|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **804** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.30 | Espen Bjørnstad | 95 | Jessheim | 04.06.2011 |
| 8.68 | Jørgen Opaker | 97 | Jessheim | 04.06.2011 |
| 8.81 | Sondre Opaker Øines | 98 | Nadderud | 24.09.2011 |
| 8.98 | Sander Hasselberg | 98 | Oslo/Bi | 20.08.2011 |
| 9.03 | Simen Hasselberg | 98 | Ski | 13.08.2011 |
| 9.08 | Morten Halseth | 97 | Jessheim | 04.06.2011 |
| 9.84 | Erik Magnus Holter | 99 | Lillehammer/Ss | 25.06.2011 |
| 9.87 | Mikael Gulliksen | 98 | Jessheim | 04.06.2011 |
| 9.89 | Andreas Børve | 99 | Jessheim | 04.06.2011 |
| 10.00 | Sondre Westby Liestøl | 99 | Jessheim | 04.06.2011 |
| 10.01 | Mats Sjøli Tømmerberg | 01 | Jessheim | 04.06.2011 |
| 10.11 | Iver Laake | 01 | Jessheim | 04.06.2011 |
| 10.19 | Marcus Fosserud | 01 | Jessheim | 04.06.2011 |
| 10.23 | Tobias Ottesen | 01 | Jessheim | 04.06.2011 |
| 10.40 | Oskar Kjos | 01 | Jessheim | 04.06.2011 |
| 10.84 | Mads Mathiesen | 01 | Jessheim | 04.06.2011 |
| 10.98 | Sander Forø | 00 | Jessheim | 04.06.2011 |
| 11.01 | Tobias Gabrielsen | 01 | Jessheim | 04.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.56 | Andreas Roth | 93 | Oslo/Bi | 26.07.2011 |
| 11.76 | Håvard Hildeskor | 92 | Oslo/St | 31.08.2011 |
| 11.77 | Martin Opaker | 94 | Oslo/Bi | 26.07.2011 |
| 11.79 | Henrik Huser | 96 | Nadderud | 24.09.2011 |
| 12.04 | Martin Lundemo Syversen | 92 | Lillehammer/Ss | 26.06.2011 |
| 12.21 | Hans Martin Hofseth | 94 | Lillehammer/Ss | 26.06.2011 |
| 12.60 | Jesse Pedersen Amey | 95 | Nadderud | 24.09.2011 |
| 13.29 | Bjørn Arne Kristiansen | 68 | Drammen/Ma | 09.09.2011 |
| 14.12 | Sondre Opaker Øines | 98 | Lillestrøm | 28.05.2011 |
| 14.48 | Jørgen Opaker | 97 | Lillehammer/Ss | 26.06.2011 |
| 14.72 | Øystein Gjerdrum | 52 | Drammen/Ma | 26.08.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.7 | Martin Opaker | 94 | Jessheim | 15.09.2011 |
| 17.2 | John Arve Johansen | 36 | Jessheim | 15.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.62 | Andreas Roth | 93 | Lillehammer/Ss | 24.06.2011 |
| 23.69 | Martin Opaker | 94 | Oslo/Bi | 20.09.2011 |
| 23.93 | Håvard Hildeskor | 92 | Oslo/Bi | 26.07.2011 |
| 24.01 | Martin Lundemo Syversen | 92 | Lillehammer/Ss | 24.06.2011 |
| 24.33 | Hans Martin Hofseth | 94 | Lillehammer/Ss | 24.06.2011 |

|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **805** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.41 | Njord Erlend Wiker | 91 | Oslo/Bi | 04.06.2011 |
| 25.41 | Bjørn Bjørnstad | 93 | Lillehammer/Ss | 24.06.2011 |
| 29.00 | Jørgen Opaker | 97 | Lillestrøm | 03.09.2011 |
| 29.10 | Sondre Opaker Øines | 98 | Lillestrøm | 29.05.2011 |
| 29.30 | Morten Halseth | 97 | Asker/Fø | 31.05.2011 |
| 29.31 | Sander Hasselberg | 98 | Lillestrøm | 03.09.2011 |
| 30.60 | Øystein Gjerdrum | 52 | Drammen/Ma | 27.08.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.9 | Jesse Pedersen Amey | 95 | Jessheim | 03.09.2011 |
| 26.4 | Espen Bjørnstad | 95 | Jessheim | 03.09.2011 |
| 28.5 | Jonas Harborg Bolgen | 95 | Jessheim | 03.09.2011 |
| 28.7 | Sander Hasselberg | 98 | Jessheim | 03.09.2011 |
| 28.8 | Sondre Opaker Øines | 98 | Jessheim | 03.09.2011 |
| 32.0 | Sverre Gjesteby | 00 | Jessheim | 03.09.2011 |
| 32.1 | Sindre Bjørnstad | 97 | Jessheim | 03.09.2011 |
| 32.8 | Sondre Westby Liestøl | 99 | Jessheim | 03.09.2011 |
| 33.1 | Andreas Børve | 99 | Jessheim | 03.09.2011 |
| 34.2 | Iver Laake | 01 | Jessheim | 03.09.2011 |
| 36.2 | Oskar Kjos | 01 | Jessheim | 03.09.2011 |
| 36.2 | Kristoffer Romstad | 01 | Jessheim | 03.09.2011 |
| 38.3 | Tobias Gabrielsen | 01 | Jessheim | 03.09.2011 |
| 40.6 | Lars Henrik Tvedt | 01 | Jessheim | 03.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.12 | Andreas Roth | 93 | Moss/Me | 01.08.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.38 | Andreas Roth | 93 | Oslo/Bi | 09.06.2011 |
| 50.87 | Håvard Hildeskor | 92 | Lisleby | 26.08.2011 |
| 55.02 | Martin Lundemo Syversen | 92 | Lillehammer/Ss | 25.06.2011 |
| 55.31 | Halvor Marius Mangerud | 81 | Oslo/Bi | 05.06.2011 |
| 58.39 | Espen Bjørnstad | 95 | Lillehammer/Ss | 25.06.2011 |
| 70.72 | Sindre Bjørnstad | 97 | Lillehammer/Ss | 25.06.2011 |
| 77.64 | Øystein Gjerdrum | 52 | Drammen/Ma | 28.08.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:20.04 | Thomas Roth | 91 | Nadderud | 03.05.2011 |
| 1:42.86 | Morten Halseth | 97 | Lillestrøm | 03.09.2011 |
| 1:43.28 | Sander Hasselberg | 98 | Ski | 13.08.2011 |

|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **806** |

|  |  |
| --- | --- |
| **600m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:46.24 | Sondre Opaker Øines | 98 | Oslo/Bi | 21.08.2011 |
| 1:53.96 | Sindre Bjørnstad | 97 | Lillestrøm | 03.09.2011 |
| 1:55.55 | Sondre Westby Liestøl | 99 | Lillestrøm | 29.05.2011 |
| 2:04.11 | Erik Magnus Holter | 99 | Lillehammer/Ss | 26.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:49.30 | Thomas Roth | 91 | Oslo/Bi | 09.06.2011 |
| 1:52.34 | Vetle Aasland | 91 | Karlstad, SWE | 02.08.2011 |
| 1:52.61 | Håvard Hildeskor | 92 | Nadderud | 18.06.2011 |
| 1:54.53 | Andreas Roth | 93 | Lillehammer/Ss | 26.06.2011 |
| 1:54.95 | Vegard Løberg Gjelsvik | 92 | Byrkjelo | 12.08.2011 |
| 1:57.40 | Njord Erlend Wiker | 91 | Kristiansand | 07.08.2011 |
| 1:58.19 | Stian Klungland | 93 | Oslo/Bi | 19.05.2011 |
| 1:58.30 | Halvor Marius Mangerud | 81 | Lillestrøm | 04.07.2011 |
| 1:58.32 | Jørgen Frost Bø | 94 | Oslo/Bi | 26.07.2011 |
| 2:03.12 | Åsmund Wennemo | 94 | Oslo/Bi | 19.05.2011 |
| 2:06.10 | Bjørnar Bjørnstad | 93 | Nadderud | 18.06.2011 |
| 2:07.54 | Jonas Krossøy | 95 | Oslo/Bi | 04.06.2011 |
| 2:11.2 | Kristian Monsen | 77 | Jessheim | 19.09.2011 |
| 2:14.10 | Espen Bjørnstad | 95 | Oslo/Bi | 04.06.2011 |
| 2:15.5 | Jonas Haarberg Bolgen | 96 | Jessheim | 19.09.2011 |
| 2:16.4 | Martin Lundemo Syvertsen | 92 | Jessheim | 19.09.2011 |
| 2:19.1 | Frank Øines | 68 | Jessheim | 01.10.2011 |
| 2:32.3 | Morten Halseth | 97 | Jessheim | 19.09.2011 |
| 2:32.8 | Sondre Opaker Øines | 98 | Jessheim | 19.09.2011 |
| 2:43.7 | Sondre Westby Liestøl | 99 | Jessheim | 19.09.2011 |
| 2:50,1 | Espen Lilleengen | 01 | Jessheim | 01.10.2011 |
| 2:50.9 | Odd Kinnsbekken | 48 | Jessheim | 01.10.2011 |
| 2:56.2 | Sverre Gjesteby | 00 | Jessheim | 19.09.2011 |
| 2:58.6 | Knut Kristensen | 44 | Jessheim | 14.06.2011 |
| 3:00.6 | Bjørn Ivar Thune | 59 | Jessheim | 19.09.2011 |
| 3:01.2 | Oddvar Leivestad | 45 | Jessheim | 14.06.2011 |
| 3:01.8 | Mats Sjøli Tømmberberg | 91 | Jessheim | 19.09.2011 |
| 3:05.0 | Ole Arnegård | 44 | Jessheim | 14.06.2011 |
| 3:08.5 | Iver Laake | 01 | Jessheim | 19.09.2011 |
| 3:53.3 | Helge Velure | 50 | Jessheim | 19.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:31.01 | Vetle Aasland | 91 | Nadderud | 03.05.2011 |
| 2:35.93 | Stian Klungland | 93 | Nadderud | 03.05.2011 |

|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **807** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:47.21 | Vetle Aasland | 91 | Oslo/Bi | 20.08.2011 |
| 3:57.38 | Håvard Hildeskor | 92 | Lillehammer/Ss | 23.06.2011 |
| 3:57.94 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 23.06.2011 |
| 4:00.45 | Stian Klungland | 93 | Lillehammer/Ss | 23.06.2011 |
| 4:01.21 | Njord Erlend Wiker | 91 | Mölndal, SWE | 03.09.2011 |
| 4:13.30 | Åsmund Wennemo | 94 | Oslo/Bi | 05.06.2011 |
| 4:16.85 | Halvor Marius Mangerud | 81 | LLillehammer/Ss | 23.06.2011 |
| 4:27.90 | Bjørnar Bjørnstad | 93 | Lillehammer/Ss | 23.06.2011 |
| 4:29.77 | Peder Holm | 92 | Kristiansand | 05.08.2011 |
| 4:33.9 | Jonas Krossøy | 95 | Jessheim | 14.06.2011 |
| 4:49.5 | Tommy Torgersen | 70 | Jessheim | 14.06.2011 |
| 4:51.2 | Erik Gustavson | 59 | Jessheim | 14.06.2011 |
| 4:53.9 | Sigurd Fjeldbo | 82 | Jessheim | 14.06.2011 |
| 4:54.4 | Ronny Opaker | 66 | Jessheim | 14.06.2011 |
| 4:55.3 | Rene Fredheim Larsen | 97 | Jessheim | 14.06.2011 |
| 5:10.2 | Frank Øines | 68 | Jessheim | 14.06.2011 |
| 5:13.3 | Rolf Halseth | 65 | Jessheim | 14.06.2011 |
| 5:15.7 | Knut Johan Holter | 61 | Jessheim | 14.06.2011 |
| 5:25.9 | Tore Østvang | 52 | Jessheim | 14.06.2011 |
| 5:46.4 | Odd Kinnsbekken | 48 | Jessheim | 14.06.2011 |
| 6:19.1 | Tore Ragnar Olsen | 46 | Jessheim | 14.06.2011 |
| 6:25.1 | Ole Arnegård | 44 | Jessheim | 14.06.2011 |
| 6:29.8 | Bjørn Ivar Thune | 59 | Jessheim | 14.06.2011 |
| 6:47.9 | Halvard Evensen | 53 | Jessheim | 14.06.2011 |
| 6:53.8 | Knut Kristensen | 44 | Jessheim | 14.06.2011 |
| 6:57.8 | Arne Luke | 44 | Jessheim | 14.06.2011 |
| 7:03.2 | Oddvar Leivestad | 45 | Jessheim | 14.06.2011 |
| 7:11.3 | Steinar Ulsaker | 47 | Jessheim | 14.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:27.57 | Vidar Aasland | 91 | Nadderud | 17.06.2011 |
| 8:41.94 | Vegard Løberg Gjelsvik | 92 | Nadderud | 17.06.2011 |
| 8:46.25 | Kristian Monsen | 77 | Oslo/Bi | 26.07.2011 |
| 8:55.64 | Stian Klungland | 93 | Lisleby | 26.08.2011 |
| 8:59.96 | Njord Erland Wiker | 91 | Nadderud | 17.06.2011 |
| 9:26.80 | Peder Holm | 92 | Nadderud | 17.06.2011 |
| 9:27.90 | Jørgen Gundersen | 95 | Nadderud | 17.06.2011 |
| 9:48.95 | Jonas Krossøy | 95 | Oslo/Bi | 21.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:10.45 | Kristian Monsen | 77 | Oslo/Bi | 14.07.2011 |
| 16:47.66 | Peder Holm | 92 | Oslo/Bi | 30.06.2011 |
| 22:58.72 | Eivind Stenhammer | 92 | Oslo/Bi | 30.06.2011 |

|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **808** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31:43.58 | Kristian Monsen | 77 | Byrkjelo | 14.08.2011 |
| 32:50.12 | Eskil Kinneberg | 92 | Stockholm, SWE | 04.10.2011 |

|  |  |
| --- | --- |
| **10km veiløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31:37 | Vetle Aasland | 91 | Modum | 15.10.2011 |

|  |  |
| --- | --- |
| **Halvmaraton** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:12:54 | Kristian Monsen | 77 | Lørenskog | 29.10.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.59 | Sverre Gjesteby | 00 | Nadderud | 24.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.43 | Marcus Theodor Moen | 99 | Oslo/Bi | 18.08.2011 |
| 11.24 | Sondre Opaker Øines | 98 | Nadderud | 24.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:00.29 | Vegard Løberg Gjelsvik | 92 | Kristiansand | 07.08.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:24.96 | Vegard Løberg Gjelsvik | 92 | København, DEN | 04.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.68 | Morten Halseth | 97 | Nadderud | 24.09.2011 |
| 1.55 | Henrik Huser | 96 | Nadderud | 23.09.2011 |
| 1.45 | Jesse Y. Pedersen | 95 | Nadderud | 23.09.2011 |
| 1.45 | Marcus Theodor Moen | 99 | Nadderud | 24.09.2011 |
| 1.30 | Erik Magnes Holter | 99 | Lillehammer/Ss | 25.06.2011 |
| 1.27 | John Arve Johansen | 36 | Jessheim | 15.09.2011 |
| 1.20 | Sverre Gjesteby | 00 | Nadderud | 24.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.10 | John Arve Johansen | 36 | Drammen/Ma | 26.08.2011 |

|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **809** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.65 | Bjørn Arne Kristiansen | 68 | Oslo/St | 31.08.2011 |
| 4.29 s | Marcus Theodor Moen | 99 | Nadderud | 23.09.2011 |
| 4.23 s | Sondre Opaker Øines | 98 | Asker/Fø | 11.06.2011 |
| 4.07 | John Arve Johansen | 36 | Jessheim | 15.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.45 | John Arve Johansen | 36 | Drammen/Ma | 25.08.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.37 | Marcus Theodor Moen | 99 | Nadderud | 24.09.2011 |
| 6.90 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 25.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.19 | Morten Halseth | 97 | Lillestrøm | 03.09.2011 |
| 11.12 | Henrik Huser | 96 | Nadderud | 24.09.2011 |
| 9.98 | John Arve Johansen | 36 | Jessheim | 26.05.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.63 | Vidar Rasmussen | 67 | Drammen/Ma | 26.08.2011 |
| 9.35 | Bjørn Arne Kristiansen | 68 | Drammen/Ma | 10.09.2011 |
| 8.34 | Mats Lindstrøm | 65 | Asker/Fø | 12.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.76 | John Arve Johansen | 36 | Jessheim | 26.05.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.39 | Bjørn Arne Kristiansen | 68 | Oslo/Bi | 26.05.2011 |
| 29.03 | Mats Lundstrøm | 65 | Nadderud | 16.10.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16.64 | Håvard Lund | 24 | Drammen/Ma | 26.08.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.72 | John Arve Johansen | 36 | Jessheim | 26.05.2011 |

|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **810** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.90 | Mats Lundstrøm | 65 | Nadderud | 16.10.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.38 | Marcus Theodor Moen | 99 | Nadderud | 23.09.2011 |
| 15.21 | Sondre Opaker Øines | 98 | Lillestrøm | 29.05.2011 |

|  |  |
| --- | --- |
| **Spyd 500 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.46 | John Arve Johansen | 36 | Drammen/Ma | 28.08.2011 |
| 28.11 | Bjarne Guneriussen | 34 | Drammen/Ma | 28.08.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.13 | Bjørn Arne Kristiansen | 68 | Oslo/Bi | 26.05.2011 |
| 36.61 | Rene Beyer | 73 | Lillestrøm | 29.05.2011 |
| 32.94 | Mats Lundstrøm | 65 | Nadderud | 16.10.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.84 | John Arve Johansen | 36 | Jessheim | 26.05.2011 |

|  |  |
| --- | --- |
| **Vekt 15.88 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.78 | Mats Lundstrøm | 65 | Asker/Fø | 25.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 61.05 | Morten Halseth | 97 | Nadderud | 19.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1529 | Mats Lundstrøm | 65 | Asker-Heggedal | 25.09.2011 |
| 20.29-7.32-27.51-27.28-7.78 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3139 | John Arve Johansen | 36 | Jessheim | 26.05.2011 |
| 22.70-9.98-27.43-25.91-10.84 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.66 | M19 |  | Drammen/Ma | 28.05.2011 |
| Marius Mellum96-Martin Opaker94-Martin Syvertsen92-Hans Martin Hofseth92 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **811** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:20.23 | M20 |  | Drammen/Ma | 29.05.2011 |
| Njord Erland Wiker91-Vetle Aasland91-Andreas Roth93-Thomas Roth91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:23.21 | M19 |  | Drammen/Ma | 28.05.2011 |
| Vegard Løberg Gjelsvik92-Stian Klungland93-Håvard Hildeskor92-Andreas Roth93 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:30.57 | G14 |  | Asker/Fø | 12.06.2011 |
| Sindre Bjørnstad97-Sondre Opaker Øines98-Jørgen Opaker97 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:05.4 | G16 |  | Drammen/Ma | 29.05.2011 |
| Espen Bjørnstad95-Jonas Krossøy95-Jørgen Gundersen95-Lars Buraas95 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:16.26 | MS |  | Drammen/Ma | 28.05.2011 |
| Halvor Marius Mangerud81-Vetle Aasland91-Njord Wiker92-Thomas Roth91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:55.48 | M19 |  | Drammen/Ma | 28.05.2011 |
| Lars Buraas95-Stian Klungland93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:58.32 | M19 |  | Fredrikstad/Li | 28.08.2011 |
| Martin Opaker93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:58.63 | M19 |  | Kristiansand | 07.08.2011 |
| Martin Opaker93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **812** |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.62 | Jesse Eyram Amey | 95 | Oslo/Ek | 03.12.2011 |
| 7.63 | Martin Opaker | 94 | Lillestrøm | 26.03.2011 |
| 7.97 | Hans Martin Hofseth | 94 | Trondheim/Ra | 12.03.2011 |
| 8.78 | Jørgen Opaker | 97 | Lillestrøm | 26.03.2011 |
| 9.20 | Marcus Granli | 97 | Stange | 19.03.2011 |
| 9.26 | Sondre Opaker Øines | 98 | Lillestrøm | 26.03.2011 |
| 9.32 | Simen Hasselberg | 98 | Stange | 19.03.2011 |
| 9.50 | Øystein Gjerdrum | 52 | Stange | 29.01.2011 |
| 9.50 | Sander Hasselberg | 98 | Stange | 19.03.2011 |
| 9.56 | Markus Fosserud | 01 | Oslo/Ek | 03.12.2011 |
| 9.92 | Sverre Gjesteby | 00 | Lillestrøm | 26.04.2011 |
| 9.92 | Iver Laake | 01 | Oslo/Ek | 03.12.2011 |
| 10.73 | Ådne Opaker Øines | 02 | Lillestrøm | 26.03.2011 |
| 11.18 | Victor Rosenlind | 00 | Oslo/Ek | 03.12.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.0 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 17.03.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.03 | Andreas Roth | 93 | Stange | 23.03.2011 |
| 23.09 | Thomas Roth | 91 | Stange | 20.03.2011 |
| 25.61 | Hans Martin Hofseth | 94 | Trondheim/Ra | 13.03.2011 |
| 25.80 | Martin Opaker | 94 | Trondheim/Ra | 13.03.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.31 | Thomas Roth | 91 | Stange | 29.01.2011 |
| 50.57 | Andreas Roth | 93 | Stange | 19.03.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:19.83 | Thomas Roth | 91 | Stange | 19.03.2011 |
| 1:23.15 | Andreas Roth | 93 | Stange | 19.03.2011 |
| 1:27.14 | Stian Klungland | 93 | Oslo/Ek | 03.12.2011 |
| 1:29.44 | Anders Buraas | 92 | Stange | 19.03.2011 |
| 1:34.65 | Bjørnar Bjørnstad | 93 | Stange | 19.03.2011 |
| 1:37.36 | Jonas Haarborg Bolgen | 96 | Oslo/Ek | 03.12.2011 |
| 1:37.52 | Espen Bjørnstad | 95 | Oslo/Ek | 03.12.2011 |
| 1:52.65 | Sindre Bjørnstad | 97 | Stange | 19.03.2011 |

|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **813** |

|  |  |
| --- | --- |
| **600m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:54.54 | Sondre Opaker Øines | 98 | Lillestrøm | 26.03.2011 |
| 1:55.89 | Jørgen Opaker | 97 | Lillestrøm | 26.03.2011 |
| 2:00.35 | Simen Hasselberg | 98 | Stange | 19.03.2011 |
| 2:00.37 | Sander Hasselberg | 98 | Stange | 19.03.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:51.91 | Thomas Roth | 91 | Paris, FRA | 04.03.2011 |
| 1:56.80 | Håvard Hildeskor | 92 | Trondheim/Ra | 12.03.2011 |
| 1:57.82 | Vetle Aasland | 91 | Trondheim/Ra | 13.02.2011 |
| 1:59.83 | Njord Erland Wiker | 91 | Trondheim/Ra | 12.03.2011 |
| 2:02.03 | Peder Holm | 92 | Trondheim/Ra | 12.03.2011 |
| 2:06.00 | Åsmund Wennemo | 94 | Trondheim/Ra | 12.03.2011 |
| 2:41.95 | Jan Erik Rybråten | 53 | Stange | 30.01.2011 |
| **Overlang bane 300m** | |  | | |
| 1:49.54 | Thomas Roth | 91 | Tammerfors, FIN | 05.02.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:28.81 | Vetle Aasland | 91 | Trondheim/Ra | 16.12.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:51.68 | Thomas Roth | 91 | Trondheim/Ra | 12.02.2011 |
| 3:54.92 | Vegard Løberg Gjelsvik | 92 | Trondheim/Ra | 12.02.2011 |
| 4:04.32 | Stian Klungland | 93 | Trondheim/Ra | 12.02.2011 |
| 4:10.72 | Vetle Aasland | 91 | Stange | 29.01.2011 |
| 4:17.07 | Peder Holm | 92 | Trondheim/Ra | 13.03.2011 |
| 4:29.19 | Jonas Krossøy | 95 | Stange | 29.01.2011 |
| 5:38.72 | Jan Erik Rybråten | 53 | Stange | 29.01.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:37.50 | Peder Holm | 92 | Trondheim/Ra | 13.02.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.02 | Sverre Gjesteby | 00 | Lillestrøm | 26.03.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.15 | Sverre Gjesteby | 00 | Lillestrøm | 26.03.2011 |
| 1.10 | Magnus Kråbøl | 98 | Stange | 20.03.2011 |
| 1.05 | Benjamin Andersen | 00 | Oslo/Ek | 03.12.2011 |
| 1.00 | Victor Rosenlind | 00 | Oslo/Ek | 03.12.2011 |

