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| **HALLREKORDER NES ARENA 17.12.2024** |

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| **MENN** |  |

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| **60m E** | 6.77 | Per Fremstad-Waldron | IL i BUL | 00 | 03.02.2024 |

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| **200m E** | 22.37 | Maksymillan Klepacki | Polen | 98 | 26.01.2029 |

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| **300m E** | 34.25 | Denis Forman | Sverige | 91 | 26.01.2019 |

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| **400m E** | 48.09 | Håvard Bentdal Ingvaldsen | Moelven IL | 02 | 20.02.2021 |

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| **500m E** | 62:50 | Przemyslaw Wascinski | Polen | 95 | 26.01.2019 |

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| **600m** | 1:18.70 | Thomas Roth | Ullensaker/Kisa IL | 91 | 25.01.2020 |

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| **800m** | 1:52.18 | Sverre Blom Breivik | Ullensaker/Kisa IL | 96 | 06.02.2016 |

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| **1000m** | 2:20.96 | Thomas Roth | Ullensaker/Kisa IL | 91 | 17.02.2018 |

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| **1500m** | 3:46.19 | Thomas Roth | Ullensaker/Kisa IL | 91 | 17.02.2016 |

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| **2000m** | 5:17.05 | Lukas Buncic | Ullensaker/Kisa IL | 07 | 07.12.2024 |

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| **3000m** | 8:14.90 | Awet Kibrab | Ullensaker/Kisa IL | 95 | 12.03.2022 |

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| **5000m** | 14:35.72 | Eirik Gramstad | SK Vidar | 84 | 14.01.2017 |

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| **60m hekk E** | 8.31 | Henrik Holmberg | Vik IL | 89 | 19.01.2020 |

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| **Høyde** | 2.05 | Meciej Grynienko | Polen | 98 | 26.01.2019 |

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| **Høyde uten tilløp** | 1.55 | Michael Reklev | Ullensaker/Kisa IL | 05 | 22.12.2022 |

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| **Stav** | 5.20 | Robert Sobora | Polen | 91 | 26.01.2019 |

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| **Lengde** | 7.37 | Martin Bull Hjeltnes | IK Tjalve | 96 | 05.02.2023 |

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| **Lengde uten tilløp** | 3.09 | Magnus Dehli Vigestad | Oslostudentenes IK | 78 | 04.03.2017 |

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| **Tresteg** | 15.24 | Viljar Gjerde | IL Norna Salhus | 00 | 03.02.2024 |

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| **Kule** | 19.89 | Jakub Szyszkowski | Polen | 91 | 26.01.2019 |

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| **HALLREKORDER NES ARENA 17.12.2024** |

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| **KVINNER** |  |

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| **60m E** | 7.62 | Astrid Cederkvist | SK Vidar | 94 | 26.01.2019 |

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| **200m E** | 24.32 | Marte Pettersen | Trondheim Friidrett | 97 | 05.02.2023 |

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| **300m E** | 37.97 | Justyna Saganiak | Polen | 95 | 26.01.2019 |

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| **400m E** | 55.06 | Astri Ertzgaard | IK Tjalve | 02 | 03.02.2024 |

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| **500m** | 62.29 | Line Kloster | SK Vidar | 90 | 26.01.2019 |

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| **600m** | 1:32.92 | Malin Edland | Larvik TIF | 99 | 14.01.2017 |

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| **800m** | 2:05.65 | Malin Ingeborg Nyfors | IK Tjalve | 97 | 04.02.2024 |

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| **1000m** | 2:58.41 | Kristin Svendby Otervik | Lørenskog FIL | 01 | 03.03.2018 |

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| **1500m** | 4:18.96 | Anne Gine Løvnes | IK Tjalve | 03 | 03.02.2024 |
| **Tangering** | 4:18.96 | Wilma Thorbjørson | Ullensaker/Kisa IL | 07 | 03.02.2024 |

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| **3000m** | 9:38.14 | Tessa Freney | Halden IL | 96 | 13.01.2018 |

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| **60m hekk E** | 8.52 | Andrea Rooth | Lambertseter IF | 02 | 19.01.2020 |

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| **Høyde** | 1.90 | Maja Helene Nilsson | Sverige | 99 | 19.01.2020 |

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| **Høyde uten tilløp** | 1.21 | Mari Steen Myrvang | Ullensaker/Kisa IL | 06 | 31.12.2020 |

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| **Stav** | 3.90 | Birgitte Kjuus | Ullensaker/Kisa IL | 99 | 08.12.2018 |

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| **Lengde** | 5.97 | Thale Leirfall Bremset | IL Norna Salhus | 99 | 04.02.2024 |

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| **Lengde uten tilløp** | 2.52 | Tina Cecilie Stilson | Tøyen SK | 81 | 09.03.2019 |

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| **Tresteg** | 12.72 | Rachel Ombeni | IL Norna Salhus | 01 | 04.02.2023 |

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| **Kule** | 13.67 | Lotta Flattum | Brandbu IF | 02 | 04.02.2023 |

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| Willy Hauge |