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|  **UKI Historie** | **118** |

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| **KRETSMESTERE** |  |

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| **MENN SENIOR** |

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| 1927 | 1500m | 4:43.8 | Lauritz Lund | 06 | Jessheim | 02.10 |
| 1927 | 5000m | 17:59.4 | Lauritz Lund | 06 | Jessheim | 02.10 |
| 1927 | Lengde | 6.42 | Willy Løken | 00 | Jessheim | 02.10 |
| 1927 | Spyd | 53.01 | Reidar Bye | 96 | Jessheim | 02.10 |

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| 1928 | Spyd | 49.62 | Reidar Bye | 96 | Jessheim | 29.07 |

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| 1930 | Høyde | 1.71.5 | Willy Løken | 00 | Lillestrøm | 26.07 |
| 1930 | Spyd | 42.71 | Halvor Lund | 96 | Lillestrøm | 27.07 |

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| 1931 | Spyd | 47.58 | Halvor Lund | 96 | Jessheim | 26.07 |

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| 1932 | Høyde | 1.70 | Willy Løken | 00 | Lillestrøm | 23.07 |

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| 1933 | Høyde | 1.76 | Willy Løken | 00 | Jessheim | 05.06 |

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| 1938 | 100m | 11.4 | Magne Haave | 12 | Årnes | 07.08 |
| 1938 | Kule | 11.98 | Magne Haave | 12 | Årnes | 07.08 |

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| 1939 | 100m | 11.6 | Magne Haave | 12 | Jessheim | 12.08 |
| 1939 | 110m hekk | 16.9 | Gunnar Jyssum | 17 | Jessheim | 13.08 |
| 1939 | Stav | 2.80 | Knut Fossum | 22 | Jessheim | 12.08 |

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| 1947 | 5000m | 16:44.5 | Erik Lerdahl | 10 | Lillestrøm/Vi | 03.08 |

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| 1949 | 4x100m | 47.3 |   |   | Nannestad | 11.09 |
| Magne Haave12-Paul Trøgstad32-Hans Fodstad27-Asbjørn Lund23 |
| 1949 | 4x1500m | 17:37.4 |   |   | Nannestad | 11.09 |
| Sverre Sørensen18-Haalvar Bålsrud29-Ole Fossen27-Svein Skolt25 |
| Etappetider: Sørensen4.31-Bålsrud4.27-Fossen4.22-Skolt4.17.4 |

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| 1950 | 800m | 2:04.8 | Svein Skolt | 25 | Sand | 12.08 |
| 1950 | 1500m | 4:21.4 | Svein Skolt | 25 | Sand | 13.08 |

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| 1951 | 4 km terreng | 14.19 | Svein Skolt | 25 | Mo | 26.05 |
| 1951 | Kule | 12.10 | Kåre Bang | 30 | Løken | 11.08 |

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| 1952 | 4 km terreng | 13.50 | Svein Skolt | 25 | Aurskog | 27.04 |
| 1952 | 4x1500m | 17:29.6 | Ull/Kisa IL |  | Jessheim | 20.07 |
| Ole Fossen27-Ivar Gulbrandsen21-Rolf Damlien31-Svein Skolt25 |
| 1952 | 4x400m | 49.1 | Ull/Kisa IL |  | Jessheim | 26.07 |
| Hans Fodstad27-Harald Jahren33-Rolf Damlien31-Kjell Kristoffersen27 |
| 1952 | 100m | 11.5 | Kjell Kristoffersen | 27 | Jessheim | 17.08 |

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| **UKI Historie** | **119** |

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| **MENN SENIOR KM** |  |

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| 1952 | 1500m | 4:14.4 | Sverre Skolt | 25 | Jessheim | 16.08 |
| 1952 | 5000m | 16:05.2 | Svein Skolt | 25 | Jessheim | 16.08 |
| 1952 | 10000m | 33:25.6 | Svein Skolt | 25 | Jessheim | 17.08 |
| 1952 | Tresteg | 12.19 | Asbjørn Lund | 21 | Jessheim | 16.08 |
| 1952 | 1000m | 2:10.0 | Ull/Kisa IL |  | Jessheim | 17.08 |
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| 1954 | 4km terreng  | 15:45 | Ole Fossen | 27 | Årnes/Dr | 09.05 |
| 1954 | 5000m | 15:46.0 | Ole Fossen | 27 | Lillestrøm | 21.08 |

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| 1955 | 8km terreng  | 23:52 | Ole Fossen | 27 | Fetsund | 08.04 |
| 1955 | 10000m | 34:49.2 | Ole Fossen | 27 | Lillestrøm | 05.09 |

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| 1956 | Lengde u.t. | 3.11 | Anfinn Thoresen | 34 | Lillestrøm/Vi | 04.03 |
| 1956 | Spyd | 50.88 | Anfinn Thoresen | 34 | Årnes | 25.08 |

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| 1958 | Høyde u.t. | 1.31 | Arne Østerud | 31 | Lillestrøm/Vi | 16.03 |

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| 1959 | Høyde u.t. | 1.40 | Bjørn Pettersen | 36 | Jessheim | 15.02 |
| 1959 | Lengde u.t. | 2.94 | Kjell Larsen | 37 | Jessheim | 15.02 |
| 1959 | Spyd | 51.60 | Terje Tronæs | 31 | Nannestad | 29.08 |

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| 1961 | Tresteg | 13.59 | Tom Pedersen | 39 | Råholt | 27.08 |

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| 1962 | Høyde u.t. | 1.37 | Bjørn Pettersen | 36 | Lillestrøm/Vi | 21.02 |

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| 1965 | 400m | 52.8 | Odd Mikkelsen | 37 | Råholt | 07.08 |
| 1965 | 800m | 2:01.0 | Torgeir Sørum | 45 | Råholt | 08.08 |

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| 1966 | 110m hekk | 17.9 | Nils Kristen Wiig | 43 | Råholt | 12.08 |
| 1966 | 3000m hind | 10:37.4 | Torgeir Sørum | 45 | Jessheim | 09.10 |
| 1966 | 5-kamp | 2495 | Nils Kristen Wiig | 43 | Råholt | 12.06 |
| 5.85-36.00-24.1-25.68-4:48.4 |
| 1966 | 4x400m | 3:34.4 | Ullensaker/Kisa IL |   | Råholt | 13.08 |
| ? |
| 1967 | 400m | 51.7 | Odd Mikkelsen | 37 | Råholt | 26.08 |
| 1967 | 110m hekk | 18.4 | Nils Kristen Wiig | 43 | Råholt | 26.08 |
| 1967 | 400m hekk | 59.6 | Nils Kristen Wiig | 43 | Råholt | 27.08 |
| 1967 | 5-kamp | 2495 | Nils Kristen Wiig | 43 | Blaker/Br | 18.06 |
| 5.78-35.68-25.1-26.90-4:38.0 |
| 1967 | 4x100m | 48.2 | Ullensaker/Kisa IL |   | Jessheim | 23.08 |
| ? |
| 1967 | 4x1500m | 18:11.2 | Ullensaker/Kisa IL |   | Jessheim | 23.08 |
| ? |
| 1967 | 1000m | 2:04.9 | Ullensaker/Kisa IL |   | Råholt | 25.08 |
| Halvor Bogstad46-Finn Ugletveit49-Steinar Mikalsen43Odd Mikkelsen37 |
| **UKI Historie** | **120** |

|  |  |
| --- | --- |
| **MENN SENIOR KM** |  |

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| 1968 | 1500m | 4:01.5 | Torgeir Sørum | 45 | Råholt | 22.08 |
| 1968 | 5000m | 15:44.8 | Torgeir Sørum | 45 | Råholt | 23.08 |
| 1968 | 4x100m | 45.6 | Ull/Kisa IL |  | Råholt | 04.09 |
| Arve Bogstad41-Finn Ugletveit49-Nils Kristen Wiig43-Halvor Bogstad46 |
| 1968 | 4x100m | 45.6 | Ull/Kisa IL |  | Råholt | 04.09 |
| Arve Bogstad41-Torgeir Sørum45-Finn Ugletveit49-Odd Mikkelsen37 |

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| 1969 | 2 km terreng | 7:21 | Torgeir Sørum | 45 | Fetsund | 22.05 |
| 1969 | 400m hekk | 59.7 | Nils Kristen Wiig | 43 | Råholt | 24.08 |
| 1969 | 4x400m | 3:37.9 | Ull/Kisa IL |  | Jessheim | 20.08 |
|  Finn Ugletveit49-Kjell Reiestad46-Arve Bogstad41-Odd Mikkelsen37 |

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| 1973 | 10-kamp | 5333 | Ivar Opsahl | 47 | Lillestrøm 14- | 15.09 |
|  12.9-5.67-10.87-1.75-57.0/18.5-28.96-3.30-44.40-5:15.9 |

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| 1974 | 1500m | 4:03.7 | Harald Lindstrøm | 54 | Lillestrøm | 07.09 |
| 1974 | 110m hekk | 17.2 vind | Ivar Opsahl | 47 | Lillestrøm | 07.09 |

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| 1975 | 1500m | 4:01.0 | Harald Lindstrøm | 54 | Rolvsrud | 27.08 |

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| 1976 | Høyde u.t. | 1.56 | Kai Hole | 42 | Årnes | 19.03 |
| 1976 | Diskos | 40.70 | Kai Hole | 42 | Lillestrøm | 07.08 |
| 1976 | Slegge | 34.98 | Kai Hole | 42 | Lillestrøm | 08.08 |

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| 1977 | Stav | 3.15 | Kai Hole | 42 | Lillestrøm | 20.08 |
| 1977 | Kule | 13.28 | Kai Hole | 42 | Lillestrøm | 20.08 |
| 1977 | Diskos | 42.58 | Kai Hole | 42 | Lillestrøm | 21.08 |

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| 1978 | Høyde u.t. | 1.56 | Kai Hole | 42 | Skedsmo/ST | 04.03 |
| 1978 | Lengde u.t. | 3.05 | Martin Bratfos | 47 | Skedsmo/ST | 04.03 |
| 1978 | Stav | 2.85 | Kai Hole | 42 | Rolvsrud | 02.09 |

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| 1980 | Høyde u.t. | 1.50 | Kai Hole | 42 | Skjetten/St | 23.03 |

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| 1982 | 10000m | 32:37.0 | Odd Kinnsbekken | 48 |  Rolvsrud | 29.06 |
| 1982 | 3000m hinder | 9:51.5 | Stein Rosenberg | 60 | Årnes | 08.09 |

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| 1983 | 5000m | 15:05.7 | Vidar Birkelund | 56 | Løken | 20.08 |

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| 1984 | 200m | 25.4 | Kjell Frostlid | 61 | Rolvsrud | 09.06 |

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| 1985 | 400m | 53.3 | Kjell Frostlid | 61 | Lillestrøm  | 20.05  |
| 1985 | Spyd | 52.46 | Ivar Skedsmo | 55 | Lillestrøm | 20.05 |
| 1985 | 4x1500m | 16:26.6 |   |   | Jessheim | 17.09 |
| Odd Harstad44-Tyrgve Stanger62-Vidar Birkelund56-Øystein Syversen52 |

|  |  |
| --- | --- |
| **UKI Historie** | **121** |

|  |  |
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| **MENN SENIOR KM** |  |

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| 1986 | 17km terreng | 63:00 | Vidar Birkelund | 51 | Årnes/Dragsjøen | 21.09 |
| 1986 | 3000m hinder | 9:39.1 | Stein Ulseth | 52 |  Årnes | 02.07 |
| 1986 | Stav | 2.90 | Ivar Opsahl | 47 | Jessheim | 02.08 |
| 1986 | 4x400m | 3:39.8 |   |   | Jessheim  | 23.08 |
| ? |
| 1986 | 4x1500m | 16:31.2 |   |   | Jessheim | 23.08 |
| Bjørn Tore Ottersen66-Hans Georg Haug66-Bjørn I. Hansen66-Bjørn Dæhlie67 |

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| 1987 | 10km terreng | 34:10 | Vidar Birkelund | 56 | Lillestrøm | 13.05 |
| 1987 | 1500m | 3:55.0 | Vidar Birkelund | 56 | Jessheim | 01.08 |
| 1987 | 5000m | 15:24.3 | Leif Erling Aronsveen | 57 | Jessheim | 31.07 |
| 1987 | 110m hekk | 16.0 | Ole Petter Henriksen | 63 | Jessheim | 31.07 |

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| 1988 | 12km terreng | 37:51 | Ole Fredrik Mørck | 62 | Lillestrøm | 11.05 |
| 1988 | Halvmaraton | 1:17:27 | Ole Fredrik Mørck | 62 | Jessheim | 09.10 |
| 1988 | 10000m | 30:46.0 | Bjørn Dæhlie | 47 | Bjørkelangen | 14.09 |

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| 1989 | 800m | 1:54.66 | Hans Jørgen Borgen | 70 | Sofiemyr | 11.06 |
| 1989 | 3000m hinder | 9:02.0 | Bjørn Dæhlie | 67 | Jessheim | 25.08 |

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| 1992 | 110m h E | 15.14 | Jo Henning Hals Nilssen | 68 | Sofiemyr | 13.06 |
| 1992 | Lengde | 6.70 | Jo Henning Hals Nilssen | 68 | Sofiemyr | 14.06 |
| 1992 | Tresteg | 13.74 +3.4 | Terje Grime | 59 | Sofiemyr | 13.06 |
| 1992 | 10000m | 35:04.5 | Erlend Skåre | 73 | Bjørkelangen | 19.09 |
| 1992 | Slegge | 43.62 | Pål Berntsen | 60 | Rolvsrud | 17.09 |
| 1992 | 4x400m | 3:28.85 |   |   | Sofiemyr | 26.08 |
| Kjell Vidar Solheim70-Frode Nygård69-Kjetil Brynhildsen71-Runar Homble72 |
| 1992 | 1000m | 2:03.05 |   |   | Sofiemyr | 14.06 |
| Jan Erik Schmidt70-Jo Henning Hals Nilssen68-Tom Erik Olsen74-Terje Grime59 |

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| 1993 | 100m | 11.65 | Thorstein Gystad | 67 | Bjørkelangen | 06.06 |
| 1993 | 200m | 23.69 | Thorstein Gystad | 67 | Bjørkelangen | 05.06 |
| 1993 | 10000m | 30:31.09 | Bjørn Dæhlie | 67 | Oslo/Bi | 29.06 |
| 1993 | 4x100m | 44.8 |   |   | Nadderud | 24.05 |
| Torstein Gystad67-Jo Henning Hals Nilssen68-Runar Homble72-Øystein Iversen73 |
| 1993 | 4x400m | 3:30.9 |   |   | Nadderud | 24.05 |
| Kjell Vidar Solheim70-Frode Nygård69-Øystein Iversen73-Runar Homble72 |

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| 1995 | 60m h 106 E | 8.12 | Tom Erik Olsen | 74 | Lillestrøm | 19.02 |
| 1995 | 60m E | 7.19 | Tom Erik Olsen | 74 | Lillestrøm | 19.02 |
| 1995 | Halvmaraton | 1:22.21 | Steinar Gressløs | 53 | Lørenfallet | 07.10 |
| 1995 | 4X100m E | 44.56 |   |   | Oslo/Bi | 27.06 |
| Thorstein Gystad67-Frank Øines68-Øystein Iversen73-Tom Erik Olsen74 |

|  |  |
| --- | --- |
| **UKI Historie** | **122** |

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| --- | --- |
| **MENN SENIOR KM** |  |

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| 1997 | 100m E | 11.57 | Frank Øines | 68 | Oslo/Bi | 05.08 |
| 1997 | 200m E | 22.84 | Frank Øines | 68 | Oslo/Bi | 30.07 |
| 1997 | 4x400m | 4:01.39 |   |   | Oslo/Bi | 30.07 |
| Eirik Haus79-Henrik Stigen74-Jørn Jevne64-Frank Øines68 |

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| 1998 | 100m E | 11.67 | Frank Øines | 68 | Oslo/St | 05.09 |
| 1998 | 200m E | 23.34 | Frank Øines | 68 | Oslo/St | 06.09 |
| 1998 | 400m E | 50.91 | Frank Øines | 68 | Oslo/St | 05.09 |

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| 1999 | 100m E | 11.73 | Frank Øines | 68 | Asker/Fø | 04.09 |
| 1999 | 400m E | 52.67 | Frank Øines | 68 | Asker/Fø | 04.09 |
| 1999 | 200m E | 23.55 | Frank Øines | 68 | Asker/Fø | 05.09 |

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| 2000 | 3km terreng | 8:51 | Alf Roger Holme | 77 | Nittedal | 04.05 |

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| 2001 | 100m E | 11.88 | Frank Øines | 68 | Jessheim | 18.08 |
| 2001 | 400m E | 52.82 | Frank Øines | 68 | Jessheim | 18.08 |
| 2001 | 3000m hinder | 10:18.64 | Hans Grønvold | 84 | Jessheim | 18.08 |
| 2001 | 3000m | 10:30.72 | Hans Grønvold | 84 | Jessheim | 18.08 |
| 2001 | 200m E | 24.15 | Frank Øines | 68 | Jessheim | 19.08 |

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| 2002 | 4x100m | 47.60 |   |   | Jessheim | 27.05 |
| Andrew Stevens81-Frank Øines68-Henrik Stigen74-Carl Jørgen Owre82 |

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| 2003 | 800m | 2:04.2 | Carl Jørgen Owre | 81 | Jessheim | 01.06 |

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| 2005 | 1500m | 4:21.70 | Tommy Torgersen | 70 | Bjørkelangen | 04.06 |

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| 2006 | Høyde | 1.75 | Frode Myrvang | 67 | Oslo/Bi | 22.09 |

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| 2007 | 400m E | 53.60 | Halvor Mangerud | 81 | Oslo/Bi | 31.08 |
| 2007 | 1500m | 4:09.45 | Vegard Gjelsvik | 92 | Oslo/Bi | 31.05 |
| 2007 | Halvmaraton | 1:14:27 | Kristian Monsen | 77 | Lørenskog | 03.11 |

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| 2008 | Halvmaraton | 1:16:36 | Kristian Monsen | 77 | Lørenskog | 01.11 |

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| 2009 | Høyde | 1.55 | Rene Beyer | 73 | Lillestrøm | 29.03 |

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| 2010 | 400m E | 51.35 | Håvard Hildeskor | 92 | Oslo/Bi | 27.08 |
| 2010 | 1500m | 4:00.68 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 27.08 |
| 2010 | 800m | 1:54.74 | Vetle Aasland | 91 | Oslo/Bi | 28.08 |
| 2010 | Spyd | 51.30 | Vetle Aasland | 91 | Oslo/Bi | 28.08 |
| 2010 | Halvmaraton | 1:12:02 | Kristian Monsen | 77 | Lørenskog | 30.10 |
| 2010 | 1000m | 2:04.03 |   |   | Oslo/Bi | 28.08 |
| Håvard Hildeskor92-Peder Holm92-Njord Wiker91-Vetle Aasland91 |

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| **UKI Historie** | **123** |

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| **MENN SENIOR KM** |  |

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| **MENN SENIOR** |  |

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| 2011 | 5000m | 15:12.73 | Kristian Monsen | 77 | Oslo/Bi | 30.06 |
| 2011 | Spyd | 53.63 | Bjørn Arne Kristiansen | 68 | Oslo/Bi | 30.06 |
| 2011 | Halvmaraton | 1:12:54 | Kristian Monsen | 77 | Lørenskog | 29.10 |

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| 2012 | 1500m | 3:45.41 | Thomas Roth | 91 | Oslo/Bi | 13.08 |

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| 2013 | 3km terreng | 9:06 | Lars Anders Tenold | 93 | Sandvika | 15.05 |
| 2013 | 400m E | 48.16 | Thomas Roth | 91 | Oslo/Bi | 03.09 |
| 2013 | 5000m | 14:55.30 | Kristian Monsen | 77 | Oslo/Bi | 03.09 |

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| 2020 | 800m | 1:57.54 | Abdiarim Dahir | 94 | Oslo/St | 12.09 |

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| 2021 | 800m | 2:02.12 | Nana Kuli | 01 | Oslo/St | 25.09 |

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| **UKI Historie** | **124** |

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| **KVINNER SENIOR KM** |  |

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| 1954 | Spyd | 22.09 | Ingrid Sundby | 39 | Lillestrøm | 22.08 |

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| 1955 | 60m | 8.1 | Kari Mo | 38 | Lillestrøm | 03.09 |
| 1955 | 100m | 13.4 | Kari Mo | 38 | Lillestrøm | 03.09 |
| 1955 | 200m | 27.6 | Kari Mo | 38 | Lillestrøm | 04.09 |
| 1955 | Diskos | 28.24 | Ingrid Sundby | 39 | Lillestrøm | 04.09 |
| 1955 | 4x100m | 54.8 | Ull/Kisa IL |  | Lillestrøm | 22.08 |
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| 1956 | Høyde u.t. | 0.95 | Åshild Sørum | 39 | Lillestrøm/Vi | 04.03 |
| 1956 | 4x60m | 32.2 | Ull/Kisa IL |  | Eidsvoll | 11.08 |
| ? |
| 1956 | 4x100m | 56.0 | Ull/Kisa IL |  | Eidsvoll | 11.08 |
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| 1957 | Høyde u.t. | 1.00 | Kari Mo | 38 | Eidsvoll | 10.03 |
| 1957 | 200m | 31.6 | Åshild Sørum | 39 | Jessheim | 14.08 |
| 1957 | Høyde | 1.38 | Ingrid Sundby | 39 | Jessheim | 12.08 |
| 1957 | Diskos 1 | 27.36 | Ingrid Sundby | 39 | Jessheim | 12.08 |
| 1957 | 80m hekk | 15.2 | Liv Jensen | 40 | Jessheim | 14.08 |
| 1957 | Lengde | 4.50 | Liv Jensen | 40 | Jessheim | 12.08 |
| 1957 | Kule 4 | 9.05 | Astrid Sundby | 42 | Jessheim | 14.08 |
| 1957 | Spyd 600 | 28.52 | Astrid Sundby | 42 | Jessheim | 12.08 |

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| 1958 | Høyde u.t. | 1.03 | Astrid Sundby | 42 | Lillestrøm/Vi | 16.03 |
| 1958 | 3-kamp | 1692 | Astrid Sundby | 42 | Råholt | 07.06 |
| 14.1-26.40-1.28 |
| 1958 | 5-kamp | 2895 | Astrid Sundby | 42 | Jessheim | 06-07.08 |
| 30.3-14.3-1.23/4.32-9.52 |

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| 1958 | 80m hekk 76 | 15.4 | Astrid Sundby | 42 | Årnes | 17.08 |
| 1958 | Høyde | 1.36 | Tove Dønnum | 40 | Årnes | 16.08 |
| 1958 | Lengde | 4.55 | Marie Belsvik | 36 | Årnes | 17.08 |
| 1958 | Kule | 9.58 | Astrid Sundby | 42 | Årnes | 16.08 |
| 1958 | Spyd | 31.39 | Astrid Sundby | 42 | Årnes | 17.08 |

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| 1959 | 5-kamp | 3227 | Tove Dønnum | 40 | Nannestad | 05-06.09 |
| 15.2-7.58-1.50/4.90-29.0 |

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| 1959 | 100m | 13.8 | Anne Lise Aas | 41 | Jessheim | 19.09 |
| 1959 | 200m | 29.5 | Anne Lise Aas | 41 | Jessheim | 20.09 |
| 1959 | 400m | 70.0 | Anne Lise Aas | 41 | Jessheim | 19.09 |
| 1959 | 80m hekk 76 | 14.1 | Astrid Sundby | 42 | Jessheim | 19.09 |
| 1959 | Høyde | 1.50 | Tove Dønnum | 40 | Jessheim | 19.09 |
| 1959 | Lengde | 4.51 | Ragnhild Sundby | 44 | Jessheim | 20.09 |

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| **UKI Historie** | **125** |

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| **KVINNER SENIOR KM** |  |

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| 1959 | Kule | 10.11 | Astrid Sundby | 42 | Jessheim | 20.09 |
| 1959 | Diskos | 32.30 | Astrid Sundby | 42 | Jessheim | 19.09 |
| 1959 | Spyd | 31.00 | Astrid Sundby | 42 | Jessheim | 19.09 |

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| 1960 | Høyde u.t. | 0.93 | Sissel Sommerfeldt | 43 | Jessheim | 03.04 |
| 1960 | Lengde u.t. | 2.38 | Tove Dønnum | 40 | Jessheim | 03.04 |
| 1960 | 200m | 27.9 | Winnie Lindner | 44 | Lillestrøm | 19.06 |
| 1960 | 60m | 8.4 | Winnie Lindner | 44 | Lillestrøm | 18.06 |
| 1960 | 100m | 13.4 | Winnie Lindner | 44 | Lillestrøm | 18.06 |
| 1960 | 200m | 27.9 | Winnie Lindner | 44 | Lillestrøm | 19.06 |
| 1960 | Kule | 8.90 | Åahild Sørum | 39 | Lillestrøm | 18.06 |
| 1960 | Diskos | 27.18 | Ingvei Sæther | 38 | Lillestrøm | 18.06 |
| 1960 | Spyd | 32.41 | Astrid Sundby | 42 | Lillestrøm | 19.06 |
| 1960 | Slengball 1 | 44.38 | Astrid Sundby | 42 | Lillestrøm | 19.06 |
| 1960 | 3-kamp | 1769 | Tove Dønnum | 40 | Jessheim | 02.10 |
| 14.1-28.67-1.47 |

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| 1961 | 100m | 13.1 | Winnie Lindner | 44 | Råholt | 26.08 |
| 1961 | 400m | 65.7 | Berit Dønnum | 41 | Råholt | 26.08 |
| 1961 | 800m | 2.35.9 | Berit Dønnum | 41 | Råholt | 27.08 |
| 1961 | 80m hekk 76  | 14.3 | Astrid Sundby | 44 | Råholt | 27.08 |
| 1961 | Høyde | 1.48 | Tove Dønnum | 40 | Råholt | 27.08 |
| 1961 | Kule | 9.80 | Astrid Sundby | 42 | Råholt | 27.08 |
| 1961 | Diskos | 32.68 | Ingvei Sæter | 38 | Råholt | 27.08 |
| 1961 | Spyd | 32.30 | Ragnhild Sundby | 44 | Råholt | 26.08 |
| 1961 | 3-kamp | 1879 | Tove Dønnum | 40 | Kløfta | 21.06 |
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| 1962 | Høyde u.t. | 1.06 | Tove Dønnum | 40 | Strømmen | 08.04 |
| 1962 | Lengde u.t. | 2.30 | Tove Dønnum | 40 | Strømmen | 08.04 |
| 1962 | 100m | 13.7 | Winnie Lindner | 44 | Strømmen | 16.09 |
| 1962 | 200m | 28.1 | Winnie Lindner | 44 | Strømmen | 16.09 |
| 1962 | 80m hekk | 13.9 | Astrid Sundby | 42 | Strømmen | 16.09 |
| 1962 | Høyde | 1.47 | Tove Dønnum | 40 | Strømmen | 16.09 |
| 1962 | Lengde | 5.09 | Tove Dønnum | 40 | Strømmen | 16.09 |
| 1962 | Kule | 10.76 | Astrid Sundby | 40 | Strømmen | 16.09 |
| 1962 | Spyd | 29.55 | Astrid Sundby | 42 | Strømmen | 10.09 |
| 1962 | 3-kamp | 2048 | Tove Dønnum | 40 | Jessheim | 05.08. |
| 14.0-28.67-1.52 |

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| 1963 | 200m | 28.2 | Berit Dønnum | 41 | Lillestrøm | 25.08 |
| 1963 | 400m | 62.7 | Berit Dønnm | 41 | Lillestrøm | 24.08 |
| 1963 | 800m | 2:21.4 | Berit Dønnum | 41 | Lillestrøm | 25.08 |
| 1963 | 80m hekk | 13.9 | Astrid Sundby | 42 | Lillestrøm | 25.08 |
| 1963 | Høyde | 1.55 | Tove Dønnum Jensen | 40 | Lillestrøm | 25.08 |
| 1963 | Lengde | 4.80 | Tove Dønnum Jensen | 40 | Lillestrøm | 24.08 |
| **UKI Historie** | **126** |

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| **KVINNER SENIOR KM** |  |

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| 1963 | Kule | 10.14 | Astrid Sundby | 42 | Lillestrøm | 24.08 |
| 1963 | Diskos | 30.17 | Else Opsahl | 32 | Lillestrøm | 24.08 |
| 1963 | Spyd | 31.81 | Astrid Sundby | 42 | Lillestrøm | 25.08 |
| 1963 | 3-kamp | 784 | Else Opsahl | 32 | Blaker/Br | 18.06 |
| 14.6-35.63-1.17 |

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| 1964 | 1km terreng | 3:20 | Berit Dønnum | 41 | Jessheim | 22.04 |
| 1964 | 400m | 62.1 | Grethe Uhlen | 49 | Lillestrøm | 22.08 |
| 1964 | 800m | 2:28.6 | Grete Vegel | 47 | Lillestrøm | 23.08 |
| 1964 | Kule | 10.73 | Astrid Sundby | 42 | Lillestrøm | 23.08 |
| 1964 | Diskos | 36.26 | Else Opsahl | 32 | Jessheim | 22.08 |
| 1964 | Spyd | 31.01 | Astrid Sundby | 42 | Lillestrøm | 23.08 |
| 1964 | Slengball 1 | 38.29 | Astrid Sundby | 42 | Lillestrøm | 22.08 |

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| 1965 | 1km terreng | 4.23 | Grethe Uhlen | 49 | Lørenskog | 04.05 |
| 1965 | 800m | 2:43.9 | Marit Wiig | 49 | Råholt | 07.08 |
| 1965 | Kule | 11.37 | Astrid Sundby | 42 | Jessheim | 14.09 |
| 1965 | Diskos | 38.26 | Else Opsahl | 32 | Jessheim | 13.09 |
| 1965 | Slengball | 42.78 | Astrid Sundby | 42 | Jessheim | 13.09 |
| 1965 | 3-kamp | 2121 | Astrid Sundby | 42 | Jessheim | 13.06 |
| 13.4-34.74-1.38 |
| 1965 | 5-kamp | 3223 | Astrid Sundby | 42 | Jessheim | 17-18-09 |
| 14.0-1.35-4.53/10.77-30.6 |

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| 1966 | Spyd | 34.60 | Astrid Sundby | 42 | Råholt | 12.08 |
| 1966 | 3-kamp | 1939 | Tove Dønnum Jensen | 40 | Jessheim | 12.06 |
| 14.3-27.90-1.48 |

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| 1967 | Høyde | 1.44 | Astrid Willersrud | 42 | Råholt | 26.08 |
| 1967 | Kule | 12.02 | Else Opsahl | 32 | Råholt | 26.08 |
| 1967 | Diskos | 38.16 | Astrid Willersrud | 42 | Råholt | 27.08 |
| 1967 | Spyd | 37.74 | Astrid Willersrud | 42 | Råholt | 27.08 |
| 1967 | 3-kamp | 784 | Else Opsahl | 32 | Blaker/Br | 18.06 |
| 14.5-35.63-1.17 |

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| 1968 | Høyde u.t. | 0.99 | Tove Dønnum Jensen | 40 | Eidsvoll | 09.03 |
| 1968 | Lengde u.t. | 2.24 | Tove Dønnum Jensen | 40 | Eidsvoll | 09.03 |
| 1968 | Høyde | 1.45 | Tove Dønnum Jensen | 40 | Råholt | 22.08 |
| 1968 | Kule | 11.52 | Else Opsahl | 32 | Råholt | 22.08 |
| 1968 | 3-kamp | 1695 | Tove Dønnum Jensen | 40 | Råholt | 24.09 |
| 15.5-25.82-1.43 |

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| 1969 | Høyde | 1.39 | Liv Knutsen | 52 | Råholt | 23.08 |
| 1969 | Kule | 11.85 | Else Opsahl | 32 | Råholt | 23.08 |

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| **UKI Historie** | **127** |

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| **KVINNER SENIOR KM** |  |

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| 1970 | 1 km terreng | 3:55.5 | May Britt Engenes | 53 | Råholt | 20.05 |
| 1970 | Høyde | 1.53 | Tove Dønnum | 40 | Lillestrøm | 05.09 |

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| 1971 | Høyde | 1.60 | Anne Mette Olsen | 54 | Råholt | 21.08 |

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| 1972 | Høyde | 1.66 | Anne Mette Olsen | 54 | Lillestrøm | 19.08 |

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| 1974 | Spyd | 37.86 | Runa Nordahl | 56 | Lillestrøm | 08.09 |

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| 1975 | Spyd | 41.14 | Runa Nordahl | 56 | Rolvsrud | 27.08 |

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| 1976 | Spyd | 39.42 | Runa Nordahl | 56 | Lillestrøm | 08.08 |

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| 1982 | 3000m | 10:59.0 | Heidi Jacobsen | 57 | Årnes | 26.05 |
| 1982 | 10 km vei | 42:22 | Bente Tenold | 62 | Jessheim | 10.10 |

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| 1984 | 3000m | 10:45.0 | Anne Nyland | 58 | Rolvsrud | 10.06 |

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| 1985 | 2km terreng | 6.07 | Anne Nyland | 58 | Jessheim | 08.05 |
| 1985 | 6km terreng | 22:13 | Nina Holm | 64 | Jessheim | 08.05 |
| 1985 | 400m | 64.3 | Anne Nyland | 58 | Lillestrøm | 20.05 |
| 1985 | 800m | 2:30.5 | Anne Nyland | 58 | Årnes | 07.08 |
| 1985 | Lengde | 4.74 | Kari Kamstrup | 58 | Lørenfallet | 27.08 |
| 1985 | Høyde | 1.40 | Kristin Bogstad | 64 | Rolvsrud | 15.06 |

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| 1986 | 2km terreng | 8:08 | Grete Sandviken | 63 | Nannestad | 10.05 |
| 1986 | 6km terreng | 26:34 | Anne Torill Garli | 56 | Nannestad | 10.05 |
| 1986 | Høyde | 1.35 | Kari Kamstrup | 56 |  Jessheim | 01.08 |
| 1986 | 4x400m | 4:45.8 |   |   |  Jessheim | 23.08 |
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| 1986 | 4x1500m | 22:12.0 |   |   |  Jessheim | 23.08 |
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| 1987 | 2km terreng | 7:54 | Ann Kristin Ullerud | 66 | Lillestrøm | 13.05 |
| 1987 | 800m | 2:23.5 | Line Røen | 66 | Jessheim | 31.07 |
| 1987 | 1500m | 5:02.2 | Line Røen | 66 | Jessheim | 01.08 |
| 1987 | 5000m | 18:58.9 | Line Røen | 66 | Jessheim | 03.09 |
| 1987 | 100m hekk  | 14.9 | Inger Birgitte Reppe | 68 | Jessheim | 31.07 |
| 1987 | Lengde | 4.54 | Kari Kamstrup | 56 | Jessheim | 01.08 |

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| 1988 | 6km terreng | 24:40 | Anne Torill Garli | 57 | Lillestrøm | 11.05 |
| 1988 | 800m | 2:18.5 | Nina Holm | 64 | Jessheim | 10.06 |
| 1988 | 1500m | 4:45.0 | Nina Holm | 64 | Jessheim | 11.06 |

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| **UKI Historie** | **128** |

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| **KVINNER SENIOR KM** |  |

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| 1993 | 200m E | 27.74 | Lena Opaker | 69 | Bjørkelangen | 05.06 |

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| 1995 | 60m E | 8.20 | Lena Opaker Øines | 69 | Lillestrøm | 19.02 |
| 1995 | 200m E | 26.11 | Lena Opaker Øines | 69 | Sofiemyr | 22.07 |

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| 1997 | 100m E | 13.63 | Lena Opaker Øines | 69 | Oslo/Bi | 05.08 |
| 1997 | 200m E | 27.51 | Lena Opaker Øines | 69 | Oslo/Bi | 30.07 |

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| 1998 | Slegge  | 26.88 | Astrid Willersrud | 42 | Rolvsrud | 03.09 |
| 1998 | Diskos  | 22.02 | Astrid Willersrud | 42 | Oslo/St | 05.09 |

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| 2001 | 800m | 2:28.66 | Anne Lillegård | 73 | Jessheim | 19.08 |

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| 2004 | 800m | 2:25.40 | Anne Lillegård | 73 | Bjørkelangen | 06.06 |

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| 2005 | 3.7km terreng | 14:33 | Marianne Opsahl | 73 | Nesodden | 28.04 |
| 2005 | 400m E | 64.80 | Anne Lillegård | 73 | Bjørkelangen | 04.06 |
| 2005 | 1500m | 5:12.14 | Marianne Opsahl | 73 | Bjørkelangen | 04.06 |

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| 2007 | 5000m | 20:53.55 | Anne Lillegård | 73 | Oslo/Bi | 12.09 |

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| 2011 | 5000m | 19:40.96 | Marianne Opsahl | 73 | Oslo/Bi | 30.06 |
| 2011 | Halvmaraton | 1:33:12 | Marianne Opsahl | 73 | Lørenskog | 29.10 |

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| 2019 | Halvmaraton | 1:20:50 | Karoline Næss | 94 | Lørenskog | 26.10 |

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| **UKI Historie** | **129** |

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| **MENN JUNIOR KM** |  |

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| 1928 | Spyd | 47.87 | Magnus Røe | 96 | Jessheim | 29.07 |
| Junioralder varierende og gikk på resultatgrense til og med 1949. Fødselsår er oppført på utøvere |

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| 1929 | Tresteg | 12.38 | Mathis Bogstad | 10 | Eidsvoll | 28.07 |

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| 1930 | 5-kamp | 2347.505 | Halvor Lund | 06 | Eidsvoll | 15.06 |
| 5.29-42.77-27.4-30.82-4:57.4 |
| 1930 | 1500m | 4:30.0 | Erik Lardahl | 10 | Lillestrøm | 26.07 |
| 1930 | 5000m | 16:48.6 | Erik Lerdahl | 10 | Lillestrøm | 27.07 |
| 1930 | Lengde | 5.68 | Harald Furuseth | 07 | Lillestrøm | 26.07 |
| 1930 | Tresteg | 12.70 | Reidar Sand | 04 | Lillestrøm | 27.07 |

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| 1931 | 400m | 57.2 | Otto Lystad | 09 | Jessheim | 26.07 |
| 1931 | 1500m | 4:30.0 | Lauritz Lund | 06 | Jessheim | 26.07 |
| 1931 | 5000m | 16:50.0 | Lauritz Lund | 06 | Jessheim | 26.07 |
| 1931 | Kule | 10.75 | Jens Wethal | 08 | Jessheim | 26.07 |
| 1931 | Spyd | 45.42 | Lauritz Lund | 06 | Jessheim | 26.07 |

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| 1932 | Høyde | 1.64 | Asbjørn Hertzenberg | 10 | Eidsvoll | 31.07 |
| 1932 | Kule | 10.89 | Jens Wethal | 08 | Eidsvoll | 30.07 |
| 1932 | Diskos | 31.73 | Asbjørn Hertzenberg | 10 | Eidsvoll | 30.07 |

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| 1933 | 100m | 11.9 | Ole H. Wethal | 02 | Eidsvoll | 30.07 |
| 1933 | 1500m | 4:27.3 | Erling Støverud | 08 | Eidsvoll | 30.07 |
| 1933 | Kule | 11.56 | Ole H. Wethal | 02 | Eidsvoll | 30.07 |
| 1933 | Diskos | 32.19 | Asbjørn Hertzenberg | 10 | Eidsvoll | 30.07 |

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| 1934 | Diskos | 33.11 | Asbjørn Hertzenberg | 10 | Jessheim | 29.07 |

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| 1938 | 100m | 11.8 | Magne Haave | 12 | Eidsvoll | 14.08 |
| 1938 | Lengde | 6.01.5 | Magne Haave | 12 | Eidsvoll | 14.08 |
| 1938 | Kule | 11.77.5 | Magne Haave | 12 | Eidsvoll | 14.08 |
| 1938 | Spyd | 49.89 | Olaf Tronrud | 10 | Eidsvoll | 14.08 |

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| 1939 | Stav | 2.88 | Knut Fossum | 22 | Kløfta | 05.08 |

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| 1948 | 4 km terreng | 13:58 | Halvard Bålsrud | 29 | Løken | 06.05 |
| 1948 | 5000m | 16:49.6 | Halvard Bålsrud | 29 | Lillestrøm/Vi | 08.08 |

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| 1951 | Lengde u.t. | 2.83 | Tormod Holand | 33 | Årnes | 04.04 |
| 1951 | 400m | 57.1 | Rolf Damlien | 31 | Sand | 04.08 |
| 1951 | 800m | 2:08.6 | Rolf Damlien | 31 | Sand | 05.08 |

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| 1954 | Lengde | 5.78 | Anfinn Thoresen | 34 | Kløfta | 08.08 |
| 1954 | Diskos | 34.28 | Anfinn Thoresen | 34 | Kløfta | 07.08 |
| 1954 | Spyd | 45.33 | Anfinn Thoresen | 34 | Kløfta | 07.08 |
| **UKI Historie** | **130** |

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| **MENN JUNIOR KM** |  |

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| 1956 | 1500m | 4:24.4 | Johannes Bruvik | 36 | Eidsvoll | 01.09 |
| 1956 | 3000m | 9:35.2 | Johannes Bruvik | 36 | Eidsvoll | 01.09 |

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| 1957 | Høyde u.t. | 1.43 | Kjell Larsen | 37 | Eidsvoll | 10.03 |
| 1957 | Lengde u.t. | 2.81 | Kjell Larsen | 37 | Eidsvoll | 10.03 |

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| 1958 | Lengde u.t. | 2.85 | Thor Martin Furuseth | 41 | Lillestrøm/Vi | 16.03 |

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| 1959 | Kule | 12.59 | Terje Tronæs | 39 | Råholt | 13.06 |
| 1959 | Slegge | 33.12 | Terje Tronæs | 39 | Råholt | 14.06 |
| 1959 | Spyd | 51.60 | Terje Tronæs | 39 | Råholt | 13.06 |

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| 1961 | Høyde u.t. | 1.24 | Johannes Harviken | 43 | Jessheim | 24.03 |

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| 1962 | 10-kamp | 2849 | Shaun Matheson | 43 | Strømmen  | 22+24.09 |
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| 1963 | 800m | 2:06.2 | Einar Hellum | 47 | Råholt | 24.06 |
| 1963 | 1500m | 4:28.2 | Torgeir Sørum | 45 | Råholt | 23.06 |

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| 1964 | 4km terreng  | 12:46 | Torgeir Sørum | 45 | Jessheim | 22.04 |
| 1964 | 1500m | 4:13.1 | Torgeir Sørum | 45 | Råholt | 13.06 |
| 1964 | 3000m | 9:32.8 | Torgeir Sørum | 45 | Råholt | 14.06 |

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| 1965 | 2km terreng |  8.33 | Torgeir Sørum | 45 | Lørenskog | 04.05 |
| 1965 | 400m | 53.5 | Einar Hellum | 47 | Strømmen | 29.09 |
| 1965 | 800m | 2:06.7 | Einar Hellum | 47 | Strømmen | 30.09 |
| 1965 | 1500m | 4:20.1 | Torgeir Sørum | 45 | Strømmen | 29.09 |
| 1965 | 1500mhinder | 4:48.2 | Torgeir Sørum | 45 | Jessheim | 25.09 |
| 1965 | 1000m | 2:11.7 | Ullensaker/Kisa IL |  | Strømmen | 30.09 |
| ? |

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| 1966 | 800m | 1:57.7 | Einar Hellum | 47 | Råholt | 28.08 |
| 1966 | 1500m hinder | 4:36.4 | Einar Hellum | 47 | Jessheim | 09.10 |

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| 1967 | 200m | 24.0 | Finn Ugletveit | 49 | Blaker/Br | 13.08 |

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| 1969 | 5-kamp | 2663 | Finn Ugletveit | 49 | Jessheim | 22.06 |
| 5.02-42.62-24.0-24.76-4:38.7 |
| 1969 | 10-kamp | 4661 | Finn Ugletveit | 49 | Jessheim  | 13-14.09 |
| 11.9-5.54-9.39-1.59-55.4/19.3-26.78-1.98-40.36-4:44.4 |

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| 1980 | 6km terreng | 18:29 | Kjell Frostlid |  61 | Fetsund  | 07.05 |
| 1980 | 2000m hinder | 6:40.5 | Trygve Stanger | 62 | Løken | 25.06 |
| 1980 | Stav | 2.10 | Frode Liland | 65 | Rolvsrud | 26.06 |

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| **UKI Historie** | **131** |

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| **MENN JUNIOR KM** |  |

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| 1982 | 800m | 2:03.1 | Trygve Stanger | 62 | Lillestrøm | 27.08 |
| 1982 | 1500m | 4:17.4 | Trygve Stanger | 62 | Lillestrøm | 26.08 |
| 1982 | 4x1500m | 18:21.4 |   |   | Årnes  | 09.06 |
| ? |

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| 1984 | Høyde | 1.65 | Frode Myrvang | 67 | Jessheim | 22.06 |
| 1984 | Spyd | 43.42 | Frode Myrvang | 67 | Jessheim | 22.06 |

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| 1985 | 2km terreng | 5:41 | Hans Georg Haug | 67 | Jessheim | 08.05 |
| 1985 | 6km terreng | 18:34 | Ole Kristian Westby | 66 | Jessheim | 08.05 |
| 1985 | 800m | 2:04.3 | Hans Georg Haug | 67 | Årnes | 07.08 |
| 1985 | 1500m | 4:25.9 | Hans Georg Haug | 67 | Lørenfallet | 27.08 |
| 1985 | 5000m | 16:08.5 | Ole Kristian Westby | 66 | Rolvsrud | 15.06 |
| 1985 | Lengde | 5.99 | Jo Henning H. Nilssen | 68 | Lørenfallet | 27.08 |
| 1985 | Høyde | 1.85 | Frode Myrvang | 67 | Lillestrøm | 20.05 |
| 1985 | Kule | 9.70 | Jo Henning H. Nilssen | 68 | Årnes | 07.08 |
| 1985 | Diskos | 32.18 | Morten Knutsen | 70 | Rolvsrud | 15.06 |
| 1985 | Spyd | 50.54 | Jo Henning H. Nilssen | 68 | Lillestrøm | 20.05 |

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| 1986 | 2km terreng | 6:33 | Bjørn Ingvar Jensen | 66 | Nannestad | 10.05 |
| 1986 | 6km terreng | 21:24 | Bjørn Ingvar Jensen | 66 | Nannestad | 10.05 |
| 1986 | Høyde u.t. | 1.48 | Jo Henning H. Nilssen | 68 | Jessheim | 11.03 |
| 1996 | Lengde u.t. | 3.02 | Ola Nerhagen | 71 | Jessheim | 11.03 |
| 1986 | 100m | 11.5 | Bjørn Tore Ottersen | 66 | Jessheim | 02.08 |
| 1986 | 200m | 23.5 | Bjørn Tore Ottersen | 66 | Jessheim | 01.08 |
| 1986 | 400m | 51.8 | Bjørn Tore Ottersen | 66 | Jessheim | 02.08 |
| 1986 | 800m | 1:57.2 | Bjørn Tore Ottersen | 66 | Jessheim | 01.08 |
| 1986 | Stav | 3.00 | Jan Andresen | 70 | Jessheim | 06.09 |
| 1986 | Lengde | 5.72 | Frode Myrvang | 67 | Jessheim | 02.08 |
| 1986 | Tresteg | 12.77 | Morten Knutsen | 70 | Jessheim | 01.08 |
| 1986 | Diskos | 37.32 | Jo Henning H. Nilssen | 68 | Jessheim | 02.08 |
| 1986 | Spyd | 53.66 | Jo Henning H. Nilssen | 68 | Jessheim | 02.08 |
| 1986 | 4x100m M | 45.6 |   |   | Jessheim | 23.08 |
| Morten Knutsen70-Thorstein Gystad67-Jo Henning H. Nilssen68-Bjørn Tore Ottersen66 |

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| 1987 | 2km terreng | 6:23 | Hans Georg Haug | 67 | Lillestrøm | 13.05 |
| 1987 | Høyde u.t. | 1.48 | Jo Henning H. Nilssen | 68 | Årnes | 27.02 |
| 1987 | Lengde u.t. | 3.02 | Ola Nerhagen | 71 | Årnes | 27.02 |
| 1987 | 1500m | 4:20.4 | Hans Georg Haug | 67 | Jessheim | 01.08 |
| 1987 | 5000m | 16:32.1 | Thorbjørn Næss | 68 | Jessheim | 31.07 |
| 1987 | Høyde | 1.75 | Jan Andresen | 70 | Jessheim | 31.07 |
| 1987 | Stav | 3.70 | Jan Andresen | 70 | Jessheim | 03.09 |
| 1987 | Tresteg | 12.80 | Morten Knutsen | 70 | Jessheim | 31.07 |
| 1987 | 4x100m M | 45.8 |   |   | Jessheim | 20.09 |
| Ola Nerhagen71-Jo Henning H. Nilssen68-Edward Hughes71-Thorstein Gystad67 |

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| **UKI Historie** | **132** |

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| **MENN JUNIOR KM** |  |

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| 1988 | 1500m | 4:24.8 | Rune Skinnerlien | 71 | Jessheim  | 11.06 |
| 1988 | 110m hekk | 16.1 | Jo Henning H. Nilssen | 68 | Jessheim | 10.06 |
| 1988 | Lengde | 6.38 | Jo Henning H. Nilssen | 68 | Jessheim | 11.06 |
| 1988 | Diskos | 35.56 | Jo Henning H. Nilssen | 68 | Jessheim | 11.06 |

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| 1989 | 100m | 11.5 +2.8 | Runar Homble | 72 | Bjørkelangen | 09.09 |
| 1989 | 800m | 1:53.6 | Hans Jørgen Borgen | 70 | Bjørkelangen | 09.09 |
| 1989 | 4x400m | 3:29.8 |   |   | Nadderud | 03.09 |
|  Runar Homble72-Hans Jørgen Borgen70-Ola Nerhagen71-Frode Nygård69 |
| 1989 | 1000m | 2:04.7 |   |   | Bjørkelangen | 10.09 |
| Frode Nygård69-Runar Homble72-Ola Nerhagen71-Hans Jørgen Borgen70 |

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| 1992 | 200m E | 23.34 | Runar Homble | 72 | Asker/Fø | 12.09 |
| 1992 | 100m E | 11.62 | Runar Homble | 72 | Asker/Fø | 13.09 |

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| 1993 | 100m E | 11.83 +2.2 | Øystein Iversen | 73 | Oslo/Bi | 09.06 |

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| 1996 | 2 km terreng | 6:31 | Alf Roger Holme | 77 | Nittedal | 29.04 |
| 1997 | 100m E | 11.46 | Eirik Haus | 79 | Oslo/Bi | 11.09 |

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| 1998 | 2 km terreng | 6:48 | Alf Roger Holme | 77 | Nittedal | 03.05 |

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| **UKI Historie** | **133** |

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| **KVINNER JUNIOR KM** |  |

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| 1958 | Høyde | 1.42 | Tove Dønnum | 40 | Jessheim | 23.08 |
| 1958 | Diskos 1 | 27.35 | Tove Dønnum | 40 | Jessheim | 23.08 |
| 1958 | Kule 4 | 9.19 | Astrid Sundby | 42 | Jessheim | 23.08 |

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| 1959 | 100m | 13.8 | Anne Lise Aas | 41 | Jessheim | 29.08 |
| 1959 | 80m hekk 76 | 14.4 | Astrid Sundby | 42 | Jessheim | 30.08 |
| 1959 | Høyde | 1.30 | Ragnhild Sundby | 44 | Jessheim | 29.08 |
| 1959 | Lengde | 4.50 | Astrid Sundby | 42 | Jessheim | 30.08 |
| 1959 | Kule | 9.98 | Astrid Sundby | 42 | Jessheim | 29.08 |
| 1959 | Diskos | 30.06 | Astrid Sundby | 42 | Jessheim | 30.08 |

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| 1960 | 100m | 13.4 | Winnie Lindner | 44 | Råholt | 20.08 |
| 1960 | 80m hekk 76 | 14.0 | Winnie Lindner | 44 | Råholt | 21.08 |
| 1960 | Høyde | 1.27 | Winnie Lindner | 44 | Råholt | 20.08 |
| 1960 | Lengde | 4.46 | Ragnhild Sundby | 44 | Råholt | 21.08 |
| 1960 | Kule | 9.24 | Astrid Sundby | 42 | Råholt | 20.08 |
| 1960 | Diskos | 30.98 | Astrid Sundby | 42 | Råholt | 20.08 |
| 1960 | Spyd | 31.30 | Ragnhild Sundby | 44 | Råholt | 21.08 |
| 1960 | 4x100m | 55.0 | Ullensaker/Kisa IL |  | Råholt | 21.08 |
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| 1961 | Spyd | 26.87 | Ragnhild Sundby | 44 | Strømmen | 17.06 |

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| 1962 | Lengde u.t. | 2.36 | Kari Furuseth | 45 | Strømmen | 08.04 |
| 1962 | 100m | 13.3 | Winnie Lindner | 44 | Lillestrøm | 11.09 |
| 1962 | 80m hekk | 13.9 | Winnie Lindner | 44 | Lillestrøm | 11.09 |
| 1962 | Spyd | 24.86 | Winnie Lindner | 44 | Lillestrøm | 11.09 |

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| 1963 | 400m | 70.5 | Cora Halsan | 47 | Lillestrøm | 24.08 |
| 1963 | 800m | 2:44.4 | Cora Halsan | 47 | Lillestrøm | 25.08 |

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| 1964 | 400m | 67.7 | Grethe Uhlen | 49 | Råholt | 13.06 |
| 1964 | 800m | 2:38.1 | Grete Vegel | 47 | Råholt | 14.06 |

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| 1965 | 3-kamp | 1650 | Grethe Uhlen | 49 | Jessheim | 13.06 |
| 13.6-18.17-1.35 |
| 1965 | 5-kamp | 2380 | Marit Wiig | 49 | Jessheim | 17-18.09 |
| 16.5-1.20-3.93/6.91-29.9 |

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| 1966 | 400m | 64.9 | Marit Wiig | 49 | Råholt | 27.08 |
| 1966 | 800m | 2:43.6 | Marit Wiig | 49 | Råholt | 28.08 |
| 1966 | Høyde | 1.35 | Liv Knutsen | 52 | Råholt | 28.08 |
| 1966 | Spyd | 26.32 | Nina Næss | 51 | Råholt | 28.08 |

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| **UKI Historie** | **134** |

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| **KVINNER JUNIOR KM** |  |

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| 1968 | 3-kamp | 1610 | Liv Knudsen | 52 | Råholt | 23.09 |
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| 1969 | Høyde | 1.39 | Liv Knutsen | 52 | Råholt | 16.08 |

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| 1970 | Høyde | 1.40 | Anne Mette Olsen | 54 | Strømmen | 13.09 |

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| 1971 | Høyde | 1.63 | Anne Mette Olsen | 54 | Strømmen | 04.09 |
| 1971 | Lengde | 4.93 | Anne Mette Olsen | 54 | Strømmen | 05.09 |

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| 1972 | Høyde | 1.65 | Anne Mette Olsen | 54 | Strømmen | 01.09 |

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| 1981 | 800m | 2:26.6 | Inger Lise Borgen | 64 | Lillestrøm | 23.08 |

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| 1982 | 2 km terreng | 7:03 | Anne Karin Halvorsen | 63 | Årnes/Sk | 13.05 |
| 1982 | 1500m | 4:56.3 | Nina Holm | 64 |  Lillestrøm | 26.08 |
| 1982 | 3000m | 10:45.8 | Anne Karin Halvorsen | 63 | Årnes | 26.05 |

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| 1984 | Høyde u.t. | 1.25 | Tone Sæthermoen | 69 | Skårer | 18.03 |
| 1984 | Lengde u.t. | 2.52 | Inger Birgitte Reppe | 68 | Skårer | 18.03 |
| 1984 | Høyde | 1.60 | Guri Fjeldberg | 69 | Rolvsrud | 09.06 |
| 1984 | 3000m | 10:52.0 | Line Røen | 66 | Rolvsrud | 09.06 |
| 1984 | 400m | 63.4 | Kari Fjeldberg | 68 | Jessheim | 22.06 |

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| 1985 | Lengde u.t. | 2.51 | Inger Birgitte Reppe | 68 | Lørenskog | 06.03 |
| 1985 | 100m | 13.7 | Inger Birgitte Reppe | 68 | Årnes | 07.08 |
| 1985 | 3000m | 11:12.4 | Line Røen | 66 | Rolvsrud | 15.06 |
| 1985 | Lengde | 4.86 | Guri Fjeldberg | 69 | Lørenfallet | 27.08 |
| 1985 | Kule | 9.26 | Guri Fjeldberg | 69 | Årnes | 07.08 |
| 1985 | Spyd | 29.50 | Eva Cathrine Torvund | 69 | Lillestrøm | 20.05 |
| 1985 | 4x1500m | 22:09.7 | KJ |   | Jessheim | 17.09 |
| Line Røen66-Wenche Moum67-Ann Kristin Ullerud66-Kristin Jensen70 |
| 1985 | 1000m | 2:34.7 |   |   | Strømmen | 25.09 |
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| 1986 | Høyde u.t. | 1.25 | Guri Fjeldberg | 69 | Jessheim | 11.03 |
| 1986 | Lengde u.t. | 2.44 | Guri Fjeldberg | 69 | Jessheim | 11.03 |
| 1986 | 200m | 27.7 | Kirsten Andersen | 70 | Jessheim | 01.08 |
| 1986 | 800m | 2:22.8 | Line Røen | 66 | Jessheim | 02.08 |
| 1986 | 3000m | 11:14.7 | Line Røen | 66 | Jessheim | 01.08 |
| 1986 | Kule | 9.97 | Guri Fjeldberg | 69 | Jessheim | 01.08 |
| 1986 | Diskos | 32.62 | Guri Fjeldberg | 69 | Jessheim | 01.08 |
| 1986 | 4x1500m | 21:18.9 |   |   | Jessheim | 23.08 |
| Hege Melby68-Line Røen66-Ann Kristin Ullerud66-Gunn Vilberg66 |

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| **UKI Historie** | **135** |

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| **KVINNER JUNIOR KM** |  |

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| 1987 | Høyde u.t. | 1.25 | Guri Fjeldberg | 69 | Årnes/Ne | 27.02 |
| 1987 | Lengde u.t. | 2.44 | Guri Fjeldberg | 69 | Årnes/Ne | 27.02 |
| 1987 | 800m | 2:24.0 | Kristin Jensen | 70 | Jessheim | 31.07 |
| 1987 | 100m hekk  | 14.9 | Inger Birgitte Reppe | 68 | Jessheim | 31.08 |
| 1987 | Spyd | 35.12 | Eva Cathrine Torvund | 69 | Jessheim | 01.08 |

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| 1987 | 4x100m M | 53.1 |   |   | Jessheim | 20.09 |
| Eva Torvund69-Inger Birgitte Reppe68-Kristin Jensen70-Lene Nyland74 |

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| 1988 | Lengde u.t. | 2.46 | Inger Birgitte Reppe | 68 | Jessheim/Je | 10.03 |

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| 1989 | Høyde u.t. | 1.15 | Guri Fjeldberg | 69 | Jessheim/Je | 16.03 |
| 1989 | Lengde u.t. | 2.31 | Guri Fjeldberg | 69 | Jessheim/Je | 16.03 |

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| 1991 | Høyde | 1.68 | Kristin Urnes | 75 | Ski | 24.08 |

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| 1992 | Spyd | 33.88 | Kristine Heggelund | 76 | Asker/Fø | 12.09 |
| 1992 | Lengde | 4.96 | Tone Lauritzen | 76 | Asker/Fø | 13.09 |

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| 1993 | Lengde | 5.11 | Tone Lauritzen | 76 | Oslo/Bi | 10.06 |

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| 1995 | Lengde u.t. | 2.32 | Tone Lauritzen | 76 | Hurdal | 12.03 |

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| 2000 | 2km terreng  | 6:05 | Liv Anita Mikkelborg | 80 | Nittedal | 04.05 |

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| **UKI Historie** | **136** |

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| **GUTTER KM** |  |

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| 1954 | 100m | 12.4 | Sverre Støverud | 37 | Jessheim | 28.06 |

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| 1955 | 60m | 9.1 | Nils Kristen Wiig | 43 | Jessheim | 28.08 |

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| 1957 | 60m | 7.5 | Hans Kristian Hansen | 41 | Jessheim | 29.09 |

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| 1958 | 100m | 11.5 | Jan Bredesen | 41 | Jessheim | 23.08 |
| 1958 | 800m | 2:14.5 | Hans Kristian Hoff | 40 | Jessheim | 24.08 |
| 1958 | 60m | 8.8 | Martin Bratfoss | 47 | Jessheim | 23.08 |

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| 1959 | Lengde u.t. | 2.21 | Martin Bratfos | 47 | Jessheim | 15.02 |
| 1959 | 60m | 8.6 | Martin Bratfoss | 47 | Jessheim | 30.08 |
| 1959 | Høyde | 1.50 | Bjørn Engelstad | 42 | Jessheim | 30.08 |
| 1959 | Høyde | 1.20 | Einar Hellum | 47 | Jessheim | 30.08 |

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| 1961 | Høyde | 1.26 | Ingar Ingerø | 49 | Strømmen | 03.09 |

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| 1962 | Lengde u.t. | 2.47 | Terje Finnebråten | 48 | Lillestrøm/Vi | 21.02 |
| 1962 | 800m | 2:12.5 | Einar Hellum | 47 | Jessheim | 06.09 |
| 1962 | Spyd 600 g | 38.44 | Terje Finnebråten | 48 | Jessheim | 06.09 |

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| 1963 | 400m | 67.1 | Bjørn Hellum | 48 | Råholt | 18.08 |
| 1963 | 400m | 54.7 | Einar Hellum | 47 | Råholt | 18.08 |
| 1963 | 800m | 2:09.1 | Einar Hellum | 47 | Råholt | 22.09 |
| 1963 | 800m | 2:11.2 | Torgeir Sørum | 45 | Råholt | 22.09 |
| 1963 | 3000m | 9:55.1 | Torgeir Sørum | 45 | Råholt | 22.09 |
| 1963 | Kule 4 kg | 13.75 | Terje Finnebråten | 48 | Råholt | 18.08 |
| 1963 | Diskos 1.5 kg | 30.23 | Terje Finnebråten | 48 | Råholt | 18.08 |

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| 1964 | 800m | 2:11.9 | Martin Hansen | 48 | Lillestrøm | 23.08 |
| 1964 | Stav | 2.67 | Petter Ørvik | 48 | Lillestrøm | 22.08 |
| 1964 | Diskos 1.5 kg | 32.16 | Terje Finnebråten | 48 | Lillestrøm | 22.08 |
| 1964 | Spyd 600 g | 48.90 | Terje Finnebråten | 48 | Lillestrøm | 22.08 |

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| 1965 | 3km terreng | 9:07 | Martin Hansen | 48 | Blaker/Br | 25.04 |
| 1965 | 200m | 24.2 | Jon Martinsen | 47 | Råholt | 29.08 |
| 1965 | 400m | 52.4 | Einar Hellum | 47 | Råholt | 28.08 |
| 1965 | 800m | 2:05.6 | Einar Hellum | 47 | Råholt | 29.08 |
| 1965 | Kule 5.5 kg | 13.26 | Terje Finnebråten | 48 | Råholt | 28.08 |
| 1965 | Spyd 800 g | 43.74 | Terje Finnebråten | 48 | Råholt | 29.08 |

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| 1966 | Kule 5.5 kg | 12.72 | Terje Finnebråten | 48 | Lillestrøm | 11.09 |

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| 1967 | 200m | 23.5 | Finn Ugletveit | 49 | Lillestrøm | 10.09 |
| 1967 | 400m | 53.1 | Finn Ugletveit | 49 | Lillestrøm | 09.09 |

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| **UKI Historie** | **137** |

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| **GUTTER KM** |  |

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| 1969 | 1400m terreng | 4:19.4 | Øivind Gulbrandsen | 51 | Setskog | 27.04 |
| 1969 | 3000m | 10:01.6 | Øivind Gulbrandsen | 51 | Strømmen | 07.09 |
| 1969 | Stav | 2.80 | Magne Furuseth | 53 | Blaker/Br | 05.10 |

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| 1970 | 600m terreng | 2:00.7 | Claus Nerhagen | 59 | Blaker/Ha | 25.04 |
| 1970 | 60m | 8.9 | Frode Bekken | 59 | Råholt | 20.09 |
| 1970 | 600m | 1:48.3 | Claus Nerhagen | 59 | Råholt | 19.09 |
| 1970 | Lengde | 4.32 | Claus Nerhagen | 59 | Råholt | 20.09 |
| 1970 | 3-kamp | 2314 | Claus Nerhagen | 59 | Lillestrøm | 09.08 |
| 9.5-3.94-6.75 |

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| 1971 | 3 km terreng | 10:28 | Harald Lindstrøm | 54 | Lørenfallet | 24.04 |
| 1971 | 1.5 km terreng | 4:40.5 | Øivind Kjørmo | 56 | Lørenfallet | 24.04 |
| 1971 | 500m terreng | 1:41.0 | Claus Nerhagen | 59 | Setskog | 25.04 |
| 1971 | 60m | 8.7 | Frode Bekken | 59 | Lillestrøm | 18.09 |
| 1971 | 600m | 1:40.4 | Claus Nerhagen | 59 | Lillestrøm | 19.09 |
| 1971 | 1500m | 4:27.5 | Øivind Kjørmo | 56 | Lillestrøm | 19.09 |
| 1971 | Lengde | 4.99 | Claus Nerhagen | 59 | Lillestrøm | 20.09 |

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| 1972 | 800m terreng | 2:28.4 | Claus Nerhagen | 59 | Råholt | 30.04 |
| 1972 | 100m | 14.1 | Claus Nerhagen | 59 | Råholt | 09.09 |
| 1972 | 200m | 32.2 | Claus Nerhagen | 59 | Råholt | 10.09 |
| 1972 | 600m | 1:39.6 | Claus Nerhagen | 59 | Råholt | 10.09 |
| 1972 | Lengde | 4.10 | Jon Backe-Bogstad | 61 | Råholt | 09.09 |
| 1972 | Lengde | 4.95 | Claus Nerhagen | 59 | Råholt | 09.09 |
| 1972 | Spyd 800 | 46.10 | Ivar Skedsmo | 55 | Råholt | 10.09 |

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| 1973 | 2km terreng | 6.44 | Øivind Kjørmo | 56 | Årnes | 29.04 |
| 1973 | 100m | 12.2 | Kåre Gismervik | 57 | Lillestrøm | 18.06 |
| 1973 | 200m | 25.2 | Kåre Gismervik | 57 | Lillestrøm | 22.06 |
| 1973 | 600m | 1:45.6 | Claus Nerhagen | 59 | Bruvollen | 22.09 |

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| 1974 | 600m | 1:37.7 | John Backe-Bogstad | 61 | Strømmen | 11.09 |

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| 1975 | 800m terreng | 2:11.9 | John Backe-Bogstad | 61 | Lillestrøm | 30.04 |
| 1975 | 100m | 12.0 | Kåre Gismervik | 58 | Lillestrøm | 25.08 |
| 1975 | 100m | 12.4 | Claus Nerhagen | 59 | Lillestrøm | 25.08 |
| 1975 | 600m | 1:34.7 | John Backe-Bogstad | 61 | Lillestrøm | 25.08 |

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| 1976 | 100m | 13.3 | Kåre Svensson | 61 | Årnes | 01.09 |
| 1976 | 400m | 59.0 | Kåre Svensson | 61 | Nannestad | 15.08 |
| 1976 | 800m | 2:15.4 | Kåre Svensson | 61 | Årnes | 01.09 |

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| **UKI Historie** | **138** |

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| **GUTTER KM** |  |

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| 1977 | 400m | 59.2 | Kåre Svensson | 61 | Årnes | 17.08 |
| 1977 | 800m | 2:07.0 | Claus Nerhagen | 59 | Nannestad | 11.09 |
| 1977 | 1500m | 4:40.9 | Kåre Svensson | 61 | Årnes | 17.08 |
| 1977 | Kule 5.5 kg | 11.67 | Morten Gaarder | 60 | Nannestad | 11.09 |

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| 1978 | Diskos 1.5 | 41.28 | Morten Gaarder | 60 | Rolvsrud | 23.09 |

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| 1979 | Lengde u.t. | 2.61 | Tor Lasse Johansen | 63 | Skårer | 25.03 |
| 1979 | Lengde s | 4.52 | Ørnulf Brekke | 66 | Lillestrøm | 28.08 |
| 1979 | 1500m | 4:34.8 | Trygve Stanger | 62 | Rolvsrud | 08.09 |
| 1979 | 4x100m | 54.7 | Ullensaker/Kisa IL 13-14 |  | Lillestrøm | 06.09 |
| ? |

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| 1980 | L.ball 150 g | 51.62 | Morten Knutsen | 70 | Jessheim | 01.09 |
| 1980 | Høyde | 1.50 | Thor Lasse Johansen | 63 | Rolvsrud | 17.06 |
| 1980 | 4-kamp | 2903 | Frode Liland | 65 | Rolvsrud | 14.09 |
| 13.3-4.92-11.66-2:20.6 |

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| 1981 | 60m | 8.9 | Morten Knutsen | 70 | Nannestad | 12.09 |
| 1981 | 60m hekk 76 | 12.7 | Morten Knutsen | 70 | Lørenfallet | 25.06 |
| 1981 | Lengde s | 4.57 | Morten Knutsen | 70 | Lørenfallet | 25.06 |
| 1981 | Kule 3 kg | 8.42 | Morten Knutsen | 70 | Lørenfallet | 25.06 |
| 1981 | Liten ball 150 | 51.12 | Morten Knutsen | 70 | Nannestad | 12.09 |
| 1981 | 400m | 56.2 | Fred Arild Kjernli | 64 | Jessheim | 02.09 |
| 1981 | 800m | 2:07.1 | Fred Arild Kjernli | 64 | Nannestad | 12.09 |
| 1981 | 4-kamp | 3689 | Morten Knutsen | 70 | Kløfta | 20.09 |
| ? |
| 1981 | 4-kamp | 2999 | Frode Grøndahl | 69 | Kløfta | 20.09 |
| ? |
| 1981 | 4x60m | 34.4 | Ullensaker/Kisa IL 11-12 |  | Lillestrøm | 08.09 |
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| 1982 | Lengde u.t. | 2.25 | Morten Knutsen | 70 | Lørenskog/Lø | 21.03 |
| 1982 | 60m | 8.5 | Morten Knutsen | 70 | Rolvsrud | 19.09 |
| 1982 | 60m h 76.2 | 10.4 | Morten Knutsen | 70 | Årnes | 01.09 |
| 1982 | Lengde s | 5.05 | Morten Knutsen | 70 | Rolvsrud | 19.09 |
| 1982 | Kule 3 kg | 12.61 | Morten Knutsen | 70 | Rolvsrud | 19.09 |
| 1982 | L. ball 150 g | 58.98 | Morten Knutsen | 70 | Jessheim | 03.06 |
| 1982 | Diskos 1 kg | 27.34 | Frode Grøndahl | 69 | Rolvsrud | 19.09 |
| 1982 | 4-kamp | 3223 | Roger Rønning | 71 | Lillestrøm | 12.09 |
| ? |
| 1982 | 4-kamp | 3859 | Morten Knutsen | 70 | Lillestrøm | 12.09. |
| ? |
| 1982 | 4x60m | 35.3 |  G11-12 |   |  Nannestad | 07.09 |
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| **UKI Historie** | **139** |

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| **GUTTER KM** |  |

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| 1983 | Høyde u.t. | 1.15 | Jarle Sæthermoen | 70 | Haga/Fr | 20.03 |
| 1983 | Lengde u.t. | 2.53 | Morten Knutsen | 70 | Haga/Fr | 20.03 |
| 1983 | 100m | 13.3 | Morten Knutsen | 70 | Strømmen | 04.06 |
| 1983 | 400m | 53.0 | Bjørn Tore Ottersen | 66 | Strømmen | 04.06 |
| 1983 | Lengde | 5.40 | Jo Henning H. Nilssen | 68 | Strømmen | 04.06 |
| 1983 | Kule 5.5 kg | 10.95 | Bjørn Tore Ottersen | 66 | Strømmen | 04.06 |

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| 1983 | Spyd 600 g | 41.58 | Morten Knutsen | 70 | Strømmen | 04.06 |
| 1983 | 1500m | 4:14.9 | Ronny Opaker | 66 | Strømmen | 17.08 |
| 1983 | 1500m | 4:22.5 | Bjørn Ingvar Jensen | 55 | Strømmen | 17.08 |
| 1983 | Spyd 600 g | 46.22 | Jo Henning H. Nilssen | 68 | Strømmen | 17.08 |
| 1983 | 1500m | 4:22.5 | Hans Georg Haug | 67 | Strømmen | 17.08 |
| 1983 | 1500m | 4:42.9 | Thorbjørn Næss | 67 | Strømmen | 17.08 |
| 1983 | 100m h 91.4 | 15.3 | Jo Henning H. Nilssen | 68 | Jessheim | 05.09 |
| 1983 | 800m | 2:04.5 | Bjørn Tore Ottersen | 66 | Jessheim | 05.09 |
| 1983 | Høyde | 1.75 | Frode Myrvang | 67 | Jessheim | 05.09 |
| 1983 | Diskos 1.5 kg | 40.42 | Jo Henning H. Nilssen | 68 | Jessheim | 05.09 |
| 1983 | Lengde | 3.78 | Tron Wiig | 72 | Kløfta | 22.09 |
| 1983 | Diskos 1 kg | 40.16 | Morten Knutsen | 70 | Kløfta | 22.09 |
| 1983 | 4-kamp | 2975 | Roger Rønning | 71 | Strømmen | 20.09 |
| ? |
| 1983 | 4x100m M | 49.6 | G15-16 |   | Jessheim | 19.09 |
| Bjørn Tore Ottersen66-Michael Knutsen66-Ronny Opaker66-Bjørn Jensen66 |

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| 1984 | Tresteg | 12.07 | Jo Henning H. Nilssen | 68 | Strømmen | 27.06 |
| 1984 | Tresteg | 11.78 | Frode Myrvang | 67 | Strømmen | 27.06 |
| 1984 | Spyd 600 g | 51.50 | Jo Henning H. Nilssen | 68 | Strømmen | 27.06 |
| 1984 | 100m h 91.4 | 14.6 | Jo Henning H. Nilssen | 68 | Jessheim | 03.09 |
| 1984 | 800m | 2:05.0 | Bjørn Tore Ottersen | 66 | Jessheim | 03.09 |
| 1984 | Høyde | 1.70 | Frode Myrvang | 67 | Jessheim | 03.09 |
| 1984 | Høyde | 1.70 | Jo Henning H. Nilssen | 68 | Jessheim | 03.09 |
| 1984 | Høyde | 1.45 | Frode Grøndahl | 69 | Jessheim | 03.09 |
| 1984 | Diskos 1.5 kg | 31.18 | Bjørn Egil Ludvigsen | 67 | Jessheim | 03.09 |
| 1984 | Diskos 1 kg | 37.74 | Jo Henning H. Nilssen | 68 | Jessheim | 03.09 |
| 1984 | Diskos 1 kg | 37.74 | Lars Petter Syverud | 69 | Jessheim | 03.09 |

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| 1985 | Høyde u.t. | 1.40 | Lars Petter Syversrud | 69 | Jessheim | 12.03 |
| 1985 | Høyde u.t. | 1.46 | Jo Henning H. Nilssen | 68 | Jessheim | 12.03 |
| 1985 | Lengde u.t. | 2.70 | Ola Nerhagen | 71 | Jessheim | 12.03 |
| 1985 | Lengde u.t. | 2.83 | Lars Petter Syversrud | 69 | Jessheim | 12.03 |
| 1985 | 60m | 8.1 | Ola Nerhagen | 71 | Haga | 23.08 |
| 1985 | Lengde | 5.43s | Ola Nerhagen | 71 | Haga | 23.08 |
| 1985 | 100m | 12.5 | Arne Bjørndal | 70 | Strømmen | 26.06 |
| 1985 | 100m h 91.4 | 16.2 | Morten Knutsen | 70 | Haga | 26.09 |
| 1985 | Høyde | 1.75 | Morten Knutsen | 70 | Haga | 26.09 |

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| **UKI Historie** | **140** |

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| **GUTTER KM** |  |

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| 1985 | Kule 4 kg | 15.22 | Morten Knutsen | 70 | Lørenfallet | 18.06 |
| 1985 | Diskos 1 kg | 51.29 | Morten Knutsen | 70 | Haga | 26.09 |
| 1985 | 100m | 12.3 | Lars Petter Syversrud | 69 | Strømmen | 26.06 |
| 1984 | 100m h 91.4 | 16.1 | Lars Petter Syversrud | 69 | Haga | 26.09 |
| 1984 | Lengde | 5.61 | Lars Petter Syversrud | 69 | Lørenfallet | 18.06 |
| 1985 | Høyde | 1.60 | Lars Petter Syversrud | 69 | Haga | 26.09 |
| 1985 | Kule 4 kg | 14.90 | Lars Petter Syversrud | 69 | Lørenfallet | 18.06 |
| 1985 | Spyd 600 g | 46.30 | Lars Petter Syversrud | 69 |  Strømmen | 26.06 |
| 1985 | 3000m | 10:03.1 | Thorbjørn Næss | 68 | Lørenfallet | 18.06 |

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| 1985 | Høyde | 1.75 | Jo Henning H. Nilssen | 68 | Haga | 26.09 |
| 1985 | 100m h 91.4 | 15.0 | Jo Henning H. Nilssen | 68 | Haga  | 26.09 |
| 1985 | Spyd 800 g | 43.56 | Jo Henning H. Nilssen | 68 | Strømmen | 26.06 |
| 1985 | Diskos 1.5 kg | 41.12 | Jo Henning H. Nilssen | 68 | Haga | 26.09 |
| 1985 | Lengde | 5.83 | Frode Myrvang | 67 | Lørenfallet | 18.06 |
| 1985 | Høyde | 1.80 | Frode Myrvang | 67 | Haga | 26.09 |
| 1985 | Spyd 800 g | 59.40 | Bjørn Egil Ludvigsen | 67 | Strømmen | 26.06 |
| 1985 | 4-kamp | 3420 | Ola Nerhagen | 71 | Jessheim | 23.09 |
| ? |
| 1985 | 4x100m | 49.3 | G13-14 |   | Strømmen | 25.09 |
| ? |
| 1985 | 4x100m | 48.7 | G15-16 |   | Strømmen | 25.09 |
| ? |

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| 1986 | Lengde u.t. | 2.88 | Ola Nerhagen | 71 | Jessheim | 11.03 |
| 1986 | Lengde | 5.74 | Ola Nerhagen | 71 | Lørenfallet | 05.06 |
| 1986 | Høyde | 1.71 | Jan Andresen | 70 | Lørenfallet | 05.06 |
| 1986 | Lengde | 5.92 | Morten Knutsen | 70 | Lørenfallet | 05.06 |
| 1986 | Kule 4 kg | 15.86 | Morten Knutsen | 70 | Lørenfallet | 05.06 |
| 1986 | 3000m | 10:12.4 | Hans J. Kristiansen | 69 | Lørenfallet | 05.06 |
| 1986 | Lengde | 5.55 | Lars Petter Syversrud | 69 | Lørenfallet | 05.06 |
| 1986 | Kule 5.5 kg | 12.25 | Lars Petter Syverstad | 69 | Lørenfallet | 05.06 |
| 1986 | 4x100m | 46.5 | G17-18 |   |  Jessheim | 11.09 |
| ? |

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| 1987 | 1km terreng | 3:57.9 | Thomas Lundring | 75 | Lillestrøm | 13.05 |
| 1987 | 2km terreng | 6:37 | Stein Erik Knoph | 72 | Lillestrøm | 13.05 |
| 1987 | Høyde u.t. | 1.48 | Lars Petter Syverstad | 69 | Jessheim/Je | 10.03 |
| 1987 | Høyde u.t. | 1.35 | Ola Nerhagen | 71 | Jessheim/Je | 10.03 |
| 1987 | Lengde u.t. | 2.99 | Ola Nerhagen | 71 | Jessheim/Je | 10.03 |
| 1987 | Lengde u.t. | 3.06 | Lars Petter Syverstad | 69 | Jessheim/Je | 10.03 |
| 1987 | 800m | 2:37.2 | Thomas Lundring | 75 | Jessheim | 15.08 |
| 1987 | 60m h 76.2 | 12.8 | Thomas Lundring | 75 | Jessheim | 15.08 |
| 1987 | 800m | 2:24.0 | Jørgen Bakkerud | 74 | Jessheim | 15.08 |

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| **UKI Historie** | **141** |

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| **GUTTER KM** |  |

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| 1987 | Spyd 600 g | 25.66 | Odd Arne Urnes | 73 | Bjørkelangen | 12.09 |
| 1987 | Kule 4 kg | 9.18 | Stein Erik Knoph | 72 | Jessheim | 15.08 |
| 1987 | 100m | 11.9 | Edvard Hughes | 71 | Bjørkelangen | 12.09 |
| 1987 | Stav | 3.50 | Jan Andresen | 71 | Jessheim | 16.08 |
| 1987 | 3000m | 9:48.2 | Rune Skinnerlien | 69 | Jessheim | 16.08 |

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| 1988 | 1300m terr | 5:44.0 | Thomas Lundring | 75 | Lillestrøm | 11.05 |
| 1988 | 60m | 9.2 | Gudmund Bjotveit | 77 | Bjørkelangen  | 30.08 |
| 1988 | 60m h 76.2 | 14.1 | Trond Erik Bakkerud | 77 | Årnes | 24.06 |
| 1988 | Liten ball 150 | 48.84 | Håvard Mathisen | 77 | Bjørkelangen | 30.08 |
| 1988 | 800m | 2:30.1 | Thomas Lundring | 75 | Årnes | 24.06 |
| 1988 | 800m | 2:18.7 | Jørgen Bakkerud | 74 | Årnes | 24.06 |
| 1988 | 80m h 76.2 | 12.5 | Jørgen Bakkerud | 74 | Årnes | 24.06 |

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| 1988 | Høyde | 1.40 | Jørgen Bakkerud | 74 | Årnes | 24.06 |
| 1988 | Diskos 1 kg | 25.94 | Jørgen Bakkerud | 74 | Årnes | 24.06 |
| 1988 | Stav | 3.10 | Odd Arne Urnes | 73 | Jessheim | 26.09 |
| 1988 | 100m | 12.3 | Runar Homble | 72 | Bjørkelangen | 30.08 |
| 1988 | 200m | 25.0 | Runar Homble | 72 | Årnes | 25.06 |
| 1988 | 800 | 2:15.1 | Runar Homble | 72 | Årnes | 24.06 |
| 1988 | Lengde | 5.00 | Runar Homble | 72 | Årnes | 24.06 |
| 1988 | Høyde u.t. | 1.30 | Runar Homble | 72 | Jessheim/Je | 10.03 |
| 1988 | Lengde u.t. | 2.83 | Runar Homble | 72 | Jessheim/Je | 10.03 |
| 1988 | Tresteg | 11.63 | Runar Homble | 72 | Årnes | 25.06 |
| 1988 | Kule 4 kg | 10.67 | Runar Homble | 72 | Årnes | 25.06 |
| 1988 | Stav | 2.00 | Runar Homble | 72 | Jessheim | 26.09 |
| 1988 | Høyde u.t. | 1.35 | Ola Nerhagen | 71 | Jessheim/Je | 10.03 |
| 1988 | Lengde u.t. | 2.93 | Ola Nerhagen | 71 | Jessheim/Je | 10.03 |
| 1988 | Stav | 2.30 | Jan Olav Arnegård | 71 | Jessheim | 26.09 |
| 1988 | 4km terreng | 16:47 | Martin Carlson | 71 | Lillestrøm | 11.05 |
| 1988 | 4-kamp | 2448 | Runar Homble | 72 | Haga | 03.09  |
| ? |
| 1988 | 4x100m M | 51.4 | G15-16  |   |  Bjørkelangen | 04.09 |
| Odd Arne Urnes73-Nils Ivar Huuse73-Anders Huuse75-Runar Homble72 |
| 1988 | 1000m | 2:19.9 | G15-16  |   | Bjørkelangen  | 04.09 |
| Anders Huuse75-Odd Arne Urnes73-Nils Ivar Huuse73-Runar Homble72 |

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| 1989 | Høyde u.t. | 1.15 | Torbjørn Strand | 76 | Jessheim/Je | 16.03 |
| 1989 | Høyde u.t. | 1.16 | Odd Arne Urnes | 73 | Jessheim/Je | 16.03 |
| 1989 | Høyde u.t. | 1.41 | Runar Homble | 72 | Jessheim/Je | 16.03 |
| 1989 | Lengde u.t. | 2.72 | Odd Arne Urnes | 73 | Jessheim/Je | 16.03 |
| 1989 | Lengde u.t. | 3.10 | Ola Nerhagen | 71 | Jessheim/Je | 16.03 |
| 1989 | 3 km terreng | 10:12 | Roger Bråthen | 71 | Asker | 29.04 |
| 1989 | 3000m | 9:21.63 | Roger Bråten | 71 | Sofiemyr | 10.06 |

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| **UKI Historie** | **142** |

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| **GUTTER KM** |  |

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| 1989 | Stav | 3.25 | Odd Arne Urnes | 73 | Sofiemyr | 10.06 |
| 1989 | Lengde | 4.35 | Gudmund Bjotveit | 77 | Bjørkelangen | 09.09 |
| 1989 | Spyd 400 g | 29.76 | Gudmund Bjotveit | 77 | Bjørkelangen | 09.09 |
| 1989 | Kule 2 kg | 11.02 | Håvard Mathisen | 77 | Bjørkelangen | 10.09 |
| 1989 | Diskos 1 kg | 23.88 | Trond Erik Bakkerud | 77 | Sofiemyr | 19.09 |

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| 1990 | 60m E | 7.48 | Runar Homble | 72 | Oslo/Ek | 25.03 |
| 1990 | 60m E | 8.58 | Gudmund Bjotveit | 77 | Oslo/Ek | 25.03 |
| 1990 | Kule 3 kg | 10.19 | Håvard Mathisen | 77 | Oslo/Ek | 25.03 |
| 1990 | 60m h 91.4 | 9.14 | Jørgen Bakkerud | 74 | Oslo/Ek | 25.03 |
| 1990 | Lengde | 4.90 s | Gudmund Bjotveit | 77 | Oslo/Ek | 25.03 |
| 1990 | Stav | 3.40 | Odd Arne Urnes | 73 | Oslo/Ek | 25.03 |
| 1990 | 3km terreng | 11:19 | Christopher Wiig | 73 | Nittedal | 10.05 |
| 1990 | 100m h 91.4 | 15.1 | Jørgen Bakkerud | 74 | Nadderud | 08.06 |
| 1990 | Stav | 3.80 | Odd Arne Urnes | 73 | Nadderud | 09.06 |
| 1990 | 60m M | 8.2 | Gudmund Bjotveit | 77 | Bjørkelangen | 09.06 |
| 1990 | Lengde | 4.97 | Gudmund Bjotveit | 77 | Bjørkelangen | 09.06 |
| 1990 | Spyd 600 g | 32.40 | Ingar Ørum | 77 | Bjørkelangen | 09.06 |
| 1990 | Diskos 1 kg | 21.94 | Trond Erik Bakkerud | 77 | Bjørkelangen | 10.06 |

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| 1991 | 60m E | 8.28 | Gudmund Bjotveit | 77 | Oslo/Ek | 03.03 |
| 1991 | Lengde | 5.12 | Gudmund Bjotveit | 77 | Oslo/Ek | 03.03 |
| 1991 | Høyde | 1.25 | Jon Arne Skiaker | 79 | Oslo/Ek | 03.03 |
| 1991 | 300m h 84 | 41.7 | Jørgen Hjelm Bakkerud | 74 | Bjørkelangen | 08.06 |
| 1991 | Høyde | 1.35 | Jon Arne Skiaker | 79 | Sofiemyr | 17.08 |
| 1991 | Diskos 1 kg | 33.44 | Ingar Ørum | 77 | Sofiemyr | 17.08 |
| 1991 | Lengde | 5.37 | Gudmund Bjotveit | 77 | Sofiemyr | 18.08 |

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| 1992 | 60m M | 7.5 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 22.02 |
| 1992 | 800m | 2:50.1 | Nils Ivar Skiaker | 81 | Lillestrøm | 22.02 |
| 1992 | 60m h 91.4 | 8.9 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 22.02 |
| 1992 | Høyde | 1.50 | Jon Arne Skiaker | 79 | Lillestrøm | 22.02 |
| 1992 | Lengde u.t. | 2.76 | Gudmund Bjotveit | 77 | Ås/GG | 21.03 |
| 1992 | 100m E | 11.45 | Tom Erik Olsen | 74 | Sofiemyr | 13.06 |
| 1992 | 200m E | 23.04 | Tom Erik Olsen | 74 | Sofiemyr | 14.06 |
| 1992 | 300m h 91.4 | 41.34 | Jørgen Hjelm Bakkerud | 74 | Sofiemyr | 14.06 |
| 1992 | Kule 4 kg | 11.43 | Håvard Mathisen | 77 | Soifemyr | 13.06 |
| 1992 | Kule 5.5 kg | 14.21 | Tom Erik Olsen | 74 | Sofiemyr | 13.06 |
| 1992 | Diskos 1.5 kg | 28.98 | Gudmund Bjotveit | 77 | Sofiemyr | 13.06 |
| 1992 | Diskos 1.75kg | 39.89 | Tom Erik Olsen | 74 | Sofiemyr | 14.06 |
| 1992 | Spyd 600 g | 37.02 | Håvard Mathisen | 77 | Sofiemyr | 14.06 |
| 1992 | 2000m hinder | 7:13.2 | Espen Hofoss | 76 | Jessheim | 21.08 |

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| **UKI Historie** | **143** |

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| **GUTTER KM** |  |

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| 1993 | 2.4 km terreng | 8:25 | Anders Sandholtbråten | 76 | Lillestrøm  | 15.04 |
| 1993 | Lengde | 4.21 | Kenneth Warming | 82 | Ski | 13.06 |
| 1993 | 3x800m | 6:20.7 | G17 |   | Nadderud | 24.05 |
| Espen Hofoss76-Sven Inge Bråten76-Anders Sandholtbråten76 |

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| 1994 | 3 km terreng | 11:00 | Roger Mohagen | 76 | Oslo | 27.04 |
| 1994 | 3 km terreng | 10:21 | Alf Roger Holme | 77 | Oslo | 27.04 |
| 1994 | Kule 2 kg | 8.61 | Harald Vestgøte | 83 | Sofiemyr | 04.06 |
| 1994 | Diskos 600 g | 22.98 | Harald Vestgøte | 83 | Sofiemyr | 05.06 |
| 1994 | Spyd 400 g | 26.13 | Roy Hermansen | 83 | Sofiemyr | 04.06 |
| 1994 | 800m | 2:18.66 | Eirik Haus | 79 | Sofiemyr | 05.06 |
| 1994 | 400m E | 54.77 | Anders Sandholtbråten | 76 | Sofiemyr | 04.06 |
| 1994 | 800m | 2:04.27 | Anders Sandholtbråten | 76 | Sofiemyr | 05.06 |

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| 1995 | 60m hekk 76 | 11.93 | Kenneth Warming | 82 | Lillestrøm | 19.02 |
| 1995 | 2 km terreng | 7:25 | Sigurd Fjeldbo | 82 | Drøbak | 03.05 |

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| 1996 | 900m terreng | 3:30 | Sigurd Fjeldbo | 82 | Nittedal | 29.04 |

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| 1997 | 100m E | 11.47 | Eirik Haus | 79 | Bjørkelangen | 03.08 |
| 1997 | 800m | 2:11.16 | Carl Jørgen Owre | 82 | Bjørkelangen | 03.08 |
| 1997 | 3x800m | 6:47.11 |   |   | Bjørkelangen | 24.05 |
| Carl Jørgen Owre82-Stian Eriksen81-Stian Aaserud81 |

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| 1998 | 2 km terreng | 7:25 | Sigurd Fjeldbo | 82 | Drøbak | 03.05 |
| 1998 | 100m E | 13.37 | Lasse Bjørn | 83 | Oslo/St | 06.09 |
| 1998 | 200m E | 27.16 | Lasse Bjørn | 83 | Oslo/St | 05.09 |
| 1998 | 3000m | 10:01.26 | Halvor Marius Mangerud | 81 | Oslo/St | 06.09 |

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| 1999 | 100m E | 12.57 | Lasse Bjørn | 82 | Asker/Fø | 05.09 |
| 1999 | 800m | 2:01.34 | Carl Jørgen Owre | 82 | Asker/Fø | 05.09 |
| 1999 | 3000m | 9:21.80 | Carl Johan Owre | 82 | Asker/Fø | 04.09 |

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| 2001 | 60m E | 8.14 | Per Kristian Aarstad | 86 | Lillestrøm | 25.02 |
| 2001 | 800m | 2:24.08 | Per Kristian Aarstad | 86 | Jessheim | 18.08 |
| 2001 | 3000m | 10:30.72 | Hans Grønnvoll | 84 | Jessheim | 18.08 |

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| 2002 | Kule 2 kg | 10.90 | Lars Sutterud | 90 | Lillestrøm | 02.03 |
| 2002 | 4x60m E | 36.40 |   |   | Jessheim | 27.05 |
| Anders Løland90-Ole Eriksen91-Erik Hovind90-Lars Sutterud90 |
| 2002 | 3x800m | 7:16.81 |   |   | Jessheim | 27.05 |
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| **UKI Historie** | **144** |

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| **GUTTER KM** |  |

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| 2003 | 60m M | 8.8 | Anthony Davies | 92 | Bjørkelangen | 31.05 |
| 2003 | 800m | 2:35.5 | Michael Løland | 92 | Bjørkelangen | 31.05 |
| 2003 | Høyde | 1.30 | Anthony Davies | 92 | Bjørkelangen | 01.06 |

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| 2004 | 600m | 1:52.10 | Michael Løland | 92 | Bjørkelangen | 05.06 |
| 2004 | Høyde | 1.25 | Christer Amundsen | 92 | Bjørkelangen | 05.06 |
| 2004 | Kule 3 kg | 7.69 | Christer Amundsen | 92 | Bjørkelangen | 05.06 |
| 2004 | 800m | 2:18.46 | Kristoffer Kvilten | 00 | Bjørkelangen | 05.06 |
| 2004 | 60m E | 9.09 | Anthony Davies | 92 | Bjørkelangen | 06.06 |
| 2004 | 4x60m E | 33.88 |   |   | Asker/Fø | 21.08 |
| Jonathan Joo91-Anthony Davies92-Charister Amundsen92-Ole Eriksen91 |
| 2004 | 3x800m | 7:18.84 |   |   | Asker/Fø | 21.08 |
| Fredrik Fuglerud89-Andreas Løland90-Kristoffer Kvilten90  |

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| 2005 | Kule 3 kg | 10.27 | Christer Amundsen | 92 | Lillestrøm | 09.04 |
| 2005 | 60m E | 8.59 | Anthony Davies | 92 | Lillestrøm | 09.04 |
| 2005 | Lengde | 4.76 | Anthony Davies | 92 | Lillestrøm | 09.04 |
| 2005 | 4x60m E | 33.06 |   |   | Asker/Fø | 28.05 |
| Anthony Davies92-Christer Amundsen92-Erlend Morthen92-Hans Kærsgaard92 |
| 2005 | 6-kamp M | 4269 | Christer Amundsen | 92 | Oslo/La 18- | 19.05 |
| 8.6-4.63-10.24/11.7-1.45-1:56.4 |
| 2005 | 6-kamp M | 4085 | Jonathan Joo | 91 | Oslo/La 18-  | 19.05 |
| 8.1-4.64-8.67/14.3-1.50-1:53.5 |

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| 2006 | 60m h 68 E | 11.59 | Ola Sandvær Aamodt | 95 | Lillestrøm | 25.03 |
| 2006 | Lengde | 4.22 | Ola Sandvær Aamodt | 85 | Lillestrøm | 25.03 |
| 2006 | Høyde | 1.33 | Ola Sandvær Aamodt | 85 | Lillestrøm | 25.03 |
| 2006 | 60m E | 8.45 | Christer Amundsen | 92 | Lillestrøm | 25.03 |
| 2006 | Kule 3 kg | 10.38 | Christer Amundsen | 92 | Lillestrøm | 25.03 |
| 2006 | Lengde | 4.71 | Christer Amundsen | 92 | Lillestrøm | 25.03 |
| 2006 | Høyde | 1.45 | Christer Amundsen | 92 | Lillestrøm | 25.03 |
| 2006 | 60m E | 7.72 | Marius Fuglerud | 88 | Lillestrøm | 25.03 |
| 2006 | 60m h 68 E | 11.35 | Ola Sandvær Aamodt | 95 | Bjørkelangen | 10.06 |
| 2006 | 600m | 1:46.52 | Thomas Løland | 95 | Bjørkelangen | 10.06 |
| 2006 | Høyde | 1.35 | Ola Sandvær Aamodt | 95 | Bjørkelangen | 10.06 |
| 2006 | 600m | 1:46.52 | Thomas Løland | 95 | Bjørkelangen | 10.06 |
| 2006 | 800m | 2:05.18 | Fredrik Fuglerud | 88 | Bjørkelangen | 10.06 |
| 2006 | 60m E | 9.53 | Ola Sandvær Aamodt | 95 | Bjørkelangen | 11.06 |
| 2006 | Lengde | 4.12 | Ola Sandvær Aamodt | 95 | Bjørkelangen | 11.06 |
| 2006 | 60m E | 7.98 | Lars Georg Aas | 92 | Bjørkelangen | 11.06 |
| 2006 | 6-kamp M | 4375 | Christer Amundsen | 92 | Oslo/Bi 23- | 24.08 |
| 8.2-5.12-9.63/14.9-1.50-1:45.6 (60m-Lengde-Kule/80m hekk-Høyde-600m) |
| 2006 | 3x600m | 5:51.46 | G12-13  |   | Asker/Fø | 20.05 |
| Thomas Løland95-Marius Nyeggen94-Vetle Christiansen95 |

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| **UKI Historie** | **145** |

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| **GUTTER KM** |  |

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| 2007 | 60m h 76.2 E | 11.60 | Ola Sandvær Aamodt | 95 | Nadderud | 09.06 |
| 2007 | Høyde | 1.50 | Ola Sandvær Aamodt | 95 | Nadderud | 09.06 |
| 2007 | 60m E | 7.70 | Lars Georg Aas | 92 | Nadderud | 09.06 |
| 2007 | 800m | 53.01 | Fredrik Fuglerud | 89 | Nadderud | 09.06 |
| 2007 | 100m E | 12.01 | Lars Georg Aas | 92 | Nadderud | 10.06 |
| 2007 | 2000m | 6:22.15 | Vegard Løberg Gjelsvik | 92 | Nadderud | 10.06 |
| 2007 | 300mh 76.2 | 44.11 | Vegard Løberg Gjelsvik | 92 | Nadderud | 10.06 |
| 2007 | 300mh 84E | 45.88 | Jonathan Joo | 91 | Nadderud | 10.06 |
| 2007 | 4-kamp M | 2230 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 27.08 |
| 9.5-4.16-51.70-2:26.4 |

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| 2008 | 600m | 2:03.45 | Christian Løland | 97 | Lillestrøm | 05.04 |
| 2008 | Høyde | 1.18 | Morten Halseth | 97 | Jillestrøm | 05.04 |
| 2008 | Kule 2 kg | 8.74 | Morten Halseth | 97 | Lillestrøm | 05.04 |
| 2008 | 600m | 1:46.30 | Thomas Løland | 95 | Lillestrøm | 05.04 |
| 2008 | 600m | 1:42.41 | Thomas Løland | 95 | Lillestrøm | 24.08 |
| 2008 | 60m h 68 E | 12.03 | Morten Halseth | 97 | Lillestrøm | 23.08 |
| 2008 | Kule 2 kg | 9.48 | Morten Halseth | 96 | Lillestrøm | 23.08 |
| 2008 | Spyd 400 g | 32.39 | Ola Sandvær Aamodt | 95 | Lillestrøm | 23.08 |
| 2008 | Slegge 2 kg | 19.59 | Christian Løland | 97 | Lillestrøm | 23.08 |
| 2008 | 800m | 1:55.39 | Thomas Roth | 91 | Lillestrøm | 24.08 |
| 2008 | 100m E | 12.44 | Christer Amundsen | 92 | Lillestrøm | 24.08 |
| 2008 | 800m | 1:55.39 | Thomas Roth | 91 | Lillestrøm | 24.08 |
| 2008 | 3x600m | 5:35.19 |   |   | Oslo/Bi | 31.05 |
| Thomas Løland95-Petter Dammen95-Jørgen Gundersen950-2:26.4 |

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| 2009 | 60m h 76.2 | 11.70 | Morten Halseth | 97 | Lillestrøm | 29.03 |
| 2009 | Høyde | 1.40 | Morten Halseth | 97 | Lillestrøm | 29.03 |
| 2009 | Kule 3 kg | 9.30 | Morten Halseth | 97 | Lillestrøm | 29.03 |
| 2009 | 600m | 1:41.64 | Thomas Løland | 85 | Lillestrøm | 29.03 |
| 2009 | 60m E | 7.76 | Andreas Roth | 93 | Lillestrøm | 29.03 |
| 2009 | Lengde | 5.46 | Andreas Roth | 93 | Lillestrøm | 29.03 |
| 2009 | 60m E | 7.51 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 29.03 |
| 2009 | Høyde | 1.45 | Morten Halseth | 97 | Nesodden | 15.08 |
| 2009 | 800m | 2:21.12 | Vetle Christiansen | 85 | Nesodden | 15.08 |
| 2009 | 3000m | 10:34.88 | Sondre Olsson | 93 | Nesodden | 15.08 |
| 2009 | Kule 3 kg | 9.50 | Morten Halseth | 97 | Nesodden | 16.08 |
| 2009 | L.ball 150 g | 50.00 | Morten Halseth | 97 | Nesodden | 16.08 |

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| 2010 | 600m | 1:46.09 | Morten Halseth | 97 | Lillestrøm | 13.03 |
| 2010 | Høyde | 1.45 | Morten Halseth | 97 | Lillestrøm | 13.03 |
| 2010 | Kule 3 kg | 9.90 | Morten Halseth | 97 | Lillestrøm | 13.03 |
| 2010 | Høyde | 1.50 | Morten Halseth | 97 | Nesodden | 11.09 |
| 2010 | 100m E | 11.93 | Martin Opaker | 94 | Nesodden | 11.09 |
| 2010 | Spyd 400 g | 32.37 | Morten Halseth | 97 | Nesodden | 12.09 |

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| **UKI Historie** | **146** |

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| **GUTTER KM** |  |

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| 2011 | 800m | 2:08.26 | Jonas Krossøy | 95 | Nadderud | 23.09 |
| 2011 | Høyde | 1.45 | Markus Theodor Moen | 99 | Nadderud | 24.09 |
| 2011 | Høyde | 1.68 | Morten Halseth | 97 | Nadderud | 24.09 |
| 2011 | 3x600m | 5:30.57 |  G14 |   | Asker/Fø | 31.05 |
| Sindre Bjørnstad97-Sondre Opaker Øines98-Jørgen Opaker97 |

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| 2012 | 60m E | 7.40 | Henrik Huser | 96 | Lillestrøm | 28.01 |
| 2012 | Høyde | 1.52 | Marcus Theodor Moen | 99 | Lillestrøm | 28.01 |
| 2012 | 100m E | 11.79 | Marius Mellum | 96 | Oslo/Bi | 31.05 |
| 2012 | 1500m | 4:06.67 | Stian Klungland | 93 | Oslo/Bi | 05.09 |
| 2012 | 1500m | 4:32.53 | Henrik Hanssen | 97 | Oslo/Bi | 05.09 |
| 2012 | 1500m | 5:14.5 | Sondre Westby Liestøl | 99 | Nesodden | 15.09 |

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| 2013 | 60m E | 7.65 | Markus Einan | 97 | Lillestrøm | 07.03 |

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| 2014 | 300m E | 38.45 | Jørgen Opaker | 97 | Oslo/Bi | 07.09 |
| 2014 | 1500m | 4:09.19 | Markus Einan | 97 | Oslo/Bi | 17.09 |
| 2014 | 1500m | 4:34.03 | Rune Larsen Fredheim | 97 | Oslo/Bi | 17.09 |

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| 2015 | 200m E | 22.46 +2.6 | Markus Einan | 97 | Nittedal | 23.08 |
| 2015 | 400m E | 48.99 | Markus Einan | 97 | Nittedal | 22.08 |
| 2015 | 400m E | 55.99 | Sondre Opaker Øines | 98 | Nittedal | 22.08 |
| 2015 | 800m | 1:57.67 | Markus Høgne | 98 | Nittedal | 23.08 |
| 2015 | 300m.h.84E | 46.17 | Sondre Opaker Øines | 98 | Nittedal | 23.08 |
| 2015 | Lengde | 4.21 | Ådne Opaker Øines | 02 | Nittedal | 23.08 |

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| 2016 | Stav | 3.70 | Filip Aas | 00 | Rud | 20.02 |
| 2016 | 100m | 13.04 | Henrik Hanssen | 97 | Nittedal | 20.08 |
| 2016 | 60m | 8.65 | Emil Nordal | 03 | Nittedal | 20.08 |
| 2016 | Stav | 3.90 | Filip Aas | 00 | Nittedal | 21.08 |

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| 2017 | 60m | 8.03 | Emil Nordal | 03 | Nittedal | 19.08 |
| 2017 | Høyde | 1.68 | Emil Nordal | 03 | Nittedal | 19.08 |

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| 2019 | Lengde u.t. | 2.91 | Sander Steen Myrvang | 00 | Rud | 02.04 |
| 2019 | 800m | 2:24.52 | Erlend Homble | 04 | Oslo/St | 15.09 |

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| 2020 | 400m | 51.64 | Emil Nordal | 03 | Oslo/St | 12.09 |
| 2020 | Kule 5 | 10.17 | Emil Nordal | 03 | Oslo/St | 13.09 |
| 2020 | 600m | 1:42.10 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 12.09 |

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| 2021 | 110m h 100 | 19.36 | Emil Nordal | 03 | Oslo/St | 24.09 |
| 2021 | Slegge 6 | 20.77 | Emil Nordal | 03 | Oslo/St | 24.09 |
| 2021 | Høyde | 1.55 | Emil Nordal | 03 | Oslo/St | 25.09 |
| 2021 | Spyd 800 | 28.28 | Emil Nordal | 03 | Oslo/St | 25.09 |

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| **UKI Historie** | **147** |

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| **GUTTER KM** |  |

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| 2021 | 800m | 2:01.11 | Erlend Homble | 04 | Oslo/St | 25.09 |
| 2021 | 800m | 2:07.69 | Ole-Kristian Kværner | 05 | Oslo/St | 25.09 |
| 2021 | 800m | 2:03.37 | Andreas Kværner | 06 | Oslo/St | 25.09 |
| 2021 | 60m | 8.82 | Ivar Løvgaard Faksvåg | 09 | Oslo/St | 26.09 |
| 2021 | 200m h 68  | 33.40 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 26.09 |
| 2021 | Lengde | 4.49 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 26.09 |

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| 2022 | Tresteg | 9.76 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 09.09 |
| 2022 | 600m | 1:31.01 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 10.09 |
| 2022 | Høyde | 1.60 | Even Ragnhildsbakken | 08 | Oslo/St | 10.09 |
| 2022 | 800m | 2:00.63 | Nikolai Solum | 05 | Oslo/St | 10.09 |
| 2022 | 1500m | 4:35.49 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 11.09 |

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|  **UKI Historie** | **148** |

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| **JENTER KM** |  |

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| 1954 | 100m  | 13.6 | Kari Mo | 38 | Jessheim | 28.06 |
| 1954 | Lengde | 4.76 | Kari Mo | 38 | Jessheim | 29.06 |
| 1954 | Lengde | 4.35 | Liv Jensen | 40 | Jessheim | 26.06 |

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| 1955 | Lengde u.t. | 2.20 | Liv Jensen | 40 | Jessheim | 06.03 |
| 1955 | 100m  | 13.6 | Kari Mo | 38 | Jessheim | 28.08 |
| 1955 | 60m | 8.4 | Ingrid Sundby | 39 | Jessheim | 28.08 |
| 1955 | Diskos 1kg | 26.16 | Ingrid Sundby | 39 | Jessheim | 28.08 |
| 1955 | Slengball 1 kg | 40.74 | Ingrid Sundby | 39 | Jessheim | 28.08 |
| 1955 | Lengde | 4.18 | Tove Johansen | 41 | Jessheim | 28.08 |
| 1955 | Lengde | 3.78 | Inge Sand | 43 | Jessheim | 28.08 |

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| 1956 | 100m | 13.9 | Ingrid Sundby | 39 | Strømmen | 26.08 |
| 1956 | Slengball 700 | 40.09 | Ingrid Sundby | 39 | Strømmen | 26.08 |
| 1956 | 80m hekk 76 | 15.1 | Liv Jensen | 40 | Strømmen | 26.08 |
| 1956 | Lengde | 4.44 | Liv Jensen | 40 | Strømmen | 26.08 |
| 1956 | Slengball 700 | 36.66 | Astrid Sundby | 42 | Strømmen | 26.08 |

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| 1957 | 100m | 15.4 | Liv Jensen | 40 | Jessheim | 29.09 |
| 1957 | 80m hekk 76 | 15.0 | Liv Jensen | 40 | Jessheim | 29.09 |
| 1957 | Høyde | 1.19 | Liv Jensen | 40 | Jessheim | 29.09 |
| 1957 | Lengde | 4.29 | Astrid Sundby | 42 | Jessheim | 29.09 |
| 1957 | Slengball 1 | 34.66 | Astrid Sundby | 42 | Jessheim | 29.09 |
| 1957 | 60m | 8.9 | Anne Marie Søberg | 45 | Jessheim | 29.09 |
| 1957 | Lengde | 3.95 | Borghild Hansen | 45 | Jessheim | 29.09 |

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| 1958 | 60m | 8.5 | Astrid Sundby | 42 | Jessheim | 23.08 |
| 1958 | Kule 4 kg | 8.51 | Astrid Sundby | 42 | Jessheim | 23.08 |
| 1958 | Høyde | 1.23 | Ragnhild Sundby | 44 | Jessheim | 23.08 |
| 1958 | 60m | 9.2 | Cora Halsan | 47 | Jessheim | 23.08 |
| 1958 | Lengde | 3.93 | Cora Halsan | 47 | Jessheim | 23.08 |

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| 1959 | Lengde u.t. | 2.29 | Borghild Hansen | 45 | Jessheim | 15.02 |
| 1959 | Lengde u.t. | 2.13 | Cora Halsan | 47 | Jessheim | 15.02 |
| 1959 | 60m | 8.4 | Borghild Hansen | 45 | Jessheim | 29.08 |
| 1959 | 100m | 13.5 | Winnie Lindner | 44 | Jessheim | 29.08 |
| 1959 | Høyde | 1.30 | Ragnhild Sundby | 44 | Jessheim | 29.08 |
| 1959 | Høyde | 1.30 | Cora Halsan | 47 | Jessheim | 30.08 |
| 1959 | Lengde | 4.29 | Cora Halsan | 47 | Jessheim | 30.08 |
| 1959 | Lengde | 4.63 | Ragnhild Sundby | 44 | Jessheim | 29.08 |
| 1959 | Kule 4 kg | 8.14 | Ragnhild Sundby | 44 | Jessheim | 29.08 |
| 1959 | Slengball 700 | 42.18 | Ragnhild Sundby | 44 | Jessheim | 30.08 |

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| 1960 | Lengde | 4.25 | Vera Martinsen | 47 | Råholt | 21.08 |
| 1960 | Slengball 700 | 27.39 | Bjørg Torp | 49 | Råholt | 21.08 |

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| **UKI Historie** | **149** |

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| 1961 | Slengball 700 | 39.24 | Liv Laache | 46 | Strømmen | 03.09 |
| 1961 | Slengball 700 | 25.66 | Aase Alstad | 48 | Strømmen | 03.09 |
| 1961 | Slengball 1 | 39.24 | Liv Laache | 46 | Strømmen | 03.09 |

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| 1963 | Lengde u.t. | 1.91 | Inger Torill Granheim | 52 | Lillestrøm/Vi | 30.03 |
| 1963 | Høyde | 1.18 | Inger Torill Granheim | 52 | Råholt | 17.08 |
| 1963 | 3-kamp | 2281 | Berit Børresen | 48 | Blaker/Br | 15.09 |
| 14.8-4.01-33.80 |
| 1963 | 3-kamp | 2202 | Cora Halsan | 47 | Blaker/Br | 15.09 |
| 15.2-4.39-36.00 |

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| 1964 | 200m | 28.1 | Grethe Uhlen | 49 | Jessheim | 16.08 |
| 1964 | 80m hekk 76 | 14.8 | Anne Berit Eik | 49 | Jessheim | 16.08 |
| 1964 | Høyde | 1.16 | Lise Ørvik | 53 | Råholt | 15.08 |
| 1964 | Høyde | 1.25 | Ingrid Møinichen | 48 | Jessheim | 15.08 |
| 1964 | Lengde | 4.41 | Anne Berit Eik | 49 | Jessheim | 16.08 |
| 1964 | Lengde | 4.41 | Ingrid Møinichen | 48 | Jessheim | 16.08 |
| 1964 | Kule 4 kg | 8.04 | Ragnhild Dahl | 50 | Jessheim | 15.08 |
| 1964 | Kule 4 kg | 8.14 | Anne Berit Eik | 49 | Jessheim | 15.08 |
| 1964 | Diskos 1 kg | 19.40 | Nina Næss | 51 | Jessheim | 15.08 |
| 1964 | Diskos 1 kg | 21.90 | Anne Berit Eik | 49 | Jessheim | 16.08 |
| 1964 | Spyd 600 g | 24.14 | Nina Næss | 51 | Jessheim | 15.08 |
| 1964 | Spyd 600 g | 19.17 | Aase Alstad | 48 | Jessheim | 15.08 |
| 1964 | Spyd 600 g | 21.72 | Marit Wiig | 49 | Jessheim | 16.08 |
| 1964 | Slengball 700 | 23.91 | Lise Ørvik | 53 | Jessheim | 15.08 |

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| 1965 | 100m | 13.6 | Marit Wiig | 49 | Strømmen | 21.08 |
| 1965 | Kule 4 kg | 8.83 | Anne Berit Eik | 49 | Strømmen | 21.08 |
| 1965 | Diskos 1 kg | 21.42 | Anne Berit Eik | 49 | Strømmen | 21.08 |
| 1965 | Spyd 600 g | 21.48 | Marit Wiig | 49 | Strømmen | 22.08 |
| 1965 | Slengball 1 | 31.18 | Anne Berit Eik | 49 | Strømmen | 22.08 |
| 1965 | Diskos 1 kg | 20.96 | Mabel Owren | 51 | Strømmen | 21.08 |
| 1965 | Spyd 600 g | 25.56 | Nina Næss | 51 | Strømmen | 22.08 |

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| 1966 | 60m | 9.5 | Unn Berit Knutsen | 56 | Lillestrøm | 10.09 |
| 1966 | 60m | 8.5 | Liv Knutsen | 52 | Lillestrøm | 10.09 |
| 1966 | 100m | 13.8 | Liv Knutsen | 52 | Lillestrøm | 04.09 |
| 1966 | Høyde | 1.45 | Liv Knutsen | 52 | Lillestrøm | 04.09 |
| 1966 | Høyde | 1.28 | Lise Ørvik | 53 | Lillestrøm | 04.09 |
| 1966 | Lengde | 4.70 | Gunn Knutsen | 52 | Lillestrøm | 10.09 |
| 1966 | Terrengløp | 1:10.0 | Liv Knutsen | 52 | Jessheim | 16.05 |
| 1966 | Spyd 600 g | 26.46 | Nina Næss | 51 | Lillestrøm | 11.09 |

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| 1969 | 300m terreng | 59.9 | Anita Melby | 58 | Aurskog | 27.04 |
| 1969 | 300m terreng | 57.1 | May Britt Mehlen | 57 | Aurskog | 27.04 |
| 1969 | Lengde | 4.39 | Kari Wang | 56 | Lillestrøm | 06.09 |
| **UKI Historie** | **150** |

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| 1969 | 3-kamp | 2722 | Kari Wang | 56 | Blaker/Br | 28.09 |
| 8.8-4.24-32.30 |

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| 1970 | 1km terreng | 3:21.7 | Reidun Nilsen | 54 | Blaker/Ha | 26.04 |
| 1970 | 60m | 8.8 | Anita Melbye | 58 | Lillestrøm | 20.09 |
| 1970 | 500m | 1:36.8 | Karin Kvamme | 58 | Lillestrøm | 19.09 |
| 1970 | Høyde | 1.44 | Anne Mette Olsen | 54 | Lillestrøm | 20.09 |
| 1970 | Lengde | 4.74 | Anita Melby | 58 | Lillestrøm | 20.09 |
| 1970 | 3-kamp | 2934 | Anita Melby | 58 | Lillestrøm | 09.08 |
| 9.8-4.36-27.85 |

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| 1971 | 600m terreng | 1:44.6 | Karin Kvamme | 58 | Setskog | 25.04 |
| 1971 | 100m | 14.0 | Kari Wang | 56 | Jessheim | 18.09 |
| 1971 | Lengde | 4.62 | Anita Melby | 58 | Jessheim | 18.09 |
| 1971 | Slengball 700 | 36.66 | Anita Melby | 58 | Jessheim | 19.09 |
| 1971 | 3-kamp | 2376 | Kari Wang | 56 | Lillestrøm | 26.09 |
| 14.3-4.02-7.85 |

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| 1973 | 600m | 1:56.2 | Torill Henriksen | 61 | Kløfta | 23.06 |
| 1973 | 800m | 69.3 | Inger Anne Nerhagen | 57 | Kløfta | 23.06 |

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| 1974 | 800m terreng | 2:38.1 | Torill Henriksen | 61 | Eidsvoll | 05.05 |
| 1974 | Lengde | 4.00 | Hilde Verpe | 63 | Kløfta | 04.09 |

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| 1975 | Lengde u.t. | 2.27 | Gro Verpe | 62 | Fetsund | 15.03 |
| 1975 | 60m | 8.6 | Hilde Verpe | 63 | Lørenfallet | 21.06 |
| 1975 | Lengde | 4.12 | Hilde Verpe | 63 | Lørenfallet | 21.06 |
| 1975 | 3-kamp | 2484 | Hilde Verpe | 63 | Hvam | 21.09 |
| 8.7-4.39-5.07 |

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| 1976 | Høyde u.t. | 1.13 | Eli Jensen | 62 | Årnes | 19.03 |
| 1976 | Lengde u.t. | 2.25 | Hilde Verpe | 63 | Årnes | 19.03 |
| 1976 | 100m | 14.0 | Hilde Verpe | 63 | Årnes | 11.08 |
| 1976 | Lengde | 4.46 | Hilde Verpe | 63 | Årnes | 11.08 |

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| 1977 | 1.3 km terreng | 4:36.3 | Hildegunn Bjerkan | 63 | Gardermoen | 14.05 |
| 1977 | Lengde u.t. | 2.34 | Hilde Verpe | 63 | Fetsund/Ho | 12.03 |

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| 1978 | Høyde u.t. | 0.85 | Inger Birgitte Reppe | 68 | Skedsmo/ST | 04.03 |
| 1978 | Lengde u.t. | 2.21 | Cecilie Laache | 66 | Skedsmo/ST | 04.03 |
| 1978 | 4x60m | 36.4 | J11-12 |  | Årnes | 31.08 |
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| **UKI Historie** | **151** |

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| 1979 | 1.5 km terreng | 4:54.6 | Hilde Rustad | 65 | Gardermoen | 19.05 |
| 1979 | Lengde u.t. | 2.11 | Inger Birgitte Reppe | 68 | Fetsund | 10.03 |
| 1979 | Lengde u.t | 2.30 | Cecilie Laake | 65 | Fetsund | 10.03 |
| 1979 | 800m | 2:26.7 | Hilde Rustad | 65 | Rolvsrud | 27.06 |
| 1979 | 4x100m | 55.1 | J13-14 |  | Strømmen | 06.09 |
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| 1980 | Terreng 1.5 | 4:58.2 | Hilde Rustad | 66 | Gardermoen | 20.05 |
| 1980 | Terreng 2 km | 7:21 | Bente Tenold | 62 | Gardermoen | 20.05 |
| 1980 | Høyde u.t. | 1.00 | Guri Fjeldberg | 69 | Lørenskog | 26.03 |
| 1980 | Høyde u.t. | 1.05 | Inger Birgitte Reppe | 68 | Lørenskog | 26.03 |
| 1980 | 60m | 9.0 | Inger Birgitte Reppe | 68 | Jessheim | 18.06 |
| 1980 | 800m | 2:25.1 | Hilde Rustad | 66 | Strømmen | 01.09 |
| 1980 | 60m h 76.2 | 12.7 | Tone Sætermoen | 69 |  Jessheim | 18.06 |
| 1980 | Høyde | 1.30 | Inger Birgitte Reppe | 68 | Jessheim | 18.06 |
| 1980 | 4-kamp | 3614 | Inger Birgitte Reppe | 68 | Rolvsrud | 14.09 |
| 8.7-6.62-4.57-2:39.7 |

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| 1981 | 1800 terreng | 5:57.6 | Hilde Rustad | 66 | Gardermoen | 15.05 |
| 1981 | Høyde | 1.25 | Guri Fjeldberg | 69 | Jessheim | 24.06 |
| 1981 | Lengde | 4.48 | Tone Sætermoen | 69 | Strømmen | 19.08 |
| 1981 | 60m | 8.4 | Inger Birgitte Reppe | 68 | Rolvsrud | 13.09 |
| 1981 | 800m | 2:35.4 | Inger Birgitte Reppe | 68 | Strømmen | 19.08 |
| 1981 | 80m h 76.2 | 14.9 | Inger Birgitte Reppe | 68 | Jessheim | 24.06 |
| 1981 | Lengde s | 4.69 | Inger Birgitte Reppe | 68 | Strømmen | 19.08 |
| 1981 | Høyde | 1.35 | Kari Fjeldberg | 68 | Jessheim | 24.06 |
| 1981 | 60m | 8.2 | Anne Knutsen | 67 | Rolvsrud | 13.09 |
| 1981 | 800m | 2:28.6 | Hilde Rustad | 66 | Rolvsrud | 13.09 |
| 1981 | 4-kamp | 3530 | Inger Birgitte Reppe | 68 | Kløfta | 20.09 |
| 8.4-5.01-7.27-2:39.5 |

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| 1982 | 2km terreng | 7:15 | Wenche Moen | 65 | Årnes/Sk | 13.05 |
| 1982 | Høyde u.t. | 1.23 | Tone Sæthermoen | 69 | Fetsund/Øs | 26.03 |
| 1982 | Lengde u.t. | 2.39 | Tone Sæthermoen | 69 | Fetsund/Øs | 26.03 |
| 1982 | 80m hekk 76 | 13.6 | Tone Sæthermoen | 69 |  Jessheim | 03.06 |
| 1982 | Lengde s | 4.80 | Tone Sæthermoen | 69 | Haga | 01.09 |
| 1982 | Kule 3 kg | 8.68 | