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| **MENN SENIOR 2022 UTENDØRS** | **1024** |

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| **60m E** |  |

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| 8.24 | Audun Sjøstrøm-Johansen | 09 | Jessheim | 07.08.2022 |
| 8.38 | Johan Glenderød Tovari | 93 | Asker/Fø | 05.06.2022 |
| 8.69 | Aldric Kenarlikdjian | 09 | Rjukan | 04.09.2022 |
| 9.01 | Iver Løvgaard Faksvåg | 09 | Jessheim | 07.08.2022 |
| 11.39 | Nikolai Frogner | 13 | Jessheim | 06.08.2022 |
| 11.86 | Vemund Gunleiksrud | 15 | Jessheim | 06.08.2022 |
| 12.33 | Benyamin Anthi | 13 | Jessheim | 06.08.2022 |
| 12.90 | Thomas Fredvang | 15 | Oslo/Bi | 29.05.2022 |

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| **60m M** |  |

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| 8.4 | Erik Løvgaard | 77 | Fetsund | 27.09.2022 |

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| **80m E** |  |

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| 11.00 | Audun Sjøstrøm-Johansen | 09 | Ås | 01.05.2022 |
| 11.14 | Even Ranghildsløkken | 08 | Arvika, SWE | 23.07.2022 |

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| **100m E** |  |

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| 12.30 | Martin Aarbogh Brustad | 04 | Oslo/Bi | 13.07.2022 |
| 13.16 | Johan Glenderud Tovari | 93 | Jessheim | 07.08.2022 |

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| **200m E** |  |

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| 23.36 | Emil Nordal | 03 | Trondheim/St | 13.08.2022 |
| 27.00 | Johan Glenderud Tovari | 93 | Oslo/Bi | 29.05.2022 |
| 27.07 | Audun Sjøstrøm-Johansen | 09 | Rjukan | 03.09.2022 |
| 27.28 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 15.05.2022 |
| 27.90 | Aldric Kenarlikdjian | 09 | Rjukan | 03.09.2022 |
| 35.78 | Ove Aaastorp | 56 | Tønsberg/Gr | 11.09.2022 |

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| **200m M** |  |

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| 26.8 | Johan Glenderød Tovari | 93 | Asker/Fø | 04.06.2022 |

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| **400m E** |  |

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| 51.67 | Emil Nordal | 03 | Jessheim | 06.08.2022 |
| 52.51 | Nikolai Solum | 05 | Oslo/Bi | 24.05.2022 |
| 53.97 | Nani Kula | 01 | Oslo/Bi | 13.07.2022 |
| 54.41 | Jonas Krossøy | 95 | Oslo/Bi | 25.08.2022 |
| 56.01 | Andreas Lindebø Kværner | 06 | Oslo/Bi | 13.07.2022 |
| 56.28 | Henrik Schultze Toverud | 03 | Jessheim | 06.08.2022 |

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| **MENN SENIOR 2022 UTENDØRS** | **1025** |

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| **600m** |  |

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| 1:22.46 | Merith Solomon | 91 | Nesodden | 01.09.2022 |
| 1:22.61 | Trym Fjøsne Hexeberg | 03 | Nesodden | 01.09.2022 |
| 1:23.34 | Nikolai Solum | 05 | Nesodden | 01.09.2022 |
| 1:25.11 | Linus Christian Bernhard | 00 | Nesodden | 01.09.2022 |
| 1:26.32 | Abdirahim Dahir | 94 | Oslo/Sp | 07.05.2022 |
| 1:26.67 | Iver Hjelbak Eriksen | 06 | Nesodden | 01.09.2022 |
| 1:27.44 | Nani Kula | 01 | Oslo/Sp | 07.05.2022 |
| 1:29.76 | Andreas Lindboe Kværner | 06 | Oslo/Sp | 07.05.2022 |
| 1:31.01 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 10.09.2022 |
| 1:38.88 | Fabian Vibekken | 09 | Nittedal | 06.06.2022 |
| 1:39.25 | Fredrik Fyksen Aas | 08 | Oslo/St | 10.09.2022 |
| 1:48.26 | Andreas Fyksen Aas | 08 | Nadderud | 10.06.2022 |
| 1:50.45 | Marius Myren | 09 | Jessheim | 06.08.2022 |
| 1:51.44 | Aldric Keuarlikdjian | 08 | Jessheim | 06.08.2022 |

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| **800m** |  |

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| 1:50.91 | Benjamin Olsen | 04 | Tønsberg/Gr | 21.05.2022 |
| 1:52.09 | Andreas Fjeld Halvorsen | 05 | Tønsberg/Gr | 21.05.2022 |
| 1:54.53 | Henrik Hanssen | 97 | Oslo/Bi | 29.05.2022 |
| 1:54.90 | Merith Soloman | 91 | Nittedal | 17.09.2022 |
| 1:56.13 | Thomas Roth | 91 | Brandbu | 22.06.2022 |
| 1:56.49 | Nikolai Solum | 05 | Göteborg, SWE | 17.06.2022 |
| 1:56.65 | Simen Gløgård Stensrud | 05 | Tønsberg/Gr | 21.05.2022 |
| 1:56.85 | Trym Fjøsne Hexeberg | 03 | Rud | 27.08.2022 |
| 1:57.80 | Abdirahim Dahir | 94 | Oslo/Bi | 29.05.2022 |
| 1:57.88 | Kristian Bråthen Børve | 06 | Trondheim/St | 13.08.2022 |
| 1:58.37 | Linus Christian Bernhard | 00 | Nittedal | 17.09.2022 |
| 1:58.56 | Sondre Strande Omland | 07 | Tønsberg/Gr | 21.05.2022 |
| 1:58.58 | Andreas Lindebø Kværner | 06 | Rud | 27.08.2022 |
| 1:59.22 | Erlend Magnus Homble | 04 | Nadderud | 11.06.2022 |
| 1:59.61 | Emil Nordal | 03 | Trondheim/St | 14.08.2022 |
| 2:00.54 | Iver Hjelbak-Eriksen | 06 | Nittedal | 20.08.2022 |
| 2:00.77 | Jonas Krossøy | 95 | Oslo/Bi | 29.05.2022 |
| 2:01.18 | Nani Kula | 01 | Oslo/Bi | 30.06.2022 |
| 2:01.24 | Gard Smevik Tørum | 03 | Oslo/Bi | 29.05.2022 |
| 2:04.70 | Tobias Finstad Mandt | 05 | Brandbu | 22.06.2022 |
| 2:04.72 | Jens Kristian Aas | 05 | Oslo/Bi | 29.05.2022 |
| 2:06.21 | Odin Fjøsne Hexeberg | 05 | Oslo/Bi | 29.05.2022 |
| 2:06.44 | Ole-Kristian Lindebø Kværner | 05 | Nittedal | 17.09.2022 |
| 2:07.64 | Henrik Schultze Toverud | 04 | Lillestrøm | 22.05.2022 |
| 2:09.82 | Andreas Ullern Tonning | 04 | Brandbu | 22.06.2022 |
| 2:09.99 | Simon Skeide Paulsen | 06 | Oslo/Bi | 25.08.2022 |
| 2:11.20 | Iver Løvgaard Faksvåg | 09 | Oslo/Bi | 29.05.2022 |
| 2:13.89 | Jonas Kveen | 03 | Lillestrøm | 22.05.2022 |

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| **MENN SENIOR 2022 UTENDØRS** | **1026** |

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| **800m forts.** |  |

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| 2:22.12 | Fredrik Fyksen Aas | 08 | Oslo/St | 15.05.2022 |
| 2:29.44 | Andreas Fyksen Aas | 08 | Brandbu | 22.06.2022 |
| 3:07.86 | Kristian Algarheim | 10 | Jessheim | 08.09.2022 |
| 3:14.28 | Odd Kinnsbekken | 48 | Jessheim | 08.09.2022 |
| 3:15.42 | Ove Aastorp | 56 | Jessheim | 08.09.2022 |

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

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| 1:44.52 | Andreas Kramer | 97 | Bydgoszcz | 03.06.2022 |
| 1:44.75 | Andreas Kramer | 97 | Åbo, FIN | 14.06.2022 |
| 1:44.75 | Andreas Kramer | 97 | Paris, FRA | 18.06.2022 |
| 1:44.94 | Andreas Kramer | 97 | Zürich, SUI | 08.09.2022 |
| 1:45.38 | Andreas Kramer EM:4 | 97 | München, GER | 21.08.2022 |
| 1:45.42 | Andreas Kramer | 97 | Stockholm, SWE | 30.06.2022 |
| 1:45.77 | Andreas Kramer VMh | 97 | Eugene, USA | 20.07.2022 |
| 1:45.95 | Andreas Kramer | 97 | Ostrava, CZE | 31.05.2022 |
| 1:46.50 | Andreas Kramer EMfo | 97 | München, GER | 18.08.2022 |
| 1:46.55 | Andreas Kramer | 97 | Karlstad, SWE | 03.07.2022 |
| 1:46.71 | Andreas Kramer VMSe | 97 | Eugene, USA | 21.07.2022 |
| 1:47.53 | Andreas Kramer | 97 | Göteborg, SWE | 30.07.2022 |
| 1:48.25 | Andreas Kramer 1FIN | 97 | Helsingfors, FIN | 03.09.2022 |

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| **1000m** |  |

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| 2:38.59 | Merith Soloman | 91 | Oslo/Sp | 07.05.2022 |
| 2:40.40 | Iver Hjelbak-Eriksen | 06 | Oslo/Sp | 07.05.2022 |
| 2:43.26 | Gard Smevik Tørum | 03 | Oslo/Sp | 07.05.2022 |
| 2:43.28 | Jens Kristian Aas | 05 | Oslo/Sp | 07.05.2022 |
| 2:44.28 | Andreas Ullern Tonning | 04 | Oslo/Sp | 07.05.2022 |
| 2:47.31 | Adrian Litwic | 86 | Oslo/Sp | 07.05.2022 |
| 2:50.99 | Jonas Kveen | 03 | Oslo/Sp | 07.05.2022 |
| 2:51.14 | Tobias Finstad Mandt | 05 | Oslo/Sp | 07.05.2022 |
| 2:54.11 | Simon Skeide Paulsen | 06 | Oslo/Sp | 07.05.2022 |
| 3:07.05 | Fredrik Fyksen Aas | 08 | Oslo/Sp | 07.05.2022 |
| 3:10.21 | Andreas Fyksen Aas | 08 | Oslo/Sp | 07.05.2022 |

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| **1500m** |  |

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| 3:40.23 | Jacob Boutera | 96 | Jessheim | 02.06.2022 |
| 3:43.08 | Fredrik Sandvik | 98 | Jessheim | 02.06.2022 |
| 3:44.49 | Andreas Fjeld Halvorsen | 05 | Stjørdal | 25.06.2022 |
| 3:45.20 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 16.06.2022 |
| 3:45.60 | Andreas Fjeld Halvorsen | 05 | Jessheim | 02.06.2022 |
| 3:45.61 | Andreas Fjeld Halvorsen | 05 | Birmingham, GBR | 23.08.2022 |

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| **MENN SENIOR 2022 UTENDØRS** | **1027** |

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| **1500m forts.** |  |

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| 4:45.98 | Andreas Fjeld Halvorsen | 05 | Rud | 27.08.2022 |
| 3:47.93 | Benjamin Olsen | 04 | Jessheim | 02.06.2022 |
| 3:48.10 | Benjamin Olsen | 04 | Jessheim | 16.06.2022 |
| 3:49.65 | Benjamin Olsen | 04 | Stjørdal | 25.06.2022 |
| 3:51.40 | Senay Fissehatsion | 95 | Jessheim | 01.06.2022 |
| 3:52.14 | Andreas Fjeld Halvorsen2EMU19 | 05 | Jerusalem, ISR | 06.07.2022 |
| 3:52.44 | Henrik Hanssen | 97 | Jessheim | 02.06.2022 |
| 3:53.04 | Simen Gløgård Stensrud | 05 | Jessheim | 02.06.2022 |
| 3:53.07 | Kristian Bråten Børve | 06 | Rud | 27.08.2022 |
| 3:54.90 | Andreas Fjeld Halvorsen | 05 | Jerusalem, ISR | 04.07.2022 |
| 3:58.72 | Merith Solomon | 91 | Oslo/Bi | 23.07.2022 |
| 3:58.84 | Robin Emil Kronkvist | 00 | Jessheim | 01.06.2022 |
| 3:59.79 | Trym Fjøsne Hexeberg | 03 | Moelv | 10.09.2022 |
| 4:00.24 | Sondre Strande Omland | 07 | Jessheim | 02.06.2022 |
| 4:01.62 | Nikolai Solum | 05 | Jessheim | 02.06.2022 |
| 4:03.00 | Abdirahim Dahir | 94 | Oslo/Bi | 24.05.2022 |
| 4:04.89 | Awet Kibrab | 95 | Moelv | 10.09.2022 |
| 4:05.62 | Erlend Magnus Homble | 04 | Jessheim | 02.06.2022 |
| 4:05.73 | Andreas Lindboe Kværner | 06 | Moelv | 10.09.2022 |
| 4:06.10 | Gard Smevik Tørum | 03 | Jessheim | 02.06.2022 |
| 4:08.05 | Iver Hjelbak-Eriksen | 06 | Jessheim | 02.06.2022 |
| 4:10.41 | Linus Bernhard | 00 | Moelv | 10.09.2022 |
| 4:11.54 | Odin Fjøsne Hexeberg | 05 | Moelv | 10.09.2022 |
| 4:15.20 | Andreas Ullern Tonning | 04 | Jessheim | 02.06.2022 |
| 4:17.29 | Ole Kristian Lindboe Kværner | 05 | Jessheim | 02.06.2022 |
| 4:17.84 | Jens Christian Aas | 05 | Jessheim | 02.06.2022 |
| 4:18.71 | Tobias Mandt | 05 | Jessheim | 02.06.2022 |
| 4:18.73 | Jonas Krossøy | 95 | Jessheim | 02.06.2022 |
| 4:21.54 | Simon Skeide Paulsen | 06 | Nittedal | 20.08.2022 |
| 4:24.43 | Nani Kula | 01 | Oslo/Bi | 23.07.0222 |
| 4:26.52 | Filip Kronkvist | 94 | Jessheim | 02.06.2022 |
| 4:28.24 | Jonas Kveen | 03 | Nittedal | 20.08.2022 |
| 4:31.81 | Iver Løvgaard Faksvåg | 09 | Rjukan | 04.09.2022 |
| 4:42.85 | Fabian Vibekken | 09 | Rjukan | 04.09.2022 |
| 4:47.39 | Andreas Fyksen Aas | 08 | Nadderud | 12.06.2022 |
| 4:53.00 | Fredrik Fyksen Aas | 08 | Nadderud | 12.06.2022 |
| 5:05.40 | Marius Myren | 08 | Rjukan | 04.05.2022 |
| 5:25.91 | Inge Schøyen | 71 | Jessheim | 02.06.2022 |
| 5:49.11 | Lasse Kverum | 79 | Jessheim | 02.06.2022 |
| 6:29.32 | Ove Aastorp | 56 | Tromsø | 21.08.2022 |
| 6:36.07 | Odd Kinnsbekken | 48 | Jessheim | 02.06.2022 |

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

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| 3:38.57 | Andreas Kramer | 97 | Sollentuna, SWE | 12.06.2022 |

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| **MENN SENIOR 2022 UTENDØRS** | **1028** |

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| **1 mile 1609m** |  |

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| 4:16.76 | Merith Solomon | 91 | Moelv | 10.09.2022 |
| 4:20.47 | Trym Fjøsne Hexeberg | 03 | Moelv | 10.09.2022 |
| 4:21.56 | Kristian Bræthen Børve | 06 | Moelv | 10.09.2022 |
| 4:25.81 | Awet Kibrab | 95 | Moelv | 10.09.2022 |
| 4:26.02 | Abdirahim Dahir | 94 | Moelv | 10.09.2022 |
| 4:26.54 | Andreas Lindboe kværner | 06 | Moelv | 10.09.2022 |
| 4:28.92 | Linus Bernhard | 00 | Moelven | 10.09.2022 |
| 4:41.35 | Odin Fjøsne Hexeberg | 05 | Moelven | 10.09.2022 |
| 4:43.08 | Ole-Kristian Lindboe Kværner | 05 | Moelven | 10.09.2022 |
| 4:50.12 | Jens Kristian Aas | 05 | Moelven | 10.09.2022 |
| 4:52.23 | Jonas Kveen | 03 | Moelven | 10.09.2022 |

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| **2000m** |  |

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| 5:37.57 | Sondre Strande Omland | 07 | Trondheim/St | 14.08.2022 |
| 6:40.10 | Fredrik Fyksen Aas | 08 | Jessheim | 07.08.2022 |
| 6:49.78 | Andreas Fyksen Aas | 08 | Jessheim | 07.08.2022 |

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| **3000m** |  |

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| 7:51.15 | Jacob Boutera | 96 | Jessheim | 05.08.2022 |
| 7:52.73 | Per Svela | 92 | Bergen/Fa | 08.06.2022 |
| 8:00.77 | Per Svela | 92 | Lahti, FIN | 25.05.2022 |
| 8:05.27 | Awet Kibrab | 95 | Bergen/Fa | 08.06.2022 |
| 8:06.67 | Andreas Fjeld Halvorsen | 05 | Jessheim | 05.08.2022 |
| 8:11.16 | Andreas Fjeld Halvorsen | 05 | Bergen/Fa | 11.05.2022 |
| 8:13.48 | Andreas Fjeld Halvorsen2EMU19 | 05 | Jerusalem, ISR | 05.07.2022 |
| 8:23.76 | Simen Gløgård Stensrud | 05 | Oslo/Bi | 28.05.2022 |
| 8:26.88 | Kristian Bråthen Børve | 06 | Jessheim | 05.08.2022 |
| 8:27.52 | Kristian Bråthen Børve | 06 | Trondheim/St | 14.08.2022 |
| 8:32.40 | Henrik Hanssen | 97 | Bergen/Fa | 11.05.2022 |
| 8:35.76 | Sondre Strande Omland | 07 | Nadderud | 10.06.2022 |
| 8:37.16 | Benjamin Olsen | 04 | Bergen/Fra | 11.05.2022 |
| 8:57.06 | Andreas Ullern Tonning | 04 | Trondheim/St | 12.08.2022 |
| 8.59.44 | Gard Smevik Tørum | 03 | Nadderud | 10.06.2022 |
| 9:03.42 | Odin Fjøsne Hexeberg | 05 | Nadderud | 10.06.2022 |
| 9:05.09 | Ivar Hjelbak Eriksen | 06 | Trondheim/St | 14.08.2022 |
| 9:06.51 | Andreas Lindeboe Kværner | 06 | Trondheim/St | 14.08.2022 |
| 9:21.28 | Ole-Kristian Lindboe Kværner | 05 | Trondheim/St | 12.08.2022 |
| 9:21.74 | Jens Kristian Aas | 05 | Trondheim/St | 12.08.2022 |
| 9:33.92 | Simen Skeide Paulsen | 06 | Oslo/Bi | 28.05.2022 |
| 9:34.80 | Tobias Finstad Mandt | 05 | Jessheim | 05.08.2022 |
| 9:42.70 | Jonas Kveen | 03 | Nadderud | 10.06.2022 |

