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| **MENN SENIOR 2016** | **900** |

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| **60m E** |  |

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| 7.95 | Ådne Opaker Øines | 02 | Lillestrøm | 17.09.2016 |
| 8.17 | Emil Nordal | 03 | Lillehammer/Ss | 18.05.2016 |
| 8.20 | Iver Laake | 01 | Jessheim | 02.06.2016 |
| 9.44 | Christian-Olaus Sween | 06 | Lillestrøm | 28.05.2016 |
| 9.70 | Andreas Iversen | 03 | Jessheim | 02.06.2016 |
| 9.75 | Christian Iversen | 05 | Jessheim | 02.06.2016 |
| 10.31 | Eirik Bjørk Halvorsen | 04 | Jessheim | 02.06.2016 |
| 10.37 | Simon Sivertsen | 05 | Jessheim | 02.06.2016 |
| 10.58 | Simon Lye Smistad | 07 | Jessheim | 25.06.2016 |
| 10.89 | Pakalon Nirmalan | 05 | Jessheim | 02.06.2016 |
| 10.94 | Eirik Westby Liestøl | 06 | Jessheim | 02.06.2016 |
| 10.94 | Brevin Banister | 05 | Jessheim | 02.06.2016 |
| 10.95 | Magnus Hjelmeseth | 05 | Jessheim | 02.06.2016 |
| 10.95 | Sigve Sand | 05 | Jessheim | 02.06.2016 |
| 11.00 | Lucas Carister | 09 | Lillestrøm | 17.09.2016 |
| 11.01 | Simen Cook Halvorsen | 04 | Jessheim | 02.06.2016 |
| 11.26 | Sondre Norheim | 05 | Jessheim | 02.06.2016 |
| 12.09 | William Hjeltnes | 07 | Lillestrøm | 28.05.2016 |
| 12.20 | Jesper Fredriksen | 07 | Jessheim | 25.06.2016 |

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| **60m M** |  |

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| 7.8 | Michael Løland | 92 | Årnes | 07.09.2016 |

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| **100m E** |  |

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| 11.56 | Marius Mellum | 96 | Oslo/Bi | 23.08.2016 |
| 12.44 | Iver Laake | 01 | Drammen/Ma | 17.09.2016 |
| 12.80 | Ådne Opaker Øines | 02 | Lillestrøm | 28.05.2016 |
| 13.04 | Henrik Hanssen | 97 | Nittedal | 20.08.2016 |
| 13.13 | Emil Nordal | 03 | Lillehammer/Ss | 19.06.2016 |
| 15.87 | Øystein Gjerdrum | 52 | Ski | 08.06.2016 |

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| **100m M** |  |

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| 12.3 | Michael Løland | 92 | Årnes | 24.08.2016 |

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| **MENN SENIOR 2016** | **901** |

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| **200m E** |  |

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| 21.96 | Marcus Theodor Moen | 99 | Sandnes | 04.09.2016 |
| 23.61 | Marius Mellum | 96 | Oslo/Bi | 23.08.2016 |
| 24.14 | Sondre Opaker Øines | 98 | Jessheim | 25.06.2016 |
| 24.28 | Jostein Steffensen | 96 | Oslo/Bi | 24.05.2016 |
| 24.63 | Jørgen Opaker | 97 | Lillehammer/Ss | 17.06.2016 |
| 24.86 | Kristian Tokstad | 00 | Oslo/Be | 10.07.2016 |
| 24.95 | Jonas Nødtvedt Wenger | 99 | Lillestrøm | 29.05.2016 |
| 25.51 | Iver Laake | 01 | Drammen/Ma | 18.09.2016 |
| 25.93 | Johnny Brenna | 64 | Geithus | 13.08.2016 |
| 26.13 | Ådne Opaker Øines | 02 | Jessheim | 27.08.2016 |
| 26.88 | Emil Nordal | 03 | Jessheim | 27.08.2016 |
| 33.41 | Christian-Olaus Sween | 06 | Jessheim | 25.06.2016 |
| 40.93 | Lucas Carister | 09 | Jessheim | 25.06.2016 |

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| **400m E** |  |

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| 48.24 | Markus Einan | 97 | Brandbu | 06.08.2016 |
| 49.90 | Andreas Roth | 93 | Lillestrøm | 29.05.2016 |
| 50.44 | Sverre Blom Breivik | 96 | Oslo/Bi | 24.05.2016 |
| 50.57 | Hauk Are Fjeld | 94 | Oslo/Bi | 24.05.2016 |
| 51.42 | Sigurd Blom Breivik | 96 | Oslo/Bi | 14.08.2016 |
| 52.05 | Elias Ottosen | 93 | Oslo/Bi | 24.05.2016 |
| 52.43 | Johan Sebastian Evensen | 96 | Oslo/Bi | 14.08.2016 |
| 52.92 | Kristian Tokstad | 00 | Lillehammer/Ss | 18.06.2016 |
| 53.58 | Sondre Opaker Øines | 98 | Nittedal | 20.08.2016 |
| 53.67 | Jørgen Opaker | 97 | Nittedal | 16.05.2016 |
| 54.94 | Henrik Hanssen | 97 | Lillehammer/Ss | 18.06.2016 |

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| **400m M** |  |

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| 55.8 | Michael Løland | 92 | Årnes | 07.09.2016 |

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| **600m** |  |

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| 1:18.43 | Markus Einan | 97 | Jessheim | 27.08.2016 |
| 1:25.24 | Kristian Tokstad | 00 | Jessheim | 27.08.2016 |
| 1:25.35 | Johan Sebastian Evensen | 96 | Nadderud | 03.05.2016 |
| 1:26.97 | Henrik Hanssen | 97 | Nadderud | 03.05.2016 |
| 1:26.99 | Jostein Steffensen | 96 | Nadderud | 03.05.2016 |
| 1:27.59 | Jørgen Opaker | 97 | Nadderud | 03.05.2016 |
| 1:29.14 | Ole Martin Sandness | 00 | Kongsvinger | 07.09.2016 |
| 1:29.68 | Sondre Opaker Øines | 98 | Nadderud | 03.05.2016 |
| 1:30.91 | Jonas Haarborg Bolgen | 96 | Nadderud | 03.05.2016 |
| 1:54.57 | Christian-Olaus Sween | 06 | Lillehammer/Ss | 19.06.2016 |

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| **MENN SENIOR 2016** | **902** |

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| **800m** |  |

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| 1:48.77 | Andreas Roth | 93 | Oslo/Bi | 24.06.2016 |
| 1:48.93 | Markus Einan | 97 | Oslo/Bi | 24.06.2016 |
| 1:50.57 | Thomas Roth | 91 | København, DEN | 18.06.2016 |
| 1:50.92 | Sigurd Blom Breivik | 96 | Leiden, NED | 11.06.2016 |
| 1:50.94 | Sverre Blom Breivik | 96 | Sollentuna, SWE | 28.06.2016 |
| 1:51.94 | Terje Snarby | 89 | Oordegem, BEL | 28.05.2016 |
| 1:52.95 | Hauk Are Fjeld | 94 | Nadderud | 11.06.2016 |
| 1:58.14 | Henrik Hanssen | 97 | Oslo/Bi | 13.08.2016 |
| 1:58.80 | Markus Høgne | 98 | Lillestrøm | 28.05.2016 |
| 1:59.22 | Jostein Steffensen | 96 | Oslo/Bi | 24.06.2016 |
| 1:59.33 | Johan Sebastian Evensen | 96 | Oslo/Bi | 24.06.2016 |
| 1:59.75 | Kristian Tokstad | 00 | Nittedal | 16.05.2016 |
| 2:02.37 | Jørgen Opaker | 97 | Karlstad, SWE | 27.07.2016 |
| 2:04.30 | Ole Martin Sandness | 00 | Nadderud | 13.09.2016 |
| 2:08.58 | Sondre Opaker Øines | 98 | Lillestrøm | 28.05.2016 |
| 2:09.50 | Mats Tokerud | 00 | Nadderud | 11.06.2016 |
| 2:30.6 | Pål Berg-Knutsen | 64 | Jessheim | 15.10.2016 |
| 2:32.2 | Trygve Stanger | 62 | Jessheim | 15.10.2016 |
| 2:35.7 | Emil Nordal | 03 | Jessheim | 15.10.2016 |
| 2:37.9 | Lars Myhre | 64 | Jessheim | 15.10.2016 |
| 2:52.2 | Magnus Smedsrud | 06 | Jessheim | 15.10.2016 |
| 2:58.3 | Eirik Bjørk Halvorsen | 04 | Jessheim | 15.10.2016 |
| 3:07.7 | Jakob Antti Sveen | 04 | Jessheim | 15.10.2016 |
| 3:17.5 | Ole Arnegård | 44 | Jessheim | 15.10.2016 |
| 3:36.2 | Halvard Evensen | 53 | Jessheim | 15.10.2016 |
| 3:48.0 | Henning Høgheim | 39 | Jessheim | 15.10.2016 |
| 4:27.0 | Helge Velure | 50 | Jessheim | 15.10.2016 |

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| **1000m** |  |

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| 2:29.39 | Hauk Are Fjeld | 94 | Göteborg, SWE | 15.07.2016 |

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| **1500m** |  |

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| 3:48.54 | Sigurd Blom Breivik | 96 | Jessheim | 02.06.2016 |
| 3:53.97 | Sverre Blom Breivik | 96 | Jessheim | 02.06.2016 |
| 3:58.07 | Henrik Hanssen | 97 | Oslo/Bi | 12.08.2016 |
| 3:58.79 | Markus Høgne | 98 | Oslo/Bi | 24.06.2016 |
| 4:04.79 | Hauk Are Fjeld | 94 | Jessheim | 02.06.2016 |
| 4:20.48 | Jostein Steffensen | 96 | Jessheim | 02.06.2016 |
| 4:23.50 | Ole Martin Sandness | 00 | Oslo/Bi | 12.08.2016 |
| 4:24.44 | Sondre Westby Liestøl | 99 | Jessheim | 02.06.2016 |
| 4:32.05 | Jørgen Opaker | 97 | Jessheim | 02.06.2016 |
| 4:36.66 | Sondre Opaker Øines | 98 | Jessheim | 02.06.2016 |
| 4:47.6 | Pål Berg-Knutsen | 64 | Jessheim | 02.06.2016 |

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| **MENN SENIOR 2016** | **903** |

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| **1500m forts.** |  |

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| 5:15.8 | Eirik Løvgaard | 77 | Jessheim | 02.06.2016 |
| 5:25.2 | Faran Hassan | 97 | Jessheim | 02.06.2016 |
| 6:06.5 | Arne Johansen | 48 | Jessheim | 02.06.2016 |
| 6:26.8 | Odd Kinnsbekken | 48 | Jessheim | 02.06.2016 |
| 6:40.9 | Bjørn Hytjanstorp | 66 | Jessheim | 02.06.2016 |
| 7:10.2 | Ole Arnegård | 44 | Jessheim | 02.06.2016 |
| 7:38.9 | Henning Høgheim | 39 | Jessheim | 02.06.2016 |
| 7:42.5 | Anders Jellum | 48 | Jessheim | 02.06.2016 |
| 7:46.7 | Bjørn-Ivar Thune | 59 | Jessheim | 02.06.2016 |
| 8:47.0 | Arne Luke | 44 | Jessheim | 02.06.2016 |
| 8:54.5 | Helge Velure | 50 | Jessheim | 02.06.2016 |

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| **3000m** |  |

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| 8:38.86 | Henrik Hanssen | 97 | Sandnes | 02.09.2016 |
| 8:39.07 | Markus Høgne | 98 | Göteborg, SWE | 15.07.2016 |
| 8:56.46 | Eskil Kinneberg | 92 | Lerum, SWE | 22.06.2016 |
| 9:20.18 | Johan Hoel | 94 | Lillehammer/Ss | 18.06.2016 |
| 9:37.07 | Ole Martin Sandness | 00 | Sandnes | 04.09.2016 |

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| **5000m** |  |

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| 14:51.18 | Eskil Kinneberg | 92 | Lerum, SWE | 22.06.2016 |
| 16:02.79 | Kristian Monsen | 77 | Geithus | 12.08.2016 |

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| **10000m** |  |

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| 34:08.53 | Kristian Monsen | 77 | Geithus | 14.08.2016 |

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| **1000m gang** |  |

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| 5:32.42 | Ådne Opaker Øines | 02 | Nadderud | 12.06.2016 |

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| **Halvmaraton 21098m** |  |

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| 1:14:05 | Kristian Monsen | 77 | Lørenskog | 30.10.2016 |
| 1:26.16 | Harald Furulund | 69 | Jessheim | 06.11.2016 |
| 1:59:07 | Dag Haugan | 66 | Jessheim | 06.11.2016 |

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| **Maraton 42195m** |  |

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| 2:56:50 | Jahn Thomas Olsen | 77 | Oslo | 17.09.2016 |
| 3:24:56 | Lars Myhre | 64 | Jessheim | 06.11.2016 |

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| **MENN SENIOR 2016** | **904** |

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

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| 12.34 | Christian-Olaus Sween | 06 | Lillestrøm | 29.05.2016 |

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

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| 14.09 | Marcus Theodor Moen | 99 | Göteborg, SWE | 03.07.2016 |
| 16.22 | Victor Rosenlind | 00 | Nadderud | 11.06.2016 |

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

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| 13.85 | Marcus Theodor Moen | 99 | Sandnes | 02.09.2016 |

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

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| 61.48 | Sondre Opaker Øines | 98 | Oslo/Bi | 24.06.2016 |
| 72.23 | Jostein Steffensen | 96 | Nadderud | 11.06.2016 |

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

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| 6:13.32 | Markus Høgne | 98 | Jessheim | 25.06.2016 |

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| **Høyde** |  |

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| 1.55 | Henrik Jakobsen | 01 | Moss/Me | 01.06.2016 |
| 1.50 | Emil Nordal | 03 | Nadderud | 12.06.2016 |
| 1.16 | John Arve Johansen | 36 | Årnes | 24.08.2016 |
| 1.10 | Christian-Olaus Sween | 06 | Jessheim | 25.06.2016 |

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| **Stav** |  |

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| 4.00 | Filip Aas | 00 | Oslo/Bi | 13.08.2016 |
| 2.00 | John Arve Johansen | 36 | Geithus | 12.08.2016 |

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| **Lengde** |  |

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| 5.34 | Stein Tore Klungland | 58 | Odense, DEN | 01.07.2016 |
| 4.89 | Ådne Opaker Øines | 02 | Lillestrøm | 17.09.2016 |
| 4.72 | Michael Løland | 92 | Årnes | 24.08.2016 |
| 3.70 s | Christian-Olaus Sween | 06 | Lillestrøm | 28.05.2016 |
| 3.23s | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 19.06.2016 |
| 2.78 | John Arve Johansen | 36 | Geithus | 12.08.2016 |
| 2.65 s | William Hjeltnes | 07 | Lillestrøm | 28.05.2016 |
| 2.62 s | Lucas Carister | 09 | Lillestrøm | 17.09.2016 |
| 2.61 s | Simon Lye Smistad | 07 | Jessheim | 25.06.2016 |
| **Underkjent** | |  | | |
| 6.37 +2.6 | Marcus Theodor Moen | 99 | Sandnes | 03.09.2016 |

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| **MENN SENIOR 2016** | **905** |

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| **Tresteg** |  |

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| 11.44 | Stein Tore Klungland | 58 | Göteborg, SWE | 03.07.2016 |
| 7.47 | John Arve Johansen | 36 | Årnes | 07.09.2016 |

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| **Kule 2 kg** |  |

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| 5.63 | Christian-Olaus Sween | 06 | Lillestrøm | 29.05.2016 |
| 2.61 | Simon Lye Smistad | 07 | Jessheim | 25.06.2016 |
| 2.45 | Lucas Carister | 09 | Jessheim | 25.06.2016 |

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| **Kule 3 kg** |  |

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| 10.35 | John Arve Johansen | 36 | Årnes | 08.06.2016 |
| 9.89 | Emil Nordal | 03 | Jessheim | 27.08.2016 |
| 7.99 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 19.06.2016 |

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| **Kule 4 kg** |  |

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| 8.28 | Ådne Opaker Øines | 02 | Oslo/Bi | 14.08.2016 |

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| **Kule 5 kg** |  |

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| 10.31 | Terje Aastorp | 56 | Geithus | 12.08.2016 |
| 9.30 | Ove Aastorp | 56 | Geithus | 12.08.2016 |

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| **Kule 7.26 kg** |  |

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| 7.86 | Ove Aastorp | 56 | Oslo/Be | 25.10.2016 |
| 7.83 | Terje Aastorp | 56 | Kongsvinger | 14.09.2016 |

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| **Diskos 2 kg** |  |

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| 19.12 | Ove Aastorp | 56 | Oslo/Be | 25.10.2016 |

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| **Spyd 400 g** |  |

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| 29.54 | John Arve Johansen | 36 | Geithus | 14.08.2016 |
| 14.40 | Christian-Olaus Sween | 06 | Jessheim | 25.06.2016 |

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| **Liten ball 150 g** |  |

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| 27.55 | Christian-Olaus Sween | 06 | Lillestrøm | 28.05.2016 |
| 11.00 | Lucas Carister | 09 | Lillestrøm | 17.09.2016 |

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| **MENN SENIOR 2016** | **906** |

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| **4x100m E** |  |

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| 48.29 | G16 |  | Trondheim/St | 21.05.2016 |
| Filip Aas00-Morgan Øqvist01-Mats Tokerud00-Iver Laake01 | | | |

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| **4x400m** |  |

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| 3:27.29 | M19 |  | Trondheim/St | 21.05.2016 |
| Jørgen Opaker98-Kristian Tokstad00-Sondre Opaker Øines98-Markus Einan97 | | | |

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| 3:29.54 | M20 |  | Trondheim/St | 22.05.2016 |
| Jørgen Opaker97-Sverre Blom Breivik96-Jostein Steffensen96-Sondre Opaker Øines98 | | | |

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| **4x600m** |  |

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| 6:16.15 | G16 |  | Trondheim/St | 22.05.2016 |
| Morten Øqvist01-Mats Tokerud00-Ole Martin Sandness00-Kristian Tokstad00 | | | |

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| **4x1500m** |  |

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| 17:17.36 | M19 |  | Trondheim/St | 22.05.2016 |
| Ole Martin Sandness00-Markus Høgne98-Henrik Hanssen97-Markus Einan97 | | | |

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| 17:43.73 | M20 |  | Trondheim/St | 22.05.2016 |
| Sverre Blom Breivik96-Markus Høgne98-Jostein Steffensen96-Ole Martin Sandness00 | | | |

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| **1000m** |  |

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| 1:57.44 | MS |  | Ravnanger | 31.07.2016 |
| Hauk Are Fjeld94-Sigurd Blom Breivik96-Markus Einan97-Andreas Roth93 | | | |

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| 2:02.27 | M22 |  | Brandbu | 07.08.2016 |
| Hauk Are Fjeld94-Sverre Blom Breivik96-Johan Evensen96-Sigurd Blom Breivik96 | | | |

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| **MENN SENIOR 2016** | **907** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.29 | Marius Mellum | 96 | Hvam | 10.12.2016 |
| 7.46 | Marcus Theodor Moen | 99 | Rud | 06.02.2016 |
| 7.82 | Stian Fredriksen | 81 | Hvam | 10.12.2016 |
| 7.88 | Iver Laake | 01 | Rud | 03.12.2016 |
| 7.90 | Ådne Opaker Øines | 02 | Hvam | 10.12.2016 |
| 7.99 | Morgan Øqvist | 01 | Hvam | 16.01.2016 |
| 8.04 | Emil Nordal | 03 | Hvam | 10.12.2016 |
| 8.09 | Victor Rosenlind | 00 | Stange | 12.03.2016 |
| 8.33 | Johnny Brenna | 64 | Hvam | 13.03.2016 |
| 9.33 | Christian-Olaus Sween | 06 | Rud | 02.12.2016 |
| 9.45 | Ivar Opsahl | 47 | Hvam | 13.03.2016 |
| 10.03 | Christian Iversen | 05 | Hvam | 16.01.2016 |
| 10.32 | Jørgen Stuve Dahl | 04 | Hvam | 10.12.2016 |
| 10.45 | Marius Johansen | 05 | Hvam | 10.12.2016 |
| 11.00 | Michael Grøholt | 07 | Hvam | 16.01.2016 |
| 11.03 | Trygve Stuve Dahl | 07 | Hvam | 10.12.2016 |
| 11.07 | Andreas Hauglid | 04 | Hvam | 16.01.2016 |
| 11.11 | Joakim Kolobekken | 09 | Hvam | 10.12.2016 |
| 11.57 | Christian Iversen | 05 | Hvam | 10.12.2016 |
| 11.65 | Heine Frilseth | 07 | Hvam | 10.12.2016 |
| 12.05 | William Hjeltnes | 07 | Hvam | 10.12.2016 |
| 12.09 | Jesper Aasen Fredriksen | 07 | Hvam | 10.12.2016 |
| 12.20 | Oscar Johansen Solli | 07 | Hvam | 10.12.2016 |

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| **200m E** |  |

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| 25.00 | Sondre Opaker Øines | 98 | Rud | 07.02.2016 |
| 25.24 | Jonas Nødtvedt Wenger | 99 | Stange | 13.03.2016 |
| 25.56 | Iver Laake | 01 | Rud | 03.12.2016 |
| 25.72 | Morgan Øqvist | 01 | Rud | 07.02.2016 |
| 25.72 | Ådne Opaker Øines | 02 | Hvam | 10.12.2016 |
| 26.12 | Johnny Brenna | 64 | Hvam | 16.01.2016 |
| 27.00 | Emil Nordal | 03 | Hvam | 10.12.2016 |
| 29.94 | Torjus Svardahl | 03 | Hvam | 16.01.2016 |
| 30.79 | Bjørn Hytjanstorp | 66 | Hvam | 12.03.2016 |
| 33.50 | Christian Iversen | 05 | Hvam | 16.01.2016 |
| 37.29 | Andreas Hauglid | 04 | Hvam | 16.01.2016 |
| 41.62 | Jørgen Stuve Dahl | 04 | Stange | 13.03.2016 |

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| **MENN SENIOR 2016** | **908** |

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| **400m E** |  |

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| 48.49 | Andreas Roth | 93 | Rud | 13.02.2016 |
| 48.58 | Markus Einan | 97 | Rud | 06.02.2016 |
| 50.81 | Sverre Blom Breivik | 96 | Rud | 13.02.2016 |
| 53.80 | Jostein Steffensen | 96 | Hvam | 16.01.2016 |
| 54.48 | Kristian Tokstad | 00 | Hvam | 16.01.2016 |
| 54.56 | Jon Gunnar Alfsen | 97 | Hvam | 16.01.2016 |
| 55.08 | Sondre Opaker Øines | 98 | Hvam | 10.12.2016 |
| 55.11 | Jørgen Opaker | 97 | Hvam | 16.01.2016 |
| 56.17 | Mats Tokstad | 00 | Hvam | 16.01.2016 |
| 65.29 | Jonas Nødtvedt Wenger | 99 | Hvam | 16.01.2016 |

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| **600m** |  |

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| 1:26.79 | Kristian Tokstad | 00 | Rud | 03.12.2016 |
| 1:27.59 | Mats Tokstad | 00 | Rud | 03.12.2016 |
| 1:28.14 | Jostein Steffensen | 96 | Ranheim | 04.12.2016 |
| 1:30.81 | Jørgen Opaker | 97 | Stange | 12.03.2016 |
| 1:31.53 | Sondre Opaker Øines | 98 | Rud | 03.12.2016 |
| 1:40.79 | Morgan Øqvist | 01 | Stange | 12.03.2016 |
| 1:49.24 | Christian-Olaus Sween | 06 | Rud | 03.12.2016 |
| 1:54.67 | Ådne Opaker Øines | 02 | Stange | 12.03.2016 |
| 2:22.57 | Andreas Trana Hauglid | 04 | Stange | 12.03.2016 |
| 2:45.75 | Jørgen Stuve Dahl | 04 | Stange | 12.03.2016 |

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| **800m** |  |

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| 1:48.60 | Thomas Roth | 91 | Vaxjö, SWE | 13.02.2016 |
| 1:49.87 | Markus Einan | 97 | Göteborg, SWE | 30.01.2016 |
| 1:52.18 | Sverre Blom Breivik | 96 | Hvam | 06.02.2016 |
| 1:53.12 | Terje Sparby | 89 | Hvam | 06.02.2016 |
| 2:01.25 | Jostein Steffensen | 96 | Hvam | 06.02.2016 |
| 2:07.52 | Kristian Tokstad | 00 | Hvam | 06.02.2016 |
| 2:11.70 | Sondre Opaker Øines | 98 | Hvam | 06.02.2016 |
| 2:12.15 | Tore Klungland | 97 | Hvam | 10.12.2016 |
| 2:56.87 | Bjørn Hytjanstorp | 66 | Hvam | 13.03.2016 |

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| **1500m** |  |

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| 3:46.19 | Thomas Roth | 91 | Hvam | 06.02.2016 |
| 4:08.37 | Henrik Hanssen | 97 | Hvam | 06.02.2016 |
| 4:14.30 | Jørgen Gundersen | 95 | Hvam | 06.02.2016 |

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| **3000m** |  |

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| 8:29.66 | Eskil Kinneberg | 92 | Malmø, SWE | 27.02.2016 |

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| **MENN SENIOR 2016** | **909** |

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

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| 11.57 | Christian Iversen | 05 | Hvam | 10.12.2016 |

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

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| 12.36 | Ivar Opsahl | 47 | Hvam | 12.03.2016 |

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

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| 8.00 | Marcus Theodor Moen | 99 | Steinkjer | 26.02.2016 |
| 9.12 | Filip Aas | 00 | Steinkjer | 26.02.2016 |
| 9.49 | Victor Rosenlind | 00 | Hvam | 10.12.2016 |

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| **Høyde** |  |

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| 1.60 | Victor Rosenlind | 00 | Stange | 13.03.2016 |
| 1.45 | Henrik Jakobsen | 01 | Hvam | 16.01.2016 |
| 1.45 | Emil Nordal | 03 | Stange | 13.03.2016 |
| 1.33 | Ivar Opsahl | 47 | Hvam | 13.03.2016 |
| 1.27 | Bjørn Hytjanstorp | 66 | Hvam | 13.03.2016 |
| 1.18 | John Arve Johansen | 36 | Hvam | 13.03.2016 |
| 1.05 | Jørgen Stuve Dahl | 04 | Hvam | 16.01.2016 |

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| **Stav** |  |

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| 3.90 | Filip Aas | 00 | Rud | 25.08.2016 |
| 2.60 | Victor Rosenlind | 00 | Hvam | 16.01.2016 |
| 2.20 | Ivar Opsahl | 47 | Hvam | 12.03.2016 |
| 2.20 | John Arve Johansen | 36 | Hvam | 12.03.2016 |

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| **Lengde** |  |

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| 5.58 | Svein Tore Klungland | 58 | Lillestrøm | 30.01.2016 |
| 4.75 | Iver Laake | 01 | Hvam | 10.12.2016 |
| 3.96 s | Christian-Olaus Sween | 06 | Rud | 03.12.2016 |
| 3.65 s | Jørgen Stuve Dahl | 04 | Hvam | 10.12.2016 |
| 3.42 | John Arve Johansen | 36 | Hvam | 12.03.2016 |
| 3.29 | Bjørn Hytjanstorp | 66 | Hvam | 12.03.2016 |
| 3.18 s | Joakim Kolobekken | 09 | Hvam | 10.12.2016 |
| 3.11 s | Andreas Trana Hauglid | 04 | Hvam | 16.01.2016 |
| 2.99 s | Michael Grøholt | 07 | Hvam | 16.01.2016 |
| 2.90 s | William Hjeltnes | 07 | Hvam | 10.12.2016 |
| 2.65 s | Tyrgve Stave Dahl | 07 | Hvam | 10.12.2016 |
| 2.75 s | Oskar Johansen Solli | 07 | Hvam | 10.12.2016 |
| 2.20 s | Heine Frilseth | 07 | Hvam | 10.12.2016 |
| 2.18 s | Jesper Fredriksen | 07 | Hvam | 10.12.2016 |

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| **MENN SENIOR 2016** | **910** |

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| **Tresteg** |  |

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| 11.41 | Stein Tore Klungland | 58 | Hvam | 13.03.2016 |

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| **Kule2 kg** |  |

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| 6.73 | Marius Johansen | 05 | Hvam | 10.12.2016 |
| 6.60 | Christian-Olaus Sween | 06 | Rud | 03.12.2016 |
| 5.45 | Eirik Liestøl | 06 | Hvam | 16.01.2016 |
| 5.25 | Oscar Johansen Solli | 07 | Hvam | 10.12.2016 |
| 4.94 | William Hjeltnes | 07 | Hvam | 10.12.2016 |
| 4.83 | Trygve Stuve Dahl | 07 | Hvam | 10.12.2016 |
| 4.12 | Joakim Kolobekken | 09 | Hvam | 10.12.2016 |
| 3.67 | Heine Frilseth | 07 | Hvam | 10.12.2016 |
| 3.45 | Jesper Aasen Fredriksen | 07 | Hvam | 10.12.2016 |

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| **Kule 3 kg** |  |

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| 9.88 | John Arve Johansen | 36 | Hvam | 13.03.2016 |
| 9.25 | Emil Nordal | 03 | Stange | 13.03.2016 |
| 7.86 | Jørgen Stuve Dahl | 04 | Hvam | 10.12.2016 |
| 5.18 | Andreas Trana Hauglid | 04 | Stange | 13.03.2016 |

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| **Kule 4 kg** |  |

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| 7.11 | Ådne Opaker Øines | 02 | Hvam | 02.03.2016 |

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| **Kule 5 kg** |  |

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| 9.87 | Ivar Opsahl | 47 | Hvam | 13.03.2016 |

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| **Kule 7.26 kg** |  |

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| 8.15 | Ove Aastorp | 56 | Hvam | 10.12.2016 |
| 7.64 | Terje Aastorp | 56 | Hvam | 10.12.2016 |

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| **KVINNER SENIOR 2016** | **911** |

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| **60m M** |  |

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| 8.73 | Solveig Emilie Johansen | 03 | Asker/Fø | 05.06.2016 |
| 9.17 | Amalie Westby Liestøl | 02 | Jessheim | 02.06.2016 |
| 9.19 | Ida Johanne Folsland | 02 | Jessheim | 02.06.2016 |
| 9.40 | Claudia Charles | 04 | Jessheim | 02.06.2016 |
| 9.44 | Oda Rognstad | 05 | Jessheim | 02.06.2016 |
| 9.57 | June Laake | 03 | Jessheim | 02.06.2016 |
| 9.70 | Silje Berg-Knutsen | 05 | Jessheim | 25.06.2016 |
| 9.81 | Malena Gulbrandsen Høe | 05 | Oslo/Be | 08.05.2016 |
| 9.83 | Julie Hammer | 04 | Jessheim | 02.06.2016 |
| 9.97 | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 28.05.2016 |
| 10.17 | Sophie Mannion | 05 | Jessheim | 02.06.2016 |
| 10.46 | Lisa Lizama | 04 | Jessheim | 02.06.2016 |
| 10.48 | Oda Kaspara Gladheim | 05 | Jessheim | 02.06.2016 |
| 10.68 | Denicha Ravendran | 06 | Jessheim | 02.06.2016 |
| 10.62 | Helene Arnesen | 05 | Jessheim | 02.06.2016 |
| 11.16 | Hannah Kastel | 05 | Jessheim | 02.06.2016 |
| 11.23 | Benedikte Rønneberg | 06 | Jessheim | 02.06.2016 |
| 11.52 | Ingerid Petrikke Huuse | 06 | Jessheim | 02.06.2016 |
| 11.74 | Johanne Norheim | 03 | Jessheim | 02.06.2016 |
| 12.62 | Lea Hammer | 09 | Lillestrøm | 11.05.2016 |

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| **100m E** |  |

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| 12.90 | Tonje Moen | 00 | Sandnes | 02.09.2016 |
| 13.24 | Summer Steinsrud | 01 | Nittedal | 20.08.2016 |
| 13.44 | Solveig Emilie Johansen | 03 | Lillehammer/Ss | 19.06.2016 |

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| **200m E** |  |

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| 25.38 | Birgitte Kjuus | 99 | Asker/Fø | 04.06.2016 |
| 26.00 | Vår Åsheim | 99 | Lillehammer/Ss | 17.06.2016 |
| 26.81 | Summer Steinsrud | 01 | Lillehammer/Ss | 17.06.2016 |
| 27.65 | Solveig Emilie Johansen | 03 | Jessheim | 27.08.2016 |
| 30.94 | Ida Johanne Folsland | 02 | Lillestrøm | 15.06.2016 |
| 35.11 | Mia Jenny Østreng | 03 | Lillestrøm | 29.05.2016 |

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| **400m M** |  |

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| 56.84 | Vår Åsheim | 99 | Göteborg, SWE | 02.07.2016 |
| 58.13 | Emilie Hov Andreassen | 00 | Hamar | 18.05.2016 |
| 69.49 | Anne Lillegård | 73 | Geithus | 14.08.2016 |

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| **KVINNER SENIOR 2016** | **912** |

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| **600m** |  |

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| 1:44.96 | Amalie Westby Liestøl | 02 | Jessheim | 27.08.2016 |
| 1:50.27 | Julie Hammer | 04 | Göteborg, SWE | 01.07.2016 |
| 1:53.71 | June Laake | 04 | Lillestrøm | 29.05.2016 |
| 1:56.16 | Mia Jenny Østreng | 04 | Lillehammer/Ss | 12.07.2016 |
| 1:57.91 | Silje Berg-Knutsen | 05 | Nadderud | 12.06.2016 |
| 2:09.69 | Malena Gulbrandsen Høe | 05 | Nadderud | 12.06.2016 |
| 2:42.8 | Lea Hammer | 09 | Lillestrøm | 11.05.2016 |

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| **800m** |  |

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| 2:14.31 | Pia Bålsrud | 95 | Oslo/Bi | 24.06.2016 |
| 2:18.89 | Caroline Foss Høistad | 98 | Oslo/Be | 10.07.2016 |
| 2:22.66 | Emilie Hov Andreassen | 00 | Brandbu | 06.08.2016 |
| 2:26.69 | Amalie Westby Liestøl | 02 | Lillehammer/Ss | 19.06.2016 |
| 2:42.95 | Anne Lillegård | 73 | Ski | 08.06.2016 |
| 2:44.6 | June Laake | 04 | Jessheim | 15.10.2016 |
| 2:49.9 | Ingrid Johnsen | 00 | Jessheim | 15.10.2016 |
| 2:54.9 | Silje Berg-Knutsen | 05 | Jessheim | 15.10.2016 |
| 3:16.0 | Sophie Mannion | 05 | Jessheim | 15.10.2016 |
| 4:43.1 | Marie Furuseth Løe | 06 | Jessheim | 15.10.2016 |

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| **1500m** |  |

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| 4:40.72 | Caroline Foss Høistad | 98 | Hamar | 18.05.2016 |
| 4:54.88 | Tina Moen | 00 | Jessheim | 02.06.2016 |
| 5:06.29 | Julie Hammer | 04 | Göteborg, SWE | 02.07.2016 |
| 5:32.27 | June Laake | 04 | Drammen/Ma | 17.09.2016 |
| 5:56.03 | Anne Lillegård | 73 | Odense, DEN | 01.07.2016 |
| 6:42.2 | Trine Bogstad Mangerud | 51 | Jessheim | 02.06.2016 |
| 7:34.8 | Marit Skolt Skafle | 56 | Jessheim | 02.06.2016 |

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| **3000m** |  |

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| 10:54.41 | Tina Moen | 00 | Nadderud | 10.06.2016 |

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| **Halvmaraton 21098m** |  |

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| 1:43:45 | Andrea Furuseth | 94 | Jessheim | 06.11.2016 |

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| **Maraton 42195m** |  |

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| 3:59:03 | Elisabeth Mannion | 76 | Jessheim | 06.11.2016 |

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| **KVINNER SENIOR 2016** | **913** |

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

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| 11.94 | Malena Gulbrandsen-Høe | 05 | Nadderud | 12.06.2016 |
| 13.26 | Silje Berg-Knutsen | 05 | Lillestrøm | 29.05.2016 |

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

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| 12.02 | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 29.05.2016 |
| 13.76 | Mia Jenny Østreng | 03 | Lillestrøm | 29.05.2016 |
| 13.91 | June Laake | 04 | Nadderud | 12.06.2016 |

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

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| 11.91 | Tonje Moen | 00 | Sandnes | 03.09.2016 |
| 12.91 | Summer Steinsrud | 01 | Nittedal | 21.08.2016 |

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| **400m hekk 76.2 cm E** |  |

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| 61.10 | Vår Åsheim | 99 | Göteborg, SWE | 01.07.2016 |

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| **2000m hinder 76.2 cm** |  |

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| 7:26.64 | Tina Moen | 00 | Göteborg, SWE | 03.07.2016 |

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| **Høyde** |  |

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| 1.20 | Silje Berg-Knutsen | 05 | Lillestrøm | 29.05.2016 |
| 1.15 | Malena Gulbrandsen-Høe | 05 | Jessheim | 25.06.2016 |

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| **Stav** |  |

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| 3.70 | Birgitte Kjuus | 99 | Oslo/Bi | 24.06.2016 |
| 2.80 | Sofie Schancke Krauss | 98 | Jessheim | 25.06.2016 |

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| **Lengde** |  |

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| 5.26 | Birgitte Kjuus | 99 | Ravnanger | 30.07.2016 |
| 4.32 | Summer Steinsrud | 01 | Lillestrøm | 17-09.2016 |
| 3.86 s | Silje Berg-Knutsen | 05 | Nittedal | 20.08.2016 |
| 3.80 s | Malena Gulbrandsen Høe | 05 | Oslo/Bi | 13.06.2016 |
| 3.73 s | Julie Hammer | 04 | Lillestrøm | 11.05.2016 |
| 3.63 s | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 28.05.2016 |
| 2.76 s | Elena Haugen | 07 | Jessheim | 25.06.2016 |
| 2.28 s | Madelen Gjeisklid | 08 | Jessheim | 25.06.2016 |
| 2.12 s | Lea Hammer | 09 | Lillestrøm | 11.05.2016 |

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| **KVINNER SENIOR 2016** | **914** |

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| **Tresteg** |  |

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| 11.91 | Birgitte Kjuus | 99 | Ravnanger | 30.07.2016 |
| 8.29 | Amalie Westby Liestøl | 02 | Jessheim | 28.08.2016 |
| 7.46 s | Malena Gulbrandsen Høe | 05 | Nittedal | 21.08.2016 |

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| **Kule 2 kg** |  |

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| 12.48 | Hanna Emilie Hjeltnes | 04 | Göteborg, SWE | 01.07.2016 |
| 6.08 | Silje Berg-Knutsen | 05 | Nittedal | 20.08.2016 |
| 5.59 | Malena Gulbrandsen-Høe | 05 | Lillestrøm | 29.05.2016 |

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| **Kule 4 kg** |  |

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| 9.13 | Ebba Beyer | 98 | Lillestrøm | 28.05.2016 |

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| **Diskos 600 g** |  |

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| 27.36 | Hanna Emilie Hjeltnes | 04 | Nittedal | 20.08.2016 |

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| **Diskos 1 kg** |  |

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| 24.65 | Ebba Beyer | 98 | Lillestrøm | 28.05.2016 |

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| **Slegge 2 kg** |  |

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| 31.43 | Hanna Emilie Hjeltnes | 04 | Nadderud | 11.06.2016 |

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| **Spyd 400 g** |  |

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| 25.62 | Hanna Emilie Hjeltnes | 04 | Nittedal | 21.08.2016 |
| 14.93 | Malene Gulbrandsen Høe | 05 | Nittedal | 21.08.2016 |

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| **Spyd 600 g** |  |

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| 25.85 | Ebba Beyer | 98 | Nadderud | 11.06.2016 |

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| **Liten ball 150 g** |  |

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| 46.25 | Hanna Emilie Hjeltnes | 04 | Nadderud | 12.06.2016 |
| 27.19 | Malena Gulbrandsen Høe | 05 | Lillestrøm | 28.05.2016 |
| 18.05 | Julie Hammer | 04 | Lillestrøm | 11.05.2016 |
| 17.94 | Silje Berg-Knutsen | 05 | Lillestrøm | 28.05.2016 |
| 6.78 | Lea Hammer | 09 | Lillestrøm | 11.05.2016 |

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| **KVINNER SENIOR 2016** | **915** |

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| **4x400m** |  |

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| 3:50.91 | J18 |  | Trondheim/St | 22.05.2016 |
| Vår Åsheim99-Emilie Hov Andreassen00-Birgitte Kjuus99-Caroline Foss Høistad98 | | | |

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| **4x800m** |  |

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| 9:49.75 | J18 |  | Trondheim/St | 21.05.2016 |
| Emilie Hov Andreassen00-Tina Moen00-Marie Næss00-Caroline Foss Høistad98 | | | |

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| **KVINNER SENIOR 2016** | **916** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.15 | Tonje Moen | 00 | Hvam | 10.12.2016 |
| 8.16 | Vår Åsheim | 99 | Lillestrøm | 30.01.2016 |
| 8.32 | Summer Steinsrud | 01 | Hvam | 10.12.2016 |
| 8.52 | Solveig Emilie Johansen | 03 | Hvam | 10.12.2016 |
| 8.86 | Hedda Algarheim Tverås | 01 | Hvam | 16.01.2016 |
| 9.26 | Ida Johanne Folsland | 02 | Hvam | 10.12.2016 |
| 9.37 | Synne Rognstad | 03 | Hvam | 16.01.2016 |
| 9.49 | Ingelin Johansen | 03 | Hvam | 16.01.2016 |
| 9.57 | Oda Rognstad | 05 | Hvam | 16.01.2016 |
| 9.93 | Selma Kvam | 04 | Hvam | 02.03.2016 |
| 10.19 | Pernille Nilsen | 04 | Hvam | 16.01.2016 |
| 10.21 | Silje Berg Knutsen | 05 | Lillestrøm | 30.01.2016 |
| 10.29 | Karoline Hjelm Bakkerud | 06 | Hvam | 10.12.2016 |
| 10.44 | Hanna Emilie Hjeltnes | 04 | Hvam | 16.01.2016 |
| 10.55 | Amanda Dahl | 04 | Hvam | 16.01.2016 |
| 10.56 | Sophie Mannion | 05 | Stange | 13.03.2016 |
| 10.59 | Oda Gladheim | 05 | Hvam | 16.01.2016 |
| 10.97 | Elena Haugen-Teixeira | 09 | Hvam | 10.12.2016 |
| 11.41 | Ingrid Petrikke Huuse | 06 | Hvam | 10.12.2016 |
| 11.50 | Sigrid Bendigtsen | 08 | Hvam | 10.12.2016 |
| 11.62 | Benedikte Rønneberg | 06 | Lillestrøm | 30.01.2016 |
| 11.73 | Victoria Grøve | 07 | Hvam | 16.01.2016 |
| 11.77 | Cecilie Bakkerud | 08 | Hvam | 10.12.2016 |
| 11.97 | Mathea Skaldebø | 09 | Hvam | 10.12.2016 |
| 12.25 | Madeleine Kristiansen | 06 | Hvam | 16.01.2016 |
| 12.25 | Anette Folberg | 06 | Hvam | 16.01.2016 |
| 12.75 | Lilje Fjellestad | 06 | Hvam | 16.01.2016 |
| 13.25 | Adelina Selimi | 07 | Hvam | 16.01.2016 |
| 14.80 | Ella Hjeltnes | 10 | Hvam | 10.12.2016 |

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| **200m E** |  |

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| 25.99 | Vår Åsheim | 99 | Rud | 07.02.2016 |
| 26.86 | Tonje Moen | 00 | Steinkjer | 28.02.2016 |
| 27.80 | Summer Steinsrud | 01 | Hvam | 10.12.2016 |
| 28.16 | Solveig Emilie Johansen | 03 | Hvam | 10.12.2016 |
| 30.08 | Hedda Algarheim Tverås | 01 | Hvam | 16.01.2016 |
| 31.97 | Synne Rognstad | 03 | Hvam | 16.01.2016 |
| 32.71 | Ida Johanne Folsland | 02 | Hvam | 16.01.2016 |
| 33.45 | Pernille Nilsen | 04 | Hvam | 16.01.2016 |
| 33.51 | Oda Rognstad | 05 | Hvam | 16.01.2016 |

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| **KVINNER SENIOR 2016** | **917** |

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

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| 34.95 | Hanna Emilie Hjeltnes | 04 | Hvam | 16.01.2016 |
| 37.51 | Oda Gladheim | 05 | Hvam | 16.01.2016 |
| 41.23 | Ingrid Petrikke Huuse | 06 | Hvam | 10.12.2016 |

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| **400m** |  |

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| 58.37 | Vår Åsheim | 99 | Rud | 06.02.2016 |
| 59.96 | Emilie Hov Andreassen | 00 | Hvam | 16.01.2016 |

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| **600m** |  |

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| 1:57.37 | Mia Jenny Østreng | 03 | Hvam | 10.12.2016 |
| 2:01.06 | June Laake | 04 | Stange | 12.03.2016 |
| 2.01.74 | Silje Berg-Knutsen | 05 | Stange | 12.03.2016 |
| 2:09.44 | Synne Rognstad | 03 | Hvam | 16.01.2016 |
| 2:11.58 | Oda Gladheim | 05 | Stange | 12.03.2016 |
| 2:12.85 | Silje Berg Knutsen | 05 | Lillestrøm | 30.01.2016 |
| 2:37.15 | Lilje Fjellestad | 06 | Stange | 12.03.2016 |
| 2:48.91 | Anette Folberg | 06 | Stange | 12.03.2016 |

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| **800m** |  |

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| 2:17.92 | Caroline Foss Høistad | 98 | Hvam | 06.02.2016 |
| 2:49.9 | Ingrid Johnsen | 00 | Jessheim | 15.10.2016 |

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| **1500m** |  |

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| 4:51.33 | Caroline Foss Høistad | 98 | Hvam | 16.01.2016 |
| 4:55.71 | Tina Moen | 00 | Hvam | 16.01.2016 |
| 5:17.01 | Helena Seland Myhre | 97 | Hvam | 16.01.2016 |
| 5:30.21 | Heidi Kristine Halling | 97 | Hvam | 16.01.2016 |

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| **3000m** |  |

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| 10:33.16 | Silje Ekroll Jahren | 88 | Rud | 06.03.2016 |
| 12:19.15 | Magdolna Takats | 74 | Hvam | 13.03.2016 |

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

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| 13.14 | Silje Berg Knutsen | 05 | Lillestrøm | 30.01.2016 |

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| **KVINNER SENIOR 2016** | **918** |

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

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| 9.21 | Vår Åsheim | 99 | Lillestrøm | 30.01.2016 |
| 9.26 | Tonje Moen | 00 | Hvam | 10.12.2016 |
| 9.74 | Summer Steinsrud | 01 | Hvam | 10.12.2016 |
| 13.37 | Mia Jenny Østreng | 03 | Hvam | 10.12.2016 |
| 14.30 | Hanne Emilie Hjeltnes | 04 | Hvam | 10.12.2016 |

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| **Høyde** |  |

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| 1.45 | Ebba Beyer | 98 | Rud | 07.02.2016 |
| 1.10 | Hanna Emilie Hjeltnes | 04 | Hvam | 16.01.2016 |
| 1.05 | Pernille Nilsen | 04 | Hvam | 16.01.2016 |
| 1.05 | Amanda Dahl | 04 | Hvam | 16.01.2016 |
| 1.00 | Lilje Fjellestad | 06 | Hvam | 16.01.2016 |
| 0.90 | Benedikte Rønneberg | 06 | Hvam | 16.01.2016 |
| 0.85 | Oda Rognstad | 05 | Hvam | 16.01.2016 |
| 0.80 | Madeleine Kristiansen | 06 | Hvam | 16.01.2016 |

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| **Stav** |  |

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| 3.60 | Birgitte Kjuus | 99 | Hvam | 12.02.2016 |
| 3.50 | Sara Bålsrud | 97 | Hvam | 12.02.2016 |

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| **Lengde** |  |

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| 5.00 | Birgitte Kjuus | 99 | Rud | 03.12.2016 |
| 4.60 | Summer Steinsrud | 01 | Hvam | 16.01.2016 |
| 3.80 s | Ingelin Johnsen | 03 | Hvam | 16.01.2016 |
| 3.67 s | Hanna Emilie Hjeltnes | 04 | Hvam | 10.12.2016 |
| 3.55 s | Amanda Dahl | 04 | Hvam | 16.01.2016 |
| 3.51 s | Oda Rognstad | 05 | Stange | 12.03.2016 |
| 3.48 s | Oda Gladheim | 05 | Hvam | 16.01.2016 |
| 3.35 s | Sophie Mannion | 05 | Stange | 13.03.2016 |
| 3.26 s | Pernille Nilsen | 04 | Hvam | 16.01.2016 |
| 3.23 s | Silje Berg Knutsen | 05 | Lillestrøm | 30.01.2016 |
| 3.13 s | Karoline Hjelm Bakkerud | 06 | Hvam | 10.12.2016 |
| 2.80 s | Benedikte Rønneberg | 06 | Lillestrøm | 30.01.2016 |
| 2.79 s | Elena Haugan-Texeira | 07 | Hvam | 16.01.2016 |
| 2.71 s | Ingrid Petrikke Huuse | 06 | Hvam | 10.12.2016 |
| 2.40 s | Cecilie Bakkerud | 08 | Hvam | 10.12.2016 |
| 2.32 s | Adelina Selami | 07 | Hvam | 16.01.2016 |
| 2.30 s | Anette Folberg | 06 | Hvam | 16.01.2016 |
| 2.25 s | Lilje Fjellestad | 06 | Hvam | 16.01.2016 |
| 2.13 s | Mathea Skaldebø | 09 | Hvam | 10.12.2016 |
| 1.90 s | Sigrid Bendigtsen | 08 | Hvam | 10.12.2016 |
| 1.64 s | Ella Hjeltnes | 10 | Hvam | 10.12.2016 |

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| **KVINNER SENIOR 2016** | **919** |

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| **Tresteg** |  |

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| 7.92 s | Hanna Emilie Hjeltnes | 04 | Hvam | 02.03.2016 |

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| **Kule 2 kg** |  |

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| 12.08 | Hanna Emilie Hjeltnes | 04 | Hvam | 10.12.2016 |
| 9.09 | Selma Nilsen | 04 | Stange | 12.03.2016 |
| 9.01 | Selma Nordseth Kvam | 04 | Hvam | 02.03.2016 |
| 5.60 | Silje Berg Knutsen | 05 | Stange | 12.03.2016 |
| 4.70 | Oda Gladheim | 05 | Stange | 12.03.2016 |
| 4.25 | Anette Folberg | 06 | Stange | 12.03.2016 |
| 3.95 | Lilje Fjellestad | 06 | Stange | 12.03.2016 |
| 3.80 | Sigrid Bendigtsen | 08 | Hvam | 10.12.2016 |
| 3.73 | Mathea Skaldebø | 09 | Hvam | 10.12.2016 |
| 3.57 | Ingerid Petrikke Huuse | 06 | Hvam | 10.12.2016 |
| 1.92 | Ella Hjeltnes | 10 | Hvam | 10.12.2016 |

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| **Kule 4 kg** |  |

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| 9.61 | Ebba Beyer | 98 | Rud | 06.02.2016 |
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| **4x100m E** |  |

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| 60.88 | J13 |  | Hvam | 10.12.2016 |
| Solveig Johansen03-Ida Johanne Folsland02-June Laake04-Mia Jenny Østreng03 | | | |

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| 66.25 | J11 |  | Stange | 12.03.2016 |
| Silje Berg-Knutsen05-Oda Gladheim05-Oda Rognstad05-Sophie Mannion05 | | | |

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| **MENN SENIOR 2017** | **920** |

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| **60m E** |  |

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| 7.76 | Oatthawut Panklang | 02 | Jessheim | 23.05.2017 |
| 7.98 | Emil Nordal | 03 | Lillehammer/Ss | 24.06.2017 |
| 9.00 | Christian-Olaus Sween | 06 | Lillestrøm | 27.05.2017 |
| 9.80 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 24.06.2017 |
| 10.27 | Leo Elias Rise | 07 | Jessheim | 23.05.2017 |
| 10.27 | Fredrik Solberg Hernes | 06 | Jessheim | 23.05.2017 |
| 10.82 | Trygve Stuve Dahl | 07 | Lillehammer/Ss | 24.06.2017 |
| 11.36 | Elias Rønneberg | 07 | Jessheim | 23.05.2017 |
| 11.50 | William Hjeltnes | 07 | Jessheim | 23.05.2017 |
| 11.91 | Hans Jørgen Holter | 07 | Jessheim | 23.05.2017 |
| 16.12 | Carl Magnus Bauck Jensen | 11 | Jessheim | 23.05.2017 |

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| **60m M** |  |

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| 7.9 | Michael Løland | 92 | Årnes | 31.05.2017 |
| 10.9 | Marcus Hauge Sollie | 09 | Årnes | 10.05.2017 |
| 11.6 | John Arve Johansen | 36 | Årnes | 23.08.2017 |

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| **100m E** |  |

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| 10.97 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 25.06.2017 |
| 12.00 | Jonas Nødtvedt Wenger | 99 | Jessheim | 23.05.2017 |
| 12.00 | Ådne Opaker Øines | 02 | Lillestrøm | 27.05.2017 |
| 12.05 | Oatthawut Panklang | 02 | Lillehammer/Ss | 25.06.2017 |
| 12.11 | Mats Tokstad | 00 | Oslo/Bi | 19.07.2017 |
| 12.25 | Iver Laake | 01 | Drammen/Ma | 27.08.2017 |
| 12.39 | Sander Steen Myrvang | 00 | Ski | 16.08.2017 |
| 12.61 | Emil Nordal | 03 | Lillehammer/Ss | 25.06.2017 |
| 15.04 | Øystein Gjerdrum | 52 | Knarvik | 23.06.2017 |
| **Medvind +3.3** | |  | | |
| 10.70 1fiA | Marcus Theodor Moen | 99 | Lillehammer/Ss | 25.06.2017 |

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| **100m M** |  |

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| 12.5 | Michael Løland | 92 | Årnes | 10.05.2017 |

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| **200m E** |  |

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| 21.98 | Marcus Theodor Moen | 99 | Mannheim, GER | 02.07.2017 |
| 23.98 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 23.06.2017 |
| 24.66 | Jonas Nødtvedt Wenger | 99 | Göteborg, SWE | 02.07.2017 |
| 24.74 | Ådne Opaker Øines | 02 | Nadderud | 17.06.2017 |
| 24.87 | Oatthawut Panklang | 02 | Jessheim | 23.05.2017 |
| 25.09 | Emil Nordal | 03 | Lillehammer/Ss | 22.06.2017 |
| 25.17 | Iver Laake | 01 | Lillestrøm | 28.05.2017 |
| 25.21 | Jostein Steffensen | 96 | Bodø | 20.08.2017 |
| **MENN SENIOR 2017** | | **921** | | |

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

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| 26.03 | Sander Steen Myrvang | 00 | Ski | 16.08.2017 |
| 31.96 | Øystein Gjerdrum | 52 | Knarvik | 24.06.2017 |

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| **400m E** |  |

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| 48.23 | Andreas Roth | 93 | Hamar | 16.08.2017 |
| 48.40 | Thomas Roth | 91 | Hamar | 16.08.2017 |
| 53.83 | Sondre Opaker Øines | 98 | Asker/Fø | 11.06.2017 |
| 54.20 | Jørgen Opaker | 97 | Lillestrøm | 28.05.2017 |
| 55.92 | Ole-Martin Sandness | 00 | Lillehammer/Ss | 24.06.2017 |
| 57.05 | Jonas Nødtvedt Wenger | 99 | Göteborg, SWE | 01.07.2017 |
| 58.02 | Oatthawut Panklang | 02 | Lillehammer/Ss | 24.06.2017 |
| 60.87 | Iver Laake | 01 | Drammen/Ma | 27.08.2017 |

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| **400m M** |  |

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| 56.8 | Michael Løland | 92 | Årnes | 31.05.2017 |

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| **600m** |  |

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| 1:21.51 | Terje Snarby | 89 | Oslo/Be | 07.05.2017 |
| 1:25.23 | Johan Sebastian Evensen | 96 | Oslo/Be | 07.05.2017 |
| 1:25.77 | Jostein Steffensen | 96 | Oslo/Be | 07.05.2017 |
| 1:27.8 | Kristian Tokstad | 00 | Ski | 21.06.2017 |
| 1:28.00 | Jørgen Opaker | 97 | Oslo/Be | 07.05.2017 |
| 1:28.84 | Markus Høgne | 98 | Oslo/Be | 07.05.2017 |
| 1:29.22 | Ole-Martin Sandness | 00 | Oslo/Be | 07.05.2017 |
| 1:29.64 | Sondre Opaker Øines | 98 | Oslo/Be | 07.05.2017 |
| 1:30.35 | Tore Klungland | 97 | Oslo/Be | 07.05.2017 |
| 1:30.98 | Mats Tokstad | 00 | Oslo/Be | 07.05.2017 |
| 2:13.78 | Fredrik Solberg Hernes | 06 | Jessheim | 23.05.2017 |
| 2:23.58 | Leo Elias Rise | 07 | Jessheim | 23.05.2017 |
| 2:25.09 | William Hjeltnes | 07 | Jessheim | 23.05.2017 |

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| **800m** |  |

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| 1:47.91 | Thomas Roth | 91 | Jessheim | 01.09.2017 |
| 1:48.67 | Andreas Roth | 93 | Göteborg, SWE | 10.06.2017 |
| 1:54.53 | Terje Snarby | 89 | Oslo/Bi | 05.08.2017 |
| 1:57.10 | Henrik Hanssen | 97 | Sandnes | 25.08.2017 |
| 1:59.83 | Johan Sebastian Evensen | 96 | Nittedal | 03.06.2017 |
| 1:59.93 | Jostein Steffensen | 96 | Trondheim/St | 04.06.2017 |
| 2:01.57 | Kristian Tokstad | 00 | Oslo/Bi | 06.07.2017 |
| 2:01.76 | Jørgen Opaker | 97 | Nadderud | 18.06.2017 |
| 2:03.80 | Jonas Krossøy | 95 | Oslo/Be | 20.08.2017 |

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| **MENN SENIOR 2017** | **922** |

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| **800m forts.** |  |

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| 2:05.22 | Ole-Martin Sandness | 00 | Lillehammer/Ss | 25.06.2017 |
| 2:05.88 | Tore Klungland | 97 | Lillestrøm | 27.05.2017 |
| 2:06.18 | Sondre Opaker Øines | 98 | Nadderud | 18.06.2017 |
| 2:10.87 | Kristian Brenni | 02 | Bergen/Fa | 02.09.2017 |
| 2:24.05 | Andreas Kastel | 02 | Lillestrøm | 27.05.2017 |
| 2:38.8 | Christian-Olaus Sween | 06 | Jessheim | 30.09.2017 |
| 2:40.9 | Eirik Bjørk Halvorsen | 04 | Jessheim | 30.09.2017 |
| 2:43.2 | Sturla Throndsen | 60 | Jessheim | 30.09.2017 |
| 3.00.4 | Ove Aastorp | 56 | Jessheim | 30.09.2017 |
| 3:53.0 | Henning Høgheim | 39 | Jessheim | 30.09.2017 |
| 3:54.2 | Bjørn-Ivar Thune | 59 | Jessheim | 30.09.2017 |
| 4:12.4 | Helge Velure | 50 | Jessheim | 30.09.2017 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 1:45.13 | Andreas Kramer Svensk rek.sen. | 97 | Karlstad, SWE | 25.07.2017 |
| 1:45.75 | Andreas Kramer | 97 | Heusden, BEL | 22.07.2017 |
| 1:45.98 | Andreas Kramer VM se. | 97 | London, GBR | 05.08.2017 |
| 1:46.25 | Andreas Kramer VM fo. | 97 | London, GBR | 06.08.2017 |
| 1:46.93 | Andreas Kramer | 97 | Bydgoszcz, POL | 13.07.2017 |
| 1:47.30 | Andreas Kramer | 97 | Palo Alto, USA | 05.05.2017 |
| 1:48.15 | Andreas Kramer Gull I EM 22 | 97 | Bydgoszcz, POL | 16.07.2017 |
| 1:49.57 | Andreas Kramer | 97 | Vaasa, FIN | 25.06.2017 |
| 1:49.89 | Andreas Kramer V.Fin | 97 | Stockholm, SWE | 03.09.2017 |
| 1:50.46 | Andreas Kramer SM nr. 1 | 97 | Helsingborg, SWE | 27.08.2017 |
| 1:52.20 | Andreas Kramer SM fo | 97 | Helsingborg, SWE | 26.08.2017 |

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| **1500m** |  |

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| 3:51.52 | Thomas Roth | 91 | Sollentuna, SWE | 29.06.2017 |
| 3:55.74 | Henrik Hanssen | 97 | Oslo/Bi | 06.07.2017 |
| 4:18.33 | Jørgen Opaker | 97 | Lillehammer/Ss | 22.06.2017 |
| 4:20.76 | Jonas Krossøy | 95 | Jessheim | 01.06.2017 |
| 4:21.26 | Tore Klungland | 97 | Asker/Fø | 10.06.2017 |
| 4:23.47 | Ole-Martin Sandness | 00 | Jessheim | 01.06.2017 |
| 4:56.0 | Andreas Kastel | 02 | Jessheim | 01.06.2017 |
| 5:10.0 | Sivert Rustad | 02 | Jessheim | 01.06.2017 |
| 6:00.8 | Odd Kinnebekken | 48 | Jessheim | 01.06.2017 |
| 6:16.2 | Ove Aastorp | 56 | Jessheim | 01.06.2017 |
| 7:03.9 | Ole Arnegård | 44 | Jessheim | 01.06.2017 |
| 7:25.3 | Bjørn-Ivar Thune | 59 | Jessheim | 01.06.2017 |
| 7:38.8 | Anders Jellum | 48 | Jessheim | 01.06.2017 |
| 7:49.9 | Tore Ragnar Olsen | 46 | Jessheim | 01.06.2017 |
| 8:42.6 | Henning Høgheim | 39 | Jessheim | 01.06.2017 |
| **UKI-medlem – løp for svensk klubb:** | | | | |
| 3:46.17 | Andreas Kramer V.Fin | 97 | Stockholm, SWE | 02.09.2017 |

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| **MENN SENIOR 2017** | **923** |

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| **2000m** |  |

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| 6:29.2 | Sondre Westby Liestøl | 99 | Jessheim | 15.08.2017 |
| 6:29.6 | Kristian Brenni | 02 | Jessheim | 15.08.2017 |
| 7:02.8 | Andreas Kastel | 02 | Jessheim | 15.08.2017 |

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| **3000m** |  |

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| 8:31.31 | Henrik Hanssen | 97 | Nadderud | 16.06.2017 |
| 9:27.89 | Kristian Grue | 95 | Gjøvik | 20.05.2017 |
| 9:37.73 | Tore Klungland | 97 | Nadderud | 16.06.2017 |
| 9:38.29 | Jostein Steffensen | 96 | Bodø | 19.08.2017 |

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| **5000m** |  |

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| 15:55.13 | Henrik Hanssen | 97 | Harstad | 13.08.2017 |

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| **10000m** |  |

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| 32:29.92 | Kristian Karlsen | 82 | Kristiansand | 10.06.2017 |

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| **10km landevei** |  |

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| 35:40 | Runar Sannerud | 75 | Jessheim | 02.09.2017 |
| 37:08 | Nikolai Smestad | 92 | Jessheim | 02.09.2017 |
| 37:13 | Jahn Thomas Lind | 77 | Jessheim | 02.09.2017 |
| 38:37 | Harald Furuseth | 69 | Jessheim | 02.09.2017 |
| 39:19 | Kristian Hammer | 76 | Jessheim | 02.09.2017 |
| 40:25 | Thom-Arne Norheim | 78 | Jessheim | 02.09.2017 |
| 40:15 | Sondre Norheim | 05 | Oslo | 16.09.2017 |
| 40:35 | Lars Myhre | 64 | Jessheim | 02.09.2017 |
| 42:19 | Tor Sigurd Breivik | 65 | Jessheim | 02.09.2017 |

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| **Halvmaraton 21098m** |  |

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| 1:12:30 | Kristian Karlsen | 82 | Bergen | 21.01.2017 |
| 1:20:12 | Runar Sannerud | 75 | Jessheim | 19.11.2017 |
| 1:54:27 | Bjørnar Lindholt | 80 | Jessheim | 19.11.2017 |
| 2:07:01 | Ove Aastorp | 56 | Lørenskog | 28.10.2017 |
| 2:18:23 | Henning Høghein | 39 | Lørenskog | 28.10.2017 |

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| **Maraton 21095m** |  |

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| 2:28:47 | Kristian Karlsen | 82 | Sevilla, ESP | 19.02.2017 |

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

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| 14.47 | William Hjeltnes | 07 | Lillestrøm | 28.05.2017 |
| **MENN SENIOR 2017** | | **924** | | |

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| **110m hekk 91.4 cm E** |  |

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| 16.95 | Viktor Rosenlind | 00 | Bergen/Fa | 01.09.2017 |

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| **110m hekk 100 cm E** |  |

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| 14.14 | Marcus Theodor Moen | 99 | Mannheim, GER | 01.07.2017 |

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

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| 61.44 | Sondre Opaker Øines | 98 | Oslo/Bi | 19.07.2017 |

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

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| 5:33.19 | Andreas Kastel | 02 | Jessheim | 20.06.2017 |

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

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| 13:15.60 | Knut Johan Holter | 61 | Jessheim | 20.06.2017 |

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| **Høyde** |  |

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| 1.68 | Emil Nordal | 03 | Nittedal | 19.08.2017 |
| 1.55 | Frode Myrvang | 67 | Ski | 16.08.2017 |
| 1.35 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 24.06.2017 |
| 1.20 | Christian-Olaus Sween | 06 | Lillestrøm | 27.05.2017 |
| 1.18 | John Arve Johansen | 36 | Knarvik | 24.06.2017 |
| 1.05 | Trygve Stuve Dahl | 07 | Lillehammer/Ss | 24.06.2017 |
| 0.96 | Fredrik Solberg Hernes | 06 | Jessheim | 23.05.2017 |

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| **Stav** |  |

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| 4.60 | Filip Aas | 00 | Oslo/So | 09.07.2017 |
| 1.90 | John Arve Johansen | 36 | Knarvik | 23.06.2017 |

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| **Lengde** |  |

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| 5.08 | Emil Nordal | 03 | Jessheim | 16.09.2017 |
| 4.32 s | Christian-Olaus Sween | 06 | Lillestrøm | 27.05.2017 |
| 3.33 | John Arve Johansen | 36 | Knarvik | 23.06.2017 |
| 3.12 s | William Hjeltnes | 07 | Jessheim | 23.05.2017 |
| 3.00 s | Marcus Hauge Sollie | 09 | Fet | 14.09.2017 |
| 2.98 s | Elias Rønneberg | 07 | Jessheim | 23.05.2017 |
| 2.98 s | Trygve Stave Dahl | 07 | Lillehammer/Ss | 25.06.2017 |
| 2.63 s | Christer Lukas | 09 | Jessheim | 23.05.2017 |
| 1.53 s | Carl Magnus Bauck Jensen | 11 | Jessheim | 23.05.2017 |

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| **MENN SENIOR 2017** | **925** |

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| **Tresteg** |  |

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| 9.92 | Frode Myrvang | 67 | Hønefoss | 23.08.2017 |
| 7.59 | John Arve Johansen | 36 | Knarvik | 25.06.2017 |

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| **Kule 1 kg** |  |

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| 5.22 | Marcus Hauge Sollie | 09 | Fet | 14.09.2017 |

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| **Kule 2 kg** |  |

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| 5.71 | William Hjeltnes | 07 | Lillestrøm | 28.05.2017 |
| 5.71 | Fredrik Solberg Hernes | 06 | Jessheim | 23.05.2017 |
| 5.06 | Hans-Jørgen Holter | 07 | Jessheim | 23.05.2017 |
| 4.48 | Leo Elias Rise | 07 | Jessheim | 23.05.2017 |
| 3.51 | Marcus Hauge Sollie | 09 | Årnes | 10.05.2017 |

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| **Kule 3 kg** |  |

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| 10.11 | John Arve Johansen | 36 | Årnes | 31.05.2017 |
| 9.55 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 24.06.2017 |
| 6.50 | Marius Johansen | 05 | Lillehammer/Ss | 25.06.2017 |

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| **Kule 5 kg** |  |

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| 9.69 | Ove Aastorp | 56 | Heggedal/Ka | 31.08.2017 |
| 9.43 | Terje Aastorp | 56 | Kongsvinger | 20.09.2017 |

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| **Kule 6 kg** |  |

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| 9.99 | Frode Myrvang | 67 | Ski | 07.06.2017 |

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| **Kule 7.26 kg** |  |

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| 9.09 | Frode Myrvang | 67 | Stjørdal | 09.07.2017 |
| 8.95 | Michael Løland | 92 | Årnes | 10.05.2017 |
| 8.21 | Ove Aastorp | 56 | Oslo/Be | 19.08.2017 |
| 7.81 | Terje Aastorp | 56 | Nittedal | 05.05.2017 |

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| **Diskos 750 g** |  |

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| 25.83 | Jørgen Stuve Dahl | 04 | Jessheim | 16.09.2017 |

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| **Diskos 1 kg** |  |

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| 29.76 | Terje Aastorp | 56 | Spikkestad | 04.06.2017 |
| 27.80 | Ove Aastorp | 56 | Kongsvinger | 20.09.2017 |

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| **MENN SENIOR 2017** | **926** |

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| **Diskos 1.5 kg** |  |

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| 21.00 | Frode Myrvang | 67 | Ski | 07.06.2017 |

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| **Diskos 2 kg** |  |

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| 20.09 | Terje Aastorp | 56 | Oslo/Be | 19.08.2017 |
| 20.00 | Ove Aastorp | 56 | Oslo/Be | 19.08.2017 |

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| **Spyd 400 g** |  |

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| 26.30 | John Arve Johansen | 36 | Årnes | 23.08.2017 |
| 21.68 | Jørgen Stuve Dahl | 04 | Nittedal | 04.09.2017 |

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| **Spyd 700 g** |  |

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| 37.08 | Frode Myrvang | 67 | Årnes | 06.09.2017 |

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

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| 59.50 | Axel Kozlowski | 98 | Kongsvinger | 03.05.2017 |
| 40.50 | Frode Myrvang | 67 | Hønefoss | 09.09.2017 |

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| **Liten ball 150 g** |  |

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| 31.53 | William Hjeltnes | 07 | Jessheim | 23.05.2017 |
| 28.74 | Leo Elias Rise | 07 | Jessheim | 23.05.2017 |
| 21.09 | Hans-Jørgen Holter | 07 | Jessheim | 23.05.2017 |
| 19.39 | Elias Rønneberg | 07 | Jessheim | 23.05.2017 |
| 16.07 | Canister Lukas | 09 | Jessheim | 23.05.2017 |
| 13.89 | Marcus Hauge Sollie | 09 | Lillestrøm | 27.05.2017 |
| 6.37 | Carl Magnus Bauck Jensen | 11 | Jessheim | 23.05.2017 |

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| **4x100m E** |  |

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| 48.44 | G16 |  | Hamar | 20.05.2017 |
| Ådne Opaker Øines02-Oattahawut Panklng02-Iver Laake01-Ole Thomas Moe 01 | | | |

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| 48.51 | G18 |  | Hamar | 21.05.2017 |
| Ole Thomas Moe01-Oattahawut Panklng02-Iver Laake01-Jonas Nødtvedt Wenger99 | | | |

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| **4x400m M** |  |

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| 3:28.67 | MS |  | Hamar | 21.05.2017 |
| Jørgen Opaker97-Andreas Roth93-Johan Evensen96-Sondre Opaker Øines98 | | | |

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| **MENN SENIOR 2017** | **927** |

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| **4x600m** |  |

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| 6:48.63 | G15 |  | Hamar | 21.05.2017 |
| Andreas Kastel02-Kristian Brenni02-Ola Spigseth02-Sivert Rustad02 | | | |

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| **4x1500m** |  |

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| 16:38.07 | MS |  | Hamar | 20.05.2017 |
| Anderas Roth93-Markus Høgne98-Thomas Roth91-Jonas Krossøy95 | | | |

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| 18:33.80 | M19 |  | Hamar | 21.05.2017 |
| Ole-Martin Sandness00-Patrick Fossum98-Sondre Liestøl99-Sondre Opaker Øines98 | | | |

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| **1000m** |  |

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| 2:17.25 | G16 |  | Bergen/Fa | 03.09.2017 |
| Ådne Opaker Øines02-Iver Laake01-Oatthawut Panklang02-Kristian Brenni02 | | | |

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| **MENN SENIOR 2017** | **928** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.70 | Jonas Nødtvedt Wenger | 99 | Hvam | 09.12.2017 |
| 7.72 | Filip Aas | 00 | Rud | 25.02.2017 |
| 7.75 | Iver Laake | 01 | Rud | 02.12.2017 |
| 7.81 | Oatthawut Panklang | 02 | Hvam | 09.12.2017 |
| 7.85 | Ådne Opaker Øines | 02 | Stange | 18.03.2017 |
| 7.89 | Victor Rosenlind | 00 | Stange | 18.03.2017 |
| 7.97 | Morgan Øqvist | 01 | Hvam | 14.01.2017 |
| 8.01 | Emil Nordal | 03 | Rud | 10.02.2017 |
| 8.98 | Christian Iversen | 05 | Hvam | 09.12.2017 |
| 9.50 | Oliver Jordalen Løkken | 06 | Hvam | 09.12.2017 |
| 9.55 | Jørgen Stuve Dahl | 04 | Hvam | 09.12.2017 |
| 10.04 | Trygve Stuve Dahl | 07 | Hvam | 09.12.2017 |
| 10.04 | Joakim Kolobekken | 09 | Hvam | 09.12.2017 |
| 10.10 | Marius Johansen | 05 | Rud | 10.02.2017 |
| 10.45 | Jonas Teksum | 06 | Hvam | 09.12.2017 |
| 10.64 | Marcus Hauge Sollie | 09 | Hvam | 09.12.2017 |
| 11.05 | Niklas Kristiansen | 07 | Hvam | 09.12.2017 |
| 11.25 | Heine Frilseth | 07 | Stange | 19.03.2017 |
| 11.35 | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 11.43 | Elias Rønneberg | 07 | Hvam | 14.01.2017 |
| 11.57 | Jesper Aasen Fredriksen | 07 | Hvam | 09.12.2017 |
| 11.75 | Oskar Johansen Solli | 07 | Stange | 19.03.2017 |

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| **200m E** |  |

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| 24.75 | Sondre Opaker Øines | 98 | Hvam | 09.12.2017 |
| 24.82 | Jørgen Nødtvedt Wenger | 99 | Stange | 19.03.2017 |
| 24.91 | Emil Nordal | 03 | Hvam | 09.12.2017 |
| 25.12 | Iver Laake | 01 | Rud | 02.12.2017 |
| 25.32 | Ådne Opaker Øines | 02 | Stange | 19.03.2017 |
| 25.46 | Morgan Øqvist | 01 | Rud | 12.02.2017 |
| 25.68 | Oatthawut Panklang | 02 | Hvam | 09.12.2017 |
| 29.85 | Christian Iversen | 05 | Hvam | 09.12.2017 |
| 32.71 | Oliver Jordalen Løkken | 06 | Hvam | 10.12.2017 |
| 35.06 | Jørgen Teksum | 06 | Hvam | 09.12.2017 |
| 35.70 | Sander Lomeland Olsen | 06 | Hvam | 14.01.2017 |
| 40.60 | Elias Rønneberg | 07 | Hvam | 14.01.2017 |
| 40.81 | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 42.94 | Oskar Johansen Solli | 07 | Hvam | 14.01.2017 |

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| **MENN SENIOR 2017** | **929** |

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| **400m E** |  |

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| 54.54 | Jostein Steffensen | 96 | Rud | 10.02.2017 |
| 54.54 | Kristian Tokstad | 00 | Hvam | 16.02.2017 |
| 56.11 | Sondre Opaker Øines | 98 | Hvam | 16.02.2017 |
| 58.68 | Mats Tokstad | 00 | Hvam | 16.02.2017 |

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| **600m** |  |

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| 1:28.36 | Kristian Tokstad | 00 | Stange | 18.03.2017 |
| 1:29.82 | Jonas Krossøy | 95 | Hvam | 14.01.2017 |
| 1:30.28 | Sondre Opaker Øines | 98 | Hvam | 14.01.2017 |
| 1:30.63 | Tore Klungland | 97 | Hvam | 14.01.2017 |
| 1:32.21 | Mats Tokstad | 00 | Stange | 18.03.2017 |
| 2:39.49 | Heine Frilseth | 07 | Stange | 18.03.2017 |

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| **800m** |  |

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| 1:50.90 | Andreas Roth | 93 | Stockholm, SWE | 04.02.2017 |
| 1:54.89 | Terje Snarby | 89 | Göteborg, SWE | 04.02.2017 |
| 1:55.19 | Sigurd Blom Breivik | 96 | Ulsteinvik | 05.02.2017 |
| 2:02.89 | Jostein Steffensen | 96 | Rud | 12.02.2017 |
| 2:08.96 | Jonas Krossøy | 95 | Rud | 12.02.2017 |
| 2:12.82 | Tore Klungland | 97 | Karlstad, SWE | 04.02.2017 |
| 2:56.79 | Ove Aastorp | 56 | Hvam | 05.03.2017 |
| 4:01.59 | Henning Høgheim | 39 | Hvam | 05.03.2017 |

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| **1500m** |  |

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| 3:50.54 | Sigurd Blom Breivik | 96 | Ulsteinvik | 04.02.2017 |
| 4:27.84 | Tore Klungland | 97 | Rud | 03.03.2017 |

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| **1500m Overlang bane 333m** |  |

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| 3:49.13 | Sigurd Blom Breivik | 96 | Tammerfors, FIN | 10.02.2017 |

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| **3000m** |  |

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| 8:49.43 | Markus Høgne | 98 | Rud | 10.02.2017 |
| 9:50.10 | Runar Sannerud | 75 | Hvam | 05.03.2017 |

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

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| 14.06 | Jonas Teksum | 06 | Hvam | 09.12.2017 |
| 14.08 | William Hjeltnes | 07 | Hvam | 09.12.2017 |

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| **MENN SENIOR 2017** | **930** |

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

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| 8.76 | Filip Aas | 00 | Rud | 03.03.2017 |
| 9.82 | Victor Rosenlind | 00 | Lillestrøm | 28.01.2017 |

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| **Høyde** |  |

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| 1.67 | Victor Rosenlind | 00 | Rud | 14.01.2017 |
| 1.62 | Frode Myrvang | 67 | Hvam | 05.03.2017 |
| 1.55 | Emil Nordal | 03 | Hvam | 09.12.2017 |
| 1.25 | Jørgen Stuve Dahl | 04 | Hvam | 14.01.2017 |
| 1.18 | John Arve Johansen | 36 | Hvam | 05.03.2017 |
| 1.05 | Heine Frilseth | 07 | Hvam | 09.12.2017 |
| 1.05 | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 1.00 | Trygve Stuve Dahl | 07 | Hvam | 09.12.2017 |
| 0.93 | Joakim Kolobakken | 09 | Hvam | 14.01.2017 |
| 0.90 | Niklas Kristiansen | 07 | Hvam | 09.12.2017 |
| 0.85 | Oskar Johansen Solli | 07 | Hvam | 14.01.2017 |
| 0.75 | Jesper Aasen Fredriksen | 07 | Hvam | 14.01.2017 |
| 0.70 | Marcus Hauge Sollie | 09 | Hvam | 14.01.2017 |

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| **Høyde uten tilløp** |  |

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| 1.25 | Frode Myrvang | 67 | Ski | 14.03.2017 |

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| **Stav** |  |

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| 4.30 | Filip Aas | 00 | Rud | 23.03.2017 |
| 2.10 | John Arve Johansen | 36 | Hvam | 04.03.2017 |

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| **Lengde** |  |

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| 4.99 | Stein Tore Klungland | 58 | Huddinge, SWE | 12.03.2017 |
| 4.13 s | Jørgen Stuve Dahl | 04 | Hvam | 09.12.2017 |
| 3.52 | John Arve Johansen | 36 | Hvam | 04.03.2017 |
| 3.28 s | Trygve Stuve Dahl | 07 | Hvam | 09.12.2017 |
| 3.27 s | Sander Lomeland Olsen | 06 | Hvam | 14.01.2017 |
| 3.14 s | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 3.00 s | Niklas Kristiansen | 07 | Hvam | 09.12.2017 |
| 2.94 s | Joakim Kolobekken | 09 | Hvam | 09.12.2017 |
| 2.78 s | Marcus Hauge Sollie | 09 | Hvam | 09.12.2017 |
| 2.70 s | Oskar Johansen Solli | 07 | Stange | 18.03.2017 |
| 2.60 s | Elias Rønneberg | 07 | Hvam | 14.01.2017 |
| 2.54 s | Jesper Aasen Fredriksen | 07 | Hvam | 09.12.2017 |
| 2.44 s | Heine Frilseth | 07 | Hvam | 14.01.2017 |

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| **MENN SENIOR 2017** | **931** |

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| **Lengde uten tilløp** |  |

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| 2.38 | Per Øivind Nordbye | 69 | Hvam | 04.03.2017 |
| 2.27 | Ove Aastorp | 56 | Rud | 04.04.2017 |

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| **Tresteg** |  |

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| 11.05 | Stein Tore Klungland | 58 | Huddinge, SWE | 10.03.2017 |
| 7.63 | John Arve Johansen | 36 | Hvam | 25.04.2017 |

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| **Kule 2 kg** |  |

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| 6.32 | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 5.67 | Joakim Kolobekken | 09 | Hvam | 09.12.2017 |
| 5.58 | Oskar Johansen Solli | 07 | Stange | 19.03.2017 |
| 5.32 | Marcus Hauge Sollie | 09 | Hvam | 09.12.2017 |
| 5.01 | Trygve Stuve Dahl | 07 | Stange | 19.03.2017 |
| 4.39 | Heine Frilseth | 07 | Hvam | 14.01.2017 |
| 3.52 | Jesper Aasen Fredriksen | 07 | Stange | 19.03.2017 |

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| **Kule 3 kg** |  |

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| 10.50 | Jørgen Stuve Dahl | 04 | Hvam | 09.12.2017 |
| 6.57 | Marius Johansen | 05 | Hvam | 09.12.2017 |

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| **Kule 4 kg** |  |

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| 8.70 | Emil Nordal | 03 | Stange | 19.03.2017 |

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| **Kule 5 kg** |  |

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| 10.19 | Terje Aastorp | 56 | Hvam | 05.03.2017 |
| 9.73 | Ove Aastorp | 56 | Hvam | 05.03.2017 |

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| **Kule 6 kg** |  |

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| 14.06 | Vidar Rasmussen | 67 | Hvam | 05.03.2017 |
| 10.02 | Frode Myrvang | 67 | Ski | 14.03.2017 |

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| **Kule 7.26 kg** |  |

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| 10.00 | Frode Myrvang | 67 | Hvam | 09.12.2017 |
| 8.32 | Terje Aastorp | 56 | Stange | 19.03.2017 |
| 8.06 | Ove Aastorp | 56 | Hvam | 09.12.2017 |

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| **MENN SENIOR 2017** | **932** |

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| **400m stafett: 75-100-100-125** |  |

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| 1:22.12 | G10 |  | Hvam | 09.12.2017 |
| William Hjeltnes07-Heine Frilseth07-Niklas Kristiansen07-Joakim Kolobekken09 | | | |

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| **KVINNER SENIOR 2017** | **933** |

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| **60m M** |  |

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| 8.12 | Tonje Moen | 00 | Asker/Fø | 11.06.2017 |
| 8.59 | Solveig Emilie Johansen | 03 | Jessheim | 17.09.2017 |
| 9.06 | Kari Ingelin Johnsen | 03 | Jessheim | 23.05.2017 |
| 9.17 | Oda Rognstad | 05 | Jessheim | 23.05.2017 |
| 9.60 | Silje Christine Berg-Knutsen | 05 | Lillestrøm | 27.05.2017 |
| 9.79 | Malene Gulbrandsen Høe | 05 | Jessheim | 23.05.2017 |
| 9.79 | Sophie Mannion | 05 | Jessheim | 23.05.2017 |
| 9.89 | Mari Steen Myrvang | 06 | Nittedal | 03.06.2017 |
| 10.10 | Linnea Johnsen | 06 | Jessheim | 23.05.2017 |
| 10.40 | Benedikte Rønneberg | 06 | Jessheim | 23.05.2017 |
| 10.42 | Marte Nordal | 05 | Lillehammer/Ss | 24.06.2017 |
| 10.64 | Madeleine Kristiansen | 06 | Jessheim | 23.05.2017 |
| 10.99 | Ingerid Petrikke Huuse | 06 | Jessheim | 23.05.2017 |
| 11.38 | Lea Hammer | 10 | Jessheim | 23.05.2017 |
| 11.64 | Celina Charles | 07 | Jessheim | 23.05.2017 |
| 12.56 | Anna Søderholt | 07 | Jessheim | 23.05.2017 |
| 14.37 | Ella Hjeltnes | 11 | Jessheim | 23.05.2017 |
| 15.09 | Alma Hema Simonsen | 11 | Jessheim | 23.05.2017 |

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| **100m E** |  |

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| 12.61 | Summer Steinsrud | 01 | Bergen/Fa | 01.09.2017 |
| 12.77 | Tonje Moen | 00 | Lillestrøm | 27.05.2017 |
| 13.12 | Vår Åsheim | 99 | Lillehammer/Ss | 25.06.2017 |
| 13.43 | Solveig Emilie Johansen | 03 | Drammen/Ma | 27.08.2017 |
| 14.38 | Kari Ingelin Sjøstrøm Johansen | 03 | Lillestrøm | 27.05.2017 |
| 14.50 | Claudia Charles | 04 | Jessheim | 23.05.2017 |

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| **200m E** |  |

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| 25.75 | Summer Steinsrud | 01 | Göteborg, SWE | 02.07.2017 |
| 26.12 | Tonje Moen | 00 | Lillehammer/Ss | 23.06.2017 |
| 26.24 | Vår Åsheim | 99 | Lillehammer/Ss | 23.06.2017 |
| 27.21 | Solveig Emilie Johansen | 03 | Asker/Fø | 10.06.2017 |
| 31.71 | Claudia Charles | 04 | Jessheim | 23.05.2017 |
| 33.05 | Julie Hammer | 04 | Jessheim | 23.05.2017 |

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| **400m M** |  |

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| 57.91 | Vår Åsheim | 99 | Bergen/Fa | 01.09.2017 |
| 59.20 | Caroline Foss Høistad | 98 | Oslo/Be | 19.08.2017 |
| 69.14 | Anne Lillegård | 73 | Knarvik | 25.06.2017 |

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| **KVINNER SENIOR 2017** | **934** |

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| **600m** |  |

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| 1:42.44 | Julie Hammer | 04 | Nittedal | 20.08.2017 |
| 1:51.44 | Mathea Rundgren Olsen | 06 | Nittedal | 20.08.2017 |
| 1:54.32 | Anne Lillegård | 73 | Jessheim | 23.05.2017 |
| 1:57.97 | Silje Christine Berg-Knutsen | 05 | Nadderud | 17.06.2017 |
| 2:05.65 | Malene Gulbrandsen Høe | 05 | Jessheim | 23.05.2017 |
| 2:06.04 | Sophie Mannion | 06 | Jessheim | 23.05.2017 |
| 2:34.04 | Ingerid Petrikke Huuse | 06 | Jessheim | 23.05.2017 |

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| **800m** |  |

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| 2:15.22 | Pia Bålsrud | 95 | Karlstad, SWE | 25.07.2017 |
| 2:16.03 | Veronica Undseth | 94 | Oslo/Bi | 05.08.2017 |
| 2:19.72 | Caroline Foss Høistad | 98 | Nadderud | 18.06.2017 |
| 2:33.65 | Anne Lillegård | 73 | Ski | 07.06.2017 |
| 2:33.91 | Amalie Westby Liestøl | 02 | Lillestrøm | 27.05.2017 |
| 2:57.84 | Kaja Brekke | 03 | Oslo/Bi | 05.08.2017 |
| 3:26.6 | Trine Bogstad Mangerud | 51 | Jessheim | 30.09.2017 |

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| **1500m** |  |

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| 4:42.94 | Julie Hammer | 04 | Jessheim | 17.09.2017 |
| 4:43.04 | Pia Bålsrud | 95 | Jessheim | 01.06.2017 |
| 5:01.85 | Caroline Foss Høistad | 98 | Lillehammer/Ss | 22.06.2017 |
| 5:20.36 | Mia Jenny Østreng | 03 | Lillehammer/Ss | 22.06.2017 |
| 5:28.54 | Anne Lillegård | 73 | Knarvik | 23.06.2017 |
| 5:45.52 | June Laake | 04 | Nadderud | 16.06.2017 |
| 6:52.3 | Trine Bogstad Mangerud | 51 | Jessheim | 01.06.2017 |
| 7:50.6 | Marit Skolt Skafle | 56 | Jessheim | 01.06.2017 |

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| **3000m** |  |

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| 9:28.19 | Silje Fjørtoft | 87 | Oslo/Bi | 19.07.2017 |

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| **5km landevei** |  |

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| 18:38 | Julie Hammer | 04 | Jessheim | 02.09.2023 |
| 24:08 | Kaja Brekke | 03 | Jessheim | 02.09.2023 |

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| **10km landevei** |  |

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| 41:31 | Johanne Norheim | 03 | Jessheim | 02.09.2017 |
| 42:08 | Marianne Opsahl | 73 | Jessheim | 02.09.2017 |
| 42:33 | Hanna Blom Breivik | 69 | Jessheim | 02.09.2017 |
| 44:39 | Line Huken Mathiesen | 71 | Jessheim | 02.09.2017 |
| 52:24 | Trine Bogstad Mangerud | 51 | Jessheim | 02.09.2017 |

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| **KVINNER SENIOR 2017** | **935** |

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| **Halvmaraton 21098m** |  |

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| 1:32:00 | Marianne Espe Pettersen | 79 | Oslo | 16.09.2017 |
| 1:39:42 | Line Huken Mathiesen | 71 | Oslo | 16.09.2017 |

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

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| 12.64 | Malene Gulbrandsen Høe | 05 | Lillestrøm | 28.05.2017 |

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

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| 12.16 | Summer Steinsrud | 01 | Bergen/Fa | 02.09.2017 |

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

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| 13.87 | Tonje Moen | 00 | Bergen/Fa | 01.09.2017 |

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| **400m hekk 76.2 cm E** |  |

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| 63.49 | Vår Åsheim | 99 | Bergen/Fa | 02.09.2017 |

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| **3000m hinder 76.2 cm** |  |

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| 10:16.65 | Silje Fjørtoft | 87 | Karlstad, SWE | 25.07.2017 |

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| **Høyde** |  |

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| 1.30 | Mari Steen Myrvang | 06 | Nittedal | 03.06.2017 |
| 1.23 | Malene Gulbrandsen Høe | 05 | Jessheim | 23.05.2017 |
| 1.20 | Silje Christine Berg-Knutsen | 05 | Jessheim | 23.05.2017 |
| 1.11 | Benedikte Rønneberg | 06 | Jessheim | 23.05.2017 |
| 1.10 | Marte Nordal | 05 | Lillestrøm | 28.05.2017 |

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| **Stav** |  |

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| 3.85 | Birgitte Kjuus | 99 | Göteborg, SWE | 02.07.2017 |

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| **Lengde** |  |

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| 3.72 s | Silje Christine Berg-Knutsen | 05 | Lillestrøm | 27.05.2017 |
| 3.59 s | Malene Gulbrandsen Høe | 05 | Nadderud | 17.06.2017 |
| 2.98 s | Marte Nordal | 05 | Lillestrøm | 27.05.2017 |
| 2.90 s | Eline Hvattum | 08 | Jessheim | 23.05.2017 |
| 2.69 s | Cecilie Hjelm Bakkerud | 08 | Lillestrøm | 27.05.2017 |
| 2.62 s | Julie Hammer | 04 | Jessheim | 23.05.2017 |
| 2.38 s | Lea Hammer | 10 | Lillestrøm | 27.05.2017 |
| 2.36 s | Celina Charles | 07 | Jessheim | 23.05.2017 |
| 2.09 s | Anna Søderholm | 07 | Jessheim | 23.05.2017 |
| 1.93 s | Elida Hembre | 09 | Jessheim | 23.05.2017 |
| 1.52 s | Astrid Marie Bauck Jensen | 09 | Jessheim | 23.05.2017 |
| **KVINNER SENIOR 2017** | | **936** | | |

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| **Kule 2 kg** |  |

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| 13.29 | Hanne Emilie Hjeltnes | 04 | Jessheim | 16.09.2017 |
| 7.15 | Claudia Charles | 04 | Jessheim | 23.05.2017 |
| 6.95 | Oda Rognstad | 05 | Jessheim | 23.05.2017 |
| 6.18 | Silje Christine Berg-Knutsen | 05 | Jessheim | 23.05.2017 |
| 6.12 | Sophie Mannion | 05 | Jessheim | 23.05.2017 |
| 4.29 | Marte Nordal | 05 | Jessheim | 23.05.2017 |
| 4.04 | Malena Gulbrandsen Høe | 04 | Jessheim | 23.05.2017 |
| 1.81 | Ella Hjeltnes | 11 | Jessheim | 23.05.2017 |
| 1.76 | Alma Torp Simonsen | 11 | Jessheim | 23.05.2017 |

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| **Diskos 600 g** |  |

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| 33.24 | Hanne Emilie Hjeltnes | 04 | Nadderud | 16.06.2017 |

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| **Slegge 2 kg** |  |

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| 31.98 | Hanne Emilie Hjeltnes | 04 | Lillestrøm | 28.05.2017 |

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| **Kule 4 kg** |  |

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| 9.00 | Ebba Beyer | 98 | Fet | 14.09.2017 |

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| **Spyd 400 g** |  |

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| 31.70 | Hanne Emilie Hjeltnes | 04 | Nittedal | 04.09.2017 |
| 16.91 | Marlene Gulbrandsen Høe | 05 | Nittedal | 20.08.2017 |

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| **Liten ball 150 g** |  |

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| 24.02 | Celina Charles | 07 | Jessheim | 23.05.2017 |
| 18.87 | Cecilie Hjelm Bakkerud | 08 | Lillestrøm | 27.05.2017 |
| 18.10 | Elina Hvattum | 08 | Jessheim | 23.05.2017 |
| 11.72 | Lilly Marie Sivertsen | 10 | Jessheim | 23.05.2017 |
| 11.68 | Lea Hammer | 10 | Lillestrøm | 27.05.2017 |
| 8.43 | Astrid Marie Bauck Jensen | 09 | Jessheim | 23.05.2017 |
| 8.32 | Elida Hembre | 09 | Jessheim | 23.05.2017 |
| 6.91 | Ella Hjeltnes | 11 | Jessheim | 23.05.2017 |

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| **4x100m E** |  |

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| 57.59 | J14 |  | Lillestrøm | 28.05.2017 |
| Solveig Emilie Johansen03-Kari Johansen03-June Laake04-Kaja Bones03 | | | |

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| **KVINNER SENIOR 2017** | **937** |

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| **4x800m** |  |

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| 9:18.82 | KS |  | Hamar | 21.05.2017 |
| Veronica Undseth94-Silje Fjørtoft87-Caroline Foss Høistad98-Pia Bålsrud95 | | | |

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| **1000m** |  |

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| 2:17.67 | J19 |  | Bergen/Fa | 03.09.2017 |
| Tonje Moen00-Summer Steinsrud01-Vår Åsheim99-Caroline Foss Høistade98 | | | |

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| **KVINNER SENIOR 2017** | **938** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.02 | Birgitte Kjuus | 99 | Hvam | 14.01.2017 |
| 8.15 | Summer Steinsrud | 01 | Rud | 25.02.2017 |
| 8.16 | Tonje Moen | 00 | Rud | 10.02.2017 |
| 8.23 | Vår Åsheim | 99 | Rud | 10.12.2017 |
| 8.55 | Kari Ingelin Johnsen | 03 | Rud | 02.12.2017 |
| 8.58 | Solveig Emilie Johansen | 03 | Stange | 18.03.2017 |
| 9.15 | Oda Rognstad | 05 | Stange | 19.03.2017 |
| 9.64 | Karoline Hjelm Bakkerud | 06 | Hvam | 09.12.2017 |
| 9.65 | Ida Johanne Folsland | 02 | Hvam | 14.01.2017 |
| 9.71 | Silje Christine Berg-Knutsen | 05 | Stange | 19.03.2017 |
| 9.85 | Linnea Elisabeth Johnsen | 06 | Hvam | 09.12.2017 |
| 9.97 | Sophie Mannion | 05 | Stange | 19.03.2017 |
| 10.21 | Mari Steen Myrvang | 06 | Hvam | 14.01.2017 |
| 10.27 | Malena Gulbrandsen Høe | 05 | Lillestrøm | 28.01.2017 |
| 10.40 | Sarah Isabella Bertheussen | 07 | Hvam | 09.12.2017 |
| 10.67 | Benedikte Rønneberg | 06 | Hvam | 14.01.2017 |
| 10.77 | Cecilie Hjelm Bakkerud | 08 | Hvam | 09.12.2017 |
| 10.88 | Elena Teresa Haugen-Teixeira | 07 | Hvam | 14.01.2017 |
| 11.31 | Elina Hvattum | 08 | Hvam | 09.12.2017 |
| 11.72 | Madeleine Kristiansen | 06 | Hvam | 14.01.2017 |
| 13.02 | Sarah Nicolaisen | 10 | Hvam | 09.12.2017 |
| 13.16 | Elida Hembre | 09 | Hvam | 14.01.2017 |
| 13.38 | Leah Lundby Egeberg | 11 | Hvam | 09.12.2017 |
| 13.80 | Ella Hjeltnes | 11 | Hvam | 09.12.2017 |

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| **200m E** |  |

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| 26.35 | Summer Steinsrud | 01 | Rud | 05.03.2017 |
| 27.38 | Solveig Emilie Johansen | 03 | Hvam | 09.12.2017 |
| 28.32 | Kari Ingelin Johnsen | 03 | Hvam | 09.12.2017 |
| 30.09 | Julie Hammer | 04 | Hvam | 09.12.2017 |
| 32.61 | Silje Christine Berg-Knutsen | 05 | Hvam | 25.03.2017 |
| 32.83 | Malene Gulbrandsen | 05 | Stange | 19.03.2017 |
| 33.06 | Anne Lillegård | 73 | Hvam | 04.03.2017 |
| 33.07 | Karoline Hjelm Bakkerud | 06 | Hvam | 09.12.2017 |
| 36.34 | Madelaine Kristiansen | 06 | Hvam | 09.12.2017 |
| 37.28 | Elena Teresa Haugen-Teixeira | 07 | Hvam | 14.01.2017 |
| 37.59 | Sara Isabella Bertheussen | 07 | Hvam | 09.12.2017 |
| 40.26 | Benedikte Rønneberg | 06 | Hvam | 14.01.2017 |

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| **KVINNER SENIOR 2017** | **939** |

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| **600m** |  |

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| 1:36.43 | Caroline Foss Høistad | 98 | Hvam | 14.01.2017 |
| 1:43.35 | Julie Hammer | 04 | Hvam | 09.12.2017 |
| 2:03.43 | Malene Gulbrandsen Høe | 05 | Lillestrøm | 28.01.2017 |
| 2:04.25 | SiljeChristine Berg-Knutsen | 05 | Stange | 18.03.2017 |
| 2:12.13 | Sophie Mannion | 05 | Stange | 18.03.2017 |

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| **800m** |  |

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| 2:43.39 | Anne Lillegård | 73 | Huddinge, SWE | 10.03.2017 |

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

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| 13.03 | Madeleine Kristiansen | 06 | Hvam | 09.12.2017 |

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

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| 8.78 | Tonje Moen | 00 | Rud | 03.03.2017 |
| 9.12 | Summer Steinsrud | 01 | Rud | 03.03.2017 |
| 14.00 | Malena Gulbrandsen Høe | 05 | Lillestrøm | 28.01.2017 |

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

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| 9.15 | Vår Åsheim | 00 | Rud | 03.03.2017 |

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| **Høyde** |  |

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| 1.20 | Malena Høe Gulbrandsen | 05 | Lillestrøm | 28.01.2017 |
| 1.25 | Mari Steen Myrvang | 06 | Hvam | 25.04.2017 |
| 1.10 | Silje Christine Berg-Knutsen | 05 | Lillestrøm | 28.01.2017 |
| 0.80 | Kaja Hembre | 06 | Hvam | 14.01.2017 |

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| **Høyde uten tilløp** |  |

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| 0.85 | Mari Steen Myrvang | 06 | Ski | 14.03.2017 |

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| **Stav** |  |

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| 3.65 | Birgitte Kjuus | 99 | Tammerfors, FIN | 10.02.2017 |

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| **KVINNER SENIOR 2017** | **940** |

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| **Lengde** |  |

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| 4.40 | Summer Steinsrud | 01 | Lillestrøm | 28.01.2017 |
| 3.80 s | Silje Christine Berg-Knutsen | 05 | Stange | 19.03.2017 |
| 3.63 s | Oda Rognstad | 05 | Stange | 19.03.2017 |
| 3.47 s | Malena Gulbrandsen Høe | 05 | Stange | 19.03.2017 |
| 3.33 s | Karoline Hjelm Bakkerud | 06 | Hvam | 14.01.2017 |
| 3.28 s | Benedikte Rønneberg | 06 | Hvam | 14.01.2017 |
| 3.20 s | Sophie Mannion | 05 | Stange | 19.03.2017 |
| 3.09 s | Mari Myrvang | 06 | Hvam | 14.01.2017 |
| 2.65 s | Sarah Isabella Bertheussen | 07 | Hvam | 09.12.2017 |
| 2.26 s | Elida Hembre | 09 | Hvam | 14.01.2017 |
| 2.06 s | Leah Lundeby Egeberg | 11 | Hvam | 09.12.2017 |
| 2.01 s | Ella Hjeltnes | 11 | Hvam | 09.12.2017 |
| 1.89 s | Sarah Nicolaisen | 10 | Hvam | 09.12.2017 |

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| **Kule 2 kg** |  |

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| 14.14 | Hanna Emilie Hjeltnes | 04 | Hvam | 09.12.2017 |
| 6.85 | Silje Christine Berg-Knutsen | 05 | Stange | 18.03.2017 |
| 6.27 | Oda Rognstad | 05 | Stange | 18.03.2017 |
| 5.50 | Karoline Hjelm Bakkerud | 06 | Hvam | 14.01.2017 |
| 5.14 | Kaja Hembre | 06 | Hvam | 14.01.2017 |
| 4.70 | Mari Steen Myrvang | 06 | Ski | 14.03.2017 |
| 2.85 | Ella Hjeltnes | 11 | Hvam | 09.12.2017 |
| 2.28 | Sarah Nicolaisen | 10 | Hvam | 09.12.2017 |

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| **Kule 4 kg** |  |

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| 9.40 | Ebba Beyer | 98 | Rud | 10.02.2017 |

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| **MENN SENIOR 2018** | **941** |

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| **60m E** |  |

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| 9.84 | Simen Lye Smistad | 07 | Jessheim | 31.05.2018 |
| 9.85 | Leo Elias Riise | 07 | Jessheim | 11.08.2018 |
| 9.87 | Iver Løvgaard Faksvåg | 09 | Geithus | 15.09.2018 |
| 10.98 | Erik Alexander Brønn | 08 | Jessheim | 31.05.2018 |
| 11.06 | Christoffer Holås Lohne | 07 | Jessheim | 31.05.2018 |
| 11.14 | William Hjeltnes | 07 | Lillestrøm | 26.05.2018 |

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| **60m E Ukjent vind** |  |

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| 9.85 | Joakim Kolobekken | 09 | Jessheim | 11.08.2018 |
| 10.82 | Erik Alexander Brønn | 08 | Jessheim | 11.08.2018 |

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| **60m M** |  |

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| 7.2 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 8.6 | Lasse Johannessen | 79 | Jessheim | 27.09.2018 |
| 9.8 | Ivar Opsahl | 47 | Jessheim | 27.09.2018 |

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| **100m E** |  |

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| 11.11 | Markus Einan | 97 | Oslo/Bi | 24.08.2018 |
| 11.61 | Sander Steen Myrvang | 00 | Jessheim | 11.08.2018 |
| 11.92 | Filip Aas | 00 | Asker/Fø | 08.06.2018 |
| 12.14 | Oatthawut Panklang | 02 | Jessheim | 11.08.2018 |
| 12.30 | Emil Nordal | 03 | Nadderud | 17.06.2018 |
| 13.75 | Lasse Halvor Johannesen | 79 | Jessheim | 11.08.2018 |

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| **100m M** |  |

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| 11.6 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |

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| **200m E** |  |

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| 22.56 | Markus Einan | 97 | Oslo/Bi | 25.08.2018 |
| 24.08 | Filip Aas | 00 | Oslo/Bi | 02.06.2018 |
| 24.13 | Emil Nordal | 03 | Nadderud | 16.06.2018 |
| 29.51 | Christian Iversen | 05 | Nadderud | 17.06.2018 |
| 32.54 | Oliver Jordalen Løkken | 06 | Jessheim | 12.08.2018 |
| 33.71 | Ove Aastorp | 56 | Ålesund | 02.09.2018 |
| 34.39 | Leo Elias Riise | 07 | Jessheim | 12.08.2018 |

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| **MENN SENIOR 2018** | **942** |

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| **200m M** |  |

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| 29.6 | Lasse Halvor Johannesen | 79 | Oslo/St | 30.05.2018 |

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| **400m E** |  |

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| 47.76 | Markus Einan | 97 | Oslo/Bi | 24.08.2018 |
| 53.91 | Henrik Hanssen | 97 | Nadderud | 17.06.2018 |
| 54.40 | Johan Sebastian Evensen | 96 | Lillestrøm | 27.05.2018 |
| 57.01 | Emil Nordal | 03 | Nittedal | 25.08.2018 |
| 63.95 | Lasse Halvor Johannesen | 79 | Jessheim | 11.08.2018 |

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| **400m M** |  |

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| 55.0 | Michael Løland | 92 | Jessheim | 18.10.2018 |

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| **600m** |  |

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| 1:22.56 | Markus Einan | 97 | Ås | 01.05.2018 |
| 1:27.93 | Markus Høgne | 98 | Nesodden | 16.08.2018 |
| 1:37.39 | Henrik Schultze Toverud | 04 | Lillestrøm | 26.05.2018 |
| 2:27.19 | Erik Alexander Brønn | 08 | Jessheim | 11.08.2018 |
| 2:37.4 | Marcus Hauge Sollie | 09 | Årnes | 05.09.2018 |

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| **800m** |  |

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| 1:45.75 | Thomas Roth | 91 | Oslo/Bi | 07.06.2018 |
| 1:47.64 | Markus Einan | 97 | Oordegem, BLE | 26.05.2018 |
| 1:51.96 | Terje Snarby | 89 | Karlstad, SWE | 25.07.2018 |
| 1:53.73 | Andreas Roth | 93 | Byrkjelo | 18.08.2018 |
| 1:54.48 | Henrik Hanssen | 97 | Oslo/Bi | 29.08.2018 |
| 1:59.24 | Erling Klokkehaug | 91 | Nittedal | 02.06.2018 |
| 1:59.72 | Håkon Hanssønn Jacobsen | 96 | Nittedal | 02.06.2018 |
| 2:02.35 | Jonas Krossøy | 95 | Nittedal | 02.06.2018 |
| 2:03.63 | Markus Høgne | 98 | Oslo/Bi | 26.08.2018 |
| 2:05.50 | Johan Sebastian Evensen | 96 | Oslo/Bi | 18.07.2018 |
| 2:18.91 | Henrik Schultze Toverud | 04 | Lillehammer/Ss | 24.06.2018 |
| 2:22.37 | Andreas Kastel | 02 | Nadderud | 16.06.2018 |
| 2:27.79 | Lasse Johannesen | 79 | Jessheim | 27.09.2018 |
| 2:36.20 | Stig Gunleiksrud | 69 | Jessheim | 27.09.2018 |
| 2:40.41 | Christian Iversen | 05 | Jessheim | 27.09.2018 |
| 2:42.14 | Martin Andre Enebakk | 06 | Jessheim | 27.09.2018 |
| 2:48.46 | Jonas Teksum | 06 | Jessheim | 27.09.2018 |
| 2:52.36 | Oliver Rustad Ørvik | 08 | Jessheim | 27.09.2018 |
| 2:57.97 | Leo Elias Rise | 07 | Jessheim | 27.09.2018 |
| 2:58.76 | Odd Kinnsbekken | 48 | Jessheim | 27.09.2018 |

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| **MENN SENIOR 2018** | **943** |

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| **800m forts.** |  |

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| 3:09.31 | Oliver Løkken | 06 | Jessheim | 27.09.2018 |
| 3:00.54 | Ove Aastorp | 56 | Jessheim | 27.09.2018 |
| 3:19.11 | Arve Johansen | 48 | Jessheim | 27.09.2018 |
| 4:29.40 | Henning Høgheim | 39 | Jessheim | 27.09.2018 |
| 3:19.15 | Simon Lye Smestad | 07 | Jessheim | 27.09.2018 |
| 3:36.35 | Christoffer Holås Lohne | 07 | Jessheim | 27.09.2018 |
| 3:54.40 | Tore Ragnar Olsen | 46 | Jessheim | 27.09.2018 |
| 3:59.80 | Halvard Evensen | 53 | Jessheim | 27.09.2018 |
| 4:02.30 | Øivind Mangerud | 48 | Jessheim | 27.09.2018 |

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| **Høyt nivå:** |  |  |  |  |
| 1:46.00 | Thomas Roth | 91 | Karlstad, SWE | 25.07.2018 |
| 1:46.52 | Thomas Roth | 91 | Stockholm, SWE | 10.06.2018 |
| 1:46.60 | Thomas Roth | 91 | Berlin, GER | 09.08.2018 |
| 1:46.70 | Thomas Roth | 91 | Berlin, GER | 09.08.2018 |
| 1:46.85 | Thomas Roth | 91 | Tübingen, GER | 16.06.2018 |
| 1:46.90 | Thomas Roth | 91 | Bergen/Fa | 22.08.2018 |
| 1:46.91 | Thomas Roth | 91 | Piaseczno, POL | 20.05.2018 |
| 1:47.43 | Thomas Roth | 91 | Oordegem, BLE | 26.05.2018 |
| 1:47.67 | Markus Einan | 97 | Kortrijk, BLE | 14.07.2018 |
| 1:47.89 | Markus Einan | 97 | Bergen/Fa | 22.08.2018 |
| 1:48.29 | Markus Einan | 97 | Ninove, BLE | 28.07.2018 |
| 1:48.40 | Markus Einan | 97 | Oslo/Bi | 07.06.2018 |
| 1:48.55 | Markus Einan | 98 | Berlin, GER | 09.08.2018 |
| 1:49.56 | Markus Einan | 97 | Karlstad, SWE | 25.07.2018 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 1:45.03 | Andreas Kramer Svensk rek.sen | 97 | Karlstad, SWE | 25.07.2018 |
| 1:45.03 | Andreas Kramer EM 2 fin. | 97 | Berlin, GER | 11.08.2018 |
| 1:45.27 | Andreas Kramer | 97 | Göteborg, SWE | 18.08.2018 |
| 1:45.34 | Andreas Kramer | 97 | Szêkasfehervàn, HUN | 02.07.2018 |
| 1:45.38 | Andreas Kramer . | 97 | Hengelo, NED | 03.06.2018 |
| 1:46.14 | Andreas Kramer EM: Se 1h1 | 97 | Berlin, GER | 10.08.2018 |
| 1:46.97 | Andreas Kramer | 97 | Moratatlaz, ESP | 22.06.2018 |
| 1:47.08 | Andreas Kramer | 97 | Ostrava, TSJ | 08.09.2018 |
| 1:47.81 | Andreas Kramer EM:3h1 | 97 | Berlin, GER | 09.08.2018 |
| 1:47.82 | Andreas Kramer 1SM SEN | 97 | Eskilstuna, SWE | 26.08.2018 |

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| **1000m** |  |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 2:18.30 | Andreas Kramer | 97 | Stockholm, SWE | 10.06.2018 |

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| **MENN SENIOR 2018** | **944** |

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| **1500m** |  |

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| 3:43.11 | Thomas Roth | 91 | Jessheim | 31.05.2018 |
| 3:50.48 | Terje Snarby | 89 | Jessheim | 31.05.2018 |
| 3:51.54 | Markus Einan | 97 | Oslo/Bi | 25.08.2018 |
| 3:52.28 | Henrik Hanssen | 97 | Oslo/Bi | 25.08.2018 |
| 4:02.53 | Erling Klokkehaug | 91 | Jessheim | 31.05.2018 |
| 4:04.44 | Markus Høgne | 98 | Oslo/Bi | 25.08.2018 |
| 4:22.07 | Jonas Krossøy | 95 | Jessheim | 31.05.2018 |
| 4:40.71 | Bård Bryn | 03 | Jessheim | 31.05.2018 |
| 5:01.75 | Kristian Hammer | 76 | Jessheim | 31.05.2018 |
| 5:03.34 | Andreas Kastel | 02 | Jessheim | 31.05.2018 |
| 5:16.29 | Lars Myhre | 64 | Jessheim | 31.05.2018 |
| 5:16,86 | Eirik Løvgaard | 77 | Jessheim | 31.05.2018 |
| 5:26.1 | Stig Gunleiksrud | 69 | Jessheim | 18.10.2018 |
| 5:26.75 | Sondre Norheim | 05 | Jessheim | 31.05.2018 |
| 5:33.4 | Tor Vegard Grytten | 69 | Jessheim | 18.10.2018 |
| 5:39.21 | Lasse Halvor Johannesen | 79 | Jessheim | 31.05.2018 |
| 5:40.03 | Harald Rutle | 68 | Jessheim | 31.05.2018 |
| 6:04.90 | Ove Aastorp | 56 | Stjørdal | 26.08.2018 |
| 6:12.87 | Odd Kinnsbekken | 48 | Jessheim | 31.05.2018 |
| 7:13.20 | Anders Jellum | 48 | Jessheim | 31.05.2018 |
| 7:31.90 | Ole Arnegård | 44 | Jessheim | 31.05.2018 |
| 8:09.30 | Halvard Merlid Evensen | 53 | Jessheim | 31.05.2018 |
| 8:12.10 | Tore Ragnar Olsen | 46 | Jessheim | 31.05.2018 |
| 8:22.60 | Henning Høgheim | 39 | Jessheim | 31.05.2018 |
| 8:55.00 | Helge Velure | 50 | Jessheim | 31.05.2018 |

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| **3000m** |  |

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| 8:47.69 | Erling Klokkehaug | 91 | Nadderud | 15.06.2018 |
| 9:07.27 | Henrik Hanssen | 97 | Oslo/Bi | 18.07.2018 |
| 9:25.33 | Filip Kronkvist | 94 | Nadderud | 15.06.2018 |
| 13:44.49 | Ove Aastorp | 56 | Ski | 06.06.2018 |

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| **5km landevei** |  |

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| 16:17 | Kristian Monsen | 77 | Jessheim | 01.09.2017 |

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| **10km landevei** |  |

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| 35:38 | Runar Sannerud | 75 | Jessheim | 01.09.2018 |
| 36.12 | Tore Klungland | 97 | Drammen | 02.09.2018 |
| 39:10 | Sondre Norheim | 05 | Oslo | 15.09.2018 |
| 39:25 | Mads Huken Mathiesen | 01 | Jessheim | 01.09.2018 |
| 40:06 | Harald Furuseth | 69 | Jessheim | 01.09.2018 |
| 41:06 | Stig Gunleiksrud | 69 | Jessheim | 01.09.2018 |
| 41:54 | Lars Myhre | 64 | Jessheim | 01.09.2018 |
| 43:17 | Tor Vegard Grytten | 69 | Jessheim | 01.09.2018 |
| 54:46 | Harald Rutle | 68 | Jessheim | 18.11.2018 |
| **MENN SENIOR 2018** | | **945** | | |

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| **Halvmaraton 21098m** |  |

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| 1:18:16 | Runar Sannerud | 75 | Oslo | 15.09.2018 |
| 1:20:56 | Tore Klungland | 97 | Oslo | 15.09.2018 |
| 1:21:05 | Markus Høgne | 98 | Rømskog | 07.07.2018 |
| 1:28:57 | Stig Gunleiksrud | 69 | Jessheim | 18.11.2018 |
| 1:31:25 | Thor-Arne Norheim | 78 | Oslo | 15.08.2018 |
| 1:33:00 | Atle Furuseth | 69 | Jessheim | 18.09.2018 |
| 1:35:33 | Tor Vegard Grytten | 69 | Jessheim | 18.11.2018 |
| 1:56:40 | Ove Aastorp | 56 | Jessheim | 18.11.2018 |
| 2:18:10 | Henning Høgheim | 39 | Lørenskog | 27.10.2018 |

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| **Maraton 42195m** |  |

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| 2:44:31 | Runar Sannerud | 75 | Chicago, USA | 07.10.2018 |
| 3:31:50 | Lars Myhre | 64 | Jessheim | 18.11.2018 |

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

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| 19.3 | Ivar Opsahl | 47 | Oslo/St | 30.06.2018 |

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| **2000m hinder 76.2 cm** |  |

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| 8:02.27 | Andreas Kastel | 02 | Jessheim | 19.06.2018 |

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

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| 9:56.52 | Magnus Høgne | 98 | Oslo/Bi | 26.08.2018 |
| 13:23.62 | Stig Gunleiksrud | 69 | Jessheim | 19.06.2018 |
| 13:31.64 | Lars Myhre | 64 | Jessheim | 19.06.2018 |

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| **Høyde** | |  | | |
| 1.55 | Emil Nordal | 03 | Lillestrøm | 26.05.2018 |
| 1.50 | Frode Myrvang | 67 | Lillestrøm | 26.05.2018 |
| 1.21 | Ivar Opsahl | 47 | Lillestrøm | 23.05.2018 |
| 1.20 | John Arve Johansen | 36 | Borås, SWE | 07.07.2018 |
| 1.05 | William Hjeltnes | 07 | Lillestrøm | 26.05.2018 |

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| **Lengde** |  |

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| 5.23 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 4.89 | Stein Tore Klungland | 58 | Malaga, ESP | 10.09.2018 |
| 4.82 | Frode Myrvang | 67 | Stjørdal | 24.08.2018 |
| 4.04 | Lasse Halvor Johannesen | 79 | Oslo/St | 30.05.2018 |
| 3.49 | John Arve Johansen | 36 | Borås, SWE | 06.07.2018 |
| 3.38 | Ove Aastorp | 56 | Ålesund | 02.09.2018 |
| 3.37 s | Trygve Stuve Dahl | 07 | Lillehammer/Ss | 23.06.2018 |

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| **MENN SENIOR 2018** | **946** |

