Jessheim | 22.08.2005 |
| 3.78 s | Martine Lystad | 91 | Lillehammer/Ss | 25.06.2005 |
| 3.63 s | Heidi Holdal | 92 | Lillehammer/Ss | 25.06.2005 |
| 3.52 s | Katrine Hoff | 91 | Jessheim | 25.06.2005 |
| 3.32 s | Sofie Rostad | 94 | Asker/Fø | 29.05.2005 |
| 3.20 s | Anniken Alnæs | 94 | Årnes | 29.06.2005 |
| 3.20 s | Ida Berg-Hansen | 92 | Jessheim | 26.05.2005 |
| 3.12 s | Karoline Næss | 94 | Jessheim | 01.10.2005 |

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| **KVINNER SENIOR 2005** | **707** |

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| **Kule 2 kg** |  |

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| 5.84 | Karoline Næss | 94 | Jessheim | 01.10.2005 |

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| **Kule 3 kg** |  |

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| 10.88 | Silje Disserud | 91 | Nadderud | 10.09.2005 |
| 8.81 | Linn Helene Bakke | 91 | Nadderud | 17.06.2005 |
| 7.36 | Inger Lise Sundheim | 55 | Gjøvik | 27.08.2005 |
| 6.30 | Katrine Hoff | 91 | Lillehammer/Ss | 24.06.2005 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.19 | Tonje Berg | 85 | Bjørkelangen | 05.06.2005 |

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| **Diskos 750 g** |  |

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| --- | --- | --- | --- | --- |
| 23.51 | Silje Disserud | 91 | Nadderud | 10.09.2005 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 22.87 | Tonje Berg | 85 | Bjørkelangen | 05.06.2005 |

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

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| --- | --- | --- | --- | --- |
| 21.00 | Silje Disserud | 91 | Nadderud | 11.09.2005 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.23 | Tonje Berg | 85 | Jessheim | 13.06.2005 |
| 18.49 | Mari Solbrekken | 87 | Jessheim | 13.06.2005 |

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| **6-kamp M 60m-Lengde-Kule3** | **60m hekk 76.2-Høyde-600m** |

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| --- | --- | --- | --- | --- |
| 5307 | Linn Helene Bakke | 91 | Oslo/La | 18-19.05.2005 |
| 8.2-4.69-8.37/9.8-1.60-1:58.3 | | | |

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| **KVINNER SENIOR 2005** | **708** |

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| **4x60m M** |  |

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| --- | --- | --- | --- | --- |
| 37.5 | J14 |  | Jessheim | 26.05.2005 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 45.0 | J12 |  | Jessheim | 26.05.2005 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:35.53 | J18 |  | Moss/Me | 04.09.2005 |
| Lillian Langseth88-Mari Solbrekken87-Hilde Gustavson87-Maren Fald Gården90 | | | |

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| **KVINNER SENIOR 2005** | **709** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.04 | Linn Helene Bakke | 91 | Karlstad, SWE | 20.02.2005 |
| 8.98 | Heidi Holdal | 92 | Stange | 05.03.2005 |
| 9.06 | Charlotte Oliversen | 91 | Stange | 05.03.2005 |
| 9.58 | Katrine Hoff | 91 | Stange | 05.03.2005 |
| 9.67 | Munda Mkanda | 94 | Stange | 06.03.2005 |
| 10.10 | Mona Benmalek | 92 | Lillestrøm | 09.04.2005 |
| 10.16 | Tonje Hansen | 92 | Stange | 05.03.2005 |
| 10.30 | Ida Berg Hansen | 92 | Stange | 05.03.2005 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.86 | Linn Helene Bakke | 91 | Stange | 06.04.2005 |
| 30.04 | Anne Lillegård | 73 | Stange | 06.03.2005 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 64.42 | Anne Lillegård | 73 | Stange | 15.01.2005 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:44.95 | Anne Lillegård | 73 | Stange | 05.03.2005 |
| 1:56.34 | Hilde Gustavson | 87 | Stange | 05.03.2005 |
| 2:14.31 | Munda Mkanda | 94 | Stange | 05.03.2005 |

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

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| --- | --- | --- | --- | --- |
| 2:28.08 | Anne Lillegård | 73 | Stange | 16.01.2005 |

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

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| --- | --- | --- | --- | --- |
| 5:19.71 | Marianne Opsahl | 73 | Stange | 15.01.2005 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:25.93 | Marianne Opsahl | 73 | Stange | 13.02.2005 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.77 | Heidi Stubbs Holdal | 92 | Lillestrøm | 29.01.2005 |
| 13.65 | Ida Berg-Hansen | 92 | Lillestrøm | 29.01.2005 |

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| **KVINNER SENIOR 2005** | **710** |

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

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| --- | --- | --- | --- | --- |
| 9.92 | Linn Helene Bakke | 91 | Lillestrøm | 29.01.2005 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Linn Helene Bakke | 91 | Stange | 05.03.2005 |

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

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| --- | --- | --- | --- | --- |
| 5.18 s | Linn Helene Bakke | 91 | Lillestrøm | 29.01.2005 |
| 4.21 | Hilde Gustavson | 87 | Stange | 05.03.2005 |
| 4.00 s | Mona Benmalek | 92 | Lillestrøm | 09.04.2005 |
| 3.98 s | Heidi Holdal | 92 | Lillestrøm | 09.04.2005 |
| 3.88 s | Katrine Hoff | 91 | Lillestrøm | 09.04.2005 |
| 3.59 s | Ida Berg Hansen | 92 | Stange | 06.03.2005 |
| 3.55 s | Tonje Hansen | 92 | Stange | 06.03.2005 |
| 3.33 s | Munda Mkanda | 94 | Stange | 06.03.2005 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.20 | Linn Helene Bakke | 91 | Råholt | 31.10.2005 |
| 0.99 | Ida Berg-Hansen | 92 | Jessheim/No | 14.03.2005 |
| 0.95 | Tonje Oliversen | 91 | Jessheim/No | 14.03.2005 |
| 0.93 | Mona Benmalek | 92 | Jessheim/No | 14.03.2005 |
| 0.90 | Heidi Holdal | 92 | Jessheim/No | 14.03.2005 |
| 0.80 | Synne Solberg | 94 | Jessheim/No | 14.03.2005 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.50 | Inger Lise Sundheim | 55 | Råholt | 31.10.2005 |
| 2.39 | Mari Solbrekken | 87 | Råholt | 31.10.2005 |
| 2.22 | Tonje Oliversen | 91 | Jessheim/No | 14.03.2005 |
| 2.18 | Charlotte Oliversen | 91 | Jessheim/No | 14.03.2005 |
| 2.18 | Tonje Berg | 85 | Jessheim/No | 14.03.2005 |
| 2.18 | Hilde Gustavson | 87 | Råholt | 31.10.2005 |
| 1.98 | Marie Tømmerberg | 91 | Jessheim/No | 14.03.2005 |
| 1.91 | Ida Berg-Hansen | 92 | Jessheim/No | 14.03.2005 |
| 1.81 | Heidi Holdal | 92 | Jessheim/No | 14.03.2005 |
| 1.58 | Synne Solberg | 94 | Jessheim/No | 14.03.2005 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.32 | Linn Helene Bakke | 91 | Lillestrøm | 29.01.2005 |
| 6.69 | Katrine Hoff | 91 | Stange | 05.03.2005 |

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| **KVINNER SENIOR 2005** | **711** |

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

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| --- | --- | --- | --- | --- |
| 6.92 | Hilde Gustavson | 87 | Lillestrøm | 26.02.2005 |

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| **4x100m E** |  |

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| --- | --- | --- | --- | --- |
| 56.20 | J14 |  | Stange | 05.03.2005 |
| Linn Helene Bakke91-Charlotte Oliversen91-Tonje Oliversen91-Cathrine Hoff91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 61.91 | J13 |  | Jessheim | 26.05.2005 |
| Heidi Holdal92-Tonje Hansen92-Ida Berg Hansen92-Munda Mkanda94 | | | |

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| --- | --- |
| **MENN SENIOR 2006** | **712** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.66 | Martin Jørgensen | 90 | Asker/Fø | 20.05.2006 |
| 7.75 | Lars Georg Aas | 92 | Lillehammer/Ss | 24.06.2006 |
| 7.83 | Jonathan Joo | 91 | Asker/Fø | 20.05.2006 |
| 8.05 | Erlend Morthen | 92 | Nadderud | 10.09.2006 |
| 8.14 | Christer Amundsen | 92 | Jessheim | 19.08.2006 |
| 9.17 | Marius Nyeggen | 94 | Lillehammer/Ss | 24.06.2006 |
| 9.36 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 20.08.2006 |
| 9.44 | Thomas Løland | 95 | Oslo/Bi | 20.08.2006 |
| 9.98 | Gaute Messel Nafstad | 94 | Jessheim | 21.08.2006 |
| 10.60 | Axel Trelsgård | 95 | Asker/fø | 20.05.2006 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.9 | Lars-Georg Aas | 92 | Jessheim | 12.06.2006 |
| 8.2 | Christer Amundsen | 92 | Oslo/Bi | 23.08.2006 |
| 9.1 | Marius Nyeggen | 94 | Jessheim | 15.06.2006 |
| 9.1 | Ola Sandvær Aamodt | 95 | Jessheim | 23.09.2006 |
| 9.2 | Arne August Søgaard | 94 | Jessheim | 12.06.2006 |
| 9.2 | Gaute Messel Nafstad | 94 | Jessheim | 12.06.2006 |
| 9.4 | Thomas Løland | 95 | Jessheim | 15.06.2006 |
| 9.6 | Måns Schoning Lie | 96 | Jessheim | 23.09.2006 |
| 10.2 | Vetle Eriksen | 96 | Jessheim | 15.06.2006 |
| 10.3 | Axel Trelsgård | 95 | Jessheim | 12.06.2006 |
| 10.3 | Karl Wethal | 94 | Jessheim | 15.06.2006 |
| 10.6 | Fredrik Liland | 94 | Jessheim | 15.06.2006 |
| 10.6 | Kneight Mkanda | 96 | Jessheim | 15.06.2006 |
| 10.7 | Magnus Mundal | 96 | Jessheim | 15.06.2006 |
| 11.6 | Soudaranathan Abinsch | 96 | Jessheim | 12.06.2006 |

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

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| --- | --- | --- | --- | --- |
| 11.60 | Marius Fuglerud | 87 | Jessheim | 22.05.2006 |
| 11.85 | Martin Jørgensen | 90 | Lillehammer/Ss | 25.06.2006 |
| 12.22 | Jonathan Joo | 91 | Nadderud | 18.06.2006 |
| 13.05 | Erlend Morthen | 92 | Lillehammer/Ss | 25.06.2006 |
| 13.05 | Ole Eriksen | 91 | Jessheim | 22.05.2006 |
| 16.39 | John Arve Johansen | 36 | Geithus | 30.06.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.5 | Marius Fuglerud | 87 | Jessheim | 12.06.2006 |
| 12.3 | Jonathan Joo | 91 | Årnes | 13.09.2006 |
| 12.8 | Lars Georg Aas | 92 | Hurdal | 19.06.2006 |
| 12.9 | Erlend Morthen | 92 | Jessheim | 12.06.2006 |
| 13.6 | Ivar Opsahl | 47 | Ski | 29.05.2006 |

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| **MENN SENIOR 2006** | **713** |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 23.10 | Marius Fuglerud | 87 | Nadderud | 18.06.2006 |
| 24.49 | Jonathan Joo | 91 | Lillehammer/Ss | 24.06.2006 |
| 24.51 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 24.06.2006 |
| 24.90 | Martin Jørgensen | 90 | Lillehammer/Ss | 24.06.2006 |
| 25.73 | Vegard Løberg Gjelsvik | 92 | Nadderud | 09.09.2006 |
| 26.15 | Ole Eriksen | 91 | Lillehammer/Ss | 24.06.2006 |
| 26.18 | Erlend Morthen | 92 | Nadderud | 09.09.2006 |
| 26.49 | Lars Georg Aas | 92 | Nadderud | 09.09.2006 |
| 26.75 | Christer Amundsen | 92 | Nadderud | 09.09.2006 |
| 29.02 | Knut Rimstad | 49 | Jessheim | 22.05.2006 |
| 29.81 | Michael Løland | 92 | Jessheim | 17.08.2006 |
| 30.87 | Thomas Løland | 95 | Jessheim | 17.08.2006 |
| 36.22 | Henrik Næss | 94 | Jessheim | 17.08.2006 |
| 37.38 | Vetle Eriksen | 96 | Jessheim | 17.08.2006 |
| 37.39 | Magnus Maudal | 96 | Jessheim | 17.08.2006 |
| 38.63 | Henrik Liland | 96 | Jessheim | 17.08.2006 |
| 39.55 | Fredrik Mundal | 96 | Jessheim | 17.08.2006 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 51.21 | Marius Fuglerud | 87 | Nadderud | 18.06.2006 |
| 53.52 | Fredrik Fuglerud | 89 | Nadderud | 18.06.2006 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 58.6 | Andreas Løland | 90 | Jessheim | 12.06.2006 |
| 60.4 | Martin Fald Gården | 90 | Jessheim | 12.06.2006 |
| 60.5 | Emil Strøm | 90 | Jessheim | 12.06.2006 |
| 64.4 | Knut Rimstad | 49 | Oslo/Tr | 14.06.2006 |

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| **600m** |  |

|  |  |  |  |  |
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| 1:30.25 | Vegard Løberg Gjelsvik | 92 | Nadderud | 09.09.2006 |
| 1:36.47 | Erlend Morthen | 92 | Nadderud | 09.09.2006 |
| 1:45.6 | Christer Amundsen | 92 | Oslo/Bi | 24.08.2006 |
| 1:45.85 | Michael Løland | 92 | Nadderud | 16.06.2006 |
| 1:46.05 | Thomas Løland | 95 | Oslo/Bi | 18.08.2006 |
| 1:52.65 | Jørgen Gundersen | 95 | Nadderud | 16.06.2005 |
| 1:53.27 | Åsmund Wennemo | 94 | Oslo/Bi | 18.08.2006 |
| 1:53.70 | Vetle Christiansen | 95 | Jessheim | 22.05.2006 |
| 1:59.27 | Marius Nyeggen | 94 | Bjørkelangen | 10.06.2006 |
| 2:08.10 | Ola Sandvær Aamodt | 95 | Jessheim | 21.08.2006 |

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| **MENN SENIOR 2006** | **714** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:02.53 | Fredrik Fuglerud | 89 | Göteborg, SWE | 07.07.2006 |
| 2:05.02 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 08.07.2006 |
| 2:06.6 | Carl Jørgen Owre | 82 | Jessheim | 23.09.2006 |
| 2:10.18 | Andreas Løland | 90 | Oslo/St | 09.08.2006 |
| 2:13.7 | Gulbrand Rognstad | 82 | Jessheim | 23.09.2006 |
| 2:13.71 | Gullbrand Julius Aas | 87 | Jessheim | 22.05.2006 |
| 2:14.60 | Hans Jørgen Borgen | 70 | Oslo/St | 09.08.2006 |
| 2:14.75 | Kevin Fritz | 91 | Bjørkelangen | 10.06.2006 |
| 2:15.27 | Emil Strøm | 90 | Lillehammer/Ss | 25.06.2006 |
| 2:16.39 | Erlend Morthen | 92 | Bjørkelangen | 10.06.2006 |
| 2:17.80 | Martin Fald Gården | 90 | Lillehammer/Ss | 25.06.2006 |
| 2:17.9 | Trygve Stanger | 62 | Jessheim | 23.09.2006 |
| 2:18.7 | Knut Johan Holter | 61 | Jessheim | 23.09.2006 |
| 2:20.69 | Michael Løland | 92 | Lillehammer/Ss | 25.06.2006 |
| 2:23.67 | Knut Rimstad | 49 | Geithus | 01.07.2006 |
| 2:29.1 | Ole Eriksen | 91 | Jessheim | 23.09.2006 |
| 2:32.1 | Thomas Løland | 95 | Jessheim | 23.09.2006 |
| 2:32.4 | Jonathan Joo | 91 | Jessheim | 23.09.2006 |
| 2:33.9 | Tore Østvang | 52 | Jessheim | 23.09.2006 |
| 2:34.9 | Geir Håkon Bjørnstad | 56 | Jessheim | 23.09.2006 |
| 2:36.2 | Vetle Christiansen | 95 | Jessheim | 23.09.2006 |
| 2:44.5 | Odd Kinnsbekken | 48 | Jessheim | 23.09.2006 |
| 2:45.3 | Gaute Messel Nafstad | 94 | Jessheim | 23.09.2006 |
| 2:51.9 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.2006 |
| 2:55.7 | Henning Høgheim | 39 | Jessheim | 23.09.2006 |
| 3:04.6 | Henrik Næss | 96 | Jessheim | 23.09.2006 |
| 3:09.9 | Arne Luke | 44 | Jessheim | 23.09.2006 |
| 3:13.3 | Henrik Liland | 96 | Jessheim | 23.09.2006 |
| 3:18.0 | Molvin Knudsen | 62 | Jessheim | 23.09.2006 |
| 3:23.3 | Kneight Mkanda | 96 | Jessheim | 23.09.2006 |
| 3:32.0 | Helge Velure | 50 | Jessheim | 23.09.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:15.98 | Vegard Løberg Gjelsvik | 92 | Nadderud | 10.09.2006 |
| 4:17.96 | Gullbrand Julius Aas | 87 | Lillehammer/Ss | 22.06.2006 |
| 4:26.3 | Tommy Torgersen | 70 | Jessheim | 15.06.2006 |
| 4:35.3 | Ole Johan Garli | 56 | Jessheim | 15.06.2006 |
| 4:37.56 | Andreas Løland | 90 | Jessheim | 21.08.2006 |
| 4:40.0 | Erik Gustavson | 59 | Jessheim | 15.06.2006 |
| 4:42.61 | Kevin Fritz | 91 | Asker/Fø | 21.05.2006 |
| 4:57.69 | Michael Løland | 92 | Nadderud | 18.06.2006 |
| 4:59.75 | Erlend Morthen | 92 | Jessheim | 21.08.2006 |
| 4:59.93 | Marius Fuglerud | 87 | Trondheim/St | 22.09.2006 |
| 5:03.02 | Sjur Nafstad | 90 | Jessheim | 21.08.2006 |

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| **MENN SENIOR 2006** | **715** |

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| **1500m forts.** |  |

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| 5:04.4 | Dag Amundsen | 51 | Jessheim | 15.06.2006 |
| 5:23.9 | Geir Håkon Bjørnstad | 56 | Jessheim | 15.06.2006 |
| 5:28.8 | Knut Kristensen | 44 | Jessheim | 15.06.2006 |
| 5:29.5 | Odd Kinnsbekken | 48 | Jessheim | 15.06.2006 |
| 5:43.4 | Oddvar Leivestad | 45 | Jessheim | 15.06.2006 |
| 6:20.1 | Nils Sæthermoen | 40 | Jessheim | 15.06.2006 |
| 6:25.1 | Henning Høgheim | 39 | Jessheim | 15.06.2006 |
| 6:59.1 | Tore Eriksen | 37 | Jessheim | 15.06.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:52.88 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 20.08.2006 |
| 6:21.40 | Kevin Fritz | 91 | Byrkjelo | 27.08.2006 |
| 6:47.26 | Michael Løland | 92 | Oslo/Bi | 20.08.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:26.5 | Tommy Torgersen | 70 | Jessheim | 12.06.2006 |
| 10:04.2 | Ole Johan Garli | 56 | Jessheim | 12.06.2006 |
| 13:08.2 | Trym Rolstad | 91 | Jessheim | 12.06.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:43.81 | Tommy Torgersen | 70 | Oslo/Bi | 18.05.2006 |
| 18:23.68 | Dag Amundsen | 51 | Geithus | 30.06.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32:30.28 | Tommy Torgersen | 70 | Oslo/Bi | 07.06.2006 |

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| **60m hekk 68 cm E** |  |

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| --- | --- | --- | --- | --- |
| 10.96 | Ola Sandvær Aamodt | 95 | Jessheim | 18.06.2006 |

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| --- | --- |
| **80m hekk 84 cm M** |  |

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| --- | --- | --- | --- | --- |
| 14.9 | Christer Amundsen | 91 | Oslo/Bi | 24.08.2006 |

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

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| --- | --- | --- | --- | --- |
| 16.84 | Jonathan Joo | 91 | Nadderud | 17.06.2006 |

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

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| --- | --- | --- | --- | --- |
| 20.1 | Ivar Opsahl | 47 | Oslo/Tr | 14.06.2006 |

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| **MENN SENIOR 2006** | **716** |

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| **110m hekk 106.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 22.39 | Marius Fuglerud | 87 | Trondheim/St | 23.09.2006 |

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

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| --- | --- | --- | --- | --- |
| 1:19.10 | Ole Johan Garli | 56 | Jessheim | 19.11.2006 |
| 1:31:37 | Eirik Kamstrup Hovind | 90 | Jessheim | 19.11.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Frode Myrvang | 67 | Jessheim | 12.06.2006 |
| 1.50 | Christer Amundsen | 92 | Oslo/Bi | 19.08.2006 |
| 1.45 | Ivar Opsahl | 47 | Oslo/Tr | 14.06.2006 |
| 1.40 | Marius Fuglerud | 87 | Trondheim/St | 22.09.2006 |
| 1.35 | Ola Sandvær Aamodt | 95 | Nadderud | 17.06.2006 |
| 1.28 | John Arve Johansen | 36 | Geithus | 01.07.2006 |
| 1.09 | Håvard Lund | 24 | Poznan, POL | 23.07.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.60 | Ivar Opsahl | 47 | Ski | 29.05.2006 |
| 2.41 | John Arve Johansen | 36 | Geithus | 30.06.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.44 | Marius Fuglerud | 87 | Trondheim/St | 22.09.2006 |
| 5.26 | Jonathan Joo | 91 | Årnes | 13.09.2006 |
| 5.23 | Frode Myrvang | 67 | Årnes | 28.06.2006 |
| 5.21 s | Erlend Morthen | 92 | Jessheim | 09.09.2006 |
| 5.12s | Christer Amundsen | 92 | Oslo/Bi | 23.08.2006 |
| 4.31 s | Ola Sandvær Aamodt | 95 | Jessheim | 23.09.2006 |
| 4.22 | John Arve Johansen | 36 | Jessheim | 23.09.2006 |
| 3.65 s | Måns Schoning Lie | 96 | Jessheim | 23.09.2006 |
| 3.36 s | Arne August Søgaard | 94 | Jessheim | 12.06.2006 |
| 3.30 s | Axel Trelsgård | 95 | Jessheim | 22.05.2006 |
| 2.60 s | Soundararanathan Abinach | 96 | Jessheim | 12.06.2006 |

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| **Tresteg** |  |

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| 9.04 | John Arve Johansen | 36 | Jessheim | 23.09.2006 |

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| **Kule 2 kg** |  |

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| 7.83 | Ola Sandvær Aamodt | 95 | Jessheim | 23.09.2006 |
| 7.69 | Thomas Løland | 95 | Jessheim | 21.08.2006 |

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| **MENN SENIOR 2006** | **717** |

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| **Kule 3 kg** |  |

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| 8.72 | Håvard Lund | 24 | Jessheim | 23.09.2006 |

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| **Kule 4 kg** |  |

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| 10.90 | Christer Amundsen | 92 | Jessheim | 21.08.2006 |
| 10.15 | John Arve Johansen | 36 | Jessheim | 23.09.2006 |
| 9.44 | Jonathan Joo | 91 | Årnes | 13.09.2006 |

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| **Kule 6 kg** |  |

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| 10.14 | Ivar Opsahl | 47 | Ski | 29.05.2006 |

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| **Kule 7.26 kg** |  |

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| 11.19 | Frode Myrvang | 67 | Årnes | 28.06.2006 |
| 9.85 | Hans Disserud | 62 | Jessheim | 22.05.2006 |

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| **Diskos 1 kg** |  |

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| 26.10 | John Arve Johansen | 36 | Jessheim | 21.08.2006 |
| 25.43 | Christer Amundsen | 92 | Nadderud | 18.06.2006 |
| 23.82 | Håvard Lund | 24 | Jessheim | 21.08.2006 |

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| **Diskos 1.5 kg** |  |

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| 26.72 | Ivar Opsahl | 47 | Jessheim | 29.05.2006 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 22.39 | Marius Fuglerud | 87 | Trondheim/St | 23.09.2006 |

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| **Slegge 3 kg** |  |

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| 26.23 | Håvard Lund | 24 | Heggedal/Gj | 27.05.2006 |

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| **Spyd 400 g** |  |

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| 25.59 | Håvard Lund | 24 | Poznan, POL | 23.07.2006 |

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| **Spyd 700 g** |  |

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| 28.33 | Ivar Opsahl | 47 | Oslo/Tr | 14.06.2006 |

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| **MENN SENIOR 2006** | **718** |

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

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| 41.30 | Frode Myrvang | 67 | Årnes | 28.06.2006 |

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| **Vektkast 5.45 kg** |  |

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| 12.76 | Håvard Lund | 24 | Poznan, POL | 19.07.2006 |

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| **Liten ball 80 g** |  |

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| 58.56 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 23.08.2006 |

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| **Liten ball 150 g** |  |

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| 68.98 | Håvard Haga | 93 | Nadderud | 18.06.2006 |

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| **6-kamp 60m-Lengde-Kule-80mh-Høyde-600** |  |

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| --- | --- | --- | --- | --- |
| 4375 | Christer Amundsen | 92 | Oslo/Bi | 23-24.08.2006 |
| 8.2-5.12-9.63/14.9-1.50-1:45.6 | | | |

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

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| 3436 | Håvard Lund | 24 | Heggedal/Gj | 27.05.2006 |
| 26.23-7.99-19.90-21.54-12.30 | | | |

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

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| 3649 | Marius Fuglerud | 87 | Trondheim/St | 22-23.09.2008 |
| 11.95-0.0-5.44+0.3-6.78-1.40-53.37/22.39-0.0-19.76-2.30-22.59-1.30-4:59.93 | | | |

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| **4x60m E** |  |

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| --- | --- | --- | --- | --- |
| 31.04 | G14 |  | Nadderud | 17.06.2006 |
| Lars Georg Aas92-Christier Amundsen92-Erlend Mortehn92-Anthony Davies92 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.51 | G12 |  | Asker/Fø | 20.05.2006 |
| Magnus Nyeggen94-Thomas Løland95-Axel Trelsgård95-Vetle Christiansen95 | | | |

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| --- | --- |
| **3x600m** |  |

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| --- | --- | --- | --- | --- |
| 5:23.41 | G14 |  | Asker/Fø | 20.05.2006 |
| Michael Løland92-Erlend Morthen92-Sondre Olsson93 | | | |

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| --- | --- | --- | --- | --- |
| 5:51.46 | G12 |  | Asker/Fø | 20.05.2006 |
| Thomas Løland95-Marius Nyeggen94-Vetle Christiansen95 | | | |

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| **MENN SENIOR 2006** | **719** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.47 | Martin Jørgensen | 90 | Stange | 18.03.2006 |
| 7.59 | Marius Fuglerud | 87 | Stange | 18.03.2006 |
| 7.70 | Lars Georg Aas | 92 | Drammen | 17.12.2006 |
| 7.97 | Jonathan Joo | 91 | Stange | 18.03.2006 |
| 8.17 | Christer Amundsen | 92 | Stange | 18.03.2006 |
| 8.34 | Erlend Morthen | 92 | Stange | 18.03.2006 |
| 8.40 | Anthony Davies | 92 | Stange | 18.03.2006 |
| 9.10 | Ola Sandvær Aamodt | 95 | Oslo/Ek | 02.12.2006 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.4 | Martin Jørgensen | 90 | Oslo/Ek | 07.01.2006 |
| 8.3 | Anthony Davies | 92 | Oslo/Ek | 02.12.2006 |
| 9.1 | Ola Sandvær Aamodt | 95 | Oslo/Ek | 02.12.2006 |

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| **100m E** |  |

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| 12.06 | Marius Fuglerud | 87 | Drammen | 12.02.2006 |
| 12.97 | Jonathan Joo | 91 | Drammen | 11.12.2006 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 23.95 | Fredrik Fuglerud | 87 | Stange | 19.03.2006 |
| 24.88 | Marius Fuglerud | 89 | Oslo/Ek | 21.02.2006 |
| 25.27 | Martin Jørgensen | 90 | Stange | 19.03.2006 |
| 25.37 | Jonathan Joo | 91 | Stange | 19.03.2006 |
| 26.91 | Christer Amundsen | 92 | Stange | 19.03.2006 |
| 27.57 | Anthony Davies | 92 | Oslo/Ek | 02.12.2006 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:35.94 | Hans Jørgen Borgen | 70 | Stange | 18.03.2006 |
| 1:36.2 | Thomas Roth | 91 | Stange | 09.12.2006 |
| 1:40.97 | Erlend Morthen | 92 | Stange | 09.12.2006 |
| 1:41.42 | Kevin Fritz | 91 | Stange | 18.03.2006 |
| 1:42.81 | Ståle Murud | 69 | Stange | 18.03.2006 |
| 1:56.49 | Thomas Løland | 95 | Lillestrøm | 25.03.2006 |

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

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| 2:08.67 | Vegard Løberg Gjelsvik | 92 | Drammen | 17.12.2006 |
| 2:22.53 | Kevin Fritz | 91 | Oslo/Ek | 04.03.2006 |
| 2:29.58 | Knut Rimstad | 49 | Stange | 02.04.2006 |

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| **MENN SENIOR 2006** | **720** |

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| **60m hekk 68 cm E** |  |

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| 11.59 | Ola Sandvær Aamodt | 95 | Lillestrøm | 25.03.2006 |