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| **MENN SENIOR 2022 UTENDØRS** | **1029** |

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| **5000m** |  |

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| 13:28.66 | Per Svela | 92 | Heusden, BLE | 02.07.2022 |
| 13:33.40 | Per Svela | 92 | Mancester, GBR | 03.06.2022 |
| 13:47.45 | Per Svela | 92 | Jyväskylä, FIN | 26.07.2022 |
| 13:52.46 | Awet Kibrab | 95 | Oslo/Bi | 13.07.2022 |
| 13:55.0 | Awet Kibrab | 95 | Oslo/Bi | 24.09.2022 |
| 13:59.43 | Awet Kibrab | 95 | Oslo/Bi | 30.06.2022 |
| 14:01.46 | Awet Kibrab | 95 | Tønsberg/Gr | 21.05.2022 |
| 14:03.28 | Senay Fissehatsion | 95 | Oslo/Bi | 30.06.2022 |
| 14:16.75 | Andreas Fjeld Halvorsen | 05 | Rud | 28.08.2022 |
| 14:41.32 | Simen Gløgård Stensrud | 05 | København, DEN | 23.08.2022 |
| 14:34.74 | Kristian Bråthen Børve | 06 | Rud | 28.08.2022 |
| 14:35.39 | Senay Fissehatsion | 95 | Tønsberg/Gr | 21.05.2022 |
| 14:41.69 | Fredrik Sandvik | 98 | Oslo/Bi | 30.06.2022 |
| 15:02.79 | Sondre Strande Omland | 07 | Rud | 28.08.2022 |
| 15:38.19 | Andreas Ullern Tonning | 04 | Rud | 28.08.2022 |

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| **10000m** |  |

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| 28:17.01 | Sigurd Ruud Skjeseth | 96 | London, GBR | 14.05.2022 |
| 28:35.79 | Per Svela | 92 | Oslo/Bi | 13.04.2022 |
| 34:47.0 | Jacob Boutera | 96 | Oslo/Bi | 24.09.2022 |

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| **800m hinder 50 cm** | **5 hindere – vanngrav 15cm** |

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| 2:43.81 | Marius Myren | 08 | Jessheim | 05.08.2022 |

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

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| 4:18.12 | Andreas Lindboe Kværner | 06 | Trondheim/St | 12.08.2022 |

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| **2000m hinder 84 cm** |  |

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| 5:53.68 | Kristian Bråthen Børve | 06 | Jerusalem, ISR | 07.07.2022 |
| 5:58.36 | Kristian Bråthen Børve | 06 | Jerusalem, ISR | 04.07.2022 |
| 5:59.69 | Kristian Bråthen Børve | 06 | Göteborg, SWE | 17.06.2022 |
| 6:27.59 | Ole Kristian Lindboe Kværner | 05 | Trondheim/St | 13.08.2022 |

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

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| 5:41.91 | Fredrik Sandvik | 98 | Jessheim | 05.08.2022 |

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| **MENN SENIOR 2022 UTENDØRS** | **1030** |

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

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| 8:21.63 | Jacob Boutera | 96 | Åbo, FIN | 14.06.2022 |
| 8:22.83 | Jacob Boutera | 96 | Toulose, FRA | 26.05.2022 |
| 8:27.78 | Jacob Boutera | 96 | Bergen/Fa | 08.06.2022 |
| 8:28.08 | Fredrik Sandvik | 98 | Bergen/Fa | 08.06.2022 |
| 8:29.03 | Fredrik Sandvik | 98 | Åbo, FIN | 14.06.2022 |
| 8:31.03 | Jacob Boutera | 96 | München, GER | 16.08.2022 |
| 8:31.47 | Jacob Boutera | 96 | Oregon, USA | 15.07.2022 |
| 8:33.38 | Jacob Boutera | 96 | München, GER | 19.08.2022 |
| 8:38.53 | Fredrik Sandvik | 98 | Stjørdal | 25.06.2022 |

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| **3 km veiløp** |  |

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| 8:32 | Senay Fissehatsion | 95 | Fornebu | 24.05.0222 |
| 9:46 | Jonas Kveen | 03 | Fornebu | 24.05.2022 |

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| **5 km veiløp** |  |

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| 14:14 | Jacob Boutera | 96 | Jessheim | 01.10.2022 |
| 14:32 | Senay Fissehatsion | 95 | Oslo | 18.06.2022 |
| 14:44 | Andreas Fjeld Halvorsen | 05 | Jessheim | 01.10.2022 |
| 14:54 | Merith Solomon | 91 | Jessheim | 01.10.2022 |
| 14:56 | Kristian Bråthen Børve | 06 | Jessheim | 01.10.2022 |
| 15:15 | Robin Emil Kronkvist | 00 | Jessheim | 01.10.2022 |
| 15:16 | Sondre Strande Omland | 07 | Fornebu | 24.05.2022 |
| 15:57 | Simen Skeide Paulsen | 06 | Jessheim | 01.10.2022 |
| 16:05 | Andreas Ullern Tonning | 04 | Fornebu | 24.05.2022 |
| 16:16 | Thomas Roth | 91 | Lier | 16.10.2022 |
| 16:24 | Andreas Lindboe Kværner | 06 | Jessheim | 01.10.2022 |
| 16:26 | Thomas Roth | 91 | Jessheim | 01.10.2022 |
| 16:43 | Iver Løvgaard Faksvåg | 09 | Jessheim | 01.10.2022 |
| 16:44 | Linus Bernhard | 00 | Jessheim | 01.10.2022 |
| 16:56 | Fabian Vibekken | 09 | Jessheim | 01.10.2022 |
| 16:59 | Jonas Kveen | 03 | Jessheim | 01.10.2022 |
| 17:03 | Kristian Monsen | 77 | Hønefoss | 06.08.2022 |
| 17:07 | Ole Kristian Lindboe Kværner | 05 | Jessheim | 30.10.2022 |
| 17:37 | Grzegorz Kozel | 82 | Jessheim | 30.10.2022 |
| 17:59 | Andreas Aas | 08 | Jessheim | 01.10.2022 |
| 18:38 | Filip Kronkvist | 94 | Jessheim | 01.10.2022 |
| 19:35 | Marius Myren | 09 | Jessheim | 01.10.2022 |
| 19:50 | Øyvind Kværner | 75 | Jessheim | 01.10.2022 |
| 20:35 | Frode Liland | 65 | Jessheim | 01.10.2022 |
| 20:49 | Lasse Kverum | 79 | Jessheim | 01.10.2022 |
| 21:02 | Inge Schøyen | 71 | Jessheim | 11.05.2022 |
| 22:41 | Stig Gunleiksrud | 69 | Jessheim | 11.05.2022 |
| 24:06 | Odd Kinnsbekken | 48 | Jessheim | 01.10.2022 |

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| **MENN SENIOR 2022 UTENDØRS** | **1031** |

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| **5 km veiløp forts.** |  |

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| 25:18 | Ove Aastorp | 56 | Sørum | 12.11.2022 |
| 28:09 | Lars Halvor Oserud | 86 | Jessheim | 01.10.2022 |

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| **10 km veiløp** |  |

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| 28:26 | Awet Kibrab | 95 | Hole | 23.10.2022 |
| 28:39 | Per Svela | 92 | Hole | 23.10.2022 |
| 29:42 | Senay Fissehatsion | 95 | Hole | 23.10.2022 |
| 29:44 | Awet Kibrab | 95 | Jessheim | 01.10.2022 |
| 29:46 | Senay Fissehatsion | 95 | Jessheim | 01.10.2022 |
| 29:53 | Fredrik Sandvik | 98 | Slitu | 30.10.2022 |
| 30:15 | Merith Solomon | 91 | Hole | 23.10.2022 |
| 30:55 | Erik Udø Pedersen | 94 | Kristiansand | 11.06.2022 |
| 30:58 | Senay Fissehatsion | 95 | Lier | 03.05.2022 |
| 31:35 | Senay Fissehatsion | 95 | Strømstad, SWE | 08.07.2022 |
| 32:33 | Simen Skeide Paulsen | 06 | Hole | 23.10.2022 |
| 32:44 | Andreas Ullern Tonning | 04 | Hole | 23.10.2022 |
| 32:47 | Mathias Sæten | 95 | Jessheim | 01.10.2022 |
| 32:58 | Carl August Jensehaugen | 04 | Hole | 23.10.2022 |
| 33:14 | Henrik Hanssen | 97 | Jessheim | 01.10.2022 |
| 35:01 | Robert Emil Kronqvist | 00 | Hole | 23.10.2022 |
| 35:11 | Eivind Gjøystdal | 79 | Hole | 23.10.2022 |
| 35:21 | Jens Aas | 77 | Hole | 23.10.2022 |
| 35:20 | Ole Kristian Kværner | 05 | Hole | 23.10.2022 |
| 35:40 | Thomas Lind | 77 | Hole | 23.10.2022 |
| 36:49 | Grzegorz Kosel | 82 | Hole | 23.10.2022 |
| 38:27 | Ole Fredrik Mørck | 62 | Jessheim | 01.10.2022 |
| 39:37 | Trygve Stanger | 62 | Jessheim | 01.10.2022 |
| 40:11 | Ole Kristian Kværner | 05 | Jessheim | 13.11.2022 |
| 42:15 | Stig Gunleiksrud | 69 | Jessheim | 30.10.2022 |
| 45:02 | Lasse Kverum | 79 | Jessheim | 01.10.2022 |
| 45:12 | Ole Petter Vibekken | 82 | Jessheim | 13.11.2022 |
| 51:44 | Kristian Algarheim | 12 | Jessheim | 13.11.2022 |
| 54:41 | Kjell Søderholm | 72 | Jessheim | 01.10.2022 |

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| **Halvmaraton 21098m** |  |

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| 1:05:22 | Senay Fissehatsion | 95 | Tjensvoll | 12.11.2022 |
| 1:07:18 | Awet Kibrab | 95 | Tjensvoll | 12.11.2022 |
| 1:11:54 | Mathias Sæten | 95 | Drammen | 04.09.2022 |
| 1:15:33 | Kristian Grue | 95 | Jessheim | 13.11.2022 |
| 1:25:55 | Vegard Løberg Gjelsvik | 92 | Jessheim | 13.11.2022 |
| 1:35:18 | Stig Gunleiksrud | 69 | Jessheim | 13.11.2022 |
| 1:40:03 | Frode Liland | 65 | Lørenskog | 29.10.2022 |
| 1:44:39 | Lasse Kverum | 79 | Jessheim | 13.11.2022 |
| 1:46:58 | Willy Kvilten | 63 | Jessheim | 13.11.2022 |
| 2:01:50 | Ove Aastorp | 56 | Jessheim | 13.11.2022 |
| **MENN SENIOR 2022 UTENDØRS** | | **1032** | | |

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| **Maraton 42195m** |  |

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| 2:31:43 | Mathias Sæten | 95 | Amsterdam, NED | 16.10.2022 |
| 2:50:09 | Jahn Thomas Lind | 77 | Berlin, GER | 25.09.2022 |
| 3:15:33 | Inge Schøyen | 71 | Oslo | 17.09.2022 |

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| **Høyde** |  |

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| 1.89 | Michael Reklev | 04 | Trondheim/St | 13.08.2022 |
| 1.65 | Even Ranghildsløkken | 08 | Jessheim | 07.08.2022 |
| 1.40 | Iver Løvgaard Faksvåg | 09 | Jessheim | 07.08.2022 |
| 0.99 | John Arve Johansen | 36 | Tromsø | 20.08.2022 |

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| **Stav** |  |

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| 1.30 | John Arve Johansen | 36 | Tromsø | 19.08.2022 |

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| **Lengde** |  |

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| 5.19 | Even Ragnhildsløkken | 08 | Rjukan | 03.09.2022 |
| 4.83 s | Aldric Keyarlikdjian | 09 | Jessheim | 06.08.2022 |
| 4.58 s | Iver Løvgaard Faksvåg | 09 | Nadderud | 11.06.2022 |
| 2.91 | Ove Aastorp | 56 | Tønsberg/Gr | 11.09.2022 |
| 2.61 s | Benjamin Anthi | 13 | Jessheim | 06.08.2022 |
| 2.59 | John Arve Johansen | 36 | Tromsø | 19.08.2022 |
| 2.44 s | Thomas Fredvang | 15 | Oslo/Bi | 29.05.2022 |
| 2.30 s | Vemund Gunleiksrud | 15 | Jessheim | 06.08.2022 |

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| **Lengde uten tilløp** |  |

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| 2.25 | Erik Løvgaard | 77 | Fetsund | 22.09.2022 |

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| **Tresteg** |  |

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| 10.99 | Stein Tore Klugland | 58 | Tammerfors, FIN | 10.07.2022 |
| 10.38 | Even Ragnhildsløkken | 08 | Rjukan | 04.09.2022 |
| 9.76 s | Ivar Løvgaard Faksvåg | 09 | Oslo/St | 09.09.2022 |
| 6.39 | John Arve Johansen | 36 | Tromsø | 21.08.2022 |

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| **Kule 2 kg** |  |

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| 3.12 | Vemund Gunleiksrud | 15 | Nittedal | 21.08.2022 |

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| **Kule 3 kg** |  |

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| 9.05 | John Arve Johansen | 36 | Tromsø | 20.08.2022 |
| 8.88 | Aldric Kenarlikdjian | 09 | Jessheim | 07.08.2022 |
| **MENN SENIOR 2022 UTENDØRS** | | **1033** | | |

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| **Kule 4 kg** |  |

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| 9.60 | Even Ragnhildsløkken | 08 | Rjukan | 03.09.2022 |

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| **Kule 5 kg** |  |

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| 9.86 | Terje Aastorp | 56 | Tønsberg/Gr | 29.10.2022 |
| 9.15 | Ove Aastorp | 56 | Tønsberg/Gr | 08.10.2022 |

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| **Kule 6 kg** |  |

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| 9.66 | Bjørn Arne Kristiansen | 68 | Oslo/St | 20.09.2022 |

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| **Kule 7.26 kg** |  |

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| 8.20 | Terje Aastorp | 56 | Jessheim | 07.08.2022 |
| 7.26 | Ove Aastorp | 56 | Lillestrøm | 21.05.2022 |
| 7.01 | Erik Løvgaard | 77 | Fetsund | 22.09.2022 |

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| **Diskos 1 kg** |  |

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| 35.72 | Terje Aastorp | 56 | Spikkestad | 31.07.2022 |
| 30.95 | Ove Aastorp | 56 | Sandefjord/Bu | 25.09.2022 |
| 20.47 | John Arve Johansen | 36 | Tromsø | 20.08.2022 |

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| **Diskos 1.5 kg** |  |

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| 37.44 | Bjørn Arne Kristiansen | 68 | Oslo/St | 20.09.2022 |
| 30.41 | Terje Aastorp | 56 | Lillestrøm | 17.08.2022 |

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| **Diskos 1.75 kg** |  |

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| 29.27 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 19.06.2022 |

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| **Diskos 2 kg** |  |

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| 27.68 | Terje Aastorp | 56 | Jessheim | 07.08.2022 |
| 20.85 | Ove Aastorp | 56 | Jessheim | 07.08.2022 |

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| **Slegge 3 kg** |  |

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| 26.04 | John Arve Johansen | 36 | Tromsø | 19.08.2022 |

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| **Slegge 5 kg** |  |

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| 28.60 | Terje Aastorp | 56 | Løten | 01.10.2022 |
| 25.05 | Ove Aaastorp | 56 | Løten | 01.10.2022 |
| **MENN SENIOR 2022 UTENDØRS** | | **1034** | | |

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| **Slegge 6 kg** |  |

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| 30.78 | B jørn Arne Kristiansen | 68 | Tønsberg/Gr | 10.09.2022 |

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| **Slegge 7.26 kg** |  |

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| 20.15 | Terje Aastorp | 56 | Jessheim | 03.09.2022 |

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| **Spyd 400 g** |  |

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| 21.50 | John Arve Johansen | 36 | Tønsberg/Gr | 10.09.2022 |
| 18.67 | Aldric Kenarlikdjian | 09 | Rjukan | 04.09.2022 |

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| **Spyd 600 g** |  |

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| 25.99 | Ove Aastorp | 56 | Arvika, SWE | 24.07.2022 |
| 21.18 | Terje Aastorp | 56 | Tromsø | 21.08.2022 |

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| **Spyd 700 g** |  |

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| 43.86 | Bjørn Arne Kristiansen | 68 | Tønsberg/Gr | 22.09.2022 |

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| **Vektkast 5.45 kg** |  |

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| 10.63 | John Arve Johansen | 36 | Tromsø | 21.08.2022 |

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| **Vektkast 9.08 kg** |  |

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| 11.81 | Terje Aastorp | 56 | Løten | 01.10.2022 |
| 10.89 | Ove Aastorp | 56 | Løten | 09.10.2022 |

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| **Vektkast 11.34 kg** |  |

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| 11.39 | Bjørn Kristiansen | 68 | Tønsberg/Gr | 22.09.2022 |

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| **Liten ball 150 g** |  |

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| 29.46 | Benyamin Anthi | 13 | Jessheim | 06.08.2022 |
| 14.06 | Vemund Gunleiksrud | 15 | Nittedal | 21.08.2022 |
| 9.40 | Thomas Fredvang | 15 | Oslo/Bi | 29.05.2022 |

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| **5-kamp** |  |

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| 2115 | Ove Aastorp | 56 | Tønsberg/Gr | 11.09.2022 |
| 2.91-23.93-35.78-28.65-6.35.61 | | | |

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| **MENN SENIOR 2022 UTENDØRS** | **1035** |

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| **5-kamp kast** |  |

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| 3330 | John Arve Johansen | 36 | Lillestrøm | 14.06.2022 |
| 23.72-8.42-20.38-19.59-9.40 | | | |

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| 2504 | Terje Aastorp | 56 | Tønsberg | 10.09.2022 |
| 25.77-9.08-28.34.41-16.84-9.63 | | | |

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| 2453 | Ove Aastorp | 56 | Oslo/St | 20.09.2022 |
| 23.34-8.52-28.58-23.66-10.15 | | | |

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| 2220 | Bjørn Arne Kristiansen | 68 | Oslo/St | 20.09.2022 |
| 30.78-9.13-32.50-38.58-0 | | | |