|  |  |
| --- | --- |
| **MENN SENIOR 2011** | **814** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.00 | John Arve Johansen | 36 | Stange | 29.01.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.15 s | Sondre Opaker Øines | 98 | Lillestrøm | 26.03.2011 |
| 3.77 s | Sverre Gjesteby | 00 | Lillestrøm | 26.01.2011 |
| 3.32 s | Iver Laake | 01 | Oslo/Ek | 03.12.2011 |
| 2.99 s | Ådne Opaker Øines | 02 | Lillestrøm | 26.03.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.31 | Markus Fosserud | 01 | Oslo/Ek | 03.12.2011 |
| 5.51 | Ivar Laake | 01 | Oslo/Ek | 03.12.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.29 | Benjamin Andersen | 00 | Oslo/Ek | 03.12.2011 |
| 6.17 | Victor Rosenlind | 00 | Oslo/Ek | 03.12.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.25 | Morten Halseth | 97 | Stange | 20.03.2011 |
| 7.62 | Marcus Grønli | 97 | Lillestrøm | 26.03.2011 |
| 6.44 | Magnus Kråbøl | 98 | Stange | 20.03.2011 |
| 6.13 | Jørgen Opaker | 97 | Lillestrøm | 26.03.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.60 | Vidar Rasmussen | 67 | Stange | 29.01.2011 |
| 10.54 | Bjørn Arne Kristiansen | 68 | Lillestrøm | 26.03.2011 |
| 7.48 | Mats Lundstrøm | 65 | Stange | 20.03.2011 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2011** | **815** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.94 | Liv Kristina Holter | 97 | Jessheim | 04.06.2011 |
| 9.17 | Vår Åsheim | 99 | Nadderud | 24.09.2011 |
| 9.25 | Emilie Hov Andreassen | 00 | Oslo/Bi | 21.08.2011 |
| 9.39 | Helena Seland Myhre | 97 | Jessheim | 04.06.2011 |
| 9.88 | Mathilde Solberg | 99 | Nadderud | 20.06.2011 |
| 9.98 | Marie Næss | 00 | Nadderud | 04.06.2011 |
| 10.07 | Tonje Moen | 00 | Nadderud | 24.09.2011 |
| 10.12 | Sigrid Moe Næss | 99 | Jessheim | 04.06.2011 |
| 10.40 | Nora Røen Hansen | 99 | Jessheim | 26.05.2011 |
| 10.47 | Heddy Jatou | 98 | Jessheim | 26.05.2011 |
| 10.92 | Sonja Irene Nore | 02 | Jessheim | 26.05.2011 |
| 11.17 | Tina Moen | 00 | Nadderud | 24.09.2011 |
| 11.19 | Hanne Sofie Borgen | 99 | Lillestrøm | 29.05.2011 |
| 11.24 | Helene Kopperud | 01 | Lillestrøm | 04.06.2011 |
| 11.34 | Karen Rognerud | 01 | Jessheim | 04.06.2011 |
| 11.46 | Hedda Algarheim Tverås | 01 | Jessheim | 26.05.2011 |
| 12.16 | Carina Walskrå | 01 | Jessheim | 26.05.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.9 | Eli Bekken | 97 | Jessheim | 15.09.2011 |
| 9.0 | Vår Åsheim | 99 | Jessheim | 15.09.2011 |
| 9.1 | Emilie Hov Andreassen | 00 | Jessheim | 15.09.2011 |
| 9.5 | Mathilde Solberg | 99 | Jessheim | 15.09.2011 |
| 9.8 | Tonje Moen | 00 | Jessheim | 15.09.2011 |
| 9.9 | Anne Sofie Østby | 99 | Jessheim | 15.09.2011 |
| 10.2 | Andrea Christensen | 01 | Jessheim | 15.09.2011 |
| 10.2 | Sonja Irene Nore | 02 | Jessheim | 15.09.2011 |
| 10.6 | Marita Lampe Dye | 99 | Jessheim | 15.09.2011 |
| 10.7 | Oda Aasgaard | 99 | Jessheim | 15.09.2011 |
| 10.7 | Hedda Algerheim Tverås | 01 | Jessheim | 15.09.2011 |
| 11.5 | Carina Walskrå | 00 | Jessheim | 15.09.2011 |
| 11.8 | Andrea McCall | 00 | Jessheim | 15.09.2011 |
| 12.6 | Celina McCall | 01 | Jessheim | 15.09.2011 |
| 12.9 | Donna McCall | 01 | Jessheim | 15.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.70 | Betina Nilssen | 92 | Jessheim | 26.05.2011 |
| 13.95 | Charlotte Grasmo | 96 | Oslo/Bi | 20.08.2011 |
| 14.31 | Liv Kristina Holter | 97 | Lillehammer/Ss | 26.06.2011 |
| 14.36 | Hanna Schultze Toverud | 96 | Lillehammer/Ss | 26.06.2011 |
| 15.05 | Lena Opaker Øines | 68 | Drammen/Ma | 26.08.2011 |
| 15.23 | Ida Terese Tonhaugen | 95 | Jessheim | 26.05.2011 |
| 15.63 | Irene Schultze Toverud | 67 | Drammen/Ma | 26.08.2011 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2011** | **816** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.65 | Hanna Schultze Toverud | 96 | Ski | 13.08.2011 |
| 30.08 | Rikke Gustavson | 93 | Nadderud | 28.06.2011 |
| 31.52 | Irene Schultze Toverud | 67 | Drammen | 27.08.2011 |
| 31.55 | Emilie Hov Andreassen | 00 | Nadderud | 20.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.4 | Maren Eriksen Skappel | 96 | Jessheim | 03.09.2011 |
| 30.9 | Helena Seland Myhre | 97 | Jessheim | 03.09.2011 |
| 31.1 | Emilie Hov Andreassen | 00 | Jessheim | 03.09.2011 |
| 31.8 | Vår Åsheim | 99 | Jessheim | 03.09.2011 |
| 31.9 | Mathilde Solberg | 99 | Jessheim | 03.09.2011 |
| 33.4 | Nora Røen Hansen | 99 | Jessheim | 03.09.2011 |
| 33.9 | Anne Sofie Østby | 99 | Jessheim | 03.09.2011 |
| 37.8 | Randi Daae Wiig | 00 | Jessheim | 03.09.2011 |
| 37.9 | Karen Rognerud | 01 | Jessheim | 03.09.2011 |
| 37.9 | Marita Lampe Dye | 99 | Jessheim | 03.09.2011 |
| 38.2 | Andrea Christensen | 01 | Jessheim | 03.09.2011 |
| 39.5 | Helene Kopperud | 01 | Jessheim | 03.09.2011 |
| 40.2 | Carine Walskrå | 00 | Jessheim | 03.09.2011 |
| 41.8 | Thea Aastorp | 01 | Jessheim | 03.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 67.93 | Anne Lillegård | 73 | Drammen/Ma | 28.08.2011 |
| 68.48 | Hanna Schulze Toverud | 96 | Lillehammer/Ss | 25.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:54.60 | Helena Seland Myhre | 97 | Lillestrøm | 03.09.2011 |
| 1:57.25 | Emilie Hov Andreassen | 00 | Nadderud | 23.09.2011 |
| 2:10.20 | Hedda Aakre Skatvedt | 00 | Nadderud | 23.09.2011 |
| 2:33.43 | Hedda Algerheim Tverås | 01 | Jessheim | 26.05.2011 |
| 2:44.7 | Carina Walskrå | 00 | Jessheim | 19.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:33.26 | Sofie Rostad | 94 | Oslo/Bi | 20.08.2011 |
| 2:33.97 | Anne Lillegård | 72 | Ski | 08.06.2011 |
| 2:35.03 | Hanna Schultze Toverud | 96 | Ski | 13.08.2011 |
| 2:40.03 | Maren Eriksen Skappel | 96 | Oslo/Bi | 21.08.2011 |
| 2:40.8 | Nora Mathiesen | 97 | Jessheim | 19.08.2011 |
| 2:41.72 | Helena Seland Myhre | 97 | Nadderud | 23.09.2011 |
| 2:52.3 | Silje Breen | 95 | Jessheim | 15.09.2011 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2011** | **817** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:53.5 | Emilie Hov Andreassen | 00 | Jessheim | 19.09.2011 |
| 2:54.19 | Stine Rajala Granerud | 92 | Jessheim | 26.05.2011 |
| 2:54.4 | Bente Holter | 62 | Drammen/Ma | 01.10.2011 |
| 2:55.9 | Vår Åsheim | 99 | Jessheim | 19.09.2011 |
| 2:56.8 | Liv Kristina Holter | 97 | Jessheim | 19.09.2011 |
| 2:57.1 | Kirsten Daae Wiig | 97 | Jessheim | 19.09.2011 |
| 2:59.4 | Hedda Aakre Skatvedt | 00 | Jessheim | 19.09.2011 |
| 3:02.6 | Nora Røen Hansen | 99 | Jessheim | 19.09.2011 |
| 3:17.6 | Anne Sofie Østby | 99 | Jessheim | 19.09.2011 |
| 3:22.9 | Randi Daae Wiig | 00 | Jessheim | 19.09.2011 |
| 3:47.6 | Andrea Christensen | 01 | Jessheim | 15.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:11.81 | Line Mathisen | 71 | Oslo/Bi | 29.06.2011 |
| 5:19.00 | Marianne Opsahl | 73 | Oslo/Bi | 29.06.2011 |
| 5:21.0 | Anne Lillegård | 73 | Oslo/St | 01.06.2011 |
| 5:30.4 | Sofie Rostad | 94 | Jessheim | 14.06.2011 |
| 5:39.5 | Bente Tenold Holter | 62 | Jessheim | 14.06.2011 |
| 5:39.5 | Frida Kristine Forberg | 92 | Jessheim | 14.06.2011 |
| 5:45.1 | Hilde Gustavson | 87 | Jessheim | 14.06.2011 |
| 6:00.8 | Stine Rajala Granerud | 92 | Jessheim | 14.06.2011 |
| 6:02.9 | Trine Bogstad Mangerud | 51 | Jessheim | 14.06.2011 |
| 6:41.6 | Line Røen Hansen | 66 | Jessheim | 14.06.2011 |
| 7:05.0 | Marit Skolt Skafle | 56 | Jessheim | 14.06.2011 |
| 8:23.7 | Ann-Marie Bakkerud | 49 | Jessheim | 14.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.17.87 | Marianne Opsahl | 73 | Oslo/Bi | 26.07.2011 |
| 12:40.02 | Stine Granerud Rajala | 92 | Nadderud | 17.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 19:40.96 | Marianne Opsahl | 73 | Oslo/Bi | 30.06.2011 |
| 20:31.43 | Line Mathisen | 71 | Oslo/Bi | 30.06.2011 |
| 22:21.31 | Stine Granerud Rajala | 92 | Oslo/Bi | 30.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.45 | Tonje Moen | 00 | Nadderud | 19.06.2011 |
| 15.56 | Tina Moen | 00 | Nadderud | 24.09.2011 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2011** | **818** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.58 | Vår Åsheim | 99 | Nadderud | 24.09.2011 |

|  |  |
| --- | --- |
| **100m hekk 76.2 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.00 | Ida Terese Tonhaugen | 95 | Lillehammer/Ss | 24.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:33.12 | Marianne Opsahl | 73 | Lørenskog | 30.10.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.45 | Ebba Beyer | 98 | Lillestrøm | 29.05.2011 |
| 1.35 | Liv Kristina Holter | 97 | Jessheim | 26.05.2011 |
| 1.30 | Vår Åsheim | 99 | Jessheim | 15.09.2011 |
| 1.10 | Tonje Moen | 00 | Jessheim | 15.09.2011 |
| 1.07 | Sonja Irene Nore | 02 | Jessheim | 26.05.2011 |
| 1.05 | Anne Sofie Østby | 99 | Jessheim | 15.09.2011 |
| 1.00 | Hanne Sofie Borgen | 99 | Jessheim | 29.05.2011 |
| 0.85 | Carina Walskrå | 01 | Jessheim | 26.05.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.20 | Sofie Rostad | 97 | Jessheim | 26.05.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.15 s | Vår Åsheim | 99 | Oslo/Bi | 20.08.2011 |
| 4.06 s | Emilie Hov Andreassen | 00 | Nadderud | 23.09.2011 |
| 3.57 s | Mathilde Solberg | 99 | Jessheim | 26.05.2011 |
| 3.55 s | Hedda Jatau | 98 | Jessheim | 26.05.2011 |
| 3.40 s | Nora Røen Hansen | 99 | Jessheim | 15.09.2011 |
| 3.18 s | Tonje Moen | 00 | Nadderud | 23.09.2011 |
| 3.06 s | Tina Moen | 00 | Nadderud | 23.09.2011 |
| 3.00 s | Sonja Irene Nore | 02 | Jessheim | 15.09.2011 |
| 2.88 s | Andrea McCall | 00 | Jessheim | 15.09.2011 |
| 2.92 s | Anne Sofie Østby | 99 | Jessheim | 15.09.2011 |
| 2.90 s | Hedda Algarheim Tverås | 01 | Jessheim | 15.09.2011 |
| 2.70 s | Hanne Sofie Borgen | 99 | Lillehammer/Ss | 25.06.2011 |
| 2.70 s | Marita Lampe Dye | 99 | Lillehammer/Ss | 25.06.2011 |
| 2.45 s | Celina McCall | 01 | Jessheim | 15.09.2011 |
| 2.41 s | Carina Walskrå | 01 | Jessheim | 26.05.2011 |
| 1.90 s | Donna McCall | 00 | Jessheim | 15.09.2011 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2011** | **819** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.72 | Mathilde Solberg | 99 | Jessheim | 15.09.2011 |
| 7.01 | Anne Sofie Østby | 99 | Jessheim | 15.09.2011 |
| 6.94 | Nora Røen Hansen | 99 | Jessheim | 15.09.2011 |
| 6.73 | Ebba Beyer | 98 | Jessheim | 26.05.2011 |
| 6.60 | Hedda Algerheim Tverås | 01 | Jessheim | 15.09.2011 |
| 6.51 | Nora Røen Hansen | 00 | Jessheim | 26.05.2011 |
| 6.02 | Vår Åsheim | 99 | Jessheim | 15.09.2011 |
| 5.34 | Marita Lampe Dye | 99 | Jessheim | 15.09.2011 |
| 5.02 | Carina Walskrå | 01 | Jessheim | 15.09.2011 |
| 3.78 | Mathilde Walskrå | 01 | Jessheim | 26.05.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.99 | Ebba Beyer | 98 | Jessheim | 15.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.90 | Irene Schultze Toverud | 67 | Lillehammer/Ss | 25.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.33 | Irene Schultze Toverud | 67 | Lillehammer/Ss | 24.06.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15.83 | Ebba Beyer | 98 | Lillehammer/Ss | 25.06.2011 |
| 8.80 | Tina Moen | 00 | Jessheim | 23.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 21.40 | Irene Schultze Toverud | 67 | Drammen/Ma | 26.08.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.60 | J16 |  | Drammen/Ma | 28.05.2011 |
| Rikke Gustavson97-Ann Kristin Aslakrud94-Pia Bålsrud95-Hanna Schultze96 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.69 | J16 |  | Drammen/Ma | 29.05.2011 |
| Charlotte Grasmo96-Maren Grytbakk95-Pia Bålsrud95-Hanna Schultze96 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:29.83 | J16 |  | Drammen/Ma | 29.05.2011 |
| Andrea Furuseth96-Pia Bålsrud95-Maren Eriksen Skappel96-Hanna Schultze96 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2011** | **820** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:34.89 | J18 |  | Drammen/Ma | 28.05.2011 |
| Sofie Rostad94-Andrea Furuseth96-Ingrid Hannestad93-Maren Eriksen Skappel96 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:35.86 | J16 |  | Fredrikstad/Li | 28.08.2011 |
| Ida Tohaugen95-Charlotte Grasmo96-Hanna Schultze96-Pia Bålsrud95 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:41.82 | J18 |  | Fredrikstad/Li | 28.08.2011 |
| Ann Kristin Aslakrud94-Rikke Gustavsen97-Sofie Rostad93-Andrea Furuseth96 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2011** | **821** |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.24 | Betina Nilssen | 92 | Stange | 19.03.2011 |
| 8.79 | Rikke Gustavson | 93 | Trondheim/Ra | 12.03.2011 |
| 9.01 | Kristina Holter | 97 | Lillestrøm | 26.03.2011 |
| 9.16 | Emilie Hov Andreassen | 00 | Oslo/Ek | 03.12.2011 |
| 9.45 | Ida Terese Tonhaugen | 95 | Trondheim/Ra | 12.03.2011 |
| 9.50 | Helena Seland Myhre | 97 | Lillestrøm | 26.03.2011 |
| 9.62 | Vår Åsheim | 99 | Stange | 20.03.2011 |
| 9.74 | Anne Sofie Østby | 99 | Oslo/Ek | 03.12.2011 |
| 10.30 | Marita Lampe Dye | 99 | Oslo/Ek | 03.12.2011 |
| 10.50 | Marie Næss | 00 | Stange | 20.03.2011 |
| 10.85 | Nora Røen Hansen | 99 | Stange | 20.03.2011 |
| 11.56 | Carina Walskrå | 00 | Oslo/Ek | 03.12.2011 |
| 12.62 | Frøydis Åsheim | 02 | Lillestrøm | 29.01.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.58 | Betina Nilssen | 92 | Stange | 20.03.2011 |
| 28.85 | Frida Kristine Forberg | 92 | Stange | 20.03.2011 |
| 30.03 | Rikke Gustavson | 93 | Stange | 20.03.2011 |
| 30.04 | Emilie Hov Andreassen | 00 | Stange | 20.03.2011 |
| 30.20 | Hanna Schultze Toverud | 96 | Trandheim/Ra | 20.03.2011 |
| 31.54 | Vår Åsheim | 99 | Stange | 20.03.2011 |
| 31.60 | Helena Seland Myhre | 97 | Stange | 20.03.2011 |
| 35.93 | Nora Røen Hansen | 99 | Stange | 20.03.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 69.28 | Anne Lillegård | 73 | Stange | 29.01.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:01.26 | Emilie Hov Andreassen | 00 | Oslo/Bi | 03.12.2011 |
| 2:02.95 | Maren Eriksen Skappel | 96 | Stange | 19.03.2011 |
| 2:11.74 | Marie Næss | 00 | Stange | 20.03.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:40.24 | Anne Lillegård | 73 | Stange | 29.01.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.28 | Vår Åsheim | 99 | Lillestrøm | 29.01.2011 |
| 12.97 | Helena Seland Myhre | 97 | Lillestrøm | 26.03.2011 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2011** | **822** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.40 | Ebba Beyer | 98 | Oslo/Ek | 03.12.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.29 s | Vår Åsheim | 99 | Lillestrøm | 29.01.2011 |
| 3.45 | Helena Seland Myhre | 97 | Stange | 20.03.2011 |
| 3.44 s | Anne Sofie Østby | 99 | Oslo/Ek | 03.12.2011 |
| 3.12 s | Nora Røen Hansen | 99 | Stange | 20.03.2011 |
| 3.12 s | Marita Lampe Dye | 99 | Oslo/Ek | 03.12.2011 |
| 3.07 s | Marie Næss | 00 | Stange | 20.03.2011 |
| 1.98 s | Frøydis Åsheim | 02 | Lillestrøm | 29.01.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.13 | Ebba Beyer | 98 | Oslo/Ek | 03.12.2011 |
| 6.75 | Hedda Algarheim Tverås | 01 | Oslo/Ek | 03.12.2011 |
| 6.41 | Anne Sofie Østby | 99 | Oslo/Ek | 03.12.2011 |
| 5.77 | Marita Lampe Dye | 99 | Oslo/Ek | 03.12.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.85 | Ebba Beyer | 98 | Stange | 04.12.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:40.33 | J16 |  | Trondheim/Ra | 12.03.2011 |
| Maren Grytbakk95-Ida Tonhaugen95-Pia Bålsrud95-Hanna Toverud96 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **823** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.66 | Marius Mellum | 96 | Oslo/La | 27.09.2012 |
| 8.35 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 23.06.2012 |
| 8.40 | Sondre Opaker Øines | 98 | Nadderud | 16.06.2012 |
| 9.10 | Kristian Mellum | 99 | Lillehammer/Ss | 23.06.2012 |
| 9.24 | Sverre Gjesteby | 00 | Lillestrøm | 26.05.2012 |
| 9.33 | Ola Tobias Bjerke | 99 | Jessheim | 20.05.2012 |
| 9.44 | Iver Laake | 01 | Lillestrøm | 26.05.2012 |
| 9.59 | Marcus Fosserud | 01 | Jessheim | 20.05.2012 |
| 10.06 | Victor Rosenlind | 00 | Jessheim | 20.05.2012 |
| 12.11 | Henrik Toverød | 04 | Jessheim | 20.05.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.3 | Sondre Opaker Øines | 98 | Jessheim | 12.06.2012 |
| 8.5 | Sindre Bjørnstad | 97 | Jessheim | 12.06.2012 |
| 8.9 | Sverre Gjesteby | 00 | Jessheim | 12.06.2012 |
| 9.3 | Iver Laake | 01 | Jessheim | 12.06.2012 |
| 9.3 | Marcus Fosserud | 01 | Jessheim | 12.06.2012 |
| 9.6 | Benjamin Andersen | 00 | Jessheim | 12.06.2012 |
| 9.7 | Andre Rasen | 00 | Jessheim | 12.06.2012 |
| 10.2 | Eivind Myhre | 02 | Jessheim | 12.06.2012 |
| 10.5 | Ådne Opaker Øines | 02 | Jessheim | 12.06.2012 |
| 10.6 | Erling Myhre | 02 | Jessheim | 12.06.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.37 | Henrik Huser | 96 | Oslo/Bi | 19.08.2012 |
| 11.64 | Marius Mellum | 96 | Prestfoss | 27.07.2012 |
| 11.76 | Jesse Pedersen Amey | 95 | Oslo/Bi | 21.07.2012 |
| 11.78 | Martin Opaker | 94 | Ravnanger | 31.08.2012 |
| 11.85 | Martin Lundemo Syvertsen | 92 | Oslo/Bi | 17.08.2012 |
| 12.99 | Jørgen Opaker | 97 | Lillehammer/Ss | 24.06.2012 |
| 13.50 | Sondre Opaker Øines | 98 | Ski | 11.08.2012 |
| 13.88 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 24.06.2012 |
| 14.83 | Kristian Mellum | 99 | Lillehammer/Ss | 24.06.2012 |
| 14.85 | Ole Tobias Bjerke | 99 | Lillehammer/Ss | 26.05.2012 |
| **Medvind** | |  | | |
| 11.19 +2.1 | Henrik Huser | 96 | Oslo/Bi | 17.07.2012 |
| 11.55 +2.6 | Marius Mellum | 96 | Lillehammer/Ss | 24.06.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.3 | John Arve Johansen | 36 | Årnes | 19.09.2012 |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **824** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.67 | Marius Mellum | 96 | Jessheim | 23.08.2012 |
| 17.92 | Martin Lundemo Syvertsen | 92 | Jessheim | 23.08.2012 |
| 18.06 | Martin Opaker | 94 | Jessheim | 23.08.2012 |
| 19.01 | Markus Einan | 97 | Jessheim | 23.08.2012 |
| 19.63 | Jonas Krossøy | 95 | Jessheim | 23.08.2012 |
| 20.98 | Jonas Harborg Bolgen | 96 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.42 | Andreas Roth | 93 | Karlstad, SWE | 19.07.2012 |
| 23.04 | Marius Mellum | 96 | Lillehammer/Ss | 22.06.2012 |
| 23.05 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 22.06.2012 |
| 23.10 | Thomas Roth | 91 | Lillestrøm | 03.07.2012 |
| 23.78 | Martin Lundemo Syvertsen | 92 | Lillehammer/Ss | 22.06.2012 |
| 23.85 | Martin Opaker | 94 | Lillehammer/Ss | 22.06.2012 |
| 24.88 | Bjørnar Bjørnstad | 93 | Lillehammer/Ss | 22.06.2012 |
| 27.03 | Henrik Hanssen | 97 | Lillestrøm | 27.05.2012 |
| 27.11 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 21.06.2012 |
| 29.13 | Sindre Bjørnstad | 97 | Lillehammer/Ss | 22.06.2012 |
| 30.94 | Sverre Gjesteby | 00 | Sofiemyr | 26.08.2012 |
| 32.04 | Iver Laake | 01 | Sofiemyr | 26.08.2012 |
| 32.39 | Sondre Westby Liestøl | 99 | Lillestrøm | 27.05.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.1 | Marcus Fosserud | 01 | Jessheim | 06.09.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.88 | Andreas Roth | 93 | Nadderud | 03.05.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.77 | Andreas Roth | 93 | Oslo/Bi | 07.06.2012 |
| 47.93 | Thomas Roth | 91 | Kristiansand | 26.08.2012 |
| 50.19 | Vegard Løberg Gjelsvik | 92 | Drammen/Ma | 08.09.2012 |
| 53.38 | Martin Lundemo Syvertsen | 92 | Oslo/Bi | 19.08.2012 |
| 55.81 | Jonas Krossøy | 95 | Nadderud | 17.06.2012 |
| 60.95 | Sondre Opaker Øines | 98 | Fredrikstad/Li | 01.07.2012 |
| 62.13 | Espen Næss | 94 | Nadderud | 17.06.2012 |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **825** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:32.76 | Henrik Hanssen | 97 | Nadderud | 03.05.2012 |
| 1:32.80 | Jonas Bolgen Haarberg | 96 | Nadderud | 03.05.2012 |
| 1:34.59 | Markus Einan | 97 | Nadderud | 03.05.2012 |
| 1:38.75 | Sondre Opaker Øines | 98 | Jessheim | 23.08.2012 |
| 1:50.41 | Sondre Westby Liestøl | 99 | Oslo/Bi | 19.08.2012 |
| 1:58.24 | Andrè Rasen | 00 | Oslo/Bi | 08.06.2012 |
| 1:58.39 | Sverre Gjesteby | 00 | Lillestrøm | 27.05.2012 |
| 2:00.50 | Ole Tobias Bjerke | 99 | Lillehammer/Ss | 26.05.2012 |
| 2:05.18 | Iver Laake | 01 | Oslo/Bi | 17.08.2012 |
| 2:15.26 | Henrik Jakobsen | 01 | Jessheim | 23.08.2012 |
| 2:21.63 | Ådne Opaker Øines | 02 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:46.88 | Thomas Roth | 91 | Helsinki, FIN | 28.06.2012 |
| 1:50.40 | Vetle Aasland | 91 | Jessheim | 21.09.2012 |
| 1:51.07 | Andreas Roth | 93 | Prestfoss | 29.07.2012 |
| 1:52.13 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 08.07.2012 |
| 1:56.2 | Jørgen Frost Bø | 94 | Oslo/Sp | 06.09.2012 |
| 1:58.82 | Halvor Marius Mangerud | 81 | Göteborg, SWE | 14.06.2012 |
| 1:59.16 | Njord Erland Wiker | 91 | Lillehammer/Ss | 24.06.2012 |
| 1:59.99 | Jonas Krossøy | 95 | Oslo/Bi | 18.08.2012 |
| 2:00.77 | Åsmund Wennemo | 94 | Lillestrøm | 03.07.2012 |
| 2:04.03 | Markus Einan | 97 | Oslo/Bi | 17.09.2012 |
| 2:04.46 | Bjørnar Bjørnstad | 93 | Oslo/Bi | 24.07.2012 |
| 2:04.85 | Henrik Hanssen | 97 | Göteborg, SWE | 07.07.2012 |
| 2:06.02 | Espen Næss | 94 | Lillehammer/Ss | 24.06.2012 |
| 2:07.40 | Jonas Haarborg Bolgen | 96 | Lillehammer/Ss | 24.06.2012 |
| 2:21.67 | Sondre Opaker Øines | 98 | Oslo/Bi | 19.08.2012 |
| 2:31.0 | Sturla Throndsen | 60 | Jessheim | 19.05.2012 |
| 2:34.09 | Sondre Westby Liestøl | 99 | Lillehammer/Ss | 24.06.2012 |
| 2:44.32 | Trym Algarheim Tverås | 99 | Lillehammer/Ss | 24.06.2012 |
| 2:45.6 | Dag Amundsen | 51 | Jessheim | 19.05.2012 |
| 2:47.04 | Sverre Gjesteby | 00 | Sofiemyr | 26.08.2012 |
| 2:54.2 | Odd Kinnsbekken | 48 | Jessheim | 19.05.2012 |
| 2:56.2 | Arne Johansen | 48 | Jessheim | 19.05.2012 |
| 3:08.5 | Oddvar Leivestad | 45 | Jessheim | 19.05.2012 |
| 3:18.3 | Ole Arnegård | 44 | Jessheim | 19.05.2012 |
| 3:26.0 | Tore Ragnar Olsen | 46 | Jessheim | 19.05.2012 |
| 3:28.3 | Knut Kristensen | 44 | Jessheim | 19.05.2012 |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **826** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:43.75 | Vetle Aasland | 91 | Nadderud | 17.06.2012 |
| 3:45.41 | Thomas Roth | 91 | Oslo/Bi | 13.08.2012 |
| 3:50.92 | Jørgen Frost Bø | 94 | Oslo/Bi | 07.06.2012 |
| 3:53.29 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 07.07.2012 |
| 4:04.67 | Stian Klungland | 93 | Oslo/Bi | 13.09.2012 |
| 4:08.23 | Åsmund Wennemo | 94 | Göteborg, SWE | 07.07.2012 |
| 4:10.87 | Bjørnar Bjørnstad | 93 | Lillehammer/Ss | 21.06.2012 |
| 4:11.67 | Jonas Krossøy | 95 | Lillehammer/Ss | 20.06.2012 |
| 4:18.64 | Nikolai Smestad | 92 | Oslo/Bi | 14.05.2012 |
| 4:22.44 | Jørgen Gundersen | 95 | Oslo/Bi | 14.05.2012 |
| 4:23.82 | Jonas Haarberg Bolgen | 96 | Lillehammer/Ss | 21.06.2012 |
| 4:25.66 | Henrik Hanssen | 97 | Asker/Fø | 02.06.2012 |
| 4:29.3 | Lars Anders Tenold | 93 | Jessheim | 12.06.2012 |
| 4:58.3 | Ottar Moum Larsen | 64 | Jessheim | 12.06.2012 |
| 5:00.8 | Trym Rostad | 91 | Jessheim | 12.06.2012 |
| 5:04.75 | Sondre Opaker Øines | 98 | Asker/Fø | 02.06.2012 |
| 5:14.5 | Sondre Westby Liestøl | 99 | Nesodden | 15.09.2012 |
| 5:19.5 | Rolf Halseth | 65 | Jessheim | 12.06.2012 |
| 5:28.8 | Knut Kristensen | 44 | Jessheim | 12.06.2012 |
| 5:28.9 | Geir Håkon Bjørnstad | 56 | Jessheim | 12.06.2012 |
| 5:49.0 | Arne Johansen | 48 | Jessheim | 12.06.2012 |
| 5:49.8 | Odd Kinnsbekken | 48 | Jessheim | 12.06.2012 |
| 6:01.0 | Erik Karlsen | 72 | Jessheim | 12.06.2012 |
| 6.32.5 | Oddvar Leivestad | 45 | Jessheim | 12.06.2012 |
| 6:47.0 | Tore Ragnar Olsen | 46 | Jessheim | 12.06.2012 |
| 6:53.0 | Bjørn Ivar Thune | 59 | Jessheim | 12.06.2012 |
| 6:57.5 | Ole Arnegård | 44 | Jessheim | 12.06.2012 |
| 7:16.6 | Steinar Ulsaker | 47 | Jessheim | 12.06.2012 |
| 7:18.0 | Arne Luke | 44 | Jessheim | 12.06.2012 |
| 8:55.5 | Helge Velure | 50 | Jessheim | 12.06.2012 |
| 9:00.2 | Halvard Evensen | 53 | Jessheim | 12.06.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:06.91 | Vetle Aasland | 91 | Mölndal, SWE | 04.08.2012 |
| 4:19.78 | Jørgen Frost Bø | 94 | Mölndal, SWE | 04.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:05.80 | Henrik Hanssen | 97 | Ravnanger | 02.09.2012 |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **827** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:22.30 | Jørgen Frost Bø | 94 | Oslo/Bi | 24.06.2012 |
| 8:36.25 | Vegard Løberg Gjelsvik | 92 | Nadderud | 15.06.2012 |
| 8:41.91 | Kristian Monsen | 77 | Oslo/Bi | 24.05.2012 |
| 8:54.52 | Stian Klungland | 93 | Ravnanger | 31.08.2012 |
| 9:12.41 | Åsmund Wennemo | 94 | Nadderud | 15.06.2012 |
| 9:20.09 | Jonas Krossøy | 95 | Oslo/Bi | 19.08.2012 |
| 9:22.58 | Eirik Rustad | 88 | Oslo/Bi | 19.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14:57.54 | Jørgen Frost Bø | 94 | Göteborg, SWE | 14.06.2012 |
| 15:23.00 | Kristian Monsen | 77 | Kristiansand | 24.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31:48.86 | Kristian Monsen | 77 | Oslo/Bi | 24.07.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.57 | Kasper Falsen | 01 | Jessheim | 23.08.2012 |
| 13.09 | Henrik Jacobsen | 01 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.79 | Marcus Theodor Moen | 99 | Lillestrøm | 08.09.2012 |
| 11.10 | Sverre Gjesteby | 00 | Nadderud | 17.06.2012 |