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| **60m hekk 84 cm E** |  |

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| 10.04 | Jonathan Joo | 91 | Karlstad, SWE | 18.02.2006 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.50 | Christer Amundsen | 92 | Karlstad, SWE | 18.02.2006 |
| 1.35 | Ola Sandvær Aamodt | 95 | Oslo/Ek | 02.12.2006 |
| 1.25 | John Arve Johansen | 36 | Stange | 02.04.2006 |
| 1.11 | Håvard Lund | 24 | Stange | 01.04.2006 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.30 | John Arve Johansen | 36 | Stange | 01.04.2006 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.31 s | Anthony Davies | 92 | Oslo/Ek | 02.12.2006 |
| 5.16 pl | Anthony Davies | 92 | Drammen | 17.12.2006 |
| 4.92 s | Christer Amundsen | 92 | Stange | 18.03.2006 |
| 4.79 | Jonathan Joo | 91 | Karlstad, SWE | 18.02.2006 |
| 4.33 s | Ola Sandvær Aamodt | 85 | Lillestrøm | 12.02.2006 |
| 4.01 | John Arve Johansen | 36 | Stange | 01.04.2006 |
| 3.15 s | Axel Trelsgård | 95 | Stange | 18.03.2006 |

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| **Tresteg** |  |

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| 8.28 | John Arve Johansen | 36 | Stange | 01.04.2006 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.28 | Lars-Georg Aas | 92 | Jessheim/No | 13.03.2006 |
| 1.13 | Christer Amundsen | 92 | Jessheim/No | 13.03.2006 |
| 1.10 | Erlend Morthen | 92 | Jessheim/No | 13.03.2006 |
| 1.02 | John Arve Johansen | 36 | Jessheim/No | 16.01.2006 |
| 0.95 | Ola Sandvær Aamodt | 95 | Jessheim/No | 13.02.2006 |
| 0.91 | Håvard Lund | 24 | Stange | 01.04.2006 |
| 0.85 | Axel Trelsgård | 95 | Jessheim/No | 13.03.2006 |

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| **MENN SENIOR 2006** | **721** |

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| **Lengde uten tilløp** |  |

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| 2.68 | Marius Fuglerud | 87 | Jessheim/No | 13.02.2006 |
| 2.65 | Jonathan Joo | 91 | Jessheim/No | 16.01.2006 |
| 2.60 | Martin Jørgensen | 90 | Jessheim/No | 16.01.2006 |
| 2.51 | Lars-Georg Aas | 92 | Jessheim/No | 13.03.2006 |
| 2.47 | Hans Jørgen Borgen | 70 | Jessheim/No | 13.02.2006 |
| 2.45 | Erland Morthen | 92 | Jessheim/No | 13.02.2006 |
| 2.32 | Christer Amundsen | 92 | Jessheim/No | 16.01.2006 |
| 2.24 | Kevin Fritz | 91 | Jessheim/No | 13.02.2006 |
| 2.10 | Ola Sandvær Aamodt | 95 | Jessheim/No | 13.03.2006 |
| 1.84 | Axel Trelsgård | 95 | Jessheim/No | 13.03.2006 |
| 1.64 | Håvard Lund | 24 | Stange | 01.04.2006 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 6.13 | Ola Sandvær Aamodt | 95 | Lillestrøm | 25.03.2006 |

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| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.94 | Lars Georg Aas | 92 | Drammen | 17.12.2006 |
| 10.38 | Christer Amundsen | 92 | Lillestrøm | 25.03.2006 |
| 10.04 | Jonathan Joo | 91 | Karlstad, SWE | 18.02.2006 |
| 7.35 | Håvard Lund | 24 | Stange | 02.04.2006 |

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| **4x100m E** |  |

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| --- | --- | --- | --- | --- |
| 51.19 | G14 |  | Stange | 18.03.2006 |
| Lars Georg Aas92-Christer Amundsen92-Erlend Morthen92-Anthony Davies92 | | | |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:15.27 | M19 |  | Stange | 19.03.2006 |
| Martin Jørgensen91-Jonathan Joo91-Erik Storenge87-Marius Fuglerud87 | | | |

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| **KVINNER SENIOR 2006** | **722** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.78 | Heidi Stubbs Holdal | 92 | Lillehammer/Ss | 24.06.2006 |
| 8.81 | Munda Mkanda | 94 | Lillehammer/Ss | 24.06.2006 |
| 9.53 | Marte Mikkelsen | 94 | Jessheim | 21.08.2006 |
| 9.58 | Ida Berg Hansen | 92 | Jessheim | 24.06.2006 |
| 9.80 | Charlotte Axelsen | 92 | Jessheim | 21.08.2006 |
| 10.10 | Sofie Rostad | 94 | Jessheim | 21.08.2006 |
| 10.35 | Synne Solberg | 94 | Jessheim | 22.05.2006 |
| 10.68 | Celine Anseth Skeie | 95 | Jessheim | 21.08.2006 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 9.3 | Thea Rutle | 92 | Jessheim | 15.06.2006 |
| 9.4 | Ida Berg Hansen | 92 | Jessheim | 15.06.2006 |
| 9.5 | Sofie Rostad | 94 | Jessheim | 23.09.2006 |
| 10.3 | Karoline Rutle | 94 | Jessheim | 15.06.2006 |
| 10.6 | Emilie Nermo | 93 | Jessheim | 15.06.2006 |
| 11.1 | Maria Raastad | 94 | Jessheim | 15.06.2006 |
| 11.1 | Tuva Rutle | 96 | Jessheim | 15.06.2006 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.48 | Linn Helene Bakke | 91 | Lillehammer/Ss | 25.06.2006 |
| 14.34 | Heidi Stubbs Holdal | 92 | Lillehammer/Ss | 25.06.2006 |
| 14.57 | Silje Disserud | 91 | Jessheim | 22.05.2006 |
| 14.87 | Katrine Hoff | 91 | Jessheim | 22.05.2006 |
| 15.52 | Inger Lise Sundheim | 55 | Geithus | 30.06.2006 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 14.1 | Silje Disserud | 91 | Jessheim | 12.06.2006 |
| 15.3 | Inger Lise Sundheim | 55 | Trondheim/St | 25.08.2006 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.46 | Linn Helene Bakke | 91 | Byrkjelo | 27.08.2006 |
| 29.78 | Frida Forberg | 92 | Nadderud | 09.09.2006 |
| 29.68 | Silje Disserud | 91 | Jessheim | 17.08.2006 |
| 30.38 | Sina Sandholt | 92 | Naddereud | 09.09.2006 |
| 30.67 | Munda Mkanda | 94 | Jessheim | 17.08.2006 |
| 30.75 | Anne Lillegård | 73 | Jessheim | 22.05.2006 |
| 30.92 | Marie Tømmerberg | 91 | Jessheim | 17.08.2006 |
| 31.26 | Stine Bøe Karlsen | 91 | Jessheim | 22.05.2006 |
| 31.32 | Oda Wennemo | 92 | Nadderud | 10.09.2006 |
| 32.04 | Ida Berg Hansen | 92 | Jessheim | 17.08.2006 |
| 32.18 | Turid Kamstrup Hovind | 92 | Jessheim | 17.08.2006 |

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| **KVINNER SENIOR 2006** | **723** |

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

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| --- | --- | --- | --- | --- |
| 32.87 | Marte Mikkelsen | 94 | Jessheim | 17.08.2006 |
| 34.05 | Sofie Rostad | 94 | Jessheim | 17.08.2006 |
| 37.19 | Elise Nermo | 93 | Jessheim | 17.08.2006 |
| 37.44 | Emilie Nermo | 93 | Jessheim | 17.08.2006 |
| 39.02 | Vibeke Mathiesen | 92 | Jessheim | 17.08.2006 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 62.98 | Maren Fald Gården | 88 | Lillehammer/Ss | 24.06.2006 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 65.1 | Anne Lillegård | 73 | Jessheim | 12.06.2006 |

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

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| --- | --- | --- | --- | --- |
| 1:42.76 | Sina Sandholt | 92 | Nadderud | 16.06.2006 |
| 1:43.57 | Andra Udnes Weng | 92 | Nadderud | 16.06.2006 |
| 2:01.54 | Thilde Christiansen | 93 | Nadderud | 16.06.2006 |
| 2:02.20 | Ida Berg-Hansen | 92 | Jessheim | 21.08.2006 |
| 2:02.84 | Anniken Alnæs | 94 | Jessheim | 22.05.2006 |
| 2:02.95 | Marte Mikkelsen | 94 | Bjørkelangen | 10.06.2006 |
| 2:03.47 | Hilde Christiansen | 94 | Jessheim | 22.05.2006 |
| 2:06.9 | Norunn Elise Bamrud | 92 | Årnes | 13.09.2006 |
| 2:09.19 | Sofie Rostad | 94 | Jessheim | 21.08.2006 |
| 2:14.30 | Karoline Næss | 94 | Jessheim | 22.05.2006 |
| 2:29.70 | Celine Anseth Skeie | 95 | Jessheim | 21.08.2006 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:25.69 | Maren Feld Gården | 88 | Byrkjelo | 27.08.2006 |
| 2:27.8 | Anne Lillegård | 73 | Jessheim | 23.09.2006 |
| 2:28.3 | Silje Ekroll Jahren | 88 | Lørenfallet | 06.06.2006 |
| 2:30.85 | Sina Sandholt | 92 | Jessheim | 22.05.2006 |
| 2:32.86 | Hilde Gustavson | 87 | Nadderud | 17.06.2006 |
| 2:33.03 | Andrea Udnes Weng | 92 | Oslo/Bi | 19.08.2006 |
| 2:33.40 | Tonje Oliversen | 91 | Nadderud | 17.06.2006 |
| 2:35.0 | Marianne Opsahl | 73 | Jessheim | 23.09.2006 |
| 2:39.82 | Oda Wennemo | 92 | Oslo/Bi | 19.08.2006 |
| 2:40.07 | Mari eTømmerberg | 91 | Nadderud | 17.06.2006 |
| 2:42.4 | Line Mathiesen | 71 | Jessheim | 23.09.2006 |
| 2:48.9 | Bente Holter | 62 | Jessheim | 23.09.2006 |
| 2:49.5 | Sofie Rostad | 94 | Jessheim | 23.09.2006 |
| 2:49.8 | Unn Helen Grønvold | 61 | Jessheim | 23.09.2006 |

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| **KVINNER SENIOR 2006** | **724** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:59.5 | Kjersti Andersen | 68 | Jessheim | 23.09.2006 |
| 3:05.4 | Munda Mkanda | 94 | Jessheim | 23.09.2006 |
| 3.09.6 | Elise Nermo | 92 | Jessheim | 23.09.2006 |
| 3:17.5 | Inger Nermo | 62 | Jessheim | 23.09.2006 |
| 3:20.5 | Tove Irene Jonas | 70 | Jessheim | 23.09.2006 |
| 3:48.0 | Ann-Marie Bakkerud | 49 | Jessheim | 23.09.2006 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:45.47 | Silje Ekroll Jahren | 88 | Bergen/Fa | 23.07.2006 |
| 5:06.12 | Sina Sandholt | 92 | Nadderud | 18.06.2006 |
| 5:10.15 | Andrea Udnes Weng | 92 | Nadderud | 18.06.2006 |
| 5:16.5 | Anne Lillegård | 73 | Jessheim | 15.06.2006 |
| 5:21.69 | Oda Wennemo | 92 | Nadderud | 18.06.2006 |
| 5:25.62 | Maren Feld Gården | 88 | Lillehammer/Ss | 22.06.2006 |
| 5:29.5 | Hilde Gustavson | 87 | Jessheim | 15.06.2006 |
| 5:29.5 | Kamilla Hammer | 77 | Jessheim | 15.06.2006 |
| 5:32.27 | Trine Bogstad Mangerud | 51 | Geithus | 30.06.2006 |
| 5:34.4 | Line Mathiesen | 71 | Jessheim | 15.06.2006 |
| 5:35.0 | Siri Fjellberg Larsen | 69 | Jessheim | 15.06.2005 |
| 5:35.01 | Bente Holter | 62 | Jessheim | 21.08.2006 |
| 5:46.0 | Anne Kamstrup Hovind | 88 | Jessheim | 15.06.2006 |
| 5:53.6 | Christine Nerhagen | 91 | Jessheim | 15.06.2006 |
| 5:59.1 | Grethe Hansen | 64 | Jessheim | 15.06.2006 |
| 7:04.9 | Marit Skolt Skafle | 56 | Jessheim | 15.06.2006 |

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| **3000m** |  |

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| 11:09.82 | Marianne Opsahl | 73 | Oslo/Bi | 05.09.2006 |
| 12:05.7 | Anne Lillegård | 73 | Jessheim | 05.09.2006 |

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| **5000m** |  |

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| 19:40.27 | Marianne Opsahl | 73 | Oslo/Bi | 18.05.2006 |

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| **60m hekk 68 cm E** |  |

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| 12.13 | Sofie Rostad | 94 | Oslo/Bi | 19.08.2006 |

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

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| 13.01 | Ida Berg Hansen | 92 | Lillehammer/Ss | 24.06.2006 |

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| **KVINNER SENIOR 2006** | **725** |

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| **10 km landevei** |  |

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| 49:36 | Kjersti Andersen | 68 | Jessheim | 19.11.2006 |
| 49:37 | Gry Vera Haslie | 60 | Jessheim | 19.11.2006 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:38:46 | Bente holter | 62 | Jessheim | 19.11.2006 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.41 | Inger Lise Sundheim | 55 | Trondheim/St | 26.08.2006 |
| 1.20 | Marte Mikkelsen | 94 | Bjørkelangen | 10.06.2006 |
| 1.15 | Sofie Rostad | 94 | Jessheim | 12.06.2006 |
| 1.10 | Celine Anseth Skeie | 95 | Jessheim | 12.06.2006 |
| 1.10 | Charlotte Axelsen | 92 | Jessheim | 21.08.2006 |

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| **Lengde** |  |

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| 5.19 | Linn Helene Bakke | 91 | Årnes | 13.09.2006 |
| 4.57 | Silje Disserud | 91 | Jessheim | 23.09.2006 |
| 4.53 s | Munda Mkanda | 94 | Lillehammer/Ss | 25.06.2006 |
| 4.21 | Inger Lise Sundheim | 55 | Geithus | 01.07.2006 |
| 4.05 s | Ida Berg Hansen | 92 | Jessheim | 21.08.2006 |
| 3.97 s | Andrea Udnes Weng | 92 | Årnes | 16.06.2006 |
| 3.85 s | Sofie Rostad | 94 | Jessheim | 23.09.2006 |
| 3.78 s | Marte Mikkelsen | 94 | Bjørkelangen | 10.06.2006 |
| 3.70 | Katrine Hoff | 91 | Jessheim | 22.05.2006 |
| 3.63 s | Anniken Alnæs | 94 | Jessheim | 22.05.2006 |
| 3.57 s | Charlotte Axelsen | 92 | Jessheim | 21.08.2006 |
| 3.40 s | Celine Anseth Skeie | 95 | Jessheim | 21.08.2006 |
| 3.20 s | Synne Solberg | 94 | Jessheim | 22.05.2006 |
| 3.10 s | Norunn Elise Bamerud | 92 | Jessheim | 21.08.2006 |
| 3.01 s | Karoline Næss | 94 | Jessheim | 22.05.2006 |

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| **Kule 2 kg** |  |

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| 8.72 | Munda Mkanda | 94 | Jessheim | 22.05.2006 |
| 6.53 | Karoline Næss | 94 | Jessheim | 22.05.2006 |
| 6.18 | Sofie Rostad | 94 | Jessheim | 23.09.2006 |

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| **KVINNER SENIOR 2006** | **726** |

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| **Kule 3 kg** |  |

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| 12.10 | Silje Disserud | 91 | Bjørkelangen | 10.06.2006 |
| 11.39 | Linn Helene Bakke | 91 | Årnes | 13.09.2006 |
| 8.09 | Norunn Elise Bamrud | 92 | Årnes | 13.09.2006 |
| 7.77 | Inger Lise Sundheim | 55 | Trondheim/St | 26.08.2006 |
| 5.89 | Charlotte Axelsen | 92 | Jessheim | 21.08.2006 |

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| **Diskos 750 g** |  |

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| 23.89 | Silje Disserud | 91 | Jessheim | 21.08.2006 |
| 14.84 | Norunn Elise Bamrud | 92 | Jessheim | 21.08.2006 |

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| **Slegge 3 kg** |  |

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| 37.51 | Linn Helene Bakke | 91 | Lillestrøm | 31.08.2006 |
| 32.08 | Silje Disserud | 91 | Lillestrøm | 31.08.2006 |

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| **Spyd 400 g** |  |

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| 34.31 | Silje Disserud | 91 | Byrkjelo | 26.08.2006 |
| 22.97 | Linn Helene Bakke | 91 | Årnes | 13.09.2006 |
| 21.17 | Nora Elise Bamrud | 92 | Årnes | 13.09.2006 |

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

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| 26.66 | Silje Disserud | 91 | Lillehammer/Ss | 25.06.2006 |
| 22.56 | Katrine Hoff | 91 | Jessheim | 22.05.2006 |
| 20.81 | Norunn Elise Bamrud | 92 | Nittedal | 16.09.2006 |
| 18.94 | Linn Helene Bakke | 91 | Jessheim | 22.05.2006 |

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| **3x600m** |  |

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| 6:17.44 | J12 |  | Asker/Fø | 20.05.2006 |
| Karoline Næss94-Sofie Rostad94-Anniken Alnes94 | | | |

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| **KVINNER SENIOR 2006** | **727** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.93 | Linn Helene Bakke | 91 | Stange | 18.03.2006 |
| 8.89 | Silje Disserud | 91 | Lillestrøm | 25.03.2006 |
| 9.10 | Munda Mkanda | 94 | Stange | 19.03.2006 |
| 9.16 | Stine Bøe Karlsen | 90 | Stange | 18.03.2006 |
| 9.41 | Kathrine Hoff | 91 | Stange | 18.03.2006 |
| 9.54 | Marte Mikkelsen | 94 | Stange | 19.03.2006 |
| 9.91 | Ida Berg Hansen | 92 | Stange | 18.03.2006 |
| 10.22 | Sofie Rostad | 94 | Stange | 19.03.2006 |
| 10.55 | Ida Jellum | 95 | Stange | 19.03.2006 |

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| **100m E** |  |

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| 12.67 | Linn Helene Bakke | 91 | Drammen | 12.02.2006 |

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| **200m E** |  |

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| 25.74 | Linn Helene Bakke | 91 | Stange | 19.03.2006 |
| 28.70 | Tonje Oliversen | 91 | Stange | 19.03.2006 |
| 29.74 | Heidi Stubbs Holdal | 92 | Stange | 19.03.2006 |
| 29.83 | Silje Disserud | 91 | Stange | 19.03.2006 |
| 30.84 | Munda Mkanda | 94 | Stange | 19.03.2006 |
| 30.96 | Stine Bøe Karlsen | 90 | Stange | 19.03.2006 |
| 31.88 | Marie Tømmerberg | 91 | Oslo/Ek | 02.12.2006 |
| 34.33 | Sofie Rostad | 94 | Stange | 19.03.2006 |

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| **600m** |  |

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| 1:48.41 | Hilde Gustavson | 87 | Stange | 13.03.2006 |
| 2:02.70 | Sofie Rostad | 94 | Stange | 18.03.2006 |

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| **800m** |  |

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| 2:30.12 | Sina Sandholt | 92 | Drammen | 17.12.2006 |
| 2:35.30 | Anne Lillegård | 73 | Stange | 19.02.2006 |
| 2:36.10 | Hilde Gustavson | 87 | Drammen | 11.12.2006 |
| 2:36.26 | Silje Gundersen | 92 | Drammen | 17.12.2006 |
| 2:44.69 | Marie Tømmerberg | 91 | Drammen | 17.12.2006 |

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| **Høyde** |  |

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| 1.46 | Linn Helene Bakke | 91 | Drammen | 12.02.2006 |

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| **KVINNER SENIOR 2006** | **728** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.19 s | Munda Mkanda | 94 | Stange | 19.03.2006 |
| 3.67 s | Marte Mikkelsen | 94 | Stange | 19.03.2006 |
| 3.38 s | Sofie Rostad | 94 | Stange | 19.03.2006 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.16 | Inger Lise Sundheim | 55 | Jessheim/No | 13.03.2006 |
| 0.95 | Munda Mkanda | 94 | Jessheim/No | 13.02.2006 |
| 0.95 | Celine Anseth Skeie | 95 | Nittedal | 26.03.2006 |
| 0.85 | Ida Berg Hansen | 92 | Jessheim/No | 13.03.2005 |
| 0.80 | Sofie Rostad | 94 | Jessheim/No | 13.03.2006 |

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| **Lengde uten tilløp** |  |

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| 2.47 | Inger Lise Sundheim | 55 | Stange | 01.04.2006 |
| 2.22 | Silje Disserud | 91 | Jessheim/No | 13.03.2006 |
| 2.05 | Munda Mkanda | 94 | Jessheim/No | 16.01.2006 |
| 2.02 | Ida Berg Hansen | 92 | Jessheim/No | 13.03.2006 |
| 2.01 | Heidi Stubbs Holdal | 92 | Jessheim/No | 13.02.2006 |
| 2.01 | Katrine Hoff | 91 | Jessheim/No | 13.03.2006 |
| 2.00 | Hilde Gustavson | 87 | Jessheim/No | 13.02.2006 |
| 1.98 | Marie Tømmerberg | 91 | Jessheim/No | 16.01.2006 |
| 1.91 | Stine Bøe Karlsen | 90 | Jessheim/No | 16.01.2006 |
| 1.89 | Marte Aaserød Mikkelsen | 94 | Jessheim/No | 13.03.2006 |
| 1.80 | Ida Berg-Hansen | 92 | Jessheim/No | 13.02.2006 |
| 1.78 | Celine Anseth Skeie | 95 | Jessheim/No | 16.01.2006 |
| 1.77 | Sofie Rostad | 94 | Jessheim/No | 16.01.2006 |
| 1.72 | Synne Solberg | 94 | Jessheim/No | 13.03.2006 |
| 1.71 | Ida Jellum | 95 | Jessheim/No | 16.01.2006 |
| 1.63 | Emilie Nermo | 93 | Jessheim/No | 16.01.2006 |

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| **Kule 2 kg** |  |

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| 8.26 | Munda Mkanda | 94 | Stange | 18.03.2005 |

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| **Kule 3 kg** |  |

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| 11.83 | Silje Disserud | 91 | Lillestrøm | 25.03.2006 |
| 10.16 | Linn Helene Bakke | 91 | Stange | 18.03.2006 |
| 6.07 | Katrine Hoff | 91 | Stange | 18.03.2006 |

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| **Kule 4 kg** |  |

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| 10.55 | Silje Disserud | 91 | Drammen | 17.12.2006 |

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| **KVINNER SENIOR 2006** | **729** |

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| **1000m** |  |

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| 2:38.86 | J15 |  | Stange | 19.03.2006 |
| Linn Helene Bakke91-Silje Disserud91-Mari Tømmerberg91-Tonje Oliversen91 | | | |

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| --- | --- | --- | --- | --- |
| 2:40.21 | KS |  | Stange | 19.03.2006 |
| Charlotte Oliversen91-Stine Karlsen90-Hilde Gustovson87-Anne Lillegård73 | | | |

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| **MENN SENIOR 2007** | **730** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.67 | Jonathan Joo | 91 | Asker/Fø | 02.06.2007 |
| 8.59 | Ali Fredriksen Yetin | 94 | Jessheim | 22.09.2007 |
| 8.67 | Shoveyb Ghanizadeh | 93 | Jessheim | 22.09.2007 |
| 8.82 | Marius Nyeggen | 94 | Nadderud | 09.09.2007 |
| 9.18 | Ola Sandvær Aamodt | 95 | Asker/Fø | 02.06.2007 |
| 9.37 | Åsmund Wennemo | 94 | Jessheim | 14.06.2007 |
| 9.38 | Gaute Messel Nafstad | 94 | Jessheim | 21.08.2007 |
| 9.75 | Kristoffer Kirkeby | 92 | Jessheim | 14.06.2007 |
| 9.92 | Måns Schøning Lie | 96 | Jessheim | 21.08.2007 |
| 10.17 | Vetle Grønvold Eriksen | 96 | Jessheim | 14.06.2007 |
| 10.20 | Henrik Lenberg | 97 | Jessheim | 14.06.2007 |
| 10.64 | Christian Løland | 97 | Jessheim | 21.08.2007 |
| 11.29 | Jens Andersen | 97 | Jessheim | 14.06.2007 |
| 11.47 | Erik Dammen | 97 | Jessheim | 14.06.2007 |
| 11.83 | Sondre Opaker Øines | 98 | Jessheim | 21.08.2007 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.5 | Ola Sandvær Aamodt | 95 | Jessheim | 04.06.2007 |
| 9.4 | Måns Schøning Lie | 96 | Årnes | 27.06.2007 |
| 9.8 | Jørgen Opaker | 97 | Årnes | 27.06.2007 |
| 10.2 | Christian Løland | 97 | Jessheim | 04.06.2007 |
| 10.4 | Erlend Berg | 96 | Jessheim | 04.06.2007 |
| 10.8 | Abinash Sondaranathan | 97 | Jessheim | 04.06.2007 |
| 11.1 | Sondre Opaker Øines | 98 | Jessheim | 04.06.2007 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 11.48 | Martin Jørgensen | 90 | Oslo/Bi | 19.08.2007 |
| 11.96 | Lars Georg Aas | 92 | Lillehammer/Ss | 24.06.2007 |
| 12.07 | Jonathan Joo | 91 | Lillehammer/Ss | 24.06.2007 |
| 12.35 | Vegar Løberg Gjelsvik | 92 | Oslo/Bi | 19.08.2007 |
| 12.48 | Halvor Marius Mangerud | 81 | Jessheim | 22.09.2007 |
| 13.54 | Anthony Davies | 92 | Nadderud | 17.06.2007 |
| 14.09 | Sheveyb Ghanizadeh | 93 | Jessheim | 22.09.2007 |
| 14.18 | Ali Fredriksen Yetim | 94 | Jessheim | 22.09.2007 |
| 14.31 | Marius Nyeggen | 94 | Lillehammer/ss | 24.06.2007 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.8 | Jonathan Joo | 91 | Jessheim | 04.06.2007 |
| 11.9 | Lars Georg Aas | 92 | Jessheim | 04.06.2007 |
| 12.2 | Christer Amundsen | 92 | Jessheim | 04.06.2007 |

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| **MENN SENIOR 2007** | **731** |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 23.97 | Martin Jørgensen | 90 | Lillehammer/Ss ? | 22.06.2007 |
| 24.04 | Jonathan Joo | 91 | Asker/Fø | 03.06.2007 |
| 24.43 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 18.08.2007 |
| 24.82 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 22.06.2007 |
| 25.16 | Halvor Marius Mangerud | 81 | Jessheim | 22.09.2007 |
| 25.41 | Christer Amundsen | 92 | Nadderud | 15.06.2007 |
| 26.70 | Ole Eriksen | 91 | Lillehammer/Ss | 23.06.2007 |
| 27.11 | Michael Løland | 92 | Jessheim | 16.08.2007 |
| 28.90 | Marius Nyeggen | 94 | Lillehammer/Ss | 22.06.2007 |
| 30.41 | Gaute Messel Nafstad | 94 | Jessheim | 16.08.2007 |
| 35.11 | Christian Løland | 97 | Jessheim | 16.08.2007 |
| 35.47 | Petter Dammen | 95 | Jessheim | 16.08.2007 |
| 36.90 | Erik Dammen | 95 | Jessheim | 16.08.2007 |
| 37.38 | Bjarte Strøm | 94 | Jessheim | 16.08.2007 |
| 38.75 | Jens Andersen | 95 | Jessheim | 16.08.2007 |

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| **300m E** |  |

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| 37.42 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 01.07.2007 |
| 38.78 | Martin Jørgensen | 90 | Brummunddal | 04.10.2007 |

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| **400m E** |  |

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| 51.51 | Thomas Roth | 91 | Lillehammer/Ss | 23.06.2007 |
| 53.00 | Vegard Løberg Gjelsvik | 92 | Jessheim | 21.08.2007 |
| 53.01 | Fredrik Fuglerud | 89 | Nadderud | 09.06.2007 |
| 53.60 | Halvor Marius Mangerud | 81 | Oslo/Bi | 31.08.2007 |
| 54.49 | Jonathan Joo | 91 | Lillehammer/Ss | 23.06.2007 |
| 56.65 | Andreas Løland | 90 | Lillehammer/Ss | 23.06.2007 |
| 56.98 | Kevin Fritz | 91 | Jessheim | 21.08.2007 |
| 57.86 | Emil Strøm | 90 | Jessheim | 21.08.2007 |
| 62.10 | Knut Rimstad | 49 | Århus, DEN | 29.06.2007 |

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| **600m** |  |

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| 1:42.70 | Sondre Olsson | 93 | Nadderud | 16.06.2007 |
| 1:50.8 | Vetle Christiansen | 95 | Jessheim | 04.06.2007 |
| 1:52.07 | Jørgen Gundersen | 95 | Stavanger | 14.06.2007 |
| 2:05.51 | Christian Løland | 97 | Nadderud | 17.06.2007 |
| 2:16.2 | Jørgen Opaker | 97 | Jessheim | 04.06.2007 |
| 2:26.4 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 27.08.2007 |
| 2:30.7 | Jan Erik Rybråten | 53 | Ski | 11.06.2006 |
| 2:38.4 | Sondre Opaker Øines | 98 | Jessheim | 04.06.2007 |

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| **MENN SENIOR 2007** | **732** |

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| **800m** |  |

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| 1:56.99 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 15.06.2007 |
| 1:58.03 | Thomas Roth | 91 | Oslo/Bi | 18.08.2007 |
| 1:59.98 | Fredrik Fuglerud | 89 | Göteberg, SWE | 01.07.2007 |
| 2:00.31 | Halvor Marius Mangerud | 81 | Oslo/Bi | 18.08.2007 |
| 2:01.1 | Gullbrand Julius Aas | 87 | Jessheim | 04.06.2007 |
| 2:08.6 | Kevin Fritz | 91 | Jessheim | 04.06.2007 |
| 2:10.35 | Emil Strøm | 90 | Lillehammer/Ss | 24.06.2007 |
| 2:11.2 | Carl Jørgen Owre | 82 | Jessheim | 22.09.2007 |
| 2:11.92 | Andreas Løland | 90 | Lillehammer/Ss | 24.06.2007 |
| 2:15.05 | Michal Løland | 92 | Nadderud | 16.06.2007 |
| 2.17.9 | Erik Gustavson | 59 | Jessheim | 22.09.2007 |
| 2:21.5 | Ståle Murud | 69 | Jessheim | 22.09.2007 |
| 2:22.5 | Knut Johan Holter | 61 | Jessheim | 22.09.2007 |
| 2:25.40 | Sondre Olsson | 93 | Oslo/Bi | 19.08.2007 |
| 2:28.55 | Knut Rimstad | 49 | Århus, DEN | 29.06.2007 |
| 2:30.7 | Jan Erik Rybråten | 53 | Ski | 11.06.2007 |
| 2:33.4 | Geir Håkon Bjørnstad | 56 | Jessheim | 22.09.2007 |
| 2:36.6 | Hans Jørgen Borgen | 70 | Jessheim | 22.09.2007 |
| 2:40.8 | Trym Rostad | 91 | Jessheim | 22.09.2007 |
| 2:41.7 | Marius Nyeggen | 94 | Jessheim | 22.09.2007 |
| 2:45.8 | Knut Kristensen | 44 | Jessheim | 22.09.2007 |
| 2:46.0 | Fredrik Liland | 94 | Jessheim | 22.09.2007 |
| 2:48.1 | Odd Kinnsbakken | 48 | Jessheim | 22.09.2007 |
| 2:51.1 | Oddvar Leivestad | 45 | Jessheim | 22.09.2007 |
| 2:59.7 | Henning Høgseth | 39 | Lørenfallet | 05.06.2007 |
| 3:03.5 | Molvin Knutsen | 62 | Jessheim | 22.09.2007 |
| 3:08.8 | Bjarte Strøm | 94 | Jessheim | 22.09.2007 |
| 3:10.0 | Henrik Liland | 95 | Jessheim | 22.09.2007 |
| 3:13.8 | Arne Luke | 44 | Jessheim | 22.09.2007 |
| 3:17.7 | Helge Velure | 50 | Jessheim | 22.09.2007 |

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| **1000m** |  |

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| 2:34.8 | Thomas Roth | 91 | Ås | 01.10.2007 |

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| **1500m** |  |

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| 4:09.45 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 31.08.2007 |
| 4:20.72 | Thomas Roth | 91 | Lillehammer/Ss | 22.06.2007 |
| 4:22.4 | Kristian Monsen | 77 | Jessheim | 14.06.2007 |
| 4:33.66 | Kevin Fritz | 91 | Lillehammer/Ss | 22.06.2007 |
| 4:36.3 | Eirik Kamstrup Hovind | 90 | Jessheim | 14.06.2007 |
| 4:36.8 | Trygve Stanger | 62 | Jessheim | 14.06.2007 |

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| **MENN SENIOR 2007** | **733** |

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| **1500m forts.** |  |

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| 4:40.6 | Øyvind Gismervik | 90 | Jessheim | 14.06.2007 |
| 4:40.93 | Eskil Kinneberg | 92 | Jessheim | 21.08.2007 |
| 4:41.1 | Ole Johan Garli | 56 | Jessheim | 14.06.2007 |
| 4:41.6 | Ståle Murud | 69 | Jessheim | 14.06.2007 |
| 4:42.7 | Carl Jørgen Owre | 82 | Jessheim | 14.06.2007 |
| 4:43.2 | Erik Gustavson | 59 | Jessheim | 14.06.2007 |
| 4:57.51 | Vetle Christiansen | 94 | Nadderud | 17.06.2007 |
| 5:00.75 | Michael Løland | 92 | Lillehammer/Ss | 22.06.2007 |
| 5:05.1 | Frank Øines | 68 | Jessheim | 14.06.2007 |
| 5:05.4 | Emil Strøm | 90 | Jessheim | 14.06.2007 |
| 5:07.5 | Arvid Johansen | 67 | Jessheim | 14.06.2007 |
| 5:14.2 | Dag Amundsen | 51 | Jessheim | 14.06.2007 |
| 5:14.87 | Jan Erik Rybråten | 53 | Ravnanger | 17.06.2007 |
| 5:15.7 | Geir Håkon Bjørnstad | 56 | Jessheim | 14.06.2007 |
| 5:18.7 | Frode Liland | 65 | Jessheim | 14.06.2007 |
| 5:19.92 | Trym Rostad | 91 | Jessheim | 21.08.2007 |
| 5:28.4 | Odd Kinnsbekken | 48 | Jessheim | 14.06.2007 |
| 5:38.0 | Knut Kristensen | 44 | Jessheim | 14.06.2007 |
| 5:46.9 | Vemund Wemundstad | 40 | Jessheim | 14.06.2007 |
| 6:13.1 | Bjørn Ivar Thune | 59 | Jessheim | 14.06.2007 |
| 6:14.9 | Henning Høgheim | 39 | Jessheim | 14.06.2007 |
| 6:16.3 | Nils Sæthermoen | 40 | Jessheim | 14.06.2007 |
| 6:41.0 | Ole Arnegård | 44 | Jessheim | 14.06.2006 |
| 6:47.7 | Molvin Knudsen | 62 | Jessheim | 14.06.2007 |
| 6:57.0 | Tore Eriksen | 37 | Jessheim | 14.06.2007 |
| 7:02.0 | Helge Velure | 50 | Jessheim | 14.06.2007 |
| 7:02.0 | Olav Werner Ruud | 55 | Jessheim | 14.06.2007 |

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| **2000m** |  |

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| 6:22.15 | Vegard Løberg Gjelsvik | 92 | Bjørkelangen | 10.06.2007 |
| 6:34.25 | Eskil Kinneberg | 92 | Bjørkelangen | 10.06.2007 |
| 6:45.05 | Michael Løland | 92 | Nadderud | 17.06.2007 |

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| **3000m** |  |

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| 8:55.87 | Kristian Monsen | 77 | Oslo/Bi | 07.06.2007 |
| 9:28.9 | Tommy Torgersen | 70 | Jessheim | 04.06.2007 |
| 9:29.30 | Thomas Roth | 91 | Oslo/Bi | 19.08.2007 |
| 9:54.1 | Ole Johan Garli | 56 | Jessheim | 04.06.2007 |
| 9:56.6 | Ole Fredrik Mørck | 62 | Jessheim | 04.06.2007 |
| 10:00.2 | Ståle Murud | 69 | Jessheim | 04.06.2007 |
| 10:04.6 | Trygve Stanger | 62 | Jessheim | 04.06.2007 |
| 10:05.6 | Erik Gustavson | 59 | Jessheim | 04.06.2007 |
| 11:41.1 | Jan Erik Rybråten | 53 | Lørenfallet | 04.09.2007 |

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| **MENN SENIOR 2007** | **734** |

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| **3000m forts.** |  |

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| 13:15.2 | Trym Rostad | 91 | Jessheim | 04.06.2007 |
| 13:50.3 | Henning Høgheim | 39 | Lørenfallet | 04.09.2007 |

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| **5000m** |  |

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| 15:45.09 | Kristian Monsen | 77 | Oslo/Bi | 12.09.2007 |
| 16:12.10 | Tommy Torgersen | 70 | Oslo/Bi | 15.05.2007 |
| 16:47.93 | Trygve Stanger | 62 | Jessheim | 21.08.2007 |
| 17:07.94 | Ole Fredrik Mørck | 62 | Jessheim | 21.08.2007 |

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| **10000m** |  |

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| 33:46.47 | Kristian Monsen | 77 | Oslo/Bi | 17.07.2007 |
| 34:44.91 | Tommy Torgersen | 70 | Oslo/Bi | 17.07.2007 |

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

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| 11.11 | Ola Sandvær Aamodt | 95 | Nadderud | 17.06.2007 |

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

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| 41.85 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 26.09.2007 |

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

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| 43.57 | Thomas Roth | 91 | Oslo/Bi | 26.09.2007 |
| 43.92 | Jonathan Joo | 91 | Kristiansand | 24.08.2007 |

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

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| 46.66 | Fredrik Fuglerud | 89 | Oslo/Bi | 26.09.2007 |

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| **1500m hinder 76.2 cm** |  |

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| 4:19.13 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 29.06.2007 |
| 4:26.31 | Thomas Roth | 91 | Kristiansand | 24.08.2007 |
| 4:54.28 | Kevin Fritz | 91 | Kristiansand | 24.08.2007 |

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| **Halvmaraton 21098m** |  |

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| 1:13:13 | Kristian Monsen | 77 | Jessheim | 18.11.2007 |
| 1:14:53 | Tommy Torgersen | 70 | Fredrikstad | 25.03.2007 |
| 1:28:57 | Arne Johansen | 48 | Jessheim | 18.11.2007 |
| 1:37:32 | Olav Engen | 50 | Lørenskog | 03.11.2007 |
| 1:40:21 | Oddvar Leivestad | 45 | Lørenskog | 03.11.2007 |
| 1:50:54 | Henning Høgheim | 39 | Lørenskog | 03.11.2007 |
| **MENN SENIOR 2007** | | **735** | | |

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| **Maraton 42195m** |  |

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| 3:23:28 | Olav Engen | 50 | Oslo | 30.09.2007 |
| 4:33:01 | Per Einar Roth | 59 | Oslo | 30.09.2007 |

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| **Høyde** |  |

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| 1.55 | Christer Amundsen | 92 | Nadderud | 16.06.2007 |
| 1.50 | Ola Sandvær Aamodt | 95 | Nadderud | 09.06.2007 |

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| **Stav** |  |

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| 2.30 | John Arve Johansen | 36 | Ski | 11.06.2007 |

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| **Lengde** |  |

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| 5.26 | Thomas Roth | 91 | Jessheim | 21.08.2007 |
| 5.11 | Frank Øines | 68 | Årnes | 27.06.2007 |
| 4.97 | Truls Schøning Lie | 67 | Årnes | 27.06.2007 |
| 4.55 s | Ola Sandvær Aamodt | 95 | Lillehammer/Ss | 24.06.2007 |
| 4.18 | John Arve Johansen | 36 | Ski | 11.06.2007 |
| 3.79 s | Måns Schøning Lie | 96 | Jessheim | 04.06.2007 |
| 3.43 s | Erlend Kristiansen | 96 | Jessheim | 04.06.2007 |
| 3.22 s | Mathias Stava | 96 | Jessheim | 04.06.2007 |
| 3.19 s | Christian Løland | 97 | Jessheim | 04.06.2007 |
| 2.90 s | Daniel Blomli | 97 | Jessheim | 04.06.2007 |
| 2.78 s | Sondre Opaker Øines | 98 | Årnes | 27.06.2007 |
| 2.51 s | Abihas Sondaranatan | 97 | Jessheim | 04.06.2007 |

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| **Tresteg** |  |

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| 10.47 | Fredrik Fuglerud | 89 | Jessheim | 22.09.2007 |
| 10.40 | Kevin Fritz | 91 | Jessheim | 22.09.2007 |

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| **Kule 2 kg** |  |

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| 6.88 | Mathias Stava | 96 | Jessheim | 04.06.2007 |
| 6.25 | Christian Løland | 97 | Jessheim | 04.06.2007 |
| 5.52 | Erlend Berg | 96 | Jessheim | 04.06.2007 |

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| **Kule 3 kg** |  |

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| 7.49 | Gaute Messel Nafstad | 94 | Jessheim | 21.08.2007 |

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| **MENN SENIOR 2007** | **736** |

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| **Kule 4 kg** |  |

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| 10.75 | Christer Amundsen | 92 | Lillehammer/Ss | 24.06.2007 |
| 9.99 | John Arve Johansen | 36 | Ski | 11.06.2007 |
| 7.52 | Kristoffer Kirkeby | 92 | Jessheim | 21.08.2007 |
| 7.35 | Sheveyb Ghanizadeh | 93 | Jessheim | 22.09.2007 |

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| **Kule 7.26 kg** |  |

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| 9.86 | Hans Disserud | 62 | Jessheim | 21.08.2007 |
| 7.08 | Heine Disserud | 85 | Jessheim | 21.08.2007 |

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| **Diskos 600 g** |  |

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| 13.62 | Christian Løland | 97 | Jessheim | 21.08.2007 |

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| **Diskos 750 g** |  |

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| 19.73 | Ola Sandvær Aamodt | 95 | Jessheim | 21.08.2007 |
| 19.15 | Gaute Messel Nafstad | 94 | Jessheim | 21.08.2007 |

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| **Diskos 1 kg** |  |

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| 27.84 | John Arve Johansen | 36 | Jessheim | 21.08.2007 |

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| **Slegge 3 kg** |  |

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| 21.10 | Håvard Lund | 24 | Rolvsrud | 05.09.2007 |

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| **Spyd 400 g** |  |

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| 29.55 | Ola Sandvær Aamodt | 95 | Sofiemyr | 16.09.2007 |
| 20.99 | Christian Løland | 97 | Årnes | 12.09.2007 |

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| **Liten ball 80 g** |  |

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| 33.48 | Christian Løland | 97 | Bjørkelangen | 10.06.2007 |

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| **Liten ball 150 g** |  |

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| 60.90 | Ola Sandvær Aamodt | 95 | Lillestrøm | 28.07.2007 |

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| **4-kamp 60m-Lengde-Liten ball 150-600m** |  |

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| 2230 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 27.08.2007 |
| 9.5-4.16-51.70-2:26.4 | | | |

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| **MENN SENIOR 2007** | **737** |

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| **4x600m** |  |

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| 6:03.43 | G16 |  | Lonevåg | 27.05.2007 |
| Michael Løland92-Thomas Roth91-Kevin Fritz91-Vegard Løberg Gjelsvik92 | | | |

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| **1000m** |  |

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| 2:05.69 | G17 |  | Lonevåg | 26.08.2007 |
| Martin Jørgensen90-Jonathan Joo91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| **MENN SENIOR 2007** | **738** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.54 | Martin Jørgensen | 90 | Stange | 17.03.2007 |
| 7.60 | Lars Georg Aas | 92 | Stange | 17.03.2007 |
| 7.63 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 17.02.2007 |
| 7.88 | Christer Amundsen | 92 | Stange | 17.03.2007 |
| 8.35 | Anthony Davies | 92 | Lillestrøm | 20.01.2007 |
| 8.43 | Alf Fredriksen Yetim | 94 | Oslo/Ek | 01.12.2007 |
| 8.55 | Shoveyb Ghanizadek | 93 | Oslo/Ek | 01.12.2007 |
| 9.32 | Ola Sandvær Aamodt | 95 | Stange | 18.03.2007 |
| 10.33 | Erling Grøndahl | 96 | Lillestrøm | 20.02.2007 |

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| **200m E** |  |

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| 24.07 | Thomas Roth | 91 | Oslo/Ek | 01.12.2007 |
| 24.53 | Vegard Løberg Gjelsvik | 92 | Oslo/Ek | 01.12.2007 |
| 24.60 | Jonathan Joo | 91 | Stange | 28.01.2007 |
| 25.88 | Christer Amundsen | 92 | Stange | 18.03.2007 |
| 27.21 | Andreas Roth | 93 | Oslo/Ek | 01.12.2007 |
| 28.07 | Shoveyb Ghanizadek | 93 | Oslo/Ek | 01.12.2007 |
| 29.49 | Ali Fredriksen Yetim | 94 | Oslo/Ek | 01.12.2007 |

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| **600m** |  |

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| 1:24.86 | Thomas Roth | 91 | Oslo/Ek | 01.12.2007 |
| 1:27.84 | Vegard Løberg Gjelsvik | 92 | Stange | 17.03.2007 |
| 1:33.66 | Kevin Fritz | 91 | Stange | 17.03.2007 |
| 1:39.84 | Michael Løland | 92 | Stange | 17.03.2007 |
| 1:42.30 | Andreas Roth | 93 | Oslo/Ek | 01.12.2007 |
| 1:54.29 | Gaute Messel Nafstad | 94 | Lillestrøm | 17.02.2007 |
| 2:15.35 | Christian Løland | 97 | Stange | 17.03.2007 |
| 2:25.90 | Mattis Stava | 96 | Stange | 17.03.2007 |

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| **800m** |  |

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| 2:07.94 | Thomas Roth | 91 | Stange | 27.01.2007 |
| 2:32.98 | Jan Erik Rybråten | 53 | Oslo/Ek | 25.02.2007 |

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| **1000m** |  |

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| 2:43.94 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 03.03.2007 |

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| **MENN SENIOR 2007** | **739** |

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| **1500m** |  |

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| 4:34.47 | Kevin Fritz | 91 | Stange | 28.01.2007 |
| 4:55.92 | Ståle Murud | 69 | Stange | 13.01.2007 |
| 5:18.46 | Jan Erik Rybråten | 53 | Oslo/Ek | 24.02.2007 |

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| **60m hekk 68 cm E** |  |

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| 11.20 | Ola Sandvær Aamodt | 95 | Lillestrøm | 17.02.2007 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.80 | Frode Myrvang | 67 | Lillestrøm | 17.01.2007 |
| 1.60 | Christer Amundsen | 92 | Lillestrøm | 17.01.2007 |
| 1.34 | John Arve Johansen | 36 | Oslo/Ek | 25.02.2007 |
| 1.30 | Ola Sandvær Aamodt | 95 | Lillestrøm | 17.02.2007 |

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| **Lengde** |  |

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| 5.22 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 03.03.2007 |
| 4.84 | Christer Amundsen | 92 | Stange | 27.01.2007 |
| 4.33 | John Arve Johansen | 36 | Oslo/Ek | 24.02.2007 |
| 4.27 s | Ola Sandvær Aamodt | 95 | Lillestrøm | 20.01.2007 |
| 3.61 s | Måns Schøning Lie | 96 | Stange | 17.03.2007 |

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| **Tresteg** |  |

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| 8.98 | John Arve Johansen | 36 | Oslo/Ek | 25.02.2007 |

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| **Høyde uten tilløp** |  |

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| 1.30 | Jonathan Joo | 91 | Jessheim | 12.02.2007 |
| 1.11 | Thomas Roth | 91 | Jessheim | 12.02.2007 |
| 0.91 | Knut Kongshaug | 94 | Jessheim | 12.02.2007 |

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| **Lengde uten tilløp** |  |

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| 2.75 | Jonathan Joo | 91 | Jessheim | 12.02.2007 |
| 2.61 | Terje Grime | 59 | Lillestrøm | 05.03.2007 |
| 2.57 | Thomas Roth | 91 | Jessheim | 12.02.2007 |
| 2.51 | Hans Jørgen Borgen | 70 | Jessheim | 12.02.2007 |
| 2.47 | Andreas Løland | 90 | Jessheim | 12.02.2007 |
| 2.44 | Vegard Løberg Gjelsvik | 92 | Jessheim | 12.02.2007 |
| 2.40 | Kevin Fritz | 91 | Jessheim | 12.02.2007 |
| 2.39 | Christer Amundsen | 92 | Jessheim | 12.02.2007 |
| 2.38 | Fredrik Fuglerud | 89 | Jessheim | 12.02.2007 |
| 2.17 | Mikael Løland | 92 | Jessheim | 12.02.2007 |

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| **MENN SENIOR 2007** | **740** |

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| **Lengde uten tilløp forts.** |  |

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| 2.03 | Knut Kongshaug | 94 | Jessheim | 12.02.2007 |
| 1.86 | Erling Grøndahl | 96 | Jessheim | 12.02.2007 |
| 1.67 | Truls Nordbeck | 98 | Jessheim | 12.02.2007 |
| 1.63 | Daniel Blomli | 97 | Jessheim | 12.02.2007 |
| 1.58 | Sondre Opaker Øines | 98 | Jessheim | 12.02.2007 |
| 1.53 | Mats Myhre | 98 | Jessheim | 12.02.2007 |
| 1.47 | Magnus Møllebakke | 97 | Jessheim | 12.02.2007 |
| 1.32 | Jesper Jansen | 97 | Jessheim | 12.02.2007 |

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| **Kule 2 kg** |  |

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| 6.89 | Erling Grøndahl | 96 | Lillestrøm | 17.02.2007 |

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| **Kule 3 kg** |  |

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| 6.95 | Ola Sandvær Aamodt | 95 | Lillestrøm | 17.02.2007 |

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| **Kule 4 kg** |  |

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| 11.06 | Christer Amundsen | 92 | Lillestrøm | 20.02.2007 |

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| **1000m** |  |

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| 2:08.52 | G18 |  | Stange | 18.03.2007 |
| Lars Georg Aas92-Thomas Roth91-Vegard Løberg Gjelsvik92-Fredrik Fuglerud89 | | | |

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| **1200m 200-180-300-520** |  |

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| 2:41.19 | G16 |  | Stange | 28.01.2007 |
| Jonathan Joo91-Martin Jørgensen91-Thomas Roth91-Vegard Løberg Gjelsvik92 | | | |

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| **KVINNER SENIOR 2007** | **741** |

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| **60m E** |  |

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| 8.71 | Munda Mkanda | 94 | Bjørkelangen | 10.06.2007 |
| 9.26 -0.9 | Ida Camilla Edlund | 94 | Jessheim | 21.08.2007 |
| 9.87 | Frida Kristiansen | 94 | Jessheim | 21.08.2007 |
| 9.95 | Maren Rønneseth | 94 | Jessheim | 21.08.2007 |
| 10.03 | Sofie Rostad | 94 | Jessheim | 21.08.2007 |
| 10.14 | Kristin Daae Wiig | 97 | Jessheim | 22.09.2007 |
| 10.52 | Karoline Næss | 94 | Jessheim | 14.06.2007 |
| 10.55 | Elise Nermo | 93 | Jessheim | 14.06.2007 |
| 10.62 | Mariann Hansen | 97 | Jessheim | 21.08.2007 |
| 10.62 | Mariann Rasen | 96 | Jessheim | 21.08.2007 |
| 10.89 | Anne Line Olsen | 95 | Jessheim | 14.06.2007 |
| 11.62 | Helena Seland Myhre | 97 | Jessheim | 21.08.2007 |
| **Underkjent** | |  | | |
| 8.94 +3.3 | Ida Camilla Edlund | 94 | Jessheim | 22.09.2007 |

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| **60m M** |  |

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| 9.9 | Mariann Hansen | 96 | Jessheim | 04.06.2007 |
| 9.9 | Sofie Rostad | 94 | Jessheim | 04.06.2007 |
| 10.3 | Celine Kristiansen | 97 | Jessheim | 04.06.2007 |
| 10.4 | Helene Seland Myhre | 97 | Jessheim | 04.06.2007 |

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| **100m E** |  |

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| 12.05 | Linn Helene Bakke | 91 | Oslo/Bi | 15.06.2007 |
| 12.51 | Betina Nilssen | 92 | Lillehammer/Ss | 24.06.2007 |
| 14.24 | Munda Mkanda | 94 | Lillehammer/Ss | 24.06.2007 |
| 15.01 | Katrine Hoff | 91 | Lillehammer/Ss | 24.06.2007 |
| 16.54 | Sofie Rostad | 94 | Lillehammer/Ss | 24.06.2007 |

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| **100m M** |  |

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| 12.4 | Betina Nilssen | 92 | Jessheim | 04.06.2007 |

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| **200m E** |  |

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| 24.55 | Linn Helene Bakke | 91 | Esjberg, DEN | 01.09.2007 |
| 26.20 | Betina Nilssen | 92 | Kristiansand | 26.08.2007 |
| 30.51 | Munda Mkanda | 94 | Jessheim | 16.08.2007 |
| 30.73 | Marie Tømmerberg | 91 | Jessheim | 16.08.2007 |
| 33.87 | Sofie Rostad | 94 | Jessheim | 16.08.2007 |
| 35.52 | Karoline Næss | 94 | Jessheim | 16.08.2007 |
| 35.73 | Kirsten Daae Wiig | 97 | Jessheim | 16.08.2007 |
| 36.96 | Anne-Line Olsen | 95 | Jessheim | 16.08.2007 |
| 37.03 | Elise Nermo | 93 | Jessheim | 16.08.2007 |
| 38.49 | Helena Seland Myhre | 97 | Jessheim | 16.08.2007 |
| **KVINNER SENIOR 2007** | | **742** | | |

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| **200m M** |  |

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| 26.1 | Betina Nilssen | 92 | Jessheim | 04.06.2007 |
| 28.1 | Frida Kristine Forberg | 92 | Jessheim | 04.06.2007 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 67.22 | Maren Fald Gården | 88 | Lillehammer/Ss | 23.06.2007 |
| 68.75 | Ida Berg Hansen | 92 | Lillehammer/Ss | 23.06.2007 |
| 71.43 | Marie Tømmerberg | 91 | Lillehammer/Ss | 23.06.2007 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:59.35 | Sofie Rostad | 94 | Oslo/Bi | 19.08.2007 |
| 2:03.5 | Mariann Rasen | 96 | Jessheim | 04.06.2007 |
| 2:14.2 | Celine Kristiansen | 97 | Jessheim | 04.06.2007 |
| 2:20.08 | Kristin Dae Wiig | 97 | Jessheim | 21.08.2007 |
| 2:25.6 | Helene Seland Myhre | 97 | Jessheim | 04.06.2007 |

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| **800m** |  |

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| 2:18.48 | Sina Sandholt | 92 | Oslo/Bi | 15.06.2007 |
| 2:21.57 | Silje Gundersen | 92 | Oslo/Bi | 15.06.2007 |
| 2:27.3 | Anne Lillegård | 73 | Jessheim | 04.06.2007 |
| 2:33.90 | Maren Fald Gården | 88 | Nadderud | 16.06.2007 |
| 2:34.4 | Frida Kristine Forberg | 92 | Jessheim | 04.06.2007 |
| 2:37.3 | Oda Wennemoe | 92 | Jessheim | 22.09.2007 |
| 2:43.95 | Christine Nerhagen | 91 | Lillehammer/Ss | 24.06.2007 |
| 2:44.4 | Ida Berg Hansen | 92 | Jessheim | 04.06.2007 |
| 2:48.9 | Emilie Tømmerberg | 88 | Jessheim | 22.09.2007 |
| 2:49.9 | Trine Bogstad Mangerud | 51 | Jessheim | 22.09.2007 |
| 3:14.9 | Kirsten Daae Wiig | 97 | Jessheim | 22.09.2007 |
| 3:50.8 | Else Husa | 51 | Jessheim | 22.09.2007 |

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| **1500m** |  |

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| 5:02.49 | Sina Sandholt | 92 | Lillehammer/Ss | 22.06.2007 |
| 5:09.06 | Silje Gundersen | 92 | Lillehammer/Ss | 22.06.2007 |
| 5:11.6 | Marianne Opsahl | 73 | Oslo/Bi | 31.08.2007 |
| 5:12.04 | Anne Lillegård | 73 | Jessheim | 21.08.2007 |
| 5:28.4 | Oda Wennemo | 92 | Jessheim | 14.06.2007 |
| 5:30.2 | Bente Holter | 62 | Jessheim | 14.06.2007 |
| 5:37.4 | Trine Bogstad Mangerud | 51 | Jessheim | 14.06.2007 |
| 5:37.5 | Anita Wennemo | 65 | Jessheim | 14.06.2007 |
| 5:40.68 | Christine Nerhagen | 91 | Lillehammer/Ss | 22.06.2007 |
| 5:53.9 | Unn Helen Grønvold | 61 | Jessheim | 14.06.2007 |
| 6:05.1 | Anne Johansen | 73 | Jessheim | 14.06.2007 |
| 6:05.9 | Siw Sjøvik | 69 | Jessheim | 14.06.2007 |
| **KVINNER SENIOR 2007** | | **743** | | |

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| **1500m forts.** |  |

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| 6:10.8 | Gunn Kristin Sunde | 66 | Jessheim | 14.06.2007 |
| 6:11.4 | Kjersti Andersen | 68 | Jessheim | 14.06.2007 |
| 6:55.7 | Tove Irene Jonas | 70 | Jessheim | 14.06.2007 |
| 6:59.6 | Else Johanne Huse | 51 | Jessheim | 14.06.2007 |
| 7:21.6 | Marit Skolt Skafle | 56 | Jessheim | 14.06.2007 |
| 7:25.1 | Ann-Marie Bakkerud | 49 | Jessheim | 14.06.2007 |
| 7:25.5 | Lene Daae Wiig | 70 | Jessheim | 14.06.2007 |

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| **2000m** |  |

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| 7:14.33 | Silje Gundersen | 92 | Kristiansand | 26.08.2007 |

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| **3000m** |  |

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| 11:15.18 | Marianne Opsahl | 73 | Oslo/Bi | 07.06.2007 |
| 12:06.28 | Oda Wennemo | 92 | Bjørkelangen | 10.06.2007 |
| 15:41.9 | Else Johanne Husa | 51 | Jessheim | 04.09.2007 |

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| **5000m** |  |

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| 19:36.93 | Marianne Opsahl | 73 | Oslo/Bi | 17.07.2007 |
| 20:53.55 | Anne Lillegård | 73 | Oslo/Bi | 12.09.2007 |

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| **10 km landevei** |  |

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| 53:00 | Gunn Sunde | 66 | Jessheim | 18.11.2007 |

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| **Halvmaraton 21098m** |  |

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| 1:34.12 | Trine Bogstad Mangerud | 51 | Oslo | 30.09.2007 |

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| **Maraton 42195m** |  |

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| 3:35.43 | Bente holter | 62 | Oslo | 30.09.2007 |

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| **Høyde** |  |

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| 1.26 | Ida Edlund | 94 | Jessheim | 21.08.2007 |
| 1.24 | Sofie Rostad | 94 | Jessheim | 21.08.2007 |
| 1.24 | Maren Rønneseth | 94 | Jessheim | 21.08.2007 |
| 1.20 | Frida Kristiansen | 94 | Jessheim | 21.08.2007 |
| 1.00 | Kristin Daae Wiig | 97 | Jessheim | 21.08.2007 |

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| **KVINNER SENIOR 2007** | **744** |

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| **Lengde** |  |

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| 5.38 | Linn Helene Bakke | 91 | Oslo/Bi | 19.08.2007 |
| 4.82 | Betina Nilssen | 92 | Jessheim | 22.09.2007 |
| 4.34 s | Munda Mkanda | 94 | Lillehammer/Ss | 23.06.2007 |
| 4.33 s | Maren Rønneseth | 94 | Jessheim | 22.09.2007 |
| 4.32 s | Ida Camilla Edlund | 94 | Jessheim | 22.09.2007 |
| 4.10 s | Frida Kristiansen | 94 | Jessheim | 22.09.2007 |
| 4.00 | Ida Berg Hansen | 92 | Jessheim | 22.09.2007 |
| 3.97 | Katrine Hoff | 91 | Bjørkelangen | 09.06.2007 |
| 3.79 s | Sofie Rostad | 94 | Jessheim | 21.08.2007 |
| 3.44 s | Kristin Daae Wiig | 97 | Jessheim | 22.09.2007 |
| 3.30 s | Karoline Næss | 94 | Jessheim | 21.08.2007 |
| 3.12 s | Helene Seland Myhre | 97 | Jessheim | 04.06.2007 |
| 3.10 s | Celine Kristiansen | 97 | Jessheim | 21.08.2007 |
| 2.75 s | Mariann Hansen | 96 | Jessheim | 04.06.2007 |

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| **Tresteg** |  |

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| 9.90 | Frida Forberg | 92 | Jessheim | 22.09.2007 |
| 9.08 s | Munda Mkanda | 94 | Nadderud | 10.06.2007 |
| 7.70 s | Sofie Rostad | 94 | Nadderud | 17.06.2007 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.74 | Munda Mkanda | 94 | Bjørkelangen | 10.06.2007 |
| 5.62 | Sofie Rostad | 94 | Lillehammer/Ss | 23.06.2007 |
| 5.39 | Celine Kristiansen | 97 | Jessheim | 04.06.2007 |
| 4.76 | Kristin Daae Wiig | 97 | Jessheim | 22.09.2007 |

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| **Kule 3 kg** |  |

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| 13.12 | Silje Disserud | 91 | Asker/Fø | 02.06.2007 |
| 11.81 | Linn Helene Bakke | 91 | Årnes | 12.09.2007 |
| 8.83 | Norunn Elise Bamrud | 92 | Lillehammer/Ss | 24.06.2007 |

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| **Kule 4 kg** |  |

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| 10.80 | Silje Disserud | 91 | Tønsberg/Gr | 03.08.2007 |
| 7.84 | Gunn Kristin Sunde | 66 | Asker/Fø | 31.05.2007 |

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| **Diskos 750 g** |  |

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| 29.61 | Silje Disserud | 91 | Bjørkelangen | 09.06.2007 |
| 18.85 | Norunn Elise Bamrud | 92 | Jessheim | 21.08.2007 |

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| **KVINNER SENIOR 2007** | **745** |

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| **Diskos 1 kg** |  |

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| 25.23 | Silje Disserud | 91 | Nadderud | 16.06.2007 |

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| **Slegge 4 kg** |  |

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| 32.78 | Linn Helene Bakke | 91 | Tønsberg/Gr | 03.08.2007 |
| 28.43 | Silje Disserud | 91 | Göteborg, SWE | 30.06.2007 |

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| **Spyd 400 g** |  |

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| 21.52 | Norunn Elise Bamrud | 92 | Jessheim | 04.06.2007 |

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

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| 36.45 | Silje Disserud | 91 | Nadderud | 10.06.2007 |
| 24.29 | Linn Helene Bakke | 91 | Årnes | 12.09.2007 |
| 20.07 | Katrine Hoff | 91 | Lillehammer/Ss | 24.06.2007 |

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| **4x100m E** |  |

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| --- | --- | --- | --- | --- |
| 50.35 | J16 |  | Lonevåg | 27.05.2007 |
| Heidi Stubs Holdal92-Linn Helene Bakke91-Betina Nilssen92-Frida Forberg92 | | | |

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| --- | --- | --- | --- | --- |
| 53.26 | J16 |  | Lonevåg | 27.05.2007 |
| Heidi Stubs Holdal92-Linn Helene Bakke91-Ida Berg Hansen92-Marie Tømmerberg91 | | | |

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

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| --- | --- | --- | --- | --- |
| 7:18.10 | J15 |  | Lonevåg | 27.05.2007 |
| Silje Gundersen92-Sina Sandholt92-Andrea Udnes Wang92-Ida Berg-Hansen92 | | | |

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| --- | --- |
| **4x800m** |  |

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| --- | --- | --- | --- | --- |
| 10:21.13 | J17 |  | Lonevåg | 27.05.2007 |
| Silje Gundersen92-Frida Forberg92-Cathrine Gundersen90-Sina Sandholt92 | | | |

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| **KVINNER SENIOR 2007** | **746** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.67 | Munda Mkanda | 94 | Lillestrøm | 20.01.2007 |
| 8.70 | Silje Disserud | 91 | Lillestrøm | 17.02.2007 |
| 9.06 | Katrine Hoff | 91 | Stange | 17.03.2007 |
| 9.90 | Sofie Rostad | 94 | Stange | 17.03.2007 |
| 13.42 | Celine Randen | 99 | Lillestrøm | 17.02.2007 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:53.28 | Ida Berg Hansen | 92 | Stange | 17.03.2007 |
| 1:58.71 | Sofie Rostad | 94 | Oslo/Ek | 01.12.2007 |
| 2:01.81 | Norun Elise Bamrud | 92 | Stange | 17.03.2007 |

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| **1500m** |  |

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| 5:55.06 | Marie Tømmerberg | 91 | Stange | 13.01.2007 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.63 | Silje Disserud | 91 | Lillestrøm | 20.01.2007 |
| 4.48 s | Munda Mkanda | 94 | Lillestrøm | 17.02.2007 |
| 2.43 s | Celine Randen | 99 | Lillestrøm | 17.02.2007 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.26 | Linn Helene Bakke | 91 | Jessheim | 12.02.2007 |
| 1.06 | Katrine Hoff | 91 | Jessheim | 12.02.2007 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.48 | Linn Helene Bakke | 91 | Jessheim | 12.02.2007 |
| 2.42 | Silje Disserud | 91 | Jessheim | 12.02.2007 |
| 2.07 | Katrine Hoff | 91 | Jessheim | 12.02.2007 |
| 2.01 | Ida Berg-Hansen | 92 | Jessheim | 12.02.2007 |
| 1.74 | Helena Seland Myhre | 97 | Jessheim | 12.02.2007 |

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| **Kule 2 kg** |  |

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| 9.21 | Munda Mkanda | 94 | Lillestrøm | 20.02.2007 |
| 6.15 | Sofie Rostad | 94 | Stange | 17.03.2007 |

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| **KVINNER SENIOR 2007** | **747** |

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| **Kule 3 kg** |  |

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| 13.51 | Silje Disserud | 91 | Stange | 27.01.2007 |
| 8.23 | Katrine Hoff | 91 | Lillestrøm | 17.02.2007 |

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| **Kule 4 kg** |  |

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| 11.80 | Silje Disserud | 91 | Stange | 10.02.2007 |

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| **MENN SENIOR 2008** | **748** |

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| **60m E** |  |

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| 7.83 | Christer Amundsen | 92 | Asker/Fø | 31.05.2008 |
| 8.14 | Martin Opaker | 94 | Lillestrøm | 24.08.2008 |
| 8.45 | Ali Fredriksen Yetim | 94 | Asker/Fø | 31.05.2008 |
| 9.03 | Jørgen Opaker | 97 | Jessheim | 12.06.2008 |
| 9.03 | Gaute Messel Nafstad | 94 | Jessheim | 12.06.2008 |
| 9.06 | Ola Sandvær Aamodt | 95 | Asker/Fø | 31.05.2008 |
| 9.08 | Thomas Løland | 95 | Lillestrøm | 24.08.2008 |
| 9.16 | Hans Marius Hansen | 94 | Jessheim | 02.06.2008 |
| 9.18 | Jens Andersen | 96 | Jessheim | 12.06.2008 |
| 9.35 | Jonas Haarborg Bolgen | 96 | Asker/Fø | 31.05.2008 |
| 9.48 | Måns Schøning Lie | 96 | Asker/Fø | 31.05.2008 |
| 9.70 | Morten Halseth | 97 | Lillestrøm | 14.06.2008 |
| 9.73 | Morten Melby Dahl | 96 | Jessheim | 02.06.2008 |
| 9.84 | Christian Løland | 97 | Lillestrøm | 24.08.2008 |
| 10.05 | Kristian Hov | 97 | Jessheim | 02.06.2008 |
| 10.08 | Mikal Ådland Gulliksen | 98 | Jessheim | 12.06.2008 |
| 10.11 | Kristian Ødemark | 97 | Asker/Fø | 31.05.2008 |
| 10.27 | Oliver Nøvik | 98 | Jessheim | 02.06.2008 |
| 10.51 | Henrik Næss | 96 | Jessheim | 12.06.2008 |
| 10.55 | Erlend Berg | 96 | Jessheim | 02.06.2008 |
| 10.57 | Sondre Opaker Øines | 98 | Jessheim | 12.06.2008 |
| 10.58 | Ole-Anders Bergersen | 99 | Jessheim | 20.09.1988 |
| 10.76 | Thomas Reitan | 97 | Jessheim | 02.06.2008 |
| 10.76 | Marcus Theodor Moen | 99 | Jessheim | 20.09.2008 |
| 11.12 | Sander Hasselberg | 98 | Jessheim | 20.09.2008 |
| 11.20 | Clever Amaladas | 98 | Jessheim | 18.08.2008 |
| 11.27 | Simen Hasselberg | 98 | Jessheim | 18.08.2008 |
| 11.93 | Jonas Karlsen | 98 | Jessheim | 18.08.2008 |
| 12.25 | Jan-Erik Marijathas | 98 | Jessheim | 18.08.2008 |
| 12.26 | Kristoffer Romsaas | 98 | Jessheim | 02.06.2008 |

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| **100m E** |  |

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| 12.09 | Thomas Roth | 91 | Jessheim | 20.09.2008 |
| 12.16 | Christer Amundsen | 92 | Nadderud | 08.06.2008 |
| 12.48 | Erlend Morthen | 92 | Oslo/Bi | 17.08.2008 |
| 12.80 | Frank Øines | 68 | Jessheim | 18.08.2008 |
| 13.63 | Shoeib Ghanizadeh | 93 | Jessheim | 02.06.2008 |
| 14.95 | Øystein Gjerdrum | 52 | Tønsberg/Gr | 16.08.2008 |
| 14.97 | Ola Sandvær Aamodt | 95 | Lillestrøm | 14.06.2008 |

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| **200m E** |  |

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| 23.24 | Marius Fuglerud | 87 | Lillestrøm | 15.06.2008 |
| 23.47 | Thomas Roth | 91 | Lillehammer/Ss | 20.06.2008 |
| 23.53 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 20.06.2008 |
| **MENN SENIOR 2008** | | **749** | | |

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| **200m E** |  |

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| 24.72 | Christer Amundsen | 92 | Lillehammer/Ss | 20.06.2008 |
| 25.19 | Erlend Morten | 92 | Lillehammer/Ss | 20.06.2008 |
| 26.70 | Martin Opaker | 94 | Nadderud | 06.09.2008 |
| 27.63 | Shoeib Ghanizadeh | 93 | Lillestrøm | 15.06.2008 |
| 27.97 | Ali Fredriksen Yetim | 94 | Lillestrøm | 15.06.2008 |
| 29.90 | Thomas Løland | 95 | Lillestrøm | 15.06.2008 |
| 30.86 | Jonas Haarborg Bolgen | 96 | Lillehammer/Ss | 19.06.2008 |
| 31.29 | Øystein Gjerdrum | 52 | Tønsberg/Gr | 16.08.2008 |
| 31.87 | Jørgen Opaker | 97 | Nadderud | 08.06.2008 |
| 32.68 | Christian Løland | 97 | Nadderud | 08.06.2008 |
| 32.82 | Morten Halseth | 97 | Nadderud | 08.06.2008 |

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| **200m M** |  |

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| 26.0 | Andreas Roth | 93 | Jessheim | 04.09.2008 |
| 28.4 | Ali Fredriksen Yetim | 94 | Jessheim | 04.09.2008 |
| 30.8 | Hans Marius Hansen | 94 | Jessheim | 04.09.2008 |
| 31.5 | Jonas Haarborg Bolgen | 96 | Jessheim | 04.09.2008 |
| 32.6 | Christian Løland | 97 | Jessheim | 04.09.2008 |
| 32.7 | Kneight Mkanda | 96 | Jessheim | 04.09.2008 |
| 32.7 | Morten Halseth | 97 | Jessheim | 04.09.2008 |
| 33.0 | Vetle Grønvold Eriksen | 96 | Jessheim | 04.09.2008 |
| 34.8 | Henrik Liland | 96 | Jessheim | 04.09.2008 |
| 37.1 | Jens Andersen | 97 | Jessheim | 04.09.2008 |
| 37.8 | Simen Hasselberg | 98 | Jessheim | 04.09.2008 |
| 38.2 | Sander Hasselberg | 98 | Jessheim | 04.09.2008 |
| 39.7 | Sondre Opaker Øines | 98 | Jessheim | 04.09.1988 |

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| **300m E** |  |

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| 37.52 | Marius Fuglerud | 87 | Oslo/Bi | 15.05.2008 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 50.23 | Thomas Roth | 91 | Oslo/St | 09.09.2008 |
| 51.13 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 21.06.2008 |
| 52.68 | Marius Fuglerud | 87 | Lillehammer/Ss | 21.06.2008 |
| 53.17 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 21.06.2008 |
| 54.80 | Anders Buraas | 92 | Jessheim | 18.08.2008 |
| 54.81 | Halvor Marius Mangerud | 81 | Jessheim | 18.08.2008 |
| 55.72 | Andreas Roth | 93 | Lillehammer/Ss | 21.06.2008 |
| 55.83 | Erlend Morthen | 92 | Lillehammer/Ss | 21.06.2008 |
| 56.60 | Kevin Fritz | 91 | Jessheim | 18.08.2008 |
| 56.79 | Christer Amundsen | 92 | Lillehammer/Ss | 21.06.2008 |
| 62.49 | Sondre Olsson | 93 | Lillehammer/Ss | 21.06.2008 |

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| **MENN SENIOR 2008** | **750** |

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| **600m** |  |

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| 1:22.73 | Thomas Roth | 91 | Oslo/La | 07.10.2008 |
| 1:27.1 | Halvor Marius Mangerud | 81 | Jessheim | 31.07.2008 |
| 1:28.4 | Gullbrand Julius Aas | 87 | Jessheim | 31.07.2008 |
| 1:29.2 | Anders Buraas | 92 | Jessheim | 31.07.2008 |
| 1:30.1 | Kevin Fritz | 91 | Jessheim | 31.07.2008 |
| 1:33.85 | Andreas Roth | 93 | Oslo/La | 07.10.2008 |
| 1:37.9 | Erlend Morthen | 92 | Jessheim | 31.07.2008 |
| 1:41.11 | Thomas Løland | 95 | Nadderud | 06.09.2008 |
| 1:45.88 | Jørgen Gundersen | 95 | Asker/Fø | 01.06.2008 |
| 1:51.86 | Jonas Haarborg Bolgen | 96 | Nadderud | 07.06.2008 |
| 1:53.3 | Trym Rostad | 91 | Jessheim | 31.07.2008 |
| 1:57.17 | Christian Løland | 97 | Lillestrøm | 14.06.2008 |
| 1:57.96 | Morten Halseth | 97 | Lillestrøm | 14.06.2008 |
| 2:01.51 | Henrik Liland | 96 | Lillestrøm | 14.06.2008 |
| 2:02.43 | Jonas Haarborg Bolgen | 96 | Jessheim | 02.06.2008 |
| 2:02.51 | Nikolai Nøvik | 98 | Nadderud | 08.06.2008 |
| 2:02.7 | Kristoffer Kirkeby | 92 | Jessheim | 31.07.2008 |
| 2:05.36 | Morten Halseth | 97 | Jessheim | 02.06.2008 |
| 2:06.28 | Jørgen Opaker | 97 | Jessheim | 18.08.2008 |
| 2:06.46 | Nicolai Nøvik | 98 | Lillestrøm | 23.08.2008 |
| 2:07.05 | Henrik Liland | 96 | Jessheim | 02.06.2008 |
| 2:11.41 | Erlend Berg | 96 | Jessheim | 18.08.2008 |
| 2:14.66 | Kristian Hov | 97 | Jessheim | 02.06.2008 |
| 2:29.37 | Simen Hasselberg | 98 | Jessheim | 18.08.2008 |
| 2:30.53 | Sondre Opaker Øines | 98 | Jessheim | 18.08.2008 |

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| **800m** |  |

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| 1:52.42 | Thomas Roth | 91 | Bergen/Fa | 16.08.2008 |
| 1:55.17 | Vegard Løberg Gjelsvik | 92 | Stockholm, SWE | 28.07.2008 |
| 2:00.00 | Halvor Marius Mangerud | 81 | Oslo/Bi | 16.08.2008 |
| 2:00.55 | Fredrik Fuglerud | 89 | Oslo/Bi | 15.05.2008 |
| 2:04.13 | Kevin Fritz | 91 | Prestfoss | 31.08.2008 |
| 2:04.2 | Anders Buraas | 92 | Jessheim | 20.09.2008 |
| 2:09.1 | Andreas Roth | 93 | Jessheim | 20.09.2008 |
| 2:09.8 | Carl Johan Owre | 82 | Jessheim | 20.09.2008 |
| 2:17.61 | Sondre Olsson | 93 | Lillestrøm | 27.05.2008 |
| 2:20.4 | Ronny Opaker | 66 | Jessheim | 20.09.2008 |
| 2:24.21 | Thomas Løland | 95 | Lillehammer/Ss | 22.06.2008 |
| 2:27.01 | Vetle Christiansen | 95 | Ås | 28.05.2008 |
| 2:27.32 | Trym Rostad | 91 | Oslo/Bi | 16.08.2008 |
| 2:34.9 | Jan Erik Rybråten | 53 | Jessheim | 20.09.2008 |
| 2:38.6 | Harald Furuseth | 69 | Lørenfallet | 10.06.2008 |
| 2:38.8 | Dag Amundsen | 51 | Jessheim | 20.09.2008 |

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| **MENN SENIOR 2008** | **751** |

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| **800m forts.** |  |

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| 2:42.2 | Odd Kinnsbekken | 48 | Jessheim | 20.09.2008 |
| 2:57.73 | Christian Løland | 97 | Jessheim | 08.08.2008 |
| 3:10.8 | Henning Høgheim | 39 | Jessheim | 20.09.2008 |
| 3:13.9 | Vetle Grønvold Eriksen | 96 | Jessheim | 20.09.2008 |
| 3:16.5 | Simen Hasselberg | 98 | Jessheim | 20.09.2008 |
| 3:17.0 | Sander Hasselberg | 98 | Jessheim | 20.09.2008 |
| 3:26.63 | Ole-Anders Bergersen | 99 | Jessheim | 20.09.2008 |
| 3:33.8 | Sondre Opaker Øines | 98 | Jessheim | 20.09.2008 |

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| **1500m** |  |

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| 4:07.2 | Vegard Løberg Gjelsvik | 92 | Jessheim | 12.06.2008 |
| 4:11.8 | Thomas Roth | 91 | Jessheim | 12.06.2008 |
| 4:12.6 | Kristian Monsen | 77 | Jessheim | 12.06.2008 |
| 4:16.2 | Kevin Fritz | 91 | Jessheim | 12.06.2008 |
| 4:19.00 | Andreas Buraas | 92 | Arvika, SWE | 26.07.2008 |
| 4:28.37 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 19.06.2008 |
| 4:32.4 | Tommy Torgersen | 70 | Jessheim | 12.06.2008 |
| 4:34.6 | Eskil Kinneberg | 92 | Jessheim | 12.06.2008 |
| 4:38.0 | Trygve Stanger | 62 | Jessheim | 12.06.2008 |
| 4:38.9 | Erik Gustavson | 59 | Jessheim | 12.06.2008 |
| 4:39.4 | Ole Johan Garli | 56 | Jessheim | 12.06.2008 |
| 4:44.3 | Ole Fredrik Mørck | 62 | Jessheim | 12.06.2008 |
| 4:48.56 | Vetle Christiansen | 95 | Nadderud | 07.09.2008 |
| 4:49.33 | Sondre Olsson | 93 | Lillehammer/Ss | 19.06.2008 |
| 4:49.9 | Gudbrand Rognstad | 82 | Jessheim | 12.06.2008 |
| 4:55.6 | Ronny Opaker | 66 | Jessheim | 12.06.2008 |
| 4:57.08 | Jørgen Gundersen | 95 | Nadderud | 08.06.2008 |
| 5:01.81 | Thomas Løland | 95 | Nadderud | 07.09.2008 |
| 5:03.15 | Trym Rostad | 91 | Jessheim | 18.08.2008 |
| 5:14.9 | Geir Håkon Bjørnstad | 56 | Jessheim | 12.06.2008 |
| 5:22.2 | Knut Johan Holter | 61 | Jessheim | 12.06.2008 |
| 5:26.1 | Arne Johansen | 48 | Jessheim | 12.06.2008 |
| 5:30.3 | Harald Furuseth | 69 | Jessheim | 12.06.2008 |
| 5:32.9 | Odd Kinnsbekken | 48 | Jessheim | 12.06.2008 |
| 5:39.9 | Knut Kristensen | 44 | Jessheim | 12.06.2008 |
| 5:39.9 | Oddvar Leivestad | 45 | Jessheim | 12.06.2008 |
| 5:46.6 | Jan Erik Rybråten | 53 | Jessheim | 12.06.2008 |
| 5:53.8 | Kristoffer Kirkeby | 92 | Jessheim | 12.06.2008 |
| 6:05.8 | Bjørn Ivar Thune | 59 | Jessheim | 12.06.2008 |
| 6:16.4 | Nils Sæthermoen | 40 | Jessheim | 12.06.2008 |
| 6:28.1 | Olav Werner Ruud | 55 | Jessheim | 12.06.2008 |
| 6:32.0 | Ole Arnegård | 44 | Jessheim | 12.06.2008 |
| 6:36.1 | Paal Jørgensen | 50 | Jessheim | 12.06.2008 |
| 6:41.2 | Arne Luke | 44 | Jessheim | 12.06.2008 |

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| **MENN SENIOR 2008** | **752** |

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| **2000m** |  |

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| 7:25.21 | Erik Gustovson | 59 | Jessheim | 08.08.2008 |

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| **3000m** |  |

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| 8:53.79 | Kristian Monsen | 77 | Oslo/Bi | 15.05.2008 |
| 9:06.68 | Vegard Løberg Gjelsvik | 92 | Nadderud | 09.06.2008 |
| 9:53.1 | Ole Fredrik Mørck | 62 | Jessheim | 02.06.2008 |
| 9.58.2 | Kevin Fritz | 91 | Jessheim | 02.06.2008 |
| 10:06.0 | Erik Gustavson | 59 | Jessheim | 02.06.2008 |
| 10:32.2 | Vetle Christiansen | 95 | Sofiemyr | 20.08.2008 |
| 12:17.0 | Harald Furuseth | 69 | Lørenfallet | 09.09.2008 |
| 12:26.0 | Jan Erik Rybråten | 53 | Jessheim | 09.09.2008 |

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| **5000m** |  |

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| 15:26.59 | Kristian Monsen | 77 | Oslo/Bi | 08.07.2008 |
| 20:55.18 | Vemund Wemundstad | 40 | Tønsberg/Gr | 17.08.2008 |

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| **60m hekk 68 cm E** |  |

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| 12.03 | Morten Halseth | 97 | Jessheim | 23.08.2008 |
| 14.29 | Kristian Hov | 97 | Nadderud | 08.06.2008 |

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

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| 10.66 | Ola Sandvær Aamodt | 95 | Lillehammer/Ss | 20.06.2008 |

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

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| 19.20 | John Arve Johansen | 36 | Tønsberg/Gr | 17.08.2008 |

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

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| 41.01 | Vegard Løberg Gjelsvik | 92 | Prestfoss | 29.08.2008 |

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| **1500m hinder 76.2 cm** |  |

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| 4:16.97 | Vegard Løberg Gjelsvik | 92 | Prestfoss | 29.08.2008 |

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

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| 6:11.59 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 27.06.2008 |
| 6:43.98 | Kevin Fritz | 91 | Göteborg, SWE | 27.06.2008 |

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| **MENN SENIOR 2008** | **753** |

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| **Halvmaraton 21098m** |  |

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| 1:10:44 | Kristian Monsen | 77 | Fredrikstad | 06.04.2008 |
| 1:28:47 | Arne Johansen | 48 | Oslo | 28.09.2008 |
| 1:32.05 | Vemund Wemundstad | 40 | Fredrikstad | 06.04.2008 |
| 1:40:59 | Stein Terje Dahl | 55 | Jessheim | 16.11.2008 |
| 1:59.08 | Henning Høgheim | 39 | Lørenskog | 01.11.2008 |

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| **Maraton 42195m** |  |

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| 3:28:00 | Olav Engen | 50 | Jessheim | 16.11.2008 |
| 3:39.18 | Per-Einar Roth | 59 | Jessheim | 16.11.2008 |
| 3:41:18 | Olav Engen | 50 | Skövde, SWE | 15.03.2008 |
| 3:44:34 | Frode Myrvang | 67 | Jessheim | 16.11.2008 |

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| **Høyde** |  |

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| 1.55 | Rene Beyer | 73 | Lillestrøm | 27.09.2008 |
| 1.50 | Kevin Fritz | 91 | Lillestrøm | 27.09.2008 |
| 1.40 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 24.05.2008 |
| 1.30 | Morten Halseth | 97 | Lillestrøm | 27.09.2008 |
| 1.28 | Måns Schønning Lie | 96 | Jessheim | 02.06.2008 |
| 1.05 | Erlend Berg | 96 | Jessheim | 02.06.2008 |

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| **Stav** |  |

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| 2.40 | John Arve Johansen | 36 | Tønsberg/Gr | 16.08.2008 |

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| **Lengde** |  |

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| 5.52 | Thomas Roth | 91 | Jessheim | 20.09.2008 |
| 5.27 | Frank Øines | 68 | Jessheim | 20.09.2008 |
| 4.99 | Kevin Fritz | 91 | Lillestrøm | 27.09.2008 |
| 4.89 | Andreas Roth | 93 | Jessheim | 20.09.2008 |
| 4.54 s | Thomas Løland | 95 | Lillestrøm | 23.08.2008 |
| 4.48 s | Ola Sandvær Aamodt | 95 | Lillestrøm | 23.08.2008 |
| 4.47 s | Hans Marius Hansen | 94 | Jessheim | 02.06.2008 |
| 4.13 s | Måns Schøning Lie | 96 | Lillestrøm | 14.06.2008 |
| 4.09 | John Arve Johansen | 36 | Jessheim | 20.09.2008 |
| 3.82 s | Christian Løland | 97 | Lillestrøm | 24.08.2008 |
| 3.91 s | Sondre Opaker Øines | 98 | Lillestrøm | 14.06.2008 |
| 3.81 s | Jonas Haarborg Bolgen | 96 | Lillehammer/Ss | 22.06.2008 |
| 3.73 s | Morten Halseth | 97 | Lillestrøm | 14.06.2008 |
| 3.51 s | Morten Melby Dahl | 96 | Jessheim | 02.06.2008 |

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| **MENN SENIOR 2008** | **754** |

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| **Lengde forts.** |  |

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| 3.40 s | Erlend Berg | 96 | Jessheim | 02.06.2008 |
| 3.40 s | Nicolai Nøvik | 98 | Lillestrøm | 24.08.2008 |
| 3.16 s | Kristian Hov | 97 | Nadderud | 08.06.2008 |
| 3.15 s | Clever Amanlas | 98 | Jessheim | 18.08.2008 |
| 2.95 s | Marcus Theodor Moen | 99 | Jessheim | 20.09.2008 |
| 2.87 s | Ole-Andreas Bergersen | 99 | Jessheim | 20.09.2008 |
| 2.75 s | Sander Hasselberg | 98 | Jessheim | 20.09.2008 |
| 2.65 s | Magnus Kråbøl | 98 | Jessheim | 18.08.2008 |
| 2.60 s | Simen Hasselberg | 98 | Jessheim | 18.08.2008 |
| **Medvind** | |  | | |
| 5.15 +2.2 | Rene Beyer | 73 | Lillestrøm | 27.09.2008 |

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| **Tresteg** |  |

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| 11.40 | Thomas Roth | 91 | Jessheim | 20.09.2008 |
| 11.13 | Kevin Fritz | 91 | Jessheim | 20.09.2008 |
| 10.26 | Jostein Slaastad | 93 | Jessheim | 20.09.2008 |
| 7.94 | John Arve Johansen | 36 | Tønsberg | 17.08.2008 |

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| **Kule 2 kg** |  |

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| 9.84 | Morten Halseth | 97 | Nadderud | 06.06.2008 |
| 8.32 | Christian Løland | 97 | Lillestrøm | 23.08.2008 |
| 6.41 | Kristian Hov | 97 | Jessheim | 02.06.2008 |
| 5.85 | Magnus Kråbøl | 98 | Jessheim | 18.08.2008 |
| 5.22 | Marcus Theodor Moen | 99 | Jessheim | 20.09.2008 |
| 5.21 | Jonas Karlsen | 98 | Jessheim | 18.08.2008 |
| 4.65 | Ole-Anders Bergersen | 99 | Jessheim | 20.09.2008 |

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| **Kule 3 kg** |  |

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| 7.17 | Thomas Løland | 95 | Jessheim | 02.06.2008 |
| 6.88 | Jonar Haarborg Bolgen | 96 | Jessheim | 02.06.2008 |
| 6.03 | Håvard Lund | 24 | Oslo/La | 18.10.2008 |
| 5.55 | Morten Melby Dahl | 96 | Jessheim | 18.08.2008 |

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| **Kule 4 kg** |  |

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| 9.72 | John Arve Johansen | 36 | Jessheim | 20.09.2008 |

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| **Kule 5 kg** |  |

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| 9.98 | Christer Amundsen | 92 | Asker/Fø | 31.08.2008 |

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| **MENN SENIOR 2008** | **755** |

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| **Kule 7.26 kg** |  |

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| 10.32 | Thor Lasse (Johansen) Løland | 63 | Jessheim | 02.06.2008 |

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| **Diskos 600 g** |  |

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| 20.87 | Christer Løland | 97 | Greverud | 14.09.2008 |
| 14.94 | Morten Halseth | 97 | Asker/Fø | 31.05.2008 |

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| **Diskos 750 g** |  |

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| 26.06 | Ola Sandvær Aamodt | 95 | Lillestrøm | 14.06.2008 |

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| **Diskos 1 kg** |  |

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| 25.01 | John Arve Johansen | 36 | Ski | 11.06.2008 |
| 15.96 | Håvard Lund | 24 | Oslo/La | 18.10.2008 |

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| **Diskos 1.5 kg** |  |

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| 27.14 | Michael Løland | 92 | Sofiemyr | 14.09.2008 |

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| **Diskos 2 kg** |  |

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| 26.72 | Rene Beyer | 73 | Lillestrøm | 27.09.2008 |

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| **Slegge 2 kg** |  |

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| 19.59 | Christian Løland | 97 | Lillestrøm | 23.08.2008 |

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| **Slegge 3 kg** |  |

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| 21.45 | Håvard Lund | 24 | Oslo/La | 18.10.2008 |

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| **Slegge 5 kg** |  |

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| 28.46 | Michael Løland | 92 | Sofiemyr | 14.09.2008 |

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| **Spyd 400 g** |  |

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| 34.14 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 16.08.2008 |
| 28.29 | Christian Løland | 97 | Oslo/Bi | 25.05.2008 |
| 21.00 | Jonas Haarberg Bolgen | 96 | Lillehammer/Ss | 19.06.2008 |
| 20.60 | Morten Halseth | 97 | Lillehammer/Ss | 19.06.2008 |
| 15.90 | Håvard Lund | 24 | Oslo/La | 18.10.2008 |

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| **MENN SENIOR 2008** | **756** |

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

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| 35.83 | Thor Lasse (Johansen) Løland | 63 | Jessheim | 02.06.2008 |

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| **Vektkast 5.45 kg** |  |

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| 11.05 | Håvard Lund | 24 | Rolvsrud | 03.09.2008 |

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| **Vektkast 7.26 kg** |  |

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| 11.17 | John Arve Johansen | 36 | Tønsberg/Gr | 17.08.2008 |

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

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| 25.98 | Morten Halseth | 97 | Lillestrøm | 14.06.2008 |

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| **Liten ball 80 g** |  |

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| 49.20 | Christian Løland | 97 | Lillestrøm | 26.07.2008 |
| 47.09 | Morten Halseth | 97 | Nadderud | 07.06.2008 |
| 42.75 | Morten Melby Dahl | 97 | Lillestrøm | 24.08.2008 |
| 36.56 | Nicolai Nøvik | 98 | Nadderud | 08.06.2008 |

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| **Liten ball 150 g** |  |

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| 58.48 | Ola Sandvær Aamodt | 95 | Nadderud | 08.06.2008 |

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

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| 2594 | Håvard Lund | 24 | Oslo/La | 18.10.2008 |
| 21.45-6.03-15.96-15.90-10.23 | | | |

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| **4x60m E** |  |

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| 31.70 | G12 |  | Asker/Fø | 31.05.2008 |
| Morten Halseth97-Erland Berg97-Måns Lie96-Jonas Bolgen96 | | | |

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| **4x100m E** |  |

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| 47.60 | G16 |  | Tromsø | 24.05.2008 |
| Christer Amundsen92-Lars Georg Aas92-Erlend Morthen92-Andreas Roth93 | | | |

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| 60.35 | G12 |  | Nadderud | 06.06.2008 |
| Kneight Mkanda96-Måns Schønning Lie96-Jonas Bolgen96-Morten Dahl96 | | | |

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| **MENN SENIOR 2008** | **757** |

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| **4x400m** |  |

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| 3:31.69 | M19 |  | Tromsø/Va | 24.05.2008 |
| Vegard Løberg Gjelsvik92-Andreas Buraas92-Fredrik Fuglerud89-Thomas Roth91 | | | |

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| **3x600m** |  |

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| 5:35.19 | G16 |  | Asker/Fø | 31.05.2008 |
| Thomas Løland95-Petter Dammen95-Jørgen Gundersen95 | | | |

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| **4x600m** |  |

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| 6:38.64 | G16 |  | Tromsø/Va | 24.05.2008 |
| Andreas Roth93-Sondre Olsson93-Erlend Morthen92-Christer Amundsen92 | | | |

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| **4x1500m** |  |

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| 17:46.87 | M19 |  | Tromsø/Va | 25.05.2008 |
| Fredrik Fuglerud89-Vegard Løberg Gjelsvik92-Andreas Buraas92-Thomas Roth91 | | | |

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| **1000m** |  |

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| 2:05.85 | G16 |  | Prestfoss | 31.08.2008 |
| Anthony Davies92-Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92 | | | |

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| --- | --- | --- | --- | --- |
| 2:06.10 | G17 |  | Prestfoss | 31.08.2008 |
| Shoeib Ghanizadeh93-Kevin Fritz91-Fredrik Fuglerud89-Thomas Roth91 | | | |

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| **MENN SENIOR 2008** | **758** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.88 | Christer Amundsen | 92 | Oslo/Ek | 06.12.2008 |
| 8.64 | Shoeib Ghanizadeh | 93 | Lillestrøm | 26.01.2008 |
| 8.65 | Ali Fredriksen Yetim | 94 | Lillestrøm | 26.01.2008 |
| 9.23 | Ola Sandvær Aamodt | 95 | Lillestrøm | 26.01.2008 |
| 9.30 | Mats Lundstrøm | 65 | Stange | 08.03.2008 |
| 9.51 | Kneitht Mkanda | 96 | Lillestrøm | 26.01.2008 |
| 9.80 | Morten Dahl | 96 | Lillestrøm | 26.01.2008 |
| 9.91 | Jørgen Opaker | 97 | Lillestrøm | 26.01.2008 |
| 10.05 | Morten Halseth | 97 | Lillestrøm | 26.01.2008 |
| 11.17 | Sondre Opaker Øines | 98 | Lillestrøm | 26.01.2008 |
| 12.20 | Trym Tverraa | 01 | Lillestrøm | 26.01.2008 |
| 13.29 | Axel Flatner Hansen | 01 | Lillestrøm | 26.01.2008 |

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| **60m M** |  |

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| 8.5 | Martin Opaker | 94 | Stange | 08.03.2008 |

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| **200m E** |  |

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| 23.62 | Thomas Roth | 91 | Stange | 09.03.2008 |
| 23.81 | Marius Fuglerud | 87 | Stange | 09.03.2008 |
| 23.83 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 16.02.2008 |
| 24.83 | Christer Amundsen | 92 | Stange | 09.03.2008 |
| 25.37 | Andreas Roth | 93 | Oslo/Ek | 06.12.2008 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:22.62 | Thomas Roth | 91 | Oslo/Ek | 06.12.2008 |
| 1:23.44 | Vegard Løberg Gjelsvik | 92 | Oslo/Ek | 06.12.2008 |
| 1:27.37 | Njord Erlend Wiker | 91 | Oslo/Ek | 06.12.2008 |
| 1:33.10 | Kevin Fritz | 91 | Stange | 08.03.2008 |
| 1:35.73 | Andreas Roth | 93 | Stange | 08.03.2008 |
| 1:46.30 | Thomas Løland | 95 | Lillestrøm | 05.04.2008 |
| 2:03.45 | Christian Løland | 97 | Lillestrøm | 05.04.2008 |
| 2:27.60 | Sondre Opaker Øines | 98 | Lillestrøm | 26.01.2009 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:57.60 | Thomas Roth | 91 | Karlstad, SWE | 26.01.2008 |
| 1:58.94 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 26.01.2008 |

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| **1000m** |  |

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| 3:03.17 | Andreas Roth | 93 | Karlstad, SWE | 26.01.2008 |
| **MENN SENIOR 2008** | | **759** | | |

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| **1500m** |  |

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| 4:16.55 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 16.02.2008 |
| 4:16.59 | Thomas Roth | 91 | Karlstad, SWE | 16.02.2008 |

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| **60m hekk 68.6 cm E** |  |

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| 12.86 | Morten Halseth | 97 | Lillestrøm | 26.01.2008 |
| 13.92 | Martin Myrberg | 98 | Lillestrøm | 05.04.2008 |

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

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| 10.65 | Ola Sandvær Aamodt | 95 | Lillestrøm | 26.01.2008 |
| 14.17 | Morten Dahl | 96 | Lillestrøm | 26.01.2008 |

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| **Høyde** |  |

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| 1.40 | Ola Sandvær Aamodt | 95 | Lillestrøm | 26.01.2008 |
| 1.29 | John Arve Johansen | 36 | Stange | 03.02.2008 |
| 1.18 | Morten Halseth | 97 | Lillestrøm | 05.04.2008 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.25 | John Arve Johansen | 36 | Stange | 02.02.2008 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.53 s | Ola Sandvær Aamodt | 95 | Lillestrøm | 19.01.2008 |
| 3.91 | John Arve Johansen | 36 | Stange | 02.02.2008 |
| 3.90 s | Kneight Mkanda | 96 | Lillestrøm | 26.01.2008 |
| 3.83 s | Morten Halseth | 97 | Lillestrøm | 26.01.2008 |
| 3.13 s | Sondre Opaker Øines | 98 | Lillestrøm | 26.01.2008 |
| 3.12 s | Trym Tverraa | 99 | Lillestrøm | 26.01.2008 |
| 1.67 s | Axel Flatner Olsen | 01 | Lillestrøm | 26.01.2008 |

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| **Tresteg** |  |

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| 8.67 | John Arve Johansen | 36 | Stange | 02.02.2008 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.27 | Thomas Roth | 91 | Jessheim | 03.03.2008 |
| 0.85 | Morten Dahl | 96 | Hurdal | 21.01.2008 |
| 0.80 | Erlend Grønning | 99 | Hurdal | 21.01.2008 |
| 0.75 | Magnus Kråbøl | 98 | Hurdal | 21.01.2008 |
| 0.75 | Sondre Opaker Øines | 98 | Hurdal | 21.01.2008 |
| 0.70 | Jonas Karlsen | 98 | Hurdal | 21.01.2008 |

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| **MENN SENIOR 2008** | **760** |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.82 | Thomas Roth | 91 | Jessheim | 03.03.2008 |
| 2.73 | Marius Fuglerud | 87 | Jessheim | 03.03.2008 |
| 2.67 | Vegard Løberg Gjelsvik | 92 | Jessheim | 03.03.2008 |
| 2.61 | Kevin Fritz | 91 | Jessheim | 03.03.2008 |
| 2.46 | Hans Jørgen Borgen | 70 | Jessheim | 03.03.2008 |
| 2.43 | Erlend Morthen | 92 | Jessheim | 03.03.2008 |
| 2.18 | Hans Marius Hansen | 95 | Jessheim | 03.03.2008 |
| 2.17 | Thomas Løland | 95 | Jessheim | 11.02.1988 |
| 2.17 | Magnus Løken | 91 | Jessheim | 03.03.2008 |
| 2.12 | Shoeib Ghanizadeh | 93 | Jessheim | 03.03.2008 |
| 2.10 | Åsmund Wennemo | 94 | Jessheim | 03.03.2008 |
| 1.98 | Christian Løland | 97 | Jessheim | 11.02.2008 |
| 1.95 | Morten Dahl | 96 | Hurdal | 21.01.2008 |
| 1.91 | Ali Fredriksen Yetim | 94 | Jessheim | 03.03.2008 |
| 1.89 | Erling Hermansen | 96 | Jessheim | 03.03.2008 |
| 1.74 | Sondre Opaker Øines | 98 | Hurdal | 21.01.2008 |
| 1.73 | Eivind Kråbøl | 98 | Hurdal | 21.01.2008 |
| 1.72 | Jonas Karlsen | 98 | Hurdal | 21.01.2008 |
| 1.43 | Eivind Grønning | 99 | Hurdal | 21.01.2008 |

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| **Kule 2 kg** |  |

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| 9.36 | Morten Halseth | 97 | Stange | 09.03.2008 |
| 6.81 | Christian Løland | 97 | Lillestrøm | 05.04.2008 |

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| **Kule 5 kg** |  |

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| 10.25 | Christer Amundsen | 92 | Stange | 09.03.2008 |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:05.77 | G17 |  | Stange | 09.03.2008 |
| Christer Amundsen92-Jonathan Joo91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| **KVINNER SENIOR 2008** | **761** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 9.65 | Kirsten Daae Wiig | 97 | Lillestrøm | 27.09.2008 |
| 9.75 | Maren Eriksen Skappel | 96 | Jessheim | 12.06.2008 |
| 9.75 | Sofie Rostad | 94 | Oslo/Bi | 16.08.2008 |
| 10.23 | Karoline Næss | 94 | Jessheim | 12.06.2008 |
| 10.60 | Ebba Bayer | 98 | Jessheim | 02.06.2008 |
| 10.68 | Helena Seland Myhre | 97 | Jessheim | 02.06.2008 |
| 10.76 | Maria Rogstad | 97 | Jessheim | 18.08.2008 |
| 10.70 | Hedda Schøning Lie | 98 | Jessheim | 02.06.2008 |
| 11.12 | Nora Mathisen | 97 | Jessheim | 18.08.2008 |
| 11.43 | Solveig Daae Wiig | 98 | Lillestrøm | 27.09.2008 |
| 11.71 | Marie Næss | 98 | Jessheim | 18.08.2008 |
| 11.88 | Ronja Bergane | 99 | Jessheim | 20.09.1988 |
| 12.11 | Siri Opaker | 99 | Lillestrøm | 14.06.2008 |

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| **80m E** |  |

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| 12.63 | Kirsten Daae Wiig | 97 | Lillestrøm | 27.09.2008 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 12.24 | Linn Helene Bakke | 91 | Oslo/Bi | 15.05.2008 |
| 12.66 | Betina Nilssen | 92 | Oslo/Bi | 06.06.2008 |
| 13.42 | Susann Bakke | 92 | Nadderud | 08.06.2008 |
| 13.57 | Ragnhild Hammeren | 90 | Nadderud | 06.06.2008 |
| 13.64 | Frida Kristine Forberg | 92 | Jessheim | 02.06.2008 |
| 13.65 | Heidi Stubbs Holdal | 92 | Nadderud | 09.06.2008 |
| 13.96 | Munda Mkanda | 94 | Lillestrøm | 14.06.2008 |
| 14.10 | Ida Berg Hansen | 92 | Jessheim | 02.06.2008 |
| 15.40 | Lena Opaker Øines | 69 | Jessheim | 18.08.2008 |

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| **200m E** |  |

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| 25.53 | Betina Nilssen | 92 | Lillehammer/Ss | 20.06.2008 |
| 26.45 | Linn Helene Bakke | 91 | Jessheim | 02.06.2008 |
| 27.66 | Frida Kristine Forberg | 92 | Lillehammer/Ss | 20.06.2008 |
| 28.47 | Susann Bakke | 92 | Oslo/Bi | 17.08.2008 |
| 28.50 | Ida Berg-Hansen | 92 | Lillehammer/Ss | 20.06.2008 |

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| **200m M** |  |

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| 26.6 | Betina Nilssen | 92 | Jessheim | 04.09.2008 |
| 32.9 | Sofie Rostad | 94 | Jessheim | 04.09.2008 |
| 33.4 | Maren Eriksen Skappel | 96 | Jessheim | 04.09.2008 |
| 35.9 | Helena Seland Myhre | 97 | Jessheim | 04.09.2008 |
| 36.9 | Anne Line Olsen | 97 | Jessheim | 04.09.2008 |

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| **KVINNER SENIOR 2008** | **762** |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 60.21 | Betina Nilssen | 92 | Jessheim | 18.08.2008 |
| 61.71 | Frida Kristine Forberg | 92 | Lillehammer/Ss | 21.06.2008 |
| 63.27 | Ragnhild Hammeren | 90 | Jessheim | 18.08.2008 |
| 66.77 | Ida Berg-Hansen | 92 | Jessheim | 18.08.2008 |
| 69.86 | Anne Lillegård | 73 | Tønsberg/Gr | 17.08.2008 |
| 71.92 | Marie Tømmerberg | 91 | Lillehammer/Ss | 21.06.2008 |

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| **600m** |  |

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| 1:49.32 | Anniken Alnæs | 94 | Lillestrøm | 14.06.2008 |
| 1:55.1 | Elisabeth Langrusten | 86 | Jessheim | 31.07.2008 |
| 1:56.3 | Marie Tømmerberg | 91 | Jessheim | 31.07.2008 |
| 2:09.82 | Kirsten Daae Wiig | 97 | Lillestrøm | 23.08.2008 |
| 2:15.65 | Celine Kristiansen | 97 | Jessheim | 18.08.2008 |
| 2:17.77 | Maria Rogstad | 98 | Jessheim | 18.08.2008 |

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| **800m** |  |

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| 2:26.02 | Frida Kristine Forberg | 92 | Nadderud | 07.06.2008 |
| 2:26.64 | Anne Lillegård | 73 | Malmö, SWE | 31.08.2008 |
| 2:26.70 | Silje Gundersen | 92 | Oslo/Bi | 15.07.2008 |
| 2:31.75 | Cathrine Gundersen | 90 | Jessheim | 02.06.2008 |
| 2:36.5 | Elisabeth Langrusten | 86 | Jessheim | 20.09.2008 |
| 2:43.1 | Line Engebakken | 70 | Jessheim | 20.09.2008 |
| 2:44.2 | Marie Tømmerberg | 91 | Jessheim | 20.09.2008 |
| 2:49.4 | Trine Bogstad Mangerud | 51 | Jessheim | 20.09.2008 |
| 2:49.55 | Annelene Jeppedal | 92 | Oslo/Bi | 15.05.2008 |
| 2:50.8 | Maren Eriksen Skappel | 96 | Jessheim | 20.09.2008 |
| 3:00.4 | Bente Tenold Holter | 62 | Jessheim | 20.09.2008 |
| 3:03.71 | Sofie Rostad | 94 | Jessheim | 08.08.2008 |
| 3:08.5 | Kirsten Daae Wiig | 97 | Jessheim | 20.09.2008 |
| 3:14.9 | Anne Line Olsen | 97 | Jessheim | 20.09.2008 |
| 3:26.0 | Else Johanne Huse | 51 | Jessheim | 20.09.2008 |

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| **1500m** |  |

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| 5:12.7 | Frida Kristine Forberg | 92 | Jessheim | 12.06.2008 |
| 5:14.8 | Oda Wennemo | 92 | Jessheim | 12.06.2008 |
| 5:16.9 | Anne-Siri Larsen | 49 | Jessheim | 12.06.2008 |
| 5:16.12 | Anne Lillegård | 73 | Tønsberg/Gr | 15.08.2008 |
| 5:16.9 | Siri Fjellberg Larsen | 69 | Jessheim | 12.06.2008 |
| 5:20.0 | Cathrine Gundersen | 90 | Jessheim | 12.06.2008 |
| 5:24.3 | Silje Gundersen | 92 | Jessheim | 12.06.2008 |
| 5:30.6 | Marianne Opsahl | 73 | Jessheim | 12.06.2008 |

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| **KVINNER SENIOR 2008** | **763** |

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| **1500m forts.** |  |

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| 5:31.3 | Line Engebakken | 70 | Jessheim | 12.06.2008 |
| 5:39.0 | Trine Bogstad Mangerud | 51 | Jessheim | 12.06.2008 |
| 5:40.9 | Line Huken Mathisen | 71 | Jessheim | 12.06.2008 |
| 5:48.2 | Marie Tømmerberg | 91 | Jessheim | 12.06.2008 |
| 5:49.4 | Anita Wennemo | 65 | Jessheim | 12.06.2008 |
| 5:56.3 | Claudia Asphaug | 68 | Jessheim | 12.06.2008 |
| 6:18.6 | Unn Helen Grønvold | 61 | Jessheim | 12.06.2008 |
| 6:20.8 | Inger Gustavson | 64 | Jessheim | 12.06.2008 |
| 6:32.2 | Gunn Kristin Sunde | 66 | Jessheim | 12.06.2008 |
| 6:54.4 | Wenche Løland | 65 | Jessheim | 12.06.2008 |
| 6:58.2 | Ragnhild Aas | 71 | Jessheim | 12.06.2008 |
| 7:15.7 | Tove Irene Jonas | 70 | Jessheim | 12.06.2008 |
| 7:22.9 | Marit Skolt Skafle | 56 | Jessheim | 12.06.2008 |
| 7:39.0 | Lene Daae Wiig | 70 | Jessheim | 12.06.2008 |

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

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| 52.31 | Ida Berg-Hansen | 92 | Lillestrøm | 24.08.2008 |

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

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| 53.1 | Ida Berg-Hansen | 92 | Jessheim | 31.07.2008 |
| 57.2 | Frida Frøseth Larsen | 92 | Jessheim | 31.07.2008 |
| 60.5 | Lillian Buraas | 91 | Jessheim | 31.07.2008 |

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| **10 km landevei** |  |

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| 47:48 | Frida Kristine Forberg | 92 | Jessheim | 16.11.2008 |
| 52:10 | Else Johanne Husa | 51 | Jessheim | 16.11.2008 |

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| **Halvmaraton 21098m** |  |

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| 1:36.32 | Trine Bogstad Mangerud | 55 | Fredrikstad | 06.04.2008 |
| 1:40.12 | Bente holter | 62 | Jessheim | 16.11.2008 |
| 1:56.26 | Else Johanne Husa | 51 | Lørenskog | 01.11.2008 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.30 | Sofie Rostad | 94 | Jessheim | 02.06.2008 |
| 1.15 | Ebba Beyer | 98 | Lillestrøm | 27.09.2008 |
| 1.10 | Kirsten Daae Wiig | 97 | Jessheim | 18.08.2008 |
| 0.95 | Maria Rogstad | 97 | Jessheim | 18.08.2008 |
| 0.90 | Solveig Daae Wiig | 00 | Lillestrøm | 27.09.2008 |

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| **KVINNER SENIOR 2008** | **764** |

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| **Lengde** |  |

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| 4.98 s | Munda Mkanda | 94 | Lillestrøm | 14.06.2008 |
| 4.46 | Silje Disserud | 91 | Asker/Fø | 31.05.2008 |
| 4.00 s | Sofie Rostad | 94 | Jessheim | 18.08.2008 |
| 3.72 s | Kirsten Daae Wiig | 97 | Lillehammer/Ss | 22.06.2008 |
| 3.69 s | Ebba Beyer | 98 | Lillestrøm | 27.09.2008 |
| 3.26 s | Hedda Schøning Lie | 98 | Jessheim | 02.06.2008 |
| 3.19 s | Helene Seland Myhre | 97 | Jessheim | 02.06.2008 |
| 2.97 s | Maria Rogstad | 97 | Jessheim | 18.08.2008 |
| 2.40 s | Ronja Bergane | 99 | Jessheim | 20.08.2008 |
| 2.08 s | Randi Daae Wiig | 00 | Lillestrøm | 14.06.2008 |

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| **Tresteg** |  |

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| 8.12 s | Sofie Rostad | 94 | Nadderud | 08.05.2008 |

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| **Kule 2 kg** |  |

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| 6.26 | Helene Seland Myhre | 97 | Jessheim | 18.08.2008 |
| 5.43 | Kirsten Daae Wiig | 97 | Jessheim | 20.09.2008 |
| 4.34 | Ronja Bergane | 99 | Jessheim | 20.09.2008 |

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| **Kule 3 kg** |  |

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| 11.76 | Silje Disserud | 91 | Göteborg, SWE | 29.06.2008 |
| 9.07 | Norunn Elise Bamrud | 92 | Jessheim | 20.09.2008 |
| 6.74 | Kristine Solsrud | 94 | Jessheim | 02.06.2008 |

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| **Kule 4 kg** |  |

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| 11.45 | Silje Disserud | 91 | Oslo/Bi | 16.08.2008 |
| 10.16 | Linn Helene Bakke | 91 | Jessheim | 18.08.2008 |

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| **Diskos 750 g** |  |

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| 18.82 | Sofie Rostad | 94 | Jessheim | 18.08.2008 |

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| **Diskos 1 kg** |  |

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| 23.62 | Silje Disserud | 91 | Jessheim | 20.09.2008 |
| 19.02 | Norunn Elise Bamrud | 92 | Jessheim | 20.09.2008 |

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| **Spyd 400 g** |  |

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| 15.75 | Kirsten Daae Wiig | 97 | Oslo/Bi | 24.05.2008 |
| 15.41 | Sofie Rostad | 94 | Oslo/Bi | 16.08.2008 |
| 10.68 | Ebba Beyer | 98 | Jessheim | 02.06.2008 |

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| **KVINNER SENIOR 2008** | **765** |

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

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| 34.99 | Silje Disserud | 91 | Bjørkelangen | 03.05.2008 |

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

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| --- | --- | --- | --- | --- |
| 21.43 | Kirsten Daae Wiig | 97 | Lillestrøm | 27.09.2008 |
| 13.45 | Solveig Daae Wiig | 00 | Lillestrøm | 27.09.2008 |

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| **Liten ball 80 g** |  |

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| 35.02 | Kirsten Daae Wiig | 97 | Nadderud | 07.06.2008 |
| 16.63 | Celina Randem | 99 | Lillestrøm | 14.06.2008 |
| 16.09 | Solveig Daae Wiig | 00 | Lillestrøm | 27.09.2008 |
| 13.12 | Randi Daae Wiig | 00 | Lillestrøm | 27.09.2008 |

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| **4x60m E** |  |

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| 39.47 | J11 |  | Asker/Fø | 31.05.2008 |
| Kirsten Wiig97-Helena Myhre97-Celina Larsen97-Hedda Lie97 | | | |

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| **4x100m E** |  |

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| 50.07 | J18 |  | Tromsø/Va | 24.05.2008 |
| Susann Bakke92-Linn Helene Bakke91-Betina Nilssen92-Ragnhild Hammeren90 | | | |

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| 50.63 | J18 |  | Tromsø/Va | 25.05.2008 |
| Heidi Stubs Holdal92-Ragnhild Hammeren90-Betina Nilssen92-Linn Helene Bakke91 | | | |

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| 51.93 | J16 |  | Tromsø/Va | 25.05.2008 |
| Heidi Stubs Holdal92-Susann Bakke92-Betina Nilssen92-Frida Forberg92 | | | |

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| **3x600m** |  |

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| 6:58.35 | J11 |  | Asker/Fø | 31.05.2008 |
| Helena Myhre97-Kristin Wiig97-Celina Larsen97 | | | |

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| **4x600m** |  |

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| 7:33.87 | J16 |  | Tromsø/Va | 25.05.2008 |
| Silje Gundersen92-Sina Sandholt92-Frida Forberg92-Ida Berg-Hansen92 | | | |

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| **KVINNER SENIOR 2008** | **766** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.85 | Linn Helene Bakke | 91 | Karlstad, SWE | 27.01.2008 |
| 8.03 | Betina Nilssen | 92 | Oslo/Ek | 06.12.2008 |
| 8.62 | Munda Mkanda | 94 | Lillestrøm | 26.01.2008 |
| 8.78 | Susann Bakke | 92 | Stange | 08.03.2008 |
| 9.04 | Silje Disserud | 91 | Lillestrøm | 26.01.2008 |
| 9.72 | Sofie Rostad | 94 | Stange | 08.03.2008 |
| 10.19 | Kirsten Daae Wiig | 97 | Lillestrøm | 26.01.2008 |
| 11.60 | Julie Flatner Hansen | 99 | Lillestrøm | 26.01.2008 |
| 12.21 | Cecilie Randen | 99 | Lillestrøm | 26.01.2008 |
| 12.34 | Solveig Daae Wiig | 00 | Lillestrøm | 26.01.2008 |
| 12.90 | Randi Daae Wiig | 00 | Lillestrøm | 26.01.2008 |

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| **100m E** |  |

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| 12.43 | Linn Helene Bakke | 91 | Drammen | 01.03.2008 |
| 13.01 | Betina Nilssen | 92 | Drammen | 03.02.2008 |

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| **200m E** |  |

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| 25.54 | Betina Nilssen | 92 | Stange | 09.03.2008 |
| 25.83 | Linn Helene Bakke | 91 | Stange | 09.03.2008 |
| 27.79 | Frida Kristine Forberg | 92 | Stange | 09.03.2008 |
| 28.80 | Munda Mkanda | 94 | Stange | 09.03.2008 |

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| **600m** |  |

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| 1:55.28 | Ida Berg-Hansen | 92 | Stange | 08.03.2008 |
| 2:03.46 | Sofie Rostad | 94 | Stange | 08.03.2008 |

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

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| --- | --- | --- | --- | --- |
| 2:34.44 | Anne Lillegård | 73 | Reykjavik, ISL | 01.03.2008 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 5:17.58 | Frida Kristine Forberg | 92 | Karlstad, SWE | 16.02.2008 |
| 5:26.38 | Anne Lillegård | 73 | Stange | 16.02.2008 |

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| **3000m** |  |

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| 12:06.67 | Anne Lillegård | 73 | Reykjavik, ISL | 01.03.2008 |

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| **KVINNER SENIOR 2008** | **767** |

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| **60m hekk 76.2 cm E** | |  | | |
| 12.62 | Sofie Rostad | 94 | Lillestrøm | 26.01.2008 |

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| **Høyde** |  |

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| 1.25 | Sofie Rostad | 94 | Stange | 08.03.2008 |

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| **Lengde** |  |

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| 4.80 | Silje Disserud | 91 | Lillestrøm | 26.01.2008 |
| 4.52 | Frida Kristine Forberg | 92 | Stange | 08.03.2008 |
| 3.60 s | Kirsten Daae Wiig | 97 | Lillestrøm | 26.01.2008 |
| 2.72 s | Julie Flatner Hansen | 99 | Jessheim | 26.01.2008 |
| 2.54 s | Cecilie Randen | 99 | Lillestrøm | 26.01.2008 |
| 2.32 s | Randi Daae Wiig | 00 | Lillestrøm | 26.01.2008 |
| 2.13 s | Solveig Daae Wiig | 00 | Lillestrøm | 26.01.2008 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.12 | Munda Mkanda | 94 | Jessheim | 11.02.2008 |
| 1.07 | Sofie Rostad | 94 | Jessheim | 03.03.2008 |
| 1.07 | Betina Nilssen | 92 | Jessheim | 03.03.2008 |
| 0.93 | Kristin Daae Wiig | 97 | Jessheim | 11.02.2008 |

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| **Lengde uten tilløp** |  |

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| 2.49 | Silje Disserud | 91 | Jessheim | 11.02.2008 |
| 2.41 | Betina Nilssen | 92 | Jessheim | 03.03.2008 |
| 2.18 | Ida Berg-Hansen | 92 | Jessheim | 03.03.2008 |
| 2.18 | Frida Kristine Forberg | 92 | Jessheim | 03.03.2008 |
| 2.16 | Munda Mkanda | 94 | Jessheim | 11.02.2008 |
| 2.11 | Silje Gundersen | 92 | Jessheim | 03.03.2008 |
| 2.05 | Sofie Rostad | 94 | Jessheim | 11.02.2008 |
| 1.96 | Kristin Daae Wiig | 97 | Jessheim | 03.03.2008 |
| 1.73 | Anja Nordnes | 97 | Jessheim | 11.02.2008 |
| 1.56 | Julie Nordnes | 00 | Jessheim | 11.02.2008 |

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| **Kule 3 kg** |  |

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| 8.84 | Norun Elise Bamrud | 92 | Stange | 08.03.2008 |
| 8.19 | Munda Mkanda | 94 | Lillestrøm | 26.01.2008 |

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| **Kule 4 kg** |  |

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| 11.80 | Silje Disserud | 91 | Stange | 08.03.2008 |
| 10.26 | Linn Helene Bakke | 91 | Drammen | 02.03.2008 |

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| **MENN SENIOR 2009** | **768** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.80 | Martin Opaker | 94 | Asker/Fø | 06.06.2009 |
| 7.80 | Christer Amundsen | 92 | Asker/Fø | 06.06.2009 |
| 9.24 | Jørgen Opaker | 97 | Asker/Fø | 06.06.2009 |
| 9.36 | Morten Halseth | 97 | Oslo/Bi | 18.09.2009 |
| 9.51 | Per Sindre Wolden | 97 | Jessheim | 19.09.2009 |
| 9.71 | Christian Løland | 97 | Lillehammer/Ss | 20.06.2009 |
| 10.05 | Kristian Hov | 97 | Nadderud | 13.06.2009 |
| 10.09 | Sondre Opaker Øines | 98 | Jessheim | 19.09.2009 |
| 12.25 | Ådne Opaker Øines | 02 | Lillestrøm | 30.05.2009 |

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| **60m M** |  |

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| 7.7 | Andreas Roth | 93 | Jessheim | 04.06.2009 |
| 7.8 | Martin Opaker | 94 | Jessheim | 04.06.2009 |
| 9.2 | Jonas Haarborg Bolgen | 96 | Jessheim | 04.06.2009 |
| 9.2 | Jørgen Opaker | 97 | Jessheim | 04.06.2009 |
| 9.3 | Kneight Mkanda | 96 | Jessheim | 04.06.2009 |
| 9.4 | Morten Halseth | 97 | Jessheim | 04.06.2009 |
| 9.4 | Christian Løland | 97 | Jessheim | 04.06.2009 |
| 10.1 | Jens Andersen | 97 | Jessheim | 04.06.2009 |
| 10.1 | Jørgen Aspen | 98 | Jessheim | 04.06.2009 |
| 10.1 | Sondre Opaker Øines | 98 | Oslo/Bi | 04.07.2009 |
| 10.2 | Henrik Liland | 96 | Jessheim | 04.06.2009 |
| 10.5 | Vetle Eriksen | 96 | Jessheim | 04.06.2009 |
| 10.6 | Joyel Reggie | 00 | Jessheim | 16.06.2009 |
| 10.6 | Claver Reggie | 00 | Jessheim | 16.06.2009 |
| 10.8 | Lars Risebrobakken | 98 | Jessheim | 04.06.2009 |
| 11.0 | Torstein Langset | 97 | Jessheim | 04.06.2009 |
| 11.0 | Anders Flåten Børve | 99 | Jessheim | 04.06.2009 |
| 11.0 | Eirik Magnus Holter | 99 | Jessheim | 04.06.2009 |
| 12.1 | Jolheim Mariathas | 00 | Jessheim | 16.06.2009 |
| 12.2 | Sondre Westby Liestøl | 99 | Jessheim | 04.06.2009 |
| 12.5 | Fredrik Veiby | 99 | Jessheim | 04.06.2009 |

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| **100m E** |  |

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| 11.82 | Vegard Løberg Gjelsvik | 92 | Jessheim | 16.06.2009 |
| 11.88 | Thomas Roth | 91 | Jessheim | 16.06.2009 |
| 12.05 | Martin Lundemo Syvertsen | 92 | Nesodden | 16.08.2009 |
| 12.16 | Martin Opaker | 94 | Jessheim | 19.09.2009 |
| 12.33 | Andreas Roth | 93 | Jessheim | 16.06.2009 |
| 12.52 | Halvor Marius Mangerud | 81 | Jessheim | 19.09.2009 |
| 12.54 | Christer Amundsen | 92 | Nadderud | 14.06.2009 |

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| **MENN SENIOR 2009** | **769** |

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| **100m M** |  |

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| 12.5 | Martin Opaker | 94 | Årnes | 24.06.2009 |
| 14.1 | Ivar Opsahl | 47 | Ski | 03.06.2009 |

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| **200m E** |  |

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| 23.14 | Thomas Roth | 91 | Oslo/St | 10.08.2009 |
| 23.50 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 19.06.2009 |
| 23.92 | Andreas Roth | 93 | Oslo/Bi | 22.08.2009 |
| 24.18 | Njord Erlend Wiker | 91 | Asker/Fø | 07.06.2009 |
| 24.50 | Martin Lundemo Syvertsen | 92 | Nesodden | 09.08.2009 |
| 24.88 | Christer Amundsen | 92 | Asker/Fø | 07.06.2009 |
| 24.93 | Halvor Marius Mangerud | 81 | Jessheim | 19.09.2009 |
| 25.55 | Martin Opaker | 94 | Nadderud | 13.06.2009 |
| 25.72 | Frank Øines | 68 | Jessheim | 19.09.2009 |
| 30.48 | Morten Halseth | 97 | Jessheim | 03.09.2009 |
| 30.53 | Thomas Løland | 95 | Jessheim | 03.09.2009 |
| 30.84 | Jonas Harborg Bolgen | 96 | Jessheim | 03.09.2009 |
| 31.55 | Kneight Mkanda | 96 | Jessheim | 03.09.2009 |
| 31.90 | Christian Løland | 97 | Jessheim | 03.09.2009 |
| 32.61 | Per Sindre Wolden | 97 | Jessheim | 19.09.2009 |
| 35.78 | Sondre Opaker Øines | 98 | Jessheim | 19.09.2009 |

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| **200m M** |  |

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| 29.7 | Martin Opaker | 94 | Årnes | 27.05.2009 |

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| **300m E** |  |

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| 38.12 | Andreas Roth | 93 | Oslo/Bi | 19.05.2009 |

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| **400m E** |  |

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| 49.37 | Thomas Roth | 91 | Lillehammer/Ss | 20.06.2009 |
| 50.54 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 20.06.2009 |
| 51.50 | Vetle Aasland | 91 | Oslo/Bi | 04.09.2009 |
| 52.26 | Andreas Roth | 93 | Oslo/Bi | 04.09.2009 |
| 53.22 | Njord Erlend Wiker | 91 | Oslo/Bi | 21.09.2009 |
| 54.77 | Halvor Marius Mangerud | 81 | Jessheim | 16.06.2009 |
| 56.17 | Christer Amundsen | 92 | Lillehammer/Ss | 20.06.2009 |
| 67.01 | Trym Rostad | 91 | Jessheim | 16.06.2009 |

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| **600m** |  |

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| 1:19.02 | Thomas Roth | 91 | Lillestrøm | 12.09.2009 |
| 1:20.82 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 12.09.2009 |
| 1:22.90 | Vidar Aasland | 91 | Askim | 21.09.2009 |
| **MENN SENIOR 2009** | | **770** | | |

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| **600m** |  |

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| 1:25.73 | Njord Erlend Wiker | 91 | Oslo/Bi | 23.09.2009 |
| 1:26.40 | Halvor Marius Mangerud | 81 | Oslo/Bi | 23.09.2009 |
| 1:29.67 | Fredrik Anthi Svinø | 92 | Lillestrøm | 12.09.2009 |
| 1:39.50 | Thomas Løland | 95 | Lillestrøm | 30.05.2009 |
| 1:46.16 | Morten Halseth | 97 | Lillehammer/Ss | 21.06.2009 |
| 1:52.20 | Christian Løland | 97 | Oslo/Bi | 23.05.2009 |
| 2:00.40 | Nicolai Nøvik | 98 | Lillestrøm | 31.05.2009 |
| 2:31.61 | Eirik Magnus Holter | 99 | Jessheim | 16.06.2009 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:50.39 | Thomas Roth | 91 | Lillehammer/Ss | 01.09.2009 |
| 1:52.28 | Vetle Aasland | 91 | Berlin, GER | 30.05.2009 |
| 1:52.80 | Vegard Løberg Gjelsvik | 92 | Bodø | 16.08.2009 |
| 1:58.96 | Njord Erlend Wiker | 91 | Lillestrøm | 30.05.2009 |
| 1:59.12 | Halvor Marius Mangerud | 81 | Lillehammer/Ss | 21.06.2009 |
| 1:59.3 | Anders Buraas | 92 | Oslo/Bi | 05.09.2009 |
| 2:00.62 | Jostein Nyquist | 91 | Lillehammer/Ss | 21.06.2009 |
| 2:03.51 | Fredrik Anthi Svinø | 92 | Lillehammer/Ss | 21.06.2009 |
| 2:04.02 | Kevin Fritz | 91 | Oslo/Bi | 09.07.2009 |
| 2:08.86 | Åsmund Wennemo | 94 | Oslo/Bi | 22.08.2009 |
| 2:09.5 | Kristian Monsen | 77 | Jessheim | 19.09.2009 |
| 2:18.68 | Thomas Løland | 95 | Lillehammer/Ss | 21.06.2009 |
| 2:21.12 | Vetle Christiansen | 95 | Nesodden | 15.08.2009 |
| 2:24.0 | Ronny Opaker | 66 | Jessheim | 19.09.2009 |
| 2:26.02 | Sondre Olsson | 93 | Nadderud | 13.06.2009 |
| 2:29.5 | Rolf Halseth | 67 | Jessheim | 19.09.2009 |
| 2:36.9 | Tore Østvang | 52 | Jessheim | 19.09.2009 |
| 2:40.4 | Morten Halseth | 97 | Jessheim | 19.09.2009 |
| 2:43.6 | Odd Kinnsbekken | 48 | Jessheim | 19.09.2009 |
| 2:44.3 | Dag Amundsen | 51 | Jessheim | 19.09.2009 |
| 2:45.0 | Knut Kristensen | 44 | Jessheim | 19.09.2009 |
| 2:46.8 | Martin Opaker | 94 | Jessheim | 19.09.2009 |
| 2:58.6 | Ole Arnegård | 44 | Jessheim | 19.09.2009 |
| 2:59.9 | Tore Ragnar Olsen | 46 | Jessheim | 19.09.2009 |
| 3:00.7 | Oddvar Leivestad | 45 | Jessheim | 19.09.2009 |
| 3:06.1 | Bjørn Ivar Thune | 59 | Jessheim | 19.09.2009 |
| 3:07.4 | Henning Høgheim | 39 | Jessheim | 19.09.2009 |
| 3:10.6 | Molvin Knutsen | 62 | Jessheim | 19.09.2009 |
| 3:12.2 | Andreas Flåten Børve | 99 | Jessheim | 19.09.2009 |
| 3:17.2 | Olav Werner Ruud | 55 | Jessheim | 19.09.2009 |
| 3:19.6 | Lars Risebrobakken | 98 | Jessheim | 19.09.2009 |
| 3:20.4 | Arne Luke | 44 | Jessheim | 19.09.2009 |
| 3:29.3 | Sondre Westby Liestøl | 99 | Jessheim | 19.09.2009 |
| 3:38.4 | Helge Velure | 50 | Jessheim | 19.09.2009 |
| 3:45.4 | Jan Erik Rybråten | 53 | Lørenfallet | 02.06.2009 |
| **MENN SENIOR 2009** | | **771** | | |

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| **1000m** |  |

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| 2:28.30 | Vetle Aasland | 91 | Karlstad, SWE | 23.07.2009 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 3:56.87 | Vetle Aasland | 91 | Oslo/Bi | 03.07.2009 |
| 4:09.92 | Njord Erlend Wiker | 91 | Göteborg, SWE | 27.06.2009 |
| 4:13.86 | Jostein Nyquist | 91 | Göteborg, SWE | 27.06.2009 |
| 4:17.73 | Fredrik Anthi Svinø | 92 | Oslo/Bi | 14.07.2009 |
| 4:21.5 | Eirik Rustad | 88 | Jessheim | 04.06.2009 |
| 4:22.01 | Kevin Fritz | 91 | Asker/Fø | 07.06.2009 |
| 4:30.31 | Åsmund Wennemo | 94 | Lillehammer/Ss | 18.06.2009 |
| 4:30.33 | Øyvind Lund | 83 | Ranheim | 25.08.2009 |
| 4:31.4 | Eskil Kinneberg | 92 | Jessheim | 04.06.2009 |
| 4:35.7 | Tommy Torgersen | 70 | Jessheim | 04.06.2009 |
| 4:40.16 | Vetle Kristiansen | 95 | Oslo/Bi | 23.09.2009 |
| 4:45.4 | Ole Fredrik Mørck | 62 | Jessheim | 04.06.2009 |
| 4:46.8 | Erik Gustavson | 59 | Jessheim | 04.06.2009 |
| 4:47.7 | Knut Johan Holter | 61 | Jessheim | 04.06.2009 |
| 4:54.5 | Ole Johan Garli | 56 | Jessheim | 04.06.2009 |
| 4:55.2 | Trygve Stanger | 62 | Jessheim | 04.06.2009 |
| 4:58.8 | Ronny Opaker | 66 | Jessheim | 04.06.2009 |
| 5:03.3 | Trym Rostad | 91 | Jessheim | 04.06.2009 |
| 5:06.6 | Rolf Halseth | 65 | Jessheim | 04.06.2009 |
| 5:10.5 | Harald Furuseth | 69 | Jessheim | 04.06.2009 |
| 5:14.9 | Geir Asphaug | 65 | Jessheim | 04.06.2009 |
| 5:16.7 | Geir Håkon Bjørnstad | 56 | Jessheim | 04.06.2009 |
| 5:17.04 | Thomas Løland | 95 | Nadderud | 14.06.2009 |
| 5:35.9 | Jan Erik Rybråten | 53 | Oslo/St | 27.05.2009 |
| 5:44.4 | Odd Kinnsbekken | 48 | Jessheim | 04.06.2009 |
| 5:44.8 | Dag Amundsen | 51 | Jessheim | 04.06.2009 |
| 5:48.6 | Oddvar Leivestad | 45 | Jessheim | 04.06.2009 |
| 5:55.5 | Knut Kristensen | 44 | Jessheim | 04.06.2009 |
| 6:13.2 | Tore Ragnar Olsen | 46 | Jessheim | 04.06.2009 |
| 6:17.0 | Bjørn Ivar Thune | 59 | Jessheim | 04.06.2009 |
| 6:53.3 | Henning Høgheim | 39 | Jessheim | 04.06.2009 |
| 7:05.9 | Arne Luke | 44 | Jessheim | 04.06.2009 |
| 7:48.0 | Helge Velure | 50 | Jessheim | 04.06.2009 |

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| **2000m** |  |

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| 6:26.34 | Åsmund Wennemo | 94 | Nadderud | 30.08.2009 |
| 6:29.8 | Vetle Kristiansen | 95 | Sofiemyr | 25.08.2009 |

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| **MENN SENIOR 2009** | **772** |

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

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| --- | --- | --- | --- | --- |
| 8:57.23 | Kristian Monsen | 77 | Oslo/Bi | 19.05.2009 |
| 9:19.72 | Jostein Nyquist | 91 | Nadderud | 12.06.2009 |
| 9:22.34 | Øivind Lund | 83 | Oslo/Bi | 19.05.2009 |
| 9:30.36 | Tommy Torgersen | 70 | Oslo/Bi | 19.05.2009 |
| 9:48.33 | Fredrik Anthi Svinø | 92 | Modum | 08.08.2009 |
| 10:20.36 | Sondre Olsson | 93 | Oslo/Bi | 23.08.2009 |
| 15:05.2 | Henning Høgheim | 39 | Lørenfallet | 08.09.2009 |

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| **5000m** |  |

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| 15:28.10 | Kristian Monsen | 77 | Oslo/Bi | 17.06.2009 |

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| **10000m** |  |

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| 32:15.15 | Kristian Monsen | 77 | Oslo/Bi | 14.07.2009 |

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

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| 11.26 | Morten Halseth | 97 | Asker/Fø | 07.06.2009 |
| 13.49 | Kristian Hov | 97 | Asker/Fø | 97.06.2009 |

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

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| 6:00.80 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 22.06.2009 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:13:01 | Kristian Monsen | 77 | Oslo | 27.09.2009 |
| 1:30:48 | Arne Johansen | 48 | Jessheim | 15.11.2009 |
| 1:31:36 | Frode Liland | 65 | Lørenskog | 07.11.2009 |
| 1:46:51 | Tor Nyhus | 47 | Jessheim | 15.11.2009 |
| 1:54.32 | Henning Høgheim | 39 | Oslo | 27.09.2009 |

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| **Høyde** |  |

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| 1.70 | Andreas Roth | 93 | Lillestrøm | 19.08.2009 |
| 1.60 | Vetle Aasland | 91 | Askim | 21.09.2009 |
| 1.46 | Morten Halseth | 97 | Fredrikstad/Li | 29.08.2009 |
| 1.45 | Ivar Opsahl | 47 | Ski | 03.06.2009 |
| 1.21 | John Arve Johansen | 36 | Moss/Me | 22.08.2009 |
| 1.05 | Eirik Magnus Holter | 99 | Jessheim | 16.06.2009 |

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| **Stav** |  |

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| 2.48 | Ivar Opsahl | 47 | Ski | 03.06.2009 |
| 2.40 | John Arve Johansen | 36 | Moss/Me | 21.08.2009 |
| **MENN SENIOR 2009** | | **773** | | |

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| **Lengde** |  |

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| 5.39 | Vetle Aasland | 91 | Askim | 21.09.2009 |
| 5.20 | Andreas Roth | 93 | Jessheim | 16.06.2009 |
| 4.32 s | Morten Halseth | 97 | Jessheim | 19.09.2009 |
| 3.95 | John Arve Johansen | 36 | Moss/Me | 21.08.2009 |
| 3.79 s | Sondre Opaker Øines | 98 | Lillehammer/Ss | 21.06.2009 |
| 3.24 s | Erik Magnus Holter | 99 | Jessheim | 16.06.2009 |
| 3.18 s | Claver Reggie | 00 | Jessheim | 16.06.2009 |
| 2.79 s | Harald Myhre | 00 | Jessheim | 19.09.2009 |
| 2.63 s | Jon Erik Mariathas | 00 | Jessheim | 16.06.2009 |
| 2.60 s | Joyel Reggie | 00 | Jessheim | 16.06.2009 |

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| **Tresteg** |  |

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| 8.75 | John Arve Johansen | 36 | Moss/Me | 23.08.2009 |

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| **Kule 2 kg** |  |

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| 6.24 | Sondre Opaker Øines | 98 | Jessheim | 19.09.2009 |
| 4.86 | Harald Myhre | 00 | Jessheim | 19.09.2009 |

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| **Kule 3 kg** |  |

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| 9.51 | Morten Halseth | 97 | Jessheim | 19.09.2009 |
| 7.42 | Håvard Lund | 24 | Oslo/La | 02.05.2009 |
| 7.15 | Christian Løland | 97 | Lillestrøm | 31.05.2009 |
| 6.41 | Håvard Lund | 24 | Jessheim | 19.09.2009 |

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| **Kule 4 kg** |  |

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| 10.00 | John Arve Johansen | 36 | Jessheim | 19.09.2009 |
| 9.47 | Bjarne Guneriussen | 34 | Jessheim | 15.09.2009 |

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| **Kule 5 kg** |  |

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| 10.54 | Ivar Opsahl | 47 | Ski | 03.06.2009 |

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| **Kule 7.26 kg** |  |

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| 7.24 | Mats Lundstrøm | 65 | Asker/Fø | 27.09.2009 |

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| **Diskos 750 g** |  |

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| 19.21 | Morten Halseth | 97 | Steinkjer/Gu | 13.07.2009 |
| 16.22 | Christian Løland | 97 | Asker/Fø | 06.06.2009 |

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| **MENN SENIOR 2009** | **774** |

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| **Diskos 1 kg** |  |

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| 32.59 | Ivar Opsahl | 47 | Ski | 03.06.2009 |
| 22.30 | Bjørn Halseth | 94 | Steinkjer/Gu | 13.07.2009 |
| 19.05 | Håvard Lund | 24 | Oslo/La | 02.05.2009 |

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| **Diskos 2 kg** |  |

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| 19.38 | Mats Lindstrøm | 65 | Asker/Fø | 27.09.2009 |

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| **Slegge 3 kg** |  |

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| 22.29 | Håvard Lund | 24 | Lillestrøm | 31.08.2009 |
| 15.59 | Morten Halseth | 97 | Steinkjer/Gu | 13.07.2009 |

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| **Slegge 4 kg** |  |

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| 18.94 | Bjørn Halseth | 94 | Steinkjer/Gu | 13.07.2009 |

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| **Slegge 7.26 kg** |  |

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| 19.64 | Mats Lundstrøm | 65 | Heggedal/Ka | 27.09.2009 |

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| **Spyd 400 g** |  |

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| 36.00 | Christian Løland | 97 | Lillestrøm | 05.07.2009 |
| 23.88 | Morten Halseth | 97 | Steinkjer/Gu | 13.07.2009 |
| 18.02 | Håvard Lund | 24 | Moss/Me | 23.08.2009 |

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| **Spyd 500 g** |  |

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| 31.04 | Bjarne Guneriussen | 34 | Jessheim | 15.09.2009 |

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

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| 55.55 | Vetle Aasland | 91 | Stockholm, SWE | 02.08.2009 |
| 31.18 | Mats Lundstrøm | 65 | Asker/Fø | 27.09.2009 |

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| **Vektkast 5.45 kg** |  |

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| 10.70 | Håvard Lund | 24 | Heggedal/Gj | 15.09.2009 |

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| **Vektkast 7.26 kg** |  |

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| 10.84 | John Arve Johansen | 36 | Moss/Me | 23.08.2009 |

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| **MENN SENIOR 2009** | **775** |

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| **Vektkast 15.88 kg** |  |

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| 7.03 | Mats Lundstrøm | 65 | Asker/Fø | 27.09.2009 |

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

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| 16.39 | Sondre Opaker Øines | 98 | Lillestrøm | 30.05.2009 |

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| **Liten ball 80 g** |  |

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| 44.44 | Morten Halseth | 97 | Jessheim | 16.06.2009 |
| 31.27 | Magnus Kraabøl | 98 | Jessheim | 16.06.2009 |
| 23.34 | Sondre Opaker Øines | 98 | Oslo/Bi | 04.07.2009 |

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| **Liten ball 150 g** |  |

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| 50.00 | Morten Halseth | 97 | Nesodden | 16.08.2009 |
| 36.75 | Christian Løland | 97 | Lillestrøm | 04.07.2009 |

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

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| 3363 | Håvard Lund | 24 | Oslo/La | 02.05.2009 |
| 20.24-6.31-17.50-17.55-9.57 | | | |

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| 1372 | Mats Lundstrøm | 65 | Asker-Heggedal | 27.09.2009 |
| 19.64-7.24-19.38-31.18-7.03 | | | |

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| **4-kamp E 60m-Kule3-Høyde-600m** |  |

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| 3158 | Morten Halseth | 97 | Oslo/Bi | 18.09.2009 |
| 9.36-9.42-1.40-1:52.19 | | | |

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| **4x60m E** |  |

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| 36.54 | G12 |  | Asker/Fø | 06.06.2009 |
| Morten Halseth97-Christian Løland97-Sondre Opaker Øines98-Jørgen Opaker97 | | | |

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| **4x400m** |  |

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| 3:24.28 | G18 |  | Strandebarm | 23.05.2009 |
| Njord Erlend Wiker91-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 3:41.01 | G18 |  | Strandebarm | 23.05.2009 |
| Andreas Roth93-Fredrik Anthi Svinø92-Karl Nyquist91-Kevin Fritz91 | | | |

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| **MENN SENIOR 2009** | **776** |

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| **4x1500m** |  |

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| 16:57.18 | G18 |  | Strandebarm | 23.05.2009 |
| Jostein Nyquist91-Njord Erlend Wiker91-Vetle Aasland91-Vegard Løberg Gjelsvik92 | | | |

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| 17:32.49 | G18 |  | Strandebarm | 23.05.2009 |
| Fredrik Anthi Svinø92-Thomas Roth91-Kevin Fritz91-Anders Buraas92 | | | |

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| **1000m** |  |

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| 2:00.07 | G18 |  | Bodø | 16.08.2009 |
| Njord Erlend Wiker01-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:01.40 | G18 |  | Nadderud | 30.08.2009 |
| Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| **MENN SENIOR 2009** | **777** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.51 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 29.03.2009 |
| 7.62 | Thomas Roth | 91 | Oslo/Ek | 10.01.2009 |
| 7.65 | Christer Amundsen | 92 | Oslo/Ek | 10.01.2009 |
| 7.76 | Andreas Roth | 93 | Lillestrøm | 29.03.2009 |
| 7.94 | Martin Opaker | 94 | Stange | 14.03.2009 |
| 9.33 | Jonas Haarborg Bolgen | 96 | Stange | 14.03.2009 |
| 9.59 | Jørgen Opaker | 97 | Oslo/Ek | 10.01.2009 |
| 9.95 | Kristian Ødemark Hov | 97 | Lillestrøm | 31.01.2009 |
| 10.32 | Sondre Opaker Øines | 98 | Lillestrøm | 29.03.2009 |
| 12.91 | Ådne Opaker Øines | 02 | Lillestrøm | 31.01.2009 |

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| **60m M** |  |

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| 8.8 | Øystein Gjerdrum | 52 | Drammen | 08.03.2009 |
| 10.4 | Ivar Opsahl | 47 | Drammen | 08.03.2009 |

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| **100m M** |  |

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| 14.1 | Øystein Gjerdrum | 52 | Drammen | 07.03.2009 |
| 14.6 | Ivar Opsahl | 47 | Drammen | 07.03.2009 |

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| **200m E** |  |

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| 23.75 | Thomas Roth | 91 | Stange | 01.02.2009 |
| 24.18 | Vegard Løberg Gjelsvik | 92 | Jessheim | 10.01.2009 |
| 24.46 | Njord Erlend Wiker | 91 | Stange | 15.03.2009 |
| 25.31 | Andreas Roth | 93 | Oslo/Ek | 10.01.2009 |
| 25.33 | Christer Amundsen | 92 | Oslo/Ek | 10.01.2009 |
| 32.43 | Morten Halseth | 97 | Stange | 15.03.2009 |
| 33.95 | Kristian Ødemark Hov | 97 | Stange | 15.03.2009 |

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| **600m** |  |

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| 1:20.41 | Thomas Roth | 91 | Oslo/Ek | 05.12.2009 |
| 1:24.13 | Vegard Løberg Gjelsvik | 92 | Stange | 14.03.2009 |
| 1:28.05 | Halvor Marius Mangerud | 81 | Oslo/Ek | 05.12.2009 |
| 1:28.57 | Njord Erlend Wiker | 91 | Stange | 14.03.2009 |
| 1:31.65 | Fredrik Anthi Svinø | 92 | Stange | 14.03.2009 |
| 1:33.18 | Andreas Roth | 93 | Stange | 14.03.2009 |
| 1:41.34 | Thomas Løland | 95 | Stange | 14.03.2009 |
| 1:41.43 | Christian Borgen | 95 | Oslo/Ek | 05.12.2009 |
| 1:45.51 | Jonas Haarborg Bolgen | 96 | Oslo/Ek | 05.12.2009 |
| 1:46.49 | Morten Halseth | 97 | Oslo/Ek | 05.12.2009 |

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| **MENN SENIOR 2009** | **778** |

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| **600m forts.** |  |

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| 1:55.61 | Christian Løland | 97 | Lillestrøm | 29.03.2009 |
| 2:11.25 | Simen Hasselberg | 98 | Stange | 14.03.2009 |
| 2:17.38 | Kristian Ødemark Hov | 97 | Lillestrøm | 31.01.2009 |
| 2:17.8 | Eirik Magnus Holter | 99 | Oslo/Ek | 05.12.2009 |
| 2:17.44 | Sander Hasselberg | 98 | Stange | 14.03.2009 |
| 2:20.91 | Sondre Opaker Øines | 98 | Stange | 14.03.2009 |

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| **800m** |  |

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| 1:53.96 | Thomas Roth | 91 | Stange | 01.03.2009 |
| 1:56.76 | Vegard Løberg Gjelsvik | 92 | Stange | 31.01.2009 |
| 2:01.70 | Vetle Aasland | 91 | Stange | 31.01.2009 |
| 2:03.11 | Njord Erlend Wiker | 91 | Stange | 01.03.2009 |
| 2:04.78 | Anders Buraas | 92 | Stange | 31.01.2009 |
| 2:09.34 | Fredrik Anthi Svinø | 92 | Stange | 31.01.2009 |
| 2:33.22 | Jonas Harborg Bolgen | 96 | Karlstad, SWE | 21.02.2009 |
| 2:39.2 | Jan Erik Rybråten | 53 | Drammen | 08.03.2009 |

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| **1500m** |  |

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| 4:11.98 | Vetle Aasland | 91 | Stange | 01.02.2009 |
| 4:33.60 | Kevin Fritz | 91 | Stange | 01.02.2009 |
| 4:48.99 | Åsmund Wennemo | 94 | Stange | 17.01.2009 |
| 5:33.7 | Jan-Erik Rybråten | 53 | Drammen | 07.03.2009 |

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

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| 11.70 | Morten Halseth | 97 | Lillestrøm | 29.03.2009 |
| 14.68 | Christian Løland | 97 | Lillestrøm | 29.03.2009 |

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

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| 10.7 | Ivar Opsahl | 47 | Drammen | 07.03.2009 |

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

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| 12.56 | Rene Beyer | 73 | Lillestrøm | 31.01.2009 |

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| **Høyde** |  |

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| 1.55 | Rene Beyer | 73 | Lillestrøm | 29.03.2009 |
| 1.40 | Ivar Opsahl | 47 | Drammen | 08.03.2009 |
| 1.40 | Morten Halseth | 97 | Lillestrøm | 29.03.2009 |
| 1.24 | John Arve Johansen | 36 | Drammen | 08.03.2009 |
| 1.20 | Eirik Magnus Holter | 99 | Oslo/Ek | 05.12.2009 |
| 1.10 | Christian Løland | 97 | Lillestrøm | 29.03.2009 |
| **MENN SENIOR 2009** | | **779** | | |

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| **Stav** |  |

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| 2.20 | John Arve Johansen | 36 | Drammen | 07.03.2009 |
| 2.00 | Ivar Opsahl | 47 | Drammen | 07.03.2009 |

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| **Lengde** |  |

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| 5.46 | Andreas Roth | 93 | Lillestrøm | 29.03.2009 |
| 4.38 s | Morten Halseth | 97 | Oslo/Ek | 05.12.2009 |
| 4.21 s | Jonas Haarberg Bolgen | 96 | Lillestrøm | 31.01.2009 |
| 4.09 | John Arve Johansen | 36 | Drammen | 07.03.2009 |
| 3.48 s | Sondre Opaker Øines | 98 | Stange | 14.03.2009 |
| 2.85 s | Sander Hasselberg | 98 | Stange | 14.03.2009 |
| 2.79 s | Simen Hasselberg | 98 | Stange | 14.04.2009 |

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| **Tresteg** |  |

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| 8.52 | John Arve Johansen | 36 | Drammen | 08.03.2009 |

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| **Lengde uten tilløp** |  |

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| 1.78 | Håvard Lund | 24 | Ås/GG | 23.02.2009 |

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| **Kule 3 kg** |  |

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| 9.75 | Morten Halseth | 97 | Oslo/Ek | 05.12.2009 |
| 7.12 | Christian Løland | 97 | Lillestrøm | 29.03.2009 |
| 5.49 | Kristian Ødemark Hov | 97 | Lillestrøm | 31.01.2009 |

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| **Kule 5 kg** |  |

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| 11.01 | Ivar Opsahl | 47 | Drammen | 08.03.2009 |
| 10.25 | Christer Amundsen | 92 | Karlstad, SWE | 21.02.2009 |

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| **Kule 7.26 kg** |  |

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| 9.77 | Rene Beyer | 73 | Lillestrøm | 29.03.2009 |

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| **4x100m E** |  |

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| 59.16 | G14 |  | Stange | 14.03.2009 |
| Morten Halseth97-Jonas Haarborg Bolgen96-Thomas Løland95-Anders Rødland | | | |

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| 68.29 | G12 |  | Stange | 14.03.2009 |
| Jørgen Opaker97-Sondre Opaker Øines98-Sander Hasselberg98-Simen Hasselberg98 | | | |

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| **MENN SENIOR 2009** | **780** |

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| **1000m** |  |

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| 2:03.07 | G18 |  | Stange | 01.02.2009 |
| Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:05.02 | G18 |  | Stange | 15.03.2009 |
| Martin Opaker94-Njord Erlend Wiker91-Vegard Gjelsvik92-Thomas Roth91 | | | |

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| **KVINNER SENIOR 2009** | **781** |

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| **60m E** |  |

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| 9.22 | Liv Kristina Holter | 97 | Oslo/Bi | 23.08.2009 |
| 9.61 | Vår Åsheim | 99 | Jessheim | 19.09.2009 |
| 9.66 | Kirsten Daae Wiig | 97 | Jessheim | 19.09.2009 |
| 10.24 | Helena Seland Myhre | 97 | Jessheim | 19.09.2009 |
| 11.49 | Julie Hansen | 99 | Jessheim | 16.06.2009 |
| 11.55 | Randi Daae Wiig | 00 | Jessheim | 19.09.2009 |
| 11.56 | Nora Røen Hansen | 99 | Jessheim | 16.06.2009 |
| 11:56 | Solveig Daae Wiig | 00 | Jessheim | 19.09.2009 |
| 11.94 | Ronja Bergene | 99 | Jessheim | 16.06.2009 |
| 12.20 | Hanne Sofie Borgen | 98 | Lillehammer/Ss | 20.06.2009 |

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| **60m M** |  |

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| 9.5 | Liv Kristina Holter | 97 | Jessheim | 04.06.2009 |
| 9.6 | Sofie Rostad | 94 | Jessheim | 04.06.2009 |
| 9.7 | Kirsten Daae Wiig | 97 | Jessheim | 04.06.2009 |
| 10.1 | Anne Line Olsen | 97 | Jessheim | 04.06.2009 |
| 10.1 | Mariann Hellne Rasen | 96 | Jessheim | 04.06.2009 |
| 10.6 | Helena Seland Myhre | 97 | Jessheim | 04.06.2009 |
| 11.2 | Silje Øderud | 97 | Jessheim | 04.06.2009 |
| 11.7 | Hedda Skatvedt | 00 | Jessheim | 16.06.2009 |
| 12.3 | Siri Opaker | 99 | Jessheim | 04.06.2009 |
| 12.5 | Hanne Sofie Borgen | 99 | Jessheim | 04.06.2009 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 14.76 | Lena Opaker Øines | 69 | Jessheim | 19.09.2009 |
| 15.15 | Sofie Rostad | 94 | Jessheim | 16.06.2009 |
| 16.08 | Irene Schultze | 67 | Jessheim | 19.09.2009 |

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| **200m E** |  |

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| 28.21 | Frida Kristine Forberg | 92 | Lillehammer/Ss | 18.06.2009 |
| 30.66 | Sofie Rostad | 94 | Jessheim | 03.09.2009 |
| 31.32 | Anne Lillegård | 73 | Moss/Me | 22.08.2009 |
| 33.52 | Karoline Ødemark Hov | 95 | Nadderud | 14.06.2009 |
| 33.62 | Vår Åsheim | 99 | Jessheim | 19.09.2009 |
| 33.77 | Liv Kristina Holter | 97 | Jessheim | 03.09.2009 |
| 34.10 | Kirsten Daae Wiig | 97 | Jessheim | 19.09.2009 |
| 37.05 | Anne Line Olsen | 97 | Jessheim | 03.09.2009 |
| 39.96 | Silje Ødegård | 97 | Jessheim | 03.09.2009 |
| 41.58 | Siri Opaker | 99 | Jessheim | 03.09.2009 |
| 48.57 | Hanne Sofie Borgen | 99 | Jessheim | 03.09.2009 |

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| **KVINNER SENIOR 2009** | **782** |

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| **200m M** |  |

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| 30.3 | Anne Lillegård | 73 | Oslo/St | 27.05.2009 |

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| **400m E** |  |

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| 63.55 | Frida Kristine Forberg | 92 | Nadderud | 15.06.2009 |
| 67.27 | Anne Lillegård | 73 | Huddinge, SWE | 28.06.2009 |
| 68.42 | Ida Berg Hansen | 92 | Lillehammer/Ss | 20.06.2009 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 68.4 | Anne Lillegård | 73 | Oslo/St | 27.05.2009 |

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| **600m** |  |

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| 2:13.81 | Liv Kristina Holter | 97 | Jessheim | 16.06.2009 |
| 2:15.16 | Kirsten Daae Wiig | 97 | Jessheim | 16.06.2009 |
| 2:15.42 | Vår Åsheim | 99 | Lillestrøm | 31.05.2009 |
| 2:32.48 | Nora Røen Hansen | 99 | Lillestrøm | 31.05.2009 |
| 2:35.71 | Julie Flatner Hansen | 99 | Lillestrøm | 31.05.2009 |

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| **800m** |  |

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| 2:32.84 | Anne Lillegård | 72 | Huddinge, SWE | 26.06.2009 |
| 2:45.3 | Frida Kristine Forberg | 92 | Jessheim | 19.09.2009 |
| 2:53.0 | Hilde Gustavson | 87 | Jessheim | 19.09.2009 |
| 2:58.6 | Nora Mathiesen | 97 | Jessheim | 19.09.2009 |
| 3:00.6 | Trine Bogstad Mangerud | 51 | Jessheim | 19.09.2009 |
| 3:02.1 | Kjersti Andersen | 68 | Jessheim | 19.09.2009 |
| 3:25.3 | Nora Røen Hansen | 99 | Jessheim | 19.09.2009 |
| 3:32.2 | Julie Flatner Hansen | 99 | Jessheim | 19.09.2009 |
| 3:40.0 | Siri Opaker | 99 | Jessheim | 19.09.2009 |

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| **1500m** |  |

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| 4:41.89 | Silje Ekroll Jahren | 88 | Oslo/Bi | 14.07.2009 |
| 5:18.5 | Marianne Opsahl | 73 | Jessheim | 04.06.2009 |
| 5:19.2 | Line Mathisen | 71 | Jessheim | 04.06.2009 |
| 5:21.2 | Siri Fjellberg Larsen | 69 | Jessheim | 04.06.2009 |
| 5:27.6 | Line Engebakken | 70 | Jessheim | 05.06.2009 |
| 5:30.61 | Anne Lillegård | 72 | Huddinge, SWE | 26.06.2009 |
| 5:52.9 | Bente Tenold Holter | 62 | Jessheim | 04.06.2009 |
| 5:55.0 | Claudia Asphaug | 68 | Jessheim | 04.06.2009 |
| 6:22.3 | Inger Gustavson | 64 | Jessheim | 04.06.2009 |

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| **KVINNER SENIOR 2009** | **783** |

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| **1500m forts.** |  |

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| 6:29.2 | Line Røen Hansen | 66 | Jessheim | 04.06.2009 |
| 6:34.8 | Wenche Løland | 65 | Jessheim | 04.06.2009 |
| 6:36.6 | Trine Bogstad Mangerud | 51 | Jessheim | 04.06.2009 |
| 6:38.1 | Gunn Kristin Sunde | 66 | Jessheim | 04.06.2009 |
| 6:56.3 | Unn Haaland | 61 | Jessheim | 04.06.2009 |
| 7:07.6 | Irene Schultze | 67 | Jessheim | 04.06.2009 |
| 7:28.8 | Marit Skolt Skafle | 56 | Jessheim | 04.06.2009 |
| 7:32.2 | Ann-Marie Bakkerud | 49 | Jessheim | 04.06.2009 |

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| **2000m** |  |

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| 7:07.90 | Anniken Gjerde Alnes | 94 | Nadderud | 13.06.2009 |

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| **3000m** |  |

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| 11:04.12 | Marianne Opsahl | 73 | Oslo/Bi | 19.05.2009 |
| 12:52.0 | Anne Lillegård | 73 | Lørenfallet | 08.09.2009 |

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| **10 km landevei** |  |

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| 46:09 | Trine Bogstad Mangerud | 51 | Jessheim | 15.11.2009 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.35 | Sofie Rostad | 94 | Jessheim | 16.06.2009 |
| 1.30 | Ebba Beyer | 98 | Jessheim | 16.06.2009 |
| 1.22 | Kirsten Daae Wiig | 97 | Jessheim | 16.06.2009 |
| 1.20 | Liv Kristina Holter | 97 | Jessheim | 16.06.2009 |

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| **Lengde** |  |

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| 4.56 | Silje Disserud | 91 | Årnes | 27.05.2009 |
| 3.92 s | Kirsten Daae Wiig | 97 | Jessheim | 19.09.2009 |
| 3.88 s | Vår Åsheim | 99 | Jessheim | 19.09.2009 |
| 3.61 s | Ebba Beyer | 98 | Jessheim | 16.06.2009 |
| 3.60 s | Helena Seland Myhre | 97 | Jessheim | 19.09.2009 |
| 2.98 s | Nora Røen Hansen | 99 | Lillestrøm | 31.05.2009 |
| 2.78 s | Julie Flatner Hansen | 99 | Jessheim | 16.06.2009 |
| 2.73 s | Randi Daae Wiig | 00 | Jessheim | 19.09.2009 |
| 2.56 s | Solveig Daae Wiig | 00 | Jessheim | 19.09.2009 |
| 2.53 s | Ronja Bergene | 99 | Jessheim | 16.06.2009 |
| 2.31 s | Hanne Sofie Borgen | 99 | Lillehammer/Ss | 21.06.2009 |

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| **Kule 2 kg** |  |

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| 4.95 | Vår Åsheim | 99 | Jessheim | 19.09.2009 |
| **KVINNER SENIOR 2009** | | **784** | | |

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| **Kule 4 kg** |  |

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| 10.47 | Silje Disserud | 91 | Lillehammer/Ss | 20.06.2009 |

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

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| 34.24 | Silje Disserud | 91 | Lillehammer/Ss | 21.06.2009 |

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

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| 19.08 | Kirsten Daae Wiig | 97 | Lillestrøm | 30.05.2009 |

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| **Liten ball 80 g** |  |

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| 37.50 | Kirsten Daae Wiig | 97 | Jessheim | 16.06.2009 |
| 21.03 | Solveig Daae Wiig | 99 | Lillestrøm | 30.05.2009 |
| 15.16 | Randi Daae Wiig | 99 | Lillestrøm | 30.05.2009 |
| 12.02 | Hanne Sofie Borgen | 99 | Jessheim | 16.06.2009 |

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| **Liten ball 150 g** |  |

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| 31.65 | Kirsten Daae Wiig | 97 | Nadderud | 14.06.2009 |

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| **KVINNER SENIOR 2009** | **785** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.09 | Betina Nilssen | 92 | Karlstad, SWE | 21.02.2009 |
| 8.52 | Frida Kristine Forberg | 92 | Lillestrøm | 29.03.2009 |
| 9.23 | Rikke Gustavson | 93 | Lillestrøm | 29.03.2009 |
| 9.89 | Ebba Beyer | 98 | Lillestrøm | 29.03.2009 |
| 10.45 | Helena Seland Myhre | 97 | Stange | 15.03.2009 |
| 11.83 | Siri Opaker | 98 | Oslo/Ek | 10.01.2009 |
| 12.29 | Anna Moen | 01 | Lillestrøm | 31.01.2009 |

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| **200m E** |  |

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| 26.46 | Betina Nilssen | 92 | Stange | 01.02.2009 |
| 28.90 | Frida Kristine Forberg | 92 | Oslo/Ek | 10.01.2009 |
| 33.61 | Karoline Ødemark Hov | 95 | Stange | 15.03.2009 |
| 35.91 | Helena Seland Myhre | 97 | Stange | 15.03.2009 |

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| **600m** |  |

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| 1:55.15 | Ida Berg-Hansen | 92 | Stange | 14.03.2009 |
| 2:17.12 | Helena Seland Myhre | 97 | Stange | 14.03.2009 |
| 2:24.46 | Ebba Beyer | 98 | Stange | 14.03.2009 |

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| **800m** |  |

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| 2:38.8 | Anne Lillegård | 73 | Drammen | 08.03.2009 |

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| **Høyde** |  |

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| 1.25 | Ebba Beyer | 98 | Lillestrøm | 29.03.2009 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.79 | Frida Kristine Forberg | 92 | Lillestrøm | 29.03.2009 |
| 4.51 | Silje Disserud | 91 | Lillestrøm | 29.03.2009 |
| 3.66 s | Ebba Beyer | 98 | Lillestrøm | 29.03.2009 |
| 3.43 s | Karoline Ødemark Hov | 98 | Stange | 15.03.2009 |
| 2.41 s | Anna Moen | 01 | Lillestrøm | 31.01.2009 |

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| **Kule 2 kg** |  |

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| 6.11 | Helena Seland Myhre | 96 | Stange | 14.03.2009 |

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| **KVINNER SENIOR 2009** | **786** |

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| **Kule 4 kg** |  |

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| 11.10 | Silje Disserud | 91 | Stange | 31.01.2009 |
| 7.71 | Norunn Elise Bamrud | 92 | Stange | 14.03.2009 |

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| **1000m** |  |

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| 2:50.47 | J18 |  | Stange | 01.02.2009 |
| Silje Disserud91-Betina Nilssen92-Ida Berg Hansen92-Frida Forberg92 | | | |

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| **MENN SENIOR 2010** | **787** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.61 | Martin Opaker | 94 | Asker/Fø | 06.06.2010 |
| 7.63 | Andreas Roth | 93 | Asker/Fø | 06.06.2010 |
| 7.96 | Jo-Oddmund Vaagaasar | 92 | Asker/Fø | 06.06.2010 |
| 8.91 | Jørgen Opaker | 97 | Nesodden | 11.09.2010 |
| 9.44 | Morten Halseth | 97 | Jessheim | 15.06.2010 |
| 9.48 | Christian Løland | 97 | Jessheim | 25.05.2010 |
| 9.58 | Rene Fredholm Larsen | 97 | Jessheim | 25.05.2010 |
| 10.01 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 19.06.2010 |
| 10.02 | Sondre Westby Liestøl | 99 | Lillestrøm | 29.05.2010 |
| 10.20 | Marius Fosserud | 01 | Jessheim | 25.10.2010 |
| 10.22 | Claver Reggie | 00 | Jessheim | 15.06.2010 |
| 10.83 | Iver Laake | 00 | Jessheim | 25.05.2010 |
| 10.90 | Kristoffer Almenningen | 01 | Jessheim | 25.05.2010 |
| 11.04 | Magnus Kråbøl | 98 | Jessheim | 25.05.2010 |
| 11.17 | Andreas Flåten Børve | 99 | Lillehammer/Ss | 19.06.2010 |
| 11.19 | Eirik Magnus Holter | 99 | Lillehammer/Ss | 19.06.2010 |
| 11.27 | Ådne Opaker Øines | 02 | Lillestrøm | 29.05.2010 |
| 11.33 | Jon Erik Marijathas | 00 | Jessheim | 15.06.2010 |
| 12.00 | Martin Opaker | 00 | Lillestrøm | 29.05.2010 |

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| **60m M** |  |

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| 7.5 | Martin Opaker | 94 | Jessheim | 10.06.2010 |
| 8.0 | Hans Martin Hofseth | 94 | Jessheim | 10.06.2010 |
| 8.6 | Jørgen Opaker | 97 | Jessheim | 10.06.2010 |
| 8.7 | Jonas Haarborg Bolgen | 96 | Jessheim | 10.06.2010 |
| 9.8 | Sondre Opaker Øines | 98 | Lillestrøm | 29.05.2010 |
| 9.9 | Christian Løland | 97 | Jessheim | 10.06.2010 |
| 10.1 | Andreas Flåten Børve | 99 | Jessheim | 10.06.2010 |

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| **100m E** |  |

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| 11.62 | Andreas Roth | 93 | Lillestrøm | 29.05.2010 |
| 11.76 | Martin Opaker | 94 | Lillehammer/Ss | 20.06.2010 |
| 12.29 | Martin Lundemo Syvertsen | 92 | Lillehammer/Ss | 20.06.2010 |
| 12.90 | Jo Oddmund Vaagaasar | 92 | Lillestrøm | 29.05.2010 |
| 14.76 | Øystein Gjerdrum | 52 | Florø | 13.08.2010 |

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| **200m E** |  |

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| 22.87 | Thomas Roth | 91 | Lillestrøm | 30.05.2010 |
| 23.13 | Andreas Roth | 93 | Lillehammer/Ss | 18.06.2010 |
| 23.82 | Martin Opaker | 94 | Lillehammer/Ss | 18.06.2010 |
| 24.15 | Njord Erlend Wiker | 91 | Oslo/Bi | 28.08.2010 |
| 24.28 | Håvard Hildeskor | 92 | Lillestrøm | 30.05.2010 |

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| **MENN SENIOR 2010** | **788** |

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

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| 24.58 | Vetle Aasland | 92 | Arvika, SWE | 01.08.2010 |
| 26.66 | Hans Marius Hofseth | 94 | Jessheim | 25.05.2010 |
| 26.77 | Jo Oddmund Vaagaasar | 92 | Nadderud | 11.06.2010 |
| 29.74 | Morten Halseth | 97 | Lillestrøm | 30.05.2010 |
| 29.86 | Jørgen Opaker | 97 | Lillestrøm | 28.08.2010 |
| 30.99 | Christian Løland | 97 | Lillestrøm | 30.05.2010 |

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| **200m M** |  |

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| 25.9 | Hans Martin Hofseth | 94 | Jessheim | 03.09.2010 |
| 29.7 | Jonas Haarborg Bolgen | 96 | Jessheim | 03.09.2010 |
| 30.0 | Morten Halseth | 97 | Jessheim | 03.09.2010 |
| 30.8 | Jørgen Opaker | 97 | Lillestrøm | 29.08.2010 |
| 32.5 | Karsten Rognerud | 98 | Jessheim | 03.09.2010 |
| 33.1 | Sindre Bjørnstad | 97 | Jessheim | 03.09.2010 |
| 34.6 | Mikael Ådland Gulliksen | 98 | Jessheim | 03.09.2010 |
| 35.5 | Sondre Westby Liestøl | 99 | Jessheim | 03.09.2010 |
| 36.2 | Andreas Børve | 99 | Jessheim | 03.09.2010 |
| 36.3 | Andre Hellne Rasen | 00 | Jessheim | 03.09.2010 |
| 36.5 | Markus Ådland Gulliksen | 00 | Jessheim | 03.09.2010 |
| 44.6 | Harald Seland Myhre | 00 | Jessheim | 03.09.2010 |

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| **300m E** |  |

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| 36.14 | Andreas Roth | 93 | Oslo/Bi | 19.05.2010 |

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| **400m E** |  |

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| 48.58 | Thomas Roth | 91 | Nadderud | 13.06.2010 |
| 49.65 | Andreas Roth | 93 | Ravnanger | 07.08.2010 |
| 50.28 | Vegard Løberg Gjelsvik | 92 | Nadderud | 13.06.2010 |
| 50.85 | Håvard Hildeskor | 92 | Oslo/Bi | 15.08.2010 |
| 51.39 | Vetle Aasland | 91 | Oslo/Bi | 20.06.2010 |
| 52.37 | Njord Erlend Wiker | 91 | Oslo/Bi | 15.08.2010 |
| 53.16 | Peder Holm | 92 | Sofiemyr | 26.06.2010 |
| 56.62 | Martin Lundemo Syvertsen | 92 | Lillehammer/Ss | 19.06.2010 |

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| **600m** |  |

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| 1:18.8 | Thomas Roth | 91 | Trondheim/St | 29.04.2010 |
| 1:22.2 | Vetle Aasland | 91 | Trondheim/St | 29.04.2010 |
| 1:23.9 | Håvard Hildeskor | 92 | Trondheim/St | 29.04.2010 |
| 1:23.9 | Njord Erlend Wiker | 91 | Trondheim/St | 29.04.2010 |
| 1:24.0 | Andreas Roth | 93 | Trondheim/St | 29.04.2010 |
| 1:28.9 | Peder Holm | 92 | Lillestrøm | 25.09.2010 |

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| **MENN SENIOR 2010** | **789** |

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| **600m forts.** |  |

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| 1:45.15 | Morten Halseth | 97 | Lillestrøm | 28.08.2010 |
| 1:46.52 | Rene Fredheim Larsen | 97 | Lillestrøm | 29.05.2010 |
| 1:47.02 | Christian Løland | 97 | Lillestrøm | 29.05.2010 |
| 1:48.85 | Jonas Haarberg Bolgen | 96 | Jessheim | 25.05.2010 |
| 2:07.73 | Sondre Westby Liestøl | 99 | Jessheim | 15.06.2010 |
| 2:09.96 | Sindre Bjørnstad | 97 | Jessheim | 25.05.2010 |
| 2:11.86 | Andreas Flåten Børve | 99 | Lillehammer/Ss | 20.06.2010 |
| 2:14.33 | Ronny Opaker | 66 | Lillestrøm | 29.05.2010 |
| 2:17.90 | Andre Hellne Rasen | 00 | Jessheim | 25.05.2010 |
| 2:19.80 | Marius Fosserud | 01 | Jessheim | 25.05.2010 |

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| **800m** |  |

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| 1:48.16 | Thomas Roth | 91 | Oslo/Bi | 19.05.2010 |
| 1:52.29 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 29.05.2010 |
| 1:52.39 | Vetle Aasland | 91 | Sollentuna, SWE | 01.07.2010 |
| 1:54.27 | Håvard Hildeskor | 92 | Lillestrøm | 29.05.2010 |
| 1:55.47 | Andreas Roth | 93 | Molde | 05.09.2010 |
| 1:57.34 | Njord Erlend Wiker | 91 | Göteborg, SWE | 04.07.2010 |
| 2:01.99 | Fredrik Anthi Svinø | 92 | Oslo/Bi | 19.05.2010 |
| 2:03.02 | Peder Holm | 92 | Oslo/Bi | 28.08.2010 |
| 2:05.41 | Åsmund Wennemo | 94 | Nadderud | 12.06.2010 |
| 2:12.0 | Erlend Morthen | 92 | Oslo/Bi | 28.08.2010 |
| 2:14.33 | Ronny Opaker | 66 | Lillestrøm | 29.05.2010 |
| 2:26.2 | Rolf Arne Halseth | 65 | Jessheim | 18.09.2010 |
| 2:28.2 | Erik Gustavson | 59 | Jessheim | 18.09.2010 |
| 2:34.86 | Morten Halseth | 97 | Oslo/Bi | 05.06.2010 |
| 2:35.2 | Tore Østvang | 52 | Jessheim | 18.09.2010 |
| 2:37.06 | Jan Erik Rybråten | 53 | Florø | 14.08.2010 |
| 2:48.9 | Hans Martin Hofseth | 94 | Jessheim | 19.09.2010 |
| 2:53.7 | Odd Kinnsbekken | 48 | Jessheim | 18.09.2010 |
| 2:56.1 | Knut Kristensen | 44 | Jessheim | 18.09.2010 |
| 3:02.0 | Tore Ragnar Olsen | 46 | Jessheim | 18.09.2010 |
| 3:04.1 | Sondre Westby Liestøl | 99 | Jessheim | 19.09.2010 |
| 3:10.5 | Vemund Wemundstad | 40 | Jessheim | 18.09.2010 |
| 3:15.41 | Hossein Ali Mosawagi | 95 | Jessheim | 25.05.2010 |
| 3:31.8 | Olav Werner Ruud | 55 | Jessheim | 18.09.2010 |
| 3:35.4 | Helge Velure | 50 | Jessheim | 18.09.2010 |

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| **MENN SENIOR 2010** | **790** |

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| **1500m** |  |

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| 3:55.18 | Vetle Aasland | 91 | Göteborg, SWE | 03.07.2010 |
| 3:58.91 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 17.06.2010 |
| 4:03.93 | Njord Erlend Wiker | 91 | Oslo/Bi | 20.07.2010 |
| 4:08.79 | Håvard Hildeskor | 92 | Göteborg, SWE | 03.07.2010 |
| 4:13.09 | Peder Holm | 92 | Oslo/Bi | 29.06.2010 |
| 4:16.29 | Fredrik Anthi Svinø | 92 | Asker/Fø | 05.06.2010 |
| 4:25.31 | Åsmund Wennemo | 94 | Oslo/Bi | 20.07.2010 |
| 4:35.3 | Sondre Olsson | 91 | Jessheim | 10.06.2010 |
| 4:51.1 | Sigurd Fjeldbo | 82 | Jessheim | 10.06.2010 |
| 4:53.8 | Trym Rostad | 91 | Jessheim | 10.06.2010 |
| 5:05.08 | Rene Fredheim Larsen | 97 | Nadderud | 13.06.2010 |
| 5:13.1 | Geir Asphaug | 65 | Jessheim | 10.06.2010 |
| 5:15.2 | Frode Liland | 65 | Jessheim | 10.06.2010 |
| 5:16.6 | Geir Håkon Bjørnstad | 56 | Jessheim | 10.06.2010 |
| 5:22.3 | Rolf Halseth | 65 | Jessheim | 10.06.2010 |
| 5:24.8 | Arne Johansen | 48 | Jessheim | 10.06.2010 |
| 5:31.68 | Jan Erik Rybråten | 53 | Florø | 15.08.2010 |
| 5:40.6 | Odd Kinnsbekken | 48 | Jessheim | 10.06.2010 |
| 5:44.6 | Knut Kristiansen | 44 | Jessheim | 10.06.2010 |
| 5:47.6 | Oddvar Leivestad | 45 | Jessheim | 10.06.2010 |
| 6:03.5 | Hallvard Evensen | 53 | Jessheim | 10.06.2010 |
| 6:11.0 | Knut Johan Holter | 61 | Jessheim | 04.06.2010 |
| 6:31.7 | Bjørn Ivar Thune | 59 | Jessheim | 10.06.2010 |
| 6:31.9 | Nils Sæthermoen | 40 | Jessheim | 10.06.2010 |
| 6:34.7 | Ole Arnegård | 44 | Jessheim | 10.06.2010 |
| 6:54.5 | Olav Werner Ruud | 55 | Jessheim | 10.06.2010 |
| 7:30.0 | Arne Luke | 44 | Jessheim | 10.06.2010 |
| 7:32.0 | Helge Velure | 50 | Jessheim | 04.06.2010 |
| 8:03.9 | Steinar Ulsaker | 47 | Jessheim | 10.06.2010 |

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| **2000m** |  |

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| 6:48.54 | Peder Holm | 92 | Molde | 04.09.2010 |

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| **3000m** |  |

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| 8:48.47 | Kristian Monsen | 77 | Oslo/Bi | 29.06.2010 |
| 9:21.21 | Fredrik Anthi Svinø | 92 | Nadderud | 11.06.2010 |
| 9:38.64 | Vetle Christiansen | 95 | Oslo/La | 30.09.2010 |
| 11:21.23 | Trym Rostad | 91 | Jessheim | 25.05.2010 |
| 12:30.5 | Jan Erik Rybråten | 53 | Lørenfallet | 07.09.2010 |

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| **5000m** |  |

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| 15:08.69 | Kristian Monsen | 77 | Sandnes | 20.08.2010 |

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| **MENN SENIOR 2010** | **791** |

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| **10000m** |  |

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| 31:51.56 | Kristian Monsen | 77 | Oslo/Bi | 22.05.2010 |
| 39:51.74 | Frode Liland | 65 | Brumunddal | 05.08.2010 |

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

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| 5:56.06 | Vegard Løberg Gjelsvik | 92 | Molde | 04.09.2010 |
| 6:00.87 | Vetle Aasland | 91 | Molde | 04.09.2010 |
| 6:02.91 | Thomas Roth | 91 | Molde | 04.09.2010 |

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| **Halvmaraton 21098m** |  |

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| 1:12:02 | Kristian Monsen | 77 | Lørenskog | 30.10.2010 |
| 1:34:29 | Arne Johansen | 48 | Jessheim | 21.10.2010 |
| 1:45:00 | Vemund Wemundstad | 40 | Lørenskog | 30.10.2010 |

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| **Høyde** |  |

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| 1.70 | Andreas Roth | 93 | Jessheim | 25.05.2010 |
| 1.55 | Morten Halseth | 97 | Jessheim | 18.09.2010 |
| 1.45 | Ivar Opsahl | 47 | Jessheim | 25.05.2010 |
| 1.27 | John Arve Johansen | 36 | Årnes | 01.09.2010 |
| 1.25 | Eirik Magnus Holter | 99 | Lillehammer/Ss | 19.06.2010 |
| 1.05 | Claver Reggie | 00 | Jessheim | 15.06.2010 |
| 1.05 | Thanwut Lamprom | 99 | Jessheim | 18.09.2010 |
| 0.95 | Jon Erik Marijathas | 00 | Jessheim | 15.06.2010 |

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| **Lengde** |  |

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| 5.75 | Andreas Roth | 93 | Jessheim | 18.09.2010 |
| 5.60 | Thomas Roth | 91 | Jessheim | 18.09.2010 |
| 4.11 | John Arve Johansen | 36 | Jessheim | 18.09.2010 |
| 4.01 | Martin Opaker | 94 | Jessheim | 18.09.2010 |
| 3.56 s | Claver Reggie | 00 | Jessheim | 15.06.2010 |
| 3.55 s | Sondre Opaker Øines | 98 | Lillestrøm | 29.05.2010 |
| 3.48 s | Andreas Flåten Børve | 99 | Lillehammer/Ss | 20.06.2010 |
| 3.48 s | Thanwut Lamprom | 99 | Jessheim | 18.09.2010 |
| 3.11 s | Jon Erik Marijathas | 00 | Jessheim | 15.06.2010 |
| 3.10 s | Sondre Westby Liestøl | 99 | Jessheim | 15.06.2010 |
| 3.08 s | Magnus Kråbøl | 98 | Jessheim | 25.05.2010 |
| 2.38 s | Ådne Opaker Øines | 02 | Lillestrøm | 29.05.2010 |

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| **Tresteg** |  |

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| 8.60 | John Arve Johansen | 36 | Jessheim | 18.09.2010 |

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| **MENN SENIOR 2010** | **792** |

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| **Kule 2 kg** |  |

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| 6.05 | Andre Hellne Rasen | 00 | Jessheim | 25.05.2010 |
| 5.96 | SondreWestby Liestøl | 99 | Jessheim | 18.09.2010 |
| 5.95 | Thanwat Lamprom | 99 | Jessheim | 18.09.2010 |
| 5.83 | Sondre Opaker Øines | 98 | Jessheim | 25.05.2010 |
| 5.82 | Magnus Kråbøl | 98 | Jessheim | 25.05.2010 |

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| **Kule 3 kg** |  |

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| 10.71 | Morten Halseth | 97 | Nadderud | 11.06.2010 |
| 7.99 | Christian Løland | 97 | Lillestrøm | 29.05.2010 |
| 6.65 | Håvard Lund | 24 | Jessheim | 15.06.2010 |

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| **Kule 4 kg** |  |

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| 9.72 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |

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| **Kule 5 kg** |  |

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| 10.62 | Ivar Opsahl | 47 | Jessheim | 25.05.2010 |
| 9.72 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |
| 8.89 | Martin Opaker | 94 | Jessheim | 25.05.2010 |
| 7.95 | Hans Martin Hofseth | 94 | Jessheim | 25.05.2010 |

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| **Kule 6 kg** |  |

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| 7.76 | Jo Oddmund Vaagaasar | 92 | Jessheim | 25.05.2010 |

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| **Kule 7.26 kg** |  |

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| 8.83 | Frank Øines | 68 | Jessheim | 25.05.2010 |
| 8.38 | Mats Lundstrøm | 65 | Nadderud | 17.10.2010 |

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| **Diskos 750 g** |  |

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| 20.33 | Christian Løland | 97 | Lillestrøm | 29.05.2010 |

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| **Diskos 1 kg** |  |

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| 25.63 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |
| 17.35 | Håvard Lund | 24 | Heggedal/Ka | 28.08.2010 |

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| **Diskos 2 kg** |  |

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| 23.19 | Mats Lundstrøm | 65 | Nadderud | 17.10.2010 |

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| **MENN SENIOR 2010** | **793** |

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| **Slegge 3 kg** |  |

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| 20.05 | Håvard Lund | 24 | Heggedal/Ka | 17.06.2010 |

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| **Slegge 4 kg** |  |

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| 24.53 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |

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| **Slegge 7.26 kg** |  |

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| 17.69 | Mats Lundstrøm | 65 | Heggedal/Ka | 26.09.2010 |

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| **Spyd 400 g** |  |

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| 35.10 | Morten Halseth | 97 | Jessheim | 18.09.2010 |
| 34.76 | Christian Løland | 97 | Lillestrøm | 30.05.2010 |
| 18.72 | Magnus Kråbøl | 98 | Jessheim | 25.05.2010 |
| 18.27 | Thanwut Lamprom | 99 | Jessheim | 18.09.2010 |
| 17.80 | Håvard Lund | 24 | Jessheim | 15.06.2010 |
| 15.90 | Marcus Fosserud | 01 | Jessheim | 25.05.2010 |
| 14.35 | Sondre Opaker Øines | 98 | Oslo/Bi | 05.06.2010 |

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| **Spyd 500 g** |  |

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| 29.21 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |

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| **Spyd 700 g** |  |

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| 18.78 | Martin Opaker | 94 | Jessheim | 15.06.2010 |

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

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| 52.02 | Vetle Aasland | 91 | Ravnanger | 08.08.2010 |
| 30.46 | Mats Lundstrøm | 65 | Asker/Fø | 26.09.2010 |
| 21.99 | Jo Oddmund Vaagaasar | 92 | Jessheim | 15.06.2010 |

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| **Vektkast 5.45 kg** |  |

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| 11.00 | Håvard Lund | 24 | Heggedal/Ka | 17.06.2010 |

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| **Vektkast 7.26 kg** |  |

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| 11.25 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |

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| **Vektkast 15.88 kg** |  |

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| 7.51 | Mats Lundstrøm | 65 | Asker/Fø | 26.09.2010 |
| **MENN SENIOR 2010** | | **794** | | |

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| **Liten ball 150 g** |  |

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| 51.16 | Morten Halseth | 97 | Nadderud | 13.06.2010 |
| 30.88 | Sondre Opaker Øines | 98 | Lillestrøm | 29.05.2010 |
| 29.80 | Jørgen Opaker | 97 | Lillestrøm | 29.08.2010 |

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

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| 2803 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |
| 24.53-9.72-25.62-27.93-11.12 | | | |

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| 2836 | Håvard Lund | 24 | Heggedal/Ka | 28.08.2010 |
| 19.22-6.30-17.35-17.33-9.69 | | | |

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| 1472 | Mats Lundstrøm | 65 | Asker-Heggedal | 26.09.2010 |
| 17.69-8.00-23.08-30.46-7.51 | | | |

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| **4x60m E** |  |

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| 34.98 | G14 |  | Asker/Fø | 06.06.2010 |
| Jørgen Opaker97-Jonas Bolgen96-Morten Halseth97-Christian Løland97 | | | |

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| 39.77 | G14 |  | Nadderud | 12.06.2010 |
| Sondre Liestøl99-Claver Reggie00-Andreas Flåten Børve99-Magnus Kråbøl98 | | | |

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| 41.12 | G12 |  | Lillestrøm | 29.05.2010 |
| Sondre Opaker Øines98-Sondre Liestøl99-Sindre Hasselberg98-Simen Hasselberg98 | | | |

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| **4x100m E** |  |

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| 46.49 | M19 |  | Asker/Fø | 06.06.2010 |
| Martin Opaker94-Andreas Roth93-Thomas Roth91-Jo Oddmund Vaagaasar92 | | | |

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| 47.19 | G16 |  | Steinkjer/Gu | 22.05.2010 |
| Martin Opaker94-Hans Marius Hofseth94-Espen Næss94-Lars Buraas95 | | | |

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| 57.92 | G13 |  | Lillestrøm | 29.05.2010 |
| Morten Halseth97-Jørgen Opaker97-Rene Fredheim Larsen97-Christian Løland97 | | | |

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| **4x400m** |  |

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| 3:18.53 | M19 |  | Steinkjer/Gu | 22.05.2010 |
| Andreas Roth93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 3:34.75 | M19 |  | Steinkjer/Gu | 22.05.2010 |
| Njord Wiker91-Anders Buraas92-Peder Holm92-Maruis Næss93 | | | |

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| **MENN SENIOR 2010** | **795** |

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| **3x600m** |  |

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| 5:21.51 | G14 |  | Asker/Fø | 06.06.2010 |
| Jonas Bolgen96-Christian Løland96-Morten Halseth97 | | | |

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| **4x600m** |  |

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| 6:09.04 | G16 |  | Steinkjer/Gu | 23.05.2010 |
| Åsmund Wennemo94-Espen Næss94-Thomas Løland95-Lars Buraas95 | | | |

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| **4x800m** |  |

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| 7:38.92 | M19 |  | Oslo/Bi | 10.09.2010 |
| Håvard Hildeskor92-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| **4x1500m** |  |

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| 17:06.70 | M19 |  | Steinkjer/Gu | 23.05.2010 |
| Anders Buraas92-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Vetle Aasland91 | | | |

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| 17:35.95 | G18 |  | Steinkjer/Gu | 23.05.2010 |
| Åsmund Wennemo94-Thomas Roth93-Peder Holm92-Fredrik Anthi Svinø92 | | | |

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| **1000m** |  |

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| 1:58.66 | M19 |  | Molde | 05.09.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:58.79 | M19 |  | Ravnanger | 08.08.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 2:00.76 | M19 |  | Sandnes | 22.08.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 2:03.18 | M19 |  | Molde | 05.09.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 2:03.83 | G18 |  | Ravnanger | 08.08.2010 |
| Peder Holm92-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

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| 2:04.03 | M19 |  | Oslo/Bi | 28.08.2010 |
| Håvard Hildeskor92-Peder Holm92-Njord Wiker91-Vetle Aasland91 | | | |

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| **MENN SENIOR 2010** | **796** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.74 | Martin Opaker | 94 | Lillestrøm | 30.01.2010 |
| 7.77 | Martin Lundemo Syvertsen | 92 | Drammen | 10.01.2010 |
| 8.13 | Hans Martin Hofseth | 94 | Lillestrøm | 30.01.2010 |
| 8.71 | Morten Halseth | 97 | Oslo/Ek | 11.12.2010 |
| 9.16 | Jørgen Opaker | 97 | Lillestrøm | 23.01.2010 |
| 10.00 | Sondre Opaker Øines | 98 | Lillestrøm | 30.01.2010 |
| 10.28 | Eirik Magnus Holter | 99 | Lillestrøm | 23.01.2010 |
| 11.10 | Ådne Opaker Øines | 02 | Lillestrøm | 30.01.2010 |
| 12.14 | Axel Flatner Hansen | 01 | Lillestrøm | 23.01.2010 |

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| **100m E** |  |

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| 12.02 | Andreas Roth | 93 | Drammen | 14.02.2010 |
| 12.26 | Martin Lundemo Syvertsen | 92 | Drammen | 10.01.2010 |
| 12.35 | Martin Opaker | 94 | Drammen | 14.02.2010 |

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| **200m E** |  |

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| 23.26 | Thomas Roth | 91 | Stange | 24.01.2010 |
| 23.58 | Andreas Roth | 93 | Stange | 21.03.2010 |
| 26.69 | Hans Martin Hofseth | 94 | Stange | 21.03.2010 |
| 29.52 | Morten Halseth | 97 | Stange | 24.01.2010 |

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| **400m E** |  |

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| 49.90 | Thomas Roth | 91 | Stange | 23.01.2010 |
| 51.35 | Vegard Løberg Gjelsvik | 92 | Stange | 20.02.2010 |
| 51.72 | Andreas Roth | 93 | Trondheim/Ra | 18.12.2010 |

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| **600m** |  |

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| 1:20.19 | Thomas Roth | 91 | Oslo/Ek | 11.12.2010 |
| 1:21.22 | Vegard Løberg Gjelsvik | 92 | Stange | 20.03.2010 |
| 1:23.49 | Vetle Aasland | 91 | Stange | 20.03.2010 |
| 1:24.50 | Andreas Roth | 93 | Stange | 20.03.2010 |
| 1:26.65 | Njord Erland Wiker | 91 | Oslo/Ek | 11.12.2010 |
| 1:28.31 | Peder Holm | 92 | Oslo/Ek | 11.12.2010 |
| 1:30.19 | Åsmund Wennemo | 94 | Oslo/Ek | 11.12.2010 |
| 1:30.22 | Fredrik Anthi Svinø | 92 | Stange | 20.03.2010 |
| 1:30.26 | Anders Buraas | 92 | Stange | 20.03.2010 |
| 1:39.65 | Ronny Opaker | 66 | Stange | 20.03.2010 |
| 1:41.09 | Thomas Løland | 95 | Stange | 20.03.2010 |

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| **MENN SENIOR 2010** | **797** |

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| **600m forts.** |  |

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| 1:46.09 | Morten Halseth | 97 | Lillestrøm | 13.03.2010 |
| 2:13.03 | Sondre Opaker Øines | 98 | Stange | 20.03.2010 |

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| **800m** |  |

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| 1:49.85 | Thomas Roth | 91 | Stockholm, SWE | 10.02.2010 |
| 1:55.39 | Vegard Løberg Gjelsvik | 92 | Trondheim/Ra | 18.12.2010 |
| 1:56.39 | Vetle Aasland | 91 | Trondheim/Ra | 18.12.2010 |
| 1:56.43 | Håvard Hildeskor | 92 | Trondheim/Ra | 18.12.2010 |
| 2:03.28 | Fredrik Anthi Svinø | 92 | Stange | 21.02.2010 |
| 2:32.89 | Morten Halseth | 97 | Stange | 24.01.2010 |

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| **1500m** |  |

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| 4:29.11 | Fredrik Anthi Svinø | 92 | Stange | 23.01.2010 |
| 4:43.15 | Åsmund Wennemo | 94 | Stange | 23.01.2010 |

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| **60m hekk 68 cm E** |  |

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| 16.64 | Benjamin Haaland | 00 | Lillestrøm | 30.01.2010 |

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

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| 11.35 | Morten Halseth | 97 | Lillestrøm | 13.03.2010 |

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

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| 9.35 | Andreas Roth | 93 | Drammen | 12.02.2010 |

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| **Høyde** |  |

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| 1.75 | Vetle Aasland | 91 | Askim | 24.01.2010 |
| 1.61 | Morten Halseth | 97 | Oslo/Ek | 11.12.2010 |
| 1.20 | Eirik Magnus Holter | 99 | Lillestrøm | 23.01.2010 |

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| **Lengde** |  |

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| 3.93 s | Sondre Opaker Øines | 98 | Lillestrøm | 30.01.2010 |
| 3.55 s | Benjamin Haaland | 00 | Lillestrøm | 30.03.2010 |
| 2.86 s | Magnus Kråbøl | 98 | Stange | 20.03.2010 |
| 2.83 s | Ådne Opaker Øines | 02 | Lillestrøm | 30.01.2010 |

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| **MENN SENIOR 2010** | **798** |

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| **Kule 3 kg** |  |

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| 11.44 | Morten Halseth | 97 | Oslo/Ek | 11.12.2010 |

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| **4x100m E** |  |

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| 59.89 | G14 |  | Stange | 20.03.2010 |
| Jørgen Opaker97-Jonas Haarberg Bolgen96-Morten Halseth97-Sindre Bjørnstad96 | | | |

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| **1000m** |  |

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| 2:04.45 | M19 |  | Stange | 21.03.2010 |
| Marius Næss93-Njord Wiker91-Vegard Løberg Gjelsvik92-Vetle Aasland91 | | | |

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| **KVINNER SENIOR 2010** | **799** |

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| **60m E** |  |

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| 9.07 | Liv Kristina Holter | 97 | Jessheim | 15.06.2010 |
| 9.23 | Marthe Skau | 98 | Jessheim | 15.06.2010 |
| 9.44 | Vår Åsheim | 99 | Lillestrøm | 29.05.2010 |
| 10.07 | Ebba Beyer | 98 | Jessheim | 25.05.2010 |
| 10.39 | Helena Seland Myhre | 97 | Jessheim | 25.05.2010 |
| 10.63 | Marie Næss | 00 | Jessheim | 25.05.2010 |
| 10.70 | Maren Toppen | 99 | Jessheim | 25.05.2010 |
| 10.88 | Solveig Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 11.07 | Nora Røen Hansen | 99 | Jessheim | 25.05.2010 |
| 11.27 | Hedda Aakre Skatvedt | 00 | Jessheim | 25.05.2010 |
| 11.51 | Randi Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 11.55 | Hanne Sofie Borgen | 99 | Jessheim | 25.05.2010 |

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| **60m M** |  |

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| 8.7 | Liv Kristina Holter | 97 | Jessheim | 10.06.2010 |
| 8.7 | Sofie Rostad | 94 | Jessheim | 10.06.2010 |
| 9.8 | Kirsten Daae Wiig | 97 | Jessheim | 10.06.2010 |
| 10.5 | Marie Næss | 00 | Jessheim | 10.06.2010 |
| 10.5 | Nora Røen Hansen | 99 | Jessheim | 10.06.2010 |
| 10.8 | Randi Daae Wiig | 00 | Jessheim | 10.06.2010 |
| 10.8 | Solveig Daae Wiig | 00 | Jessheim | 10.06.2010 |
| 11.4 | Hanne Sofie Borgen | 99 | Jessheim | 10.06.2010 |

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| **100m E** |  |

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| 14.20 | Liv Kristina Holter | 97 | Lillehammer/Ss | 20.06.2010 |

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| **200m E** |  |

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| 28.60 | Rikke Gustavson | 93 | Jessheim | 25.05.2010 |
| 28.61 | Frida Kristine Forberg | 92 | Lillestrøm | 30.05.2010 |
| 29.00 | Sofie Rostad | 94 | Jessheim | 25.05.2010 |
| 29.73 | Liv Kristina Holter | 97 | Lillestrøm | 28.08.2010 |
| 30.21 | Maren Eriksen Skappel | 96 | Lillehammer/Ss | 17.06.2010 |
| 33.60 | Vår Åsheim | 99 | Nadderud | 13.06.2010 |

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| **200m M** |  |

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| 29.7 | Liv Kristina Holter | 97 | Jessheim | 03.09.2010 |
| 31.2 | Maren Eriksen Skappel | 96 | Jessheim | 03.09.2010 |
| 32.5 | Nora Mathiesen | 97 | Jessheim | 03.09.2010 |
| 33.3 | Vår Åsheim | 99 | Jessheim | 03.09.2010 |
| 33.7 | Kirsten Daae Wiig | 97 | Jessheim | 03.09.2010 |
| 34.3 | Helena Seland Myhre | 97 | Jessheim | 03.09.2010 |
| 37.0 | Marie Næss | 00 | Jessheim | 03.09.2010 |
| **KVINNER SENIOR 2010** | | **800** | | |

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| **400m E** |  |

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| 65.77 | Frida Kristine Forberg | 92 | Nadderud | 13.06.2010 |
| 68.65 | Anne Lillegård | 73 | Florø | 15.08.2010 |

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| **600m** |  |

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| 1:57.15 | Maren Eriksen Skappel | 96 | Jessheim | 25.05.2010 |
| 2:16.90 | Kirsten Daae Wiig | 97 | Jessheim | 25.05.2010 |
| 2:22.28 | Nora Røen Hansen | 99 | Oslo/Bi | 05.06.2010 |
| 2:24.32 | Marie Næss | 00 | Jessheim | 25.05.2010 |
| 2:36.55 | Randi Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 2:42.80 | Maren Toppen | 99 | Jessheim | 25.05.2010 |
| 2:45.96 | Solveig Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 2:49.07 | Hanne Sofie Borgen | 99 | Jessheim | 25.05.2010 |

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| **800m** |  |

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| 2:29.87 | Anne Lillegård | 73 | Oslo/Bi | 27.05.2010 |
| 2:33.28 | Sina Sandholt | 92 | Lillehammer/Ss | 20.06.2010 |
| 2:43.96 | Maren Eriksen Skappel | 96 | Lillehammer/Ss | 20.06.2010 |
| 2:52.5 | Claudia Asphaug | 68 | Jessheim | 18.09.2010 |
| 2:56.9 | Kamilla Hammer | 77 | Jessheim | 18.09.2010 |
| 3:08.6 | Vår Åsheim | 99 | Jessheim | 19.09.2010 |
| 3:11.7 | Helena Seland Myhre | 97 | Jessheim | 19.09.2010 |
| 3:18.3 | Martha Mangerud | 79 | Jessheim | 18.09.2000 |

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| **1500m** |  |

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| 5:16.1 | Line Mathisen | 71 | Jessheim | 10.06.2010 |
| 5:18.8 | Siri Fjellhaug Larsen | 68 | Jessheim | 10.06.2010 |
| 5:20.5 | Anne Lillegård | 73 | Oslo/St | 31.05.2010 |
| 5:39.0 | Bente Holter | 62 | Jessheim | 10.06.2006 |
| 5.50.8 | Claudia Asphaug | 68 | Jessheim | 10.06.2010 |
| 5:59.1 | Marit Louise Aadnøy | 67 | Jessheim | 10.06.2010 |
| 6:01.4 | Trine Bogstad Mangerud | 51 | Jessheim | 10.06.2010 |
| 6:07.1 | Marianne Opsahl | 73 | Jessheim | 10.06.2010 |
| 6:18.8 | Stine Rajala Granerud | 92 | Jessheim | 10.06.2010 |
| 6:37.9 | Irene Schultze | 67 | Jessheim | 10.06.2010 |
| 6:38.8 | Line Røen Hansen | 66 | Jessheim | 10.06.2010 |
| 6:53.6 | Martha Kristine Mangerud | 79 | Jessheim | 04.06.2010 |
| 6:58.8 | Wenche Løland | 65 | Jessheim | 10.06.2010 |
| 7:05.0 | Marit Skolt Skafle | 56 | Jessheim | 10.06.2010 |
| 8:06.6 | Ann-Marie Bakkerud | 49 | Jessheim | 10.06.2010 |

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| **3000m** |  |

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| 14:27.52 | Stine Rajala Granerud | 92 | Lillehammer/Ss | 19.06.2010 |
| **KVINNER SENIOR 2010** | | **801** | | |

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| **60m hekk 68 cm E** |  |

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| 11.02 | Vår Åsheim | 99 | Nadderud | 13.06.2010 |

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| **10 km landevei** |  |

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| 49:17 | Trine Bogstad Mangerud | 51 | Jessheim | 21.11.2010 |

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| **Halvmaraton 21098m** |  |

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| 1:41:01 | Stine Rajala Granerud | 92 | Jessheim | 20.11.2010 |
| 1:41:02 | Marianne Opsahl | 73 | Jessheim | 20.11.2010 |

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| **Høyde** |  |

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| 1.40 | Sofie Rostad | 94 | Jessheim | 25.05.2010 |
| 1.40 | Liv Kristina Holter | 97 | Oslo/Bi | 15.08.2010 |
| 1.35 | Ida Tonhaugen | 95 | Jessheim | 25.05.2010 |
| 1.20 | Mari Båtnes | 95 | Jessheim | 25.05.2010 |
| 1.20 | Vår Åsheim | 99 | Jessheim | 15.06.2010 |
| 1.15 | Solveig Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 1.15 | Helena Seland Myhre | 97 | Jessheim | 18.09.2010 |
| 1.00 | Marie Næss | 00 | Jessheim | 25.05.2010 |
| 0.95 | Hedda Aakre Skatvedt | 00 | Jessheim | 25.05.2010 |
| 0.95 | Hanne Sofie Borgen | 99 | Jessheim | 25.05.2010 |
| 0.95 | Maren Toppen | 99 | Jessheim | 15.06.2010 |
| 0.90 | Randi Daae Wiig | 00 | Jessheim | 25.05.2010 |

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| **Lengde** |  |

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| 4.14 s | Vår Åsheim | 99 | Oslo/Bi | 22.05.2010 |
| 3.75 s | Liv Kristina Holter | 97 | Jessheim | 18.09.2010 |
| 3.56 s | Ebba Beyer | 98 | Jessheim | 25.05.2010 |
| 3.46 s | Kirsten Daae Wiig | 97 | Jessheim | 25.05.2010 |
| 3.44 s | Helena Seland Myhre | 97 | Jessheim | 25.05.2010 |
| 3.23 s | Nora Røen Hansen | 99 | Jessheim | 15.06.2010 |
| 2.97 s | Maren Toppen | 99 | Jessheim | 25.05.2010 |
| 2.59 s | Hanne Sofie Borgen | 99 | Lillehammer/Ss | 20.06.2010 |
| 2.53 s | Hedda Aakre Skatvedt | 00 | Jessheim | 25.05.2010 |
| 2.47 s | Lise Lotte Rognstad | 00 | Jessheim | 25.05.2010 |

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| **Kule 2 kg** |  |

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| 7.60 | Helena Seland Myhre | 97 | Jessheim | 18.09.2010 |
| 6.68 | Ebba Beyer | 98 | Jessheim | 25.05.2010 |
| 4.03 | Hedda Aakre Skatvedt | 00 | Jessheim | 25.05.2010 |

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| **KVINNER SENIOR 2010** | **802** |

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| **Kule 3 kg** |  |

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| 6.05 | Lillian Buraas | 91 | Jessheim | 25.05.2010 |

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| **Kule 4 kg** |  |

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| 6.86 | Irene Schultze | 67 | Lillehammer/Ss | 19.06.2010 |

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| **Spyd 400 g** |  |

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| 14.79 | Kirsten Daae Wiig | 97 | Jessheim | 25.05.2010 |
| 12.48 | Helena Seland Myhre | 97 | Jessheim | 25.05.2010 |
| 9.68 | Maren Toppen | 99 | Jessheim | 25.05.2010 |
| 9.48 | Vår Åsheim | 99 | Jessheim | 25.05.2010 |

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

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| 21.60 | Irene Schultze | 67 | Lillehammer/Ss | 20.06.2010 |

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| **Liten ball 150 g** |  |

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| 11.20 | Frøydis Åsheim | 02 | Lillestrøm | 29.05.2010 |

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| **4x60m E** |  |

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| 39.80 | J12 |  | Lillestrøm | 30.05.2010 |
| Ebba Beyer98-Vår Åsheim99-Nora Hansen99-Hanne Borgen99 | | | |

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| 41.37 | J12 |  | Asker/Fø | 06.06.2010 |
| Ebba Beyer98-Hanne Borgen99-Hedda Skatvedt00-Marte Næss00 | | | |

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| **4x100m E** |  |

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| 52.87 | J18 |  | Steinkjer/Gu | 22.05.2010 |
| Rikke Gustavson93-Susann Bakke92-Betina Nilssen92-Frida Forberg92 | | | |

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| **KVINNER SENIOR 2010** | **803** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.35 | Betina Nilssen | 92 | Stange | 20.03.2010 |
| 8.86 | Rikke Gustavsen | 93 | Lillestrøm | 23.01.2010 |
| 8.91 | Liv Kristina Holter | 97 | Lillestrøm | 23.01.2010 |
| 9.84 | Vår Åsheim | 99 | Lillestrøm | 30.01.2010 |
| 11.12 | Julie Flatner Hansen | 99 | Lillestrøm | 30.03.2010 |
| 11.75 | Hedda Aakre Skatvedt | 00 | Lillestrøm | 30.01.2010 |

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| **200m E** |  |

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| 27.58 | Betina Nilssen | 92 | Stange | 21.03.2010 |

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| **400m E** |  |

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| 68.22 | Anne Lillegård | 72 | Jyväskylë, FIN | 19.03.2010 |

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| **600m** |  |

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| 2:15.22 | Vår Åsheim | 99 | Lillestrøm | 30.03.2010 |
| 2:24.36 | Julie Flatner Hansen | 99 | Lillestrøm | 30.01.2010 |

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| **800m** |  |

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| 2:34.8 | Anne Lillegård | 72 | Jyväskylê, FIN | 21.03.2010 |

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| **60m hekk 68 cm E** |  |

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| 11.45 | Vår Åsheim | 99 | Lillestrøm | 30.01.2010 |
| 14.98 | Julie Flatner Hansen | 99 | Lillestrøm | 30.01.2010 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 3.90 s | Vår Åsheim | 99 | Lillestrøm | 13.03.2010 |
| 3.46 s | Hedda Aakre Skatvedt | 00 | Lillestrøm | 30.01.2010 |
| 2.09 s | Frøydis Åsheim | 02 | Lillestrøm | 30.01.2010 |