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| **4x400m** |  |

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| 3:32.37 | MJ |  | Ås | 05.06.2022 |
| Nikolai Solum05-Andreas Kværner06-Ivar Eriksen06-Benjamin Olsen04 | | | |

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| 3:36.46 | MS |  | Ås | 04.06.2022 |
| Abdirahim Dahir94-Nani Kula01-Jonas Krossøy95-Merith Solomon91 | | | |

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| **4x600m** |  |

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| 6:03.44 | G16 |  | Ås | 05.06.2022 |
| Julian Førsund07-Andreas Kværner06-Sondre Strande Omland07-Iver Eriksen06 | | | |

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| **4x1500m** |  |

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| 17:41.38 | G19 |  | Ås | 05.06.2022 |
| Jonas Kveen03-Gard Tørum03-Ole-Kristian Kværner05-Erlend Homble04 | | | |

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| **MENN SENIOR 2022 INNENDØRS** | **1036** |

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| **60m E** |  |

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| 7.64 | Martin Aarbogh Brustad | 04 | Hvam | 22.01.2022 |
| 7.67 | Emil Nordal | 03 | Rud | 29.01.2022 |
| 8.03 | Johan Glenderød Tovari | 93 | Rud | 29.01.2022 |
| 8.39 | Aldric Kenarlikdijan | 09 | Hvam | 03.12.2022 |
| 8.40 | Ludvig Sjøstrøm Johansen | 09 | Stange | 12.02.2022 |
| 8.66 | Iver Løvgaard Faksvåg | 09 | Hvam | 22.01.2022 |
| 9.13 | Håvard Aleksander Strøm | 10 | Stange | 13.03.2022 |
| 9.30 | Fabian Vibekken | 09 | Stange | 12.03.2022 |
| 9.40 | Theo Thoresen-Sandaker | 11 | Hvam | 03.12.2022 |
| 10.07 | Edward Sander Wilberg | 11 | Hvam | 03.12.2022 |
| 10.28 | Carl Magnus Jensen | 11 | Hvam | 03.12.2022 |
| 10.57 | Brage Martinius Jansberg | 11 | Hvam | 03.12.2022 |
| 10.92 | Ove Aastorp | 56 | Notodden | 29.12.2022 |
| 11.61 | Didrik Bækkevar Semb | 14 | Hvam | 03.12.2022 |
| 12.28 | Bevamin Heidari Anthi | 13 | Hvam | 03.12.2022 |

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| **100m E** |  |

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| 12.98 | Johan Glenderød Tovari | 93 | Sandnes | 26.02.2022 |

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| **200m E** |  |

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| 23.17 | Emil Nordal | 03 | Steinkjer | 06.03.2022 |
| 25.32 | Martin Aarbogh Brustad | 04 | Hvam | 23.01.2022 |
| 25.97 | Henrik Schultze Toverød | 04 | Hvam | 03.12.2022 |
| 26.34 | Iver Løvgaard Faksvåg | 09 | Rud | 26.11.2022 |
| 26.38 | Johan Glederød Tovari | 93 | Rud | 13.02.2022 |
| 26.79 | Aldric Kenarlikdijan | 09 | Hvam | 03.12.2022 |
| 29.35 | Ludvig Sjøstrøm-Johansen | 09 | Stange | 13.03.2022 |
| 30.35 | Fabian Vibekken | 09 | Hvam | 23.01.2022 |
| 33.69 | Theo Thoresen-Sandaker | 11 | Hvam | 03.12.2022 |
| 35.04 | Edward Sander Wilberg | 11 | Hvam | 03.12.2022 |
| 35.28 | Carl Magnus Jensen | 11 | Hvam | 03.12.2022 |
| 35.36 | Brage Martinius Jansberg | 11 | Hvam | 03.12.2022 |
| 36.07 | Edwin Kvisler-nermo | 12 | Hvam | 03.12.2022 |
| 36.65 | Børge Mæhle Hoel | 12 | Hvam | 03.12.2022 |

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| **600m** |  |

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| 1:37.27 | Iver Løvgaard Faksvåg | 09 | Rud | 12.02.2022 |
| 1:42.32 | Fabian Vibekken | 09 | Stange | 12.03.2022 |
| 1:44.61 | Marius Myren | 08 | Hvam | 03.12.2022 |
| 2:29.53 | Philip Storaker Bruu | 12 | Stange | 12.03.2022 |

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| **MENN SENIOR 2022 INNENDØRS** | **1037** |

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| **800m** |  |

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| 1:53.34 | Andreas Fjeld Halvorsen | 05 | Steinkjer | 05.03.2022 |
| 1:54.86 | Benjamin Olsen | 04 | Ulsteinvik | 06.02.2022 |
| 1:55.08 | Benjamin Olsen | 04 | Uppsala, SWE | 13.02.2022 |
| 1:56.22 | Nikolai Solum | 05 | Steinkjer | 05.03.2022 |
| 1:56.86 | Abdirahim Dahir | 94 | Rud | 13.02.2022 |
| 1:57.96 | Marith Solomon | 91 | Hvam | 03.12.2022 |
| 2:01.17 | Kristian Børve | 06 | Steinkjer | 05.03.2022 |
| 2:01.41 | Erlend Magnus Homble | 04 | Hvam | 03.12.2022 |
| 2:02.22 | Andras Lindebø Kværner | 06 | Hvam | 03.12.2022 |
| 2:04.35 | Emil Nordal | 03 | Rud | 13.02.2022 |
| 2:07.56 | Nani Kula | 01 | Hvam | 23.02.2022 |
| 2:15.97 | Jens Kristian Aas | 05 | Hvam | 21.01.2022 |
| 2:18.60 | Grzegorz Kosel | 82 | Hvam | 03.12.2022 |

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

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| 1:45.71 | Andreas Kramer | 97 | Torun, POL | 22.02.2022 |
| 1:46.72 | Andreas Kramer | 97 | Madrid, ESP | 02.03.2022 |
| 1:46.76 | Andreas Kramer VM: 5 | 97 | Beograd, SRB | 19.03.2022 |
| 1:46.83 | Andreas Kramer | 97 | Karlsruhe, GER | 28.01.2022 |
| 1:47.61 | Andreas Kramer | 97 | Lievin, FRA | 17.02.2022 |
| 1:48.25 | Andreas Kramer VM:2h2Q | 97 | Beograd, SRB | 18.03.2022 |
| 1:48.55 | Andreas Kramer | 97 | Växjö, SWE | 26.02.2022 |

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| **1500m** |  |

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| 3:46.08 | Fredrik Sandvik | 98 | Uppsala, SWE | 13.02.2022 |
| 3:49.72 | Fredrik Sandvik | 98 | Ulsteinvik | 05.02.2022 |
| 3:49.93 | Andreas Fjeld Halvorsen | 05 | Steinkjer | 04.03.2022 |
| 3:50.93 | Andreas Fjeld Halvorsen | 05 | Hvam | 22.01.2022 |
| 3:57.90 | Benjamin Olsen | 04 | Ulsteinvik | 05.02.2022 |
| 4:05.42 | Kristian Børve | 06 | Steinkjer | 04.03.2022 |
| 4:05.59 | Sondre Strande Omland | 07 | Steinkjer | 04.03.2022 |
| 4:08.83 | Henrik Hanssen | 97 | Hvam | 22.01.2022 |
| 4:25.00 | Ole-Kristian Lindebø Kværner | 05 | Hvam | 22.01.2022 |

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| **3000m** |  |

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| 7:51.15 | Per Svela | 92 | Sandnes | 26.02.2022 |
| 7:54.72 | Per Svela | 92 | Uppsala, SWE | 13.02.2022 |
| 8:11.97 | Andreas Fjeld Halvorsen | 05 | Hvam | 12.03.2022 |
| 8:14.90 | Awet Kibrab | 95 | Hvam | 12.02.2022 |
| 8:32.26 | Per Svela | 92 | Ulsteinvik | 06.02.2022 |
| 8:33.01 | Senay Fissehatsion | 95 | Hvam | 12.02.2022 |
| 8:32.64 | Fredrik Sandvik | 98 | Ulsteinvik | 06.02.2022 |

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| **MENN SENIOR 2022 INNENDØRS** | **1038** |

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| **3000m forts.** |  |

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| 8:33.41 | Andreas Fjeld Halvorsen | 05 | Ulsteinvik | 06.02.2022 |
| 8:37:33 | Robin Emil Kronqvist | 00 | Hvam | 12.03.2022 |
| 8:55.64 | Abdirahim Dahir | 94 | Hvam | 12.03.2022 |
| 9:07.62 | Nikolai Solum | 05 | Hvam | 12.02.2022 |
| 9:22.44 | Jens Kristian Aas | 05 | Hvam | 12.02.2022 |
| 9:27.54 | Andreas Ullern | 04 | Hvam | 12.02.2022 |

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

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| 13.85 | Edward Sander Wilberg | 11 | Hvam | 03.12.2022 |

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| **Høyde** |  |

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| 1.86 | Michael Reklev | 04 | Steinkjer | 05.03.2022 |
| 1.80 | Even Jakob Ragnhildsløkken | 08 | Hvam | 03.12.2022 |
| 1.40 | Iver Løvgaard Faksvåg | 09 | Rud | 26.11.2022 |
| 1.15 | Brage Martinius Jansberg | 11 | Hvam | 03.12.2022 |
| 1.10 | Edward Sander Wilberg | 11 | Hvam | 03.12.2022 |
| 1.00 | Børge Mæhla Hoel | 12 | Hvam | 03.12.2022 |

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| **Høyde uten tilløp** |  |

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| 1.55 | Michael Reklev | 04 | Hvam | 22.12.2022 |
| 1.40 | Even Jacob Ragnhildsløkken | 08 | Hvam | 22.12.2022 |

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| **Lengde** |  |

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| 6.15 | Michael Reklev | 05 | Rud | 12.02.2022 |
| 5.06 | Stein Tore Klungland | 58 | Grimstad | 26.03.2022 |
| 4.79 | Even Jakob Ragnhildsløkken | 08 | Hvam | 03.12.2022 |
| 4.69 s | Iver Løvgaard Faksvåg | 09 | Rud | 12.02.2022 |
| 2.89 s | Edwin Kvisler-Nermo | 12 | Hvam | 03.12.2022 |
| 2.85 s | Philip Storaker Bruu | 02 | Stange | 12.03.2022 |
| 2.57 s | Didrik Bækkevar Semb | 14 | Hvam | 03.12.2022 |
| 1.59 s | Thomas Fredvang | 15 | Hvam | 22.01.2022 |

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| **Lengde uten tilløp** |  |

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| 2.54 | Even Jacob Ragnhildsbakken | 08 | Hvam | 31.12.2022 |
| 2.53 | Johan Glenderød Tovari | 93 | Rud | 12.02.2022 |

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| **Tresteg** |  |

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| 10.64 | Stein Tore Klungland | 58 | Grimstad | 27.03.2022 |
| 9.58 s | Iver Løvgaard Faksvåg | 09 | Rud | 13.02.2022 |
| **MENN SENIOR 2022 INNENDØRS** | | **1039** | | |

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| **Kule 2 kg** |  |

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| 6.48 | Børge Mæhle Hoel | 12 | Hvam | 03.12.2022 |
| 4.84 | Didrik Bækkevar Semb | 14 | Hvam | 03.12.2022 |

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| **Kule 3 kg** |  |

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| 9.04 | Aldric Kenarlikdijan | 09 | Hvam | 03.12.2022 |
| 7.91 | Iver Løvgaard Faksvåg | 09 | Hvam | 22.01.2022 |

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| **Kule 4 kg** |  |

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| 10.51 | Even Jakob Ragnhildsløkken | 08 | Hvam | 03.12.2022 |

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| **Kule 5 kg** |  |

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| 9.02 | Terje Aastorp | 56 | Oslo/Ek | 05.04.2022 |
| 8.82 | Ove Aastorp | 56 | Notodden | 29.12.2022 |

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| **Kule 7.26 kg** |  |

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| 8.07 | Terje Aastorp | 56 | Hvam | 03.12.2022 |
| 7.29 | Ove Aastorp | 56 | Hvam | 03.12.2022 |

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| **4x200m MIX** |  |

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| 2:03.94 | Ull/Kisa IL | 12 | Stange | 12.03.2022 |
| Iver Faksvåg09-Hanna Rimstad10-Harmine Opsahl Torgersen10-Håvard Strøm10 | | | |

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

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| 1:41.31 | Ull/Kisa IL | 13 | Hvam | 03.12.2022 |
| Carl Jensen11-Edward Wilberg11-Brage Jansberg11-Andreas Nordgård09 | | | |

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| **KVINNER SENIOR 2022 UTENDØRS** | **1040** |

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| **60m E** |  |

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| 9.10 | Hanne Rimstad | 10 | Oslo/St | 10.09.2022 |
| 9.28 | Anna Jørgensen | 11 | Jessheim | 07.08.2022 |
| 9.37 | Hermine Opsahl Torgersen | 10 | Jessheim | 07.08.2022 |
| 9.80 | Tuva Forsbacka | 09 | Nadderud | 11.06.2022 |
| 10.32 | Lotte Kremkans | 09 | Jessheim | 02.06.2022 |
| 10.37 | Bettina Berg Julsrud | 12 | Oslo/St | 10.09.2022 |
| 12.10 | Martine Fredvang | 13 | Oslo/Bi | 29.08.2022 |

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| **80m E** |  |

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| 11.32 | Linnea Sjøstrøm Johnsen | 06 | Ås | 01.05.2022 |
| 11.34 | Elèn Linchausen Skar | 06 | Ås | 01.05.2022 |
| 11.39 | Linnea Bratteng | 07 | Arvika, SWE | 23.07.2022 |

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| **100m E** |  |

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| 13.41 | Linnea Sjøstrøm Johnsen | 06 | Göteborg, SWE | 18.06.2022 |
| 13.68 | Elèn Linchausen Skar | 06 | Oslo/Bi | 28.08.2022 |
| 13.78 | Frida Rimstad | 07 | Lillestrøm | 21.05.2022 |
| 13.84 | Linnea Bratteng | 07 | Oslo/St | 10.09.2022 |
| 14.31 | Natalie Nordbech Jøransen | 07 | Jessheim | 07.08.2022 |
| 14.66 | Karoline Bakkerud | 06 | Oslo/St | 10.09.2022 |
| 14.76 | Sara Isabella Bertheussen | 07 | Jessheim | 07.08.2022 |

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| **200m E** |  |

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| 27.33 | Elèn Linchausen Skar | 06 | Göteborg, SWE | 19.06.2022 |
| 27.44 | Linnea Sjøstrøm Johnsen | 06 | Göteborg, SWE | 19.06.2022 |
| 28.54 | Frida Rimstad | 07 | Oslo/Bi | 29.05.2022 |
| 29.01 | Natalie Nordbech Jøransen | 07 | Ås | 01.05.2022 |
| 29.59 | Linnea Bratteng | 07 | Arvika, SWE | 23.07.2022 |
| 30.48 | Hanna Rimstad | 10 | Oslo/St | 09.07.2022 |
| 31.49 | Tuva Forsbacka | 09 | Nadderud | 12.06.2022 |
| 32.47 | Anna Jørgensen | 11 | Jessheim | 06.08.2022 |
| 36.10 | Ella Hjeltnes | 11 | Oslo/St | 11.09.2022 |
| 36.81 | Bettina Julsrud Berg | 12 | Lillestrøm | 21.05.2022 |

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| **300m E** |  |

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| 45.42 | Natalie Nordbech Jøransen | 07 | Göteborg, SWE | 18.06.2022 |

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| **KVINNER SENIOR 2022 UTENDØRS** | **1041** |

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| **400m E** |  |

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| 60.51 | Caroline Foss Høistad | 98 | Jessheim | 06.08.2022 |
| 61.94 | Elèn Linchausen Skar | 06 | Nadderud | 12.06.2022 |
| 63.97 | Linnea Sjøstrøm Johnsen | 06 | Nadderud | 12.06.2022 |
| 64.88 | Natalie Nordbech Jøransen | 07 | Nadderud | 12.06.2022 |

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| **600m** |  |

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| 1:51.52 | Hermine Opsahl Torgersen | 10 | Oslo/Bi | 29.08.2022 |
| 1:54.71 | Hanne Rimstad | 10 | Göteborg, SWE | 17.06.2022 |

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| **800m** |  |

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| 2:06.01 | Amalie Sæten | 97 | Nittedal | 21.08.2022 |
| 2:06.13 | Amalie Sæten | 97 | Jessheim | 05.08.2022 |
| 2:10.41 | Josefine Heier | 97 | Karlstad, SWE | 03.07.2022 |
| 2:10.58 | Josefine Heier | 97 | Nittedal | 17.09.2022 |
| 2:10.69 | Josefine Heier | 97 | Oslo/Bi | 30.06.2022 |
| 2:11.04 | Josefine Heier | 97 | Stjørdal | 26.06.2022 |
| 2.11.41 | Josefine Heier | 97 | Jessheim | 05.08.2022 |
| 2:11.99 | Josefine Heier | 97 | Tønsberg/Gr | 21.05.2022 |
| 2:13.82 | Josefine Heier | 97 | Stjørdal | 25.06.2022 |
| 2:17.66 | Wilma Torbjørnsson | 07 | Kristiansand | 07.05.2022 |
| 2:31.43 | Caroline Foss Høistad | 98 | Nittedal | 21.08.2022 |
| 2:33.60 | Elèn Linchausen Skar | 06 | Nittedal | 21.08.2022 |
| 2:36.89 | Hermine Opsahl Torgersen | 10 | Nittedal | 21.08.2022 |
| 2:39.87 | Natalie Nordbech Jøransen | 07 | Oslo/St | 09.07.2022 |
| 3.15.40 | Astrid Marie Jensen | 09 | Jessheimn | 08.09.2022 |
| 3:17.58 | Rebecka Helle | 07 | Jessheim | 08.09.2022 |
| 3:17.74 | Bettina Berg Julsrud | 12 | Jessheim | 08.09.2022 |

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| **1500m** |  |

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| 4:09.80 | Amalie Sæten | 97 | Sollentuna, SWE | 11.06.2022 |
| 4:10.58 | Amalie Sæten | 97 | Oslo/Bi | 16.06.2022 |
| 4:12.32 | Amalie Sæten | 97 | Jessheim | 02.06.2022 |
| 4:12.57 | Amalie Sæten | 97 | Karlstad, SWE | 03.07.2022 |
| 4:13.84 | Amalie Sæten | 97 | Stjørdal | 25.06.2022 |
| 4:16.03 | Amalie Sæten | 97 | Oordegem, BLE | 28.05.2022 |
| 4:26.32 | Wilma Thorbjørnsson | 07 | Jessheim | 02.06.2022 |
| 4:32.64 | Amalie Sæten | 97 | Stjørdal | 24.06.2022 |
| 4:33.44 | Wilma Thorbjørnsson | 97 | Rud | 27.08.2022 |
| 4:36.54 | Josefine Heier | 96 | Jessheim | 02.06.2022 |
| 4:37.63 | Josefine Heier | 96 | Stjørdal | 24.06.2022 |

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| **KVINNER SENIOR 2022 UTENDØRS** | **1042** |

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| **1500m** |  |

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| 5:30.11 | Hermine Opsahl Torgersen | 10 | Nadderud | 10.06.0222 |
| 5:49.52 | Hanna Rimstad | 10 | Jessheim | 02.06.2022 |
| 6:48.04 | Sara Isabella Bertheussen | 07 | Jessheim | 02.06.0222 |
| 7:26.29 | Astrid Marie Jensen | 09 | Jessheim | 02.06.2022 |
| 7:35.00 | Trine Bogstad Mangerud | 51 | Jessheim | 02.06.0222 |

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| **2000m** |  |

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| 6:27.51 | Wilma Torbjørnsson | 07 | Nadderud | 10.06.2022 |
| 6:31.04 | Wilma Thorbjørnsson | 07 | Trondheim/St | 14.08.2022 |

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| **3000m** |  |

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| 8:57.18 | Amalie Sæten | 97 | Tønsberg/Gr | 21.05.2022 |
| 10:18.94 | Wilma Torbjørnsson | 07 | Rud | 28.08.2022 |
| 11:16.74 | Elise Mobrenna | 05 | Jessheim | 05.08.2022 |

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| **5000m** |  |

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| 16:02.16 | Amalie Sæten | 97 | Stjørdal | 24.06.2022 |
| 21:21.98 | Elise Mobrenna | 05 | Kongsvinger | 06.07.2022 |

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| **1000m kappgang** |  |

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| 6:22.13 | Hanna Rimstad | 10 | Nadderud | 12.06.2022 |

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

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| 14.41 | Bettina Berg Julsrud | 12 | Nadderud | 12.06.2022 |

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

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| 10.32 | Hanna Rimstad | 10 | Oslo/St | 09.09.2022 |
| 11.09 | Hermine Opsahl Torgersen | 10 | Oslo/St | 09.09.2022 |

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

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| 33.13 | Hanna Rimstad | 10 | Nittedal | 20.08.2022 |
| 35.05 | Hermine Opsahl Torgersen | 10 | Oslo/St | 10.09.2022 |

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

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| 50.12 | Natalie Nordbech Jøransen | 07 | Trondheim/St | 12.08.2022 |
| 61.35 | Madeleine Kristiansen | 06 | Nadderud | 16.06.0222 |

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| **KVINNER SENIOR 2022 UTENDØRS** | **1043** |

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

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| 74.14 | Natalie Nordbech Jøransen | 07 | Ås | 01.05.2022 |

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| **800m hinder 50 cm** | **5 hindere – vanngrav 15cm** |

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| 2:42.29 | Hermine Opsahl Torgersen | 10 | Jessheim | 05.08.2022 |
| 2:51.75 | Hanna Rimstad | 10 | Jessheim | 05.08.2022 |

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| **5 km veiløp** |  |

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| 15:47 | Amalie Sæten | 97 | Barcelona, ESP | 31.12.2022 |
| 16:11 | Amalie Sæten | 97 | Sand | 08.05.2022 |
| 16:42 | Amalie Sæten | 97 | Jessheim | 01.10.2022 |
| 17:37 | Wilma Thorbjørnsson | 07 | Sand | 30.10.2022 |
| 19:46 | Kirsten Daae Wiig | 97 | Jessheim | 11.05.2022 |
| 21:26 | Hermine Opsahl Torgersen | 10 | Jessheim | 01.10.2022 |
| 24:09 | Natalie Nordbech Jøransen | 07 | Jessheim | 01.10.2022 |
| 24:58 | Madeleine Kristiansen | 06 | Jessheim | 01.10.2022 |
| 26:55 | Åshild Bauck-Jensen | 08 | Jessheim | 01.10.2022 |
| 27:55 | Hermine Thiis-Evensen | 13 | Jessheim | 01.10.2022 |
| 28:41 | Trine Bogstad Mangerud | 51 | Jessheim | 11.05.2022 |
| 28:48 | Bettina Julsrud Berg | 12 | Jessheim | 01.10.2022 |
| 29:16 | Solveig Daae Wiig | 00 | Jessheim | 01.10.2022 |
| 32:32 | Else Johanne Husa | 51 | Sørum | 26.04.2022 |

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| **10 km veiløp** |  |

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| 33:15 | Amalie Sæten | 97 | Hole | 23.10.2022 |
| 36:25 | Wilma Torbjørnsson | 07 | Hole | 23.10.2022 |
| 39:01 | Mathilde Hagen | 00 | Sand | 22.05.2022 |
| 40:33 | Kristin Daae Wiig | 97 | Jessheim | 01.10.2022 |
| 54:39 | Anna Søderholm | 07 | Jessheim | 01.10.2022 |
| 58:48 | Rebecka Helle | 07 | Jessheim | 13.11.2022 |
| 64:30 | Else Johanne Husa | 51 | Hole | 23.10.2022 |

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| **Halvmaraton 21098m** |  |

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| 1:27.42 | Mathilde Hagen | 00 | Sand | 15.05.2022 |
| 2:29:15 | Else Johanne Husa | 51 | Jessheim | 01.10.2022 |

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| **Maraton 421895m** |  |

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| 4:30:28 | Raquel Galetto | 72 | Jessheim | 13.111.2022 |

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| **KVINNER SENIOR 2022 UTENDØRS** | **1044** |

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| **Høyde** |  |

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| 1.58 | Hanna Rimstad | 10 | Göteborg, SWE | 18.06.2022 |
| 1.56 | Frida Rimstad | 07 | Göteborg, SWE | 19.06.2000 |
| 1.55 | Mari Steen Myrvang | 06 | Oslo/St | 14.05.2022 |
| 1.45 | Linnea Bratteng | 07 | Oslo/Bi | 28.05.2022 |
| 1.25 | Inger Lise Sundheim | 55 | Oslo/St | 31.05.2022 |
| 1.23 | Inger Lise Sundheim 2VM65 | 55 | Tammerfors, FIN | 07.07.2022 |
| 1.22 | Ella Hjeltnes | 11 | Nittedal | 21.08.2022 |

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| **Stav** |  |

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| 3.70 | Birgitte Kjuus | 99 | Stjørdal | 24.06.2022 |
| 2.30 | Hanna Rimstad | 10 | Oslo/St | 09.09.2022 |
| 1.90 | Hermine Opsahl Torgersen | 10 | Oslo/St | 09.09.2022 |

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| **Lengde** |  |

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| 5.59+1.0 | Frida Rimstad | 07 | Rud | 27.08.2022 |
| 4.63 s | Hanna Rimstad | 10 | Brandbu | 24.09.2022 |
| 4.16 s | Anna Jørgensen | 11 | Jessheim | 06.08.2022 |
| 4.06 s | Hermine Opsahl Torgersen | 10 | Oslo/St | 10.09.2022 |
| 3.70 s | Tuva Forsbacka | 09 | Nadderud | 11.06.2022 |
| 3.19 s | Bettina Julsrud Berg | 12 | Lillestrøm | 21.05.2022 |
| 2.30 s | Martine Fredvang | 13 | Oslo/Bi | 28.05.2022 |

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| **Tresteg** |  |

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| 11.44 | Frida Rimstad | 07 | Trondheim/St | 12.08.2022 |
| 10.05 s | Hanna Rimstad | 10 | Oslo/St | 09.09.2022 |
| 7.24 s | Ella Hjeltnes | 11 | Oslo/St | 09.09.2022 |

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| **Kule 2 kg** |  |

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| 11.05 | Hanna Rimstad | 10 | Oslo/St | 09.07.2022 |
| 8.69 | Ella Hjeltnes | 11 | Oslo/St | 10.09.2022 |
| 5.55 | Bettina Berg Julsrud | 12 | Nadderud | 12.06.2022 |

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| **Kule 3 kg** |  |

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| 9.91 | Frida Rimstad | 07 | Trondheim/St | 14.08.2022 |
| 9.80 | Linnea Bratteng | 07 | Arvika, SWE | 23.07.2022 |
| 7.19 | Natalie Nordbech Jøransen | 07 | Jessheim | 07.08.2022 |

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| **KVINNER SENIOR 2022 UTENDØRS** | **1045** |

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| **Kule 4 kg** |  |

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| 12.79 | Hanna Emilie Hjeltnes | 04 | Nittedal | 02.05.2022 |

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| **Diskos 600 g** |  |

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| 26.22 | Ella Hjeltnes | 11 | Oslo/St | 11.09.2022 |
| 25.97 | Hanna Rimstad | 10 | Jessheim | 10.07.2022 |

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| **Diskos 750 g** |  |

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| 19.71 | Linnea Bratteng | 07 | Arvika, SWE | 23.07.2022 |

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| **Diskos 1 kg** |  |

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| 45.12 | Hanna Emilie Hjeltnes | 04 | Göteborg, SWE | 19.06.2022 |
| 19.10 | Mari Steen Myrvang | 06 | Arvika, SWE | 23.07.2022 |
| 16.67 | Natalie Nordbech Jøransen | 07 | Jessheim | 07.08.2022 |
| 9.11 | Linnea Sjøstrøm Johansen | 06 | Jessheim | 07.08.2022 |

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| **Slegge 2 kg** |  |

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| 28.88 | Hanna Rimstad | 10 | Nadderud | 11.06.2022 |
| 20.29 | Ella Hjeltnes | 11 | Oslo/St | 09.09.2022 |

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| **Slegge 3 kg** |  |

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| 29.62 | Frida Rimstad | 07 | Jessheim | 07.08.2022 |

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| **Slegge 4 kg** |  |

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| 30.17 | Hanna Emilie Hjeltnes | 04 | Oslo/St | 09.09.2022 |

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| **Spyd 400 g** |  |

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| 12.10 | Ella Hjeltnes | 11 | Oslo/St | 11.09.2022 |

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| **Spyd 500 g** |  |

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| 25.47 | Linnea Bratteng | 07 | Jessheim | 07.08.2022 |
| 15.19 | Sara Isabella Bertheussen | 07 | Nadderud | 11.06.2022 |

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| **Spyd 600 g** |  |

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| 35.06 | Hanna Emilie Hjeltnes | 04 | Trondheim/St | 13.08.2022 |

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| **KVINNER SENIOR 2022 UTENDØRS** | **1046** |

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| **Liten ball 150 g** |  |

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| 36.09 | Ella Hjeltnes | 11 | Nadderud | 12.06.2022 |
| 20.36 | Bettina Berg Julsrud | 12 | Nadderud | 12.06.2022 |
| 11.01 | Martine Fredvang | 13 | Oslo/Bi | 28.05.2022 |

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| **4x60m E** |  |

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| 35.63 | J12 |  | Nadderud | 11.06.2022 |
| Bettina Berg Julsrud12-Hanna Rimstad10-Hermine Torgersen10-Anna Jørgensen11 | | | |

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| **4x100m E** |  |

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| 52.43 | J16 |  | Ås | 04.06.2022 |
| Linnea Bratteng07-Elèn Linchausen06-Linnèa Johansen06-Natalie Jøransen07 | | | |

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| **4x400m** |  |

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| 4:21.22 | J15 |  | Ås | 05.06.2022 |
| Linnea Bratteng07-Natalie Jøransen07-Wilma Torbjørnsson07-Synne Markussen07 | | | |

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| **4x600m** |  |

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| 7:24.96 | J16 |  | Ås | 05.06.2022 |
| Linnèa Johansen06-Elèn Linchausen06-Natalie Jøransen07-Wilma Bekkemoen07 | | | |

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| **1000m** |  |

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| 2:29.77 | J16 |  | Trondheim/St | 14.08.2022 |
| Linnea Bratteng07-Linnea Johansen06-Synne Markussen07-Elèn Skar06 | | | |

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| **KVINNER SENIOR 2022 INNENDØRS** | **1047** |

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| **60m E** |  |

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| 8.44 | Elèn Linchausen Skar | 06 | Hvam | 22.01.2022 |
| 8.58 | Linnea Sjøstrøm Johansen | 06 | Steinkjer | 05.03.2022 |
| 8.77 | Linnea Bratteng | 07 | Stange | 12.03.2022 |
| 8.90 | Sara Isabella Bertheussen | 07 | Hvam | 03.12.2022 |
| 9.21 | Anna Jørgensen | 11 | Rud | 13.02.2022 |
| 9.21 | Hanna Rimstad | 10 | Hvam | 03.12.2022 |
| 9.27 | Astrid Helene Walstad | 11 | Hvam | 03.12.2022 |
| 9.41 | Hermine Opsahl Torgersen | 10 | Rud | 12.02.2022 |
| 9.77 | Norina Vestre | 11 | Hvam | 03.12.2022 |
| 9.99 | Bettina Berg Julsrud | 12 | Hvam | 03.12.2022 |
| 10.08 | Lena Kosel | 13 | Hvam | 03.12.2022 |
| 10.30 | Ella Hjeltnes | 11 | Rud | 26.11.2022 |
| 10.32 | Ylva Sophie Granberg | 11 | Hvam | 03.12.2022 |
| 10.38 | Rebecka Helle Aas | 07 | Hvam | 22.01.2022 |
| 13.15 | Martine Fredvang | 13 | Hvam | 22.01.2022 |

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| **60m M** |  |

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| 11.2 | Inger Lise Sundheim | 55 | Oslo/Ek | 05.04.2022 |

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| **200m E** |  |

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| 27.63 | Elèn Linchausen Skar | 06 | Rud | 13.02.2022 |
| 28.50 | Linnèa Elisabeth Johansen | 06 | Stange | 13.03.2022 |
| 29.06 | Natalie Nordbech Jøransen | 07 | Stange | 13.03.2022 |
| 29.71 | Linnea Børresen Lacomte | 07 | Hvam | 03.12.2022 |
| 30.36 | Sara Isabella Bertheussen | 07 | Hvam | 03.12.2022 |
| 30.90 | Astrid Helene Walstad | 11 | Hvam | 03.12.2022 |
| 31.15 | Tuva Isabell Forsbacka | 09 | Hvam | 03.12.2022 |
| 31.17 | Hermine Opsahl Torgersen | 10 | Rud | 13.02.2022 |
| 31.25 | Anna Jørgensen | 11 | Rud | 13.02.2022 |
| 32.39 | Hanna Rimstad | 10 | Hvam | 23.01.2022 |
| 32.49 | Madeleine Kristiansen | 06 | Rud | 13.02.2022 |
| 34.86 | Ylva Sophie Granberg | 11 | Hvam | 03.12.2022 |
| 34.99 | Astrid Marie Jensen | 09 | Hvam | 03.12.2022 |
| 36.73 | Rebecka Helle Aas | 07 | Hvam | 23.01.2022 |
| 37.46 | Bettina Berg Julsrud | 12 | Hvam | 23.01.2022 |
| 38.12 | Ella Hjeltnes | 11 | Hvam | 23.01.2022 |

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| **200m M** |  |

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| 39.8 | Inger Lise Sundheim | 55 | Oslo/St | 31.08.2022 |

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| **KVINNER SENIOR 2022 INNENDØRS** | **1048** |

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| **400m E** |  |

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| 60.58 | Caroline Foss Høistad | 98 | Rud | 29.01.2022 |
| 66.31 | Natalie Nordbeck Jøransen | 07 | Rud | 29.01.2022 |

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| **600m** |  |

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| 1:42.86 | Caroline Forr Høistad | 98 | Rud | 26.11.2022 |
| 1:50.38 | Natalie Nordbech Jøransen | 07 | Stange | 12.03.2022 |
| 1:51.98 | Hermine Opsahl Torgersen | 10 | Rud | 25.11.2022 |
| 1:57.24 | Hanna Rimstad | 10 | Rud | 12.02.2022 |
| 2:05.32 | Anna Jørgensen | 11 | Rud | 12.02.2022 |
| 2:10.80 | Astrid Marie Jensen | 09 | Hvam | 03.12.2022 |

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| **800m** |  |

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| 2:15.12 | Wilma Anna Torbjørnsson | 07 | Hvam | 23.01.2022 |
| 2.15.14 | Wilma Anna Torbjørnsson | 07 | Rud | 12.02.2022 |
| 2.18.88 | Wilma Anna Torbjørnsson | 07 | Steinkjer | 05.03.2022 |

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| **1500m** |  |

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| 4:32.91 | Wilma Anna Torbjørnsson | 07 | Sollentuna, SWE | 19.02.2022 |
| 4:38.50 | Wilma Anna Torbjørnsson | 07 | Steinkjer | 04.03.2022 |

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

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| 14.37 | Bettina Berg Julsrud | 12 | Hvam | 23.01.2022 |

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

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| 10.66 | Hanna Rimstad | 10 | Hvam | 03.12.2022 |
| 11.73 | Tuva Isabell Forsbacka | 09 | Hvam | 03.12.2022 |
| 13.70 | Rebecka Helle Aas | 07 | Hvam | 03.12.2022 |

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| **Høyde** |  |

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| 1.55 | Mari Steen Myrvang | 06 | Steinkjer | 06.03.2022 |
| 1.53 | Frida Rimstad | 07 | Steinkjer | 06.03.2022 |
| 1.52 | Hanna Rimstad | 10 | Stange | 12.03.2022 |
| 1.40 | Linnea Bratteng | 07 | Stange | 12.03.2022 |
| 1.28 | Inger Lise Sundheim | 55 | Grimstad | 27.03.2022 |
| 1.25 | Astrid Helene Walstad | 11 | Hvam | 03.12.2022 |
| 1.20 | Ella Hjeltnes | 11 | Rud | 26.11.2022 |
| 0.90 | Bettina Julsrud Berg | 12 | Hvam | 23.01.2022 |

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| **KVINNER SENIOR 2022 INNENDØRS** | **1049** |

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| **Høyde uten tilløp** |  |

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| 1.17 | Inger Lise Sundheim | 55 | Oslo/Ek | 16.02.2022 |
| 1.10 | Hanna Rimstad | 10 | Hvam | 22.12.2022 |

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| **Stav** |  |

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| 3.20 | Birgitte Kjuus | 99 | Rud | 31.05.2022 |
| 1.70 | Hermine Opsahl Torgersen | 10 | Rud | 26.11.2022 |

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| **Lengde** |  |

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| 5.26 | Frida Rimstad | 07 | Rud | 12.02.2022 |
| 4.69 s | Hanna Rimstad | 10 | Rud | 26.11.2022 |
| 4.28 s | Astrid Helene Walstad | 11 | Hvam | 03.12.2022 |
| 4.10 s | Hermine Opsahl Torgersen | 10 | Gæteborg, SWE | 04.12.2022 |
| 3.99 s | Tuva Isabell Forsbacka | 99 | Hvam | 03.12.2022 |
| 3.70 | Natalie Nordbeck Jøransen | 07 | Hvam | 23.01.2022 |
| 3.42 s | Norine Vestre | 11 | Hvam | 03.12.2022 |
| 3.13 s | Bettina Berg Julsrud | 12 | Hvam | 03.12.2022 |
| 1.98 s | Martine Fredvang | 13 | Hvam | 22.01.2022 |

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| **Lengde uten tilløp** |  |

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| 2.34 | Inger Lise Sundheim | 55 | Ås | 06.11.2022 |
| 2.14 | Hanna Rimstad | 10 | Hvam | 31.12.2022 |

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| **Tresteg** |  |

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| 10.94 | Frida Rimstad | 07 | Steinkjer | 04.03.2022 |
| 9.42 s | Hanna Rimstad | 10 | Rud | 13.02.2022 |
| 8.85 | Natalie Nordbech Jøransen | 07 | Rud | 13.02.2022 |

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| **Tresteg uten tilløp** |  |

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| 5.98 | Inger Lise Sundheim | 55 | Ås | 06.11.2022 |

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| **Kule 2** |  |

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| 12.09 | Hanna Rimstad | 10 | Hvam | 03.12.2022 |
| 11.12 | Ella Hjeltnes | 11 | Hvam | 03.12.2022 |
| 7.01 | Anna Jørgensen | 11 | Rud | 13.02.2022 |
| 4.97 | Hermine Opsahl Torgersen | 10 | Stange | 12.03.2022 |
| 4.95 | Bettina Berg Julsrud | 12 | Hvam | 03.12.2022 |
| 3.48 | Martine Fredvang | 13 | Hvam | 22.01.2022 |

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| **KVINNER SENIOR 2022 INNENDØRS** | **1050** |

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| **Kule 3** |  |

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| 9.58 | Frida Rimstad | 07 | Rud | 13.02.2022 |
| 7.76 | Inger Lise Sundheim | 55 | Oslo/Ek | 05.04.2022 |

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| **Kule 4** |  |

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| 13.34 | Hanna Emilie Hjeltnes | 04 | Uppsala, SWE | 13.02.2022 |

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| **4x100m** |  |

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| 61:63 | Ull/Kisa IL | 16 | Stange | 12.03.2022 |
| Hanna Hjeltnes11-Lea Hammer10-Hanna Rimstad10-Hermine Opsahl Torgersen10 | | | |

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| **4x200m** |  |

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| 1:52.59 | Ull/Kisa IL | 16 | Steinkjer | 06.03.2022 |
| Elèn Skar06-Natalie Jøransen07-Synne Markussen07-Linnea Johansen06 | | | |

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| **4x200m Utenfor konkurranse** |  |

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| 2:00.15 | Ull/Kisa IL | 16 | Stange | 12.03.2022 |
| Erle Tangestuen07-Synne Markussen07-Natalie Jøransen07-Madelaine Kristiansen06 | | | |
| Erle Tangestuen :Nordre Eidsvoll IL – Synne Markusssen: Hvam IL | | | |

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

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| 1:43.99 | Ull/Kisa IL | 14 | Hvam | 03.12.2022 |
| Ylva Granberg11-Astrid Jensen09-Tuva Forsbacka09-Marie Øverli08 | | | |

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| **MENN 2023 UTENDØRS** | **1051** |

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| **60m E** |  |

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| 7.99 | Audun Sjøstrøm Johansen | 09 | Jessheim | 13.08.2023 |
| 8.45 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 08.09.2023 |
| 10.78 | Vemund Gunleiksrud | 15 | Jessheim | 12.08.2023 |
| 10.85 | Konrad Vibekken | 13 | Jessheim | 12.08.2023 |

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| **60m M** |  |

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| 10.1 | Bjørn Arne Kristiansen | 68 | Fet/Fe | 30.05.2023 |

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| **100m E** |  |

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| 12.04 | Alan Rngo | 07 | Jessheim | 12.08.2023 |
| 12.80 | Even Jacob Ragnhildsløkken | 08 | Oslo/St | 14.09.2923 |
| 13.55 | Johan Kristoffersen | 93 | Moelv | 21.05.2023 |

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| **100m M** |  |

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| 15.1 | Bjørn Arne Kristiansen | 68 | Oslo/St | 09.05.2023 |

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| **200m E** |  |

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| 24.85 | Alan Ringo | 07 | Jessheim | 11.08.2023 |
| 26.52 | Even Ragnhildsløkken | 08 | Ås | 01.05.2023 |
| 28.84 | Johan Kristoffersen | 93 | Hamar | 20.05.2023 |

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| **400m E** |  |

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| 51.09 | Sondre Lehmann | 07 | Jessheim | 12.08.2023 |
| 52.56 | Sander Rustad Johansen | 06 | Oslo/Bi | 29.08.2023 |
| 54.79 | Sondre Strande Omland | 07 | Oslo/Bi | 23.05.2023 |
| 55.41 | Jonas Krossøy | 95 | Oslo/Bi | 23.05.2023 |
| 55.76 | Iver Løvgaard Faksvåg | 09 | Jessheim | 12.08.2023 |
| 57.27 | Philip Gulbrandsen | 07 | Oslo/Bi | 23.05.2023 |

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| **600m** |  |

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| 1:22.85 | Trym Fjøsne-Hexeberg | 03 | Nesodden | 01.06.2023 |
| 1:23.22 | Sondre Strande Omland | 07 | Nesodden | 01.06.2023 |
| 1:24.90 | Simen Gløgård Stensrud | 05 | Nesodden | 11.06.2023 |
| 1:25.94 | Markus Einan | 97 | Rud | 04.05.2023 |
| 1:26.55 | Sigurd Blom Breivik | 96 | Rud | 04.05.2023 |
| 1:27.25 | Benjamin Olsen | 04 | Rud | 04.05.2023 |
| 1:30.31 | Nani Kula | 01 | Rud | 04.05.2023 |
| 1:30.47 | Jonas Krossøy | 95 | Rud | 04.05.2023 |

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| **MENN 2023 UTENDØRS** | **1052** |

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| **600m forts.** |  |

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| 1:30.58 | Philip Regbo Gulbrandsen | 07 | Nesodden | 01.06.2023 |
| 1:30.64 | Marcus Eek | 08 | Rud | 04.05.2023 |
| 1:31.66 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 09.09.2023 |
| 1:32.01 | Sondre Opaker Øines | 98 | Rud | 04.05.2023 |
| 1:32.84 | Herman Eide Troye | 08 | Nesodden | 01.06.2023 |
| 1:35.66 | Håkon Prøsch Johnsen | 07 | Nesodden | 01.06.2023 |
| 1:48.59 | Marius Myren | 08 | Rud | 04.05.2023 |
| 2:12.80 | Konrad Vibekken | 13 | Jessheim | 12.08.2023 |
| 2:16.11 | Carl Bauck Jensen | 11 | Jessheim | 12.08.2023 |

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| **800m** |  |

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| 1:51.21 | Markus Einan | 97 | Jessheim | 08.07.2023 |
| 1:53.29 | Merith Solomon | 91 | Tønsberg/Gr | 20.05.2023 |
| 1:53.29 | Sondre Strand Omland | 07 | Jessheim | 06.07.2023 |
| 1:54.49 | Trym Fjøsne-Hexeberg | 03 | Jessheim | 06.07.2023 |
| 1:54.67 | Sondre Søgård Lehmann | 07 | Jessheim | 06.07.2023 |
| 1:54.76 | Henrik Hanssen | 97 | Oslo/St | 04.06.2023 |
| 1:55.39 | Kristian Bråthen Børve | 06 | Tønsberg/Gr | 20.05.2023 |
| 1:55.51 | Nahan Tewelde | 06 | Bergen/Fa | 10.09.2023 |
| 1:58.17 | Erlend Magnus Homble | 04 | Sandnes | 26.08.2023 |
| 1:58.24 | Simen Gløgård Stensrud | 05 | Oslo/Bi | 04.06.2023 |
| 1:58.34 | Theodor Hansen | 06 | Bergen/Fa | 10.09.2023 |
| 1:58.64 | Andreas Lindebø Kværner | 06 | Rud | 17.06.2023 |
| 1:59.28 | Ole-Kristian Lindboe Kværner | 05 | Sandnes | 26.08.2023 |
| 1:59.28 | Philip Gulbrandsen | 07 | Bergen/Fa | 09.09.2023 |
| 2:01.68 | Sander Rustad Johansen | 06 | Sandnes | 26.08.2023 |
| 2:03.56 | Iver Løvgaard Faksvåg | 09 | Gøteborg, SWE | 01.07.2023 |
| 2:03.66 | Jonas Krossøy | 95 | Tønsberg/Gr | 20.05.2023 |
| 2:03.64 | Lukas Buncic | 07 | Jessheim | 11.08.2023 |
| 2:04.37 | Odin Fjøsne-Hexeberg | 05 | Gøteborg, SWE | 02.07.2023 |
| 2:04.86 | Janis Arsenikovs | 83 | Brandbu | 23.09.2023 |
| 2:09.39 | Hermann Eide Troye | 08 | Lillehammer/Ss | 25.06.2023 |
| 2:10.32 | Fabian Vibekken | 09 | Gøteborg, SWE | 01.07.2023 |
| 2:10.54 | Jens Kristian Aas | 05 | Lillehammer/Ss | 25.06.2023 |
| 2:11.67 | Henrik Schultze Toverud | 04 | Jessheim | 11.08.2023 |
| 2:12.82 | Grzegorz Kosel | 82 | Oslo/Bi | 04.06.2023 |
| 2:14.86 | Håkon Prøsch Johnsen | 07 | Lillehammer/Ss | 25.06.2023 |
| 2:17.71 | Jacob Hoel | 08 | Jessheim | 11.08.2023 |
| 2:31.05 | Marius Myren | 08 | Lillehammer/Ss | 25.06.2023 |
| 2:37.79 | Frode Liland | 65 | Jessheim | 07.09.2023 |
| 2:47.15 | Stig Gunleiksrud | 69 | Jessheim | 07.09.2023 |
| 2:54.35 | Kristian Algarheim | 10 | Jessheim | 10.09.2023 |

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| **MENN 2023 UTENDØRS** | **1053** |

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| **800m forts.** |  |

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| 3:12.74 | Odd Kinnsbekken | 48 | Jessheim | 07.09.2023 |
| 4:22.3 | Bjørn Arne Kristiansen | 68 | Fetsund | 30.05.2023 |
| 5:55.72 | Henning Høgheim | 39 | Jessheim | 07.09.2023 |

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| **Løp for Svensk klubb:** |  |

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| 1:44.57 | Andreas Kramer VM-6se3 | 97 | Budapest, UNG | 24.08.2023 |
| 1:44.85 | Andreas Kramer | 97 | Paris, FRA | 09.06.2023 |
| 1:44.95 | Andreas Kramer | 97 | Turku, FIN | 13.06.2023 |
| 1:45.10 | Andreas Kramer | 97 | Zegreb, CRO | 10.09.2023 |
| 1:45.15 | Andreas Kramer | 97 | Malmø, SWE | 05.08.2023 |
| 1:45.42 | Andreas Kramer VM:2h6 | 97 | Budapest, UNG | 22.08.2023 |
| 1:46.38 | Andreas Kramer | 97 | Bydgoszcz, POL | 06.06.2023 |
| 1:48.18 | Andreas Kramer | 97 | Doha, QUA | 05.05.2023 |

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| **1000m** |  |

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| 2:30.69 | Henrik Hanssen | 97 | Rud | 04.05.2023 |
| 2:31.03 | Trym Fjøsne-Hexeberg | 03 | Rud | 04.05.2023 |
| 2:32.67 | Nahon Tewelde | 06 | Rud | 04.05.2023 |
| 2:33.10 | Kristian Bråthen Børve | 06 | Rud | 04.05.2023 |
| 2:35.90 | Robin Emil Kronqvist | 00 | Rud | 04.05.2023 |
| 2:38.17 | Sigurd Skjeseth | 96 | Rud | 04.05.2023 |
| 2:45.12 | Ole-Kristian Lindboe Kværner | 05 | Rud | 04.05.2023 |
| 2:56.29 | Filip Kronqvist | 94 | Rud | 04.05.2023 |
| 3:06.78 | Even Jacob Ragnhildsløkken | 08 | Moss/Me | 21.05.2023 |

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| **1000m** |  |

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| **Løp for Svensk klubb:** |  |

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| 2:16.95 | Andreas Kramer | 97 | Gøteborg, SWE | 18.06.2023 |

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| **1500m** |  |

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| 3:40.03 | Andreas Fjeld Halvorsen | 05 | Brandbu | 23.09.2023 |
| 3:40.24 | Senay Fissehatsion | 95 | Oslo/Bi | 15.06.2023 |
| 3:42.35 | Andreas Fjeld Halvorsen | 05 | Oslo/Bi | 29.08.2023 |
| 3:45.04 | Senay Fissehatsion | 95 | Oslo/Bi | 15.06.2023 |
| 3:45.07 | Andreas Fjeld Halvorsen | 05 | Sandnes | 26.08.2023 |
| 3:48.37 | Kristian Bråthen Børve | 06 | Oslo/Bi | 29.08.2023 |
| 3:48.81 | Trym Fjøsne-Hexeberg | 03 | Oslo/Bi | 29.08.2023 |
| 3:51.37 | Merith Solomon | 91 | Jessheim | 12.08.2023 |
| 3:51.92 | Henrik Hanssen | 97 | Sollentuna, SWE | 11.06.2023 |

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| **MENN 2023 UTENDØRS** | **1054** |

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| **1500m forts.** |  |

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| 3:52.97 | Simen Gløgård Stensrud | 05 | Sandnes | 26.08.2023 |
| 3:53.35 | Nahon Tewelde | 06 | Sandnes | 26.08.2023 |
| 3:54.41 | Sondre Strande Omland | 07 | Oslo/Bi | 22.07.2023 |
| 4:01.83 | Teodor Hansen | 06 | Sandnes | 25.08.2023 |
| 4:02.25 | Robin Emil Kronqvist | 00 | Jessheim | 08.06.2023 |
| 4:05.97 | Erlend Magnus Homble | 04 | Sandnes | 25.08.2023 |
| 4:07.11 | Janis Arsenikovs | 83 | Oslo/Bi | 29.08.2023 |
| 4:07.20 | Ole-Kristian Lindboe Kværner | 05 | Sandnes | 25.08.2023 |
| 4:08.12 | Andreas Ullern Tonning | 04 | Sandnes | 25.08.2023 |
| 4:08.18 | Odin Fjøsne-Hexeberg | 05 | Jessheim | 08.06.2023 |
| 4:08.63 | Andreas Lindboe Kværner | 06 | Jessheim | 08.06.2023 |
| 4:08.82 | Lukas Buncic | 07 | Sandnes | 25.08.2023 |
| 4:12.02 | Philip Storm Gulbrandsen | 07 | Sandnes | 25.08.2023 |
| 4:19.20 | Eivind Vaage | 04 | Jessheim | 12.08.2023 |
| 4:20.75 | Iver Løvgaard Faksvåg | 09 | Nittedal | 19.08.2023 |
| 4:21.64 | Marcus Eek | 08 | Jessheim | 08.06.2023 |
| 4:23.02 | Filip Kronqvist | 94 | Jessheim | 08.06.2023 |
| 4:30.13 | Herman Eide Trove | 08 | Lillehammer/Ss | 23.06.2023 |
| 4:33.43 | Grzegorz Kosel | 82 | Jessheim | 08.06.2023 |
| 4:33.76 | Jens Kristian Aas | 05 | Jessheim | 08.06.2023 |
| 4:34.50 | Håkon Prøsch Johnsen | 07 | Jessheim | 08.06.2023 |
| 4:53.42 | Marius Myren | 08 | Nittedal | 19.08.2023 |
| 4:54.25 | Øystein Dahl | 70 | Jessheim | 08.06.2023 |
| 5:08.29 | Inge Schøyen | 71 | Jessheim | 08.06.2023 |
| 5:10.54 | Tommy Torgersen | 70 | Jessheim | 08.06.2023 |
| 5:24.96 | Frode Liland | 65 | Jessheim | 08.06.2023 |
| 6:02.51 | Kristian Algerheim | 10 | Jessheim | 08.06.2023 |
| 6:24.60 | Carl Bauck Jensen | 11 | Jessheim | 08.06.2023 |
| 6:44.59 | Ove Aastorp | 56 | Jessheim | 08.06.2023 |
| 6:46.42 | Odd Kinnsbekken | 48 | Jessheim | 08.06.2023 |
| 12:14.21 | Henning Høgheim | 39 | Jessheim | 08.06.2023 |

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| **2000m** |  |

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| 6:04.34 | Iver Løvgaard Faksvåg | 09 | Gøteborg, SWE | 02.07.2023 |
| 6:06.87 | Fabian Vibekken | 09 | Gøteborg, SWE | 02.07.2023 |

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| **3000m** |  |

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| 7:47.04 | Andreas Fjeld Halvorsen | 05 | Trier, GER | 08.09.2023 |
| 7:47.37 | Awet Kibrab | 95 | Bergen/Fa | 03.06.2023 |
| 7:50.22 | Senay Fissehatsion | 95 | Bergen/Fa | 03.06.2023 |
| 7:50.31 | Awet Kibrab | 95 | Jessheim | 11.08.2023 |
| 7:58-38 | Andreas Fjeld Halvorsen | 05 | Nittedal | 20.08.2023 |
| 7:58.57 | Senay Fissehatsion | 95 | Førde | 16.05.2023 |

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| **MENN 2023 UTENDØRS** | **1055** |

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| **3000m forts.** |  |

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| 8:00:28 | Fredrik Sandvik | 98 | Moelv | 21.05.2023 |
| 8.05.72 | Kristian Bråthen Børve | 06 | Jessheim | 11.08.2023 |
| 8:21.15 | Trym Fjøsne-Hexeberg | 03 | Jessheim | 11.08.2023 |
| 8:22.84 | Sondre Strande Omland | 07 | Rud | 16.06.2023 |
| 8:26.68 | Simen Gløgård Stensrud | 05 | Jessheim | 11.08.2023 |
| 8:27.50 | Merith Solomon | 91 | Jessheim | 11.08.2023 |
| 8:33.53 | Nahom Tewelde | 06 | Jessheim | 11.08.2023 |
| 8:40.46 | Andreas Ullern Tonning | 04 | Jessheim | 11.08.2023 |
| 8:46.47 | Odin Fjøsne-Hexeberg | 05 | Rud | 16.06.2023 |
| 8:51.31 | Theodor Hansen | 06 | Jessheim | 11.08.2023 |
| 8:58.85 | Erlend Magnus Homble | 04 | Bergen/Fa | 08.09.2023 |
| 9:07.13 | Janis Arsenikovs | 83 | Nittedal | 20.08.2023 |
| 9:16.93 | Eivind Duelien Vaaje | 04 | Rud | 16.06.2023 |
| 9:47.62 | Sander Stuwe | 06 | Oslo/St | 17.09.2023 |
| 10:04.38 | Håkon Prøsch Johnsen | 07 | Rud | 16.06.2023 |