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| **Lengde forts.** |  |

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| 3.29 s | Joakim Kolobekken | 09 | Jessheim | 11.08.2018 |
| 3.25 s | Marcus Hauge Sollie | 09 | Jessheim | 11.08.2018 |
| 3.22 s | Iver Løvgaard Faksvåg | 09 | Larvik/Lo | 26.08.2018 |
| 3.06 | Ivar Opsahl | 47 | Jessheim | 27.09.2018 |
| 2.95 s | William Hjeltnes | 07 | Lillestrøm | 26.05.2018 |

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| **Lengde uten tilløp** |  |

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| 2.81 | Michael Løland | 92 | Jessheim | 18.10.2018 |
| 2.68 | Sander Steen Myrvang | 00 | Jessheim | 18.10.2018 |
| 2.67 | Martin Hjeltnes | 75 | Jessheim | 18.10.2018 |
| 2.29 | Frode Myrvang | 67 | Jessheim | 18.10.2018 |
| 2.09 | Jørgen Stuve Dahl | 04 | Jessheim | 18.10.2018 |
| 1.94 | Ivar Opsahl | 47 | Jessheim | 18.10.2018 |

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| **Tresteg** |  |

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| 11.38 | Stein Tore Klungland | 58 | Malaga, ESP | 15.09.2018 |
| 10.35 | Michael Løland | 92 | Jessheim | 18.10.2018 |
| 9.70 | Frode Myrvang | 67 | Oslo/St | 30.06.2018 |
| 7.86 | John Arve Johansen | 36 | Lillestrøm | 23.05.2018 |

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| **Kule 2 kg** |  |

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| 6.69 | Marcus Hauge Sollie | 09 | Årnes | 05.09.2018 |
| 6.25 | Joakim Kolobekken | 09 | Jessheim | 11.08.2018 |
| 5.51 | Iver Løvgaard Faksvåg | 09 | Jessheim | 11.08.2018 |

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| **Kule 3 kg** |  |

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| 9.82 | John Arve Johansen | 36 | Lillestrøm | 23.05.2018 |
| 9.13 | Marius Johansen | 05 | Hamar | 08.09.2018 |

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| **Kule 4 kg** |  |

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| 9.84 | Ivar Opsahl | 47 | Lillestrøm | 26.05.2018 |
| 9.41 | Jørgen Stuve Dahl | 04 | Jessheim | 11.08.2018 |

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| **Kule 5 kg** |  |

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| 10.03 | Terje Aastorp | 56 | Malaga, ESP | 05.09.2018 |
| 9.54 | Ove Aastorp | 56 | Borås, SWE | 07.07.2018 |

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| **MENN SENIOR 2018** | **947** |

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| **Kule 6 kg** |  |

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| 13.96 | Vidar Mossige Rasmussen | 67 | Ski | 06.06.2018 |
| 9.45 | Frode Myrvang | 67 | Stjørdal | 25.06.2018 |

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| **Kule 7.26 kg** |  |

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| 10.11 | Martin Hjeltnes | 75 | Jessheim | 12.08.2018 |
| 9.49 | Frode Myrvang | 67 | Ås | 01.05.2018 |
| 8.53 | Terje Aastorp | 56 | Jessheim | 12.08.2018 |
| 7.48 | Ove Aastorp | 56 | Jessheim | 12.08.2018 |

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| **Diskos 750 g** |  |

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| 25.74 | Marius Johansen | 05 | Hamar | 08.09.2018 |

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| **Diskos 1 kg** |  |

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| 33.47 | Terje Aastorp | 56 | Hønefoss | 12.09.2018 |
| 32.37 | Ove Aastorp | 56 | Lillestrøm | 16.08.2018 |
| 29.16 | Ivar Opsahl | 47 | Lillestrøm | 25.09.2018 |
| 28.75 | Jørgen Stuve Dahl | 04 | Nittedal | 15.09.2018 |
| 20.78 | John Arve Johansen | 36 | Jessheim | 18.10.2018 |

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| **Diskos 1.5 kg** |  |

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| 41.26 | Vidar Mossige Rasmussen | 67 | Stjørdal | 25.08.2018 |

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| **Diskos 2 kg** |  |

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| 30.35 | Martin Hjeltnes | 75 | Jessheim | 18.10.2018 |
| 24.48 | Terje Aastorp | 56 | Jessheim | 11.08.2018 |
| 23.12 | Ove Aastorp | 56 | Nittedal | 04.05.2018 |
| 19.17 | Lasse Halvor Johannesen | 79 | Jessheim | 11.08.2018 |
| 17.62 | Jørgen Stuve Dahl | 04 | Jessheim | 18.10.2018 |

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| **Slegge 2 kg** |  |

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| 10.28 | Marcus Hauge Sollie | 09 | Ski | 01.08.2018 |

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| **Slegge 3 kg** |  |

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| 23.09 | John Arve Johansen | 36 | Jessheim | 18.10.2018 |

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| **Slegge 4 kg** |  |

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| 24.71 | Ivar Opsahl | 47 | Lillestrøm | 15.05.2018 |

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| **MENN SENIOR 2018** | **948** |

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| **Slegge 5 kg** |  |

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| 19.35 | Terje Aastorp | 56 | Lillestrøm | 25.09.2018 |
| 17.97 | Ove Aastorp | 56 | Lillestrøm | 25.09.2018 |

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| **Slegge 7.26 kg** |  |

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| 22.85 | Martin Hjeltnes | 75 | Jessheim | 18.10.2018 |

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| **Spyd 400 g** |  |

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| 28.83 | John Arve Johansen | 47 | Oslo/St | 30.05.2018 |

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| **Spyd 500 g** |  |

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| 22.64 | Ivar Opsahl | 47 | Oslo/St | 30.05.2018 |

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| **Spyd 600 g** |  |

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| 28.96 | Ove Aastorp | 56 | Stjørdal | 26.08.2018 |

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| **Spyd 700 g** |  |

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| 34.89 | Frode Myrvang | 67 | Stjørdal | 26.08.2018 |

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| **Spyd 800 g** |  |

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| 21.92 | Ove Aastorp | 56 | Jessheim | 18.10.2018 |

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| **Vektkast 2.65 kg** |  |

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| 8.90 | Marcus Hauge Sollie | 09 | Greverud | 22.04.2018 |

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| **Vektkast 7.26 kg** |  |

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| 9.40 | Ivar Opsahl | 47 | Lillestrøm | 25.09.2018 |

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| **Vektkast 9.08 kg** |  |

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| 10.24 | Ove Aastorp | 56 | Lillestrøm | 25.09.2018 |
| 9.26 | Terje Aastorp | 62 | Borås, SWE | 06.07.2018 |

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| **Liten ball 150g** |  |

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| 35.53 | Joakim Kolobekken | 09 | Jessheim | 11.08.2018 |
| 28.08 | Ivar Løvgaard Faksvåg | 09 | Jessheim | 11.08.2018 |
| 23.03 | Marcus Hauge Sollie | 09 | Jessheim | 11.08.2018 |

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| **MENN SENIOR 2018** | **949** |

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| **5-kamp** |  |

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| 2185 | Ove Aastorp | 56 | Åløesund | 02.09.2018 |
| 3.38+1.5-25.28-33.71+1.0-29.69-6:08.52 | | | |

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| **4x400m M** |  |

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| 3:28.62 | MS |  | Nesodden | 20.05.2018 |
| Johan Sebastian Evensen96-Markus Einan97-Terje Snarby89-Håkon Jakobsen96 | | | |

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| **4x600m** |  |

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| 6:44.71 | G16 |  | Nesodden | 20.05.2018 |
| Andreas Kastel02-Oscar Hansen03-Ola Spigseth02-Oskar Lockert Skjold03 | | | |

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| **1000m** |  |

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| 1:53.98 | MS |  | Byrkjelo | 19.08.2018 |
| Sander Myrvang00-Andreas Roth93-Markus Einan97-Thomas Roth91 | | | |

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| **MENN SENIOR 2018** | **950** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.25 | Marcus Theodor Moen | 99 | Bergen/Le | 21.01.2018 |
| 7.40 | Sander Steen Myrvang | 00 | REud | 01.12.2018 |
| 7.46 | Filip Aas | 00 | Hvam | 13.01.2018 |
| 7.66 | Oatthawut Panklang | 02 | Hvam | 08.12.2018 |
| 7.73 | Emil Nordal | 03 | Rud | 01.12.2018 |
| 7.96 | Iver Laake | 01 | Stange | 17.01.2018 |
| 8.69 | Christian Iversen | 05 | Hvam | 08.12.2018 |
| 9.14 | Leo Elias Rise | 07 | Hvam | 08.12.2018 |
| 9.21 | Oliver Jordalen Løkken | 06 | Hvam | 08.12.2018 |
| 9.27 | Jonas Bergli | 08 | Hvam | 08.12.2018 |
| 9.63 | Joakim Kolobekken | 09 | Hvam | 08.12.2018 |
| 9.92 | Simon Lye Smistad | 07 | Hvam | 13.01.2018 |
| 9.96 | Trygve Stuve Dahl | 07 | Hvam | 13.01.2018 |
| 9.96 | Iver Løvgaard Faksvåg | 09 | Hvam | 08.12.2018 |
| 9.98 | Isac Hallingstad Holsæter | 08 | Hvam | 08.12.2018 |
| 10.04 | Ove Aastorp | 56 | Grimstad | 10.03.2018 |
| 10.30 | Adam Rami Saadah | 08 | Hvam | 08.12.2018 |
| 10.50 | Henrik Hjelm Bakkerud | 08 | Hvam | 08.12.2018 |
| 10.65 | Marcus Hauge Sollie | 09 | Hvam | 13.01.2018 |
| 10.73 | Ludvig Sjøstrøm-Johnsen | 09 | Hvam | 13.01.2018 |
| 10.95 | Lars Ove Lye Smestad | 10 | Hvam | 13.01.2018 |
| 10.95 | Oliver Aanesrud Nymoen | 07 | Hvam | 13.01.2018 |
| 11.07 | Lars Erik Smistad | 10 | Hvam | 03.03.2018 |
| 11.20 | Heine Frilseth | 07 | Hvam | 13.01.2018 |
| 11.81 | Jesper Aasen Fredriksen | 07 | Hvam | 13.01.2018 |
| 11.91 | Kasper Einan | 11 | Hvam | 08.12.2018 |
| 12.14 | Filip Byrkjedal | 07 | Hvam | 03.03.2018 |
| 12.38 | Johannes Børven-Ellingsdalen | 09 | Hvam | 08.12.2018 |
| 12.53 | Thomas Edin Hogner | 09 | Hvam | 08.12.2018 |
| 13.35 | Even Byrkjedal | 10 | Hvam | 03.03.2018 |

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| **200m E** |  |

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| 23.85 | Emil Nordal | 03 | Rud | 01.12.2018 |
| 24.86 | Sondre Opaker Øines | 98 | Rud | 03.02.2018 |
| 25.06 | Oatthawut Panklang | 02 | Hvam | 08.12.2018 |
| 28.28 | Christian Iversen | 05 | Hvam | 08.12.2018 |
| 30.36 | Oliver Jordalen Løkken | 06 | Hvam | 08.12.2018 |
| 31.43 | Leo Elias Rise | 07 | Hvam | 08.12.2018 |
| 31.66 | Jonas Bergsli | 08 | Hvam | 08.12.2018 |
| 32.01 | Oliver Jordalen Løkken | 06 | Stange | 18.03.2018 |
| 34.24 | Trygve Stuve Dahl | 07 | Hvam | 13.01.2018 |

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| **MENN SENIOR 2018** | **951** |

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

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| 34.61 | Isac Hallingstad Holsæter | 08 | Hvam | 08.12.2018 |
| 35.71 | Simen Lye Smistad | 07 | Hvam | 13.01.2018 |
| 36.31 | Erik Alexander Brønn | 08 | Hvam | 08.12.2018 |
| 38.11 | Oliver Aanesrud Nymoen | 07 | Hvam | 13.01.2018 |
| 38.43 | Marcus Hauge Sollie | 09 | Rud | 20.01.2018 |
| 39.74 | Heine Frilseth | 07 | Hvam | 13.01.2018 |

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| **400m E** |  |

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| 51.10 | Markus Einan | 97 | Rud | 10.02.2018 |
| 55.29 | Sondre Opaker Øines | 98 | Rud | 20.01.2018 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 48.15 | Andreas Kramer 1h1SMI | 97 | Gefle, SWE | 17.02.2018 |

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| **600m** |  |

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| 1:22.93 | Thomas Roth | 91 | Hvam | 17.02.2018 |
| 1:36.17 | Henrik Schultze Toverød | 04 | Hvam | 08.12.2018 |
| 1:59.12 | Oliver Jordalen Løkken | 06 | Stange | 17.03.2018 |
| 2:05.66 | Leo Elias Rise | 07 | Stange | 17.03.2018 |

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| **800m** |  |

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| 1:48.62 | Thomas Roth | 91 | Uppsala, SWE | 11.02.2018 |
| 1:53.43 | Sverre Blom Breivik | 96 | Ulsteinvik | 27.01.2018 |
| 2:08.09 | Jonas Krossøy | 95 | Hvam | 08.12.2018 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 1:46.87 | Andreas Kramer | 97 | Düsseldorf, GER | 06.02.2018 |
| 1:47.21 | Andreas Kramer VMI: 1h4 | 97 | Birimingham, GBR | 02.03.2018 |
| 1:47.36 | Anderas Kramer | 97 | Torun, POL | 15.02.2018 |
| 1:50.61 | Andreas Kramer 1 SMI | 97 | Gefle, SWE | 18.02.2018 |
| 1:53.82 | Andreas Kramer 1h1 SMI | 97 | Gefle, SWE | 17.02.2018 |

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| **1000m** |  |

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| 2:20.96 | Thomas Roth | 91 | Hvam | 17.02.2018 |

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| **1500m** |  |

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| 4:07.76 | Eivind Klokkehaug | 91 | Rud | 03.02.2018 |

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| **MENN SENIOR 2018** | **952** |

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| **3000m** |  |

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| 8:51.30 | Eskil Kinneberg | 92 | Göteborg, SWE | 27.01.2018 |

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

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| 12.77 | Adam Rami Saadah | 08 | Hvam | 08.12.2018 |
| 13.28 | Isac Hallingstad Holsæter | 08 | Hvam | 08.12.2018 |

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

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| 8.07 | Marcus Theodor Moen | 99 | Bergen/Le | 20.01.2018 |

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

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| 9.85 | Emil Nordal | 03 | Karlstad, SWE | 15.12.2018 |

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

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| 8.11 | Marcus Theodor Moen | 99 | Rud | 04.02.2018 |

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| **Høyde** |  |

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| 1.60 | Emil Nordal | 03 | Rud | 11.02.2018 |
| 1.20 | John Arve Johansen | 36 | Hvam | 24.04.2018 |
| 1.20 | Trygve Stuve Dahl | 07 | Hvam | 08.12.2018 |
| 1.05 | Adam Rami Saadah | 08 | Hvam | 08.12.2018 |
| 1.05 | Erik Alexander Brønn | 08 | Hvam | 08.12.2018 |
| 1.00 | Heine Frilseth | 07 | Hvam | 13.01.2018 |
| 1.00 | Isac Hallingstad Holsæter | 08 | Hvam | 08.12.2018 |
| 0.86 | Joakim Kolobekken | 09 | Hvam | 13.01.2018 |

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| **Lengde** |  |

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| 4.80 | Emil Nordal | 03 | Uddevalla, SWE | 14.01.2018 |
| 3.68 s | Iver Løvaggrd Faksvåg | 09 | Hvam | 08.12.2018 |
| 3.62 s | Trygve Stuve Dahl | 07 | Hvam | 08.12.2018 |
| 3.40 | John Arve Johansen | 36 | Hvam | 24.04.2018 |
| 3.30 s | Erik Alexander Brønn | 08 | Hvam | 08.12.2018 |
| 3.26 s | Joakim Kolobekken | 09 | Hvam | 08.12.2018 |
| 3.25 s | Isac Hallingstad Holsæter | 08 | Hvam | 08.12.2018 |
| 3.23 s | Marcus Hauge Sollie | 09 | Hvam | 08.12.2018 |
| 2.87 s | Adam Rami Saadah | 08 | Hvam | 08.12.2018 |
| 2.83 s | Elias Rønneberg | 07 | Hvam | 13.01.2018 |
| 2.78 s | Heine Frilseth | 07 | Hvam | 13.01.2018 |
| 2.69 s | Maximillan Ophus | 09 | Hvam | 08.12.2018 |

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| **MENN SENIOR 2018** | **953** |

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| **Lengde forts.** |  |

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| 2.51 s | Kasper Einan | 11 | Hvam | 08.12.2018 |
| 2.41 s | Lars Ove Smistad | 10 | Hvam | 03.03.2018 |
| 2.34 s | Filip Byrkjedal | 07 | Hvam | 03.03.2018 |
| 2.32 s | Johannes Børven- Ellingsdalen | 09 | Hvam | 08.12.2018 |
| 1.95 | Thomas Edin Hogner | 09 | Hvam | 08.12.2018 |
| 1.69 s | Even Byrkjedal | 10 | Hvam | 03.03.2018 |

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| **Lengde uten tilløp** |  |

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| 2.10 | Ove Aastorp | 56 | Rud | 10.04.2018 |

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| **Tresteg** |  |

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| 7.56 | John Arve Johansen | 36 | Hvam | 24.04.2018 |

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| **Tresteg uten tilløp** |  |

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| 8.63 | Filip Aas | 00 | Hvam | 17.04.2018 |

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| **Kule2 kg** |  |

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| 6.93 | Joakim Kolobekken | 09 | Hvam | 08.12.2018 |
| 6.43 | Elias Rønneberg | 07 | Hvam | 13.01.2018 |
| 6.30 | Henrik Hjelm Bakkerud | 08 | Hvam | 08.12.2018 |
| 6.07 | Marcus Hauge Sollie | 09 | Hvam | 08.12.2018 |
| 5.94 | Adam Rami Saadah | 08 | Hvam | 08.12.2018 |
| 5.35 | Iver Løvgaard Faksvåg | 09 | Hvam | 08.12.2018 |
| 4.61 | Filip Byrkjedal | 07 | Hvam | 03.03.2018 |
| 3.72 | Kasper Einan | 11 | Hvam | 08.12.2018 |
| 3.39 | Thomas Edin Hogner | 09 | Hvam | 08.12.2018 |
| 2.43 | Johannes Børven-Ellingsdalen | 09 | Hvam | 08.12.2018 |

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| **Kule 4 kg** |  |

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| 9.23 | Jørgen Stuve Dahl | 04 | Hvam | 13.01.2018 |

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| **Kule 5 kg** |  |

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| 9.78 | Terje Aastorp | 56 | Grimstad | 11.03.2018 |
| 9.58 | Ove Aastorp | 56 | Grimstad | 11.03.2018 |

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| **MENN SENIOR 2018** | **954** |

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| **Kule 7.26 kg** |  |

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| 9.45 | Frode Myrvang | 67 | Hvam | 13.01.2018 |
| 8.76 | Terje Aastorp | 56 | Hvam | 08.12.2018 |
| 8.09 | Ove Aastorp | 56 | Hvam | 13.01.2018 |

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| **KVINNER SENIOR 2018** | **955** |

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| **60m E** |  |

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| 9.00 | Mari Steen Myrvang | 06 | Jessheim | 11.08.2018 |
| 9.35 | Oda Rognstad | 05 | Jessheim | 31.05.2018 |
| 9.50 | Sophie Mannion | 05 | Jessheim | 31.05.2018 |
| 9.63 | Linnea Elisabeth Johnsen | 06 | Jessheim | 11.08.2018 |
| 9.97 | Sara Isabella Bertheussen | 08 | Nittedal | 15.09.2018 |
| 12.84 | Rebecka Helle Aas | 07 | Jessheim | 31.05.2018 |
| 13.53 | Ella Hjeltnes | 11 | Jessheim | 11.07.2018 |

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| **60m E Ukjent vind** |  |

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| 12.40 | Elida Hembre | 09 | Jessheim | 11.08.2018 |
| 13.50 | Ella Hjeltnes | 11 | Jessheim | 11.08.2018 |

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| **60m M** |  |

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| 9.5 | Brit Helen Lye | 77 | Jessheim | 27.09.2018 |

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| **100m E** |  |

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| 12.58 | Summer Steinsrud | 01 | Nadderud | 17.06.2018 |
| 12.59 | Vår Åsheim | 99 | Oslo/Bi | 18.07.2018 |
| 12.67 | Birgitte Kjuus | 99 | Oslo/Bi | 18.07.2018 |
| 12.77 | Tonje Moen | 00 | Lillestrøm | 26.05.2018 |
| 13.18 | Solveig Emilie Johansen | 03 | Lillestrøm | 26.05.2018 |
| 14.00 | Kari Ingelin Sjøstrøm Jøhnsen | 03 | Lillehammer/Ss | 24.06.2018 |
| 15.81 | Brit Helen Lye | 77 | Jessheim | 11.08.2018 |

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| **100m M** |  |

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| 15.7 | Brit Helen Lye | 77 | Jessheim | 27.09.2018 |

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| **200m E** |  |

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| 25.35 | Vår Åsheim | 99 | Oslo/Bi | 18.07.2018 |
| 25.86 | Summer Steinsrud | 01 | Göteborg, SWE | 01.07.2018 |
| 26.90 | Solveig Emilie Johansen | 03 | Bergen/Fa | 13.05.2018 |
| 29.98 | Mathea Edle Olsen | 05 | Moss/Me | 30.06.2018 |
| 30.96 | Oda Rognstad | 05 | Nadderud | 17.06.2018 |
| 33.95 | Brit Helen Lye | 77 | Jessheim | 12.08.2018 |
| 34.26 | Malena Gulbrandsen Høe | 05 | Nadderud | 17.06.2018 |
| 35.93 | Sara Isabella Bertheussen | 08 | Jessheim | 12.08.2018 |

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| **300m E** |  |

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| 41.76 | Summer Steinsrud | 01 | Asker/Fø | 09.06.2018 |

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| **KVINNER SENIOR 2018** | **956** |

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| **400m E** |  |

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| 55.75 | Vår Åsheim | 99 | Göteborg, SWE | 30.06.2018 |
| 60.12 | Emilie Hov Andreassen | 00 | Lillehammer/Ss | 23.06.2018 |
| 61.74 | Caroline Foss Høistad | 98 | Steinkjer/Gu | 09.03.2018 |
| 66.31 | Mathea Edle Olsen | 05 | Nittedal | 25.08.2018 |

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| **400m M** |  |

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| 78.4 | Brit Helen Lye | 77 | Jessheim | 18.10.2018 |

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| **600m** |  |

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| 1:41.42 | Julie Hammer | 04 | Hamar | 08.09.2018 |
| 1:49.52 | Mathea Edle Olsen | 05 | Nittedal | 16.09.2018 |
| 1:59.84 | Silje Christine Berg-Knutsen | 05 | Jessheim | 11.08.2018 |

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| **800m** |  |

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| 2:04.80 | Amalie Sæten | 97 | Oslo/Bi | 07.06.2018 |
| 2:25.18 | Julie Hammer | 04 | Nittedal | 11.05.2018 |
| 2:35.98 | Mathea Edle Olsen | 05 | Nittedal | 25.08.2018 |
| 2:36.06 | Mia Jenny Østreng | 03 | Nadderud | 16.06.2018 |
| 2:46.38 | Hilde Marie Halling | 03 | Nadderud | 16.06.2018 |
| 2:46.90 | Kaja Brekke | 03 | Nadderud | 16.06.2018 |
| 3:20.33 | Natalie Norbech Jøransen | 07 | Jessheim | 27.09.2018 |
| 3:32.70 | Trine Bogstad Mangerud | 51 | Jessheim | 27.09.2018 |
| 3:41.93 | Hermine Einan | 07 | Jessheim | 27.09.2018 |
| 3:49.90 | Gudrun Laake | 70 | Jessheim | 27.09.2018 |

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| **1000m** |  |

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| 3:27.45 | June Røhne | 03 | Nittedal | 16.05.2018 |

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| **1500m** |  |

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| 4:18.62 | Amalie Sæten | 97 | Jessheim | 31.05.2018 |
| 4:41.46 | Julie Hammer | 04 | Hamar | 09.09.2018 |
| 5:19.23 | Mia Jenny Nygaard Østreng | 03 | Jessheim | 31.05.2018 |
| 5:20.53 | Caroline Foss Høistad | 98 | Jessheim | 11.08.2018 |
| 5:27.77 | Mathea Edle Olsen | 05 | Nittedal | 15.09.2018 |
| 7:13.40 | Trine Bogstad Mangerud | 51 | Jessheim | 31.05.2018 |
| 7:55.80 | Gudrun Laake | 70 | Jessheim | 31.05.2018 |
| 7:58.50 | Marit Skolt Skafle | 56 | Jessheim | 31.05.2018 |

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| **2000m** |  |

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| 7:24.20 | Mia Jenny Østreng | 03 | Jessheim | 12.08.2018 |
| **KVINNER SENIOR 2018** | | **957** | | |

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| **5000m** |  |

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| 17:15.0 | Silje Fjørtoft | 87 | Jessheim | 18.10.2018 |

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| **5km landevei** |  |

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| 17:55 | Julie Hammer | 04 | Jessheim | 01.09.2018 |

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| **10km landevei** |  |

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| 39:33 | Johanne Norheim | 03 | Oslo | 15.09.2018 |
| 43:41 | Anne Lillegård | 73 | Jessheim | 01.09.2023 |
| 46:24 | Andrea Furuseth | 94 | Jessheim | 01.09.2018 |
| 53:28 | Trine Bogstad Mangerud | 51 | Jessheim | 01.09.2018 |
| 54:46 | Anna Sofie Rutle | 96 | Jessheim | 18.11.2018 |
| 55:31 | Brit Helen Lye | 77 | Jessheim | 01.09.2018 |

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| **Halvmaraton 21098m** |  |

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| 1:32:31 | Karoline Næss | 94 | Kongsvinger | 04.08.2018 |
| 1:33:41 | Marianne Eske Pettersen | 79 | Oslo | 15.09.2018 |
| 1:41:16 | Andrea Furuseth | 94 | Jessheim | 18.11.2018 |
| 1:44:00 | Elisabeth Mannion | 76 | Jessheim | 18.11.2018 |
| 1:59:23 | Cesilie Stenbakken | 77 | Oslo | 15.09.2018 |

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

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| 11.81 | Oda Rognstad | 05 | Nadderud | 17.06.2018 |
| 12.77 | Marlena Gulbrandsen Høe | 05 | Nadderud | 17.06.2018 |

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

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| 14.53 | Summer Steinsrud | 01 | Helsingborg, SWE | 07.07.2018 |

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

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| 13.95 | Tonje Moen | 00 | Oslo/Bi | 07.06.2018 |

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

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| 43.29 | Vår Åsheim | 99 | Lillestrøm | 27.05.2018 |

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| **400m hekk 76.2 cm E** |  |

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| 60.14 | Vår Åsheim | 99 | Oslo/Bi | 05.07.2018 |

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| **KVINNER SENIOR 2018** | **958** |

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

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| 5:05.04 | Julie Hammer | 04 | Jessheim | 19.06.2018 |
| 5:55.51 | Mia Jenny Nygaard Østreng | 03 | Overhalla | 31.08.2018 |

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| **Høyde** |  |

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| 1.60 | Mari Steen Myrvang | 06 | Nittedal | 16.09.2018 |
| 1.15 | Malena Gulbrandsen Høe | 05 | Nadderud | 17.06.2018 |
| 1.00 | Sara Isabella Bertheussen | 08 | Lillestrøm | 27.05.2018 |

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| **Stav** |  |

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| 4.00 | Birgitte Kjuus | 99 | Mannheim, GER | 23.06.2018 |

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| **Lengde** |  |

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| 5.61 | Birgitte Kjuus | 99 | Oslo/Bi | 05.07.2018 |
| 4.05 | Mari Steen Myrvang | 06 | Jessheim | 27.09.2018 |
| 3.30 s | Malena Gulbrandsen Høe | 05 | Nadderud | 16.06.2018 |
| 3.22 s | Sara Isabella Bertheussen | 08 | Nittedal | 15.09.2018 |
| 3.02 s | Oda Rognstad | 05 | Nadderud | 16.06.2018 |
| 2.28 s | Ella Hjeltnes | 11 | Jessheim | 11.08.2018 |
| 2.18 s | Elida Hembre | 09 | Jessheim | 11.08.2018 |

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| **Lengde uten tilløp** |  |

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| 2.34 | Summer Steinsrud | 01 | Jessheim | 18.10.2018 |
| 2.01 | Britt Helen Lye | 77 | Jessheim | 18.10.2018 |
| 1.77 | Gudrun Laache | 70 | Jessheim | 18.10.2018 |

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| **Tresteg** |  |

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| 9.25 s | Mari Steen Myrvang | 06 | Nittedal | 16.09.2018 |

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| **Kule 2 kg** |  |

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| 7.76 | Silje Christine Berg-Knutsen | 05 | Jessheim | 11.08.2018 |
| 3.81 | Elida Hembre | 09 | Jessheim | 11.08.2018 |

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| **Kule 3 kg** |  |

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| 12.95 | Hanna Emilie Hjeltnes | 04 | Jessheim | 11.08.2018 |

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| **Kule 4 kg** |  |

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| 10.67 | Hanna Emilie Hjeltnes | 04 | Jessheim | 27.09.2018 |
| 7.05 | Brit Helen Lye | 77 | Jessheim | 27.09.2018 |
| 5.80 | Gudrun Laake | 70 | Jessheim | 27.09.2018 |
| **KVINNER SENIOR 2018** | | **959** | | |

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| **Diskos 750 g** |  |

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| 41.22 | Hanna Emilie Hjeltnes | 04 | Nittedal | 15.09.2018 |

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| **Diskos 1 kg** |  |

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| 35.31 | Hanna Emilie Hjeltnes | 04 | Jessheim | 18.10.2018 |

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| **Slegge 3 kg** |  |

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| 36.39 | Hanna Emilie Hjeltnes | 04 | Heggedal/Ka | 23.09.2018 |

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| **Slegge 4 kg** |  |

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| 25.35 | Hanna Emilie Hjeltnes | 04 | Jessheim | 18.10.2018 |

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| **Spyd 400 g** |  |

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| 32.90 | Hanna Emilie Hjeltnes | 04 | Hamar | 09.09.2018 |
| 19.50 | Malena Gulbrandsen Høe | 05 | Nadderud | 17.06.2018 |
| 12.70 | Oda Rognstad | 05 | Nadderud | 17.06.2018 |

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| **Spyd 500 g** |  |

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| 27.73 | Hanna Emilie Hjeltnes | 04 | Göteborg, SWE | 30.06.2018 |

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| **Spyd 600 g** |  |

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| 28.84 | Hanna Emilie Hjeltnes | 04 | Jessheim | 18.10.2018 |

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| **Liten ball 150 g** |  |

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| 11.92 | Elida Hembre | 09 | Jessheim | 11.08.2018 |

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

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| 3949 | Hannah Emilie Hjeltnes | 04 | Asker-Heggedal | 23.09.2018 |
| 36.38(3)-12.53(3)-40.02(750)-32.61(400) | | | |

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| **4x400m** |  |

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| 3:54.74 | K21 |  | Nesodden | 19.05.2018 |
| Vår Åsheim99-Amalie Sæten97-Emilie Hov Andreassen00-Caroline Foss Høistad98 | | | |

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| 4:04.08 | K19 |  | Nesodden | 19.05.2018 |
| Vår Åsheim99-Emilie Hov Andreassen00-Solveig E. Johansen03-Summer Steinsrud01 | | | |

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| **KVINNER SENIOR 2018** | **960** |

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| **1000m** |  |

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| 2:15.10 | K21 |  | Byrkjelo | 19.08.2018 |
| Tonje Moen00-Birgitte Kjuus99-Vår Åsheim99-Amalie Sæten97 | | | |

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| 2:21.65 | K19 |  | Oslo/Bi | 26.08.2018 |
| Tonje Moen00-Summer Steinsrud01-Solveig Johansen03-Vår Åsheim99 | | | |

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| **KVINNER SENIOR 2018** | **961** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.01 | Tonje Moen | 00 | Rud | 20.01.2018 |
| 8.12 | Summer Steinsrud | 01 | Steinkjer | 10.03.2018 |
| 8.48 | Kari Ingelin Sjøstrøm Johnsen | 03 | Hvam | 08.12.2018 |
| 9.50 | Brit Helen Lye | 77 | Hvam | 08.12.2018 |
| 9.55 | Silje Christine Berg-Knutsen | 05 | Stange | 17.03.2018 |
| 9.61 | Elena Teresa Haugen-Teixeira | 06 | Hvam | 08.12.2018 |
| 9.73 | Sara Isabella Bertheussen | 07 | Hvam | 08.12.2018 |
| 9.78 | Karoline Hjelm Bakkerud | 06 | Hvam | 13.01.2018 |
| 9.83 | Linnea Elisabeth Johnsen | 06 | Stange | 18.03.2018 |
| 9.97 | Natalie Nordbech Jøransen | 07 | Hvam | 08.12.2018 |
| 10.03 | Amanda Johanne Ekrem | 05 | Hvam | 08.12.2018 |
| 10.17 | Madeleine Kristiansen | 06 | Hvam | 08.12.2018 |
| 10.20 | Benedikte Rønneberg | 06 | Hvam | 13.01.2018 |
| 10.26 | Cecilie Hjelm Bakkerud | 08 | Hvam | 08.12.2018 |
| 10.54 | Jenny Fjelstad | 07 | Hvam | 03.03.2018 |
| 10.56 | Vie Rudi Lund | 10 | Hvam | 08.12.2018 |
| 10.62 | Tiril Bergum | 07 | Hvam | 13.01.2018 |
| 10.79 | Ingrid Petrikke Huus | 06 | Hvam | 08.12.2018 |
| 10.80 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 08.12.2018 |
| 10.82 | Ewa Eriksson Furuseth | 07 | Hvam | 08.12.2018 |
| 10.96 | Elina Hvattum | 08 | Stange | 18.03.2018 |
| 11.16 | Hermine Einan | 07 | Hvam | 08.12.2018 |
| 11.59 | Anna Søderholm | 07 | Hvam | 03.03.2018 |
| 11.71 | Ingrid Trondsen Engelstad | 07 | Hvam | 08.12.2018 |
| 11.85 | Marlen Rami Saadah | 09 | Hvam | 08.12.2018 |
| 11.91 | Christina Rieber-Mohn | 08 | Stange | 18.03.2018 |
| 11.99 | Emilie Gabrielsen | 07 | Hvam | 08.12.2018 |
| 12.25 | Nora Saleem | 11 | Hvam | 08.12.2018 |
| 12.38 | Rebecka Helle Aas | 07 | Hvam | 08.12.2018 |
| 12.59 | Emma Søderholm | 11 | Hvam | 03.03.2018 |
| 13.03 | Cornelia Håkelien-Solli | 11 | Hvam | 08.12.2018 |
| 13.32 | Mari Hellerud | 11 | Hvam | 08.12.2018 |

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| **200m E** |  |

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| 26.40 | Summer Steinsrud | 01 | Steinkjer | 11.03.2018 |
| 26.89 | Solveig Emilie Johansen | 03 | Rud | 11.02.2018 |
| 27.17 | Kari Ingelin Sjøstrøm Johnsen | 03 | Stange | 18.03.2018 |
| 32.97 | Karoline Hjelm Bakkerud | 06 | Stange | 18.03.2018 |
| 33.31 | Brit Helen Lye | 77 | Hvam | 08.12.2018 |
| 33.42 | Elena Teresa Haugan-Teixeira | 07 | Hvam | 08.12.2018 |
| 33.73 | Sara Isabella Bertheussen | 07 | Hvam | 08.12.2018 |

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| **KVINNER SENIOR 2018** | **962** |

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

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| 33.88 | Natalie Nordbech Jøransen | 07 | Hvam | 08.12.2018 |
| 34.98 | Amanda Johanne Ekrem | 05 | Hvam | 08.12.2018 |
| 35.71 | Thea Brennhovd Granlund | 07 | Hvam | 13.01.2018 |
| 38.02 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 08.12.2018 |
| 38.10 | Ingrid Petrikke Huuse | 06 | Hvam | 08.12.2018 |
| 38.95 | Ewa Eriksson Furuseth | 07 | Hvam | 08.12.2018 |
| 39.64 | Hermine Einan | 07 | Hvam | 08.12.2018 |
| 41.40 | Emilie Gabrielsen | 07 | Hvam | 08.12.2018 |
| 43.13 | Ingrid Trondsen Engelstad | 07 | Hvam | 08.12.2018 |
| 46.67 | Rebecka Helle Aas | 07 | Hvam | 08.12.2018 |

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| **400m** |  |

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| 61.74 | Caroline Foss Høistad | 98 | Steinkjer | 09.03.2018 |
| 62.07 | Emilie Hov Andreassen | 00 | Rud | 10.02.2018 |

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| **600m** |  |

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| 1:57.46 | Silje Christine Berg-Knutsen | 05 | Stange | 17.03.2018 |

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| **800m** |  |

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| 2:09.02 | Amalie Sæten | 97 | Rud | 11.02.2018 |

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| **1500m** |  |

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| 5:59.99 | Anne Lillegård | 73 | Grimstad | 10.03.2018 |

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| **3000m** |  |

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| 11:35.42 | Ingeborg Nordaune | 97 | Rud | 10.02.2018 |

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

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| 12.07 | Elena Teresa Haugan-Teixeira | 07 | Hvam | 08.12.2018 |
| 12.25 | Victoria Grøve | 07 | Hvam | 08.12.2018 |
| 12.38 | Natalie Nordbeck Jørgensen | 07 | Hvam | 08.12.2018 |
| 13.80 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 08.12.2018 |
| 13.86 | Thea Brennhovd Granlund | 07 | Hvam | 13,01.2018 |
| 13.94 | Ewa Eriksson Furuseth | 07 | Hvam | 08.12.2018 |
| 14.77 | Elina Hvattum | 08 | Hvam | 13.01.2018 |
| 15.07 | Mariama Larssen Njie | 08 | Hvam | 08.12.2018 |
| 17.53 | Rebecka Helle Aas | 07 | Hvam | 08.12.2018 |

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| **KVINNER SENIOR 2018** | **962** |

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

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| 13.01 | Madeleine Krisatiansen | 06 | Hvam | 08.12.2018 |

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

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| 8.81 | Tonje Moen | 00 | Rud | 20.01.2018 |
| 9.18 | Vår Åsheim | 99 | Rud | 20.01.2018 |

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| **Høyde** |  |

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| 1.54 | Mari Steen Myrvang | 06 | Karlstad, SWE | 15.12.2018 |
| 1.15 | Natalie Nordbeck Jørgensen | 07 | Hvam | 08.12.2018 |
| 1.12 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 08.12.2018 |
| 1.05 | Christine Henriksen | 07 | Hvam | 08.12.2018 |
| 1.01 | Elina Hvattum | 08 | Hvam | 13.01.2018 |
| 1.00 | Mariama Larssen Njie | 08 | Hvam | 08.12.2018 |
| 1.00 | Sara Isabella Bertheussen | 07 | Hvam | 08.12.2018 |
| 0.90 | Ingrid Trondsen Engelstad | 07 | Hvam | 08.12.2018 |

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| **Stav** |  |

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| 3.95 | Birgitte Kjuus | 99 | Rud | 01.12.2018 |

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| **Lengde** |  |

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| 3.52 s | Benedikte Rønneberg | 06 | Hvam | 17.01.2018 |
| 3.49 s | Elena Teresa Haugan-Teixeira | 07 | Hvam | 13.01.2018 |
| 3.45 s | Natalie Nordbeck Jøransen | 07 | Hvam | 08.12.2018 |
| 3.31 s | Christine Henriksen | 07 | Hvam | 08.12.2018 |
| 3.28 s | Amanda Johanne Ekrem | 05 | Hvam | 08.12.2018 |
| 3.26 s | Karoline Hjelm Bakkerud | 06 | Stange | 18.03.2018 |
| 3.26 s | Sara Isabella Bertheussen | 07 | Hvam | 08.12.2018 |
| 3.15 s | Tiril Bergum | 07 | Hvam | 13.01.2018 |
| 3.00 s | Vilde Orkelbog Johansen | 08 | Hvam | 08.12.2018 |
| 2.96 s | Elina Hvattum | 08 | Stange | 18.03.2018 |
| 2.93 s | Mariama Larssen Njie | 08 | Hvam | 08.12.2018 |
| 2.90 s | Vie Rudi Lund | 10 | Hvam | 08.12.2018 |
| 2.82 s | Celina Hjelm Bakkerud | 08 | Hvam | 08.12.2018 |
| 2.68 s | Rebecka Helle Aas | 07 | Hvam | 08.12.2018 |
| 2.59 s | Emilie Gabrielsen | 07 | Hvam | 08.12.2018 |
| 2.50 s | Ingrid Trondsen Engelstad | 07 | Hvam | 08.12.2018 |
| 2.48 s | Nora Saleem | 11 | Hvam | 08.12.2018 |
| 2.45 s | Anna Søderholm | 07 | Hvam | 03.03.2018 |
| 2.18 s | Christina Rieber-Mohn | 08 | Stange | 18.03.2018 |
| 2.17 s | Jenny Fjelstad | 07 | Hvam | 03.03.2018 |

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| **KVINNER SENIOR 2018** | **963** |

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| **Lengde forts.** |  |

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| 2.06 s | Emma Søderholm | 11 | Hvam | 03.03.2018 |
| 2.05 | Marlen Rami Saadah | 09 | Hvam | 08.12.2018 |
| 2.02 s | Mari Hellerud | 11 | Hvam | 08.12.2018 |
| 1.94 s | Cornelia Håkelien-Solli | 11 | Hvam | 08.12.2018 |

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| **Kule 2 kg** |  |

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| 7.59 | Silje Christine Berg-Knutsen | 05 | Stange | 17.03.2018 |
| 5.94 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 08.12.2018 |
| 5.80 | Natalie Nordbech Jøransen | 07 | Hvam | 08.12.2018 |
| 5.45 | Elina Hvattum | 08 | Hvam | 13.01.2018 |
| 4.55 | Anna Søderholm | 07 | Hvam | 03.03.2018 |
| 4.36 | Rebecka Helle Aas | 07 | Hvam | 08.12.2018 |
| 3.99 | Marlen Rami Saadah | 09 | Hvam | 08.12.2018 |
| 3.08 | Vie Rudi Lund | 10 | Hvam | 08.12.2018 |
| 2.57 | Emma Søderholm | 11 | Hvam | 03.03.2018 |
| 2.13 | Mari Hellerud | 11 | Hvam | 08.12.2018 |
| 2.02 | Nora Saleem | 11 | Hvam | 08.12.2018 |
| 1.97 | Cornelia Håkelien-Solli | 11 | Hvam | 08.12.2018 |

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| **Kule 3 kg** |  |

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| 13.11 | Hanna Emilie Hjeltnes | 04 | Karlstad, SWE | 15.12.2018 |

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| **600m 70-100-200-300** |  |

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| 1:37.76 | GJ11 |  | Hvam | 08.12.2018 |
| Sara Bertheussen07-Ingrid Huuse06-Leo Elias Rise07-Oliver Jordalen Løkken06 | | | |

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| 1:44.24 | J13 |  | Hvam | 08.12.2018 |
| Elena Haugen-Teixeira07-Madeleine Kristiansen06-Amanda Ekrem05-Natalie Jørgensen07 | | | |

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| **MENN SENIOR 2019** | **964** |

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| **40m E** |  |

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| 6.79 | Iver Løvgaard Faksvåg | 09 | Kongsvinger | 05.06.2019 |

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| **60m E** |  |

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| 7.61 | Julian Bastesen | 04 | Eiche, ESP | 21.12.2019 |
| 9.06 | Leo Elias Rise | 07 | Jessheim | 10.08.2019 |
| 9.23 | Jonas Bergli | 08 | Nadderud | 16.06.2019 |
| 9.41 | Martin Andre Enebakk | 06 | Jessheim | 06.06.2019 |
| 9.43 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 18.08.2019 |
| 9.64 | Simon Lye Smistad | 07 | Jessheim | 06.06.2019 |
| 9.70 | Joakim Kolobekken | 09 | Jessheim | 10.08.2019 |
| 10.86 | Erik Alexander Brønnars | 08 | Jessheim | 06.06.2019 |

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| **60m M** |  |

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| 11.5 | John Arve Johansen | 36 | Årnes | 28.08.2019 |
| 12.1 | Simen Myre | 11 | Jessheim | 16.09.2019 |
| 16.5 | Andreas Bergseth | 12 | Jessheim | 16.09.2019 |

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| **100m E** |  |

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| 11.61 | Emil Nordal | 03 | Jessheim | 06.09.2019 |
| 11.64 | Sander Steen Myrvang | 00 | Nadderud | 16.06.2019 |
| 11.99 | Oattahawut Panklang | 02 | Oslo/Bi | 01.06.2019 |
| 12.33 | Robert Alexandru Baka | 96 | Jessheim | 10.08.2019 |
| 12.56 | Johan Glenderud Tovari | 93 | Lillehammer/Ss | 23.06.2019 |
| 13.97 | Lasse Halvor Johannesen | 79 | Ski | 12.06.2019 |
| 15.57 | Iver Løvgaard Faksvåg | 09 | Nittedal | 15.05.2019 |
| 16.39 | Ivar Opsahl | 47 | Ski | 12.06.2019 |
| 16.50 | Ove Aastorp | 56 | Ski | 12.06.2019 |
| 19.80 | John Arve Johansen | 36 | Geithus | 21.06.2019 |
| 21.76 | Henning Høgheim | 39 | Geithus | 21.06.2019 |

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| **100m M** |  |

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| 12.2 | Emil Nordal | 03 | Jessheim | 16.09.2019 |
| 12.4 | Martin Brustad | 04 | Jessheim | 16.09.2019 |
| 12.8 | Henrik Schultze Toverud | 04 | Jessheim | 16.09.2019 |
| 13.1 | Halvor Løvli | 03 | Jessheim | 16.09.2019 |

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| **MENN SENIOR 2019** | **965** |

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| **200m E** |  |

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| 22.62 | Markus Einan | 97 | Oslo/Bi | 27.08.2019 |
| 23.24 | Emil Nordal | 03 | Nadderud | 15.06.2019 |
| 24.74 | Oattahawut Panklang | 02 | Wraclaw, POL | 29.05.2019 |
| 25.82 | Sander Steen Myrvang | 00 | Jessheim | 07.09.2019 |
| 26.04 | Johan Glenderud Tovani | 93 | Lillehammer/Ss | 21.06.2019 |
| 30.20 | Jonas Bergli | 08 | Nadderud | 14.06.2019 |
| 30.30 | Leo Elias Rise | 07 | Jessheim | 10.08.2019 |
| 32.92 | Iver Løvgaard Faksvåg | 09 | Nittedal | 15.05.2019 |

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| **400m E** |  |

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| 48.18 | Markus Einan | 97 | Jessheim | 06.06.2019 |
| 53.07 | Emil Nordal | 03 | Wraclaw, POL | 29.05.2019 |
| 57.08 | Oattahawut Panklang | 02 | Wraclaw, POL | 29.05.2019 |
| 65.71 | Lasse Halvor Johannesen | 79 | Jessheim | 10.08.2019 |

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| **400m M** |  |

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| 64.2 | Lasse Johannesen | 79 | Oslo/St | 12.08.2019 |

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| **600m** |  |

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| 1:41.15 | Oliver Finstad Nystrøm | 05 | Jessheim | 10.08.2019 |
| 1:53.14 | Jonas Bergli | 08 | Nadderud | 16.06.2019 |
| 1:54.45 | Leo Elias Rise | 07 | Jessheim | 10.08.2019 |
| 1:53.78 | Iver Løvgaard Faksvåg | 09 | Geithus | 14.09.2019 |
| 2:09.25 | Joakim Kolobekken | 09 | Jessheim | 10.08.2019 |

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| **800m** |  |

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| 1:46.77 | Andreas Kramer | 97 | Oslo/Bi | 13.06.2019 |
| 1:46.85 | Thomas Roth | 91 | Oslo/Bi | 13.06.2019 |
| 1:47.74 | Markus Einan | 97 | Oslo/Bi | 13.06.2019 |
| 1:55.75 | Henrik Hanssen | 97 | Prestfoss | 25.08.2019 |
| 1:55.89 | Mats Morgan Langøy | 01 | Oslo/Bi | 17.07.2019 |
| 2:00.33 | Håkon Hanssønn Jakobsen | 96 | Jessheim | 10.08.2019 |
| 2:02.80 | Jonas Krossøy | 95 | Oslo/Bi | 05.07.2019 |
| 2:04.85 | Johan Sebastian Evensen | 96 | Jessheim | 10.08.2019 |
| 2:10.07 | Halvor Løvli | 03 | Jessheim | 07.09.2019 |
| 2:10.90 | Henrik Schultze Toverud | 04 | Hokksund | 10.06.2019 |
| 2:12.71 | Eirik Bjørk Halvorsen | 04 | Jessheim | 10.08.2019 |
| 2:22.1 | Erlend Magnus Homble | 04 | Sofiemyr | 25.08.2019 |
| 2:25.83 | Markus Finskud | 04 | Nadderud | 15.06.2019 |
| 2:34.0 | Martin Andre Enebekk | 06 | Jessheim | 26.09.2019 |

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| **MENN SENIOR 2019** | **966** |

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| **800m** |  |

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| 2:34.4 | Christian Iversen | 05 | Jessheim | 26.09.2019 |
| 2:34.6 | Frode Myrvang | 67 | Jessheim | 26.09.2019 |
| 2:37.8 | Eirik Løvgaard | 77 | Jessheim | 26.09.2019 |
| 2:39.5 | Iver Løvgaard Faksvåg | 09 | Jessheim | 26.09.2019 |
| 2:46.3 | Tor Vegard Grytten | 69 | Jessheim | 26.09.2019 |
| 2:49.3 | Stig Gunleiksrud | 69 | Jessheim | 26.09.2019 |
| 2:58.1 | Joakim Kolobekken | 09 | Jessheim | 26.09.2019 |
| 2:58.2 | Ove Aastorp | 56 | Jessheim | 26.09.2019 |
| 2:59.7 | Odd Kinnsbekken | 48 | Jessheim | 26.09.2019 |
| 3:07.4 | Simen Lye Smistad | 07 | Jessheim | 26.09.2019 |
| 3:33.9 | Ole Arnegård | 44 | Jessheim | 26.09.2019 |
| 3:56.0 | Bjørn-Ivar Thune | 59 | Jessheim | 26.09.2019 |
| 3:58.00 | Henning Høgheim | 39 | Geithus | 22.06.2019 |
| 4:11.3 | Halvard Merli | 53 | Jessheim | 26.09.2019 |

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| **Høyt nivå:** |  |  |  |  |

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| 1:46.85 | Thomas Roth | 91 | Tübingen, GER | 22.06.2019 |
| 1:46.98 | Thomas Roth | 91 | Sollentuna, SWE | 18.06.2019 |
| 1:48.00 | Thomas Roth | 91 | Bergen/Fa | 22.05.2019 |
| 1:48.61 | Markus Einan | 97 | Hamar | 04.08.2019 |
| 1:48.99 | Markus Einan | 97 | Bergen/Fa | 22.05.2019 |
| 1:49.09 | Thomas Roth | 91 | Stockholm, SWE | 30.05.2019 |
| 1:49.16 | Thomas Roth | 91 | Nittedal | 08.06.2019 |
| 1:49.79 | Markus Einan | 97 | Gävle, SWE | 14.07.2019 |
| 1:49.91 | Markus Einan | 97 | Gävle, SWE | 12.07.2019 |

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| **UKI-medlem – løp for svensk klubb:** |

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| 1:45.10 | Andreas Kramer | 97 | London, GBR | 20.07.2019 |
| 1:45.33 | Andreas Kramer | 97 | Roma, ITA | 06.06.2019 |
| 1:45.59 | Andreas Kramer | 97 | Paris, FRA | 24.08.2019 |
| 1:46.74 | Andreas Kramer | 97 | Doha, QAT | 29.09.2019 |
| 1:47.20 | Andreas Kramer | 97 | Stockholm, SWE | 30.05.2019 |
| 1:46.53 | Andreas Kramer | 97 | Göteborg, SWE | 16.08.2019 |
| 1:47.60 | Andreas Kramer | 97 | Birmingham, GBR | 18.08.2019 |
| 1:47.61 | Andreas Kramer | 97 | Bydgoszcz, POL | 11.08.2019 |

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| **1500m** |  |

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| 3:45.08 | Thomas Roth | 91 | Jessheim | 06.06.2019 |
| 3:53.44 | Henrik Hanssen | 97 | Göteborg, SWE | 16.08.2019 |
| 4:00.38 | Mats Morgan Langøy | 01 | Göteborg, SWE | 16.08.2019 |
| 4:16.13 | Jonas Krossøy | 95 | Oslo/Bi | 31.05.2019 |
| 5:02.21 | Nani Kula | 01 | Jessheim | 06.06.2019 |

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| **MENN SENIOR 2019** | **967** |

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| **1500m forts.** |  |

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| 5:05.11 | Pål Berg-Knutsen | 64 | Jessheim | 06.06.2019 |
| 5:23.88 | Lars Myhre | 64 | Jessheim | 06.06.2019 |
| 5:29.28 | Stig Gunleiksrud | 69 | Jessheim | 06.06.2019 |
| 5:29.38 | Tor Vegard Grytten | 69 | Jessheim | 06.06.2019 |
| 5:33.03 | Lasse Halvor Johannesen | 79 | Jessheim | 06.06.2019 |
| 5:57.67 | Kjell Søderholm | 72 | Jessheim | 06.06.2019 |
| 5:59.52 | Odd Kinnsbekken | 48 | Jessheim | 06.06.2019 |
| 6:04.1 | Ove Aastorp | 56 | Oslol/St | 12.08.2019 |
| 6:54.79 | Anders Jellum | 48 | Jessheim | 06.06.2019 |
| 8:40.15 | Henning Høgheim | 39 | Jessheim | 06.06.2019 |

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| **2000m** |  |

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| 6:20.32 | Eirik Bjørk Halvorsen | 04 | Jessheim | 08.09.2019 |
| 6:30.64 | Oliver Finstad Nystuen | 05 | Jessheim | 11.08.2019 |
| 6:43.67 | Nani Kuli | 01 | Jessheim | 11.08.2019 |
| 6:44.28 | Simen Cook Halvorsen | 04 | Jessheim | 11.08.2019 |
| 6:51.85 | Mikkel Sletvold | 03 | Jessheim | 11.08.2019 |
| 7:06.70 | Erlend Magnus Homble | 04 | Jessheim | 11.08.2019 |

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| **3000m** |  |

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| 8:40.76 | Henrik Hanssen | 97 | Nadderud | 14.06.2019 |
| 8:54.12 | Mats Morgan Langøy | 01 | Nadderud | 14.06.2019 |
| 9:04.84 | Markus Einan | 97 | Oslo/Bi | 27.08.2019 |
| 9:49.49 | Halvor Løvli | 03 | Oslo/Bi | 27.08.2019 |
| 13:34.07 | Ove Aastorp | 56 | Geithus | 21.06.2019 |

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| **5000m** |  |

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| 30:31.76 | Henning Høgheim | 39 | Geithus | 23.06.2019 |

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| **10000m** |  |

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| 33:49.22 | Kristian Grue | 95 | Oslo/Bi | 17.07.2019 |

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

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| 11.59 | Iver Løvgaard Faksvåg | 09 | Geithus | 14.09.2019 |

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

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| 16.45 | Emil Nordal | 03 | Oslo/Bi | 31.05.2019 |

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| **MENN SENIOR 2019** | **968** |

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| **10km landevei** |  |

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| 33:32 | Tore Klungland | 97 | Drammen | 08.09.2019 |
| 33:46 | Kristian Grue | 95 | Jessheim | 05.10.2019 |
| 33:50 | Kristian Monsen | 77 | Jessheim | 05.10.2019 |
| 33:50 | Finn Gjøsteen | 01 | Jessheim | 05.10.2019 |
| 34:26 | Markus Einan | 97 | Jessheim | 05.10.2019 |
| 34:40 | Roger Sannerud | 75 | Oslo | 21.09.2019 |
| 36:23 | Torbjørn Liestøl | 73 | Jessheim | 05.10.2019 |
| 37:42 | Eirik Bjørk Halvorsen | 04 | Jessheim | 05.10.2019 |
| 38:28 | Oliver Finstad Nystrøm | 05 | Jessheim | 05.10.2019 |
| 39:23 | Nani Kula | 01 | Jessheim | 05.10.2019 |
| 39:57 | Tor Vegard Grytten | 69 | Jessheim | 05.10.2019 |
| 41:39 | Elias Simonsen | 01 | Jessheim | 05.10.2019 |
| 44:32 | Frank Øines | 68 | Jessheim | 05.10.2019 |
| 45:24 | Sebastian Skuseth Berge | 96 | Jessheim | 05.10.2019 |
| 45:46 | Arild Hansen | 62 | Jessheim | 05.10.2019 |
| 45:55 | Ådne Opaker Øines | 02 | Jessheim | 05.10.2019 |
| 47:37 | Thomas Edvin Randem | 71 | Jessheim | 17.11.2019 |
| 47:47 | Ove Aastorp | 56 | Jessheim | 05.10.2019 |
| 48:38 | Stig Gunleiksrud | 69 | Jessheim | 05.10.2019 |
| 52:52 | Morten Grefsrud | 76 | Jessheim | 05.10.2019 |
| 54:23 | Axel Søndenaa | 09 | Jessheim | 17.11.2019 |
| 54:29 | Lasse Johannesen | 79 | Jessheim | 17.11.2019 |
| 67:42 | Henning Høgheim | 39 | Jessheim | 05.10.2019 |

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| **Halvmaraton 21098m** |  |

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| 1:12:09 | Kristian Grue | 95 | Jessheim | 17.11.2019 |
| 1:15:44 | Runar Sannerud | 75 | Holmestrand | 06.04.2019 |
| 1:17:15 | Tore Klungland | 97 | Oslo | 21.09.2019 |
| 1:17:45 | Kristian Monsen | 77 | Jessheim | 17.11.2019 |
| 1:33.36 | Tor Vegard Grytten | 69 | Jessheim | 17.11.2019 |
| 1:40:21 | Ørjan Rogne Rise | 73 | Jessheim | 17.11.2019 |
| 1:55:33 | Ove Aastorp | 56 | Lørenskog | 26.10.2019 |

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| **Maraton 42195m** |  |

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| 2:39:30 | Runar Sannerud | 75 | Berlin, GER | 29.09.2019 |
| 2:56:20 | Jahn Thomas Lind | 77 | Oslo | 21.09.2019 |
| 3:35:24 | Lars Myhre | 64 | Jessheim | 17.11.2019 |
| 4:12:55 | Carl Axel Søndenaa | 79 | Jessheim | 17.11.2019 |

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| **MENN SENIOR 2019** | **969** |

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| **Høyde** |  |

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| 1.50 | Emil Nordal | 03 | Jessheim | 16.09.2019 |
| 1.25 | Ivar Opsahl | 47 | Ski | 12.06.2019 |
| 1.22 | Iver Løvgaard Faksvåg | 09 | Lillestrøm | 25.05.2019 |
| 1.12 | John Arve Johansen | 36 | Geithus | 22.06.2019 |

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| **Stav** |  |

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| 2.05 | John Arve Johansen | 36 | Geithus | 21.06.2019 |

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| **Lengde** |  |

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| 5.40 | Emil Nordal | 03 | Jessheim | 10.08.2019 |
| 5.18 | Johan Glendari Torvani | 93 | Arvika, SWE | 27.07.2019 |
| 4.89 | Stein Tore Klungland | 58 | Geithus | 21.06.2019 |
| 4.42 | Are Syversen | 70 | Geithus | 21.06.2019 |
| 4.29 | Lasse Halvor Johannesen | 79 | Oslo/St | 12.08.2019 |
| 3.89 s | Iver Løvgaard Faksvåg | 09 | Nadderud | 15.06.2019 |
| 3.49 | John Arve Johansen | 36 | Geithus | 21.06.2019 |

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| **Lengde uten tilløp** |  |

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| 2.14 | Lasse Johanessen | 79 | Jessheim | 16.09.2019 |
| 2.08 | Øystein Løvli | 69 | Jessheim | 16.09.2019 |
| 2.03 | Mikael Esteban Larsen | 05 | Jessheim | 16.09.2019 |
| 1.93 | Eivind Haukeland | 06 | Jessheim | 16.09.2019 |
| 1.92 | Bo Jørgensen | 09 | Jessheim | 16.09.2019 |
| 1.78 | Leo Elias Rise | 07 | Jessheim | 16.09.2019 |
| 1.66 | Aksel Gjøystdal | 06 | Jessheim | 16.09.2019 |
| 1.63 | Julian Hoff Morales | 08 | Jessheim | 16.09.2019 |
| 1.60 | Axel Sødemann | 09 | Jessheim | 16.09.2019 |
| 1.54 | Tristan Nielsen | 09 | Jessheim | 16.09.2019 |
| 1.54 | William Brun | 05 | Jessheim | 16.09.2019 |
| 1.52 | Felix Othemais | 09 | Jessheim | 16.09.2019 |
| 1.49 | Marcus Hauge Sollie | 09 | Jessheim | 16.09.2019 |
| 1.37 | Simen Myre | 11 | Jessheim | 16.09.2019 |
| 1.37 | Leo Windedal | 09 | Jessheim | 16.09.2019 |
| 1.35 | Ludvig Sjøstrøm Johansen | 09 | Jessheim | 16.09.2019 |
| 1.22 | Johannes Bøven Ellingsdalen | 09 | Jessheim | 16.09.2019 |
| 1.21 | Thomas Hogner | 09 | Jessheim | 16.09.2019 |
| 1.04 | Andreas Bergseth | 12 | Jessheim | 16.09.2019 |

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| **Tresteg** |  |

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| 11.09 | Stein Tore Klungland | 58 | Geithus | 23.06.2019 |
| 8.84 | Lasse Halvor Johannesen | 79 | Geithus | 23.06.2019 |
| 7.42 | John Arve Johansen | 36 | Oslo/St | 12.08.2019 |
| **MENN SENIOR 2019** | | **970** | | |

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| **Kule 2 kg** |  |

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| 6.64 | Jonas Bergli | 08 | Nadderud | 14.06.2019 |
| 5.96 | Marcus Hauge Sollie | 09 | Lillestrøm | 20.05.2019 |
| 5.53 | Iver Løvgaard Faksvåg | 09 | Kongsvinger | 05.06.2019 |

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| **Kule 3 kg** |  |

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| 9.85 | John Arve Johansen | 36 | Geithus | 22.06.2019 |

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| **Kule 4 kg** |  |

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| 10.47 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 23.06.2019 |
| 10.00 | Ivar Opsahl | 47 | Ski | 12.06.2019 |
| 7.91 | Marius Johansen | 05 | Hamar | 31.08.2019 |

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| **Kule 5 kg** |  |

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| 10.20 | Terje Aastorp | 56 | Tønsberg/Gr | 09.07.2019 |
| 8.01 | Ove Aastorp | 56 | Ski | 12.06.2019 |

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| **Kule 6 kg** |  |

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| 7.59 | Øystein Løvli | 69 | Jessheim | 16.09.2019 |

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| **Kule 7.26 kg** |  |

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| 9.83 | Martin Hjeltnes | 75 | Jessheim | 16.09.2019 |
| 9.01 | Terje Aastorp | 56 | Ski | 12.06.2019 |
| 7.65 | Lasse Halvor Johannesen | 79 | Ski | 12.06.2019 |
| 7.08 | Ove Aastorp | 56 | Jessheim | 10.08.2019 |

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| **Diskos 1 kg** |  |

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| 35.17 | Marius Johansen | 05 | Göteborg, SWE | 30.06.2019 |
| 34.65 | Terje Aastorp | 56 | Heggedal/Ka | 27.08.2019 |
| 32.16 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 22.06.2019 |
| 31.58 | Ove Aastorp | 56 | Geithus | 22.06.2019 |
| 22.81 | Ivar Opsahl | 47 | Ski | 12.06.2019 |
| 22.11 | John Arve Johansen | 36 | Geithus | 22.06.2019 |

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| **Diskos 1.5 kg** |  |

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| 39.32 | Vidar Mossige Rasmussen | 67 | Jessheim | 16.09.2019 |

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| **MENN SENIOR 2019** | **971** |

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| **Diskos 2 kg** |  |

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| 29.49 | Martin Hjeltnes | 75 | Jessheim | 16.09.2019 |
| 25.90 | Terje Aastorp | 56 | Jessheim | 10.08.2019 |
| 19.88 | Ove Aastorp | 56 | Jessheim | 10.08.2019 |
| 17.52 | Lasse Halvor Johannesen | 79 | Ski | 12.06.2019 |
| 15.05 | Emil Nordal | 03 | Jessheim | 16.09.2019 |

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| **Slegge 5 kg** |  |

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| 21.34 | Terje Aastorp | 56 | Jessheim | 16.06.2019 |
| 20.72 | Ove Aastorp | 56 | Lillestrøm | 12.09.2019 |

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| **Spyd 400 g** |  |

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| 28.42 | John Arve Johansen | 36 | Geithus | 23.06.2019 |

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| **Spyd 600 g** |  |

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| 27.33 | Ove Aastorp | 56 | Oslo/St | 12.08.2019 |

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| **Spyd 800 g** |  |

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| 56.47 | Axel Kozlowski | 98 | Jessheim | 10.08.2019 |
| 35.29 | Martin Hjeltnes | 75 | Jessheim | 16.09.2019 |
| 32.83 | Adrian Litwic | 86 | Jesheim | 16.09.2019 |
| 25.52 | Emil Nordal | 03 | Jessheim | 16.06.2019 |
| 24.66 | Ove Aastorp | 56 | Nittedal | 05.08.2019 |
| 23.88 | Jørgen Stuve Dahl | 04 | Jessheim | 16.09.2019 |
| 21.46 | Lasse Johannesen | 79 | Geithus | 23.06.2019 |
| 20.06 | Halvard Merlid | 53 | Jessheim | 16.09.2019 |
| 17.19 | Henrik Schultze Toverud | 04 | Jessheim | 16.06.2019 |
| 15.12 | Martin Brustad | 04 | Jessheim | 16.09.2019 |
| 12.04 | Halvor Løvli | 03 | Jessheim | 16.09.2019 |

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| **Vektkast 9.08 kg** |  |

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| 10.46 | Ove Aastorp | 56 | Lillestrøm | 12.09.2019 |

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| **Vektkast 15.88 kg** |  |

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| 5.36 | Lasse Halvor Johannesen | 79 | Geithus | 23.06.2019 |

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| **Slengball 1 kg** |  |

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| 17.74 | Marcus Hauge Sollie | 09 | Lillestrøm | 20.05.2019 |

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| **MENN SENIOR 2019** | **972** |

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| **Liten ball 150 g** |  |

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| 31.40 | Iver Løvgaard Faksvæg | 09 | Kongsvinger | 05.06.2019 |

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| **4x60m E** |  |

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| 42.70 | GJ 12 |  | Jessheim | 10.08.2019 |
| Joakim Kolobekken09-Kristina Solhaug10-Elida Hembre09-Leo Elias Rise07 | | | |

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| **4x100m E** |  |

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| 47.70 | G16 |  | Lillehammer/St | 25.05.2019 |
| Martin Brustad03-Emil Nordal03-Peder Pedersen03-Vetle Rølsåsen04 | | | |

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| **1000m** | |  | | |
| 2:15.94 | G16 |  | Jessheim | 08.09.2019 |
| Jørgen Stuve Dahl04-Martin Brustad04-Emil Nordal03-Henrik Schultze Toverud04 | | | |

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| **MENN SENIOR 2019** | **973** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.38 | Sander Steen Myrvang | 00 | Hvam | 26.01.2019 |
| 7.56 | Oatthawut Panklang | 02 | Rud | 08.02.2019 |
| 7.64 | Emil Nordal | 03 | Rud | 30.11.2019 |
| 7.81 | Johan Glenderud Tovari | 93 | Hvam | 26.01.2019 |
| 8.22 | Christian Iversen | 05 | Hvam | 07.12.2019 |
| 8.35 | Johnny Brenna | 64 | Hvam | 10.03.2019 |
| 8.44 | Jørgen Stuve Dahl | 04 | Stange | 22.03.2019 |
| 8.81 | Lasse Johannesen | 79 | Hvam | 10.03.2019 |
| 9.20 | Leo Elias Rise | 07 | Hvam | 26.01.2019 |
| 9.29 | Oliver Jordalen Løkken | 06 | Hvam | 26.01.2019 |
| 9.29 | Iver Løvgaard Faksvåg | 09 | Hvam | 07.12.2019 |
| 9.41 | Jonas Bergsli | 08 | Hvam | 26.01.2019 |
| 9.41 | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
| 9.65 | Ludvig Sjøstrøm-Johansen | 09 | Hvam | 07.12.2019 |
| 9.76 | Simon Lye Smistad | 07 | Hvam | 26.01.2019 |
| 9.89 | Ivar Opsahl | 47 | Hvam | 10.03.2019 |
| 10.00 | Lars Ove Lye Smistad | 10 | Hvam | 26.01.2019 |
| 10.17 | Ove Aastorp | 56 | Hvam | 10.03.2019 |
| 10.29 | Niklas Kristiansen | 07 | Hvam | 26.01.2019 |
| 10.56 | Henrik Hjelm Bakkerud | 08 | Hvam | 26.01.2019 |
| 10.61 | Axel Søndenaa | 09 | Hvam | 07.12.2019 |
| 11.02 | Simen Maximillan Myhre | 11 | Hvam | 07.12.2019 |
| 11.10 | Kristoffer Rødø Bråthen | 10 | Hvam | 26.01.2019 |
| 11.40 | Jørgen Kolobekken | 11 | Hvam | 07.12.2019 |
| 11.64 | Carl Bauck Jensen | 11 | Hvam | 07.12.2019 |
| 12.54 | Henning Høgheim | 39 | Hvam | 10.03.2019 |
| 12.80 | Kristian Espelund | 12 | Hvam | 26.01.2019 |

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| **100m E** |  |

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| 12.12 | Emil Nordal | 03 | Drammen | 06.01.2019 |
| 12.15 | Oatthawut Panklang | 02 | Drammen | 06.01.2019 |
| 12.58 | Johan Glenderud Tovari | 93 | Drammen | 06.01.2019 |

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| **200m E** |  |

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| 23.62 | Emil Nordal | 03 | Rud | 30.11.2019 |
| 24.56 | Oatthawut Panklang | 02 | Hvam | 26.01.2019 |
| 26.04 | Johan Glenderud Torvari | 93 | Hvam | 26.01.2019 |
| 26.77 | Christian Iversen | 05 | Hvam | 07.12.2019 |
| 28.74 | Lasse Johannesen | 79 | Hvam | 09.03.2019 |
| 28.78 | Jørgen Stuve Dahl | 04 | Hvam | 07.12.2019 |
| 30.69 | Iver Løvgaard Faksvåg | 09 | Hvam | 07.12.2019 |
| 31.26 | Oliver Jordalen Løkken | 06 | Hvam | 26.01.2019 |
| **MENN SENIOR 2019** | | **974** | | |

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

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| 31.60 | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
| 31.82 | Leo Elias Rise | 07 | Hvam | 26.01.2019 |
| 34.00 | Niklas Kristiansen | 07 | Hvam | 26.01.2019 |
| 36.68 | Axel Søndenaa | 09 | Hvam | 07.12.2019 |

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| **400m E** |  |

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| 47.75 | Andreas Kramer | 97 | Ulsteinvik | 25.01.2019 |

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| **500m E** |  |

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| 63.74 | Johan Glenderud Tovari | 93 | Hvam | 26.01.2019 |

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| **800m** |  |

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| 1:48.90 | Markus Einan | 97 | Haugesund | 03.02.2019 |
| 1:50.42 | Thomas Roth | 91 | Glasgow, SKO | 01.03.2019 |
| 2:09.90 | Nana Kuli | 01 | Hvam | 07.12.2019 |
| 2:10.17 | Henrik Schultze Toverud | 04 | Hvam | 07.12.2019 |
| 2:14.28 | Halvor Løvli | 03 | Hvam | 26.01.2019 |
| 2:26.51 | Gaute Fosstveit | 02 | Hvam | 07.12.2019 |
| 4:19.15 | Henning Høgheim | 39 | Hvam | 10.03.2019 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 1:46.52 | Andreas Kramer | 97 | Karlsruhe, GER | 02.02.2019 |
| 1:48.06 | Andreas Kramer EMfin | 97 | Glasgow, SKO | 03.03.2019 |
| 1:48.19 | Andreas Kramer | 97 | Düsseldorf, GER | 20.02.2019 |
| 1:48.50 | Andreas Kramer | 97 | Stockholm, SWE | 04.02.2019 |
| 1:48.67 | Andreas Kramer Emfor | 97 | Glasgow, SKO | 01.03.2019 |
| 1:49.06 | Andreas Kramer Emsem | 97 | Glasgow, SKO | 02.03.2019 |

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| **1500m** |  |

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| 3:50.81 | Thomas Roth | 91 | Haugesund | 02.02.2019 |
| 5:19.77 | Stig Gunleiksrud | 69 | Hvam | 09.03.2019 |

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| **3000m** |  |

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| 9:37.36 | Jonas Krossøy | 95 | Rud | 09.02.2019 |
| 10:02.89 | Torbjørn Liestøl | 73 | Hvam | 10.03.2019 |
| 18:25.16 | Henning Høgheim | 39 | Hvamo | 10.03.2019 |

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| **MENN SENIOR 2019** | **975** |

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

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| 11.32 | Iver Løvgaard Faksvåg | 09 | Hvam | 07.12.2019 |
| 11.80 | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
| 13.59 | Axel Søndenaa | 09 | Hvam | 07.12.2019 |

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

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| 11.08 | Oliver Jordalen Løkken | 06 | Hvam | 26.01.2019 |
| 13.06 | Ivar Opsahl | 47 | Hvam | 09.03.2019 |

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

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| 9.14 | Emil Nordal | 03 | Rud | 08.02.2019 |

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| **Høyde** |  |

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| 1.45 | Frode Myrvang | 67 | Hvam | 26.02.2019 |
| 1.40 | Jørgen Stuve Dahl | 04 | Stange | 25.03.2019 |
| 1.25 | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
| 1.23 | Iver Løvgaard Faksvåg | 09 | Hvam | 07.12.2019 |
| 1.21 | Ivar Opsahl | 47 | Hvam | 10.03.2019 |
| 1.20 | Trygve Stuve Dahl | 07 | Hvam | 26.01.2019 |
| 1.15 | Simon Lye Smistad | 07 | Hvam | 26.01.2019 |
| 1.15 | William Hjeltnes | 07 | Hvam | 26.01.2019 |
| 1.14 | John Arve Johansen | 36 | Hvam | 10.03.2019 |
| 1.05 | Axel Søndenaa | 09 | Hvam | 07.12.2019 |
| 1.00 | Niklas Kristiansen | 07 | Hvam | 26.01.2019 |

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| **Høyde uten tilløp** |  |

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| 1.25 | Frode Myrvang | 67 | Hvam | 26.01.2019 |
| 1.06 | Ivar Opsahl | 47 | Hvam | 09.03.2019 |

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| **Stav** |  |

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| 2.10 | Ivar Opsahl | 47 | Hvam | 09.03.2019 |
| 2.00 | John Arve Johansen | 36 | Torun, POL | 29.03.2019 |

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| **Lengde** |  |

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| 4.95 | Stein Tore Klungland | 58 | Hvam | 09.03.2019 |
| 4.64 | Johan Glenderud Tovari | 93 | Rud | 30.11.2019 |
| 4.31 s | Iver Løvgaard Faksvåg | 09 | Hvam | 07.12.2019 |
| 3.74 s | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
| 3.52 s | William Hjeltnes | 07 | Hvam | 26.01.2019 |
| 3.41 s | Axel Søndenaa | 09 | Hvam | 07.12.2019 |

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| **MENN SENIOR 2019** | **976** |

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| **Lengde forts.** |  |

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| 3.39 s | Trygve Stuve Dahl | 07 | Hvam | 26.01.2019 |
| 3.24 | John Arve Johansen | 36 | Hvam | 09.03.2019 |
| 3.12 s | Simen Lye Smistad | 07 | Hvam | 26.01.2019 |
| 3.06 s | Niklas Kristiansen | 07 | Hvam | 26.01.2019 |
| 2.95 s | Marcus Hauge Sollie | 09 | Hvam | 07.12.2019 |
| 2.71 s | Lars Ove Lye Smistad | 10 | Hvam | 26.01.2019 |
| 2.42 s | Simen Maximillan Myhre | 11 | Hvam | 07.12.2019 |
| 2.35 s | Jørgen Kolobekken | 11 | Hvam | 07.12.2019 |
| 2.31 s | Carl Bauck Jensen | 11 | Hvam | 07.12.2019 |
| 1.66 s | Kristian Espelund | 12 | Hvam | 26.01.2019 |

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| **Lengde uten tilløp** |  |

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| 2.91 | Sander Steen Myrvang | 00 | Rud | 02.04.2019 |
| 2.82 | Marcus Theodor Moen | 99 | Haukås | 21.12.2019 |
| 2.68 | Johnny Brenna | 64 | Hvam | 09.03.2019 |
| 2.54 | Johan Glenderud Tovari | 91 | Haugesund | 03.02.2019 |
| 2.38 | Lasse Johannesen | 79 | Hvam | 09.03.2019 |
| 2.11 | Ove Aastorp | 56 | Rud | 02.04.2019 |

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| **Tresteg** |  |

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| 11.05 | Stein Tore Klungland | 58 | Hvam | 10.03.2019 |
| 8.79 | Lasse Johannesen | 79 | Hvam | 10.03.2019 |
| 7.27 | John Arve Johansen | 36 | Torun | 30.03.2019 |

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| **Kule2 kg** |  |

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| 7.01 | Joakim Kolobekken | 09 | Hvam | 26.01.2019 |
| 6.95 | Marcus Hauge Sollie | 09 | Hvam | 07.12.2019 |
| 6.78 | Jonas Bergsli | 08 | Hvam | 26.01.2019 |
| 6.38 | Henrik Hjelm Bakkerud | 08 | Hvam | 26.01.2019 |
| 5.06 | Axel Søndenaa | 09 | Hvam | 07.12.2019 |
| 5.04 | Iver Løvgaard Faksvåg | 09 | Drammen | 06.01.2019 |
| 3.82 | Carls Bauck Jensen | 11 | Hvam | 07.12.2019 |
| 3.20 | Jørgen Kolobekken | 11 | Hvam | 07.12.2019 |
| 2.99 | Simen Maximillan Myhre | 11 | Hvam | 07.12.2019 |

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| **Kule3 kg** |  |

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| 9.24 | John Arve Johansen | 36 | Hvam | 10.03.2019 |
| 6.03 | William Hjeltnes | 07 | Hvam | 26.01.2019 |

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| **MENN SENIOR 2019** | **977** |

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| **Kule 4 kg** |  |

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| 9.98 | Jørgen Stuve Dahl | 04 | Hvam | 26.01.2019 |
| 9.89 | Ivar Opsahl | 47 | Hvam | 10.03.2019 |

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| **Kule 5 kg** |  |

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| 10.01 | Terje Aastorp | 56 | Hvam | 10.03.2019 |
| 8.52 | Ove Aastorp | 56 | Hvam | 10.03.2019 |

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| **Kule 6 kg** |  |

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| 14.04 | Vidar Rasmussen | 67 | Hvam | 10.03.2019 |

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| **Kule 7.26 kg** |  |

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| 8.42 | Terje Aastorp | 56 | Hvam | 26.01.2019 |
| 7.92 | Lasse Johannesen | 79 | Hvam | 26.01.2019 |
| 7.78 | Ove Aastorp | 56 | Hvam | 26.01.2019 |

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| **4x50m** |  |

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| 37.18 | G 7-10 |  | Hvam | 07.12.2019 |
| Axel Søndenaa09-Joakim Kolobekken09-Carl Bauck Jensen11-Jørgen Kolobekken11 | | | |

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| **KVINNER SENIOR 2019** | **978** |

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| **60m E** |  |

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| 8.90 | Mari Steen Myrvang | 06 | Oslo/Bi | 17.07.2019 |
| 9.34 | Linnea Elisabeth Johnsen | 06 | Nadderud | 15.06.2019 |
| 9.47 | Elena Teresa Haugen-Teixera | 07 | Jessheim | 06.06.2019 |
| 9.50 | Sara Isabella Bertheussen | 07 | Lillestrøm | 25.05.2019 |
| 9.90 | Natalie Norbech Jøransen | 07 | Jessheim | 06.06.2019 |
| 10.38 | Lea Hammer | 10 | Jessheim | 10.08.2019 |
| 10.47 | Vie Rudi Lund | 10 | Jessheim | 10.08.2019 |
| 10.50 | Hermine Opsahl Torgersen | 10 | Nadderud | 15.06.2019 |
| 11.07 | Anna Søderheim | 07 | Jessheim | 06.06.2019 |
| 11.42 | Kristina Solberg | 10 | Jessheim | 10.08.2019 |
| 12.03 | Elida Hembre | 09 | Jessheim | 06.06.2019 |
| 12.62 | Mia Waage Sundgot | 10 | Jessheim | 10.08.2019 |
| 13.27 | Ella Hjeltnes | 11 | Jessheim | 10.08.2019 |

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| **60m M** |  |

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| 11.3 | Sussanah Lunden | 10 | Jessheim | 16.09.2019 |
| 13.5 | Ella Sunnstrøm | 12 | Jessheim | 16.09.2019 |
| 13.6 | Noami Mortensen | 12 | Jessheim | 16.09.2019 |
| 14.6 | Mari Hellerud | 11 | Jessheim | 16.09.2019 |

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| **100m E** |  |

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| 13.24 | Kari Ingelin Sjøstrøm Johnsen | 03 | Lillehammer/Ss | 23.06.2019 |
| 13.27 | Solveig Emilie Johansen | 03 | Jessheim | 10.06.2019 |

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| **200m E** |  |

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| 26.31 | Kari Ingelin Sjøstrøm Johnsen | 03 | Nadderud | 15.06.2019 |
| 26.75 | Solveig Emilie Johansen | 03 | Prestfoss | 24.08.2019 |
| 30.06 | Mari Steen Myrvang | 06 | Asker/Fø | 08.06.2019 |
| 32.33 | Elena Teresa Haugan-Teixeira | 07 | Jessheim | 11.08.2019 |
| 33.48 | Natalie Norbech Jøransen | 07 | Jessheim | 10.08.2019 |

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| **300m E** |  |

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| 44.45 | Solveig Emilie Johansen | 03 | Nesodden | 29.08.2019 |

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| **400m E** |  |

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| 59.83 | Kari Ingelin Sjøstrøm Johnsen | 03 | Nadderud | 16.06.2019 |
| 68.35 | Mia Jenny Østreng | 03 | Lillehammer/Ss | 22.06.2019 |

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| **KVINNER SENIOR 2019** | **979** |

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| **600m** |  |

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| 1:33.50 | Amalie Sæten | 97 | Bergen/Fa | 22.05.2019 |
| 1:51.04 | Mathea Edle Rundgren Olsen | 05 | Jessheim | 10.08.2019 |
| 1:53.25 | Wilma Anna Torbiörnssen | 07 | Jessheim | 10.08.2019 |
| 1:59.52 | Natalie Norbech Johansen | 07 | Nadderud | 15.06.2019 |
| 2:11.43 | Elena Teresa Haugan-Teixeira | 07 | Nadderud | 15.06.2019 |

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| **800m** |  |

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| 2:06.84 | Amalie Sæten | 97 | Oslo/Bi | 17.07.2019 |
| 2:30.32 | Mia Jenny Østreng | 03 | Nadderud | 15.06.2019 |
| 2:41.5 | Dorthe Marie Enebakk | 04 | Jessheim | 26.09.2019 |
| 2:54.4 | Natalie Norbeck Jøransen | 07 | Jessheim | 26.09.2019 |
| 3:16.9 | Cecilie Bakkerud | 08 | Jessheim | 26.09.2019 |
| 3:35.7 | Sara Isabella Bertheussen | 07 | Jessheim | 26.09.2019 |
| 3:48.2 | Christina Rieber-Mohn | 08 | Jessheim | 26.09.2019 |
| 4:18.8 | Astrid Bauck Jensen | 09 | Jessheim | 26.09.2019 |
| 4:19.2 | Anna Sundstrøm | 07 | Jessheim | 26.09.2019 |
| 4:19.7 | Elida Hembre | 09 | Jessheim | 26.09.2019 |

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| **1500m** |  |

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| 4:16.43 | Amalie Sæten | 97 | Huizingen, BEL | 24.08.2019 |
| 4:30.51 | Silje Fjørtoft | 87 | Jessheim | 06.06.2019 |
| 4:36.86 | Julie Hammer | 04 | Prestfoss | 25.08.2019 |
| 5:14.23 | Mia Jenny Østreng | 03 | Jessheim | 06.06.2019 |
| 5:20.75 | Marthe Ervik | 96 | Jessheim | 06.06.2019 |
| 5:21.30 | Silje Christine Berg-Knutsen | 05 | Naqdderud | 16.06.2019 |
| 5:34.24 | Dorthe Marie Enebakk | 04 | Jessheim | 06.06.2019 |
| 7:18.19 | Trine Bogstad Mangerud | 51 | Jessheim | 06.06.2019 |
| 7:48.19 | Marit Skolt Skafle | 56 | Jessheim | 06.06.2019 |

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| **2000m** |  |

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| 6:26.31 | Julie Hammer | 04 | Göteborg, SWE | 30.06.2019 |

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| **3000m** |  |

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| 9:52.09 | Julie Hammer | 04 | Prestfoss | 25.08.2019 |

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

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| 11.90 | Elena Teresa Haugan-Teixeira | 07 | Jessheim | 10.08.2019 |

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

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| 4:59.50 | Julie Hammer | 04 | Göteborg, SWE | 28.06.2019 |
| 5:36.83 | Mia Østreng | 03 | Jessheim | 07.09.2019 |
| **KVINNER SENIOR 2019** | | **980** | | |

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| **2000m hinder 76.2 cm** |  |

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| 6:56.44 | Julie Hammer | 04 | Jessheim | 18.06.2019 |

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| **5km landevei** |  |

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| 16:21 | Silje Fjørtoft | 87 | Oslo | 27.04.2019 |

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| **10km landevei** |  |

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| 36:28 | Karoline Næss | 94 | Jessheim | 05.10.2019 |
| 45:57 | Marthe Ervik | 96 | Jessheim | 05.10.2019 |
| 54:28 | Hanna Schultze Toverud | 96 | Jessheim | 17.11.2019 |
| 55:00 | Marianne Eske Pettersen | 79 | Jessheim | 05.10.2019 |

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| **Halvmaraton 21098m** |  |

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| 1:20:50 | Karoline Næss | 94 | Lørenskog | 26.10.2019 |

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| **Maraton 42195m** |  |

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| 3:29:58 | Marianne Eske Pettersen | 79 | Jessheim | 17.11.2019 |

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| **Høyde** |  |

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| 1.50 | Mari Steen Myrvang | 06 | Oslo/Be | 04.05.2019 |
| 1.20 | Natalie Nordbech Jøransen | 07 | Jessheim | 11.08.2019 |
| 1.10 | Sara Isabella Bertheussen | 07 | Oslo/Be | 04.05.2019 |

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| **Stav** |  |

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| 4.13 | Birgitte Kjuus | 99 | Göteborg, SWE | 28.06.2019 |

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| **Lengde** |  |

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| 5.66 | Birgitte Kjuus | 99 | Oslo/Bi | 17.07.2019 |
| 3.64 s | Natalie Nordbech Jøransen | 07 | Jessheim | 11.08.2019 |
| 3.60 s | Elena Teresa Haugan-Teixeira | 07 | Nadderud | 15.06.2019 |
| 3.60 s | Sara Isabella Bertheussen | 07 | Nadderud | 15.06.2019 |
| 3.01 s | Hermine Opsahl Torgersen | 10 | Nadderud | 15.06.2019 |
| 2.99 s | Lea Hammer | 10 | Jessheim | 10.08.2019 |
| 2.75 s | Vie Rudi Lund | 10 | Jessheim | 10.09.2019 |
| 2.38 s | Mia Waage Sundgot | 10 | Jessheim | 10.08.2019 |
| 2.34 s | Ella Hjeltnes | 11 | Jessheim | 10.08.2019 |
| 1.89 s | Elida Hembre | 09 | Jessheim | 10.08.2019 |

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| **KVINNER SENIOR 2019** | **981** |

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| **Lengde uten tilløp** |  |

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| 2.11 | Hannah Lindtorp | 02 | Jessheim | 16.09.2019 |
| 2.09 | Kaja Brekke | 03 | Jessheim | 16.09.2019 |
| 1.96 | Christine Henriksen | 07 | Jessheim | 16.09.2019 |
| 1.92 | Silje Berg Knutsen | 05 | Jessheim | 16.09.2019 |
| 1.91 | Julie Lindtorp | 02 | Jessheim | 16.09.2019 |
| 1.91 | Line Løvstad | 74 | Jessheim | 16.09.2019 |
| 1.87 | Elena Teresa Haugan-Teixeira | 07 | Jessheim | 16.09.2019 |
| 1.85 | Amanda Ekrem | 05 | Jessheim | 16.09.2019 |
| 1.82 | Natalie Jøransen | 07 | Jessheim | 16.09.2019 |
| 1.81 | Sara Isabella Bertheussen | 07 | Jessheim | 16.09.2019 |
| 1.81 | June Laake | 04 | Jessheim | 16.09.2019 |
| 1.80 | Victoria Grøva | 07 | Jessheim | 16.09.2019 |
| 1.72 | Vilde Ingvaldsen | 08 | Jessheim | 16.09.2019 |
| 1.70 | Hilde Halling | 03 | Jessheim | 16.09.2019 |
| 1.69 | Christine Mohn | 08 | Jessheim | 16.09.2019 |
| 1.69 | Linnea Sjøstrøm Johansen | 06 | Jessheim | 16.09.2019 |
| 1.69 | Hanna Samson | 05 | Jessheim | 16.09.2019 |
| 1.69 | Irene Schultze | 67 | Jessheim | 16.09.2019 |
| 1.64 | Madeleine Kristiansen | 06 | Jessheim | 16.09.2019 |
| 1.63 | Vie Rudi Lund | 10 | Jesheim | 16.09.2019 |
| 1.62 | Hedvig Kindlien | 08 | Jessheim | 16.09.2019 |
| 1.58 | Cecilie Bakkerud | 08 | Jessheim | 16.09.2019 |
| 1.54 | Anna Sunnstrøm | 09 | Jessheim | 16.09.2019 |
| 1.48 | Anne Halling | 66 | Jessheim | 16.09.2019 |
| 1.46 | Susannah Lunden | 10 | Jessheim | 16.09.2019 |
| 1.41 | Celine Charles | 07 | Jessheim | 16.09.2019 |
| 1.29 | Iben Paulsen | 08 | Jessheim | 16.09.2019 |
| 1.26 | Noami Martinsen | 12 | Jessheim | 16.09.2019 |
| 1.26 | Ella Sunnstrøm | 12 | Jessheim | 16.09.2019 |
| 1.17 | Mari Hellerud | 11 | Jessheim | 16.09.2019 |

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| **Tresteg** |  |

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| 8.44 | Solveig Emilie Johansen | 03 | Nesodden | 29.08.2019 |

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| **Kule 2 kg** |  |

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| 5.45 | Hannah Samson | 05 | Jessheim | 16.09.2019 |
| 5.30 | Sara Isabella Bertheussen | 07 | Oslo/Be | 04.05.2019 |
| 4.68 | Ella Hjeltnes | 11 | Jessheim | 10.08.2019 |
| 4.57 | Elida Hembre | 09 | Jessheim | 10.08.2019 |
| 3.84 | Mia Sundgot Waage | 10 | Jessheim | 10.08.2019 |
| 3.53 | Lea Hammer | 10 | Jessheim | 10.08.2019 |
| 3.32 | Vie Rudi Lund | 10 | Jessheim | 10.08.2019 |
| 3.08 | Hermine Opsahl Torgersen | 10 | Jessheim | 10.08.2019 |

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| **KVINNER SENIOR 2019** | **982** |

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

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| 1.57 | Helin Zaman | 07 | Jessheim | 16.09.2019 |
| 1.55 | Rebecca Hellaas | 07 | Jessheim | 16.09.2019 |
| 1.47 | Kristina Solhaug | 10 | Jessheim | 16.09.2019 |
| 1.43 | Abinaya Kamalasingam | 08 | Jessheim | 16.09.2019 |
| 1.51 | Pernille Bergseth | 09 | Jessheim | 16.09.2019 |
| 1.38 | Anna Søderholm | 07 | Jessheim | 16.09.2019 |
| 1.22 | Elida Hembre | 09 | Jessheim | 16.09.2019 |
| 1.18 | Marlen Rami Saadah | 09 | Jessheim | 16.09.2019 |

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| **Kule 3 kg** |  |

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| 14.12 | Hanna Emilie Hjeltnes | 04 | Byrkjelo | 03.05.2019 |
| 6.18 | Irene Schultze | 67 | Jessheim | 16.09.2019 |
| 5.15 | Anna Halling | 66 | Jessheim | 16.09.2019 |

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| **Kule 4 kg** |  |

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| 11.78 | Hanna Emilie Hjeltnes | 04 | Jessheim | 06.06.2019 |
| 6.67 | Amalie Liestøl | 02 | Jessheim | 16.09.2019 |
| 5.93 | Line Løvstad | 74 | Jessheim | 16.09.2019 |

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| **Diskos 750 g** |  |

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| 43.22 | Hanna Emilie Hjeltnes | 04 | Jessheim | 06.09.2019 |

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| **Diskos 1 kg** |  |

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| 36.65 | Hanna Emilie Hjeltnes | 04 | Brandbu | 12.05.2019 |

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| **Slegge 3 kg** |  |

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| 35.99 | Hanna Emilie Hjeltnes | 04 | Jessheim | 10.08.2019 |

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| **Slegge 4 kg** |  |

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| 26.79 | Hanna Emilie Hjeltnes | 04 | Jessheim | 16.09.2019 |

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| **Spyd 500 g** |  |

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| 35.50 | Hanna Emilie Hjeltnes | 04 | Asker/Fø | 09.06.2019 |

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| **Spyd 600 g** |  |

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| 26.76 | Hanna Emilie Hjeltnes | 04 | Jessheim | 16.09.2019 |
| 20.06 | Irene Schultze | 67 | Jessheim | 16.09.2019 |
| **KVINNER SENIOR 2019** | | **983** | | |

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| **Liten ball 150 g** |  |

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| 20.00 | Sara Isabella Bertheussen | 07 | Lillestrøm | 25.05.2019 |
| 15.60 | Mia Waage Sundgot | 10 | Jessheim | 10.08.2019 |
| 15.16 | Ella Hjeltnes | 11 | Jessheim | 10.08.2019 |
| 14.85 | Elida Hembre | 09 | Jessheim | 10.08.2019 |
| 14.07 | Lea Hammer | 10 | Jessheim | 10.08.2019 |
| 13.30 | Vie Rudi Lund | 10 | Jessheim | 10.08.2019 |
| 10.06 | Hermine Opsahl Torgersen | 10 | Jessheim | 10.08.2019 |

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| **4x60m E** |  |

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| 38.57 | J12 |  | Jessheim | 10.08.2019 |
| Vie Rudi Lund10-Wilma Torbjôrnsson07-Natalie Jøransen07-Elena Haugan-Teixeira07 | | | |

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| 40.75 | J12 |  | Jessheim | 10.08.2019 |
| Lea Hammer10-Hermine Torgersen10-Betina Jahren Brate07-Erle Tangestuen07 | | | |

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| **1000m** |  |

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| 2:34.42 | J19 |  | Jessheim | 08.09.2019 |
| Tonje Moen00-Rayana Yangulbaeva04-Kari Ingelin Johansen03-Hannah Lindtorp02 | | | |

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| **KVINNER SENIOR 2019** | **984** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.38 | Kari Ingelin Sjøstrøm Johansen | 03 | Stange | 22.03.2019 |
| 8.69 | Oda Rognstad | 05 | Hvam | 26.01.2019 |
| 9.20 | Elena Teresa Haugan-Teixeira | 07 | Hvam | 07.12.2019 |
| 9.20 | Victoria Grøva | 07 | Hvam | 07.12.2019 |
| 9.23 | Sophie Mannion | 05 | Hvam | 26.01.2019 |
| 9.28 | Amanda Johanne Ekren | 05 | Hvam | 07.12.2019 |
| 9.55 | Britt Helen Lye | 77 | Hvam | 10.03.2019 |
| 9.68 | Sara Isabella Bertheussen | 07 | Hvam | 07.12.2019 |
| 9.69 | Kajsa Marie Ellevold | 08 | Hvam | 07.12.2019 |
| 9.72 | Linnea Sjøstrøm Johansen | 06 | Hvam | 26.01.2019 |
| 10.05 | Vie Rudi Lund | 10 | Hvam | 07.12.2019 |
| 10.06 | Madelaine Kristiansen | 06 | Hvam | 26.01.2019 |
| 10.06 | Christine Henriksen | 07 | Hvam | 26.01.2019 |
| 10.12 | Tuva Anna Forsbacka | 09 | Hvam | 07.12.2019 |
| 10.25 | Natalie Norbech Jøransen | 07 | Hvam | 26.01.2019 |
| 10.39 | Elina Hvattum | 08 | Hvam | 26.01.2019 |
| 10.47 | Astrid Bauck Jensen | 09 | Hvam | 07.12.2019 |
| 10.49 | Cecilie Hjelm Bakkerud | 08 | Hvam | 07.12.2019 |
| 10.52 | Pernille Bergseth | 08 | Hvam | 07.12.2019 |
| 10.73 | Martine Aslakskogen | 08 | Hvam | 07.12.2019 |
| 10.75 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 26.01.2019 |
| 10.75 | Hermine Opsahl Torgersen | 10 | Stange | 24.03.2019 |
| 10.96 | Helene Ståen Høgheim | 10 | Hvam | 07.12.2019 |
| 11.06 | Marianna Larssen Nje | 08 | Hvam | 26.01.2019 |
| 11.70 | Elida Hembre | 09 | Hvam | 26.01.2019 |
| 11.80 | Emma Louise Søderholm | 10 | Hvam | 26.01.2019 |
| 11.83 | Mia Waage Sundgot | 10 | Stange | 24.03.2019 |
| 11.87 | Anna Eva Søderstrøm | 07 | Hvam | 26.01.2019 |
| 12.88 | Ingrid Maren Bråthen | 11 | Hvam | 26.01.2019 |
| 13.31 | Ella Hjeltnes | 11 | Hvam | 26.01.2019 |
| 15.65 | Anne Utteberg | 56 | Hvam | 10.03.2019 |

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| **200m E** |  |

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| 25.55 | Vår Åsheim | 99 | Rud | 09.02.2019 |
| 26.59 | Kari Ingelin Sjøstrøm Johansen | 03 | Stange | 24.03.2019 |
| 29.02 | Oda Rognstad | 05 | Hvam | 26.01.2019 |
| 30.69 | Sophie Mannion | 05 | Hvam | 26.01.2019 |
| 30.97 | Linnea Sjøstrøm Johansen | 06 | Hvam | 07.12.2019 |
| 31.71 | Elena Teresa Haugan-Teixeira | 07 | Hvam | 07.12.2019 |
| 32.11 | Natalie Norbech Jøransen | 07 | Hvam | 07.12.2019 |
| 32.27 | Madeleine Kristiansen | 06 | Hvam | 07.12.2019 |
| 32.81 | Brit Helen Lye | 77 | Hvam | 09.03.2019 |

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| **KVINNER SENIOR 2019** | **985** |

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

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| 33.20 | Vie Rudi Lund | 09 | Hvam | 07.12.2019 |
| 34.32 | Tuva Anna Forsbacka | 09 | Hvam | 07.12.2019 |
| 34.52 | Sara Isabella Bertheussen | 07 | Hvam | 26.01.2019 |
| 37.37 | Martine Aslakskogen | 08 | Hvam | 07.12.2019 |
| 37.54 | Pernille Bergseth | 08 | Hvam | 07.12.2019 |
| 39.87 | Hermine Marie Torgersen | 10 | Hvam | 26.01.2019 |
| 41.89 | Elida Hembre | 09 | Hvam | 26.01.2019 |
| 41.92 | Astrid Marie Jensen | 09 | Hvam | 07.12.2019 |
| 44.25 | Mia Waage Sundgot | 10 | Hvam | 26.01.2019 |

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| **300m E** |  |

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| 40.18 | Vår Åsheim | 99 | Hvam | 26.01.2019 |

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| **400m E** |  |

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| 57.13 | Vår Åsheim | 99 | Haugesund | 02.02.2019 |

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| **600m** |  |

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| 1:51.37 | Wilma Torbjørnsson | 06 | Hvam | 07.12.2019 |
| 2:30.49 | Hermine Opsahl Torgersen | 10 | Stange | 23.03.2019 |
| 2:53.38 | Mia Waage Sundgot | 10 | Stange | 23.03.2019 |

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| **1500m** |  |

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| 4:28.01 | Amalie Sæten | 97 | Rud | 10.02.2019 |

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

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| 12.65 | Tuva Anna Forsbacka | 09 | Hvam | 07.12.2019 |
| 13.02 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 26.01.2019 |
| 13.04 | Elina Hvattum | 08 | Hvam | 26.01.2019 |

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

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| 11.25 | Elena Teresa Haugan-Teixeira | 07 | Hvam | 07.12.2019 |
| 11.81 | Victoria Grøva | 07 | Hvam | 07.12.2019 |
| 12.63 | Amanda Johanne Ekren | 05 | Hvam | 07.12.2019 |
| 13.01 | Natalie Norbech Jøransen | 07 | Hvam | 26.01.2019 |
| 13.40 | Madelaine Kristiansen | 06 | Hvam | 26.01.2019 |

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| **KVINNER SENIOR 2019** | **986** |

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| **Høyde** |  |

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| 1.55 | Mari Steen Myrvang | 06 | Hvam | 26.01.2019 |
| 1.25 | Natalie Norbech Jøransen | 07 | Hvam | 26.01.2019 |
| 1.20 | Christine Henriksen | 07 | Hvam | 26.01.2019 |
| 1.05 | Sara Isabella Bertheussen | 07 | Hvam | 26.01.2019 |
| 1.04 | Elina Hvattum | 08 | Hvam | 26.01.2019 |
| 1.01 | Marianna Larsen Nje | 08 | Hvam | 26.01.2019 |
| 1.00 | Anna Eva Søderholm | 07 | Hvam | 26.01.2019 |
| 0.95 | Astrid Bauck Jensen | 09 | Hvam | 07.12.2019 |
| 0.62 | Elida Hembre | 09 | Hvam | 26.01.2019 |

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| **Høyde uten tilløp** |  |

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| 1.05 | Mari Steen Myrvang | 06 | Hvam | 26.02.2019 |

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| **Stav** |  |

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| 3.95 | Birgitte Kjuus | 99 | Rud | 10.02.2019 |

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| **Lengde uten tilløp** |  |

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| 2.31 | Mari Steen Myrvang | 06 | Rud | 02.04.2019 |
| 2.14 | Brit Helen Lye | 77 | Hvam | 09.03.2019 |

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| **Lengde** |  |

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| 3.64 s | Natalie Norbech Jøransen | 07 | Hvam | 26.01.2019 |
| 3.29 s | Vie Rudi Lund | 09 | Hvam | 07.12.2019 |
| 3.22 s | Elina Hvattum | 08 | Hvam | 26.01.2019 |
| 3.20 s | Sara Isabella Bertheussen | 07 | Hvam | 26.01.2019 |
| 3.13 s | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 26.01.2019 |
| 3.13 s | Tuva Anna Forsbacka | 09 | Hvam | 07.12.2019 |
| 3.06 s | Christine Henriksen | 07 | Hvam | 26.01.2019 |
| 2.81 s | Hermine Opsahl Torgersen | 10 | Stange | 24.03.2019 |
| 2.76 s | Marianna Larsen Nje | 08 | Hvam | 26.01.2019 |
| 2.61 s | Cecilie Hjelm Bakkerud | 08 | Hvam | 26.01.2019 |
| 2.57 s | Elida Hembre | 09 | Hvam | 07.12.2019 |
| 2.50 s | Mia Waage Sundgot | 10 | Stange | 24.03.2019 |
| 2.47 s | Helene Slåen Høgheim | 10 | Hvam | 07.12.2019 |
| 2.21 s | Emma Louise Søderholm | 10 | Hvam | 26.01.2019 |
| 2.19 s | Ella Hjeltnes | 11 | Hvam | 07.12.2019 |
| 2.03 s | Astrid Marie Jensen | 09 | Hvam | 07.12.2019 |
| 1.64 s | Ingrid Maren Bråthen | 11 | Hvam | 26.01.2019 |

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| **KVINNER SENIOR 2019** | **987** |

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| **Kule 2 kg** |  |

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| 6.87 | Christine Henriksen | 07 | Hvam | 26.01.2019 |
| 6.36 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 26.01.2019 |
| 6.17 | Marianna Larsen Nje | 08 | Hvam | 26.01.2019 |
| 5.73 | Anna Eva Søderholm | 07 | Hvam | 26.01.2019 |
| 5.41 | Elina Hvattum | 08 | Hvam | 26.01.2019 |
| 5.02 | Elida Hembre | 09 | Hvam | 07.12.2019 |
| 4.68 | Astrid Marie Jensen | 09 | Hvam | 07.12.2019 |
| 4.49 | Vie Rudi Lund | 10 | Hvam | 07.12.2019 |
| 4.41 | Ella Hjeltnes | 11 | Hvam | 07.10.2019 |
| 3.84 | Hermine Opsahl Torgersen | 10 | Stange | 23.03.2019 |
| 3.55 | Helene Slåen Høgheim | 10 | Hvam | 07.12.2019 |
| 3.34 | Mia Waage Sundgot | 10 | Stange | 13.03.2019 |
| 2.96 | Emma Louise Søderholm | 10 | Hvam | 26.01.2019 |

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| **Kule 3 kg** |  |

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| 13.69 | Hanna Emilie Hjeltnes | 04 | Hvam | 07.12.2019 |

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| **4x50m** |  |

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| 38.33 | 7-10 |  | Hvam | 07.12.2019 |
| Vie Rudi Lund10-Helene Høgheim10-Elida Hembre09-Astrid Bauck Jensen09 | | | |

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| **600m Mixlag 70-100-200-230m** |  |

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| 1:30.41 | GJ14 |  | Hvam | 26.01.2019 |
| Elias Solberg05-Linnea Johansen06-Sophie Mannion05-Oda Rognstad05 | | | |

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| **400m Mixlag 70-100-100-130m** |  |

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| 1:11.94 | GJ10 |  | Hvam | 26.01.2019 |
| Elida Hembre09-Simon Smistad10-Ivar Faksvåg09-Joakim Kolobekken09 | | | |

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| 1:16.39 | GJ10 |  | Hvam | 26.01.2019 |
| Mia Sundgot10-Hermine Torgersen10-Vie Lund10-Kristoffer Bråthen10 | | | |

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| **600m 70-100-200-230m** |  |

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| 1:37.07 | J14 |  | Hvam | 07.12.2019 |
| Amanda Ekren05-Victoria Grøva07-Elena Haugen-Teixeira07-Natalie Jøransen07 | | | |

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| 1:38.46 | J13 |  | Hvam | 07.12.2019 |
| Martine Aslakskogen08-Madeleine Kristiansen06-Linnea Johansen06-Kaja Ellevold08 | | | |

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| **MENN SENIOR 2020** | **988** |

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| **60m E** |  |

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| 7.33 | Julian Bastesen | 04 | Alicante, ESP | 01.02.2020 |
| 7.48 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2020 |
| 8.02 | Johan Glenderud Tovari | 95 | Lillehammer/Ss | 27.06.2020 |
| 9.26 | Iver Løvgaard Faksvåg | 09 | Lillestrøm | 19.09.2020 |

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| **100m E** |  |

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| 11.51 | Julian Bastesen | 04 | Elshel, ESP | 26.09.2020 |
| 11.82 | Emil Nordal | 03 | Oslo/Bi | 14.06.2020 |
| 12.75 | Johan Glenderud Tovari | 93 | Oslo/Bi | 30.06.2020 |

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| **150m E** |  |

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| 17.14 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2020 |
| 19.13 | Johan Glenderud Tovari | 93 | Lillehammer/Ss | 27.06.2020 |

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| **200m E** |  |

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| 22.93 | Emil Nordal | 03 | Jessheim | 29.08.2020 |
| 24.36 | Julian Bastesen | 04 | Petrer, ESP | 17.07.2020 |
| 24.93 | Michael Reklev | 05 | Jessheim | 07.08.2020 |
| 26.39 | Johan Glenderud Tovari | 93 | Oslo/Bi | 30.06.2020 |
| 30.42 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 16.08.2020 |

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| **300m E** |  |

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| 36.51 | Emil Nordal | 03 | Nadderud | 17.06.2020 |

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| **400m E** |  |

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| 51.13 | Emil Nordal | 03 | Jessheim | 28.08.2020 |
| 54.12 | Jonas Krossøy | 95 | Oslo/Bi | 15.07.2020 |

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| **600m** |  |

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| 1:29.83 | Nana Kuli | 01 | Jessheim | 23.05.2020 |
| 1:32.14 | Henrik Schultze Toverud | 04 | Jessheim | 23.05.2020 |
| 1:42.10 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 12.09.2020 |
| 1:49.3 | Frode Myrvang | 67 | Stjørdal | 15.07.2020 |

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| **MENN SENIOR 2020** | **989** |

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| **800m** |  |

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| 1:49.30 | Thomas Roth | 91 | Oslo/Bi | 08.07.2020 |
| 1:55.60 | Abdirahim Dahir | 94 | Oslo/Bi | 03.09.2020 |
| 2:00.07 | Mats Morgan Langøy | 01 | Oslo/Bi | 14.06.2020 |
| 2:02.45 | Jonas Krossøy | 95 | Oslo/Bi | 30.06.2020 |
| 2:04.18 | Nana Kula | 01 | Nittedal | 21.06.2020 |
| 2:04.89 | Johan Sebastian Evensen | 96 | Oslo/Bi | 30.06.2020 |
| 2:08.70 | Henrik Schultze Toverud | 04 | Jessheim | 29.08.2020 |
| 2:08.89 | Erlend Magnus Homble | 04 | Jessheim | 29.08.2020 |
| 2:25.30 | Lasse Johannesen | 79 | Jessheim | 17.09.2020 |
| 2:26.02 | Iver Løvgaard Faksvåg | 09 | Nittedal | 23.08.2020 |
| 2:27.97 | Ørjan Rogne Rise | 73 | Jessheim | 17.09.2020 |
| 2:43.87 | Lars Myhre | 64 | Jessheim | 17.09.2020 |
| 3:02.5 | Over Aastorp | 56 | Fetsund | 28.09.2020 |
| 3:16.04 | Odd Kinnsbekken | 48 | Jessheim | 17.09.2020 |
| 3:47.60 | Samuel Laget | 10 | Jessheim | 17.09.2020 |
| 3:54.20 | Halvard Merlid | 53 | Jessheim | 17.09.2020 |
| 4:24.58 | Noel Rossberg | 10 | Jessheim | 17.09.2020 |
| 4:26.00 | Bjørn-Ivar Thune | 59 | Jessheim | 17.09.2020 |
| 4:30.73 | Henning Høgheim | 39 | Jessheim | 17.09.2020 |
| 4:54.21 | Oliver Sand | 10 | Jessheim | 17.09.2020 |

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| **UKI-medlem – løp for svensk klubb: Sävedalen** |

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| 1:44.47 | Andreas Kramer Sv.rekord sen | 97 | Ostrava, CZE | 08.09.2020 |
| 1:45.04 | Andreas Kramer | 97 | Stockholm, SWE | 23.08.2020 |
| 1:45.05 | Andreas Kramer | 97 | Sollentuna, SWE | 10.08.2020 |
| 1:45.34 | Andreas Kramer | 97 | Göteborg, SWE | 29.08.2020 |
| 1:45.39 | Andreas Kramer | 97 | Zagreb, CRO | 15.09.2020 |
| 1:45.53 | Andreas Kramer SM 1 | 97 | Uppsala, SWE | 16.08.2020 |
| 1:46.95 | Andreas Kramer | 97 | Karlstad, SWE | 08.07.2020 |
| 1:48.89 | Andreas Kramer FIN-SWE 1 | 97 | Tammerfors, FIN | 05.09.2020 |
| 1:49.40 | Andreas Kramer SM fo. | 97 | Uppsala, SWE | 15.08.2020 |

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| **1500m** |  |

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| 3:47.32 | Fredrik Sandvik | 98 | Oslo/Bi | 25.08.2020 |
| 3:50.55 | Thomas Roth | 91 | Jessheim | 04.06.2020 |
| 3:51.44 | Erik Udø Pedersen | 94 | Oslo/Bi | 10.06.2020 |
| 3:57.37 | Abdirahim Dahir | 94 | Jessheim | 08.08.2020 |
| 4:10.01 | Mats Morgan Langøy | 01 | Jessheim | 04.06.2020 |
| 4:22.10 | Nan Kuli | 01 | Oslo/Bi | 15.07.2020 |
| 4:28.72 | Henrik Eijsink | 96 | Oslo/Bi | 15.07.2020 |
| 4:36.08 | Erlend Magnus Homble | 04 | Oslo/Bi | 15.07.2020 |

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| **MENN SENIOR 2020** | **990** |

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| **1500m forts.** |  |

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| 4:42.37 | Oliver Finstad Nytrøen | 05 | Jessheim | 04.06.2020 |
| 4:48.97 | Gaute Fosstveit | 02 | Jessheim | 04.06.2020 |
| 5:01.32 | Sondre Norheim | 05 | Jessheim | 04.06.2020 |
| 5:20.43 | Tommy Torgersen | 70 | Jessheim | 09.06.2020 |
| 5:33.65 | Lars Myhre | 64 | Jessheim | 09.06.2020 |
| 5:38.81 | Tor Vegard Grytten | 69 | Jessheim | 09.06.2020 |
| 5:55.90 | Frode Liland | 65 | Jessheim | 09.06.2020 |
| 6:17.31 | Ove Aastorp | 56 | Jessheim | 09.06.2020 |
| 6:22.34 | Odd Kinnsbekken | 48 | Jessheim | 09.06.2020 |
| 6:55.73 | Anders Jellum | 48 | Jessheim | 09.06.2020 |
| 8:53.41 | Henning Høgheim | 39 | Jessheim | 09.06.2020 |
| 8:54.00 | Bjørn Arild Thune | 59 | Jessheim | 09.06.2020 |

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| **3000m** |  |

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| 7:53.87 | Per Svela | 92 | Bergen/Fa | 29.07.2020 |
| 7:55.88 | Fredrik Sandvik | 98 | Oslo/Bi | 03.09.2020 |
| 8:16.14 | Erik Udø Pedersen | 94 | Oslo/Bi | 07.06.2020 |
| 9:33.03 | Henrik Eijsink | 96 | Oslo/Bi | 03.09.2020 |
| 9:55.18 | Eirik Bjørk Halvorsen | 04 | Jessheim | 30.08.2020 |
| 10:12.79 | Gause Fosstveit | 02 | Jessheim | 08.08.2020 |
| 10:30.47 | Erlend Homble | 04 | Jessheim | 08.08.2020 |

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| **5000m** |  |

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| 13:23.97 | Per Svela | 92 | Monaco, MON | 14.08.2020 |
| 14:47.01 | Petter Myhr | 00 | Oslo/Bi | 29.06.2020 |
| 16:09.39 | Abdirahim Dahir | 94 | Oslo/Bi | 26.09.2020 |
| 23:38.31 | Ove Aastorp | 56 | Oslo/Bi | 26.09.2020 |

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| **10000m** |  |

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| 29:03.41 | Per Svela | 92 | Bergen/Fa | 20.09.2020 |
| 29:34.78 | Erik Udø Pedersen | 94 | Bergen/Fa | 20.09.2020 |
| 30:53.0 | Eskil Kinneberg | 92 | Kvernsveden, SWE | 05.07.2020 |

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| **5 km landevei** |  |

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| 13:40 | Per Svela | 92 | Forus | 20.05.2020 |
| 16:46 | Abdirahim Dahir | 94 | Jessheim | 03.10.2020 |
| 17:33 | Nana Kula | 01 | Jessheim | 03.10.2020 |
| 18:11 | Sondre Opaker Øines | 98 | Jessheim | 03.10.2020 |
| 18:39 | Iver Løvgaard Faksvåg | 09 | Jessheim | 03.10.2020 |
| 19:23 | Tommy Torgersen | 70 | Jessheim | 03.10.2020 |
| 19:51 | Stig Gunleiksrud | 69 | Sørum | 07.11.2020 |

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| **MENN SENIOR 2020** | **991** |

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| **5 km landevei forts.** |  |

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| 21:32 | Thomas Randem | 71 | Jessheim | 03.10.2020 |
| 21:41 | Victor Rosenlind | 00 | Jessheim | 03.10.2020 |
| 22:20 | Odd Kinnsbekken | 48 | Jessheim | 03.10.2020 |
| 23:55 | Ove Aastorp | 56 | Sørum | 07.11.2020 |

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| **10 km landevei** |  |

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| 29:22 | Per Svela | 92 | Jessheim | 03.10.2020 |
| 31:24 | Erik Udø Pedersen | 94 | Modum | 10.10.2020 |
| 33:02 | Eskil Kinneberg | 92 | Vällingby, SWE | 25.10.2020 |
| 36:24 | Mads Huken Mathiesen | 01 | Jessheim | 03.10.2020 |
| 36:38 | Eirik Bjørk Halvorsen | 04 | Jessheim | 03.10.2020 |
| 38:12 | Ørjan Ragne Rise | 73 | Jessheim | 03.10.2020 |
| 38.56 | Gaute Fosstveit | 02 | Jessheim | 03.10.2020 |
| 40:29 | Erlend Homble | 04 | Jessheim | 03.10.2020 |
| 50:23 | Ove Aastorp | 56 | Jessheim | 03.10.2020 |

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| **Halvmaraton 21098m** |  |

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| 1:05:55 | Erik Udø Pedersen | 94 | Jessheim | 03.10.2020 |
| 1:09:47 | Kristian Grue | 95 | Den Hag, NED | 08.03.2020 |
| 1:15:34 | Finn Gjøstein | 01 | Jessheim | 03.10.2020 |
| 1:25:55 | Clemet Haugerud | 68 | Jessheim | 03.10.2020 |
| 1:29:09 | Iver Narvestad | 74 | Jessheim | 03.10.2020 |
| 1:29:32 | Odd Hanich | 70 | Jessheim | 03.10.2020 |
| 1:34:01 | Stig Gunleiksrud | 69 | Jessheim | 03.10.2020 |
| 1:35:02 | Per Østreng | 64 | Jessheim | 03.10.2020 |
| 1:47.:50 | Thomas Frågåt | 74 | Jessheim | 03.10.2020 |

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

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| 11.30 | Iver Løvgaard Faksvåg | 09 | Hønefoss | 13.09.2020 |

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

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| 40.44 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 15.08.2020 |

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

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| 8:53.16 | Fredrik Sandvik | 98 | Bergen/Fa | 19.09.2020 |
| 9:09.85 | Erik Udø Pedersen | 94 | Bergen/Fa | 19.09.2020 |

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| **MENN SENIOR 2020** | **992** |

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| **Høyde** |  |

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| 1.80 | Michael Reklev | 05 | Jessheim | 09.08.2020 |
| 1.65 | Joachim Lauritzen | 05 | Jessheim | 22.05.2020 |
| 1.40 | Frode Myrvang | 67 | Brandbu | 26.08.2020 |
| 1.30 | Nicolas Reklev | 07 | Jessheim | 22.05.2020 |

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| **Lengde** |  |

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| 4.94 | Johan Glenderød Tovari | 93 | Lillehammer/Ss | 20.09.2020 |
| 4.23 s | Iver Løvgaard Faksvåg | 09 | Lillestrøm | 19.09.2020 |

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| **Kule 7.26 kg** |  |

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| 8.45 | Terje Aastorp | 56 | Brandbu | 26.08.2020 |
| 7.50 | Johan Glenderød Tovari | 93 | Lillehammer/Ss | 20.09.2020 |
| 7.27 | Ove Aastorp | 56 | Jessheim | 09.08.2020 |

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| **Kule 5 kg** |  |

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| 10.42 | Terje Aastorp | 56 | Tønsberg/Gr | 03.10.2020 |
| 10.17 | Emil Nordal | 03 | Oslo/St | 13.09.2020 |

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| **Kule 3 kg** |  |

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| 9.30 | John Arve Johansen | 36 | Tønsberg/Gr | 12.09.2020 |

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| **Kule 2 kg** |  |

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| 6.84 | Iver Løvgaard Faksvåg | 09 | Jessheim | 08.08.2020 |

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| **Diskos 2 kg** |  |

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| 27.69 | Terje Aastorp | 56 | Nittedal | 07.09.2020 |

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| **Diskos 1.5 kg** |  |

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| 32.52 | Jørgen Stuve Dahl | 04 | Brandbu | 19.08.2020 |

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| **Diskos 1 kg** |  |

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| 34.69 | Terje Aastorp | 56 | Spikkestad | 17.10.2020 |
| 34.06 | Marius Johansen | 05 | Jessheim | 09.08.2020 |
| 28.85 | Ove Aastorp | 56 | Lillestrøm | 11.08.2020 |
| 22.14 | John Arve Johansen | 36 | Lillestrøm | 11.08.2020 |

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| **MENN SENIOR 2020** | **993** |

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| **Slegge 7.26 kg** |  |

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| 18.57 | Terje Aastorp | 56 | Brandbu | 13.09.2020 |

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| **Slegge 5 kg** |  |

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| 27.94 | Terje Aastorp | 56 | Heggedal/Ka | 03.09.2020 |
| 19.59 | Ove Aastorp | 56 | Lillestrøm | 11.08.2020 |

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| **Slegge 3 kg** |  |

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| 25.28 | John Arve Johansen | 36 | Lillestrøm | 11.08.2020 |

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| **Spyd 800 g** |  |

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| 21.85 | Ove Aastorp | 56 | Brandbu | 13.09.2020 |

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| **Spyd 600 g** |  |

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| 21.73 | Terje Aastorp | 56 | Ski | 19.08.2020 |

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| **Spyd 400 g** |  |

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| 23.62 | John Arve Johansen | 36 | Tønsberg/Gr | 12.09.2020 |

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| **Vektkast 9.08 kg** |  |

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| 10.37 | Terje Aastorp | 56 | Sandefjord | 25.07.2020 |
| 9.19 | Ove Aastorp | 56 | Lillestrøm | 11.08.2020 |

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| **Vektkast 5.45 kg** |  |

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| 11.45 | John Arve Johansen | 36 | Lillestrøm | 11.08.2020 |

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| **Liten ball 150 g** |  |

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| 34.33 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 16.08.2020 |

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| **5-kamp kast** |  |

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| 3094 | John Arve Johansen | 36 | Tønsberg/Gr | 12.09.2020 |
| 23.75-9.30-20.64-23.62-10.50 | | | |
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| 2283 | Terje Aastorp | 56 | Tønsberg/Gr | 12.09.2020 |
| 25.49-10.07-33.30-20.32-8.46 | | | |

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| **MENN SENIOR 2020** | **994** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.44 | Julian Bastesen | 04 | Valencia, ESP | 25.01.2020 |
| 7.51 | Filip Aas | 00 | Rud | 08.02.2020 |
| 8.17 | Johan Glenderud Tovari | 93 | Hvam | 25.01.2020 |
| 8.42 | Christian Iversen | 05 | Hvam | 25.01.2020 |
| 8.48 | Jørgen Stuve Dahl | 04 | Hvam | 25.01.2020 |
| 8.75 | Leo Elias Rise | 07 | Hvam | 25.01.2020 |
| 9.18 | Iver Løvgaard Faksvåg | 09 | Hvam | 25.01.2020 |
| 9.28 | Joakim Kolobekken | 09 | Hvam | 25.01.2020 |
| 9.79 | Audun Sjøstrøm-Johansen | 09 | Hvam | 25.01.2020 |
| 10.24 | Ove Aastorp | 56 | Bergen/Le | 01.03.2020 |
| 10.41 | Axel Søndenaa | 09 | Hvam | 25.01.2020 |
| 11.17 | Jørgen Kolobekken | 11 | Hvam | 25.01.2020 |
| 12.79 | Henning Høgheim | 39 | Bergen/Le | 01.03.2020 |

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| **100m E** |  |

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| 12.27 | Emil Nordal | 03 | Drammen | 05.01.2020 |

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| **200m E** |  |

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| 24.23 | Emil Nordal | 03 | Rud | 01.02.2020 |
| 24.47 | Julian Bastesen | 04 | Rud | 08.03.2020 |
| 26.76 | Christian Iversen | 05 | Hvam | 25.01.2020 |
| 26.93 | Johan Glenderud Tovari | 93 | Hvam | 26.01.2020 |
| 30.26 | Iver Løvgaard Faksvåg | 09 | Hvam | 26.01.2020 |
| 31.41 | Joakim Kolobekken | 09 | Hvam | 26.01.2020 |
| 33.68 | Emil Nordseth | 08 | Hvam | 26.01.2020 |
| 35.62 | Axel Søndenaa | 09 | Hvam | 26.01.2020 |

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| **400m E** |  |

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| 52.78 | Emil Nordal | 03 | Rud | 06.03.2020 |

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| **600m** |  |

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| 1:18.70 | Thomas Roth | 91 | Hvam | 25.01.2020 |
| 1:28.92 | Emil Nordal | 03 | Hvam | 25.01.2020 |
| 1:28.99 | Nani Kula | 01 | Hvam | 25.01.2020 |
| 1:29.64 | Jonas Krossøy | 95 | Hvam | 25.01.2020 |
| 1:32.28 | Henrik Schultze Toverud | 04 | Hvam | 25.01.2020 |
| 1:32.68 | Abdirahim Dahir | 94 | Hvam | 25.01.2020 |

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| **MENN SENIOR 2020** | **995** |

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| **INNENDØRS** |  |

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| **600m forts.** |  |

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| 1:47.08 | Iver Løvgaard Faksvåg | 09 | Hvam | 08.02.2020 |
| 1:49.10 | Leo Elias Rise | 07 | Hvam | 25.01.2020 |
| 2:00.21 | Joakim Kolobekken | 09 | Hvam | 25.01.2020 |
| 2:13.62 | Axel Søndenaa | 09 | Hvam | 25.01.2020 |

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| **800m** |  |

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| 1:51.06 | Thomas Roth | 91 | Rud | 02.02.2020 |
| 2:03.36 | Abdirahim Dahir | 94 | Rud | 02.02.2020 |
| 2:09.26 | Nani Kula | 01 | Rud | 09.02.2020 |
| 2:09.84 | Henrik Schultze Toverud | 04 | Rud | 07.03.2020 |
| 2:17.70 | Gaute Fosstvedt | 02 | Hvam | 26.01.2020 |
| 2:18.65 | Markus Finskud | 04 | Rud | 07.03.2020 |
| 2:19.91 | Erlend Homble | 04 | Rud | 08.02.2020 |
| 4:17.46 | Henning Høgheim | 39 | Bergen/Le | 01.03.2020 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 1:47.30 | Andreas Kramer | 97 | Torun, POL | 08.02.2020 |
| 1:47.66 | Andreas Kramer 1:SM | 97 | Vaxjö, SWE | 25.02.2020 |
| 1:47.90 | Andreas Kramer | 97 | Stockholm, SWE | 11.02.2020 |
| 1:48.71 | Andreas Kramer | 97 | Karlsruhe, GER | 31.01.2020 |

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| **1000m** |  |

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| 3:22.56 | Frode Myrvang | 67 | Hvam | 18.01.2020 |

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| **1500m** |  |

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| 3:55.79 | Erik Udo Pedersen | 94 | Rud | 01.02.2020 |
| 3:56.79 | Fredrik Sandvik | 98 | Rud | 01.02.2020 |

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| **3000m** |  |

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| 8:02.35 | Per Svela | 92 | Helsingfors, FIN | 09.02.2020 |
| 8:26.90 | Erik Udo Pedersen | 94 | Rud | 02.02.2020 |
| 9:20.51 | Abraherir Dahir | 94 | Rud | 08.02.2020 |
| 18:38.81 | Henning Høgheim | 39 | Bergen/Le | 01.03.2020 |

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

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| 11.08 | Iver Løvgaard Faksvåg | 09 | Hvam | 26.01.2020 |
| 12.45 | Joakim Kolobekken | 09 | Hvam | 26.01.2020 |
| 12.87 | Axel Søndenaa | 09 | Hvam | 26.01.2020 |
| 15.52 | John Arve Johansen | 36 | Hvam | 18.01.2020 |
| **MENN SENIOR 2020** | | **996** | | |

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| **INNENDØRS** |  |

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

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| 14.84 | Emil Nordseth | 08 | Hvam | 26.01.2020 |

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

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| 10.90 | Emil Nordal | 03 | Rud | 11.01.2020 |
| 12.44 | Frode Myrvang | 67 | Hvam | 18.01.2020 |

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| **Høyde** |  |

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| 1.55 | Frode Myrvang | 67 | Hvam | 18.01.2020 |
| 1.45 | Jørgen Stuve Dahl | 04 | Hvam | 25.01.2020 |
| 1.25 | Iver Løvgaard Faksvåg | 09 | Hvam | 25.01.2020 |
| 1.25 | Joakim Kolobekken | 09 | Hvam | 25.01.2020 |
| 1.16 | John Arve Johansen | 36 | Hvam | 18.01.2020 |

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| **Høyde uten tilløp** |  |

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| 1.25 | Frode Myrvang | 67 | Hvam | 10.12.2020 |

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| **Lengde** |  |

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| 4.25 | Frode Myrvang | 67 | Hvam | 18.01.2020 |
| 4.17 s | Iver Løvgaard Faksvåg | 09 | Drammen | 05.01.2020 |
| 3.56 s | Emil Nordseth | 08 | Hvam | 26.01.2020 |
| 3.24 | John Arve Johansen | 36 | Hvam | 18.01.2020 |
| 1.85 s | Jørgen Kolobekken | 11 | Hvam | 25.01.2020 |

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| **Lengde uten tilløp** |  |

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| 2.06 | Iver Løvgaard Faksvåg | 09 | Drammen | 05.01.2020 |

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| **Tresteg** |  |

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| 7.14 | Ove Aastorp | 56 | Bergen/Le | 01.03.2020 |

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| **Kule 2 kg** |  |

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| 3.56 | Jørgen Kolobekken | 11 | Hvam | 25.01.2020 |

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| **Kule 3 kg** |  |

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| 9.51 | John Arve Johansen | 36 | Hvam | 18.01.2020 |

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| **MENN SENIOR 2020** | **997** |

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| **INNENDØRS** |  |

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| **Kule 5 kg** |  |

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| 10.27 | Jørgen Stuve Dahl | 04 | Hvam | 25.01.2020 |
| 8.87 | Ove Aastorp | 56 | Bergen/Le | 01.03.2020 |

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| **Kule 7.26 kg** |  |

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| 9.08 | Frode Myrvang | 67 | Hvam | 25.01.2020 |
| 8.78 | Terje Aastorp | 56 | Hvam | 25.01.2020 |
| 7.60 | Ove Aastorp | 56 | Hvam | 25.01.2020 |

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| **Vektkast 9.08 kg** |  |

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| 8.38 | Ove Aastorp | 56 | Bergen/Le | 28.02.2020 |

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| **5-kamp** |  |

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| 2656 | John Arve Johansen | 36 | Hvam | 18.01.2020 |
| 60mh:15.52-Høyde:1.16-Kule 3:9.51-Lengde:3.24-1000m:- | | | |
| 2643 | Frode Myrvang | 67 | Hvam | 18.01.2020 |
| 60mh:12.44-Høyde:1.55-Kule 6:9.44-Lengde:4.25-1000m:3:22.56 | | | |

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| **600m** |  |

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| 1:42.57 | GJ13 |  | Hvam | 25.01.2020 |
| Elida Hembre01-Axel Søndenaa09-Joakim Kolobekken09-Leo Elias Rise07 | | | |

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| **KVINNER SENIOR 2020** | **998** |

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| **60m E** |  |

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| 9.05 | Elene Teresa Haugan-Teixeira | 07 | Rjukan | 06.09.2020 |
| 9.74 | Tuva Isabel Forsbacka | 07 | Jessheim | 09.06.2020 |
| 10.46 | Hermine Torgersen | 10 | Jessheim | 09.06.2020 |
| 10.50 | Anna Søderholm | 07 | Jessheim | 09.06.2020 |
| 10.95 | Helene Slåen Høgheim | 10 | Jessheim | 09.06.2020 |
| 11.73 | Elida Hembre | 09 | Jessheim | 09.06.2020 |

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| **100m E** |  |

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| 12.70 | Summer Steinsrud | 01 | Nittedal | 13.06.2020 |
| 13.43 | Marthe Sand | 98 | Lillehammer/Ss | 16.06.2020 |

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| **100m M** |  |

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| 12.3 | Summer Steinsrud | 01 | Fagernes | 01.06.2020 |

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| **150m E** |  |

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| 18.91 | Summer Steinsrud | 01 | Oslo/Bi | 07.06.2020 |

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| **200m E** |  |

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| 25.72 | Summer Steinsrud | 01 | Nittedal | 13.06.2020 |
| 27.89 | Marthe Sand | 98 | Jessheim | 04.06.2020 |
| 30.44 | Wilma Torbjørnson | 07 | Rjukan | 05.09.2020 |
| 31.32 | Natalie Nordbech Jøranssen | 07 | Rjukan | 05.09.2020 |

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| **200m M** |  |

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| 25.6 | Summer Steinsrud | 01 | Fagernes | 01.06.2020 |

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| **300m E** |  |

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| 40.90 | Summer Steinsrud | 01 | Oslo/Bi | 07.06.2020 |

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| **400m E** |  |

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| 59.72 | Summer Steinsrud | 01 | Oslo/Bi | 15.07.2020 |

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| **KVINNER SENIOR 2020** | **999** |

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| **600m** |  |

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| 1:47.15 | Wilma Torbjørnsson | 07 | Oslo/St | 13.09.2020 |
| 1:50.82 | Natalie Nordbech Jøransen | 07 | Oslo/St | 15.08.2020 |
| 1:50.87 | Mia Jenny Østreng | 03 | Jessheim | 23.05.2020 |
| 2:00.73 | Elene Terese Haugan-Teixeira | 07 | Jessheim | 08.08.2020 |
| 2:01.76 | Madeleine Kristiansen | 06 | Jessheim | 23.05.2020 |
| 2:16.50 | Vie Rudi Lund | 10 | Jessheim | 08.08.2020 |
| 2:18.38 | Hermine Torgersen | 10 | Jessheim | 08.08.2020 |

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| **800m** |  |

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| 2:04.80 | Amalie Sæten | 97 | Kristiansand | 07.08.2020 |
| 2:16.36 | Josefin Heier | 96 | Jessheim | 07.08.2020 |
| 2:31.12 | Wilma Torbjørnsson | 07 | Nittedal | 19.09.2020 |
| 2:37.60 | Mia Jenny Østreng | 03 | Jessheim | 30.08.2020 |
| 2:48.63 | Natalie Nordbech Jøransson | 07 | Jessheim | 17.09.2020 |
| 2:58.89 | Lea Hammer | 10 | Jessheim | 17.09.2020 |
| 3:32.70 | Trine Bogstad Mangerud | 51 | Jessheim | 17.09.2020 |

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| **1500m** |  |

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| 4:09.78 | Amalie Sæten | 97 | Åbo, FIN | 11.08.2020 |
| 4:33.56 | Hanne Mjøen Maridal | 96 | Trondheim | 22.08.2020 |
| 4:39.71 | Julie Hammer | 04 | Jessheim | 04.06.2020 |
| 4.41.78 | Josefine Heier | 96 | Oslo/Bi | 04.08.2020 |
| 5:05.87 | Marthe Ervik | 96 | Jessheim | 08.08.2020 |
| 5:07.06 | Mia Jenny Østreng | 03 | Oslo/Bi | 15.07.2020 |
| 5:11.77 | Wilma Torbjørnsson | 07 | Jessheim | 04.06.2020 |
| 5:18.73 | Mathilde Hagen | 00 | Oslo/Bi | 15.07.2020 |
| 5:29.52 | June Røhne | 01 | Jessheim | 04.06.2020 |
| 5:54.85 | Marianne Opsahl | 73 | Jessheim | 09.06.2020 |
| 7:01.00 | Trine Bogstad Mangerud | 51 | Jessheim | 09.06.2020 |

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| **3000m** |  |

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| 9:08.36 | Amalie Sæten | 97 | Oslo/Bi | 25.08.2020 |
| 9:28.61 | Silje Fjørtoft | 87 | Oslo/Bi | 08.07.2020 |
| 9:33.42 | Hanne Mjøen Maridal | 96 | Trondheim | 23.08.2020 |
| 9:57.31 | Julie Hammer | 04 | Tønsberg/Gr | 30.05.2020 |

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| **5000m** |  |

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| 16:23.40 | Hanne Mjøen Maridal | 96 | Bergen/Fa | 18.09.2020 |

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| **KVINNER SENIOR 2020** | **1000** |

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| **10000m** |  |

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| 33:39.39 | Hanne Mjøen Maridal | 96 | Bergen/Fa | 20.09.2020 |

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

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| 11.52 | Elena Teresa Haugan-Teixeira | 07 | Rjukan | 05.09.2020 |
| 12.50 | Tuva Isabella Forsbacka | 07 | Jessheim | 08.08.2020 |

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

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| 40.18 | Tuva Isabel Forsbacka | 07 | Oslo/St | 12.09.2020 |

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| **200m hekk 68 cm M** |  |

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| 34.4 | Elena Teresa Haugan-Teixeira | 07 | Rjukan | 06.09.2020 |

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| **2000m hinder 76.2 cm** |  |

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| 7:50.58 | Mia Jenny Østreng | 03 | Jessheim | 29.09.2020 |

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| **5km landevei** |  |

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| 16:00 | Amalie Sæten | 97 | Jessheim | 03.10.2020 |
| 18:05 | Josefin Heier | 96 | Jessheim | 03.10.2020 |
| 20:19 | Dorthe Enebakk | 04 | Jessheim | 03.10.2020 |
| 21:33 | Marianne Opsahl | 73 | Jessheim | 03.10.2020 |
| 23:02 | Marie Næss | 00 | Jessheim | 03.10.2020 |
| 24:20 | Hermine Torgersen | 10 | Jessheim | 03.10.2020 |
| 26:21 | Trine Bogstad Mangerud | 51 | Jessheim | 03.10.2020 |

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| **10km landevei** |  |

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| 33:49 | Hanne Mjøen Maridal | 96 | Hole | 17.10.2020 |
| 33:58 | Silje Fjørtoft | 87 | Jessheim | 03.10.2020 |
| 39:28 | Mathilde Hagen | 00 | Jessheim | 03.10.2020 |
| 47:44 | Clara Stålhegg | 68 | Jessheim | 03.10.2020 |

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| **Halvmaraton – 21098m** |  |

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| 1:14:25 | Hanne Mjøen Maridal | 96 | Jessheim | 03.10.2020 |
| 1.19:41 | Karoline Næss | 94 | Jessheim | 03.10.2020 |

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| **Høyde** |  |

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| 1.46 | Mari Steen Myrvang | 06 | Rjukan | 06.09.2020 |

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| **KVINNER SENIOR 2020** | **1001** |

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| **Lengde** |  |

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| 3:64 | Mari Steen Myrvang | 06 | Rjukan | 05.09.2020 |
| 3.59 s | Sara Isabella Bertheussen | 07 | Jessheim | 08.08.2020 |
| 3.29 s | Vie Rudi Lund | 10 | Jessheim | 08.08.2020 |
| 3.16 s | Hermine Torgersen | 10 | Jessheim | 08.08.2020 |
| 2.49 s | Ella Hjeltnes | 11 | Jessheim | 08.08.2020 |

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| **Kule 2 kg** |  |

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| 5.53 | Tuva Isabella Forsbacka | 07 | Jessheim | 08.08.2020 |
| 5.38 | Helle Skinnehaugen | 10 | Jessheim | 08.08.2020 |
| 5.20 | Ella Hjeltnes | 11 | Jessheim | 08.08.2020 |

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| **Kule 3 kg** |  |

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| 15.08 | Hanna Emilie Hjeltnes | 04 | Gloppen | 12.07.2020 |

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| **Kule 4 kg** |  |

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| 12.95 | Hanna Emilie Hjeltnes | 04 | Bergen/Fa | 17.09.2020 |

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| **Diskos 750 g** |  |

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| 37.90 | Hanna Emilie Hjeltnes | 04 | Oslo/So | 18.06.2020 |

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| **Diskos 1 kg** |  |

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| 40.52 | Hanna Emilie Hjeltnes | 04 | Oslo/Bi | 15.07.2020 |

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| **Slegge 3 kg** |  |

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| 33.53 | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 06.06.2020 |

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| **Spyd 400 g** |  |

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| 14.50 | Natalie Nordbech Jøransen | 07 | Rjukan | 06.09.2020 |
| 13.46 | Wilma Torbjørnsson | 07 | Rjukan | 06.09.2020 |

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| **Spyd 500 g** |  |

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| 39.14 | Hanna Emilie Hjeltnes | 04 | Jessheim | 24.05.2020 |

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| **Liten ball 150 g** |  |

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| 17.26 | Ella Hjeltnes | 11 | Jessheim | 08.08.2020 |

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| **KVINNER SENIOR 2020** | **1002** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.08 | Summer Steinsrud | 01 | Hvam | 25.01.2020 |
| 9.13 | Elena Teresa Haugan-Teixeira | 07 | Hvam | 25.01.2020 |
| 10.03 | Tuva Forsbacka | 09 | Rud | 09.02.2020 |
| 10.37 | Hermine Opsahl Torgersen | 10 | Rud | 09.02.2020 |
| 11.79 | Rebecka Helle Aas | 07 | Hvam | 25.01.2020 |
| 12.03 | Vie Rudi Lund | 10 | Hvam | 25.01.2020 |
| 12.52 | Elida Hembre | 09 | Hvam | 25.01.2020 |

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| **100m E** |  |

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| 12.96 | Summer Steinsrud | 01 | Drammen | 05.01.2020 |

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| **200m E** |  |

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| 25.91 | Summer Steinsrud | 01 | Rud | 08.03.2020 |
| 30.50 | Elena Teresa Haugan-Teixeira | 07 | Rud | 09.02.2020 |
| 32.56 | Tuva Forsbacka | 09 | Hvam | 26.01.2020 |
| 33.18 | Vie Rudi Lund | 10 | Hvam | 26.01.2020 |
| 42.57 | Elida Hembre | 09 | Hvam | 26.01.2020 |
| 47.65 | Rebecka Holte Aas | 07 | Hvam | 26.01.2020 |

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| **400m E** |  |

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| 58.19 | Summer Steinsrud | 01 | Rud | 08.02.2020 |
| 62.94 | Caroline Foss Høistad | 98 | Rud | 08.02.2020 |

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| **600m** |  |

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| 1:44.06 | Kari Ingelin Sjøstrøm Johansen | 03 | Hvam | 25.01.2020 |
| 1:45.82 | Caroline Foss Høistad | 98 | Hvam | 25.01.2020 |
| 1:49.02 | Wilma Tobiassen | 07 | Hvam | 25.01.2020 |
| 1:57.17 | Natalie Jøransen | 07 | Rud | 05.02.2020 |
| 2:20.10 | Vie Rudi Lund | 10 | Hvam | 26.01.2020 |
| 2:45.09 | Rebecka Helle Aas | 07 | Hvam | 25.01.2020 |

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| **800m** |  |

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| 2:07.50 | Amalie Sæten | 97 | Ulsteinvik | 28.02.2020 |
| 2:26.30 | Josefin Heier | 96 | Rud | 09.02.2020 |
| 2:36.82 | Caroline Foss Høistad | 98 | Rud | 09.02.2020 |

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| **KVINNER SENIOR 2020** | **1003** |

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| **INNENDØRS** |  |

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| **3000m** |  |

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| 9:54.31 | Hanne Mjøen Maridal | 96 | Rud | 01.02.2020 |

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

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| 12.56 | Elida Hembre | 09 | Hvam | 26.01.2020 |

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

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| 11.11 | Elena Teresa Haugan-Teixeira | 07 | Rud | 09.02.2020 |
| 12.61 | Thea Brennhovd | 07 | Hvam | 26.01.2020 |
| 12.98 | Victoria Grøva | 07 | Hvam | 26.01.2020 |
| 16.98 | Rebecka Helle Aas | 07 | Hvam | 26.01.2020 |

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| **Stav** |  |

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| 3.80 | Birgitte Kjuus | 99 | Rud | 01.02.2020 |

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| **Høyde** |  |

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| 0.90 | Elida Hembre | 09 | Hvam | 25.01.2020 |

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| **Høyde uten tilløp** |  |

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| 1.15 | Mari Myrvang | 06 | Hvam | 10.12.2020 |

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| **Lengde** |  |

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| 3.40 s | Tuva Forsbacka | 09 | Rud | 09.02.2020 |
| 2.90 s | Hermine Opsahl Torgersen | 10 | Rud | 09.02.2020 |
| 1.95 s | Elida Hembre | 09 | Hvam | 26.01.2020 |

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| **Kule2 kg** |  |

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| 5.21 | Tuva Forsbacka | 09 | Rud | 09.02.2020 |

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| **Kule3 kg** |  |

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| 14.26 | Hanna Emilie Hjeltnes | 04 | Rud | 09.02.2020 |

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| **Kule 4 kg** |  |

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| 12.64 | Hanna Emilie Hjeltnes | 04 | Rud | 01.02.2020 |

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| **MENN SENIOR 2021 UTENDØRS** | **1004** |

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| **40m E** |  |

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| 7.38 | Jacob Sundstrøm Wilberg | 12 | Jessheim | 03.06.2021 |
| 7.66 | Vetle Sandven-Thrane | 12 | Jessheim | 03.06.2021 |
| 8.21 | Philip Bruu | 12 | Jessheim | 03.06.2021 |
| 8.30 | Emil Sandven-Thrane | 12 | Jessheim | 03.06.2021 |
| 8.87 | Ådne Sandven-Thrane | 14 | Jessheim | 03.06.2021 |
| 9.21 | Kasper Brandser Nøss | 12 | Jessheim | 03.06.2021 |
| 10.10 | Narve Sandven-Thrane | 16 | Jessheim | 03.06.2021 |
| 10.25 | Casipan Alstad Brandsnes | 13 | Jessheim | 03.06.2021 |

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| **60m E** |  |

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| 7.67 +0.1 | Emil Nordal | 03 | Jessheim | 03.06.2021 |
| 8.01 -0.5 | Christian Iversen | 05 | Jessheim | 30.08.2021 |
| 8.20 | Johan Glenderød Tovari | 08 | Jessheim | 30.08.2021 |
| 8.78 | Audun Sjøstrøm Johansen | 09 | Jessheim | 30.08.2021 |
| 8.80 | Iver Frigaard Faksvåg | 09 | Drammen/Ma | 22.08.2021 |
| 9.43 | Marius Myren | 08 | Rjukan | 12.09.2021 |
| 9.45 | Oscar Nystuen | 09 | Jessheim | 30.08.2021 |
| 9.61 | Lars Ove Smistad | 10 | Jessheim | 08.08.2021 |
| 9.09 | Even Jakob Ragnhildsløkken | 08 | Jessheim | 03.06.2021 |
| 9.82 | Riley Strøm Chapin | 08 | Jessheim | 03.06.2021 |
| 9.85 | Sebastian Lundsten Strand | 08 | Jessheim | 03.06.2021 |
| 9.90 | Theo Aleksander Thoresen | 11 | Jessheim | 30.08.2021 |
| 10.28 | Elliot Nordin | 12 | Jessheim | 07.08.2021 |
| 10.43 | Liam Hayward | 08 | Jessheim | 03.06.2021 |
| 10.72 | August Fladby Ekås | 12 | Jessheim | 30.08.2021 |
| 10.85 | Amadeus Solheim | 11 | Jessheim | 07.08.2021 |
| 11.03 | Jacob Sundstrøm Wilberg | 12 | Jessheim | 30.08.2021 |
| 11.78 | Kristian Espeland | 12 | Jessheim | 30.08.2021 |
| 11.79 | Phillip Brun | 12 | Jessheim | 07.08.2021 |
| 11.86 | Pantelius Ionnidis | 14 | Jessheim | 07.08.2021 |
| 11.92 | Kristian Espeland | 12 | Jessheim | 07.08.2021 |
| 12.21 | Peder Faksvåg | 12 | Jessheim | 07.08.2021 |
| 12.44 | Birk Haugan | 14 | Jessheim | 07.08.2021 |
| 12.65 | Kasper Næss | 12 | Jessheim | 07.08.2021 |
| 12.84 | Sigurd Bergheim | 14 | Jessheim | 07.08.2021 |
| 13.17 | Oliver Maxim Strand | 10 | Jessheim | 03.06.2021 |
| 13.19 | Noel Rossberg | 10 | Jessheim | 03.06.2021 |
| 13.31 | Benjamin Anthi | 13 | Jessheim | 07.08.2021 |
| 14.08 | Felix Malvik | 13 | Jessheim | 07.08.2021 |

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| **MENN SENIOR 2021 UTENDØRS** | **1005** |

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| **100m E** |  |

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| 11.54 +1.5 | Emil Nordal | 03 | Oslo/Bi | 07.07.2021 |
| 11.89 +1.2 | Martin Aarbogh Brustad | 04 | Jessheim | 08.08.2021 |
| 12.76 +0.1 | Christian Iversen | 05 | Jessheim | 30.08.2021 |
| 12.92 +0.7 | Johan Glenderød Tovari | 93 | Oslo/Bi | 14.07.2021 |
| 14.36 | Iver Løvgaard Faksvåg | 09 | Jessheim | 29.05.2021 |
| 20.75 | John Arve Johansen | 36 | Førde | 25.06.2021 |

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| **150m E** |  |

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| 20.07 | Johan Glenderød Tovari | 93 | Tønsberg/Gr | 08.06.2021 |
| 21.73 | Ivar Løvgaard Faksvåg | 09 | Lillehammer/Ss | 26.06.2021 |

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| **200m** |  |

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| 22.81 -0.4 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2021 |
| 24.95 -0.7 | Martin Aarbogh Brustad | 04 | Jessheim | 06.08.2021 |
| 25.83 +1.3 | Christian Iversen | 05 | Jessheim | 03.06.2021 |
| 26.50 | Johan Glenderød Tovari | 93 | Lillehammer/Ss | 27.06.2021 |
| 27.74 +0.6 | Iver Løvgaard Faksvåg | 09 | Nadderud | 19.09.2021 |
| 28.54 | Simen Lye Smistad | 07 | Jessheim | 06.08.2021 |
| 32.82 | Lars Ove Smistad | 10 | Jessheim | 07.08.2021 |
| 36.28 | Amadeus Solheim | 11 | Oslo/St | 15.08.2021 |
| 38.09 | Johannes Nisja | 11 | Oslo/St | 15.08.2021 |

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| **300m E** |  |

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| 44.23 | Iver Løvgaard Faksvåg | 09 | Drammen/Ma | 22.08.2021 |

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| **400m E** |  |

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| 51.07 | Emil Nordal | 03 | Lillehammer/Ss | 26.06.2021 |
| 53.69 | Abdirahim Dahir | 94 | Jessheim | 07.08.2021 |
| 56.24 | Sondre Opaker Øines | 98 | Oslo/Bi | 22.06.2021 |
| 64.62 | Johan Glenderød Tovari | 93 | Hamar | 26.09.2021 |

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| **600m** |  |

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| 1:18.01 | Thomas Roth | 91 | Oslo/Bi | 14.05.2021 |
| 1:22.42 | Abdriahim Dahir | 94 | Nesodden | 19.08.2021 |
| 1:37.04 | Ivar Løvgaard Faksvåg | 09 | Nadderud | 18.09.2021 |
| 1:57.07 | Marius Myren | 08 | Rjukan | 11.09.2021 |
| 2:12.58 | Amadeus Solheim | 11 | Oslo/St | 15.08.2021 |
| 2:22.86 | Jacob Sundstrøm Wilberg | 12 | Jessheim | 30.08.2021 |
| 2:24.66 | Johannes Nisja | 11 | Oslo/St | 15.08.2021 |

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| **MENN SENIOR 2021 UTENDØRS** | **1006** |

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| **800m** |  |

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| 1.54.77 | Seny Fissehatsion | 95 | Oslo/Bi | 07.07.2021 |
| 1:56.17 | Abdirahim Dahir | 94 | Lillestrøm | 29.08.2021 |
| 1:56.79 | Henrik Hanssen | 97 | Lillestrøm | 29.08.2021 |
| 2:00.52 | Nani Kula | 01 | Nittedal | 21.08.2021 |
| 2:01.00 | Erlend Magnus Homble | 05 | Trondheim/St | 05.09.2021 |
| 2:03.22 | Jonas Krossøy | 95 | Jessheim | 06.08.2021 |
| 2:03.37 | Andreas Lindebø Kværner | 06 | Oslo/St | 25.09.2021 |
| 2:06.53 | Ole-Kristian Kværner | 05 | Lillestrøm | 29.08.2021 |
| 2:07.19 | Sondre Opaker Øines | 98 | Oslo/Bi | 07.07.2021 |
| 2:08.24 | Henrik Schultze Toverud | 04 | Lillestrøm | 29.08.2021 |

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| **800m** | **Løp for Ullevi FK** |

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| 1:45.05 | Andreas Kramer | 97 | Stockholm, SWE | 04.07.2021 |
| 1:45.53 | Andreas Kramer | 97 | Zagreb, CRO | 14.09.2021 |
| 1:46.25 | Andreas Kramer | 97 | Sollentuna, SWE | 13.06.2021 |
| 1:46.37 | Andreas Kramer | 97 | Bern, SUI | 21.08.2021 |
| 1:46.44 | Andreas Kramer fo.5h2 | 97 | Tokio, JAP | 31.07.2021 |
| 1:47.03 | Andreas Kramer | 97 | Karlstad, SWE | 22.06.2021 |
| 1:47.47 | Andreas Kramer 1SM | 97 | Borås, SWE | 29.08.2021 |
| 1:47.49 | Andreas Kramer v/Fin | 97 | Stockholm, SWE | 04.09.2021 |

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| **1500m** |  |

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| 3:40.33 | Fredrik Sandvik | 98 | Oslo/Bi | 09.06.2021 |
| 3:42.85 | Fredrik Sandvik | 98 | Oslo/Bi | 04.06.2021 |
| 3:46.66 | Per Svela | 92 | Oslo/Bi | 14.07.2021 |
| 3:46.92 | Sigurd Ruud Skjeseth | 96 | Oslo/Bi | 14.07.2021 |
| 3:48.90 | Fredrik Sandvik | 98 | Bergen/Fa | 18.08.2021 |
| 3:51.44 | Senay Fissehatsion | 95 | Oslo/Bi | 25.08.2021 |
| 4:02.38 | Henrik Hanssen | 97 | Lillehammer/Ss | 26.06.2021 |
| 4:06.39 | Abdirahim Dahir | 94 | Oslo/Bi | 14.07.2021 |
| 4.12.87 | Erlend Magnus Homble | 05 | Oslo/Bi | 09.06.2021 |
| 4:28.92 | Ole-Kristian Kværner | 05 | Oslo/Bi | 09.06.2021 |
| 4:32.16 | Gaute Fosstveit | 05 | Oslo/Bi | 09.06.2021 |
| 4:38.13 | Nani Kula | 01 | Jessheim | 29.05.2021 |
| 4:54.70 | Iver Løvgaard Faksvåg | 09 | Oslo/Bi | 09.06.2021 |
| 5:18.64 | Marius Myren | 08 | Rjukan | 12.09.2021 |
| 6:42.0 | Ove Aastorp | 56 | Oslo/St | 31.08.2021 |

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| **2000m** |  |

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| 6:17.14 | Andreas Lindboe Kværner | 06 | Jessheim | 08.08.2021 |

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| **MENN SENIOR 2021 UTENDØRS** | **1007** |

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| **3000m** |  |

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| 7:52.72 | Sigurd Ruud Skjeseth | 96 | Jessheim | 06.08.2021 |
| 7:54.08 | Per Svela | 92 | Naimette, BLE | 30.06.2021 |
| 7:55.19 | Fredrik Sandvik | 98 | Jessheim | 06.08.2021 |
| 7:58.64 | Sigurd Ruud Skjeseth | 96 | Bergen/Fa | 12.05.2021 |
| 8:10.96 | Senay Fissehatsion | 95 | Jessheim | 06.08.2021 |
| 8.40.14 | Henrik Hanssen | 97 | Oslo/Bi | 25.08.2021 |
| 9:30.28 | Erlend Magnus Homble | 05 | Brandbu | 30.06.2021 |
| 9:47.19 | Ole-Kristian Kværner | 05 | Jessheim | 06.08.2021 |

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| **5000m** |  |

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| 13:32.97 | Per Svela | 92 | Heusden, BLE | 03.07.2021 |
| 13:36.82 | Per Svela | 92 | Oslo/Bi | 04.06.2021 |
| 13:41.47 | Sigurd Ruud Skjeseth | 96 | Tønsberg/Gr | 22.05.2021 |
| 13:46.07 | Erik Udø Pedersen | 94 | Oslo/Bi | 04.06.2021 |
| 13:56.05 | Sigurd Ruud Skjeseth | 96 | Oslo/Bi | 04.06.2021 |
| 13:57.07 | Awet Kibrab | 95 | Oslo/Bi | 25.09.2021 |
| 14:01.80 | Sigurd Skjeseth Ruud | 96 | Kristiansand | 10.09.2021 |
| 14:05.86 | Awet Kibrab | 95 | Kristiansand | 10.09.2021 |
| 14:12.28 | Erik Udø Pedersen | 94 | Kristiansand | 10.09.2021 |
| 14:12.99 | Senay Fissehatsion | 95 | Oslo/Bi | 25.09.2021 |
| 14:18.33 | Senay Fissehatsion | 95 | Tønsberg/Gr | 22.05.2021 |
| 14.18.77 | Senay Fissehatsion | 95 | Oslo/Bi | 14.07.2021 |
| 14:19.14 | Senay Fissehatsion | 95 | Oslo/Bi | 04.06.2021 |
| 14:20.32 | Senay Fissehatsion | 95 | Kristiansand | 10.09.2021 |
| 14:27.82 | Per Svela | 92 | Kristiansand | 10.09.2021 |

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| **10000m** |  |

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| 28:36.06 | Sigurd Ruud Skjeseth | 96 | Kristiansand | 26.06.2021 |
| 29:11.78 | Sigurd Ruud Skjeseth | 96 | Kristiansand | 12.09.2021 |
| 29:30.12 | Erik Udø Pedersen | 94 | Kristiansand | 26.06.2021 |
| 29:57.27 | Senay Fissehation | 95 | Kristiansand | 26.06.2021 |
| 30:53.70 | Senay Fissehatsion | 95 | Kristiansand | 12.09.2021 |
| 31:43.05 | Mathias Sæten | 95 | Oslo/B i | 15.06.2021 |

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

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| 12.03 | Even Ragnhildsbakken | 08 | Rjukan | 11.09.2021 |

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| **110m hekk 100 cm E** |  |

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| 19.36 | Emil Nordal | 03 | Oslo/St | 24.09.2021 |

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| **MENN SENIOR 2021** | **1008** |

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

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| 35.04 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 14.09.2021 |

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| **800m hinder 50 cm** | **5 hindere – vanngrav 15cm** |

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| 3:15.63 | Amadeus Solheim | 10 | Jessheim | 06.08.2021 |

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

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| 4:39.84 | Ole-Kristian Kværner | 05 | Nittedal | 22.08.2021 |
| 4:45.39 | Andreas Lineboe Kværner | 06 | Nittedal | 22.08.2021 |

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

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| 8:26.80 | Jacob Boutera | 96 | Nice, FRA | 12.06.2021 |
| 8:27.15 | Jacob Boutera | 96 | Oordegem, BLE | 29.05.2021 |
| 8:30.73 | Jacob Boutera | 96 | København, DEN | 08.06.2021 |
| 8:39.49 | Jacob Boutera | 96 | Karlstad, SWE | 22.06.2021 |
| 8.42.78 | Fredrik Sandvik | 98 | Cluj-Napoca, ROU | 20.06.2021 |
| 8.47.56 | Fredrik Sandvik | 98 | Oslo/Bi | 13.05.2021 |
| 8:49.11 | Fredrik Sandvik | 98 | Kristiansand | 11.09.2021 |

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| **5km veiløp** |  |

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| 14:22 | Senay Fissehatsion | 95 | Lier | 09.10.2021 |
| 14:24 | Sigurd Skjeseth Ruud | 96 | Jessheim | 02.10.2021 |
| 14:30 | Senay Fissehatsion | 95 | Disenå – 1487m | 01.05.2021 |
| 14:31 | Senay Fissehatsion | 95 | Eggemoen | 14.08.2021 |
| 14:50 | Kristian Grue | 95 | Disenå – 1487m | 01.05.2021 |
| 15:10 | Jørgen Gundersen | 95 | Sand | 01.08.2021 |
| 15:59 | Finn Gjøsteen | 01 | Sand | 01.08.2021 |
| 16:10 | Erlend Homble | 05 | Jessheim | 02.10.2021 |
| 16:40 | Ole-Kristian Kværner | 05 | Jessheim | 02.10.2021 |
| 16:46 | Andreas Lindboe Kværner | 06 | Jessheim | 02.10.2021 |
| 17:44 | Nani Kula | 01 | Jessheim | 02.10.2021 |
| 17:55 | Grzegorz Kosel | 82 | Sand | 27.06.2021 |
| 18:17 | Iver Løvgaard Faksvåg | 09 | Jessheim | 02.10.2021 |
| 19:08 | Tommy Torgersen | 70 | Jessheim | 02.10.2021 |
| 20:04 | Thomas Roth | 91 | Jessheim | 02.10.2021 |
| 20:27 | Stig Gunleiksrud | 69 | Sørum | 06.11.2021 |
| 21:10 | Marius Myren | 08 | Jessheim | 02.10.2021 |
| 23.54 | Ove Aastorp | 56 | Sørum | 06.11.2021 |

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| **MENN SENIOR 2021** | **1009** |

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| **10km veiløp** |  |

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| 29:39 | Senay Fissehatsion | 95 | Jessheim | 02.10.2021 |
| 29:44 | Senay Fissehatsion | 95 | Oslo | 18.09.2021 |
| 29:45 | Senay Fissehatsion | 95 | Hole | 16.10.2021 |
| 29:51 | Sigurd Skjeseth Ruud | 95 | Hole | 16.10.2021 |
| 29:54 | Awet Kibrab | 95 | Hole | 16.10.2021 |
| 30:26 | Erik Udø Pedersen | 94 | Kristiansand | 21.08.2021 |
| 30:39 | Senay Fissehatsion | 95 | Oslo | 10.10.2021 |
| 30:53 | Awet Kibrab | 95 | Jessheim | 02.10.2021 |
| 32:11 | Kristian Grue | 95 | Hole | 16.10.2021 |
| 33:41 | Finn Gjøsteen | 01 | Jessheim | 02.10.2021 |
| 34:55 | Clemet Haugerud | 68 | Jessheim | 02.10.2021 |
| 36:59 | Grzegorz Kosel | 82 | Gardermoen | 31.10.2021 |
| 37:30 | Oliver Finstad Nystrøen | 05 | Jessheim | 02.10.2021 |
| 39:58 | Frode Hansen | 73 | Jessheim | 02.10.2021 |
| 44:59 | Lasse Kverum | 79 | Jessheim | 14.11.2021 |
| 55:00 | Roy Nordal | 71 | Jessheim | 14.11.2021 |

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| **Halvmaraton 21098m** |  |

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| 1:05:43 | Senay Fissehatsion | 95 | Stavanger | 06.11.2021 |
| 1:08:22 | Awet Kibrab | 95 | Stavanger | 06.11.2021 |
| 1:10:07 | Kristian Grue | 95 | Jessheim | 14.11.2021 |
| 1:19:51 | Torbjørn Liestøl | 73 | København, DEN | 19.09.2021 |
| 1:21:43 | Eivind Gjøystdal | 79 | Gardermoen | 31.10.2021 |
| 1:33:15 | Stig Gunleiksrud | 69 | Jessheim | 14.11.2021 |
| 1:34:42 | Frode Hansen | 73 | Jessheim | 14.11.2021 |
| 1:39:40 | Ørjan Rogne Rise | 73 | Jessheim | 02.10.2021 |
| 1:40:35 | Odd Hanich | 70 | Jessheim | 14.11.2021 |
| 2:08:55 | Ove Aastorp | 56 | Jessheim | 14.11.2021 |

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| **Maraton 42195m** |  |

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| 2:49:59 | Eivind Gjøystdal | 79 | Jessheim | 14.11.2021 |
| 3:38:55 | Frode Liland | 65 | Sand | 19.09.2021 |

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| **Høyde** |  |

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| 1.90 | Michael Reklev | 05 | Jessheim | 08.08.2021 |
| 1.55 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |
| 1.46 | Even Ragnhildsløkken | 08 | Rjukan | 12.09.2021 |
| 1.35 | Iver Løvgaard Faksvåg | 09 | Jessheim | 29.05.2021 |
| 1.09 | John Arve Johansen | 36 | Førde | 26.06.2021 |

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| **MENN SENIOR 2021** | **1010** |

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| **Stav** |  |

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| 1.60 | John Arve Johansen | 36 | Førde | 25.06.2021 |

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| **Lengde** |  |

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| 5.09 | Stein Tore Klungland | 58 | Førde | 25.06.2021 |
| 4.84 | Johan Glenderød Tovari | 93 | Hamar | 26.09.2021 |
| 4.54 s +0.8 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 14.08.0221 |
| 4.10 s | Even Ragnhildsløkken | 08 | Jessheim | 30.08.2021 |
| 3.84 s | Marius Myren | 08 | Rjukan | 11.09.2021 |
| 3.76 s | Audun Sjöström-Johnsen | 09 | Jessheim | 30.08.2021 |
| 3.61 s | Oscar Nystuen | 09 | Jessheim | 30.08.2021 |
| 3.28 s | Elliot Nordin | 12 | Jessheim | 07.08.2021 |
| 3.05 s | Theo Aleksander Thoresen | 11 | Jessheim | 30.08.2021 |
| 3.02 | John Arve Johansen | 36 | Førde | 25.06.2021 |
| 3.02 s | August Fladby Ekås | 12 | Jessheim | 30.08.2021 |
| 2.85 s | Vetle Sandven-Thrane | 12 | Jessheim | 03.06.2021 |
| 2.72 s | Jacob Sundstrøm Wilberg | 12 | Jessheim | 30.08.2021 |
| 2.70 s | Kristian Espeland | 12 | Jessheim | 30.08.2021 |
| 2.38 s | Emil Sandven-Thrane | 12 | Jessheim | 03.06.2021 |
| 2.31 s | Pantelius Ionnidas | 14 | Jessheim | 07.08.2021 |
| 2.29 s | Peder Faksvåg | 12 | Jessheim | 07.08.2021 |
| 2.28 s | Benjamin Anthi | 13 | Jessheim | 07.08.2021 |
| 2.16 s | Phillip Bruu | 12 | Jessheim | 07.08.2021 |
| 2.15 s | Sigurd Bergheim | 14 | Jessheim | 07.08.2021 |
| 2.00 s | Oliver Maxim Strand | 10 | Jessheim | 03.06.2021 |
| 1.90 s | Philip Bruu | 12 | Jessheim | 03.06.2021 |
| 1.90 s | Noel Rossberg | 10 | Jessheim | 03.06.2021 |
| 1.89 s | Caspian Alstad Brandsnes | 13 | Jessheim | 03.06.2021 |
| 1.81 s | Birk Haugan | 14 | Jessheim | 07.08.2021 |
| 1.74 s | Ådne Sandven-Thrane | 14 | Jessheim | 03.06.2021 |
| 1.72 s | Kasper Brandser Nøss | 12 | Jessheim | 03.06.2021 |
| 1.64 s | Narve Sandven-Thrane | 16 | Jesshei m | 03.06.2021 |
| 1.52 s | Felix Malvik | 13 | Jessheim | 07.08.2021 |

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| **Lengde uten tilløp** |  |

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| 2.51 | Emil Nordal | 03 | Jessheim | 30.08.2021 |
| 2.47 | Johan Glenderød Tovari | 93 | Jessheim | 30.08.2021 |

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| **Tresteg** |  |

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| 10.69 | Stein Tore Klungland | 58 | Førde | 27.06.2021 |
| 9.42 s | Even Ragnhildsløkken | 08 | Rjukan | 12.09.2021 |
| 6.43 | John Arve Johansen | 36 | Førde | 27.06.2021 |

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| **MENN SENIOR 2021** | **1011** |

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| **Kule 2** |  |

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| 4.55 | Jacob Sundstrøm Wilberg | 12 | Jessheim | 17.06.2021 |

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| **Kule 3** |  |

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| 9.45 | John Arve Johansen | 36 | Lillestrøm | 15.06.2021 |
| 9.42 | Even Ragnhildsløkken | 08 | Rjukan | 11.09.2021 |
| 7.21 | Iver Løvgaard Faksvåg | 09 | Jessheim | 08.08.2021 |

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| **Kule 5** |  |

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| 8.33 | Ove Aastorp | 56 | Lillestrøm | 15.06.2021 |

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| **Kule 7.26** |  |

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| 7.50 | Johan Glenderød Tovari | 93 | Hamar | 26.09.2021 |

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| **Diskos 1** |  |

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| 28.34 | Ove Aastorp | 56 | Ski | 21.09.2021 |
| 21.25 | John Arve Johansen | 36 | Lillestrøm | 15.06.2021 |

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| **Diskos 1.75** |  |

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| 22.48 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |

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| **Slegge 3** |  |

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| 25.19 | John Arve Johansen | 36 | Lillestrøm | 15.06.2021 |

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| **Slegge 5** |  |

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| 22.81 | Ove Aastorp | 56 | Lillestrøm | 14.09.2021 |

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| **Slegge 6** |  |

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| 20.77 | Emil Nordal | 03 | Oslo/St | 24.09.2021 |

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| **Spyd 400** |  |

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| 26.68 | Iver Løvgaard Faksvåg | 09 | Jessheim | 30.08.2021 |
| 23.17 | John Arve Johansen | 36 | Førde | 27.06.2021 |
| 20.19 | Oscar Nystuen | 09 | Jessheim | 30.08.2021 |

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| **MENN SENIOR 2021** | **1012** |

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| **Spyd 600** |  |

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| 26.10 | Ove Aastorp | 56 | Oslo/St | 31.08.2021 |

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| **Spyd 800** |  |

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| 28.28 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |

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| **Vekt 5.45** |  |

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| 10.59 | John Arve Johansen | 36 | Lillestrøm | 14.09.2021 |

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| **Vekt 9.08** |  |

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| 10.58 | Ove Aastorp | 56 | Lillestrøm | 14.09.2021 |

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| **Liten ball 150g** |  |

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| 26.16 | Elliot Nordin | 12 | Jessheim | 07.08.2021 |
| 24.30 | Kristian Espeland | 12 | Jessheim | 07.08.2021 |
| 22.29 | Benjamin Anthi | 13 | Jessheim | 07.08.2021 |
| 17.08 | Birk Haugan | 14 | Jessheim | 07.08.2021 |
| 10.89 | Pantelius Ionnidis | 14 | Jessheim | 07.08.2021 |
| 7.56 | Felix Malvik | 13 | Jessheim | 07.08.2021 |
| 7.28 | Sigurd Berheim | 14 | Jessheim | 07.08.2021 |

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| **5-kamp kast** |  |

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| 3701 | John Arve Johansen | 36 | Lillestrøm | 15.06.2021 |
| 25.19-9.28-21.25-22.39-10.51 | | | |

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| 1761 | Ove Aastorp | 56 | Lillestrøm | 15.06.2021 |
| 18-18-8.33-0-24.17-9.55 | | | |

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| **1000m** |  |

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| 2:08.03 | G18 |  | Trondheim/St | 05.09.2021 |
| Martin Brustad03-Michael Reklev05-Emil Nordal03-Erlend Homble05 | | | |

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| **MENN SENIOR 2021** | **1013** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.55 | Emil Nordal | 03 | Hvam | 06.03.2021 |
| 8.00 | Christian Iversen | 05 | Hvam | 06.03.3021 |
| 8.19 | Johan Glenderød Tovari | 93 | Hvam | 04.12.2021 |
| 8.74 | Iver Løvgaard Faksvåg | 09 | Rud | 27.11.2021 |
| 8.77 | Erik Ulvund Løvgaard | 77 | Hvam | 24.10.2021 |
| 9.03 | Lasse Kveum | 79 | Hvam | 24.10.2021 |
| 9.16 | Audun Sjøstrøm-Johansen | 09 | Hvam | 06.03.2021 |
| 10.55 | Ove Aastorp | 56 | Hvam | 24.10.2021 |
| 10.90 | Carl Magnus Jensen | 11 | Hvam | 04.12.2021 |
| 11.06 | Kristian Algarheim | 10 | Hvam | 04.12.2021 |
| 12.35 | John Arve Johansen | 36 | Hvam | 24.10.2021 |

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| **200m E** |  |

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| 25.62 | Christian Iversen | 05 | Hvam | 04.12.2021 |
| 26.86 | Johan Glenderød Tovari | 93 | Hvam | 04.12.2021 |
| 28.11 | Iver Løvgaard Faksvåg | 09 | Hvam | 04.12.2021 |
| 28.72 | Eirik Ulvund Løvgaard | 77 | Hvam | 23.10.2021 |
| 29.06 | Lasse Kveum | 79 | Hvam | 23.10.2021 |
| 36.79 | Hans Skarelven Opperud | 08 | Hvam | 06.09.2021 |

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| **400m E** |  |

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| 57.21 | Henrik Schultze Toverud | 04 | Hvam | 04.12.2021 |
| 58.18 | Christian Iversen | 05 | Hvam | 06.03.2021 |

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| **600m** |  |

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| 1:43.72 | Iver Løvgaard Faksvåg | 09 | Rud | 27.11.2021 |

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| **800m** |  |

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| 2:01.69 | Emil Nordal | 03 | Hvam | 06.03.2021 |
| 2:05.27 | Erlend Magnus Homble | 04 | Hvam | 06.03.2021 |
| 2:06.20 | Andreas Lindebø Kværner | 06 | Hvam | 04.12.2021 |
| 2:09.64 | Ole-Kristian Lindbøe Kværner | 05 | Hvam | 06.03.2021 |
| 3:05.72 | Ove Aastorp | 56 | Hvam | 24.10.2021 |

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| **MENN SENIOR 2021** | **1014** |

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| **INNENDØRS** |  |

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| **UKI-medlem – løp for svensk klubb: Ullevi FIK** | | | | |
| 1:45.09 | Andreas Kramer S.REK | 97 | Torun, POL | 17.02.2021 |
| 1:46.79 | Andreas Kramer | 97 | Karlsruhe, GER | 29.01.2021 |
| 1:46.87 | Andreas Kramer EM | 97 | Torun, POL | 06.03.2021 |
| 1:47.48 | Andreas Kramer | 97 | Lièven, FRA | 09.02.2021 |
| 1:47.55 | Andreas Kramer | 97 | Torun, POL | 05.03.2021 |
| 1:47.64 | Andreas Kramer | 97 | Dortmund, GER | 07.02.2021 |
| 1:49.19 | Andreas Kramer SMI | 97 | Malmö, SWE | 19.02.2021 |

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| **1500m** |  |

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| 3:41.69 | Jacob Boutera | 96 | Torun, POL | 04.03.2021 |
| 3:43.88 | Jacob Boutera | 96 | Hvam | 20.02.2021 |
| 6:09.90 | Hans Skarelven Opperud | 08 | Hvam | 06.03.2021 |

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

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| 16.58 | John Arve Johansen | 36 | Hvam | 23.10.2021 |

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| **Høyde** |  |

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| 1.37 | Iver Løvgaard Faksvåg | 09 | Hvam | 04.12.2021 |
| 1.20 | Håvard Aleksander Strøm | 10 | Hvam | 04.12.2021 |
| 1.07 | John Arve Johansen | 36 | Hvam | 24.10.2021 |

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| **Stav** |  |

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| 1.35 | John Arve Johansen | 36 | Hvam | 23.10.2021 |

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| **Lengde** |  |

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| 4.92 | Stein Tore Klungland | 58 | Hvam | 23.10.2021 |
| 4.65 s | Even Ragnhildsløkken | 08 | Hvam | 04.12.2021 |
| 4.51 s | Iver Løvgaard Faksvæg | 09 | Rud | 27.11.2021 |
| 2.94 s | Carl Magnus Jensen | 11 | Hvam | 04.12.2021 |
| 2.84 | John Arve Johansen | 36 | Hvam | 23.10.2021 |

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| **Lengde uten tilløp** |  |

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| 2.29 | Eirik Ulvund Løvgaard | 77 | Hvam | 23.10.2021 |
| 2.12 | Lasse Kveum | 79 | Hvam | 23.10.2021 |

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| **MENN SENIOR 2021** | **1015** |

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| **INNENDØRS** |  |

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| **Tresteg** |  |

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| 10.81 | Stein Tore Klungland | 58 | Hvam | 24.10.2021 |
| 6.69 | John Arve Johansen | 36 | Hvam | 24.10.2021 |

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| **Kule 3** |  |

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| 8.47 | John Arve Johansen | 36 | Hvam | 24.10.2021 |

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| **Kule 5** |  |

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| 8.91 | Terje Aastorp | 56 | Hvam | 24.10.2021 |
| 8.76 | Ove Aastorp | 56 | Hvam | 24.10.2021 |

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| **Kule 7.26** |  |

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| 7.80 | Terje Aastorp | 56 | Hvam | 04.12.2021 |
| 7.29 | Ove Aastorp | 56 | Hvam | 04.12.2021 |

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| **600m stafett** |  |

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| 1:33.46 | Ullensaker/Kisa IL | 14 | Hvam | 04.12.2021 |
| Kristian Algarheim11-Håvard Strøm10-Fabian Vibekken-Iver Løvgaard Faksvæg09 | | | |

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| **KVINNER SENIOR 2021 UTENDØRS** | **1016** |

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| **40m E** |  |

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| 7.58 | Bettina Berg Julsrud | 12 | Jessheim | 03.06.2021 |
| 8.70 | Edel Skarelven Opperud | 12 | Jessheim | 03.06.2021 |
| 9.21 | Hermine Klauseie | 11 | Jessheim | 03.06.2021 |
| 9.99 | Julie Weberg Tangen | 17 | Jessheim | 03.06.2021 |
| 10.82 | Cornelia Klauseie | 15 | Jessheim | 03.06.2021 |

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| **60m E** |  |

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| 8.94 -0.9 | Linnea Marie Bratteng | 07 | Rjukan | 12.09.2021 |
| 9.03 +0.4 | Linnea Børresen Lecomte | 07 | Jessheim | 03.06.2021 |
| 9.47 -0.6 | Anna Jørgensen | 11 | Nadderud | 18.09.2021 |
| 9.49+0.3 | Sara Isabella Bertheussen | 07 | Jessheim | 08.08.2021 |
| 9.74 | Lea Hammer | 10 | Jessheim | 08.08.2021 |
| 9.90 | Hermine Opsahl Torgersen | 10 | Jessheim | 08.08.2021 |
| 10.35 | Rebecka Helle Aas | 07 | Jessheim | 08.08.2021 |
| 10.51 | Anna Eva Søderholm | 07 | Jessheim | 30.08.2021 |
| 10.59 | Amelia Jankowska | 08 | Jessheim | 30.08.2021 |
| 10.91 | Hermine Klauseie | 11 | Jessheim | 03.06.2021 |
| 11.01 | Rebecka Helle Aas | 07 | Jessheim | 30.08.2021 |
| 11.05 | Bettina Berg Julsrud | 12 | Jessheim | 30.08.2021 |
| 11.18 | Anna Søderholm | 07 | Jessheim | 03.06.2021 |
| 11.22 | Ella Hjeltnes | 11 | Jessheim | 03.06.2021 |
| 11.23 | Emilie Strømmen Pedersen | 11 | Jessheim | 03.06.2021 |
| 11.31 | Mari Malbakk Langvatn | 11 | Jessheim | 30.08.2021 |
| 11.58 | Elida Hembre | 09 | Jessheim | 30.08.2021 |
| 11.74 | Edel Skarleven Opperud | 12 | Jessheim | 03.06.2021 |
| 11.93 | Mathilde Alstad Brandsnes | 11 | Jessheim | 03.06.2021 |
| 11.93 | Tomine Borch Stenberg | 11 | Jessheim | 30.08.2021 |
| 12.80 | Irene Opperud | 11 | Jessheim | 03.06.2021 |

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| **100m E** |  |

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| 13.83 -1.3 | Linnea Marie Bratteng | 07 | Nittedal | 21.08.2021 |
| 15.53 -1.3 | Sara Isabella Bertheussen | 07 | Nittedal | 21.08.2021 |
| 18.93 | Ella Hjeltnes | 11 | Jessheim | 29.05.2021 |
| 19.01 | Emilie Strømmen Pedersen | 11 | Jessheim | 29.05.2021 |

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| **200m E** |  |

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| 27.07 -0.7 | Summer Steinsrud | 01 | San Marcos, USA | 27.03.2021 |
| 28.83 +0.4 | Linnea Marie Bratteng | 07 | Nittedal | 21.08.2021 |
| 30.17 -0.8 | Linnea De Zillo Lecomte | 07 | Jessheim | 29.05.2021 |
| 32.12 -0.9 | Sara Isabelle Bertheussen | 07 | Nittedal | 21.08.2021 |
| 32.66 | Lea Hammer | 10 | Nadderud | 17.09.2021 |
| 33.54 | Hermine Opsahl Torgersen | 10 | Nadderud | 17.09.2021 |
| 38.53 | Rebecka Helle Aas | 07 | Jessheim | 06.08.2021 |
| **KVINNER SENIOR 2021 UTENDØRS** | | **1017** | | |

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

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| 39.87 | Ella Hjeltnes | 11 | Jessheim | 29.05.2021 |
| 41.53 | Emilie Strømmen Pedersen | 11 | Jessheim | 29.05.2021 |
| 43.58 | Elida Hembre | 09 | Jessheim | 07.08.2021 |

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| **400m** |  |

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| 66.82 | Natalie Norbech Jøransen | 07 | Oslo/St | 24.09.2021 |

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| **600m** |  |

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| 1:35.19 | Josefine Heier | 96 | Nesodden | 19.08.2021 |
| 1:36.65 | Wilma Torbjørnsson | 07 | Rjukan | 11.09.2021 |
| 1:50.78 | Natalie Norbech Jøransen | 07 | Jessheim | 07.08.2021 |
| 1:52.51 | Linnea Børresen Lecomte | 07 | Jessheim | 30.08.2021 |
| 2:00.68 | Hermine Opsahl Torgersen | 10 | Nadderud | 19.09.2021 |
| 2:01.58 | Peniel Kifleyesus | 07 | Jessheim | 29.05.2021 |
| 2:02.87 | Anna Jørgensen | 11 | Nadderud | 19.09.2021 |
| 2:02.98 | Lea Hammer | 10 | Nadderud | 19.09.2021 |
| 2:24.48 | Iselin Solberg | 07 | Jessheim | 29.05.2021 |
| 2:37.51 | Bettina Berg Julsrud | 12 | Jessheim | 30.08.2021 |

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| **800m** |  |

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| 2:06.59 | Amalie Sæten | 97 | Nittedal | 21.08.2021 |
| 2:12.03 | Josefine Heier | 97 | Nadderud | 18.09.2021 |
| 2:12.05 | Josefine Heier | 96 | Nittedal | 21.08.2021 |
| 2:12.9 | Josefine Heier | 96 | Oslo/St | 14.08.2021 |
| 2.13.53 | Josefine Heier | 96 | Kristiansand | 11.09.2021 |
| 2:15.33 | Josefine Heier | 96 | Jessheim | 06.08.2021 |
| 2.15.89 | Josefine Heier | 96 | Norrköping, SWE | 23.07.2021 |
| 2:17.12 | Wilma Torbjørnsson | 07 | Nadderud | 18.09.2021 |
| 2:52.00 | Hermine Opsahl Torgersen | 10 | Nittedal | 21.08.2021 |
| 2:56.94 | Lea Hammer | 10 | Nittedal | 21.08.2021 |

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| **1500m** |  |

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| 4:08.81 | Amalie Sæten | 97 | Oslo/Bi | 04.06.2021 |
| 4:11.04 | Amalie Sæten | 97 | Leverkusen, GER | 27.06.2021 |
| 4:13.05 | Amalie Sæten | 97 | Oslo/Bi | 09.06.2021 |
| 4:15.38 | Amalie Sæten | 97 | Kristiansand | 11.09.2021 |
| 4:17.79 | Amalie Sæten | 97 | Cluj-Napoca, ROU | 20.06.2021 |
| 4:33.81 | Josefine Heier | 96 | Kristiansand | 10.09.2021 |
| 4:36.77 | Josefine heier | 96 | Oslo/Bi | 25.08.2021 |
| 4:39.28 | Wilma Torbjørnsson | 07 | Nadderud | 17.09.2021 |
| 4:40.38 | Wilma Torbjørnsson | 07 | Rjukan | 12.09.2021 |
| 4:40.55 | Josefine Heier | 96 | Jessheim | 07.08.2021 |
| **KVINNER SENIOR 2021 UTENDØRS** | | **1018** | | |

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| **3000m** |  |

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| 9:06.10 | Amalie Sæten | 97 | Tønsberg/Gr | 22.05.2021 |
| 9:14.92 | Amalie Sæten | 97 | Jessheim | 06.08.2021 |
| 9:25.35 | Silje Fjørtoft | 87 | Jessheim | 06.08.2021 |

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| **1000m gang** |  |

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| 6.33.10 | Natalie Norbech Jøransen | 07 | Rjukan | 11.09.2021 |

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| **5km veiløp** |  |

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| 15:56 | Amalie Sæten | 97 | Disenå – 4987m | 01.05.2021 |
| 16:36 | Silje Fjørtoft | 87 | Oslo | 14.08.2021 |
| 17:30 | Wilma Torbjørnsson | 07 | Jessheim | 02.10.2021 |
| 17:43 | Marie Synnøve Qvale | 94 | Sand | 27.06.2021 |
| 17:50 | Josefine Heier | 96 | Jessheim | 02.10.2021 |
| 18:48 | Karoline Næss | 94 | Eggemoen | 14.08.2021 |
| 21:53 | Marianne Opsal | 73 | Jessheim | 02.10.2021 |
| 22:14 | Caroline Foss Høistad | 98 | Jessheim | 02.10.2021 |
| 22:46 | Hermine Opsal Torgersen | 10 | Jessheim | 02.10.2021 |
| 23:39 | Natalie Norbech Jøransen | 07 | Jessheim | 02.10.2021 |
| 26:54 | Trine Bogstad Mangerud | 51 | Jessheim | 02.10.2021 |

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| **10km veiløp** |  |

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| 36:47 | Wilma Torbjørnsson | 07 | Hole | 16.01.2021 |
| 38.16 | Mathilde Hagen | 00 | Oslo | 28.08.2021 |
| 51:34 | Frøya Nor Holmsen | 06 | Jessheim | 14.11.2021 |

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| **Halvmaraton – 21098m** |  |

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| 1:24.52 | Mathilde Hagen | 00 | Sand | 27.06.2021 |
| 1:29:43 | Marie Synnøve Qvale | 94 | Jessheim | 02.10.2021 |
| 1:49.:15 | Clara Stålhegg | 68 | Jessheim | 14.11.2021 |
| 2:37:40 | Else Husa | 51 | Jessheim | 02.10.2021 |

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| **Maraton 52195m** |  |

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| 3:50:50 | Kari Vik Eines | 74 | Berlin, GER | 26.09.2021 |

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

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| 11.08 | Lea Hammer | 10 | Nadderud | 19.09.2021 |
| 12.29 | Hermine Opsahl Torgersen | 10 | Nadderud | 19.09.2021 |
| 13.12 | Anna Jørgensen | 11 | Jessheim | 07.08.2021 |

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| **KVINNER SENIOR 2021 UTENDØRS** | **1019** |

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

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| 10.35 | Linnea Bratteng | 07 | Rjukan | 11.09.2021 |

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

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| 15.88 +0.4 | Summer Steinsrud | 01 | San Diego, USA | 07.04.2021 |

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

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| 38.30 | Lea Hammer | 10 | Nittedal | 21.08.2021 |
| 41.54 | Hermine Opsahl Torgersen | 10 | Nittedal | 21.08.2021 |

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

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| 34.48 +0.3 | Linnea Marie Bratteng | 07 | Rjukan | 12.09.2021 |

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

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| 56.81 | Madeleine Kristiansen | 06 | Jessheim | 30.08.2021 |

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| **400m hekk 76.2 cm E** |  |

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| 65.66 | Summer Steinsrud | 01 | San Diego, USA | 07.04.2021 |

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| **800m hinder 50 cm** | **5 hindere – vanngrav 15cm** |

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| 3:09.99 | Anna Jørgensen | 11 | Jessheim | 06.08.2021 |
| 3:10.53 | Lea Hammer | 10 | Jessheim | 06.08.2021 |
| 3:11.01 | Hermine Opsahl Torgersen | 10 | Jessheim | 06.08.2021 |

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| **Høyde** |  |

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| 1.56 | Mari Steen Myrvang | 06 | Trondheim/St | 04.09.2021 |
| 1.40 | Linnea Bratteng | 07 | Jessheim | 21.08.2021 |
| 1.25 | Natalie Norbech Jøransen | 07 | Nittedal | 21.08.2021 |
| 1.01 | Ella Hjeltnes | 11 | Jessheim | 29.05.2021 |
| 0.88 | Emilie Strømmen Pedersen | 11 | Jessheim | 29.05.2021 |

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| **Lengde** |  |

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| 4.28 | Linnea Børresen Lecomte | 07 | Jessheim | 03.06.2021 |
| 3.79 s | Anna Jørgensen | 11 | Nadderud | 18.09.2021 |
| 3.56 s | Lea Hammer | 10 | Jessheim | 07.08.2021 |
| 3.52 | Sara Isabella Bertheussen | 07 | Jessheim | 30.08.2021 |

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| **KVINNER SENIOR 2021 UTENDØRS** | **1020** |

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| **Lengde** |  |

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| 3.40 s | Vie Rudi Lund | 10 | Jessheim | 03.06.2021 |
| 3.17 s | Hermine Opsahl Torgersen | 10 | Jessheim | 07.08.2021 |
| 3.07 s | Amelia Jankowska | 08 | Jessheim | 30.08.2021 |
| 2.96 s | Ella Hjeltnes | 11 | Jessheim | 03.06.2021 |
| 2.93 | Anna Eva Søderholm | 07 | Jessheim | 30.08.2021 |
| 2.83 s | Emilie Strømmen Pedersen | 11 | Jessheim | 03.06.2021 |
| 2.68 s | Hermine Klauseie | 11 | Jessheim | 03.06.2021 |
| 2.65 | Rebecka Helle Aas | 07 | Jessheim | 30.08.2021 |
| 2.60 s | Bettina Berg Julsrud | 12 | Jessheim | 30.08.2021 |
| 2.60 s | Mari Møbekk Langvatn | 11 | Jessheim | 30.08.2021 |
| 2.52 s | Elida Hembre | 09 | Jessheim | 30.08.2021 |
| 2.48 s | Tomine Borch Stenberg | 11 | Jessheim | 30.08.2021 |
| 2.34 s | Irene Opperud | 11 | Jessheim | 03.06.2021 |
| 2.08 s | Edel Skarleven Opperud | 13 | Jessheim | 03.06.2021 |
| 2.07 s | Mathilde Alstad Brandsnes | 11 | Jessheim | 03.06.2021 |

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| **Tresteg** |  |

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| 9.01 +0.0 | Natalie Norbech Jøransen | 07 | Oslo/St | 24.09.2021 |

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| **Kule 2** |  |

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| 6.20 | Ella Hjeltnes | 11 | Jessheim | 17.06.2021 |
| 5.72 | Mari Langvatn | 11 | Jessheim | 17.06.2021 |
| 5.49 | Anna Jørgensen | 10 | Jessheim | 07.08.2021 |
| 3.88 | Emilie Strømmen Pedersen | 11 | Jessheim | 29.05.2021 |
| 3.14 | Bettina Berg Julstad | 12 | Jessheim | 17.06.2021 |

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| **Kule 3** |  |

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| 15.04 | Hanne Emilie Hjeltnes | 04 | Lillestrøm | 28.08.2021 |
| 5.82 | Linnea Børresen Lecomte | 07 | Jessheim | 17.06.2021 |

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| **Kule 4** |  |

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| 13.46 | Hanne Emilie Hjeltnes | 04 | Kristiansand | 10.09.2021 |

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| **Diskos 1kg** |  |

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| 42.37 | Hanna Emilie Hjeltnes | 04 | Oslo/Bi | 14.07.2021 |

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| **Spyd 400 g** |  |

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| 21.74 | Natalie Nordbeck Jøransen | 07 | Oslo/St | 14.08.2021 |

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| **KVINNER SENIOR 2021** | **1021** |

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| **Spyd 500 g** |  |

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| 38.72 | Hanna Emilie Hjeltnes | 04 | Jessheim | 08.08.2021 |

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| **Liten ball 150 g** |  |

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| 25.11 | Ella Hjeltnes | 11 | Lillestrøm | 28.08.2021 |

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| **4x60m E** |  |

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| 33.64 | J14 |  | Nadderud | 18.09.2021 |
| Linnea Bratteng07-Eline Haugan07-Sara Bertheussen07-Natalie Jøransen07 | | | |

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| **4x60m E** |  |

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| 35.95 | J12 |  | Nadderud | 18.09.2021 |
| Tuva Forsbacka09-Hermine Torgersen10-Lea Hammer10-Anna Jørgensen11 | | | |

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| **KVINNER SENIOR 2021** | **1022** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 9.32 | Anna Jørgensen | 11 | Hvam | 04.12.0221 |
| 9.54 | Sara Isabella Bertheussen | 07 | Hvam | 06.03.2021 |
| 9.73 | Hermine Opsahl Torgersen | 10 | Hvam | 04.12.2021 |
| 10.76 | Bettina Berg Julsrud | 12 | Hvam | 04.12.2021 |
| 10.84 | Astrid Marie Jensen | 09 | Hvam | 04.12.2021 |
| 11.72 | Alma Jørgensen | 13 | Hvam | 04.12.2021 |

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| **200m E** |  |

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| 29.22 | Linnea Sjøstrøm Johansen | 06 | Hvam | 04.12.2021 |
| 32.17 | Sara Isabella Bertheussen | 07 | Hvam | 06.03.2021 |
| 32.50 | Madelaine Kristiansen | 06 | Hvam | 04.12.2021 |
| 32.56 | Anna Jørgensen | 11 | Hvam | 04.12.2021 |
| 32.67 | Hermine Opsahl Torgersen | 10 | Hvam | 04.12.2021 |
| 37.58 | Rebecka Helle Aas | 07 | Hvam | 04.12.2021 |
| 37.58 | Astrid Marie Jensen | 09 | Hvam | 04.12.2021 |
| 40.78 | Ella Hjeltnes | 11 | Hvam | 05.03.2021 |
| 43.05 | Sunniva Julie Simensen | 10 | Hvam | 06.03.2021 |

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| **600m** |  |

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| 1:38.30 | Wilma Torbjørnsson | 07 | Hvam | 04.12.2021 |
| 1:50.93 | Natalie Norbech Jøransen | 07 | Hvam | 06.03.3021 |
| 2:00.35 | Oline Soma Slåstad | 07 | Hvam | 06.03.2021 |
| 2:00.35 | Madeleine Kristiansen | 06 | Hvam | 06.03.2021 |
| 2:09.74 | Hermine Opsahl Torgersen | 10 | Hvam | 06.03.2021 |

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

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| 11.56 | Lea Hammer | 10 | Hvam | 04.12.2021 |
| 12.31 | Hermine Opsahl Torgersen | 10 | Hvam | 04.12.2021 |

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| **Høyde** |  |

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| 1.55 | Mari Steen Myrvang | 06 | Hvam | 06.03.2021 |
| 1.15 | Ella Hjeltnes | 11 | Hvam | 04.12.2021 |
| 1.05 | Astrid Marie Jensen | 09 | Hvam | 04.12.2021 |

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| **Høyde uten tilløp** |  |

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| 1.15 | Inger Lise Sundheim | 55 | Hvam | 23.10.2021 |

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| **KVINNER SENIOR 2021** | **1023** |

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| **INNENDØRS** |  |

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| **Lengde** |  |

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| 3.90 s | Anna Jørgensen | 11 | Hvam | 04.12.2021 |
| 3.36 s | Hermine Opsahl Torgersen | 10 | Hvam | 05.03.2021 |
| 2.78 s | Ella Hjeltnes | 11 | Hvam | 06.03.2021 |
| 2.64 s | Alma Jørgensen | 13 | Hvam | 04.12.2021 |
| 2.62 s | Bettina Berg Julsrud | 12 | Hvam | 04.12.2021 |
| 2.53 s | Sunniva Julie Simensen | 10 | Hvam | 06.03.2021 |

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| **Lengde uten tilløp** |  |

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| 2.23 | Inger Lise Sundheim | 55 | Hvam | 23.10.2021 |

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| **Kule 2 kg** |  |

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| 6.38 | Anna Jørgensen | 11 | Hvam | 04.12.2021 |
| 6.13 | Astrid Marie Jensen | 09 | Hvam | 04.12.2021 |
| 6.07 | Ella Hjeltnes | 11 | Hvam | 04.12.2021 |
| 4.83 | Sunniva Julie Simensen | 10 | Hvam | 06.03.2021 |
| 4.56 | Bettina Berg Julsrud | 12 | Hvam | 04.12.2021 |
| 3.50 | Alma Jørgensen | 13 | Hvam | 04.12.0221 |

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| **Kule 3 kg** |  |

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| 14.96 | Hanna Emilie Hjeltnes | 04 | Hvam | 05.03.2011 |