|  |  |
| --- | --- |
| **200m hekk 68 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.03 | Marcus Theodor Moen | 99 | Lillestrøm | 09.09.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.9 | Andreas Roth | 93 | Oslo/Bi | 17.09.2012 |
| 57.0 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 17.09.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:17.60 | Vetle Aasland | 91 | Prestfoss | 29.07.2012 |

|  |  |
| --- | --- |
| **10km veiløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31:56 | Kristian Monsen | 77 | Modum | 13.10.2012 |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **828** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:25:59 | Tommy Torgersen | 70 | Jessheim | 18.11.2012 |
| 1:26:17 | Sturla Throndsen | 60 | Jessheim | 18.11.2012 |
| 1:48:48 | Stein Terje Dahl | 55 | Lørenskog | 27-10.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:48:59 | Jahn Thomas Lind | 77 | Jessheim | 18.11.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Andreas Roth | 93 | Oslo/Bi | 20.09.2012 |
| 1.65 | Morten Halseth | 97 | Oslo/Bi | 19.08.2012 |
| 1.65 | Marcus Theodor Moen | 99 | Oslo/Bi | 24.09.2012 |
| 1.60 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 20.09.2012 |
| 1.40 | Sverre Gjesteby | 00 | Lillestrøm | 26.05.2012 |
| 1.30 | Adrian Lind | 00 | Jessheim | 23.08.2012 |
| 1.20 | Benjamin Andersen | 00 | Jessheim | 23.08.2012 |
| 1.20 | John Arve Johansen | 36 | Jessheim | 22.09.2012 |
| 1.05 | Iver Laake | 01 | Lillestrøm | 26.05.2012 |
| 1.05 | Victor Rosenlind | 00 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.02 | John Arve Johansen | 36 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.81 | Martin Lundemo Syversen | 92 | Jessheim | 23.08.2012 |
| 4.74 s | Marcus Theodor Moen | 99 | Lillehammer/Ss | 24.06.2012 |
| 4.40 s | Ole Tobias Bjerke | 99 | Sofiemyr | 26.08.2012 |
| 4.32 | Sondre Opaker Øines | 98 | Fredrikstad/Li | 01.07.2012 |
| 4.06 s | Sondre Westby Liestøl | 99 | Nadderud | 16.06.2012 |
| 3.97 s | Kristian Mellum | 99 | Jessheim | 20.05.2012 |
| 3.85 s | Arian Lind | 00 | Jessheim | 23.08.2012 |
| 3.77 | John Arve Johansen | 36 | Årnes | 05.09.2012 |
| 3.68 s | Iver Laake | 01 | Fredrikstad/Li | 01.07.2012 |
| 3.55 s | Kasper Falsten | 01 | Jessheim | 23.08.2012 |
| 3.53 s | Marcus Fosserud | 01 | Jessheim | 20.05.2012 |
| 3.50 s | Ådne Opaker Øines | 02 | Jessheim | 23.08.2012 |
| 3.46 s | Benjamin Andersen | 00 | Jessheim | 23.08.2012 |
| 3.35 s | Henrik Jacobsen | 01 | Jessheim | 23.08.2012 |
| 3.25 s | Victor Rosenlind | 00 | Jessheim | 23.08.2012 |
| 2.63 s | Andreas Jacobsen | 04 | Jessheim | 23.08.2012 |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **829** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.20 | John Arve Johansen | 36 | Årnes | 09.09.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.86 | Henrik Jacobsen | 01 | Jessheim | 23.08.2012 |
| 5.69 | Iver Laake | 01 | Jessheim | 23.08.2012 |
| 5.35 | Ådne Opaker Øines | 02 | Jessheim | 23.08.2012 |
| 5.30 | Victor Rosenlind | 00 | Jessheim | 23.08.2012 |
| 4.63 | Andreas Jacobsen | 04 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.22 | Marcus Theodor Moen | 99 | Oslo/Bi | 24.09.2012 |
| 7.37 | Ole Tobias Bjerke | 99 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.65 | John Arve Johansen | 36 | Årnes | 19.09.2012 |

|  |  |
| --- | --- |
| **Kule 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.83 | Ivar Opsahl | 47 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.00 | Frank Øines | 68 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.55 | Ivar Opsahl | 47 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.84 | John Arve Johansen | 36 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.91 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 22.06.2012 |
| 23.47 | Kristian Flåthen Børve | 01 | Jessheim | 20.05.2012 |
| 22.02 | Ola Tobias Bjerke | 99 | Jessheim | 20.05.2012 |
| 19.36 | Marcus Fosserud | 01 | Jessheim | 20.05.2012 |
| 15.37 | Kristian Mellum | 99 | Jessheim | 20.05.2012 |
| 14.40 | Victor Rosenlind | 00 | Jessheim | 20.05.2012 |
| 7.00 | Iver Laake | 01 | Jessheim | 20.05.2012 |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **830** |

|  |  |
| --- | --- |
| **Spyd 500 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.16 | John Arve Johansen | 36 | Oslo/St | 30.05.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.35 | Ivar Opsahl | 47 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.43 | Vetle Aasland | 91 | Ski | 11.08.2012 |
| 49.79 | Bjørn Arne Kristiansen | 68 | Lillestrøm | 27.05.2012 |
| 35.02 | Thomas Roth | 91 | Ski | 11.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.68 | John Arve Johansen | 36 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.30 | Ivar Opsahl | 47 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.90 | Marcus Theodor Moen | 99 | Nadderud | 17.06.2012 |
| 36.19 | Sverre Gjestby | 00 | Lillestrøm | 26.05.2012 |
| 15.22 | Iver Laake | 01 | Lillestrøm | 26.05.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.96 | M20 Finale |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Martin Opaker94-Martin Lundemo Syvertsen92-Håvard Hildeskor92 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.99 | M20 Forsøk |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Martin Opaker94-Martin Lundemo Syvertsen92-Håvard Hildeskor92 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.40 | M19 |  | Jessheim | 20.05.2012 |
| Marius Mellum96-Martin Opaker93-Håkon Hammer95-Espen Bjørnstad95 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.07 | G16 |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Markus Einan97-Jonas Haarberg Bolgen96-Sindre Bjørnstad97 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **831** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:17.76 | M21 |  | Jessheim | 20.05.2012 |
| Vegard Løberg Gjelsvik92-Andreas Roth93-Vetle Aasland91-Thomas Roth91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:39.64 | M19 |  | Jessheim | 19.05.2012 |
| Jonas Krossøy95-Espen Næss95-Bjørnar Bjørnstad93-Andreas Roth93 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:08.82 | M40-44 |  | Jessheim | 19.05.2012 |
| Andre Børve68-Frank Øines68-Ottar Moum Larsen64-Lars Myhre64 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:16.94 | G16 |  | Jessheim | 20.05.2012 |
| Jonas Haarborg Bolgen96-Markus Einan97-Rene Fredheim Larsen97-Henrik Hanssen97 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:54.49 | M21 |  | Jessheim | 19.05.2012 |
| Vegard Løberg Gjelsvik92-Jørgen Frost Bø94-Thomas Roth91-Vetle Aasland91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:17.97 | M21 |  | Jessheim | 19.05.2012 |
| Halvor Mangerud81-Nikolai Smestad92-Kristian Monsen77-Espen Næss94 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:25.61 | M19 |  | Jessheim | 20.05.2012 |
| Andreas Roth93-Åsmund Wennemo94-Bjørnar Bjørnstad93-Jørgen Frost Bø94 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:26.83 | M19 |  | Jessheim | 20.05.2012 |
| Eirik Rickenberg94-Jonas Krossøy95-Jørgen Gundersen95-Lars Anders Tenold93 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:55.54 | M21 |  | Prestfoss | 29.07.2012 |
| Marius Mellum96-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:56.27 | M21 |  | Kristiansand | 26.08.2012 |
| Henrik Huser96-Marius Mellum96-Andreas Roth93-Thomas Roth91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:04.95 | G16 |  | Askøy | 02.09.2012 |
| Jesse Pedersen Amey95-Martin Opaker94-Håkon Hammeren95-Andreas Roth95 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:06.63 | G16 |  | Askøy | 02.09.2012 |
| Jonas Haarborg Bolgen96-Henrik Huser96-Marius Mellum96-Markus Einan97 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **832** |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.34 | Henrik Huser | 96 | Oslo/Ek | 03.03.2012 |
| 7.47 | Marius Mellum | 96 | Lillestrøm | 28.01.2012 |
| 7.53 | Martin Opaker | 94 | Stange | 17.03.2012 |
| 7.62 | Jesse Pedersen Amey | 95 | Stange | 17.03.2012 |
| 7.68 | Martin Lundemo Syvertsen | 92 | Sandnes | 09.03.2012 |
| 7.89 | Markus Einan | 97 | Lillestrøm | 28.01.2012 |
| 8.42 | Jørgen Opaker | 97 | Stange | 17.03.2012 |
| 8.78 | Sondre Opaker Øines | 98 | Stange | 17.03.2012 |
| 9.19 | Markus Fosserud | 01 | Stange | 18.03.2012 |
| 9.33 | Sverre Gjesteby | 00 | Stange | 18.03.2012 |
| 9.81 | Benjamin Andersen | 00 | Stange | 18.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.4 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 23.02.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.68 | Andreas Roth | 93 | Sandnes | 10.03.2012 |
| 23.59 | Henrik Huser | 96 | Sandnes | 11.03.2012 |
| 23.87 | Marius Mellum | 96 | Uddevalla, SWE | 14.01.2012 |
| 24.00 | Martin Lundemo Syvertsen | 92 | Stange | 18.03.2012 |
| 24.92 | Martin Opaker | 94 | Sandnes | 10.03.2012 |
| 26.22 | Jesse Pedersen Amey | 95 | Oslo/Ek | 03.03.2012 |
| 26.93 | Henrik Hanssen | 97 | Stange | 18.03.2012 |
| 28.47 | Sondre Opaker Øines | 98 | Stange | 18.03.2012 |
| 29.29 | Marcus Theodor Moen | 99 | Stange | 05.02.2012 |
| 30.32 | Sverre Gjesteby | 00 | Stange | 18.03.2012 |
| 31.71 | Sondre Westby Liestøl | 99 | Stange | 18.03.2012 |
| 33.31 | Benjamin Andersen | 00 | Stange | 18.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.35 | Andreas Roth | 93 | Sandnes | 09.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:19.64 | Thomas Roth | 91 | Stange | 17.03.2012 |
| 1:22.38 | Vegard Løberg Gjelsvik | 91 | Stange | 17.03.2012 |
| 1:30.28 | Jonas Krossøy | 95 | Stange | 17.03.2012 |
| 1:30.73 | Martin Lundemo Syvertsen | 92 | Stange | 17.03.2912 |
| 1:33.73 | Jonas Haarborg Bolgen | 96 | Oslo/Ek | 01.12.2012 |
| 1:34.56 | Henrik Hanssen | 97 | Stange | 17.03.2012 |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **833** |

|  |  |
| --- | --- |
| **600m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:36.00 | Markus Einan | 97 | Stange | 17.03.2012 |
| 1:43.68 | Sondre Opaker Øines | 98 | Stange | 01.12.2012 |
| 1:50.28 | Abdisak Sween | 98 | Oslo/Ek | 01.12.2012 |
| 1:53.20 | AndreasFlåten Børve | 99 | Stange | 04.02.2012 |
| 1:58.45 | Sverre Gjesteby | 00 | Stange | 17.03.2012 |
| 1:59.19 | Sondre Westby Liestøl | 99 | Stange | 17.03.2012 |
| 2:07.98 | Hannes Fjellestad | 02 | Oslo/Ek | 02.12.2012 |
| 2:13.30 | Iver Laake | 01 | Stange | 17.03.2012 |
| 2:13.49 | Markus Fosserud | 01 | Stange | 17.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:50.52 | Thomas Roth | 91 | Trondheim/Ra | 14.12.2012 |
| 1:55.46 | Vetle Aasland | 92 | Trondheim/Ra | 14.12.2012 |
| 2:07.86 | Jonas Krossøy | 95 | Sandnes | 10.03.2012 |
| 2:10.02 | Henrik Hanssen | 97 | Oslo/Ek | 03.03.2012 |
| 2:10.28 | Martin Lundemo Syvertsen | 92 | Sandnes | 10.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:55.20 | Vetle Aasland | 91 | Steinkjer | 11.02.2012 |
| 4:01.11 | Jørgen Frost Bø | 94 | Sandnes | 09.03.2012 |
| 4:05.15 | Nicolai Smestad | 92 | Sandnes | 09.03.2012 |
| 4:05.98 | Stian Klungland | 93 | Karlstad, SWE | 22.01.2012 |
| 4:22.43 | Jonas Krossøy | 95 | Sandnes | 09.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.28 | Hannes Fjellestad | 02 | Lillestrøm | 28.01.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.34 | Marcus Theodor Moen | 99 | Uddevalla, SWE | 14.01.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Morten Halseth | 97 | Stange | 18.03.2012 |
| 1.52 | Marcus Theodor Moen | 99 | Lillestrøm | 28.01.2012 |
| 1.20 | Sondre Westby Liestøl | 99 | Lillestrøm | 28.01.2012 |
| 1.05 | Hannes Fjellestad | 02 | Lillestrøm | 28.01.2012 |
| 1.00 | Iver Laake | 01 | Lillestrøm | 28.01.2012 |

|  |  |
| --- | --- |
| **MENN SENIOR 2012** | **834** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.70 s | Marcus Theodor Moen | 99 | Stange | 17.03.2012 |
| 4.23 | Sondre Opaker Øines | 98 | Lillestrøm | 28.01.2012 |
| 3.86 s | Henrik Jacobsen | 01 | Oslo/Ek | 01.12.2012 |
| 3.82 s | Sverre Gjesteby | 00 | Stange | 17.03.2012 |
| 3.70 s | Sondre Westby Liestøl | 99 | Stange | 17.03.2012 |
| 3.63 s | Markus Fosserud | 01 | Stange | 17.03.2012 |
| 3.05 s | Iver Laake | 01 | Stange | 17.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.58 | Henrik Jakobsen | 01 | Oslo/Ek | 01.12.2012 |
| 6.26 | Markus Fosserud | 01 | Oslo/Ek | 01.12.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.31 | Marcus Theodor Moen | 99 | Oslo/Ek | 01.12.2012 |
| 5.53 | Sverre Gjesteby | 00 | Stange | 17.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.36 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 23.02.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:35.07 | M19 |  | Sandnes | 11.03.2012 |
| Marius Mellum96-Martin Opaker94-Andreas Roth93-Henrik Huser96 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2012** | **835** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.73 | Sofie Schancke Krauss | 98 | Jessheim | 20.05.2012 |
| 8.92 | Emilie Hov Andreassen | 00 | Lillehammer/Ss | 23.06.2012 |
| 9.08 | Tonje Moen | 00 | Oslo/Bi | 19.08.2012 |
| 9.16 | Mathilde Solberg | 99 | Jessheim | 20.05.2012 |
| 9.28 | Haddijatou Jobe | 98 | Jessheim | 20.05.2012 |
| 9.30 | Vår Åsheim | 99 | Jessheim | 20.05.2012 |
| 10.08 | Hedda Algerheim Tverås | 01 | Jessheim | 20.05.2012 |
| 10.25 | Amalie Westby Liestøl | 02 | Jessheim | 20.05.2012 |
| 10.41 | Hedda Aakre Skatvedt | 00 | Jessheim | 20.05.2012 |
| 10.51 | Tina Moen | 00 | Nadderud | 16.06.2012 |
| 10.83 | Tina Lægdheim | 02 | Jessheim | 20.05.2012 |
| 12.26 | Frøydis Åsheim | 02 | Jessheim | 20.05.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.8 | Helena Seland Myhre | 97 | Jessheim | 12.06.2012 |
| 8.9 | Emilie Hov Andreassen | 00 | Jessheim | 12.06.2012 |
| 9.3 | Mathilde Solberg | 99 | Jessheim | 12.06.2012 |
| 9.4 | Vår Åsheim | 99 | Jessheim | 12.06.2012 |
| 9.8 | Sonja Irene Nore | 02 | Jessheim | 12.06.2012 |
| 9.9 | Amalie Westby Liestøl | 02 | Jessheim | 12.06.2012 |
| 10.0 | Hedda Algerheim Tverås | 01 | Jessheim | 12.06.2012 |
| 10.2 | Hedda Aakre Skatvedt | 00 | Jessheim | 12.06.2012 |
| 10.5 | Karen Rognerud | 02 | Jessheim | 12.06.2012 |
| 10.5 | Solveig Daae Wiig | 00 | Jessheim | 12.06.2012 |
| 10.9 | Frøydis Åsheim | 02 | Jessheim | 12.06.2012 |
| 10.9 | Randi Daae Wiig | 00 | Jessheim | 12.06.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.40 | Charlotte Grasmo | 96 | Ravnanger | 31.08.2012 |
| 15.27 | Vår Åsheim | 99 | Lillehammer/Ss | 24.06.2012 |
| 15.48 | Ebba Beyer | 98 | Lillestrøm | 26.05.2012 |
| 16.19 | Inger Lise Sundheim | 55 | Oslo/Bi | 31.08.2012 |
| 17.91 | Hanne Sofie Borgen | 99 | Lillehammer/Ss | 24.06.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 21.64 | Sofie Schancke Krauss | 98 | Jessheim | 23.08.2012 |
| 21.92 | Helena Seland Myhre | 97 | Jessheim | 23.08.2012 |
| 22.86 | Victoria Børresen | 98 | Jessheim | 23.08.2012 |
| 23.10 | Maren Eriksen Skappel | 96 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.65 | Victoria Børresen | 98 | Oslo/Bi | 20.09.2012 |
| **KVINNER SENIOR 2012** | | **836** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.17 | Emilie Hov Andreassen | 00 | Lillehammer/Ss | 21.06.2012 |
| 30.30 | Vår Åsheim | 99 | Lillestrøm | 27.05.2012 |
| 31.45 | Tonje Moen | 00 | Nadderud | 16.06.2012 |
| 33.38 | Hedda Algarheim Tverås | 01 | Nadderud | 16.06.2012 |
| 34.13 | Ebba Beyer | 98 | Lillestrøm | 27.05.2012 |
| 37.10 | Tina Moen | 00 | Nadderud | 16.06.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:47.60 | Emilie Hov Andreassen | 00 | Lillehammer/Ss | 24.06.2012 |
| 1:54.06 | Heidi Kristine Halling | 97 | Nadderud | 03.05.2012 |
| 1:56.52 | Victoria Børresen | 98 | Oslo/Bi | 24.09.2012 |
| 1:56.63 | Maren Eriksen Skappel | 96 | Nadderud | 03.05.2012 |
| 1:59.84 | Malene Fjellestad | 97 | Nadderud | 31.05.2012 |
| 2:00.58 | Silje Breen | 95 | Nadderud | 03.05.2012 |
| 2:01.59 | Marie Næss | 00 | Jessheim | 23.08.2012 |
| 2:05.02 | Hedda Algerheim Tverås | 01 | Lillehammer/Ss | 24.06.2012 |
| 2:05.94 | Tonje Moen | 00 | Nadderud | 15.06.2012 |
| 2:10.61 | Hedda Aakre Skatvedt | 00 | Jessheim | 23.08.2012 |
| 2:21.58 | Amalie Westby Liestøl | 02 | Jessheim | 23.08.2012 |
| 2.21.93 | Sonje Irene Nore | 02 | Jessheim | 23.08.2012 |
| 2:23.13 | Tina Lædgheim | 02 | Jessheim | 23.08.2012 |
| 2:23.52 | Sanna Schancke Krauss | 01 | Jessheim | 23.08.2012 |
| 2:24.17 | June Laake | 04 | Jessheim | 23.08.2012 |
| 2:25.84 | Ingrid Næss | 05 | Jessheim | 23.08.2012 |
| 2:26.22 | Annie Myklebust | 01 | Jessheim | 23.08.2012 |
| 2:28.48 | Maja Sønsteby | 00 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:32.47 | Vilde Noraker Alfarrustad | 96 | Göteborg, SWE | 08.07.2012 |
| 2:33.58 | Heidi Kristine Halling | 97 | Lillehammer/Ss | 24.06.2012 |
| 2:35.71 | Malene Fjellestad | 97 | Oslo/Bi | 19.08.2012 |
| 2:35.74 | Helena Seland Myhre | 97 | Nadderud | 16.06.2012 |
| 2:40.84 | Maren Eriksen Skappel | 96 | Nadderud | 16.06.2012 |
| 2:40.97 | Anne Lillegård | 73 | Ski | 06.06.2012 |
| 2:41.67 | Victoria Børresen | 98 | Oslo/Bi | 19.08.2012 |
| 2:44.67 | Stine Rajala Granerud | 92 | Lillehammer/Ss | 24.06.2012 |
| 2:52.8 | Bente Tenold Holter | 62 | Jessheim | 19.05.2012 |
| 2:53.62 | Marion Skøyum Moe | 97 | Sofiemyr | 26.08.2012 |
| 2:58.1 | Irene Schultze | 67 | Jessheim | 19.05.2012 |
| 3:11.2 | Trine Bogstad Mangerud | 51 | Jessheim | 18.05.2012 |
| 3:34.5 | Marit Skolt Skafle | 56 | Jessheim | 19.05.2012 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2012** | **837** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:17.4 | Marianne Opsahl | 73 | Jessheim | 15.06.2012 |
| 5:25.9 | Anne Lillegård | 73 | Oslo/St | 30.05.2012 |
| 5:26.3 | Sofie Rostad | 94 | Jessheim | 12.06.2012 |
| 5:27.8 | Stine Rajala Granerud | 92 | Jessheim | 12.06.2012 |
| 5:27.9 | Nora Mathiesen | 97 | Jessheim | 12.06.2012 |
| 5:29.7 | Kirsten Daae Wiig | 97 | Jessheim | 12.06.2012 |
| 5:31.40 | Heidi Kristine Halling | 97 | Asker/Fø | 02.06.2012 |
| 5:45.8 | Bente Tenold Holter | 62 | Jessheim | 12.05.2012 |
| 5:54.8 | Kamilla Hammer | 77 | Jessheim | 12.06.2012 |
| 6:13.8 | Trine Bogstad Mangerud | 51 | Jessheim | 12.06.2012 |
| 7:05.7 | Marit Skolt Skafle | 56 | Jessheim | 12.06.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:19.37 | Heidi Kristine Halling | 97 | Nadderud | 15.06.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:15.46 | Silje Ekroll Jahren | 88 | Brugg, SUI | 03.07.2012 |
| 11:14.96 | Marianne Opsahl | 73 | Lillehammer/Ss | 23.06.2012 |
| 11:31.70 | Stine Rajala Granerud | 92 | Oslo/Bi | 17.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20:03.2 | Stine Granerud | 92 | Ås | 10.10.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.98 | Sonja Irene Nore | 02 | Jessheim | 23.08.2012 |
| 15.21 | Ingrid Næss | 03 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.92 | Vår Åsheim | 99 | Lillesterøm | 27.05.2012 |
| 11.22 | Mathilde Marie Solberg | 99 | Lillestrøm | 27.05.2012 |
| 12.98 | Sonje Irene Nore | 02 | Jessheim | 23.08.2012 |
| 13.25 | Tonje Moen | 00 | Oslo/Bi | 18.08.2012 |
| 14.28 | Marie Næss | 00 | Jessheim | 23.08.2012 |
| 14.53 | Tina Moen | 00 | Nadderud | 17.06.2012 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2012** | **838** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:27.50 | Marianne Opsahl | 73 | Oslo | 22.09.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.45 | Ebba Beyer | 98 | Lillestrøm | 27.05.2012 |
| 1.25 | Hedda Algerheim Tverås | 01 | Jessheim | 23.08.2012 |
| 1.25 | Inger Lise Sundheim | 55 | Oslo/Bi | 01.09.2012 |
| 1.05 | Hedda Aakre Skatvedt | 00 | Jessheim | 23.08.2012 |
| 1.00 | June Laake | 04 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.40 | Sofie Schancke Krauss | 98 | Lillehammer/Ss | 22.06.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.19 s | Mathilde Marie Solberg | 99 | Nadderud | 16.06.2012 |
| 4.05 s | Vår Åsheim | 99 | Jessheim | 20.05.2012 |
| 3.99 s | Emilie Hov Andreassen | 00 | Jessheim | 20.05.2012 |
| 3.99 | Sofie Schancke Krauss | 98 | Lillestrøm | 08.09.2012 |
| 3.75 | Ebba Beyer | 98 | Jessheim | 23.08.2012 |
| 3.69 | Haddijatou Jobe | 98 | Jessheim | 20.05.2012 |
| 3.60 s | Tonje Moen | 00 | Oslo/Bi | 24.09.2012 |
| 3.55 s | Tina Moen | 00 | Nadderud | 15.06.2012 |
| 3.43 s | Sonja Irene Nore | 02 | Jessheim | 23.08.2012 |
| 3.42 s | Amalie Westby Liestøl | 02 | Jessheim | 23.08.2012 |
| 3.27 s | Sanna Schancke Krauss | 01 | Jessheim | 23.08.2012 |
| 3.14 s | Tina Lægdheim | 02 | Jessheim | 23.08.2012 |
| 3.12 s | Hedda Aakre Skatvedt | 00 | Jessheim | 23.08.2012 |
| 2.85 s | Ingrid Næss | 03 | Jessheim | 23.08.2012 |
| 2.68 s | June Laache | 04 | Jessheim | 23.08.2012 |
| 2.67 s | Annie Myklebust | 01 | Jessheim | 23.08.2012 |
| 2.47 s | Frøydis Åsheim | 02 | Jessheim | 20.05.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.42 | Mathilde Marie Solberg | 99 | Jessheim | 23.08.2012 |
| 8.11 | Hedda Algerheim Tverås | 00 | Nadderud | 15.06.2012 |
| 6.04 | Tina Moen | 00 | Jessheim | 23.08.2012 |
| 5.80 | Sonja Irene Nore | 02 | Jessheim | 23.08.2012 |
| 5.06 | Amalie Westby Liestøl | 02 | Jessheim | 23.08.2012 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2012** | **839** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.42 | Ebba Beyer | 98 | Lillestrøm | 08.09.2012 |
| 7.61 | Inger Lise Sundheim | 55 | Oslo/Bi | 01.09.2012 |
| 7.33 | Helena Seland Myhre | 97 | Jessheim | 23.08.2012 |
| 6.43 | Maren Eriksen Skappel | 96 | Jessheim | 23.08.2012 |
| 6.32 | Victoria Børresen | 98 | Jessheim | 23.08.2012 |
| 5.98 | Malene Fjellestad | 97 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.40 | Silje Breen | 95 | Jessheim | 23.08.2012 |

|  |  |
| --- | --- |
| **Diskos 750 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.26 | Ebba Beyer | 98 | Lillestrøm | 09.09.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20.86 | Ebba Beyer | 98 | Lillehammer/Ss | 23.06.2012 |
| 9.65 | Hedda Algerheim Tverås | 01 | Jessheim | 20.05.2012 |
| 7.46 | Tina Moen | 00 | Oslo/Bi | 24.09.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 19.25 | Irene Schultze | 67 | Jessheim | 23.08.2012 |
| 15.70 | Silje Breen | 95 | Jessheim | 23.08.2012 |
| 15.69 | Helena Seland Myhre | 97 | Jessheim | 23.08.2012 |
| 12.50 | Victoria Børresen | 98 | Jessheim | 23.08.2012 |
| 10.27 | Malene Fjeldstad | 97 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.36 | Tina Moen | 00 | Lillehammer/Ss | 22.06.2012 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2012** | **840** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.15 | K20 |  | Jessheim | 20.05.2012 |
| Charlotte Grasmo96-Betina Nilssen92-Ann-Kristin Aslakrud95-Pia Bålsrud95 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 54.72 | J19 Finale |  | Jessheim | 19.05.2012 |
| Charlotte Grasmo96-Rikke Gustavson93-Ann-Kristin Aslakrud94-Ida Tonhaugen95 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.34 | J19 Forsøk |  | Jessheim | 19.05.2012 |
| Charlotte Grasmo96-Rikke Gustavson93-Ann-Kristin Aslakrud94-Ida Tonhaugen95 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 56.31 | J16 Forsøk |  | Jessheim | 20.05.2012 |
| Charlotte Grasmo96-Eli Bekken97-Sara Bålsrud97-Helena Seland Myhre97 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 58.50 | KV40-49 |  | Jessheim | 19.05.2012 |
| Inger Birgitte Monster68-Anne Lillegård73-Irene Schultze67-Lena Opaker Øines69 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 62.06 | J16 Finale |  | Jessheim | 20.05.2012 |
| Charlotte Grasmo96-Eli Bekken97-Sara Bålsrud97-Helena Seland Myhre97 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:28.24 | J16 |  | Jessheim | 20.05.2012 |
| Nora Mathiesen97-Vilde Alfarrustad96-Heidi Halling97-Maren Skappel Eriksen96 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:34.65 | J19 |  | Jessheim | 19.05.2012 |
| Ingrid Hannestad93-Sofie Rostad93-Vilde Alfarrustad96-Heidi Halling97 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:00.05 | K20 |  | Jessheim | 20.05.2012 |
| Sofie Rostad94-Stine Granerud92-Anne Lillegård73-Hedda Alfarrustad96 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:34.40 | J18 |  | Ravnanger | 02.09.2012 |
| Anne Aslakrud94-Sara Bålsrud97-Charlotte Grasmo96-Pia Bålsrud95 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2012** | **841** |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.28 | Betina Nilssen | 92 | Stange | 17.03.2012 |
| 8.60 | Charlotte Grasmoe | 96 | Stange | 17.03.2012 |
| 8.76 | Sofie Skancke Krauss | 98 | Stange | 04.02.2012 |
| 9.08 | Emilie Hov Andreassen | 00 | Stange | 18.03.2012 |
| 9.28 | Haddyjatou Jobe | 98 | Stange | 04.02.2012 |
| 9.33 | Vår Åsheim | 99 | Lillestrøm | 28.01.2012 |
| 9.46 | Mathilde Marie Solberg | 99 | Lillestrøm | 28.01.2012 |
| 9.56 | Tonje Moen | 00 | Stange | 18.03.2012 |
| 9.71 | Hedda Algarheim Tverås | 01 | Oslo/Ek | 01.12.2012 |
| 10.35 | Andrea Christiansen | 01 | Lillestrøm | 28.01.2012 |
| 10.81 | Tina Moen | 00 | Stange | 18.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.72 | Betina Nilssen | 92 | Stange | 18.03.2012 |
| 30.04 | Emilie Hov Andreassen | 00 | Stange | 18.03.2012 |
| 30.15 | Victoria Børresen | 98 | Karlstad, SWE | 22.01.2012 |
| 31.13 | Vår Åsheim | 99 | Stange | 05.02.2012 |
| 32.98 | Haddyjatou Jobe | 98 | Stange | 05.02.2012 |
| 33.98 | Ebba Beyer | 98 | Stange | 18.03.2012 |
| 40.31 | Carina Kjøbli Wahlskrå | 00 | Stange | 18.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:50.49 | Victoria Børresen | 98 | Stange | 04.02.2012 |
| 1:51.46 | Helena Seland Myhre | 97 | Oslo/Ek | 01.12.2012 |
| 1:53.56 | Heldi Kristine Halling | 97 | Stange | 17.03.2012 |
| 1:53.57 | Emilie Hov Andreassen | 00 | Stange | 17.03.2012 |
| 2:00.46 | Malene Fjellestad | 97 | Stange | 17.03.2012 |
| 2:06.75 | Hedda Algarheim Tverås | 01 | Oslo/Ek | 01.12.2012 |
| 2:41.07 | Carina Walskrå | 00 | Stange | 17.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:37.43 | Heidi Kristine Halling | 97 | Sandnes | 10.03.2012 |
| 2:41.22 | Anne Lillegård | 73 | Haukås | 18.03.2012 |
| 2:46.91 | Maren Eriksen Skappel | 96 | Sandnes | 10.03.2012 |
| 2:49.91 | Malene Fjellestad | 97 | Oslo/Ek | 03.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:25.70 | Victoria Børresen | 98 | Karlstad, SWE | 21.02.2012 |
| 3:38.28 | Malene Fjellestad | 97 | Karlstad, SWE | 22.01.2012 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2012** | **842** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:26.20 | Heidi Kristine Halling | 97 | Sandnes | 09.03.2012 |
| 5:54.08 | Anne Lillegård | 73 | Haukås | 18.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.49 | Andrea Christiansen | 01 | Lillestrøm | 28.01.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.69 | Vår Åsheim | 99 | Stange | 04.02.2012 |
| 11.66 | Mathilde Marie Solberg | 99 | Lillestrøm | 28.01.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.30 | Vår Åsheim | 99 | Lillestrøm | 28.01.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.23 s | Vår Åsheim | 99 | Lillestrøm | 28.01.2012 |
| 4.00 s | Emilie Hov Andreassen | 00 | Stange | 18.03.2012 |
| 3.77 | Ebba Beyer | 98 | Stange | 18.03.2012 |
| 3.52 s | Amalie Westby Liestøl | 02 | Stange | 16.03.2012 |
| 3.45 s | Tina Moen | 00 | Oslo/Ek | 01.12.2012 |
| 3.34 s | Tonje Moen | 00 | Stange | 18.03.2012 |
| 2.72 s | Carina Walskrå | 00 | Oslo/Ek | 01.12.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.69 | Hedda Algarheim Tverås | 01 | Oslo/Ek | 01.12.2012 |
| 8.64 | Mathilde Marie Solberg | 99 | Lillestrøm | 28.01.2012 |
| 6.58 | Tina Moen | 00 | Oslo/Ek | 01.12.2012 |
| 5.62 | Carina Walskrå | 00 | Stange | 17.03.2012 |
| 4.68 | Tonje Moen | 99 | Stange | 17.03.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.50 | Ebba Beyer | 98 | Oslo/Bi | 01.12.2012 |

|  |  |
| --- | --- |
| **MENN SENIOR 2013** | **843** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.95 | Jonas Wenger | 99 | Jessheim | 01.09.2013 |
| 8.01 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 22.06.2013 |
| 9.22 | Ivar Laake | 01 | Ski | 10.08.2013 |
| 9.50 | Ådne Opaker Øines | 02 | Ski | 10.08.2013 |
| 9.54 | Henrik Jakobsen | 01 | Lillestrøm | 25.05.2013 |
| 10.05 | Peder Børtnes | 01 | Ski | 10.08.2013 |
| 10.12 | Hannes Fjellestad | 02 | Lillehammer/Ss | 22.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.44 | Marius Mellum | 96 | Oslo/Bi | 16.09.2013 |
| 11.71 | Markus Einan | 97 | Oslo/Bi | 18.08.2013 |
| 11.85 | Martin Lundemo Syvertsen | 92 | Oslo/Bi | 29.08.2013 |
| 11.87 | Louis Santiago | 91 | Oslo/Bi | 29.08.2013 |
| 12.05 | Martin Opaker | 94 | Ski | 10.08.2013 |
| 12.21 | Jørgen Opaker | 97 | Ski | 10.08.2013 |
| 13.04 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 23.06.2013 |
| 13.19 | Sondre Opaker Øines | 98 | Nadderud | 16.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.21 | Andreas Roth | 93 | Karlstad, SWE | 23.07.2013 |
| 22.66 | Marius Mellum | 96 | Lillehammer/Ss | 07.09.2013 |
| 23.19 | Martin Lundemo Syvertsen | 92 | Oslo/Bi | 17.08.2013 |
| 23.35 | Vegard Løberg Gjelsvik | 92 | Tønsberg/Gr | 25.08.2013 |
| 23.40 | Markus Einan | 97 | Oslo/Bi | 23.09.2013 |
| 24.13 | Håvard Hildeskor | 92 | Lillehammer/Ss | 21.06.2013 |
| 25.16 | Jørgen Opaker | 97 | Oslo/Bi | 17.08.2013 |
| 25.48 | Jon Gunnar Alfsen | 97 | Sofiemyr | 25.08.2013 |
| 25.80 | Sondre Opaker Øines | 98 | Asker/Fø | 01.06.2013 |
| 26.05 | Jonas Wenger | 99 | Jessheim | 31.08.2013 |
| 31.03 | Iver Laake | 01 | Sofiemyr | 25.08.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.7 | Jonas Wenger | 99 | Jessheim | 30.05.2013 |
| 29.0 | Erik Sand Vestengen | 99 | Jessheim | 30.05.2013 |
| 29.2 | Ottar Moum Larsen | 64 | Jessheim | 30.05.2013 |
| 32.3 | Henrik Jakobsen | 01 | Jessheim | 30.05.2013 |
| 33.1 | Peder Børtnes | 01 | Jessheim | 30.05.2013 |
| 33.8 | Victor Rosenlind | 00 | Jessheim | 30.05.2013 |
| 34.5 | Ådne Opaker Øines | 02 | Jessheim | 30.05.2013 |

|  |  |
| --- | --- |
| **MENN SENIOR 2013** | **844** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.58 | Marius Mellum | 96 | Nadderud | 07.05.2013 |
| 40.95 | Sondre Opaker Øines | 98 | Göteborg, SWE | 30.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.37 | Andreas Roth | 93 | Tønsberg/Gr | 23.08.2013 |
| 48.16 | Thomas Roth | 91 | Oslo/Bi | 03.09.2013 |
| 50.51 | Markus Einan | 97 | Oslo/Bi | 19.09.2013 |
| 50.76 | Elias Ottosen | 93 | Nadderud | 16.06.2013 |
| 51.17 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 29.06.2013 |
| 51.27 | Håvard Hildeskor | 92 | Oslo/Bi | 29.08.2013 |
| 52.38 | Martin Lundemo Syvertsen | 92 | Oslo/Bi | 19.09.2013 |
| 52.64 | Marius Mellum | 96 | Oslo/Bi | 19.09.2013 |
| 53.90 | Jon Gunnar Alfsen | 97 | Lillehammer/Ss | 22.06.2013 |
| 54.62 | Jonas Krossøy | 95 | Nadderud | 16.06.2013 |
| 55.07 | Henrik Hanssen | 97 | Oslo/Bi | 19.09.2013 |
| 57.88 | Tore Klungland | 97 | Nadderud | 16.06.2013 |
| 58.35 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 22.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.3 | Martin Lundemo Syvertsen | 92 | Jessheim | 30.05.2013 |
| 54.2 | Marius Mellum | 96 | Jessheim | 30.05.2013 |
| 54.5 | Jan Gunnar Alfsen | 97 | Jessheim | 30.05.2013 |
| 54.9 | Jonas Krossøy | 95 | Jessheim | 30.05.2013 |
| 58.0 | Sondre Opaker Øines | 98 | Jessheim | 30.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:21.21 | Markus Einan | 97 | Lillestrøm | 18.09.2013 |
| 1:21.29 | Håvard Hildeskor | 92 | Lillestrøm | 18.09.2013 |
| 1:27.89 | Henrik Hanssen | 97 | Lillestrøm | 18.09.2013 |
| 1:28.32 | Jonas Krossøy | 95 | Nadderud | 07.05.2013 |
| 1:31.17 | Jan Gunnar Alfsen | 97 | Nadderud | 07.05.2013 |
| 1:34.16 | Joan Haarberg Bolgen | 96 | Nadderud | 07.05.2013 |
| 1:34.27 | Tore Klungland | 97 | Nadderud | 07.05.2013 |
| 1:36.09 | Sondre Opaker Øines | 98 | Oslo/Bi | 23.09.2013 |
| 1:37.93 | Andreas Børve | 99 | Nadderud | 14.06.2013 |
| 1:46.97 | Sondre Westby Liestøl | 99 | Jessheim | 31.08.2013 |
| 1:53.7 | Andre Rasen | 00 | Jessheim | 30.05.2013 |
| 1:54.68 | Sverre Gjesteby | 00 | Midsund | 10.08.2013 |
| 1:57.36 | Peder Børtnes | 01 | Ski | 10.08.2013 |
| 2:01.7 | Iver Laake | 01 | Jessheim | 30.05.2013 |
| 2:02.1 | Per Børtnes | 01 | Jessheim | 30.05.2013 |
| 2:04.60 | Henrik Jakobsen | 01 | Lillehammer/Ss | 23.06.2013 |

|  |  |
| --- | --- |
| **MENN SENIOR 2013** | **845** |

|  |  |
| --- | --- |
| **600m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:08.22 | Hannes Fjellestad | 02 | Lillehammer/Ss | 23.06.2013 |
| 2:17.97 | Ådne Opaker Øines | 02 | Asker/Fø | 01.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:47.85 | Thomas Roth | 91 | Oordegem, BEL | 01.06.2013 |
| 1:49.84 | Andreas Roth | 93 | Oslo/Bi | 03.09.2013 |
| 1:50.37 | Elias Ottosen | 93 | Oslo/Bi | 13.06.2013 |
| 1:52.87 | Vetle Aasland | 91 | Berlin, GER | 18.05.2013 |
| 1:53.43 | Håvard Hildeskor | 92 | Oslo/Bi | 03.09.2013 |
| 1:54.54 | Markus Einan | 97 | Lillehammer/Ss | 07.09.2013 |
| 1:55.33 | Jørgen Frost Bø | 94 | Oslo/Bi | 17.08.2013 |
| 1:57.39 | Eirik Richenberg | 94 | Brandbu | 22.05.2013 |
| 1:57.47 | Njord Erlend Wiker | 91 | Oslo/Bi | 17.08.2013 |
| 1:57.77 | Nikolai Smestad | 92 | Oslo/Bi | 03.09.2013 |
| 1:57.92 | Vegard Løberg Gjelsvik | 92 | Overhalla | 04.08.2013 |
| 1:58.20 | Stian Klungland | 93 | Nadderud | 15.06.2013 |
| 2:00.70 | Henrik Hanssen | 97 | Lillehammer/Ss | 07.09.2013 |
| 2:02.30 | Jonas Krossøy | 95 | Lillehammer/Ss | 23.06.2013 |
| 2:03.59 | Jon Gunnar Alfsen | 97 | Oslo/Bi | 29.07.2013 |
| 2:06.35 | Tore Klungland | 97 | Nadderud | 15.06.2013 |
| 2:07.67 | Jonas Haarberg Bolgen | 96 | Lillehammer/Ss | 08.09.2013 |
| 2:14.80 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 07.09.2013 |
| 2:16.3 | Martin Lundemo Syvertsen | 92 | Jessheim | 28.09.2013 |
| 2:19.4 | Michael Løland | 92 | Årnes | 18.09.2013 |
| 2:26.0 | Frank Øines | 68 | Jessheim | 28.09.2013 |
| 2:28.2 | Lars Petter Myhre | 64 | Jessheim | 28.09.2013 |
| 2:31.61 | Sondre Westby Liestøl | 99 | Ski | 01.08.2013 |
| 2:32.5 | Ole Johan Garli | 56 | Jessheim | 28.09.2013 |
| 2:45.0 | Peder Børtnes | 00 | Jessheim | 28.09.2013 |
| 2.51.7 | Jonas Wenger | 99 | Jessheim | 28.09.2013 |
| 3:06.6 | Filip Da Selvia | 03 | Jessheim | 28.09.2013 |
| 3:08.0 | Ole Arnegård | 44 | Jessheim | 28.09.2013 |
| 3:08.5 | Ådne Opaker Øines | 02 | Jessheim | 28.09.2013 |
| 3:11.6 | Vetle Rotseth | 03 | Jessheim | 28.09.2013 |
| 3:12.9 | Emil Nordal | 03 | Jessheim | 28.09.2013 |
| 3:13.8 | Bjørn Ivar Thune | 59 | Jessheim | 28.09.2013 |
| 3:13.8 | Jonathan Nygaard | 03 | Jessheim | 28.09.2013 |
| 3:26.8 | Knut Kristensen | 44 | Jessheim | 28.09.2013 |
| 3:28.7 | Henning Høgheim | 39 | Jessheim | 28.09.2013 |
| 3:32.0 | Vemund Wemundstad | 40 | Lørenfallet | 04.06.2013 |

|  |  |
| --- | --- |
| **MENN SENIOR 2013** | **846** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:50.64 | Eirik Richenberg | 94 | Oslo/Bi | 13.06.2013 |
| 3:52.41 | Jørgen Frost Bø | 94 | Oslo/Bi | 29.08.2013 |
| 3:57.05 | Elias Ottosen | 93 | Overhalla | 03.08.2013 |
| 4:03.54 | Nikolai Smestad | 92 | Lillehammer/Ss | 20.06.2013 |
| 4:05.11 | Stian Klungland | 93 | Oslo/Sp | 11.07.2013 |
| 4:07.78 | Njord Erlend Wiker | 91 | Oslo/Bi | 18.07.2013 |
| 4:11.51 | Kristian Monsen | 77 | Jessheim | 06.06.2012 |
| 4:19.16 | Jonas Krossøy | 95 | Jessheim | 06.06.2013 |
| 4:20.69 | Henrik Hanssen | 97 | Oslo/Bi | 23.09.2013 |
| 4:26.48 | Jonas Haarberg Bolgen | 96 | Lillehammer/Ss | 20.06.2013 |
| 4:39.73 | Tore Klungland | 97 | Göteborg, SWE | 29.06.2013 |
| 4:56.05 | Ottar Moum Larsen | 64 | Jessheim | 06.06.2013 |
| 5:03.34 | Sondre Westby Liestøl | 99 | Asker/Fø | 01.06.2013 |
| 5:47.58 | Arne Johansen | 48 | Jessheim | 06.06.2013 |
| 6:11.97 | Odd Kinnsbekken | 48 | Jessheim | 06.06.2013 |
| 6:19.13 | Oddvar Leivestad | 45 | Jessheim | 06.06.2013 |
| 6:57.00 | Ole Arnegård | 44 | Jessheim | 06.06.2013 |
| 6:58.86 | Vemund Wemundstad | 40 | Jessheim | 06.06.2013 |
| 7:23.98 | Henning Høgheim | 39 | Jessheim | 06.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:27.2 | Jonas Krossøy | 95 | Jessheim | 27.08.2013 |
| 6:36.7 | Nikolai Smestad | 92 | Jessheim | 27.08.2013 |
| 6:36.8 | Sondre Opaker Øines | 98 | Jessheim | 27.08.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:30.48 | Jørgen Frost Bø | 94 | Nadderud | 14.06.2013 |
| 8:37.90 | Nikolai Smestad | 92 | Oslo/Bi | 18.08.2013 |
| 8:38.47 | Kristian Monsen | 77 | Oslo/Bi | 18.08.2013 |
| 8:42.40 | Stian Klungland | 93 | Oslo/Bi | 25.07.2013 |
| 8:55.10 | Jørgen Gundersen | 95 | Oslo/Bi | 18.08.2013 |
| 9:22.10 | Henrik Hanssen | 97 | Lillehammer/Ss | 08.09.2013 |
| 9:31.98 | Jonas Haarberg Bolgen | 96 | Nadderud | 14.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14:55.40 | Kristian Monsen | 77 | Oslo/Bi | 03.09.2013 |
| 15:00.13 | Nikolai Smestad | 92 | Göteborg, SWE | 28.06.2013 |
| 16:56.66 | Lars Anders Tenold | 93 | Oslo/Bi | 08.07.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31:39.58 | Kristian Monsen | 77 | Tønsberg/Gr | 25.08.2013 |
| 32:08.67 | Eskil Kinneberg | 92 | Göteborg, SWE | 10.09.2013 |
| **MENN SENIOR 2013** | | **847** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.38 | Sverre Gjesteby | 00 | Jessheim | 31.08.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.48 | Marcus Theodor Moen | 99 | Oslo/Bi | 25.09.2013 |

|  |  |
| --- | --- |
| **200m hekk 68 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.56 | Sverre Gjesteby | 00 | Jessheim | 01.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.32 | Andreas Roth | 93 | Oslo/Bi | 23.09.2013 |

|  |  |
| --- | --- |
| **10km veiløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31:55 | Kristian Monsen | 77 | Modum | 12.10.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:26:25 | Harald Furuseth | 69 | Jessheim | 17.11.2013 |
| 1:27:51 | Sturla Throndsen | 60 | Jessheim | 17.11.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:39:43 | Kristian Monsen | 77 | Jessheim | 17.11.2013 |
| 3:19:51 | Jahn Thomas Lind | 77 | Jessheim | 17.11.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.70 | Marcus Theodor Moen | 99 | Nadderud | 16.06.2013 |
| 1.48 | Sverre Gjesteby | 00 | Midsund | 10.08.2013 |
| 1.25 | Henrik Jakobsen | 01 | Lillestrøm | 25.05.2013 |
| 1.18 | John Arve Johansen | 36 | Byrkjelo | 10.08.2013 |
| 1.15 | Hannes Fjellestad | 02 | Lillehammer/Ss | 22.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.40 | Marcus Theodor Moen | 99 | Nadderud | 15.06.2013 |
| 2.10 | John Arve Johansen | 36 | Moss/Me | 28.06.2013 |

|  |  |
| --- | --- |
| **MENN SENIOR 2013** | **848** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.89 | Stein Tore Klungland | 58 | Tønsberg/Gr | 01.06.2013 |
| 5.61 | Marius Mellum | 96 | Oslo/Bi | 18.08.2013 |
| 5.51 | Marcus Theodor Moen | 99 | Oslo/Sp | 06.09.2013 |
| 4.80 | Erik Sand Vestengen | 99 | Jessheim | 30.05.2013 |
| 3.99 s | Henrik Jakobsen | 01 | Lillestrøm | 25.05.2013 |
| 3.86 s | Ådne Opaker Øines | 02 | Askim | 18.05.2013 |
| 3.73 s | Ivar Laake | 01 | Lillestrøm | 25.05.2013 |
| 3.72 | John Arve Johansen | 36 | Byrkjelo | 09.08.2013 |
| 3.61 s | Peder Børtnes | 01 | Lillehammer/Ss | 23.06.2013 |
| 3.59 s | Peder Børtnes | 01 | Jessheim | 30.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.69 | Stein Tore Klungland | 58 | Torino, ITA | 08.08.2013 |
| 11.13 | Marcus Theodor Moen | 99 | Oslo/Bi | 19.09.2013 |
| 8.13 | John Arve Johansen | 36 | Moss/Me | 30.06.2013 |
| 7.12 s | Victor Rosenlind | 00 | Jessheim | 30.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.42 | Peder Holm | 92 | Nadderud | 01.08.2013 |
| 2.02 | John Arve Johansen | 36 | Jessheim | 22.09.2013 |
| 1.72 | Iver Laake | 01 | Jessheim | 28.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.92 | Ådne Opaker Øines | 02 | Ski | 10.08.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.44 | Iver Laake | 01 | Nadderud | 11.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.88 | Marcus Theodor Moen | 99 | Oslo/Bi | 06.09.2013 |
| 9.39 | John Arve Johansen | 36 | Årnes | 18.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.66 | Michael Løland | 92 | Årnes | 18.09.2013 |
| 9.69 | Bjørn Arne Kristiansen | 68 | Oslo/St | 11.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.48 | Marcus Theodor Moen | 99 | Oslo/Bi | 19.09.2013 |

|  |  |
| --- | --- |
| **MENN SENIOR 2013** | **849** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.29 | Bjørn Arne Kristiansen | 68 | Harstad | 31.08.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.33 | Bjørn Arne Kristiansen | 68 | Heggedal/Ka | 29.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.92 | Henrik Jakobsen | 01 | Lillehammer/Ss | 20.06.2013 |
| 20.24 | Hannes Fjellestad | 02 | Jessheim | 30.05.2013 |
| 17.33 | Victor Rosenlind | 00 | Jessheim | 30.05.2013 |
| 11.00 | Peder Børtnes | 01 | Jessheim | 30.05.2013 |
| 9.58 | Iver Laake | 01 | Jessheim | 28.09.2013 |

|  |  |
| --- | --- |
| **Spyd 500 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.88 | John Arve Johansen | 36 | Byrkjelo | 11.08.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.57 | Marcus Theodor Moen | 99 | Lillestrøm | 26.05.2013 |
| 19.13 | Erik Sand Vestengen | 99 | Jessheim | 30.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.21 | Bjørn Kristiansen | 68 | Harstad | 31.08.2013 |

|  |  |
| --- | --- |
| **Vektkast 15.88 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.94 | Bjørn Arne Kristiansen | 68 | Asker/Fø | 29.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.46 | Marcus Theodor Moen | 99 | Nadderud | 16.06.2013 |
| 21.99 | Ådne Opaker Øines | 02 | Lillestrøm | 25.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2207 | Bjørn Kristiansen | 68 | Asker-Heggedal | 29.09.2013 |
| 25.57-10.22-34.93-42.43-8.81 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2013** | **850** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.85 | G16 |  | Sandnes | 26.05.2013 |
| Jørgen Opaker97-Jon Gunnar Alfsen97-Sondre Opaker Øines98-Henrik Hanssen97 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:14.13 | M22 |  | Sandnes | 26.05.2013 |
| Vegard Løberg Gjelsvik92-Andreas Roth93-Elias Ottosen93-Thomas Roth91 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:52.99 | G16 |  | Sandnes | 26.05.2013 |
| Tore Klungland97-Jon Gunnar Alfsen97-Henrik Hanssen97-Markus Einan97 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:49.81 | M22 |  | Sandnes | 25.05.2013 |
| Thomas Roth91-Jørgen Frost Bø94-Vetle Aasland91-Elias Ottosen93 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:46.41 | M19 |  | Sandnes | 26.05.2013 |
| Jonas Krossøy95-Erik Rickenberg94-Åsmund Wennemo94-Jørgen Frost Bø94 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:54.43 | M22 |  | Sandnes | 26.05.2013 |
| Vegard Løberg Gjelsvik92-Njord Wiker91-Stian Klungland93-Erik Richenberg94 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:55.21 | M22 |  | Tønsberg/Gr | 25.08.2013 |
| Marius Mellum96-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:57.42 | M22 |  | Overhalla | 04.08.2013 |
| Martin Syversen92-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:03.87 | M21 |  | Lillehammer/Ss | 08.09.2013 |
| Martin Opaker94-Håkon Hammeren95-Marius Mellum96-Jørgen Frost Bø94 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:06.61 | M21 |  | Lillehammer/Ss | 08.09.2013 |
| Jørgen Opaker97-Henrik Hanssen97-Jon Gunnar Alfsen97-Markus Einan97 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:06.71 | G18 |  | Overhalla | 04.08.2013 |
| Håkon Hammeren95-Marius Mellum96-Jan Gunnar Alfsen97-Markus Einan97 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:09.39 | M21 |  | Overhalla | 04.08.2013 |
| Jonas Krossøy95-Stian Klungland93-Håvard Hildeskor92-Nikolai Smestad92 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2013** | **851** |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.34 | Marius Mellum | 96 | Stange | 16.03.2013 |
| 7.65 | Markus Einan | 97 | Lillestrøm | 02.03.2013 |
| 8.02 | Jørgen Opaker | 97 | Lillestrøm | 02.03.2013 |
| 8.16 | Jonas Wenger | 99 | Stange | 02.02.2013 |
| 8.20 | Sondre Opaker Øines | 98 | Rud | 16.11.2013 |
| 8.27 | Henrik Hanssen | 97 | Oslo/Ek | 07.12.2013 |
| 8.38 | Marcus Theodor Moen | 99 | Oslo/Ek | 02.03.2013 |
| 9.42 | Iver Laake | 01 | Lillestrøm | 26.01.2013 |
| 9.56 | Ådne Opaker Øines | 02 | Rud | 16.11.2013 |
| 9.57 | Henrik Jakobsen | 01 | Stange | 17.03.2013 |
| 9.87 | Benjamin Andersen | 00 | Stange | 16.03.2013 |
| 10.54 | Peder Børtnes | 01 | Lillestrøm | 26.01.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.26 | Marius Mellum | 96 | Steinkjer | 10.03.2013 |
| 23.46 | Vegard Løberg Gjelsvik | 92 | Steinkjer | 10.03.2013 |
| 24.57 | Martin Lundemo Syvertsen | 92 | Stange | 20.01.2013 |
| 26.55 | Jonas Wenger | 99 | Stange | 03.02.2013 |
| 26.63 | Sondre Opaker Øines | 98 | Stange | 17.03.2013 |
| 31.57 | Sondre Westby Liestøl | 99 | Stange | 17.03.2013 |
| 32.61 | Iver Laake | 01 | Stange | 17.03.2013 |
| 32.75 | Henrik Jakobsen | 01 | Stange | 16.03.2013 |
| 33.12 | Benjamin Andersen | 00 | Stange | 17.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.78 | Andreas Roth | 93 | Haugesund | 02.02.2013 |
| 51.00 | Vegard Løberg Gjelsvik | 92 | Steinkjer | 08.03.2013 |
| 52.82 | Elias Ottosen | 93 | Steinkjer | 08.03.2013 |
| 54.07 | Martin Lundemo Syvertsen | 92 | Stange | 19.01.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:29.15 | Markus Einan | 97 | Stange | 16.03.2013 |
| 1:29.51 | Jonas Krossøy | 95 | Stange | 16.03.2013 |
| 1:31.23 | Henrik Hanssen | 97 | Stange | 16.03.2013 |
| 1:39.03 | Sondre Opaker Øines | 98 | Stange | 16.03.2013 |
| 1:43.12 | Tore Klungland | 97 | Oslo/Ek | 07.12.2013 |
| 1:44.45 | Adisak Sween | 98 | Stange | 16.03.2013 |
| 1:46.09 | Andreas Børve | 99 | Stange | 16.03.2013 |
| 1:47.53 | Marcus Theodor Moen | 99 | Stange | 16.03.2013 |
| 1:50.91 | Sondre Westby Liestøl | 99 | Stange | 16.03.2013 |
| 2:09.3 | Iver Laake | 01 | Lillestrøm | 26.01.2013 |
| **MENN SENIOR 2013** | | **852** | | |

|  |  |
| --- | --- |
| **600m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:09.6 | Peder Børtnes | 01 | Lillestrøm | 26.01.2013 |
| 2:16.14 | Ådne Opaker Øines | 02 | Stange | 16.03.2013 |
| 2:18.16 | Hallvard Huuse | 00 | Oslo/Ek | 07.12.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:49.50 | Thomas Roth | 91 | Växjö, SWE | 09.02.2013 |
| 1:58.10 | Elias Ottosen | 93 | Haugesund | 03.02.2013 |
| 2:02.77 | Vegard Løberg Gjelsvik | 92 | Steinkjer | 09.03.2013 |
| 2:04.90 | Jonas Krossøy | 95 | Haugesund | 03.02.2013 |
| 2:07.77 | Markus Einan | 97 | Steinkjer | 09.03.2013 |
| 2:08.29 | Jan Gunnar Alfsen | 97 | Steinkjer | 09.03.2013 |
| 2:09.28 | Jonas Haarborg Bolgen | 96 | Steinkjer | 09.03.2013 |
| 2:10.86 | Tore Klungland | 97 | Steinkjer | 09.03.2013 |
| 2:12.58 | Henrik Hanssen | 97 | Oslo/Ek | 02.03.2013 |
| 2:23.06 | Sondre Opaker Øines | 98 | Steinkjer | 09.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:58.73 | Vegard Løberg Gjelsvik | 92 | Vâxjô, SWE | 09.02.2013 |
| 4:03.74 | Stian Klungland | 93 | Steinkjer | 10.03.2013 |
| 4:20.58 | Jonas Krossøy | 95 | Haugesund | 02.02.2013 |
| 4:26.43 | Jonas Harborg Bolgen | 96 | Steinkjer | 10.03.2013 |
| 4:28.15 | Åsmund Wennemo | 94 | Steinkjer | 10.03.2013 |
| 4:33.37 | Tore Klungland | 97 | Steinkjer | 10.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.62 | Marcus Theodor Moen | 99 | Stange | 02.02.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.66 | Marcus Theodor Moen | 99 | Stange | 03.02.2013 |
| 1.20 | Benjamin Andersen | 00 | Stange | 16.03.2013 |
| 1.15 | Henrik Jakobsen | 01 | Lillestrøm | 26.01.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.00 | Stein Tore Klungland | 58 | Drammen | 13.01.2013 |
| 4.67 | Marcus Theodor Moen | 99 | Stange | 02.02.2013 |
| 4.46 | Jonas Wenger | 99 | Stange | 02.02.2013 |
| 4.32 s | Henrik Jakobsen | 01 | Oslo/Ek | 07.12.2013 |
| 3.91 s | Peder Børtnes | 01 | Oslo/Ek | 07.12.2013 |
| 3.81 s | Ådne Opaker Øines | 02 | Oslo/Ek | 02.03.2013 |

|  |  |
| --- | --- |
| **MENN SENIOR 2013** | **853** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.48 s | Benjamin Andersen | 00 | Stange | 16.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.14 | Stein Tore Klungland | 58 | Haugesund | 02.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.20 | Ådne Opaker Øines | 02 | Stange | 17.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.53 | Henrik Jakobsen | 01 | Lillestrøm | 26.01.2013 |
| 4.48 | Iver Laake | 01 | Lillestrøm | 21.01.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.51 | Marcus Theodor Moen | 99 | Stange | 17.03.2013 |
| 6.56 | Sondre Westby Liestøl | 99 | Stange | 17.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:34.90 | M21 |  | Steinkjer | 10.03.2013 |
| Martin Syvertsen92-Elias Ottosen93-Håkon Hammeren95-Vegard Løberg Gjelsvik92 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2013** | **854** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.87 | Emilie Hov Andreassen | 00 | Nadderud | 15.06.2013 |
| 9.08 | Mathilde Marie Solberg | 99 | Nadderud | 15.06.2013 |
| 9.19 | Tonje Moen | 00 | Nadderud | 15.06.2013 |
| 9.27 | Hedda Algerheim Tverås | 01 | Nadderud | 15.06.2013 |
| 9.34 | Ebba Beyer | 98 | Lisleby | 24.05.2013 |
| 9.69 | Nikoline Handstad | 01 | Nadderud | 15.06.2013 |
| 9.74 | Amalie Westby Liestøl | 02 | Lillestrøm | 25.05.2013 |
| 9.76 | Silje Svendsen | 01 | Lillestrøm | 25.05.2013 |
| 10.09 | Andrea Jødahl | 01 | Oslo/Bi | 14.06.2013 |
| 10.38 | Vilde Svardahl | 01 | Nadderud | 15.06.2013 |
| 10.46 | Tina Moen | 00 | Nadderud | 15.06.2013 |
| 11.26 | Frøydis Åsheim | 02 | Lillestrøm | 25.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.25 | Charlotte Grasmoe | 96 | Sandnes | 26.05.2013 |
| 13.65 | Sofie Skancke Krauss | 98 | Lillestrøm | 25.05.2013 |
| 13.80 | Emilie Hov Andreassen | 00 | Lillestrøm | 25.05.2013 |
| 14.23 | Mathilde Marie Solberg | 99 | Lillestrøm | 25.05.2013 |
| 14.62 | Vår Åsheim | 99 | Lillestrøm | 25.05.2013 |
| 14.71 | Tonje Moen | 00 | Lillestrøm | 25.05.2013 |
| 15.02 | Ebba Beyer | 98 | Lillehammer/Ss | 23.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.97 | Charlotte Grasmo | 96 | Oslo/Bi | 17.08.2013 |
| 28.15 | Emilie Hov Andreassen | 00 | Göteborg, SWE | 30.06.2013 |
| 29.18 | Mathilde Marie Solberg | 99 | Nadderud | 14.06.2013 |
| 30.46 | Victoria Børresen | 98 | Sofiemyr | 25.08.2013 |
| 30.68 | Tonje Moen | 00 | Lillestrøm | 26.05.2013 |
| 32.16 | Ebba Beyer | 98 | Lillestrøm | 26.05.2013 |
| 32.19 | Amalie Westby Liestøl | 02 | Lillehammer/Ss | 20.06.2013 |
| 33.68 | Nikoline Handstad | 01 | Göteborg, SWE | 30.06.2013 |
| 35.50 | June Laake | 04 | Sofiemyr | 25.08.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30.0 | Vår Åsheim | 99 | Jessheim | 30.05.2013 |
| 30.5 | Tonje Moen | 00 | Jessheim | 30.05.2013 |
| 31.1 | Hedda Algerheim Tverås | 01 | Jessheim | 30.05.2013 |
| 31.9 | Vilde Svartdal | 01 | Jessheim | 30.05.2013 |
| 32.5 | Andrea Jødal | 01 | Jessheim | 30.05.2013 |
| 32.9 | Anne Lillegård | 73 | Oslo/St | 21.08.2013 |
| 33.4 | Amalie Westby Liestøl | 02 | Jessheim | 30.05.2013 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2013** | **855** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.4 | Marie Næss | 00 | Jessheim | 30.05.2013 |
| 33.7 | Nikoline Håndstad | 01 | Jessheim | 30.05.2013 |
| 33.9 | Silje Svendsen | 01 | Jessheim | 30.05.2013 |
| 34.5 | Sanna Skancke Krauss | 01 | Jessheim | 30.05.2013 |
| 34.6 | Hedda Wilhelmsen | 01 | Jessheim | 30.05.2013 |
| 35.4 | June Laake | 04 | Jessheim | 30.05.2013 |
| 37.6 | Ingrid Næss | 03 | Jessheim | 30.05.2013 |
| 43.0 | Sigrid Børtnes | 05 | Jessheim | 30.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.29 | Victoria Børresen | 98 | Göteborg, SWE | 30.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 61.17 | Therese Tærud | 96 | Lillehammer/Ss | 26.09.2013 |
| 65.96 | Helena Seland Myhre | 97 | Oslo/Bi | 19.09.2013 |
| 67.86 | Hanna SchultzeToverød | 96 | Lillehammer/Ss | 22.06.2013 |
| 71.88 | Anne Lillegård | 73 | Moss/Me | 30.06.2013 |
| 72.69 | Victoria Børresen | 98 | Oslo/Bi | 18.08.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 67.2 | Helena Seland Myhre | 97 | Jessheim | 30.05.2013 |
| 69.6 | Maren Eriksen Skappel | 96 | Jessheim | 30.05.2013 |
| 71.7 | Victoria Børresen | 98 | Jessheim | 30.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:43.22 | Emilie Hov Andreassen | 00 | Oslo/Bi | 14.06.2013 |
| 1:52.97 | Malene Fjellestad | 97 | Nadderud | 07.05.2013 |
| 1:54.95 | Hedda Algerheim Tverås | 01 | Lillestrøm | 26.05.2013 |
| 1:58.41 | Victoria Børresen | 98 | Askim | 18.05.2013 |
| 1:59.11 | Vilde Svardahl | 01 | Lillestrøm | 09.06.2013 |
| 2:01.1 | Marie Næss | 00 | Jessheim | 30.05.2013 |
| 2:02.0 | Julie Flatner | 99 | Jessheim | 30.05.2013 |
| 2:03.00 | Amalie Westby Liestøl | 02 | Lillehammer/Ss | 23.06.2013 |
| 2:03.1 | Vår Åsheim | 99 | Jessheim | 30.05.2013 |
| 2:05.78 | Ebba Beyer | 98 | Fredrikstad/Li | 25.08.2013 |
| 2:17.3 | June Laake | 04 | Jessheim | 30.05.2013 |
| 2:18.93 | Frøydis Åsheim | 02 | Lillestrøm | 09.06.2013 |
| 2:22.8 | Ingrid Næss | 03 | Jessheim | 30.05.2013 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2013** | **856** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:24.24 | Therese Tærud | 96 | Lillehammer/Ss | 22.05.2013 |
| 2.29.54 | Helena Seland Myhre | 97 | Lillehammer/Ss | 07.09.2013 |
| 2:32.17 | Malene Fjellestad | 97 | Nadderud | 15.06.2013 |
| 2:37.92 | Maren Eriksen Skappel | 96 | Nadderud | 15.06.2013 |
| 2:38.40 | Vilde Noraker Alfarrustad | 96 | Göteborg, SWE | 30.06.2013 |
| 2:41.8 | Anne Lillegård | 73 | Ski | 05.06.2013 |
| 2:41.95 | Victoria Børresen | 98 | Göteborg, SWE | 28.06.2013 |
| 2:42.2 | Ingrid Johansen | 00 | Jessheim | 28.09.2013 |
| 2:47.83 | Marion Skøyum Moe | 97 | Ski | 10.08.2013 |
| 2:48.6 | Marie Næss | 00 | Jessheim | 28.09.2013 |
| 3:00.9 | Amalie Westby Liestøl | 02 | Jessheim | 28.09.2013 |
| 3:05.2 | Trine Bogstad Mangerud | 51 | Jessheim | 28.09.2013 |
| 3:19.5 | Julie Rudihaugen | 69 | Jessheim | 28.09.2013 |
| 3:26.5 | Ingrid Næss | 03 | Jessheim | 28.09.2013 |
| 3:31.0 | Line Røen Hansen | 66 | Jessheim | 28.09.2013 |
| 4.13.0 | Trude Gudrun Ask | 54 | Jessheim | 28.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:23.75 | Marianne Opsahl | 73 | Jessheim | 06.06.2013 |
| 5:33.54 | Malene Fjellestad | 97 | Oslo/Bi | 23.09.2013 |
| 5:39.0 | Anne Lillegård | 73 | Oslo/St | 29.05.2013 |
| 5:44.66 | Bente Tenold Holter | 62 | Jessheim | 06.06.2013 |
| 5:54.60 | Cecilie Stenbakken | 77 | Jessheim | 06.06.2013 |
| 6:10.00 | Trine Bogstad Mangerud | 51 | Jessheim | 06.06.2013 |
| 7:17.00 | Marit Skolt Skafle | 56 | Jessheim | 06.06.2013 |
| 7:17.39 | Line Røen Hansen | 66 | Jessheim | 06.06.2013 |
| 7:36.06 | Ann-Marie Bakkerud | 49 | Jessheim | 06.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:33.6 | Malene Fjellestad | 97 | Jessheim | 27.08.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:40.90 | Malene Fjellestad | 97 | Lillehammer/Ss | 08.09.2013 |
| 11:47.04 | Marianne Opsahl | 73 | Lillehammer/Ss | 22.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.46 | Vår Åsheim | 99 | Jessheim | 31.08.2013 |
| 10.66 | Mathilde Marie Solberg | 99 | Lillestrøm | 26.05.2013 |
| 11.24 | Tonje Moen | 00 | Lillehammer/Ss | 21.06.2013 |
| 11.78 | Ebba Beyer | 98 | Lisleby | 25.08.2013 |
| 12.62 | Andrea Jødahl | 01 | Oslo/Bi | 14.06.2013 |
| 14.27 | Silje Svendsen | 01 | Oslo/Bi | 14.06.2013 |
| **KVINNER SENIOR 2013** | | **857** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.88 | Vår Åsheim | 99 | Jessheim | 01.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:55:42 | Elisabeth Mannion | 76 | Jessheim | 17.11.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.51 | Ebba Beyer | 98 | Lillehammer/Ss | 07.09.2013 |
| 1.20 | Silje Svendsen | 01 | Lillestrøm | 26.05.2013 |
| 1.10 | Andrea Jødahl | 01 | Lillestrøm | 26.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.81 | Sofie Skancke Krauss | 98 | Lillehammer/Ss | 06.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.53 | Vår Åsheim | 99 | Lillestrøm | 09.06.2013 |
| 4.24 | Ebba Beyer | 98 | Jessheim | 30.05.2013 |
| 3.98 s | Amalie Westby Liestøl | 02 | Lillestrøm | 25.05.2013 |
| 3.90 s | Silje Svendsen | 01 | Nadderud | 15.06.2013 |
| 3.65 s | Andrea Jødal | 01 | Nadderud | 15.06.2013 |
| 3.62 s | Sanna Skancke Krauss | 01 | Jessheim | 30.05.2013 |
| 3.58 s | Nikoline Håndstad | 01 | Jessheim | 30.05.2013 |
| 3.50 s | Tina Moen | 00 | Nadderud | 15.06.2013 |
| 3.19 s | Annie Myklebust | 01 | Jessheim | 30.05.2013 |
| 3.14 s | June Laake | 04 | Jessheim | 28.09.2013 |
| 3.12 s | Frøydis Åsheim | 02 | Lillestrøm | 25.05.2013 |
| 2.95 s | Hedda Wilhelmsen | 00 | Jessheim | 30.05.2013 |
| 2.71 s | Ingrid Næss | 03 | Jessheim | 30.05.2013 |
| 2.56 s | Sigrid Børtnes | 05 | Jessheim | 30.05.2013 |
| 2.04 s | Lise Fjellestad | 06 | Jessheim | 28.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.24 | Sofie Skancke Krauss | 98 | Jessheim | 30.05.2013 |
| 8.70 | Vår Åsheim | 99 | Jessheim | 30.05.2013 |
| 7.72 | Julie Flatner | 99 | Jessheim | 30.05.2013 |
| 7.70 s | Tina Moen | 00 | Jessheim | 30.05.2013 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2013** | **858** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.82 | June Laake | 04 | Jessheim | 28.09.2013 |
| 1.20 | Lise Fjellestad | 06 | Jessheim | 28.09.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.16 | Hedda Algerheim Tverås | 01 | Asker/Fø | 01.06.2013 |
| 6.54 | Silje Svendsen | 01 | Lillestrøm | 26.05.2013 |
| 6.34 | Andrea Jødahl | 01 | Lillestrøm | 26.05.2013 |
| 6.23 | Amalie Westby Liestøl | 02 | Lillestrøm | 26.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.39 | Ebba Beyer | 98 | Lillehammer/Ss | 25.06.2013 |
| 8.26 | Mathilde Marie Solberg | 99 | Lillestrøm | 25.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.50 | Ylva Rognstad | 98 | Overhalla | 02.08.2013 |

|  |  |
| --- | --- |
| **Diskos 750 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.97 | Ebba Beyer | 98 | Nadderud | 14.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.47 | Ebba Beyer | 98 | Lillestrøm | 25.05.2013 |
| 23.51 | Hedda Algerheim Tverås | 01 | Jessheim | 30.05.2013 |
| 15.25 | Amalie Westby Liestøl | 02 | Jessheim | 30.05.2013 |
| 7.83 | June Laake | 04 | Jessheim | 30.05.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.86 | Silje Svendsen | 01 | Nadderud | 16.06.2013 |
| 18.19 | Frøydis Åsheim | 02 | Oslo/Bi | 14.06.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3938 | Ebba Beyer | 98 | Fredrikstad/Li | 24-25.08.2013 |
| 9.34-9.17-4.24/11.78-1.50-2:05.78 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2013** | **859** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.45 | J14 |  | Nadderud | 15.06.2013 |
| Vår Åsheim99-Emilie Andreassen00-Tonje Moen00-Mathilde Solberg99 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.72 | J14 |  | Nadderud | 15.06.2013 |
| Nikoline Handeland01-Silje Svendsen01-Hedda Tverås01-Tina Moen00 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.67 | KS |  | Sandnes | 26.05.2013 |
| Charlotte Grasmo96-Randi Nymoen68-Ann Kristin Aslakrud94-Pia Bålsrud95 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:31.22 | J16 |  | Sandnes | 26.05.2013 |
| Helene Seland Myhre97-Victoria Børresen98-Malene Fjellestad97-Marion Skøyum97 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:25.84 | K19 |  | Overhalla | 14.08.2013 |
| Anne Aslakrud94-Sofie Krauss98-Pia Bålsrud95-Therese Tærud96 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2013** | **860** |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.33 | Charlotte Grasmoe | 96 | Steinkjer | 09.03.2013 |
| 8.61 | Ebba Beyer | 98 | Stange | 16.03.2013 |
| 8.72 | Sunniva Murberg | 99 | Stange | 16.03.2013 |
| 8.63 | Emilie Hov Andreassen | 00 | Stange | 02.02.2013 |
| 8.68 | Lisa Kazonza | 95 | Stange | 16.03.2013 |
| 9.08 | Liv Kristina Holter | 97 | Oslo/Ek | 07.12.2013 |
| 9.09 | Tonje Moen | 00 | Lillestrøm | 26.01.2013 |
| 9.11 | Vår Åsheim | 99 | Lillestrøm | 26.01.2013 |
| 9.19 | Summer Steinsrud | 01 | Oslo/Ek | 07.12.2013 |
| 9.24 | Hedda Algarheim Tverås | 01 | Oslo/Ek | 07.12.2013 |
| 9.58 | Andrea Christensen | 01 | Lillestrøm | 26.01.2013 |
| 9.80 | Nikoline Håndstad | 01 | Stange | 17.03.2013 |
| 9.83 | Andrea Jødahl | 01 | Stange | 17.03.2013 |
| 9.84 | Silje Svendsen | 01 | Stange | 17.03.2013 |
| 9.88 | Amalie Westby Liestøl | 02 | Stange | 17.03.2013 |
| 10.21 | Tina Moen | 00 | Stange | 16.03.2013 |
| 10.69 | Annie Myklebust | 01 | Stange | 17.03.2013 |
| 11.04 | Carina Walskrå | 00 | Stange | 16.03.2013 |
| 11.63 | Frøydis Åsheim | 02 | Lillestrøm | 26.01.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.83 | Charlotte Grasmoe | 96 | Stange | 17.03.2013 |
| 28.81 | Sofie Schancke Krauss | 98 | Stange | 17.03.2013 |
| 28.90 | Lisa Kazonza | 95 | Stange | 17.03.2013 |
| 28.90 | Emilie Hov Andreassen | 00 | Stange | 17.03.2013 |
| 29.66 | Vår Åsheim | 99 | Stange | 03.02.2013 |
| 30.05 | Tonje Moen | 00 | Stange | 03.02.2013 |
| 30.42 | Marthe Skau | 98 | Stange | 17.03.2013 |
| 31.60 | Tiril Gustavsen | 98 | Stange | 17.03.2013 |
| 32.14 | Andrea Jødahl | 01 | Stange | 17.03.2013 |
| 32.29 | Ebba Beyer | 98 | Oslo/Ek | 02.03.2013 |
| 33.01 | Nikoline Handstad | 01 | Stange | 17.03.2013 |
| 33.16 | Silje Svendsen | 01 | Stange | 17.03.2013 |
| 36.17 | Annie Myklebust | 01 | Stange | 17.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:46.73 | Emilie Hov Andreassen | 00 | Stange | 03.02.2013 |
| 1:51.03 | Malene Fjellestad | 97 | Stange | 16.03.2013 |
| 1:54.76 | Victoria Børresen | 98 | Stange | 16.03.2013 |
| 2:02.67 | Amalie Westby Liestøl | 02 | Oslo/Ek | 07.12.2013 |
| 2:09.45 | Andrea Liestøl | 02 | Stange | 16.03.2013 |
| 2:21.56 | Nikoline Handstad | 01 | Lillestrøm | 26.01.2013 |
| **KVINNER SENIOR 2013** | | **861** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:32.93 | Malene Fjellestad | 97 | Steinkjer | 09.03.2013 |
| 2:36.09 | Maren Eriksen Skappel | 96 | Steinkjer | 09.03.2013 |
| 2:41.24 | Victoria Børresen | 98 | Steinkjer | 09.03.2013 |
| 2:46.20 | Anne Lillegård | 73 | Haugesund | 03.03.2013 |
| 3:23.50 | Ebba Beyer | 98 | Steinkjer | 09.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.63 | Vår Åsheim | 99 | Lillestrøm | 26.01.2013 |
| 10.89 | Tonje Moen | 00 | Stange | 03.02.2013 |
| 12.06 | Andrea Christensen | 01 | Lillestrøm | 26.01.2013 |
| 13.20 | Andrea Jødahl | 01 | Lillestrøm | 26.01.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Ebba Beyer | 98 | Oslo/Ek | 02.03.2013 |
| 1.00 | Andrea Jødahl | 01 | Lillestrøm | 26.01.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.50 | Sofie Skancke Krauss | 98 | Steinkjer | 10.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.47 | Vår Åsheim | 99 | Lillestrøm | 26.01.2013 |
| 4.21 s | Summer Steinsrud | 01 | Oslo/Ek | 07.12.2013 |
| 3.91 s | Tonje Moen | 00 | Lillestrøm | 26.01.2013 |
| 3.70 s | Nikoline Handstad | 01 | Stange | 17.03.2013 |
| 3.50 s | Sanna Skancke Krauss | 01 | Stange | 17.03.2013 |
| 3.38 s | Tina Moen | 00 | Stange | 17.03.2013 |
| 3.38 s | Silje Svendsen | 01 | Stange | 17.03.2013 |
| 3.34 s | Amalie Westby Liestøl | 02 | Stange | 16.03.2013 |
| 3.21 s | Annie Myklebust | 01 | Stange | 17.03.2013 |
| 3.18 s | Andrea Jødahl | 01 | Stange | 17.03.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.47 | Inger Lise Sundheim | 55 | Oslo/Bi | 31.08.2013 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2013** | **862** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.75 | Hedda Algarheim Tverås | 01 | Oslo/Ek | 07.12.2013 |
| 6.85 | Andrea Christensen | 01 | Stange | 16.03.2013 |
| 6.06 | Andrea Jødahl | 01 | Lillestrøm | 26.01.2013 |
| 5.71 | Amalie Westby Liestøl | 02 | Oslo/Ek | 16.03.2013 |
| 5.62 | Carina Walskrå | 00 | Stange | 16.03.2013 |
| 4.60 | Frøydis Åsheim | 02 | Lillestrøm | 26.01.2013 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:53.14 | K19 |  | Steinkjer | 10.03.2013 |
| Ann Aslaksen94-Charlotte Grasmoe96-Pia Bålsrud95-Sofie Schancke Krauss96 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:24.38 | J13 |  | Stange | 16.03.2013 |
| Tonje Moen00-Tina Moen00-June Laake04-Carina Walskrå00 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **863** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.12 | Iver Laake | 01 | Nadderud | 14.06.2014 |
| 9.34 | Henrik Jakobsen | 01 | Sofiemyr | 31.08.2014 |
| 9.65 | Emil Nordal | 03 | Jessheim | 05.06.2014 |
| 9.72 | Ådne Opaker Øines | 02 | Göteborg, SWE | 28.06.2014 |
| 9.80 | Tobias Gabrielsen | 01 | Jessheim | 05.06.2014 |
| 9.81 | Hannes Fjellestad | 02 | Jessheim | 05.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.1 | Iver Laake | 01 | Jessheim | 05.06.2014 |
| 9.6 | Emil Nordal | 03 | Jessheim | 05.06.2014 |
| 9.8 | Hannes Fjellestad | 02 | Jessheim | 05.06.2014 |
| 9.8 | Tobias Gabrielsen | 01 | Jessheim | 05.06.2014 |
| 10.6 | Eirik Bjørk Halvorsen | 04 | Jessheim | 05.06.2014 |
| 11.5 | Daniel Nygård | 04 | Jessheim | 05.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.32 | Marius Mellum | 96 | Oslo/Bi | 02.07.2014 |
| 11.36 | Markus Einan | 97 | Oslo/Sp | 07.06.2014 |
| 11.68 | Luis Santiago | 91 | Grimstad | 31.05.2014 |
| 12.08 | Jørgen Opaker | 97 | Lillestrøm | 24.05.2014 |
| 12.18 | Ebrima Johe | 91 | Oslo/Bi | 15.08.2014 |
| 12.22 | Martin Opaker | 94 | Lillehammer/Ss | 22.06.2014 |
| 12.50 | Sondre Opaker Øines | 98 | Oslo/Bi | 17.08.2014 |
| 12.66 | Jonas Wenger | 99 | Nadderud | 05.06.2014 |
| 13.10 | Fredrik Veiby | 99 | Lillestrøm | 24.05.2014 |
| 13.23 | Andreas Flåten Børve | 99 | Jessheim | 28.05.2014 |
| 14.32 | Iver Laake | 01 | Lillestrøm | 24.05.2014 |
| 14.74 | Henrik Jakobsen | 01 | Nesøya | 06.09.2014 |
| 15.38 | Ivar Opsahl | 47 | Ski | 04.06.2014 |
| 16.04 | Bjørnar Braathen | 04 | Jessheim | 08.05.2014 |
| 16.22 | Emil Nordal | 03 | Jessheim | 08.05.2014 |
| 16.33 | Tobias Gabrielsen | 01 | Jessheim | 08.05.2014 |
| 16.34 | Ådne Opaker Øines | 02 | Jessheim | 08.05.2014 |
| 16.45 | Martinius Aanestad-Pedersen | 03 | Jessheim | 08.05.2014 |
| 17.85 | Viktor Venger-Pedersen | 03 | Jessheim | 08.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.22 | Anders Roth | 93 | Oslo/Sp | 08.06.2014 |
| 22.88 | Markus Einan | 97 | Oslo/Sp | 08.06.2014 |
| 22.97 | Marius Mellum | 96 | Oslo/Sp | 10.07.2014 |
| 23.28 | Håvard Hildeskor | 92 | Lillehammer/Ss | 22.06.2014 |
| 23.45 | Martin Lundemo Syvertsen | 92 | Oslo/Bi | 16.08.2014 |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **864** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.47 | Martin Opaker | 94 | Lillehammer/Ss | 20.06.2014 |
| 23.70 | Lois Santiago | 91 | Lillehammer/Ss | 20.06.2014 |
| 24.23 | Jørgen Opaker | 97 | Lillehammer/Ss | 20.06.2014 |
| 24.28 | Sigurd Blom Breivik | 96 | Oslo/Bi | 24.07.2014 |
| 24.37 | Hauk Are Fjeld | 94 | Oslo/Sp | 08.06.2014 |
| 24.77 | Sondre Opaker Øines | 98 | Oslo/Bi | 07.09.2014 |
| 25.14 | Ebrima Jobe | 91 | Jessheim | 13.09.2014 |
| 25.84 | Jonas Wenger | 99 | Lillehammer/Ss | 20.06.2014 |
| 26.86 | Fredrik Veiby | 99 | Lillestrøm | 25.05.2014 |
| 27.12 | Adisak Sween | 98 | Oslo/Bi | 16.08.2014 |
| 29.20 | Iver Laake | 01 | Lillestrøm | 24.05.2014 |
| 31.01 | Henrik Jakobsen | 01 | Nadderud | 15.06.2014 |
| 34.10 | Ådne Opaker Øines | 02 | Jessheim | 27.05.2012 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.18 | Andreas Roth | 93 | Nadderud | 06.05.2014 |
| 37.07 | Maruis Mellum | 96 | Nadderud | 06.05.2014 |
| 38.38 | Martin Lundemo Syvertsen | 92 | Nadderud | 06.05.2014 |
| 38.45 | Jørgen Opaker | 97 | Oslo/Bi | 17.09.2014 |
| 38.91 | Jonas Krossøy | 96 | Oslo/Bi | 17.09.2014 |
| 39.90 | Sondre Opaker Øines | 98 | Oslo/Bi | 17.09.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.14 | Andreas Roth | 93 | Oslo/Bi | 11.06.2014 |
| 48.43 | Thomas Roth | 91 | Nadderud | 02.09.2014 |
| 49.74 | Elias Ottoson | 93 | Lillehammer/Ss | 21.06.2014 |
| 49.75 | Markus Einan | 97 | Fredrikstad/Li | 09.08.2014 |
| 50.68 | Håvard Hildeskor | 92 | Nadderud | 15.06.2014 |
| 50.74 | Sverre Blom Breivik | 96 | Oslo/Sp | 07.06.2014 |
| 51.63 | Sigurd Blom Breivik | 96 | Nadderud | 15.06.2014 |
| 51.87 | Martin Lundemo Syvertsen | 92 | Oslo/Bi | 17.07.2014 |
| 52.01 | Terje Sparby | 89 | Lillehammer/Ss | 21.06.2014 |
| 52.63 | Marius Mellum | 96 | Oslo/Bi | 17.08.2014 |
| 52.67 | Hauk Are Fjeld | 94 | Lillehammer/Ss | 21.06.2014 |
| 53.07 | Jan Gunnar Alfsen | 97 | Lillestrøm | 25.05.2014 |
| 53.32 | Jonas Krossøy | 95 | Oslo/Bi | 17.09.2014 |
| 53.74 | Henrik Hanssen | 97 | Oslo/Sp | 07.06.2014 |
| 55.01 | Jørgen Opaker | 97 | Nittedal | 20.09.2014 |
| 55.14 | Sondre Opaker Øines | 98 | Oslo/Bi | 17.06.2014 |
| 59.01 | Adisak Sween | 98 | Kongsvinger | 04.06.2014 |
| 59.53 | Jonas Wenger | 99 | Lillehammer/Ss | 21.06.2014 |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **865** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:18.24 | Thomas Roth | 91 | Nittedal | 20.09.2014 |
| 1:19.43 | Markus Einan | 97 | Nittedal | 20.09.2014 |
| 1:26.34 | Jonas Krossøy | 95 | Nittedal | 20.09.2014 |
| 1:27.16 | Henrik Hanssen | 97 | Nadderud | 06.05.2014 |
| 1:28.88 | Jan Gunnar Alfsen | 97 | Nadderud | 06.05.2014 |
| 1:32.32 | Jørgen Opaker | 97 | Nittedal | 20.09.2014 |
| 1:32.61 | Sondre Opaker Øines | 98 | Nadderud | 06.05.2014 |
| 1:36.34 | Andreas Børve | 99 | Nadderud | 06.05.2014 |
| 1:45.77 | Adisak Sween | 98 | Nadderud | 06.05.2014 |
| 1:47.02 | Sondre Westby Liestøl | 99 | Nadderud | 06.05.2014 |
| 1:52.65 | Peder Børtnes | 01 | Lillestrøm | 24.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:46.15 | Thomas Roth | 91 | Huesden, BEL | 19.07.2014 |
| 1:47.10 | Andreas Roth | 93 | Oslo/Bi | 11.07.2014 |
| 1:48.32 | Elias Ottoson | 93 | Tønsberg/Gr | 24.05.2014 |
| 1:51:06 | Markus Einan | 97 | Jessheim | 13.09.2014 |
| 1:51.62 | Håvard Hildeskor | 92 | Göteborg, SWE | 29.06.2014 |
| 1:52.44 | Sigurd Blom Breivik | 96 | Sollentuna, SWE | 26.06.2014 |
| 1:53.04 | Terje Snarby | 89 | Oslo/Bi | 22.05.2014 |
| 1:54.41 | Sverre Blom Breivik | 96 | Oslo/Bi | 22.05.2014 |
| 1:55.17 | Hauk Are Fjeld | 94 | Oslo/Bi | 16.08.2014 |
| 1:55.97 | Jørgen Frost Bø | 94 | Jessheim | 27.05.2014 |
| 1:58.95 | Njord Erlend Wiker | 91 | Oslo/Bi | 16.08.2014 |
| 1:59.17 | Stian Klungland | 93 | Jessheim | 27.05.2014 |
| 1:59.86 | Henrik Hanssen | 97 | Haugesund | 07.09.2014 |
| 2:00.34 | Jonas Krossøy | 95 | Jessheim | 27.05.2014 |
| 2:00.35 | Nikolai Smestad | 92 | Oslo/Sp | 08.06.2014 |
| 2:01.57 | Jon Gunnar Alfsen | 97 | Lillestrøm | 24.05.2014 |
| 2:09.94 | Jonas Haaborg Bolgen | 96 | Lillehammer/Ss | 22.06.2014 |
| 2:10.02 | Sondre Opaker Øines | 98 | Oslo/Bi | 16.08.2014 |
| 2:10.89 | Jostein Sætre Schefte | 96 | Lisleby | 08.08.2014 |
| 2:10.97 | Jørgen Opaker | 97 | Jessheim | 13.09.2014 |
| 2:12.10 | Adisak Sween | 98 | Nadderud | 14.06.2014 |
| 2:12.7 | Michael Løland | 92 | Jessheim | 04.10.2014 |
| 2:22.1 | Frank Øines | 68 | Jessheim | 04.10.2014 |
| 2.34.7 | Lars Myhre | 64 | Jessheim | 04.10.2014 |
| 2:52.4 | Emil Nordal | 03 | Jessheim | 04.10.2014 |
| 2:56.5 | Arne Johansen | 48 | Jessheim | 04.10.2014 |
| 3:05.5 | Ole Arnegård | 44 | Jessheim | 04.10.2014 |
| 3:12.1 | Iver Laake | 01 | Jessheim | 04.10.2014 |
| 3:13.4 | Vegard Stenvoll | 04 | Jessheim | 04.10.2014 |
| 3:21.2 | Halvard Evensen | 53 | Jessheim | 04.10.2014 |
| 3:25.6 | Henning Høgheim | 39 | Jessheim | 04.10.2014 |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **866** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:35.3 | Hauk Are Fjeld | 94 | Bø | 22.04.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:46.62 | Elias Ottosen | 93 | Jessheim | 05.06.2014 |
| 3:51.71 | Jørgen Frost Bø | 94 | Watford, GBR | 17.05.2014 |
| 3:51.98 | Thomas Roth | 91 | Tallinn, EST | 21.06.2014 |
| 3:54.02 | Terje Snarby | 89 | Jessheim | 05.06.2014 |
| 3:58.56 | Sigurd Blom Breivik | 96 | Jessheim | 05.06.2014 |
| 4:06.65 | Nikolai Smestad | 92 | Jessheim | 05.06.2014 |
| 4:09.19 | Markus Einan | 97 | Oslo/Bi | 17.09.2014 |
| 4:09.85 | Kristian Monsen | 77 | Jessheim | 05.06.2014 |
| 4:10.86 | Henrik Hanssen | 97 | Göteborg, SWE | 28.06.2014 |
| 4:15.45 | Jonas Krossøy | 95 | Oslo/Bi | 17.07.2014 |
| 4:31.8 | Lars Anders Tenold | 93 | Jessheim | 05.06.2014 |
| 4:34.03 | Rene Fredheim Larsen | 97 | Oslo/Bi | 17.09.2014 |
| 5:01.1 | Lars Myhre | 64 | Jessheim | 05.06.2014 |
| 5:54.3 | Arne Johansen | 48 | Jessheim | 05.06.2014 |
| 6:00.9 | Odd Kinnsbekken | 48 | Jessheim | 05.06.2014 |
| 6.53.0 | Ole Arnegård | 44 | Jessheim | 05.06.2014 |
| 7:02.2 | Anders Jellum | 48 | Jessheim | 05.06.2014 |
| 7:26.0 | Frank Finstad | 48 | Jessheim | 05.06.2014 |
| 7:28.5 | Steinar Ulsaker | 47 | Jessheim | 05.06.2014 |
| 7:43.1 | Arne Luke | 44 | Jessheim | 05.06.2014 |
| 8:04.4 | Henning Høgheim | 39 | Jessheim | 05.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:28.16 | Sondre Westby Liestøl | 99 | Jessheim | 02.09.2014 |
| 6:28.18 | Kristian Monsen | 77 | Jessheim | 02.09.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:20.16 | Jørgen Frost Bø | 94 | Oslo/Bi | 22.05.2014 |
| 8:45.49 | Kristian Monsen | 77 | Jessheim | 17.07.2014 |
| 8:47.81 | Nikolai Smestad | 92 | Oslo/Bi | 17.08.2014 |
| 9.09.03 | Henrik Hanssen | 97 | Oslo/Bi | 17.08.2014 |
| 9:27.65 | Jonas Haarborg Bolgen | 96 | Jessheim | 02.09.2014 |
| 10:13.63 | Rene Fredheim Larsen | 97 | Jessheim | 02.09.2014 |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **867** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14:46.09 | Jørgen Frost Bø | 94 | Jessheim | 22.08.2014 |
| 15:06.72 | Nikolai Smestad | 92 | Göteborg, SWE | 27.06.2014 |
| 15:13.13 | Kristian Monsen | 77 | Jessheim | 22.08.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31:30.24 | Kristian Monsen | 77 | Jessheim | 24.08.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.85 | Henrik Jakobsen | 01 | Jessheim | 27.05.2014 |
| 13.44 | Iver Laake | 01 | Jessheim | 27.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.81 | Marcus Theodor Moen | 99 | Oslo/Bi | 17.08.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 56.34 | Sigurd Blom Breivik | 96 | Haugesund | 06.09.2014 |
| 57.27 | Sverre Blom Breivik | 96 | Haugesund | 06.09.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:55.96 | Nikolai Smestad | 92 | Fredrikstad/Li | 10.08.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:23.04 | Sturla Throndsen | 60 | Jessheim | 16.11.2014 |
| 1:29.06 | Tor Arne Haraldsen | 82 | Jessheim | 16.11.2014 |
| 1:36.45 | Torbjørn Liestøl | 73 | Jessheim | 16.11.2004 |
| 2:06.16 | Henning Høgheim | 39 | Lørenskog | 25.10.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:56.45 | Njord Erlend Wiker | 91 | Jessheim | 16.11.2014 |
| 3:05.56 | Jahn Thomas Lind | 77 | Jessheim | 16.11.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Marcus Theodor Moen | 99 | Lillestrøm | 24.05.2014 |
| 1.48 | Henrik Jakobsen | 01 | Nesøya | 06.09.2014 |
| 1.30 | Victor Rosenlind | 00 | Lillestrøm | 24.05.2014 |
| 1.30 | Ivar Opsahl | 47 | Ski | 04.06.2014 |
| 1.10 | John Arve Johansen | 36 | Årnes | 04.06.2014 |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **868** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.60 | Marcus Theodor Moen | 99 | Jessheim | 23.05.2014 |
| 2.45 | Ivar Opsahl | 47 | Ski | 04.06.2014 |
| 2.17 | Victor Rosenlind | 00 | Jessheim | 13.09.2014 |
| 2.05 | John Arve Johansen | 36 | Jessheim | 27.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.67 | Marcus Theodor Moen | 99 | Nadderud | 13.06.2014 |
| 5.65 | Martin Lundemo Syversen | 92 | Jessheim | 02.09.2014 |
| 5.62 | Stein Tore Klungland | 58 | Jessheim | 02.09.2014 |
| 4.96 | Fredrik Veiby | 99 | Lillestrøm | 25.05.2014 |
| 4.42 | Victor Rosenlind | 00 | Jessheim | 02.09.2014 |
| 4.28 s | Henrik Jakobsen | 01 | Lillestrøm | 25.05.2014 |
| 4.08 s | Iver Laake | 01 | Jessheim | 27.05.2014 |
| 3.90 s | Joyel Amaladas | 02 | Jessheim | 02.09.2014 |
| 3.87 s | Ådne Opaker Øines | 02 | Oslo/Bi | 16.08.2014 |
| 3.65 s | Emil Nordal | 03 | Lillehammer/Ss | 22.06.2014 |
| 3.54 | John Arve Johansen | 36 | Jessheim | 27.05.2014 |
| 2.90 | Hallvard Huuse | 00 | Jessheim | 02.09.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.57 | Marcus Theodor Moen | 99 | Haugesund | 06.09.2014 |
| 7.85 | John Arve Johansen | 36 | Årnes | 04.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.78 | Marcus Theodor Moen | 99 | Nadderud | 15.06.2014 |
| 9.45 | John Arve Johansen | 36 | Årnes | 04.06.2014 |
| 6.89 | Victor Rosenlind | 00 | Lillestrøm | 24.05.2014 |
| 5.88 | Henrik Jakobsen | 01 | Årnes | 04.06.2014 |

|  |  |
| --- | --- |
| **Kule 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.80 | Ivar Opsahl | 47 | Ski | 04.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.85 | Ivar Opsahl | 47 | Ski | 04.06.2014 |
| 18.87 | Victor Rosenlind | 00 | Jessheim | 14.09.2014 |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **869** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.31 | Kristian Flåten Børve | 01 | Nadderud | 15.06.2014 |
| 32.66 | Henrik Jakobsen | 01 | Nesøya | 06.09.2014 |
| 12.84 | Ådne Opaker Øines | 02 | Jessheim | 27.05.2014 |
| 6.47 | Erik Westby Liestøl | 04 | Jessheim | 02.09.2014 |

|  |  |
| --- | --- |
| **Spyd 500 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.94 | John Arve Johansen | 36 | Jessheim | 27.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.81 | Marcus Theodor Moen | 99 | Nadderud | 13.06.2014 |
| 20.81 | Victor Rosenlind | 00 | Nadderud | 13.06.2014 |
| 15.53 | Sondre Westby Liestøl | 99 | Jessheim | 02.09.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.63 | Vetle Aasland | 91 | Askim | 28.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.37 | G16 |  | Grimstad | 31.05.2014 |
| Fredrik Veiby99-Marcus Theodor Moen99-Andreas Børve99-Sondre Opaker Øines98 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:19.07 | M22 |  | Grimstad | 01.06.2014 |
| Håvard Hildeskor92-Hauk Are Fjeld92-Markus Einan97-Elias Ottosen93 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:23.64 | G18 |  | Grimstad | 01.06.2014 |
| Sverre Blom Breivik96-Jon Gunnar Alfsen97-Sigurd Blom Breivik96-Markus Einan97 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:53.71 | MS |  | Grimstad | 01.06.2014 |
| Stian Klungland93-Jørgen Frost Bø94-Terje Snarby89-Elias Ottosen93 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:42.30 | M19 |  | Grimstad | 01.06.2014 |
| Sverre Blom Breivik96-Sigurd Blom Breivik96-Jonas Krossøy95-Henrik Hanssen97 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:54.09 | MS |  | Jessheim | 24.08.2014 |
| Marius Mellum96-Markus Einan97-Andreas Roth93-Thomas Roth91 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **870** |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.30 | Marius Mellum | 96 | Stange | 22.03.2014 |
| 7.39 | Markus Einan | 97 | Rud | 06.12.2014 |
| 7.45 | Martin Lundemo Syvertsen | 92 | Rud | 08.03.2014 |
| 7.72 | Marcus Theodor Moen | 99 | Stange | 22.03.2014 |
| 7.74 | Jørgen Opaker | 97 | Rud | 08.02.2014 |
| 7.84 | Jonas Wenger | 99 | Stange | 22.03.2014 |
| 8.41 | Fredrik Veiby | 99 | Stange | 22.03.2014 |
| 8.63 | Iver Laake | 01 | Rud | 06.12.2014 |
| 9.32 | Henrik Jakobsen | 01 | Rud | 09.02.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.03 | Marius Mellum | 96 | Stange | 23.03.2014 |
| 23.20 | Markus Einan | 97 | Rud | 11.01.2014 |
| 23.45 | Martin Lundemo Syvertsen | 92 | Rud | 09.02.2014 |
| 24.90 | Jørgen Opaker | 97 | Rud | 06.12.2014 |
| 25.53 | Jon Gunnar Alfsen | 97 | Rud | 09.02.2014 |
| 25.65 | Sondre Øynes Opaker | 98 | Rud | 06.12.2014 |
| 25.91 | Jonas Wenger | 99 | Stange | 23.03.2014 |
| 27.45 | Fredrik Veiby | 99 | Stange | 23.03.2014 |
| 30.21 | Iver Laake | 01 | Stange | 23.03.2014 |
| 31.97 | Henrik Jakobsen | 01 | Rud | 08.02.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.35 | Sverre Blom Breivik | 96 | Stange | 01.02.2014 |
| 53.49 | Martin Lundemo Syvertsen | 92 | Stange | 01.02.2014 |
| **Underkjent – feilkoblet startutstyr** | |  | | |
| 50.98 | Sverre Blom Breivik | 96 | Rud | 07.03.2014 |
| 51.54 | Markus Einan | 97 | Rud | 07.03.2014 |
| 52.82 | Martin Lundemo Syvertsen | 92 | Rud | 07.03.2014 |
| 54.84 | Jon Gunnar Alfsen | 97 | Rud | 07.03.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:19.37 | Andreas Roth | 93 | Stange | 22.03.2014 |
| 1:21.75 | Sigurd Blom Breivik | 96 | Stange | 22.03.2014 |
| 1:25.49 | Hauk Are Fjeld | 94 | Rud | 06.12.2014 |
| 1:25.85 | Markus Einan | 97 | Stange | 22.03.2014 |
| 1:26.82 | Jonas Krossøy | 95 | Stange | 22.03.2014 |
| 1:27.01 | Henrik Hanssen | 97 | Rud | 06.12.2014 |
| 1:34.42 | Tore Klungland | 97 | Rud | 06.12.2014 |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **871** |

|  |  |
| --- | --- |
| **600m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:34.48 | Sondre Opaker Øines | 98 | Rud | 06.12.2014 |
| 1:34.54 | Adisak Sween | 98 | Rud | 06.12.2014 |
| 1:53.72 | Peder Børtnes | 01 | Stange | 22.03.2014 |
| 2:03.20 | Hannes Fjellestad | 02 | Stange | 22.03.2014 |
| 2:09.81 | Iver Laake | 01 | Stange | 22.03.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:54.91 | Sigurd Blom Breivik | 96 | Rud | 08.03.2014 |
| 1:55.79 | Håvard Hildeskor | 92 | Rud | 09.02.2014 |
| 1:56.70 | Sverre Blom Breivik | 96 | Rud | 08.03.2014 |
| 1:57.06 | Markus Einan | 97 | Rud | 08.03.2014 |
| 2:00.41 | Hauk Are Fjeld | 94 | Rud | 08.03.2014 |
| 2:03.64 | Henrik Hanssen | 97 | Rud | 09.02.2014 |
| 2.04.28 | Jon Gunnar Alfsen | 97 | Rud | 08.03.2014 |
| 2:13.89 | Tore Klungland | 97 | Karlstad, SWE | 25.01.2014 |
| 2:15.11 | Sondre Opaker Øines | 98 | Rud | 08.03.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:03.76 | Sigurd Blom Breivik | 96 | Rud | 09.03.2014 |
| 4:21.58 | Henrik Hanssen | 97 | Rud | 09.03.2014 |
| 4:22.40 | Hauk Are Fjeld | 94 | Rud | 09.03.2014 |
| 4:23.12 | Jonas Krossøy | 95 | Stange | 01.02.2014 |

|  |  |
| --- | --- |
| **60m hekk 84 E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.72 | Marcus Theodor Moen | 99 | Rud | 11.04.2014 |
| **Underkjent – feilkoblet startutstyr** | |  | | |
| 8.55 | Marcus Theodor Moen | 99 | Rud | 07.03.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.78 | Marcus Theodor Moen | 99 | Stange | 23.03.2014 |
| 1.35 | Henrik Jakobsen | 01 | Rud | 08.02.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.75 | Stein Tore Klungland | 58 | Drammen | 12.01.2014 |
| 5.75 | Marcus Theodor Moen | 99 | Stange | 22.03.2014 |
| 5.05 | Fredrik Veiby | 99 | Stange | 22.03.2014 |
| 4.10 s | Henrik Jakobsen | 01 | Rud | 09.02.2014 |
| 4.02 s | Simen Eliassen | 00 | Lillestrøm | 25.01.2014 |
| 3.91 s | Iver Laake | 01 | Stange | 02.02.2014 |
| 3.57 s | Ådne Opaker Øines | 02 | Stange | 22.03.2014 |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **872** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.26 | Stein Tore Klungland | 58 | Budapest, HUN | 27.03.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.49 | Ådne Opaker Øines | 02 | Lillestrøm | 25.01.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.06 | Marcus Theodor Moen | 99 | Stange | 23.03.2014 |

|  |  |
| --- | --- |
| **MENN SENIOR 2014** | **873** |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2014** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.59 | Emilie Hov Andreassen | 00 | Nadderud | 14.06.2014 |
| 8.60 | Tonje Moen | 00 | Lillehammer/Ss | 21.06.2014 |
| 9.12 | Hedda Algarheim Tverås | 01 | Nadderud | 14.06.2014 |
| 9.16 | Vilde Svardahl | 01 | Lillestrøm | 27.08.2014 |
| 9.34 | Amalie Westby Liestøl | 02 | Lillestrøm | 24.05.2014 |
| 9.39 | Andrea Jødahl | 01 | Nadderud | 14.05.2014 |
| 9.47 | Solveig Emilie Johansen | 03 | Oslo/Bi | 13.06.2014 |
| 10.66 | Frøydis Åsheim | 02 | Lillestrøm | 24.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.8 | Solveig Emilie Johansen | 03 | Jessheim | 05.06.2014 |
| 10.3 | June Laake | 04 | Jessheim | 05.06.2014 |
| 10.7 | Frøydis Åsheim | 02 | Jessheim | 05.06.2014 |
| 11.2 | Mille Marie Dahlberg | 04 | Jessheim | 05.06.2014 |
| 11.6 | Hedda Johanne Finne | 04 | Jessheim | 05.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.45 | Emilie Hov Andreassen | 00 | Lillestrøm | 24.05.2014 |
| 13.85 | Tonje Moen | 00 | Lillestrøm | 24.05.2014 |
| 13.90 | Vår Åsheim | 99 | Lillestrøm | 24.05.2014 |
| 14.22 | Hedda Algarheim Tverås | 01 | Lillestrøm | 24.05.2014 |
| 14.26 | Ebba Beyer | 98 | Lillestrøm | 24.05.2014 |
| 14.52 | Vilde Svardahl | 01 | Lillestrøm | 24.05.2014 |
| 14.92 | Nikoline Håndstad | 01 | Lillestrøm | 24.05.2014 |
| 15.83 | Ingrid Johansen | 00 | Jessheim | 08.05.2014 |
| 15.90 | Andrea Jørdal | 01 | Jessheim | 08.05.2014 |
| 16.44 | June Laake | 04 | Jessheim | 08.05.2014 |
| 16.93 | Solveig Emilie Johansen | 03 | Jessheim | 08.05.2014 |
| 17.15 | Amalie Westby Liestøl | 02 | Jessheim | 08.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.65 | Vår Åsheim | 99 | Haugesund | 06.09.2014 |
| 27.72 | Tonje Moen | 00 | Lillehammer/Ss | 19.06.2014 |
| 27.85 | Emilie Hov Andreassen | 00 | Lillestrøm | 22.05.2014 |
| 29.85 | Hedda Algarheim Tverås | 01 | Lillestrøm | 25.05.2014 |
| 30.26 | Vilde Svardahl | 01 | Lillestrøm | 25.05.2014 |
| 30.62 | Nikoline Håndstad | 01 | Lillestrøm | 11.05.2014 |
| 32.39 | Andrea Jødahl | 01 | Lillestrøm | 25.05.2014 |
| 32.45 | Ebba Beyer | 98 | Nittedal | 30.08.2014 |
| 32.63 | Solveig Emilie Johansen | 03 | Jessheim | 27.05.2014 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2014** | **874** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.57 | June Laake | 04 | Jessheim | 27.05.2014 |
| 34.75 | Annie Myklebust | 01 | Jessheim | 27.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.1 | Andrea Jødahl | 01 | Nadderud | 15.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 43.46 | Emilie Hov Andreassen | 00 | Göteborg, SWE | 29.06.2014 |
| 49.54 | Hanna Schultze Toverød | 96 | Nadderud | 06.05.2014 |
| 51.54 | Victoria Børresen | 98 | Nadderud | 06.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 65.96 | Helena Seland Myhre | 97 | Oslo/Sp | 07.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:37.97 | Emilie Hov Andreassen | 00 | Lillestrøm | 24.05.2014 |
| 1:46.22 | Caroline Foss Høistad | 98 | Nadderud | 06.05.2014 |
| 1:46.63 | Vilde Svardahl | 01 | Asker/Fø | 31.05.2014 |
| 1:48.88 | Helena Seland Myhre | 97 | Nadderud | 06.05.2014 |
| 1:49.98 | Amalie Westby Liestøl | 02 | Lillestrøm | 25.05.2014 |
| 1:54.19 | Hedda Algarheim Tverås | 01 | Lillestrøm | 24.05.2014 |
| 1:57.77 | Heidi Kristine Halling | 97 | Nadderud | 06.05.2014 |
| 2:01.86 | June Laake | 04 | Lillestrøm | 25.05.2014 |
| 2:06.35 | Solveig Emilie Johansen | 03 | Lillestrøm | 25.05.2014 |
| 2:06.87 | Frøydis Åsheim | 02 | Lillestrøm | 25.05.2014 |
| 2:20.25 | Mia Østreng | 03 | Lillestrøm | 25.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:20.69 | Emilie Hov Andreassen | 00 | Lillehammer/Ss | 22.06.2014 |
| 2:21.50 | Caroline Foss Høistad | 98 | Oslo/Bi | 16.08.2014 |
| 2:27.65 | Julie Flatner Hansen | 99 | Göteborg, SWE | 27.06.2014 |
| 2:32.08 | Helena Seland Myhre | 97 | Lillehammer/Ss | 22.06.2014 |
| 2:34.85 | Malene Fjellestad | 97 | Jessheim | 13.09.2014 |
| 2.42.4 | Anne Lillegård | 73 | Jessheim | 04.10.2014 |
| 2:43.4 | Kamilla Hammer | 77 | Jessheim | 04.10.2014 |
| 2:46.0 | Amalie Westby Liestøl | 02 | Jessheim | 04.10.2014 |
| 2:46.4 | Hedda Aakre Skatvedt | 00 | Jessheim | 04.10.2014 |
| 2:58.5 | June Laake | 04 | Jessheim | 04.10.2014 |
| 3:13.0 | Trine Bogstad Mangerud | 51 | Jessheim | 04.10.2014 |
| 3:24.81 | Ebba Beyer | 98 | Nittedal | 31.08.2014 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2014** | **875** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:06.08 | Caroline Foss Høistad | 98 | Oslo/Sp | 07.06.2014 |
| 5:06.49 | Julie Flatner Hansen | 99 | Lillehammer/Ss | 19.06.2014 |
| 5:19.29 | Malene Fjellestad | 97 | Jessheim | 02.09.2014 |
| 5.52.9 | Bente Holter | 62 | Jessheim | 05.06.2014 |
| 6:19.1 | Wenche Løland | 65 | Jessheim | 05.06.2014 |
| 6:19.2 | Trine Bogstad Mangerud | 51 | Jessheim | 05.06.2014 |
| 6:48.0 | Tone Merete Fjeld | 67 | Jessheim | 05.06.2014 |
| 7:20.1 | Marit Skolt Skafle | 56 | Jessheim | 05.06.2014 |
| 7.32.9 | Anne Marie Frydenlund | 49 | Jessheim | 05.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:57.78 | Julie Flatner Hansen | 99 | Göteborg, SWE | 29.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:58.53 | Caroline Foss Høistad | 98 | Lillehammer/Ss | 21.06.2014 |
| 12:07.55 | Malene Fjellestad | 97 | Nadderud | 13.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.60 | Mia Østreng | 03 | Oslo/Bi | 13.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.14 | Tonje Moen | 00 | Jessheim | 13.09.2014 |
| 10.91 | Hedda Algarheim Tverås | 01 | Lillestrøm | 25.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.75 | Vår Åsheim | 99 | Haugesund | 06.09.2014 |
| 16.00 | Ebba Beyer | 98 | Nadderud | 14.06.2014 |

|  |  |
| --- | --- |
| **100m hekk 76.2 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20.44 | Ebba Beyer | 98 | Nittedal | 30.08.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46.92 | Vår Åsheim | 99 | Haugesund | 05.09.2014 |
| 53.54 | Victoria Børresen | 98 | Oslo/Bi | 26.09.2014 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2014** | **876** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:33.56 | Marianne Opsahl | 73 | Orlando, USA | 23.01.2014 |
| 1:34.14 | Hanna Blom Breivik | 69 | Jessheim | 16.11.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.55 | Ebba Beyer | 98 | Nadderud | 15.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.95 | Sofie Schancke Krauss | 98 | Moelv | 13.07.2014 |
| 1.70 | Tina Moen | 00 | Jessheim | 04.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.38 | Ebba Beyer | 98 | Jessheim | 27.05.2014 |
| 4.28 | Vår Åsheim | 99 | Göteborg, SWE | 27.06.2014 |
| 4.09 s | Andrea Jødahl | 01 | Jessheim | 02.09.2014 |
| 4.06 s | Nikoline Håndstad | 01 | Lillestrøm | 14.06.2014 |
| 4.01 s | Amalie Westby Liestøl | 02 | Lillestrøm | 24.05.2014 |
| 3.82 s | Annie Myklebust | 01 | Jessheim | 02.09.2014 |
| 3.55 s | June Laake | 04 | Jessheim | 02.09.2014 |
| 3.51 s | Frøydis Åsheim | 02 | Oslo/Bi | 13.06.2014 |
| 3.48 s | Solveig Emilie Johansen | 03 | Jessheim | 02.09.2014 |
| 3.35 s | Silje Svendsen | 01 | Lillestrøm | 24.05.2014 |
| 2.96 s | Hedda Johanne Finne | 04 | Jessheim | 02.09.2014 |
| 2.70 s | Hanne Hjeltnes | 04 | Jessheim | 27.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.16 | Vår Åsheim | 99 | Göteborg, SWE | 28.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.71 | Hedda Algarheim Tverås | 01 | Lillestrøm | 25.05.2014 |
| 8.68 | Andrea Jødahl | 01 | Nadderud | 14.06.2014 |
| 8.13 | Silje Svendsen | 01 | Lillestrøm | 25.05.2014 |
| 6.72 | Amalie Westby Liestøl | 02 | Lillestrøm | 25.05.2014 |
| 5.26 | Frøydis Åsheim | 02 | Göteborg, SWE | 27.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.80 | Ebba Beyer | 98 | Lillestrøm | 24.05.2014 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2014** | **877** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.38 | Ebba Beyer | 98 | Lillestrøm | 24.05.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 19.46 | Amalie Westby Liestøl | 02 | Jessheim | 02.09.2014 |
| 17.47 | Andrea Jødahl | 01 | Jessheim | 27.05.2014 |
| 17.34 | Annie Myklebust | 01 | Jessheim | 27.05.2014 |
| 13.26 | Hanna Hjeltnes | 04 | Jessheim | 27.05.2014 |
| 7.18 | June Laake | 04 | Jessheim | 02.09.2014 |

|  |  |
| --- | --- |
| **Spyd 500 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.48 | Ebba Beyer | 98 | Nadderud | 14.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.65 | Ebba Beyer | 98 | Jessheim | 02.09.2014 |

|  |  |
| --- | --- |
| **7-kamp E 100m hekk-Høyde-Kule 3-200m** | **Lengde-Spyd-800m** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2552 | Ebba Beyer | 98 | Nittedal | 30-31.08.2014 |
| 20.44-1.45-9.90-32.45/3.98-25.88-3:24.81 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2014** | **878** |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.53 | Charlotte Grasmoe | 96 | Rud | 08.03.2014 |
| 8.65 | Tonje Moen | 00 | Rud | 08.02.2014 |
| 8.77 | Vår Åsheim | 99 | Rud | 08.02.2014 |
| 9.07 | Ebba Beyer | 98 | Rud | 06.12.2014 |
| 9.14 | Nikoline Handstad | 01 | Rud | 08.02.2014 |
| 9.22 | Vilde Svardahl | 01 | Stange | 22.03.2014 |
| 9.32 | Amalie Westby Liestøl | 02 | Rud | 08.02.2014 |
| 9.84 | June Laake | 04 | Rud | 06.12.2014 |
| 9.86 | Solveig Emilie Johansen | 03 | Stange | 23.03.2014 |
| 10.97 | Frøydis Åsheim | 02 | Stange | 22.03.2014 |
| **Underkjent – feikoblet startutstyr** | |  | | |
| 9.32 | Amalie Westby Liestøl | 02 | Lillestrøm | 25.01.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.74 | Emilie Hov Andreassen | 00 | Rud | 09.02.2014 |
| 28.13 | Tonje Moen | 00 | Stange | 23.03.2014 |
| 28.43 | Vår Åsheim | 99 | Rud | 09.02.2014 |
| 30.44 | Hedda Algarheim Tverås | 01 | Rud | 09.02.2014 |
| 30.60 | Amalie Westby Liestøl | 02 | Stange | 23.03.2014 |
| 31.45 | Andrea Jødahl | 01 | Rud | 09.02.2014 |
| 31.83 | Nikoline Håndstad | 01 | Rud | 09.02.2014 |
| 32.14 | Silje Svendsen | 01 | Rud | 09.02.2014 |
| 35.99 | Frøydis Åsheim | 02 | Stange | 23.03.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 71.67 | Anne Lillegård | 73 | Haugesund | 07.03.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:40.35 | Caroline Foss Høistad | 98 | Rud | 06.12.2014 |
| 1:41.86 | Emilie Hov Andreassen | 00 | Rud | 08.02.2014 |
| 1:50.00 | Helena Seland Myhre | 97 | Jessheim | 06.12.2014 |
| 1:51.22 | Vilde Svardahl | 01 | Stange | 22.03.2014 |
| 1:52.98 | Amalie Westby Liestøl | 02 | Stange | 22.03.2014 |
| 1:53.42 | Hedda Algarheim Tverås | 01 | Stange | 22.03.2014 |
| 2:09.12 | June Laake | 04 | Stange | 22.03.2014 |
| 2:10.70 | Frøydis Åsheim | 02 | Rud | 09.02.2014 |
| 2:21.73 | Solveig Emilie Johansen | 03 | Stange | 22.03.2014 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2014** | **879** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:27.34 | Caroline Foss Høistad | 98 | Rud | 08.03.2014 |
| 2:55.2 | Anne Lillegård | 73 | Haugesund | 07.03.2014 |
| 2:56.18 | Hedda Algarheim Tverås | 01 | Rud | 11.01.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:19.33 | Emilie Hov Andreassen | 00 | Rud | 11.01.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:08.78 | Caroline Foss Høistad | 98 | Rud | 11.01.2014 |
| 5:29.15 | Malene Fjellestad | 97 | Rud | 09.03.2014 |
| 6:15.13 | Anne Lillegård | 73 | Haugesund | 09.03.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.81 | Tonje Moen | 00 | Rud | 09.02.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.55 | Ebba Beyer | 98 | Rud | 11.01.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.90 | Sofie Skancke Krauss | 98 | Rud | 09.02.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.18 | Ebba Beyer | 98 | Rud | 06.12.2014 |
| 4.15 | Sofie Skancke Krauss | 98 | Rud | 08.03.2014 |
| 4.10 s | Nikoline Håndstad | 01 | Lillestrøm | 25.01.2014 |
| 3.90 s | Amalie Westby Liestøl | 02 | Rud | 08.02.2014 |
| 3.83 s | Andrea Jørdal | 01 | Rud | 09.02.2014 |
| 3.78 s | Silje Svendsen | 01 | Rud | 09.02.2014 |
| 3.62 | Tina Moen | 00 | Lillestrøm | 25.01.2014 |
| 3.35 s | June Laake | 04 | Rud | 06.12.2014 |
| 3.20 s | Solveig Emilie Johansen | 03 | Stange | 23.03.2014 |
| 3.05 s | Frøydis Åsheim | 02 | Stange | 23.03.2014 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2014** | **880** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.41 | Hedda Algarheim Tverås | 01 | Stange | 22.03.2014 |
| 7.87 | Andrea Jødahl | 01 | Lillestrøm | 25.01.2014 |
| 7.81 | Silje Svendsen | 01 | Rud | 09.02.2014 |
| 6.96 | Amalie Westby Liestøl | 02 | Stange | 22.03.2014 |
| 5.17 | Frøydis Åsheim | 02 | Stange | 22.03.2014 |
| 4.39 | Solveig Emilie Johansen | 03 | Stange | 22.03.2014 |
| 3.91 | June Laake | 04 | Rud | 06.12.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.58 | Ebba Beyer | 98 | Rud | 06.12.2014 |

|  |  |
| --- | --- |
| **MENN SENIOR 2015** | **881** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.56 | Mikkel Finne | 06 | Lillehammer/Ss | 12.09.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.49 | Iver Laake | 01 | Oslo/Bi | 08.08.2015 |
| 8.84 | Ådne Opaker Øines | 02 | Göteborg, SWE | 04.07.2015 |
| 8.86 | Martin Hjeltnes | 75 | Jessheim | 02.07.2015 |
| 9.56 | Mathias Forsmo Judre | 03 | Jessheim | 04.06.2015 |
| 9.56 | Emil Nordal | 03 | Lillehammer/Ss | 20.06.2015 |
| 9.89 | Christian Olaus Sween | 06 | Lillestrøm | 30.05.2015 |
| 10.05 | Filip Bjerke-Selnes | 05 | Jessheim | 04.06.2015 |
| 10.39 | Andreas Iversen | 03 | Jessheim | 04.06.2015 |
| 10.49 | Vegard Stenvoll | 04 | Jessheim | 04.06.2015 |
| 10.71 | Eirik Bjørk Halvorsen | 04 | Jessheim | 04.06.2015 |
| 10.87 | Emil Janson-Andersen | 03 | Jessheim | 04.06.2015 |
| 11.26 | Ole Henrik Hytjanstorp | 04 | Jessheim | 04.06.2015 |
| 12.17 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 20.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.46 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 21.06.2015 |
| 11.69 | Ebrima Jobe | 91 | Oslo/Bi | 07.08.2015 |
| 11.93 | Martin Lundemo Syversen | 92 | Larvik/Lo | 03.05.2015 |
| 12.16 | Jørgen Opaker | 97 | Lillehammer/Ss | 21.06.2015 |
| 13.75 | Iver Laake | 01 | Lillestrøm | 30.05.2015 |
| 14.20 | Ådne Opaker Øines | 02 | Lillestrøm | 21.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18.64 | Henrik Hanssen | 97 | Oslo/La | 13.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.85 | Marius Mellum | 96 | Asker/Fø | 06.06.2015 |
| 23.14 | Martin Lundemo Syversen | 92 | Asker/Fø | 06.06.2015 |
| 23.43 | Marcus Theodor Moen | 99 | Lillestrøm | 12.09.2015 |
| 24.12 | Hauk Are Fjeld | 94 | Oslo/Bi | 08.08.2015 |
| 24.33 | Jørgen Opaker | 97 | Nadderud | 12.06.2015 |
| 24.76 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 19.06.2015 |
| 24.81 | Jonas Nødtvedt Wenger | 99 | Nittedal | 23.08.2015 |
| 25.01 | Markus Høgne | 98 | Lillehammer/Ss | 19.06.2015 |
| 27.36 | Iver Laake | 01 | Lillestrøm | 31.05.2015 |
| 29.34 | Ådne Opaker Øines | 02 | Jessheim | 05.09.2015 |

|  |  |
| --- | --- |
| **MENN SENIOR 2015** | **882** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.87 | Henrik Hanssen | 97 | Oslo/La | 13.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47.46 | Andreas Roth | 93 | Lillehammer/Ss | 20.06.2015 |
| 48.99 | Markus Einan | 97 | Nittedal | 22.08.2015 |
| 49.20 | Thomas Roth | 91 | Nittedal | 18.05.2015 |
| 50.66 | Sverre Blom Breivik | 96 | Lillestrøm | 11.09.2015 |
| 50.70 | Håvard Hildeskor | 92 | Nittedal | 18.05.2015 |
| 51.27 | Sigurd Blom Breivik | 96 | Nadderud | 14.06.2015 |
| 51.62 | Martin Lundemo Syversen | 92 | Nadderud | 14.06.2015 |
| 51.73 | Hauk Are Fjeld | 94 | Göteborg, SWE | 04.07.2015 |
| 52.55 | Jon Gunnar Alfsen | 97 | Lillehammer/Ss | 20.06.2015 |
| 53.56 | Henrik Hanssen | 97 | Lillehammer/Ss | 20.06.2015 |
| 54.60 | Jørgen Opaker | 97 | Nittedal | 22.08.2015 |
| 54.65 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 20.06.2015 |
| 57.74 | Tore Klungland | 97 | Nadderud | 14.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:20.48 | Markus Einan | 97 | Nadderud | 04.05.2015 |
| 1:21.17 | Sigurd Blom Breivik | 96 | Nadderud | 04.05.2015 |
| 1:25.55 | Henrik Hanssen | 97 | Nadderud | 04.05.2015 |
| 1:25.61 | Jonas Krossøy | 95 | Nadderud | 04.05.2015 |
| 1:26.5 | Markus Høgne | 98 | Bjørkelangen | 07.05.2015 |
| 1:27.9 | Jostein Sætra Schefte | 96 | Bjørkelangen | 07.05.2015 |
| 1:32.05 | Sondre Opaker Øines | 98 | Nadderud | 04.05.2015 |
| 1:38.53 | Tore Klungland | 97 | Askim | 20.05.2015 |
| 1:55.93 | Emil Nordal | 03 | Lillehammer/Ss | 21.06.2015 |
| 2:02.57 | Ådne Opaker Øines | 02 | Göteborg, SWE | 03.07.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:47.03 | Thomas Roth | 91 | Szczecin, POL | 09.08.2015 |
| 1:47.60 | Andreas Roth | 93 | Karlstad, SWE | 22.07.2015 |
| 1:50.74 | Markus Einan | 97 | Espoo, FIN | 29.08.2015 |
| 1:51.40 | Sigurd Blom Breivik | 96 | Oslo/Bi | 11.06.2015 |
| 1:51.67 | Terje Snarby | 89 | Stockholm, SWE | 25.06.2015 |
| 1:52.22 | Håvard Hildeskor | 92 | Oslo/Bi | 11.06.2015 |
| 1:53.11 | Sverre Blom Breivik | 96 | Espoo, FIN | 29.08.2015 |
| 1:55.75 | Elias Ottosen | 93 | Oslo/Bi | 24.06.2015 |
| 1:56.21 | Hauk Are Fjeld | 94 | Göteborg, SWE | 05.07.2015 |
| 1:57.55 | Markus Høgne | 98 | Oslo/Bi | 28.06.2015 |
| 1:57.69 | Henrik Hanssen | 97 | Oslo/Bi | 28.06.2015 |

|  |  |
| --- | --- |
| **MENN SENIOR 2015** | **883** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:58.90 | Nikolai Smestad | 92 | Oslo/Bi | 28.06.2015 |
| 2:01.26 | Jonas Krossøy | 95 | Göteborg, SWE | 05.07.2015 |
| 2:02.89 | Jon Gunnar Alfsen | 97 | Lillehammer/Ss | 21.06.2015 |
| 2:10.69 | Sondre Opaker Øines | 98 | Oslo/Bi | 28.06.2015 |
| 2:11.78 | Jørgen Opaker | 97 | Lillehammer/Ss | 21.06.2015 |
| 2:16.15 | Adisak Sween | 98 | Lillestrøm | 30.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:21.14 | Thomas Roth | 91 | Göteborg, SWE | 05.09.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:46.61 | Thomas Roth | 91 | Oslo/Bi | 29.08.2015 |
| 3:47.77 | Sigurd Blom Breivik | 96 | Stretford, GBR | 16.05.2015 |
| 3:48.44 | Terje Snarby | 89 | Jessheim | 04.06.2015 |
| 3:50.79 | Jørgen Frost Bø | 94 | Oslo/Be | 09.07.2015 |
| 3:59.49 | Markus Høgne | 98 | Jessheim | 02.07.2015 |
| 4:01.65 | Nikolai Smestad | 92 | Jessheim | 04.06.2015 |
| 4:01.76 | Henrik Hanssen | 97 | Oslo/Bi | 29.08.2015 |
| 4:05.68 | Hauk Are Fjeld | 94 | Oslo/Bi | 29.08.2015 |
| 4:13.93 | Kristian Monsen | 77 | Jessheim | 04.06.2015 |
| 4:16.80 | Jonas Krossøy | 95 | Oslo/Bi | 08.08.2015 |
| 4:35.3 | Lars Anders Tenold | 93 | Jessheim | 04.06.2015 |
| 4:44.0 | Sondre Westby Liestøl | 99 | Jessheim | 04.06.2015 |
| 4:45.2 | Adisak Sween | 98 | Jessheim | 04.06.2015 |
| 4:57.6 | Michael Løland | 92 | Jessheim | 04.06.2015 |
| 5:14.9 | Lars Myhre | 64 | Jessheim | 04.06.2015 |
| 5:19.0 | Frank Øines | 68 | Jessheim | 04.06.2015 |
| 5:55.0 | Arne Johansen | 48 | Jessheim | 04.06.2015 |
| 6:13.6 | Odd Kinnsbekken | 48 | Jessheim | 04.06.2015 |
| 6:52.0 | Ole Arnegård | 44 | Jessheim | 04.06.2015 |
| 7:02.0 | Hallvard Evensen | 53 | Jessheim | 04.06.2015 |
| 8:54.0 | Knut Kristiansen | 44 | Jessheim | 04.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:09.03 | Thomas Roth | 91 | Oslo/Bi | 17.09.2015 |

|  |  |
| --- | --- |
| **MENN SENIOR 2015** | **884** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:25.56 | Jørgen Frost Bø | 94 | Lillehammer/Ss | 20.06.2015 |
| 8:43.59 | Markus Høgne | 98 | Lillestrøm | 11.09.2015 |
| 8:48.49 | Kristian Monsen | 77 | Hamar | 24.05.2015 |
| 8:51.32 | Nikolai Smestad | 92 | Nadderud | 12.06.2015 |
| 8:52.55 | Henrik Hanssen | 97 | Nadderud | 12.06.2015 |
| 8:54.30 | Johan Hoel | 94 | Lillehammer/Ss | 20.06.2015 |
| 10:02.07 | Sondre Westby Liestøl | 99 | Hamar | 23.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14:23.17 | Jørgen Frost Bø | 94 | Oslo/Bi | 28.06.2015 |
| 15:13.03 | Nikolai Smestad | 92 | Stretford, GBR | 16.06.2015 |
| 15:15.69 | Kristian Monsen | 77 | Haugesund | 31.07.2015 |
| 15:37.07 | Johan Hoel | 94 | Oslo/Bi | 28.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32:16.95 | Kristian Monsen | 77 | Haugesund | 02.08.2015 |

|  |  |
| --- | --- |
| **5km veiløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:25 | Magnus Høgne | 98 | Modum | 10.10.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:12.29 | Kristian Monsen | 77 | Jessheim | 15.11.2015 |
| 1:22:58 | Torsbjørn Liestøl | 73 | Jessheim | 15.11.2015 |
| 1:24:07 | Harald Furuseth | 69 | Jessheim | 15.11.2015 |
| 1:27:18 | Sturla Trondsen | 60 | Jessheim | 15.11.2015 |
| 2:13:00 | Henning Høgheim | 39 | Lørenskog | 24.10.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:27:52 | Lars Myhre | 64 | Jessheim | 15.11.2015 |

|  |  |
| --- | --- |
| **110m hekk 91.4 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.51 | Marcus Theodor Moen | 99 | Göteborg, SWE | 05.07.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46.08 | Sondre Opaker Øines | 98 | Nadderud | 12.06.2015 |

|  |  |
| --- | --- |
| **MENN SENIOR 2015** | **885** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60.13 | Jon Gunnar Alfsen | 97 | Lillestrøm | 12.09.2015 |
| 66.26 | Sondre Opaker Øines | 98 | Oslo/Bi | 08.08.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Victor Rosenlind | 00 | Nadderud | 14.06.2015 |
| 1.45 | Henrik Jakobsen | 01 | Lillestrøm | 30.05.2015 |
| 1.35 | Emil Nordal | 03 | Lillestrøm | 20.06.2015 |
| 1.15 | John Arve Johansen | 36 | Årnes | 03.06.2015 |
| 0.90 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 20.06.2015 |
| 0.90 | Mikkel Finne | 06 | Lillehammer/Ss | 12.09.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.60 | Victor Rosenlind | 00 | Nadderud | 13.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.81 | Victor Rosenlind | 00 | Nadderud | 12.06.2015 |
| 4.32 s | Ådne Opaker Øines | 02 | Jessheim | 05.09.2015 |
| 4.22 | Iver Laake | 01 | Lillestrøm | 31.05.2015 |
| 3.56 s | Emil Nordal | 03 | Lillehammer/Ss | 21.06.2015 |
| 3.41 s | Christian Olaus Sween | 06 | Lillestrøm | 30.05.2015 |
| 3.17 | John Arve Johansen | 36 | Årnes | 06.05.2015 |
| 2.78 s | Mikkel Finne | 06 | Lillehammer/Ss | 13.09.2015 |
| 2.44 s | William Hjeltnes | 07 | Jessheim | 02.07.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.62 | Mikkel Finne | 06 | Lillehammer/Ss | 13.09.2015 |
| 3.90 | William Hjeltnes | 07 | Jessheim | 02.07.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.15 | Ådne Opaker Øines | 02 | Oslo/Bi | 09.08.2015 |
| 6.82 | Emil Nordal | 03 | Lillehammer/Ss | 21.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.74 | John Arve Johansen | 36 | Årnes | 03.06.2015 |

|  |  |
| --- | --- |
| **Kule 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.47 | Markus Høgne | 98 | Nittedal | 23.08.2015 |

|  |  |
| --- | --- |
| **MENN SENIOR 2015** | **886** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.10 | Martin Hjeltnes | 75 | Jessheim | 02.07.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.05 | Ådne Opaker Øines | 02 | Jessheim | 06.09.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.79 | Martin Hjeltnes | 75 | Jessheim | 02.07.2015 |

|  |  |
| --- | --- |
| **Spyd 500 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.03 | John Arne Johansen | 36 | Årnes | 06.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.06 | Henrik Jacobsen | 01 | Jessheim | 06.09.2015 |
| 21.17 | Victor Rosenlind | 00 | Nadderud | 12.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.18 | Christian Olaus Sween | 06 | Lillestrøm | 30.05.2015 |
| 22.75 | William Hjeltnes | 07 | Jessheim | 02.07.2015 |
| 18.51 | Mikkel Finne | 06 | Lillehammer/Ss | 12.09.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.94 | MS |  | Larvik/Lo | 30.05.2015 |
| Jørgen Opaker97-Martin Lundemo Syversen92-Marius Mellum96-Jon Gunnar Alfsen97 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45.22 | M19 |  | Larvik/Lo | 31.05.2015 |
| Jørgen Opaker97-Jon Gunnar Alfsen97-Marius Mellum96-Sondre Opaker Øines98 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.74 | G16 |  | Larvik/Lo | 30.05.2015 |
| Jonas Wenger99-Fredrik Veiby99-Victor Rosenlind00-Andreas Børve99 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2015** | **887** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:19.16 | MS |  | Larvik/Lo | 31.05.2015 |
| Håvard Hildeskor92-Andreas Roth93-Elias Ottosen93-Markus Einan97 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:25.51 | M19 |  | Larvik/Lo | 30.05.2015 |
| Sverre Blom Breivik96-Sigurd Blom Breivik96-Jon Gunnar Alfsen97-Markus Einan98 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:29.03 | MS |  | Larvik/Lo | 31.05.2015 |
| Martin Lundemo Syversen92-Terje Snarby89-Hauk Are Fjeld94-Sverre Blom Breivik96 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:40.99 | G18 |  | Larvik/Lo | 30.05.2015 |
| Jørgen Opaker97-Sondre Opaker Øines98-Henrik Hanssen97-Tore Klungland97 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:27.86 | MS |  | Larvik/Lo | 30.05.2015 |
| Andreas Roth93-Terje Snarby89-Hauk Are Fjeld94-Elias Ottosen93 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:55.64 | M19 |  | Larvik/Lo | 31.05.2015 |
| Jon Gunnar Alfsen97-Sigurd Blom Breivik96-Henrik Hanssen97-Markus Einan97 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:56.81 | MS |  | Haugesund | 02.08.2015 |
| Sverre Blom Breivik96-Håvard Hildeskor92-Markus Einan97-Thomas Roth91 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:59.35 | M19 |  | Lillestrøm | 13.09.2015 |
| Jørgen Opaker97-Marcus Theodor Moen99-Sverre Blom Breivik96-Markus Einan97 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:00.86 | M19 |  | Byrkjelo | 16.08.2015 |
| Jørgen Opaker97-Jan Gunnar Alfsen97-Sverre Blom Breivik96-Markus Einan97 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2015** | **888** |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.41 | Marcus Theodor Moen | 99 | Ulsteinvik | 06.03.2015 |
| 7.82 | Jørgen Opaker | 97 | Lillestrøm | 31.01.2015 |
| 7.89 | Jonas Wenger | 99 | Stange | 21.03.2015 |
| 8.00 | Johnny Brenna | 64 | Rud | 07.03.2015 |
| 8.20 | Fredrik Veiby | 99 | Stange | 21.03.2015 |
| 8.25 | Sondre Opaker Øines | 98 | Lillestrøm | 21.01.2015 |
| 8.30 | Victor Rosenlind | 00 | Stange | 21.03.2015 |
| 8.36 | Iver Laake | 01 | Rud | 05.12.2015 |
| 8.99 | Henrik Jakobsen | 01 | Stange | 21.03.2015 |
| 9.07 | Ådne Opaker Øines | 02 | Rud | 11.01.2015 |
| 9.19 | Emil Nordal | 03 | Stange | 22.03.2015 |
| 9.54 | Christian-Olaus Sween | 06 | Rud | 05.12.2015 |
| 9.99 | Daniel Nygård | 04 | Stange | 22.03.2015 |
| 11.27 | Andreas Hauglid | 04 | Stange | 22.03.2015 |
| 12.82 | Jørgen Dahl | 04 | Stange | 22.03.2015 |
| 13.66 | Fredrik Ingolfsrud | 04 | Stange | 22.03.2015 |
| 13.82 | Trym Normann | 04 | Stange | 22.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.11 | Sondre Opaker Øines | 98 | Stange | 22.03.2015 |
| 25.48 | Jonas Wenger | 99 | Stange | 22.03.2015 |
| 26.00 | Fredrik Veiby | 99 | Stange | 22.03.2015 |
| 26.32 | Iver Laake | 01 | Rud | 05.12.2015 |
| 27.65 | Ådne Opaker Øines | 02 | Rud | 05.12.2015 |
| 30.32 | Emil Nordal | 03 | Stange | 22.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.37 | Andreas Roth | 93 | Bergen/Le | 31.01.2015 |
| 51.59 | Håvard Hildeskor | 92 | Rud | 13.02.2015 |
| 56.74 | Sondre Opaker Øines | 98 | Rud | 28.02.2015 |
| 59.31 | Adisak Sveen | 98 | Rud | 11.01.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:18.06 | Markus Einan | 97 | Rud | 05.12.2015 |
| 1:22.60 | Hauk Are Fjeld | 94 | Rud | 05.12.2015 |
| 1:22.69 | Sverre Blom Breivik | 96 | Rud | 05.12.2015 |
| 1:27.08 | Jonas Krossøy | 95 | Rud | 05.12.2015 |
| 1:28.76 | Jørgen Opaker | 97 | Rud | 05.12.2015 |
| 1:32.81 | Sondre Opaker Øines | 98 | Rud | 05.12.2015 |
| 1:47.66 | Torjus Svardal | 03 | Rud | 05.12.2015 |

|  |  |
| --- | --- |
| **MENN SENIOR 2015** | **889** |

|  |  |
| --- | --- |
| **600m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:56.02 | Emil Nordal | 03 | Stange | 21.03.2015 |
| 2:00.55 | Christian-Olaus Sween | 05 | Rud | 05.12.2015 |
| 2:01.93 | Ådne Opaker Øines | 02 | Stange | 21.03.2015 |
| 2:18.15 | Daniel Nygård | 04 | Stange | 21.03.2015 |
| 2:26.52 | Andreas Hauglid | 04 | Stange | 21.03.2015 |
| 2:26.88 | Patrik Steinsvik Nilsen | 05 | Stange | 21.03.2015 |
| 2:59.97 | Kasper Steinsvik | 05 | Stange | 21.03.2015 |
| 3:12.94 | Jørgen Dahl | 04 | Stange | 21.03.2015 |
| 3:21.54 | Trym Normann | 04 | Stange | 21.03.2015 |
| 3:25.48 | Fredrik Ingolfsrud | 04 | Stange | 21.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:47.26 | Thomas Roth | 91 | Wien, AUT | 31.01.2015 |
| 1:49.77 | Andreas Roth | 93 | Gent, BLE | 07.02.2015 |
| 1:52.01 | Markus Einan | 97 | Steinkjer | 08.02.2015 |
| 1:55.44 | Sverre Blom Breivik | 96 | Steinkjer | 08.02.2015 |
| 1:56.01 | Håvard Hildeskor | 92 | Rud | 13.02.2015 |
| 1:57.78 | Hauk Are Fjeld | 94 | Steinkjer | 08.02.2015 |
| 1:59.85 | Henrik Hanssen | 97 | Rud | 13.02.2015 |
| 2:01.60 | Markus Høgne | 98 | Rud | 13.01.2015 |
| 2:17.06 | Sondre Opaker Øines | 98 | Rud | 13.02.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:01.69 | Sigurd Blom Breivik | 96 | Steinkjer | 07.02.2015 |
| 4:09.4 | Henrik Hanssen | 97 | Rud | 11.01.2015 |
| 4:21.9 | Jonas Krossøy | 95 | Rud | 11.01.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.77 | Marcus Theodor Moen | 99 | Rud | 15.02.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.47 | Marcus Theodor Moen | 99 | Ulsteinvik | 06.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.60 | Victor Rosenlind | 00 | Rud | 05.12.2015 |
| 1.50 | Henrik Jakobsen | 01 | Stange | 22.03.2015 |

|  |  |
| --- | --- |
| **MENN SENIOR 2015** | **890** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.84 | Marcus Theodor Moen | 99 | Karlstad, SWE | 17.01.2015 |
| 5.72 | Stein Tore Klungland | 58 | Lillestrøm | 31.01.2015 |
| 5.10 | Fredrik Veiby | 99 | Stange | 21.02.2015 |
| 4.84 | Victor Rosenlind | 00 | Stange | 21.02.2015 |
| 4.19 | Henrik Jakobsen | 01 | Stange | 21.03.2015 |
| 3.85 s | Christian-Olaus Sween | 06 | Rud | 05.12.2015 |
| 3.83 s | Ådne Opaker Øines | 02 | Stange | 21.03.2015 |
| 3.72 s | Emil Nordal | 03 | Stange | 21.03.2015 |
| 3.49 | Iver Laake | 01 | Stange | 21.04.2015 |
| 2.74 s | Kasper Steinsvik | 05 | Stange | 21.03.2015 |
| 2.73 s | Daniel Nygård | 04 | Stange | 21.03.2015 |
| 2.65 s | Anders Hauglid | 04 | Stange | 21.03.2015 |
| 2.58 s | Jørgen Dahl | 04 | Stange | 21.03.2015 |
| 2.57 s | Patrik Steinsvik Nilsen | 05 | Stange | 21.03.2015 |
| 2.14 s | Trym Normann | 04 | Stange | 21.03.2015 |
| 1.62 s | Fredrik Ingolfsrud | 04 | Stange | 21.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.84 | Stein Tore Klungland | 58 | Torun, POL | 27.03.2015 |

|  |  |
| --- | --- |
| **Kule2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.96 | Jørgen Dahl | 04 | Stange | 22.03.2015 |
| 6.48 | Kasper Steinsvik | 05 | Stange | 22.03.2015 |
| 6.32 | Daniel Nygård | 04 | Stange | 22.03.2015 |
| 6.02 | Trym Normann | 04 | Stange | 22.03.2015 |
| 5.44 | Christian-Olaus Sween | 06 | Rud | 05.12.2015 |
| 4.79 | Patrik Steinsvik Nilsen | 05 | Stange | 22.03.2015 |
| 4.69 | Fredrik Ingolfsrud | 04 | Stange | 22.03.2015 |
| 4.67 | Andreas Hauglid | 04 | Stange | 22.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.72 | Emil Nordal | 03 | Stange | 21.03.2015 |

|  |  |
| --- | --- |
| **Kule 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.77 | Marcus Theodor Moen | 99 | Karlstad, SWE | 17.01.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 72.92 | G11 |  | Stange | 21.03.2015 |
| Emil Nordal04-Daniel Nygård04-Patrik Nilsen05-Kasper Steinsvik05 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2015** | **891** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.80 | Hedda Algarheim Tverås | 01 | Nadderud | 13.06.2015 |
| 8.88 | Solveig Emilie Johansen | 03 | Oslo/Bi | 09.08.2015 |
| 9.14 | Amalie Westby Liestøl | 02 | Jessheim | 03.06.2015 |
| 9.54 | June Laake | 04 | Lillehammer/Ss | 20.06.2015 |
| 9.73 | Julie Hammer | 04 | Hokksund | 25.05.2015 |
| 9.75 | Kari Ingelin Olsen | 03 | Jessheim | 04.06.2015 |
| 9.77 | Emma Kristiane Nilsen | 04 | Lillestrøm | 30.05.2015 |
| 9.93 | Silje Berg-Knutsen | 05 | Lillestrøm | 30.05.2015 |
| 10.16 | Charlotte Svendsen | 02 | Jessheim | 04.06.2015 |
| 10.20 | Selma Norseth Kvam | 04 | Nadderud | 14.06.2015 |
| 10.24 | Melina Aasgård | 02 | Jessheim | 04.06.2015 |
| 10.28 | Lisa Steen | 02 | Jessheim | 04.06.2015 |
| 10.36 | Hedda Johanne Finne | 04 | Lillestrøm | 30.05.2015 |
| 10.59 | Ida Tranum | 04 | Jessheim | 04.06.2015 |
| 10.66 | Malena Gulbrandsen Høe | 05 | Nadderud | 14.06.2015 |
| 10.68 | Hanna Emilie Hjeltnes | 04 | Nittedal | 22.08.2015 |
| 10.90 | Amanda Dahl | 04 | Lillestrøm | 30.05.2015 |
| 10.97 | Kristine Markegård | 04 | Lillestrøm | 30.05.2015 |
| 10.99 | Marte Markegård | 04 | Lillestrøm | 30.05.2015 |
| 11.26 | Sophie Mannion | 05 | Jessheim | 04.06.2015 |
| 11.25 | Hannah Kastel | 05 | Lillestrøm | 30.05.2015 |
| 11.27 | Andrine Hagen | 05 | Jessheim | 04.06.2015 |
| 11.99 | Thea Pedersen | 05 | Jessheim | 04.06.2015 |
| 12.12 | Nicoline Nygaard | 05 | Jessheim | 04.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.99 | Charlotte Grasmo | 96 | Lillehammer/Ss | 21.06.2015 |
| 13.06 | Vår Åsheim | 99 | Brandbu | 27.06.2015 |
| 13.65 | Tonje Moen | 00 | Lillehammer/Ss | 21.06.2015 |
| 13.94 | Anne Kristin Aslakrud | 94 | Nadderud | 14.06.2015 |
| 14.12 | Hedda Algarheim Tverås | 01 | Lillehammer/Ss | 21.06.2015 |
| 14.63 | Solveig Emilie Johansen | 04 | Drammen/Ma | 23.08.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.25 | Vår Åsheim | 99 | Nittedal | 23.08.2015 |
| 26.86 | Emilie Hov Andreassen | 00 | Oslo/Bi | 09.08.2015 |
| 26.98 | Charlotte Grasmo | 96 | Brandbu | 27.06.2015 |
| 28.86 | Summer Steinsrud | 01 | Lillestrøm | 31.05.2015 |
| 29.16 | Vilde Svardal | 01 | Asker/Fø | 06.06.2015 |
| 29.33 | Hedda Algarheim Tverås | 01 | Lillestrøm | 31.05.2015 |
| 29.54 | Amalie Westby Liestøl | 02 | Lillestrøm | 31.05.2015 |
| 30.01 | Solveig Emilie Johansen | 03 | Nadderud | 14.06.2015 |
| 32.68 | June Laake | 04 | Arvika, SWE | 26.07.2015 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2015** | **892** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 41.49 | Emilie Hov Andreassen | 00 | Göteborg, SWE | 06.07.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 58.27 | Emilie Hov Andreassen | 00 | Oslo/Bi | 09.08.2015 |
| 59.12 | Caroline Foss Høistad | 98 | Lillehammer/Ss | 20.06.2015 |
| 59.39 | Vår Åsheim | 99 | Oslo/Bi | 16.07.2015 |
| 60.75 | Veronica Undseth | 94 | Lillehammer/Ss | 20.06.2015 |
| 72.58 | Anne Lillegård | 73 | Finnsnes | 28.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:41.50 | Emilie Hov Andreassen | 00 | Lillestrøm | 23.09.2015 |
| 1:43.77 | Amalie Westby Liestøl | 02 | Lillehammer/Ss | 21.06.2015 |
| 1:46.45 | Vilde Svardal | 01 | Lillestrøm | 30.05.2015 |
| 1:51.20 | Julie Hammer | 04 | Lillehammer/Ss | 21.06.2015 |
| 1:53.24 | Solveig Emilie Johansen | 03 | Lillestrøm | 31.05.2015 |
| 1:57.39 | June Laake | 04 | Lillehammer/Ss | 21.06.2015 |
| 2:01.05 | Mia Nygaard Østreng | 03 | Jessheim | 31.05.2015 |
| 2:03.50 | Silje Berg-Knutsen | 05 | Nittedal | 23.08.2015 |
| 2:11.75 | Hedda Johanne Finne | 04 | Lillehammer/Ss | 21.06.2015 |
| 2:20.42 | Malena Gulbrandsen Høe | 05 | Nadderud | 14.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:12.87 | Veronica Undseth | 94 | Oslo/Bi | 28.06.2015 |
| 2:14.94 | Emilie Hov Andreassen | 00 | Göteborg, SWE | 03.07.2015 |
| 2:16.32 | Pia Bålsrud | 95 | Oslo/Bi | 28.06.2015 |
| 2:18.67 | Caroline Foss Høistad | 98 | Nadderud | 13.06.2015 |
| 2:28.73 | Vilde Svardal | 01 | Oslo/Bi | 08.08.2015 |
| 2:30.13 | Helena Seland Myhre | 97 | Lillestrøm | 30.05.2015 |
| 2:35.89 | Heidi Kristine Halling | 97 | Nadderud | 13.06.2015 |
| 2:37.91 | Anne Lillegård | 73 | Lillehammer/Ss | 21.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:37.69 | Veronica Undseth | 94 | Jessheim | 04.06.2015 |
| 4:44.78 | Caroline Foss Høistad | 98 | Oslo/Bi | 29.08.2015 |
| 4:55.64 | Emilie Hov Andreassen | 00 | Jessheim | 04.06.2015 |
| 5:12.87 | Julie Flatner Hansen | 99 | Jessheim | 04.06.2015 |
| 5:14.09 | Helena Seland Myhre | 97 | Lillehammer/Ss | 18.06.2015 |
| 5:16.30 | Malene Fjellestad | 97 | Lillehammer/Ss | 18.06.2015 |
| 5:17.95 | Vilde Svardal | 01 | Jessheim | 06.09.2015 |
| 5:32.15 | Heidi Kristine Halling | 97 | Hamar | 24.05.2015 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2015** | **893** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:32.55 | Marianne Opsahl | 73 | Lillehammer/Ss | 18.06.2015 |
| 5:38.9 | Kamilla Hammer | 77 | Jessheim | 04.06.2015 |
| 5:40.31 | Anne Lillegård | 73 | Finnsnes | 26.06.2015 |
| 5:48.9 | Bente Holter | 62 | Jessheim | 04.06.2015 |
| 6:11.4 | Elisabeth Mannion | 76 | Jessheim | 04.06.2015 |
| 6:27.3 | Tone Merete Fjeld | 67 | Jessheim | 04.06.2015 |
| 6:46.0 | Trine Bogstad Mangerud | 51 | Jessheim | 04.06.2015 |
| 7:45.0 | Anne-Mari Bakkerud | 49 | Jessheim | 04.06.2015 |
| 7:58.0 | Marit Skolt Skafle | 56 | Jessheim | 04.06.2015 |
| 8:25.5 | Else Johanne Husa | 51 | Jessheim | 04.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:04.15 | Caroline Foss Høistad | 98 | Hamar | 23.05.2015 |
| 11:19.71 | Julie Flatner Hansen | 99 | Hamar | 23.05.2015 |
| 11:52.96 | Marianne Opsahl | 73 | Lillehammer/Ss | 20.06.2015 |
| 11:54.08 | Malene Fjellestad | 97 | Lillestrøm | 31.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.37 | June Laake | 04 | Lillestrøm | 31.05.2015 |
| 12.50 | Julie Hammer | 04 | Oslo/Bi | 08.08.2015 |
| 13.18 | Hanna Emilie Hjeltnes | 04 | Nittedal | 23.08.2015 |
| 13.91 | Malene Høe | 04 | Nittedal | 23.08.2015 |
| 14.08 | Silje Berg-Knutsen | 05 | Lillestrøm | 31.05.2015 |
| 14.56 | Mia Nygaard Østreng | 03 | Nittedal | 23.08.2015 |
| 14.80 | Hedda Johanne Finne | 04 | Lillestrøm | 31.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.47 | Hedda Algarheim Tverås | 01 | Oslo/Bi | 07.08.2015 |
| 13.69 | Mia Nygaard Østreng | 03 | Lillestrøm | 31.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.31 | Vår Åsheim | 99 | Lillestrøm | 12.09.2015 |

|  |  |
| --- | --- |
| **100m hekk 76.2 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15.89 | Vår Åsheim | 99 | Lillestrøm | 20.06.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.66 | Vår Åsheim | 99 | Lillestrøm | 11.09.2015 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2015** | **894** |

|  |  |
| --- | --- |
| **400m hekk 76.2 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 66.58 | Vår Åsheim | 99 | Byrkjelo | 15.08.2015 |

|  |  |
| --- | --- |
| **2000m hinder 76.2** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:39.16 | Caroline Foss Høistad | 98 | Lillestrøm | 12.09.2015 |
| 8:18.64 | Helene Seland Myhre | 97 | Lillestrøm | 12.09.2015 |
| 8:49.55 | Heidi Kristine Halling | 97 | Lillestrøm | 12.09.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Ebba Beyer | 98 | Nadderud | 12.06.2015 |
| 1.15 | Selma Norseth Kvam | 04 | Nadderud | 14.06.2015 |
| 1.10 | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 31.05.2015 |
| 1.10 | Silje Berg-Knutsen | 05 | Nittedal | 23.08.2015 |
| 1.10 | Hedda Johanne Finne | 04 | Lillehammer/Ss | 13.09.2015 |
| 0.95 | Malene Høe | 04 | Nittedal | 23.08.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.30 | Sara Bålsrud | 97 | Haugesund | 31.07.2015 |
| 3.00 | Sofie Skancke Krauss | 98 | Lillestrøm | 31.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.50 | Vår Åsheim | 99 | Nadderud | 12.06.2015 |
| 4.12 | Ebba Beyer | 98 | Oslo/Bi | 08.08.2015 |
| 3.80 s | Solveig Emilie Johansen | 03 | Jessheim | 02.07.2015 |
| 3.64 s | June Laake | 04 | Lillestrøm | 30.05.2015 |
| 3.42 s | Hedda Johanne Finne | 04 | Lillehammer/Ss | 12.09.2015 |
| 3.41 s | Julie Hammer | 04 | Asker/Fø | 06.06.2015 |
| 3.40 s | Silje Berg-Knutsen | 05 | Nittedal | 22.08.2015 |
| 3.31 s | Hanna Emilie Hjeltnes | 04 | Nadderud | 12.06.2015 |
| 3.29 s | Amanda Dahl | 04 | Lillestrøm | 30.05.2015 |
| 3.05 s | Malena Gulbrandsen Høe | 05 | Oslo/Bi | 08.08.2015 |
| 2.61 s | Elena Haugen-Teixeira | 07 | Jessheim | 02.07.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.88 s | Hanna Emilie Hjeltnes | 04 | Nittedal | 23.08.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.07 | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 31.05.2015 |
| 7.81 | Selma Norseth Kvam | 04 | Lillestrøm | 31.05.2015 |
| 7.28 | Hedda Johanne Finne | 04 | Lillehammer/Ss | 12.09.2015 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2015** | **895** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.14 | Solveig Emilie Johansen | 03 | Jessheim | 02.07.2015 |
| 5.42 | June Laake | 04 | Jessheim | 02.07.2015 |
| 5.15 | Silje Berg-Knutsen | 05 | Nittedal | 22.08.2015 |
| 4.36 | Malena Gulbrandsen Høe | 05 | Jessheim | 02.07.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.77 | Ebba Beyer | 98 | Nadderud | 12.06.2015 |
| 9.83 | Hedda Algarheim Tverås | 01 | Lillestrøm | 31.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16.67 | Hanna Emilie Hjeltnes | 04 | Nittedal | 22.08.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 21.05 | Ebba Beyer | 98 | Lillestrøm | 30.05.2015 |

|  |  |
| --- | --- |
| **Slegge 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 19.10 | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 31.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 21.27 | Amalie Westby Liestøl | 02 | Jessheim | 06.09.2015 |
| 18.96 | Hanna Emilie Hjeltnes | 04 | Nittedal | 23.08.2015 |

|  |  |
| --- | --- |
| **Spyd 500 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.42 | Ebba Beyer | 98 | Lillestrøm | 31.05.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.15 | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 30.05.2015 |
| 32.53 | Selma Norseth Kvam | 04 | Nadderud | 14.06.2015 |
| 25.03 | Malena Gulbrandsen Høe | 05 | Nadderud | 14.06.2015 |
| 22.54 | Hedda Johanne Finne | 04 | Nadderud | 14.06.2015 |
| 17.68 | Marte Markegård | 04 | Lillestrøm | 30.05.2015 |
| 17.41 | Elena Haugen-Teixeira | 07 | Jessheim | 02.07.2015 |
| 16.55 | Kristine Markegård | 04 | Lillestrøm | 30.05.2015 |
| 15.14 | Silje Berg-Knutsen | 05 | Lillestrøm | 30.05.2015 |
| 15.10 | Selma Kristiane Nilsen | 04 | Lillestrøm | 30.05.2015 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2015** | **896** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.67 | KS |  | Larvik/Lo | 31.05.2015 |
| Ann Kristin Aslakrud94-Randi Nymoen68-Charlotte Grasmo96-Tonje Moen00 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.20 | J16 |  | Larvik/Lo | 31.05.2015 |
| Tonje Moen00-Ivy Møller00-Mathilde Marie Solberg99-Vår Åsheim99 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 62.60 | J12 |  | Lillestrøm | 30.05.2015 |
| Solveig Johansen03-June Laake04-Silje Berg-Knutsen05-Hedda Finne04 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:02.04 | K21 |  | Larvik/Lo | 30.05.2015 |
| Veronica Undseth94-Vår Åsheim99-Pia Bålsrud95-Emilie Hov Andreassen00 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:02.88 | K19 |  | Larvik/Lo | 31.05.2015 |
| Vår Åsheim99-Emilie Hov Andreassen00-Caroline Foss Høistad98-Charlotte Grasmo96 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:22.33 | K21 |  | Larvik/Lo | 31.05.2015 |
| Pia Bålsrud95-Caroline Foss Høistad98-Veronica Undseth94-Emilie Hov Andreassen00 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2015** | **897** |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.32 | Vår Åsheim | 99 | Ulsteinvik | 06.03.2015 |
| 8.38 | Emilie Hov Andreassen | 00 | Rud | 05.12.2015 |
| 8.44 | Tonje Moen | 00 | Lillestrøm | 31.01.2015 |
| 8.84 | Hedda Algarheim Tverås | 01 | Lillestrøm | 31.01.2015 |
| 8.95 | Solveig Emilie Johansen | 03 | Rud | 05.12.2015 |
| 9.73 | Emma Kristine Nilsen | 04 | Stange | 22.03.2015 |
| 9.81 | June Laake | 04 | Stange | 22.03.2015 |
| 9.82 | Ingelin Johansen | 03 | Stange | 22.03.2015 |
| 10.37 | Hedda Johanne Finne | 04 | Stange | 22.03.2015 |
| 10.53 | Martine Dimmen | 04 | Stange | 22.03.2015 |
| 10.58 | Selma Norseth Kvam | 04 | Stange | 22.03.2015 |
| 10.58 | Pernille Nilsen | 04 | Stange | 22.03.2015 |
| 11.06 | Amanda Dahl | 04 | Stange | 22.03.2015 |
| 11.55 | Hanna Emilie Hjeltnes | 04 | Stange | 22.03.2015 |
| 13.23 | Rikke Yttervik | 04 | Stange | 22.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.54 | Vår Åsheim | 99 | Ulsteinvik | 07.03.2015 |
| 26.98 | Emilie Hov Andreassen | 00 | Rud | 05.02.2015 |
| 27.61 | Tonje Moen | 00 | Stange | 22.03.2015 |
| 29.79 | Hedda Algarheim Tverås | 01 | Stange | 22.03.2015 |
| 30.59 | Amalie Westby Liestøl | 02 | Stange | 22.03.2015 |
| 30.78 | Solveig Emilie Johansen | 03 | Stange | 22.03.2015 |
| 32.89 | June Laake | 04 | Stange | 22.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 62.62 | Pia Bålsrud | 95 | Rud | 11.01.2015 |
| 65.51 | Sofie Skancke Krauss | 98 | Rud | 11.01.2015 |
| 67.10 | Helena Seland Myhre | 97 | Rud | 11.01.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:33.61 | Emilie Hov Andreassen | 00 | Rud | 05.12.2015 |
| 1:40.53 | Caroline Foss Høistad | 98 | Rud | 05.12.2015 |
| 1:47.36 | Vilde Svardahl | 01 | Stange | 21.03.2015 |
| 1:50.60 | Amalie Westby Liestøl | 02 | Stange | 21.03.2015 |
| 1:57.21 | Solveig Emilie Johansen | 03 | Stange | 21.03.2015 |
| 1:59.85 | June Laake | 04 | Rud | 05.12.2015 |
| 2:05.65 | Mia Jenny Østreng | 04 | Rud | 05.12.2015 |
| 2:13.28 | Silje Berg-Knutsen | 05 | Stange | 21.03.2015 |
| 2:25.04 | Selma Norseth Kvam | 04 | Stange | 21.03.2015 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2015** | **898** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:16.44 | Veronica Undseth | 94 | Ulsteinvik | 07.03.2015 |
| 2:19.67 | Emilie Hov Andreassen | 00 | Rud | 15.02.2015 |
| 2:31.69 | Andrea Furuseth | 96 | Ulsteinvik | 07.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:58.07 | Caroline Foss Høistad | 98 | Ulsteinvik | 08.03.2015 |
| 5:25.2 | Malene Fjellestad | 97 | Rud | 11.01.2015 |
| 5:26.7 | Helena Seland Myhre | 97 | Rud | 11.01.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.34 | Vår Åsheim | 99 | Rud | 15.02.2015 |
| 10.06 | Tonje Moen | 00 | Ulsteinvik | 06.03.2015 |
| 10.76 | Hedda Algarheim Tverås | 01 | Lillestrøm | 31.01.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Ebba Beyer | 98 | Rud | 13.02.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.10 | Sofie Skancke Krauss | 98 | Ulsteinvik | 08.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.34 s | June Laake | 04 | Stange | 22.03.2015 |
| 3.33 s | Emma Kristine Nilsen | 04 | Stange | 22.03.2015 |
| 3.22 s | Ingelin Johansen | 03 | Stange | 22.03.2015 |
| 3.08 s | Amanda Dahl | 04 | Stange | 22.03.2015 |
| 3.02 s | Martine Dimmen | 04 | Stange | 22.03.2015 |
| 3.00 s | Hedda Johanne Finne | 04 | Stange | 22.03.2015 |
| 2.96 s | Pernille Nilsen | 04 | Stange | 22.03.2015 |
| 2.87 s | Selma Norseth Kvam | 04 | Stange | 22.03.2015 |
| 2.80 s | Hanna Emilie Hjeltnes | 04 | Stange | 22.03.2015 |
| 1.98 s | Rita Yttervik | 04 | Stange | 22.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.62 | Hanna Emilie Hjeltnes | 04 | Rud | 05.12.2015 |
| 7.93 | Selma Norseth Kvam | 04 | Stange | 21.03.2015 |
| 4.58 | Silje Berg-Knutsen | 05 | Stange | 21.03.2015 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2015** | **899** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.28 | Ebba Beyer | 98 | Rud | 05.12.2015 |
| 9.64 | Hedda Algarheim Tverås | 01 | Stange | 21.03.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 63.71 | J12 |  | Stange | 21.03.2015 |
| Solveig Johansen03-Silje Berg-Knutsen05-Selma Norseth Kvam04-June Laake04 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:02.66 | GJ 14 |  | Stange | 21.03.2015 |
| Ådne Opaker Øines02-Amalie Westby Liestøl02-Vilde Svardahl01-Iver Laake01 | | | |