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| **5000m** |  |

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| 13:15.41 | Awet Kibrab | 95 | Heusden, BEL | 15.07.2023 |
| 13:18.59 | Awet Kibrab | 95 | Stockholm, SWE | 18.05.2023 |
| 13:34.13 | Senay Fissehatsion | 95 | Gøteborg, SWE | 18.06.2023 |
| 13:30.96 | Awet Bibrab | 95 | Oslo/Bi | 15.06.2023 |
| 13:33.65 | Awet Kibrab | 95 | Jessheim | 06.07.2023 |
| 13:58.36 | Senay Fissehatsion | 95 | Jessheim | 08.07.2023 |
| 13:58.39 | Awet Kibrab | 95 | Chorzow, POL | 25.06.2023 |
| 14:48.45 | Simen Gløgård Stensrud | 05 | Sandnes | 27.08.2023 |
| 15:15.94 | Andreas Ullern Tonning | 04 | Sandnes | 27.08.2023 |
| 15:28.46 | Odin Fjøsne Hexeberg | 05 | Sandnes | 27.08.2023 |

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| **10000m** |  |

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| 28:57.62 | Senay Fissehatsion | 95 | Jessheim | 08.07.2023 |

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| **1000m kappgang** |  |

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| 6:12.31 | Ardlic Kenarlikdjian | 09 | Rjukan | 02.09.2023 |

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| **3km veiløp** |  |

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| 9:11 | Janis Arsenikovs | 83 | Jessheim | 04.06.2023 |
| 10.08 | Marius Myren | 08 | Jessheim | 20.08.2023 |

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| **MENN 2023 UTENDØRS** | **1056** |

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| **5km veiløp** |  |

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| 13:28 | Awet Kibrab | 95 | Riga, LVA | 01.10.2023 |
| 14:12 | Andreas Fjeld Halvorsen | 05 | Jessheim | 30.09.2023 |
| 14:24 | Kristian Bråthen Børve | 06 | Jessheim | 30.09.2023 |
| 14:48 | Marith Solomon | 91 | Jessheim | 30.09.2023 |
| 15:07 | Nahan Tewelde | 06 | Jessheim | 30.09.2023 |
| 15:48 | Philip Storm Gulbrandsen | 07 | Jessheim | 30.09.2023 |
| 15:49 | Andreas Ullern Tonning | 04 | Jessheim | 30.09.2023 |
| 15:49 | Janis Arsenikovs | 83 | Lier | 15.10.2023 |
| 16:07 | Ole-Kristian Lindboe Kværner | 05 | Lier | 15.10.2023 |
| 16:29 | Iver Løvgaard Faksvåg | 09 | Jessheim | 30.09.2023 |
| 17:01 | Kristian Monsen | 77 | Jessheim | 30.04.2023 |
| 17:05 | Fabian Vibekken | 09 | Oslo | 17.06.2023 |
| 17:07 | Sander Stuwe | 06 | Jessheim | 30.09.2023 |
| 17:08 | Jonas Kveen | 03 | Jessheim | 30.09.2023 |
| 17:43 | Filip Kronqvist | 94 | Drammen | 02.04.2022 |
| 17:43 | Fredrik Fyksen Aas | 08 | Modum | 14.10.2023 |
| 18:27 | Øyvind Kværner | 75 | Jessheim | 29.10.2023 |
| 18:45 | Øystein Dahl | 70 | Jessheim | 29.10.2023 |
| 18:57 | Oliver Rustad Ørvik | 08 | Jessheim | 28.10.2023 |
| 19:35 | Frode Liland | 65 | Jessheim | 08.07.2023 |
| 19:42 | Oliver Ørvik | 08 | Jessheim | 30.09.2023 |
| 20:03 | Lasse Kverum | 79 | Jessheim | 30.09.2023 |
| 22:17 | Anders Knudsen | 77 | Jessheim | 30.09.2023 |
| 22:22 | Thor Ivar Grytten | 69 | Jessheim | 30.09.2023 |
| 22:22 | Roy Nordal | 71 | Jessheim | 30.09.2023 |
| 22:41 | Sander Opaker Øines | 98 | Jessheim | 30.09.2023 |
| 23:11 | Anders Knudsen | 77 | Jessheim | 08.07.2023 |
| 23:57 | Kristian Algarheim | 10 | Jessheim | 28:10.2023 |
| 24:25 | Tor-Arne Stenhaug | 48 | Sørum | 11.11.2023 |
| 24:55 | Odd Kinnsbekken | 48 | Jessheim | 30.09.2023 |
| 25.06 | Runar Sannerud | 75 | Jessheim | 30.09.2023 |
| 25:43 | Ove Aastorp | 56 | Jessheim | 30.09.2023 |
| 26:18 | Carl Magnus Jensen | 11 | Jessheim | 30.09.2023 |
| 27:42 | Andreas Lindboe Kværner | 06 | Jessheim | 30.09.2023 |

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| **5km veiløp** | **Trolig ca. 4920m** |

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| 13:28 | Senay Fissehatsion | 95 | Drammen | 03.09.2023 |

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| **MENN 2023 UTENDØRS** | **1057** |

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| **10km veiløp** |  |

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| 28:08 | Awet Kibrab | 95 | Hole | 21.10.2023 |
| 28:25 | Senay Fissehatsion | 95 | Jessheim | 30.09.2023 |
| 28:26 | Senay Fissehatsion | 95 | Lille, FRA | 18.11.2023 |
| 28:30 | Senay Fissehatsion | 95 | Drammen | 02.04.2023 |
| 28:30 | Senay Fissehatsion | 95 | Hole | 21.10.2023 |
| 28:37 | Awet Kibrab | 95 | Lille, FRA | 19.03.2023 |
| 28:55 | Senay Fissehatsion | 95 | Sømna | 20.05.2023 |
| 28:56 | Fredrik Sandvik | 98 | Hole | 21.10.2023 |
| 29:01 | Awet Kibrab | 95 | Knarvik | 03.09.2023 |
| 29:03 | Awet Kibrab | 95 | Brunssum, NED | 02.04.2024 |
| 29:10 | Senay Fissehatsion | 95 | Warandeloon, NED | 26.11.2023 |
| 29:23 | Erik Udø Pedersen | 94 | Drammen | 02.04.2023 |
| 30:15 | Merith Solomon | 91 | Hole | 21.10.2023 |
| 30:41 | Jacob Boutera | 96 | Jessheim | 30.09.2023 |
| 30:47 | Kristian Grue | 95 | Drammen | 02.04.2023 |
| 31:48 | Andreas Ullern Tonning | 04 | Hole | 21.10.2023 |
| 32:54 | Janis Arsenikovs | 83 | Oslo | 16.09.2023 |
| 33:02 | Philip Storm Gulbrandsen | 07 | Hole | 21.10.2023 |
| 33:53 | Ole-Krristian Lindboe Kværner | 05 | Hole | 21.10.2023 |
| 37:19 | Jens Aas | 78 | Modum | 14.10.2023 |
| 37:36 | Kristian Bråthen Børve | 06 | Jessheim | 30.09.2023 |
| 38:54 | Øyvind Kværner | 75 | Hole | 21.10.2023 |
| 39:16 | Øystein Dahl | 70 | Hole | 21.10.2023 |
| 39:20 | Iver Løvgaard Faksvåg | 09 | Modum | 14.10.2023 |
| 41:29 | Frode Liland | 65 | Jessheim | 21.05.2023 |
| 41:50 | Harald Furuseth | 69 | Haga | 04.02.2023 |
| 42:40 | Kjell Østhus | 71 | Jessheim | 30.09.2023 |
| 44:12 | Kjell Søderholm | 73 | Jessheim | 24.09.2023 |
| 44:14 | Stig Gunleiksrud | 69 | Jessheim | 30.09.2023 |
| 45:10 | Lasse Kverum | 79 | Jessheim | 30.09.2023 |
| 51:16 | Kristian Algarheim | 10 | Jessheim | 30.04.2023 |

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| **Halvmaraton 21098m** |  |

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| 1:00.55 | Senay Fissehatsion | 95 | København, DEN | 17.09.2023 |
| 1:01:27 | Senay Fissehatsion | 95 | Nice, FRA | 30.04.2023 |
| 1:01:55 | Seney Fissehatsion | 95 | Barcelona, ESP | 19.02.2023 |
| 1:04:50 | Awet Kibrab | 95 | Stavanger | 04.11.2023 |
| 1:07:01 | Kristian Grue | 95 | Den Haag, NED | 12.03.2023 |
| 1:28.41 | Øyvind Kværner | 75 | Jessheim | 12.11.2023 |
| 1:29:53 | Ørjan Rogne Rise | 73 | Jessheim | 12.11.2023 |
| 2:09:39 | Dejan Savic | 67 | Jessheim | 12.11.2023 |
| 2:24:53 | Kjell Søderholm | 73 | Jessheim | 12.11.2023 |

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| **MENN 2023 UTENDØRS** | **1058** |

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| **Maraton 42195m** |  |

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| 2:29.01 | Kristian Grue | 95 | Valencia. EP | 03.12.2023 |
| 3:14:35 | Ayalew Mulgata Kasa | 75 | Jessheim | 12.11.2023 |
| 3:28:50 | Inge Schøyen | 71 | Jessheim | 12.11.2023 |

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

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| 16.02 | Even Jacob Ragnhildsløkken | 08 | Moss/Me | 21.05.2023 |

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

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| 27:27 -0.2 | Julian Zhang Førsund | 07 | Oslo/La | 12.05.2023 |

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

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| 58.21 | Julian Zhang Førsund | 07 | Sandnes | 26.08.2023 |

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| **800m hinder 50 cm** | **5 hindre – vanngrav 15cm** |

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| 3:19.38 | Konrad Vibekken | 13 | Jessheim | 11.08.2023 |

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

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| 5:54.91 | Kristian Bråthen Børve | 06 | Bergen/Fa | 09.09.2023 |
| 6:00.70 | Nahan Tewelde | 06 | Bergen/Fa | 09.09.2023 |
| 6:19.45 | Ole-Kristian Lindboe Kværner | 05 | Bergen/Fa | 09.09.2023 |

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

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| 8:27.46 | Fredrik Sandvik | 98 | Bergen/Fa | 03.06.2023 |
| 8:31.64 | Fredrik Sandvik | 98 | Liege, BEL | 12.07.2023 |
| 8:37.21 | Fredrik Sandvik | 98 | Jessheim | 07.07.2023 |
| 8:38.67 | Fredrik Sandvik | 98 | Turku, FIN | 13.06.2023 |
| 9:57.12 | Ole-Kristian Lindboe Kværner | 05 | Sandnes | 25.08.2023 |

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| **Høyde** |  |

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| 1.97 | Michael Reklev | 05 | Arvika, SWE | 23.07.2023 |
| 1.94 | Even Jacob Ragnhildsløkken | 08 | Sandnes | 27.08.2023 |
| 1.80 | Nicolas Reklev | 07 | Jessheim | 13.08.2023 |
| 1.65 | Alan Ringo | 07 | Jessheim | 13.08.2023 |
| 1.48 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 09.09.2023 |
| 1.41 | Aldric Kenarlikdjian | 09 | Rjukan | 03.09.2023 |
| 0.97 | John Arve Johansen | 36 | Modum | 24.06.2023 |

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| **MENN 2023 UTENDØRS** | **1059** |

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| **Stav** |  |

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| 2.20 | Even Jacob Ragnhildsløkken | 08 | Moss/Me | 21.05.2023 |
| 1.60 | John Arve Johansen | 36 | Modum | 23.06.2023 |

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| **Lengde** |  |

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| 5.86 | Even Jacob Ragnhildsløkken | 08 | Jessheim | 13.08.2023 |
| 5.12 | Iver Løvgaard Faksvåg | 09 | Jessheim | 12.08.2023 |
| 4.98 | Stein Tore Klungland | 58 | Modum | 23.06.2023 |
| 4.36 | Eirik Løvgaard | 77 | Geithus | 23.06.2023 |
| 2.95 s | Konrad Vibekken | 13 | Jessheim | 12.08.2023 |
| 2.59 | John Arve Johansen | 36 | Modum | 23.06.2023 |

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| **Tresteg** |  |

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| 12.03 | Alan Ringo | 07 | Bergen/Fa | 09.09.2023 |
| 11.14 | Even Jacob Ragnhildsløkken | 08 | Rud | 17.06.2023 |
| 11.11 | Stein Tore Klungland | 58 | Modum | 25.06.2023 |
| 5.85 | John Arve Johansen | 36 | Modum | 25.06.2023 |

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| **Tresteg uten tilløp** |  |

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| 6.15 | Bjørn Arne Kristiansen | 68 | Fetsund/Fe | 30.05.2023 |

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| **Liten ball 150g** |  |

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| 18.35 | Vemund Gunleiksrud | 15 | Jessheim | 12.08.2023 |

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| **Kule 2 kg** |  |

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| 6.40 | Konrad Vibekken | 13 | Jessheim | 12.08.2023 |

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| **Kule 3 kg** |  |

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| 8.32 | John Arve Johansen | 36 | Modum | 24.06.2023 |

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| **Kule 4 kg** |  |

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| 12.29 | Even Jacob Ragnhildsløkken | 08 | Jessheim | 12.08.2023 |
| 10.65 | Ardlic Kenarlikdjian | 09 | Jessheim | 12.08.2023 |
| 8.67 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 10.09.2023 |

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| **Kule 5 kg** |  |

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| 11.22 | Thor Lasse Løland | 63 | Modum | 24.06.2023 |
| 9.44 | Terje Aastorp | 56 | Modum | 24.06.2023 |
| 8.50 | Ove Aastorp | 56 | Modum | 24.06.2023 |

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| **MENN 2023 UTENDØRS** | **1060** |

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| **Kule 6 kg** |  |

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| 10.05 | Bjørn Kristiansen | 68 | Fet/Fe | 30.05.2023 |

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| **Kule7.26 kg** |  |

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| 7.90 | Terje Aastorp | 56 | Torsby, SWE | 20.05.2023 |

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| **Diskos 1 kg** |  |

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| 38.78 | Even Jacob Ragnhildsløkken | 08 | Bergen/Fa | 08.09.2023 |
| 35.64 | Terje Aastorp | 56 | Tønsberg/Gr | 29.04.2023 |
| 31.40 | Ove Aastorp | 56 | Spikkestad | 07.05.2023 |

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| **Diskos 1.5 kg** |  |

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| 37.11 | Bjørn Kristiansen | 68 | Oslo/St | 06.06.2023 |

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| **Diskos 2 kg** |  |

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| 25.87 | Terje Aastorp | 56 | Torsby, SWE | 20.05.2023 |

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| **Slegge 3 kg** |  |

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| 21:43 | John Arve Johansen | 36 | Lillestrøm | 13.06.2023 |

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| **Slegge 5 kg** |  |

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| 29.39 | Terje Aastorp | 56 | Lilestrøm | 13.06.2023 |
| 24.55 | Ove Aastorp | 56 | Arvika | 23.07.2023 |

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| **Slegge 6 kg** |  |

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| 31.14 | Bjørn Kristiansen | 68 | Modum | 23.06.2023 |

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| **Spyd 400 g** |  |

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| 20.21 | John Arve Johansen | 36 | Torun, POL | 27.03.2023 |

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| **Spyd 500** |  |

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| 34.98 | Thor Lasse Løland | 63 | Modum | 25.06.2023 |
| 25.89 | Ove Aastorp | 56 | Modum | 25.06.2023 |
| 20.79 | Terje Aastorp | 56 | Arvika, SWE | 23.07.2023 |

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| **MENN 2023 UTENDØRS** | **1061** |

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| **Spyd 600** |  |

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| 31.35 | Aldric Kenarlikdjian | 09 | Rjukan | 03.09.2023 |
| 27.34 | Even Jacob Ragnhildsløkken | 08 | Moss/Me | 21.05.2023 |

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| **Spyd 700** |  |

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| 45.10 | Bjørn Kristiansen | 68 | Ski | 30.09.2023 |

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| **Spyd 800** |  |

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| 31.31 | Eirik Løvgaard | 77 | Modum | 25.05.2023 |

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| **Vekt 5.45** |  |

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| 9.32 | John Arve Johansen | 36 | Lillestrøm | 13.06.2023 |

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| **Vekt 9.08** |  |

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| 11.35 | Terje Aastorp | 56 | Tønsberg/Gr | 11.07.2023 |
| 10.19 | Ove Aastorp | 56 | Tønsberg/Gr | 29.04.2023 |

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| **Vekt 11.34** |  |

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| 12.36 | Bjørn Kristiansen | 68 | Oslo/St | 06.06.2023 |

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| **5-kamp kast** |  |

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| 2860 | Bjørn Kristiansen | 68 | Oslo/St | 12.09.2023 |
| 29.69-9.92-34.66-43.189.35 | | | |

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| 2456 | Terje Aastorp | 56 | Tønsberg/Gr | 29.04.2023 |
| 25.63-9.18-35.64-19.18-10.11 | | | |

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| 2320 | Ove Aastorp | 56 | Tønsberg/Gr | 29.04.2023 |
| 22.25-8.42-30.06-24.20-10.19 | | | |

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| **6-kamp** |  |

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| 4512 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 08-09.09.2023 |
| 8.45(0.8)-5.00(+1.1)-8.67(4)/16.09(0.0)-1.48-1:31.66 | | | |

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| **9-kamp** |  |

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| 4119 | Even Jacob Ragnhildsløkken | 08 | Moss/Me | 20-21.05.2023 |
| 12.91-1.5-5.32-0.0-11.44(4)-1.65/16.02-0.8-24.49(1)-2.20-27.34(600)-3:06.78 | | | |

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| **MENN 2023 UTENDØRS** | **1062** |

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| **1000m** |  |

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| 2:03.42 |  | 07 | Bergen/Fa | 10.09.2023 |
| Kristoffer Dahl08-August Nordvang08-Julian Førsund07-Sondre Lehmann07 | | | |

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| 2:06.10 |  | 04 | Bergen/Fa | 10.09.2023 |
| Alan Ringo07-Daniel Debresay06-Andre Da Silva04-Sander Rustad-Johansen06 | | | |

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| **MENN 2023 INNENDØRS** | **1063** |

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| **60m E** |  |

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| 7.74 | Alan Ringo | 07 | Ulsteinvik | 03.03.2023 |
| 7.93 | Audun Sjøstrøm-Johansen | 09 | Hvam | 02.12.2023 |
| 9.60 | Truls Gundersen Henriksen | 11 | Strange | 12.03.2023 |
| 9.85 | Edward Sander Wilberg | 11 | Hvam | 04.02.2023 |
| 10.25 | Mika Baumgartner | 11 | Hvam | 02.12.2023 |
| 10.49 | Børge Mæhle Hoel | 12 | Hvam | 04.02.2023 |
| 10.55 | Carl Bauck Jensen | 11 | Hvam | 04.02.2023 |
| 10.95 | Thomas Fredvang | 15 | Hvam | 02.12.2023 |
| 11.15 | Vemund Gunleiksrud | 15 | Hvam | 02.12.2023 |
| 11.43 | Birk Haugen | 14 | Hvam | 02.12.2023 |
| 11.98 | Christian Nistad | 16 | Hvam | 02.12.2023 |
| 12.13 | Filip Opheim | 15 | Hvam | 02.12.2023 |
| 12.62 | Christopher Bruu | 15 | Hvam | 02.12.2023 |
| 12.87 | Mads Skar Hellerud | 15 | Hvam | 04.02.2023 |

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| **60m M** |  |

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| 9.3 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 18.04.2023 |

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| **200m** |  |

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| 25.34 | Alan Ringo | 07 | Rud | 12.02.2023 |
| 27.04 | Aldric Kenarlikdjian | 09 | Hvam | 05.02.2023 |
| 31.61 | Truls Gundersen Henriksen | 11 | Stange | 12.03.2023 |
| 31.82 | Theo Thoresen-Sandaker | 11 | Hvam | 05.02.2023 |
| 36.90 | Edwin Narmo | 12 | Hvam | 05.02.2023 |
| 37.36 | Børge Mæhla Hoel | 12 | Hvam | 05.02.2023 |

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| **600M** |  |

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| 1:31.62 | Henrik Schultze Toverud | 04 | Hvam | 04.02.2023 |
| 1:33.96 | Fabian Vibekken | 09 | Rud | 11.02.2023 |
| 1:34.04 | Iver Løvgaard Faksvåg | 09 | Rud | 11.02.2023 |
| 2:12.41 | Truls Henriksen | 11 | Stange | 11.03.2023 |
| 2:14.14 | Edward Sander Wilberg | 11 | Hvam | 04.02.2023 |
| 2:16.77 | Carl Bauck Jensen | 11 | Hvam | 04.02.2023 |
| 2:21.71 | Edwin Kvisler Nermo | 12 | Hvam | 04.02.2023 |
| 2:23.10 | Børge Mæhle Hoel | 12 | Stange | 11.03.2023 |

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| **MENN 2023 INNENDØRS** | **1064** |

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| **800m** |  |

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| 1:55.08 | Merith Solomon | 91 | Rud | 19.02.2023 |
| 1:56.11 | Henrik Hanssen | 97 | Rud | 12.02.2023 |
| 1:57.27 | Trym Fjøsne Hexeberg | 03 | Hvam | 05.02.2023 |
| 1:57.52 | Kristian Bråthen Børve | 06 | Hvam | 05.02.2023 |
| 2:00.21 | Ole Kristian Kværner | 05 | Hvam | 05.02.2023 |
| 2:00.23 | Andreas Lindboe Kværner | 06 | Hvam | 05.02.2023 |
| 2:01.68 | Philip Gulbrandsen | 07 | Hvam | 02.12.2023 |
| 2:02.12 | Lukas Buncic | 07 | Hvam | 02.12.2023 |
| 2:05.36 | Janis Arsenikovs | 83 | Hvam | 02.12.2023 |
| 2:08.80 | Jacob Breivik | 04 | Hvam | 05.02.2023 |
| 2:09.43 | Håkon Prøsch Johnsen | 07 | Hvam | 02.12.2023 |
| 2:10.62 | Fabian Vibekken | 09 | Hvam | 05.02.2023 |
| 2:13.41 | Grzegorz Kosel | 82 | Hvam | 05.02.2023 |
| 2:22.21 | Lasse Kveen | 79 | Stange | 29.01.2023 |

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| **Løp for Svensk klubb** |

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| **800M** |  |

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| 1:45.90 | Andreas Kramer | 97 | Stockholm, SWE | 29.01.2023 |
| 1:46.07 | Andreas Kramer | 97 | Torun, POL | 08.02.2023 |
| 1:46.51 | Andreas Kramer | 97 | Gøteborg, SWE | 09.02.2023 |
| 1:46.53 | Andreas Kramer | 97 | Madrid, ESP | 28.02.2023 |
| 1:46.75 | Andreas Kramer | 97 | Malmø, SWE | 18.02.2023 |
| 1:47.11 | Andreas Kramer | 97 | Istanbul, TUR | 04.03.2023 |
| 1:47.86 | Andreas Kramer | 97 | Istanbul, TUR | 02.03.2023 |
| 1:47.97 | Andreas Kramer | 97 | Lieven, FRA | 15.02.2023 |

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| **1000M** |  |

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| 2:50.51 | Iver Løvgaard Faksvåg | 09 | Rud | 14.01.2023 |

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| **1500M** |  |

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| 3:47.53 | Andreas Fjeld Halvorsen | 05 | Hvam | 04.02.2023 |
| 3:53.56 | Andreas Fjeld Halvorsen | 05 | Hvam | 10.03.2023 |
| 3:55:46 | Merith Solomon | 91 | Hvam | 10.03.2023 |
| 3:55.92 | Trym Fjøsne Hexeberg | 03 | Hvam | 10.03.2023 |
| 3:57.16 | Kristian Bråthen Børve | 06 | Rud | 18.02.2023 |
| 3:57.32 | Henrik Hanssen | 97 | Rud | 18.02.2023 |
| 4:00.92 | Andreas Lindebø Kværner | 06 | Hvam | 04.02.2023 |
| 4:06.38 | Nahan Tewelde | 06 | Hvam | 10.03.2023 |
| 4:14.02 | Andreas Ullern Tonning | 04 | Hvam | 04.02.2023 |
| 4:22.84 | Philip Gulbrandsen | 07 | Ulsteinvik | 05.03.2023 |

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| **MENN 2023 INNENDØRS** | **1065** |

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| **1500M forts.** |  |

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| 4:26.44 | Jens Kristian Aas | 05 | Hvam | 04.02.2023 |
| 4:28.49 | Jonas Kveen | 03 | Hvam | 04.02.2023 |
| 4:30.99 | Ole-Kristian Lindebø Kværner | 05 | Hvam | 10.03.2023 |

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| **3000M** |  |

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| 9:37.53 | Jonas Kveen | 03 | Rud | 11.02.2023 |
| 14:56.51 | Ove Aastorp | 56 | Stange | 29.01.2023 |

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

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| 16.11 | John Arve Johansen | 36 | Torun, POL | 29.03.2023 |

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

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| 13.44 | Mika Baumgartner | 11 | Hvam | 02.12.2023 |

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| **Høyde** |  |

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| 1.85 | Michael Reklev | 05 | Hvam | 04.02.2023 |
| 1.85 | Even Jacob Ragnhildsløkken | 08 | Rud | 25.11.2023 |
| 1.80 | Nicolas Reklev | 07 | Hvam | 02.12.2023 |
| 1.70 | Vadim Pechersky | 85 | Hvam | 02.12.2023 |
| 1.60 | Alan Ringo | 07 | Hvam | 04.02.2023 |
| 1.55 | Aldric Kenarikdijan | 09 | Hvam | 02.12.2023 |
| 1.15 | Mika Baumgartner | 11 | Hvam | 02.12.2023 |
| 1.11 | John Arve Johansen | 36 | Torun, POL | 26.03.2023 |
| 1.10 | Børge Mæhla Hoel | 12 | Hvam | 05.02.2023 |

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| **Stav** |  |

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| 1.60 | John Arve Johansen | 36 | Stange | 29.01.2023 |

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| **Lengde** |  |

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| 5.53 | Even Jacob Ragnhildsløkken | 08 | Hvam | 02.12.2023 |
| 5.89 | Stein Tore Klungland | 58 | Reykjavik, ISL | 24.02.2023 |
| 4.76 | Alan Ringo | 07 | Ulsteinvik | 04.03.2023 |
| 3.24 s | Mika Baumgartner | 11 | Hvam | 02.12.2023 |
| 3.23 s | Vemund Gunleiksrud | 15 | Hvam | 02.12.2023 |
| 2.88 | John Arve Johansen | 36 | Torun, POL | 29.02.2023 |
| 2.81 s | Edwin Narmoe | 12 | Hvam | 05.02.2023 |
| 2.57 s | Thomas Fredvang | 15 | Hvam | 02.12.2023 |
| 2.44 s | Mads Skar Hellerud | 15 | Hvam | 04.02.2023 |
| 2.12 s | Filip Opheim | 15 | Hvam | 02.12.2023 |

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| **MENN 2023 INNENDØRS** | **1066** |

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| **Lengde uten tilløp** |  |

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| 2.52 | Johnny Brenna | 64 | Hvam | 11.03.2023 |
| 2.30 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 18.04.2023 |
| 2.29 | Johan Glenderød Kristoffersen | 93 | Hvam | 11.03.2023 |
| 2.05 | Ove Aastorp | 56 | Hvam | 11.03.2023 |
| 2.03 | Lasse Kverum | 79 | Hvam | 11.03.2023 |
| 1.86 | Bjørn Hytjansorp | 66 | Hvam | 11.03.2023 |

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| **Tresteg** |  |

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| 11.54 | Even Jacob Ragnhildsløkken | 08 | Rud | 12.02.2023 |
| 11.03 | Vadim Pechersky | 85 | Hvam | 31.12.2023 |
| 10.85 | Stein Tore Klungland | 58 | Reykjavik, ISL | 24.02.2023 |
| 6.43 | John Arve Johansen | 36 | Stange | 29.01.2023 |

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| **Kule 2** |  |

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| 5.78 | Børge Mæhle Hoel | 12 | Hvam | 04.02.2023 |
| 4.92 | Vemund Gunleiksrud | 15 | Hvam | 02.12.2023 |
| 4.01 | Thomas Fearnley | 15 | Hvam | 02.12.2023 |
| 3.51 | Filip Opheim | 15 | Hvam | 02.12.2023 |
| 3.32 | Mads Skar Hellerud | 15 | Hvam | 04.02.2023 |

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| **Kule 3** |  |

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| 8.73 | John Arve Johansen | 36 | Torun, POL | 29.03.2023 |
| 6.71 | Mika Baumgartner | 11 | Hvam | 02.12.2023 |
| 6.22 | Edward Sander Wilberg | 11 | Stange | 12.03.2023 |
| 5.73 | Truls Henriksen | 11 | Stange | 12.03.2023 |

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| **Kule 4** |  |

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| 10.54 | Aldric Kenarikdijan | 09 | Hvam | 02.12.2023 |

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| **Kule 5** |  |

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| 11.27 | Thor Lasse Løland | 63 | Stange | 29.01.2023 |
| 9.62 | Terje Aastorp | 56 | Stange | 29.01.2023 |
| 8.88 | Ove Aastorp | 56 | Reykjavik, ISL | 25.02.2023 |

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| **Kule 6** |  |

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| 8.34 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 18.04.2023 |

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| **Kule 7.26** |  |

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| 7.21 | Johan Kristoffersen | 93 | Rud | 25.11.2023 |
| 7.00 | Terje Aastorp | 56 | Hvam | 02.12.2023 |
| 6.88 | Ove Aastorp | 56 | Hvam | 02.12.2023 |

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| **MENN 2023 INNENDØRS** | **1067** |

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| **Vektkast 9.08 kg** |  |

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| 9.79 | Ove Aastorp | 56 | Reykjavik, ISL | 26.02.2023 |
| 9.09 | Terje Aastorp | 56 | Reykjavik, ISL | 26.02.2023 |

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| **5-kamp** |  |

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| 2316 | John Arve Johansen | 36 | Torun, POL | 29.03.2023 |
| 60mh: 16.11-Lengde: 2.88 – Kule 3: 8.73 – Høyde: 1.03-1000m:0 | | | |

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| **KVINNER UTENDØRS 2023** | **1068** |

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| **60m E** |  |

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| 8.85 | Astrid Knudsen Walstad | 11 | Lillestrøm | 13.05.2023 |
| 8.96 | Hanna Rimstad | 10 | Oslo/Bi | 03.06.2023 |
| 9.45 | Bettina Julsrud Berg | 12 | Lillestrøm | 13.05.2023 |
| 10.04 | Helene Høgheim | 11 | Jessheim | 08.06.2023 |
| 10.25 | Ylva Granberg | 11 | Jessheim | 13.08.2023 |
| 11.33 | Maud Ellevoold | 13 | Jessheim | 08.06.2023 |
| 11.48 | Kaia Rønaas Julsrud | 16 | Lillestrøm | 13.05.2023 |
| 12.71 | Silja Alvilde Aronsen | 14 | Lillestrøm | 13.05.2023 |

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| **60m M** |  |

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| 10.3 | Inger Lise Sundheim | 55 | Fetsund/Fe | 30.05.2023 |

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| **100m E** |  |

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| 13.22 | Linnea Bratteng | 07 | Lillehammer/Ss | 25.06.2023 |
| 13.29 | Mina-Marie Finsveen | 07 | Nittedal | 19.08.2023 |
| 14.44 | Linnea Sjøstrøm Johansen | 07 | Nittedal | 13.08.2023 |
| 14.46 | Tuva Forsbacka | 09 | Lillehammer/Ss | 25.06.2023 |
| 17.27 | Inger Lise Sundheim | 55 | Modum | 23.06.2023 |

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| **150m E** |  |

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| 20.40 | Linnea Bratteng | 07 | Oslo/La | 12.05.2023 |

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| **200m E** |  |

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| 26.85 | Mina-Marie Finsveen | 07 | Jessheim | 11.08.2023 |
| 27.36 | Frida Rimstad | 07 | Jessheim | 11.08.2023 |
| 29.06 | Hanna Rimstad | 10 | Rud | 18.06.2023 |
| 29.07 | Linnea Bratteng | 07 | Nittedal | 20.08.2023 |
| 29.22 | Astrid Knudsen Walstad | 11 | Lillestrøm | 13.05.2023 |
| 29.46 | Hermine Opsahl Torgersen | 10 | Jessheim | 11.08.2023 |
| 32.36 | Bettina Julsrud Berg | 12 | Jessheim | 11.08.2023 |

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| **200m M** |  |

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| 37.1 | Inger Lise Sundheim | 55 | Oslo/St | 06.06.2023 |

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| **400m E** |  |

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| 64.77 | Natalie Nordbech Jøransen | 07 | Rud | 18.06.2023 |

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| **KVINNER UTENDØRS 2023** | **1069** |

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| **600m** |  |

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| 1:32.83 | Josefin Heier | 96 | Täby, SWE | 04.06.2023 |
| 1:46.07 | Hermine Opsahl Torgersen | 10 | Oslo/Bi | 04.06.2023 |
| 1:47.39 | Astrid Knudsen Walstad | 11 | Rud | 17.06.2023 |
| 1:47.71 | Tuva Forsbacka | 09 | Jessheim | 12.08.2023 |
| 1:56.55 | Hanna Rimstad | 10 | Moss/Me | 21.05.2023 |
| 2:09.64 | Bettina Julsrud Berg | 12 | Oslo/Sp | 06.05.2023 |
| 2:16.12 | Jennie Alette Aronsen | 12 | Lillestrøm | 13.05.2023 |
| 2:12.03 | Ylva Granberg | 11 | Jessheim | 12.08.2023 |

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| **800m** |  |

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| 2:05.60 | Amalie Sæten | 97 | Oslo/Bi | 28.06.2023 |
| 2:07.28 | Josefin Heier | 96 | Oslo/Bi | 15.06.2023 |
| 2:07.46MX | Josefin Heier | 96 | Nittedal | 20.08.2023 |
| 2:07.47 | Josefin Heier | 96 | Gøteborg, SWE | 31.05.2023 |
| 2:08.79 | Josefin Heier | 96 | Tønsberg/Gr | 20.05.2023 |
| 2:09.34 | Josefin Heier | 96 | Jessheim | 11.08.2023 |
| 2:12.30 | Wilma Torbjørnsson | 07 | Oslo/Bi | 29.08.2023 |
| 2:31.73 | Tuva Forsbacka | 09 | Lillehammer/Ss | 25.06.2023 |
| 2:32.19 | Hermine Opsahl Torgersen | 10 | Oslo/Sp | 06.05.2023 |
| 2:51.35 | Astrid Helene Walstad | 11 | Jessheim | 07.09.2023 |
| 2:54.02 | Frida Rimstad | 07 | Moss/Me | 21.05.2023 |
| 3:06.74 | Hilde Ellevold | 83 | Jessheim | 07.09.2023 |
| 3:19.97 | Sophie Nystrøm | 10 | Jessheim | 07.09.2023 |
| 3:20.82 | Maud Granberg funksonhemmet | 11 | Jessheim | 07.09.2023 |
| 3:26.22 | Rebecka Helle Aas | 07 | Jessheim | 07.09.2023 |
| 3:48.25 | Lene Walstad | 78 | Jessheim | 07.09.2023 |

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| **1000m** |  |

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| 2:55.57 | Wilma Torbjørnsson MX | 07 | Rud | 04.05.2023 |

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| **1500m** |  |

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| 4:08.08 | Amalie Sæten | 97 | Budapest, HUN | 19.08.2023 |
| 4:08.29 | Amalie Sæten | 97 | Heusden, BEL | 15.07.2023 |
| 4:12.30 | Amalie Sæten | 97 | Jessheim | 08.07.2023 |
| 4:13:97 | Amalie Sæten | 97 | Oslo/Bi | 15.06.2023 |
| 4:14.81 | Amalie Sæten | 97 | Jessheim | 08.06.2023 |
| 4:15.86 | Amalie Sæten | 97 | Pärmu, FIN | 02.07.2023 |
| 4:25.50 | Wilma Torbjørnsson | 07 | Oslo/Bi | 15.06.2023 |
| 4:26.22 | Wilma Torbjørnsson | 07 | Sandnes | 26.08.2023 |
| 4:30.26 | Josefin Heier | 96 | Jessheim | 08.06.2023 |
| 5:03.20 | Hermine Opsahl Torgersen | 10 | Tønsberg/Gr | 20.05.2023 |
| 5:31.02 | Marie Scheie Alsgaard | 08 | Jessheim | 08.06.2023 |
| 5:36.09 | Rønnaug Schie Alsgaard | 77 | Jessheim | 08.06.2023 |

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| **KVINNER UTENDØRS 2023** | **1070** |

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| **1500m forts.** |  |

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| 6:17.81 | Astrid Bauck Jensen | 09 | Jessheim | 08.06.2023 |
| 6:36.81 | Rebecka Aas | 07 | Jessheim | 08.06.2023 |
| 7:54.16 | Lene Walstad | 78 | Jessheim | 08.06.2023 |

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| **3000m** |  |

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| 9:07.67 | Amalie Sæten | 97 | Oslo/Bi | 23.09.2023 |
| 9:39.57 | Wilma Torbjørnsson | 07 | Sandnes | 27.08.2023 |

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| **5000m** |  |

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| 15:27.00 | Amalie Sæten | 97 | Berlin, GER | 03.09.2023 |
| 15:38.63 | Amalie Sæten | 97 | Jessheim | 06.07.2023 |
| 16:08.90 | Amalie Sæten | 97 | Chengdu, CHI | 05.08.2023 |
| 20:23.25 | Linn-Kristin Vibekken | 81 | Modum | 25.06.2023 |

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

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| 5:07.62 | Wilma Torbjørnsson | 07 | Bergen/Fa | 08.09.2023 |

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| **5 km veiløp** |  |

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| 16:00 | Amalie Sæten | 97 | Jessheim | 30.09.2023 |
| 16:14 | Wilma Thorbjørnsson | 07 | Jessheim | 29:10.2023 |
| 20:38 | Hege Tangen | 88 | Jessheim | 08.07.2023 |
| 20:41 | Hermine Opsahl Torgersen | 10 | Jessheim | 30.09.2023 |
| 21:01 | Kjersti Christine Moody | 74 | Lørenskog | 28:10.2023 |
| 22:54 | Kaisa Ellevold | 08 | Jessheim | 30.09.2023 |
| 24:28 | Astrid Knudsen Walstad | 11 | Jessheim | 30.09.2023 |
| 24:47 | Astrid Bauck Jensen | 09 | Jessheim | 10.09.2023 |
| 27:48 | Klara Slåstad | 12 | Jessheim | 30.09.2023 |

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| **10 km veiløp** |  |

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| 32:53 | Amalie Søten | 97 | Hole | 21.10.2023 |
| 33:54 | Wilma Thorbjørnsson | 07 | Hole | 21.10.2023 |
| 42:07 | Elisa Mobrenna | 05 | Jessheim | 21.05.2023 |
| 51:30 | Jenny Slåstad | 09 | Jessheim | 30.09.2023 |
| 46.21 | Else Husa | 51 | Hole | 21.10.2023 |
| 68:03 | Rebecka Helle Aas | 07 | Jessheim | 12.11.2023 |
| 65:41 | Lene Walstad | 78 | Jessheim | 30.09.2023 |

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| **KVINNER UTENDØRS 2023** | **1071** |

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| **Halvmaraton 21098m** |  |

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| 1:29:34 | Linn-Kristin Vibekken | 81 | Jessheim | 12.11.2023 |
| 1:44:20 | Elisabeth Mannion | 76 | Jessheim | 30.09.2023 |
| 2:01:17 | Veronica Bertheussen | 79 | Jessheim | 30.09.2023 |
| 2:34:05 | Else Husa | 51 | Jessheim | 12.11.2023 |

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| **Maraton 42195m** |  |

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| 3:11:09 | Linn-Kristin Vibekken | 81 | Valencia, ESP | 03.12.2023 |

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

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| 9.96 | Hanna Rimstad | 10 | Gøteborg, SWE | 30.06.2023 |
| 11.24 | Bettina Julsrud Berg | 12 | Rud | 18.06.2023 |

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

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| 10.22 | Hanna Rimstad | 10 | Oslo/Bi | 04.06.2023 |
| 10.53 | Hermine Opsahl Torgersen | 10 | Lillehammer/Ss | 24.06.2023 |
| 11.83 | Tuva Forsbacka | 09 | Oslo/Bi | 04.06.2023 |

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

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| 12.64 | Frida Rimstad | 07 | Jessheim | 12.08.2023 |

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

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| 15.44 | Frida Rimstad | 07 | Borås, SWE | 10.06.2023 |

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

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| 31:42 | Hanna Rimstad | 10 | Rud | 17.06.2023 |
| 32.94 | Hermine Opsahl Torgersen | 10 | Oslo/St | 16.09.2023 |

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

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| 48.66 | Natalie Nordbech Jøransen | 07 | Bergen/Fa | 08.09.2023 |
| 49.83 | Frida Rimstad | 07 | Jessheim | 12.08.2023 |

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

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| 67.43 | Summer Steinsrud | 01 | Corvallis, USA | 28.04.2023 |

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| **KVINNER UTENDØRS 2023** | **1072** |

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| **Høyde** |  |

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| 1.68 | Hanna Rimstad | 10 | Arvika, SWE | 23.07.2023 |
| 1.55 | Frida Rimstad | 07 | Borås, SWE | 10.06.2023 |
| 1.50 | Mari Steen Myrvang | 06 | Oslo/Bi | 03.06.2023 |
| 1.28 | Inger Lise Sundheim | 55 | Modum | 23.06.2023 |

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| **Stav** |  |

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| 3.81 | Birgitte Kjuus | 99 | Jessheim | 07.07.2023 |
| 3.00 | Hanna Rimstad | 10 | Rjukan | 02.09.2023 |
| 2.71 | Marie Øverlie | 08 | Sandnes | 25.08.2023 |
| 2.10 | Hermine Opsahl Torgersen | 10 | Lillehammer/Ss | 23.06.2023 |

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| **Lengde** |  |

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| 5.44 | Frida Rimstad | 07 | Oslo/Bi | 04.06.2023 |
| 5.03 s | Hanna Rimstad | 10 | Oslo/Bi | 04.06.2023 |
| 4.56 s | Astrid Knudsen Walstad | 11 | Lillestrøm | 13.05.2023 |
| 3.65 s | Bettina Julsrud Berg | 12 | Rud | 16.06.2023 |
| 3.21 | Inger Lise Sundheim | 55 | Modum | 24.06.2023 |
| 2.89 s | Jennie Alette Aronsen | 13 | Lillestrøm | 13.05.2023 |
| 1.96 s | Kaja Rønaas Julsrud | 16 | Lillestrøm | 13.05.2023 |
| 1.78 s | Silja Alvilde Aronsen | 14 | Lillestrøm | 13.05.2023 |

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| **Tresteg** |  |

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| 11.29 | Frida Rimstad | 07 | Gøteborg, SWE | 02.07.2023 |
| 10.16 s | Hanna Rimstad | 10 | Gøteborg, SWE | 01.07.2023 |
| 9.24 s | Astrid Knudsen Walstad | 11 | Oslo/St | 14.05.2023 |

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| **Tresteg uten tilløp** |  |

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| 6.01 | Inger-Lise Sundheim | 55 | Fetsund/Fe | 30.05.2023 |

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| **Kule 2** |  |

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| 13.07 | Hanna Rimstad | 10 | Rud | 17.06.2023 |
| 10.91 | Ella Hjeltnes | 11 | Jessheim | 02.09.2023 |
| 6.44 | Bettina Berg Julsrud | 12 | Rud | 15.06.2023 |
| 5.50 | Ylva Granberg | 11 | Jessheim | 12.08.2023 |

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| **Kule 3** |  |

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| 10.65 | Frida Rimstad | 07 | Borås, SWE | 10.06.2023 |
| 7.24 | Inger Lise Sundheim | 55 | Fetsund/Fe | 30.05.2023 |

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| **KVINNER UTENDØRS 2023** | **1073** |

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| **Kule 4** |  |

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| 13.46 | Hanna Emilie Hjeltnes | 04 | Oslo/Bi | 23.07.2023 |

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| **Diskos 600** |  |

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| 31.94 | Hanna Rimstad | 10 | Lillehammer/Ss | 23.06.2023 |
| 30.66 | Ella Hjeltnes | 11 | Rud | 18.06.2023 |

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| **Diskos 1** |  |

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| 46.56 | Hanna Emilie Hjeltnes | 04 | Haderslev, DEN | 03.06.2023 |
| 46.56 ta. | Hanna Emilie Hjeltnes | 04 | Bergen/Fa | 10.09.2023 |

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| **Slegge 2** |  |

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| 42.44 | Hanna Rimstad | 10 | Rjukan | 03.09.2023 |
| 33.01 | Ella Hjeltnes | 11 | Oslo/St | 15.09.2023 |

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| **Slegge 4** |  |

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| 33.16 | Hanna Emilie Hjeltnes | 04 | Jessheim | 02.09.2023 |

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| **Spyd 400** |  |

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| 27.29 | Hanna Rimstad | 10 | Nittedal | 20.08.2023 |
| 10.30 | Astrid Knudsen Walstad | 11 | Jessheim | 12.05.2023 |

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| **Spyd 500** |  |

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| 25.40 | Frida Rimstad | 07 | Oslo/Bi | 04.06.2023 |

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| **Spyd 600** |  |

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| 36.96 | Hanna Emilie Hjeltnes | 04 | Bergen/Fa | 09.09.2023 |

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| **Liten ball 150** |  |

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| 41.36 | Ella Hjeltnes | 11 | Rud | 18.06.2023 |
| 22.35 | Bettina Berg Julsrud | 12 | Rud | 18.06.2023 |
| 7.50 | Kaja Rønaas Julsrud | 16 | Lillestrøm | 13.05.2023 |

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| **6-kamp** |  |

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| 5467p | Hanna Rimstad | 10 | Moss/Me | 20-21.05.2023 |
| 11.48(2)8.97(-0.4)4.94(+1.6)/10.50(2)1.59-1:56.55 | | | |

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| **KVINNER UTENDØRS 2023** | **1074** |

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| **7-kamp E** |  |

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| 4044 | Frida Rimstad | 07 | Moss/Me | 20-21.05.2023 |
| 12.82(-1.9-1.54-10.53(3)27.63(-1.1)/5.24(0.2)-24.03(500)2:54.02 | | | |

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| **1000m** |  |

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| 2:26.74 |  | 07 | Bergen/Fa | 10.09.2023 |
| Linnea Bratteng07-Synne Markussen07-Natalie Jøransen07-Wilma Thorbjørnsson07 | | | |

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| **KINNER INNENDØRS 2023** | **1075** |

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| **60m E** |  |

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| 8.27 | Linnea Elisabeth Johnsen | 06 | Hvam | 04.02.2023 |
| 8.74 | Hanna Rimstad | 10 | Rud | 25.11.2023 |
| 8.76 | Astrid Helene Walstad | 11 | Hvam | 02.12.2023 |
| 8.90 | Karoline Bakkerud | 06 | Hvam | 04.02.2023 |
| 8.97 | Natalie Jøransen | 07 | Hvam | 04.02.2023 |
| 8.99 | Sara Bertheussen | 07 | Hvam | 04.02.2023 |
| 9.04 | Hanna Rimstad | 10 | Hvam | 11.03.2023 |
| 9.84 | Bettina Julsrud Berg | 12 | Stange | 12.03.2023 |
| 10.06 | Lena Kosel | 13 | Hvam | 04.02.2023 |
| 10.10 | Isabella Mentzoni | 11 | Stange | 12.03.2023 |
| 10.16 | Rebecca Helle Aas | 07 | Hvam | 04.02.2023 |
| 10.30 | Ylva Granberg | 11 | Stange | 12.03.2023 |
| 10.35 | Vilde Langaas Pedersen | 11 | Hvam | 04.02.2023 |
| 12.34 | Kaja Julsrud | 16 | Hvam | 04.02.2023 |

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| **200m** |  |

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| 28.00 | Elèn Linchausen Skar | 06 | Hvam | 02.12.2023 |
| 28.58 | Hanna Rimstad | 10 | Rud | 25.11.2023 |
| 28.81 | Natalie Nordbech Jøransen | 07 | Hvam | 02.12.2023 |
| 29.04 | Sara Isabella Bertheussen | 07 | Hvam | 02.12.2023 |
| 29.28 | Astrid Helene Walstad | 11 | Hvam | 05.02.2023 |
| 29.66 | Linnea Lecomte | 07 | Hvam | 02.12.2023 |
| 30.24 | Hermine Opsahl Torgersen | 10 | Rud | 12.02.2023 |
| 30.95 | Tuva Forsbacka | 09 | Hvam | 05.02.2023 |
| 33.51 | Ylva Granberg | 11 | Hvam | 02.12.2023 |
| 37.76 | Rebecka Aas | 07 | Hvam | 03.02.2023 |
| 38.28 | Bettina Julsrud Berg | 12 | Hvam | 05.02.2023 |

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| **400m** |  |

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| 59.01 | Josefine Heier | 96 | Rud | 18.02.2023 |
| 59.20 | Josefine Heier | 96 | Sollentuna, SWE | 12.01.2023 |
| 60.10 | Josefine Heier | 96 | Hvam | 04.02.2023 |

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| **600m** |  |

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| 1:48.66 | Hermine Opsahl Torgersen | 10 | Rud | 11.02.2023 |
| 1:53.06 | Natalie Jøransen | 07 | Stange | 11.03.2023 |
| 1:54.62 | Tuva Forsbacka | 97 | Stange | 11.03.2023 |
| 2:10.80 | Astrid Marie Jensen | 09 | Hvam | 04.02.2023 |
| 2:15.88 | Bettina Julsrud Berg | 12 | Stange | 11.03.2023 |
| 2:32.02 | Klara Slåstad | 11 | Hvam | 04.02.2023 |

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| **KVINNER INNENDØRS 2023** | **1076** |

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| **800m** |  |

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| 2:10.58 | Josefine Heier | 96 | Rud | 19.02.2023 |
| 2:10.62 | Josefine Heier | 96 | Hvam | 05.02.2023 |
| 2:13.15 | Josefine Heier | 96 | Stockholm, SWE | 29.01.2023 |
| 2:12.97 | Wilma Torbjørnsson | 07 | Hvam | 02.12.2023 |
| 2:37.28 | Hermine Opsahl Torgersen | 10 | Rud | 14.01.2023 |

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| **1000m** |  |

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| 3:17.32 | Hermine Opsahl Torgersen | 10 | Gøteborg, SWER | 02.12.2023 |

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| **1500m** |  |

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| 4:17.46 | Amalie Sæten | 97 | Ulsteinvik | 02.02.2023 |
| 4:30.11 | Wilma Torbjørnsson | 07 | Gøteborg, SWE | 11.02.2023 |
| 4:31.17 | Wilma Torbjørnsson | 07 | Hvam | 04.02.2023 |
| 4:40.28 | Wilma Torbjørnsson | 07 | Rud | 14.01.2023 |
| 4:41.31 | Wilma Torbjørnsson | 07 | Nes | 10.03.2023 |
| 5:44.19 | Elise Eggum | 06 | Hvam | 04.02.2023 |

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| **3000m** |  |

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| 9:11.91 | Amalie Sæten | 97 | Mancester, GBR | 28.01.2023 |
| 9:13.92 | Amalie Sæten | 97 | Karlstad, SWE | 12.02.2023 |

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

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| 12.70 | Bettina Julsrud Berg | 12 | Hvam | 05.02.2023 |

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

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| 9.78 | Frida Rimstad | 07 | Hvam | 02.12.203 |
| 10.24 | Hanna Rimstad | 10 | Hvam | 02.12.2023 |
| 10.82 | Hermine Opsahl Torgersen | 10 | Rud | 12.02.2023 |
| 11.75 | Tuva Forsbacka | 09 | Hvam | 05.02.2023 |
| 14.13 | Rebecka Aas | 07 | Hvam | 05.02.2023 |

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| **Høyde** |  |

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| 1.62 | Hanna Rimstad | 10 | Hvam | 02.12.2023 |
| 1.55 | Frida Rimstad | 07 | Ulsteinvik | 05.03.2023 |
| 1.52 | Mari Steen Myrvang | 06 | Ranheim | 29.01.2023 |
| 1.25 | Inger Lise Sundheim | 55 | Torun, POL | 26.03.2023 |

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| **Høyde uten tilløp** |  |

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| 1.04 | Inger Lise Sundheim | 55 | Stange | 28.01.2023 |

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| **KVINNER INNENDØRS 2023** | **1077** |

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| **Stav** |  |

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| 3.70 | Birgitte Kjuus | 99 | Rud | 18.02.2023 |
| 2.90 | Hanna Rimstad | 10 | Rud | 25.11.2023 |
| 2.70 | Marie Øverli | 08 | Hvam | 02.12.2023 |
| 2.20 | Hermine Opsahl Torgersen | 10 | Gøteborg, SWE | 03.12.2023 |

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| **Lengde** |  |

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| 5.29 | Frida Rimstad | 07 | Ulsteinvik | 04.03.2023 |
| 4.79 s | Hanna Rimstad | 10 | Rud | 11.02.2023 |
| 4.20 s | Astrid Helene Walstad | 11 | Hvam | 05.02.2023 |
| 3.97 s | Ylva Granberg | 11 | Hvam | 02.12.2023 |
| 3.30 s | Bettina Julsrud Berg | 12 | Rud | 12.02.2023 |
| 3.14 s | Vilde Langaas-Pedersen | 12 | Hvam | 02.12.2023 |
| 2.97 s | Isabella Mentzoni | 11 | Stange | 12.03.2023 |
| 1.84 s | Kaja Julsrud | 16 | Hvam | 04.02.2023 |

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| **Lengde uten tilløp** |  |

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| 2.30 | Inger Lise Sundheim | 55 | Hvam | 11.03.2023 |

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| **Tresteg** |  |

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| 10.25 s | Hanna Rimstad | 10 | Rud | 12.02.2023 |

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| **Kule 2** |  |

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| 13.34 | Hanna Rimstad | 10 | Hvam | 02.12.2023 |
| 11.69 | Ella Hjeltnes | 11 | Hvam | 02.12.2023 |
| 6.24 | Bettina Julsrud Berg | 12 | Hvam | 04.02.2023 |
| 6.12 | Ylva Granberg | 11 | Hvam | 02.12.2023 |
| 4.92 | Isabella Martinsen | 11 | Stange | 11.03.2023 |

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| **Kule 3** |  |

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| 9.66 | Ella Hjeltnes | 11 | Rud | 25.11.2023 |
| 7.03 | Inger Lise Sundheim | 55 | Stange | 29.01.2023 |

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| **Kule 4** |  |

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| 13.56 | Hanna Emilie Hjeltnes | 04 | Hvam | 02.12.2023 |

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| **600m stafett (70-100-200-230)** |  |

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| 1:34.37 |  | 11 | Hvam | 02.12.2023 |
| Ella Hjeltnes11-Vilde Langaas-Pedersen12-Ylva Granberg11-Astrid Knudsen11 | | | |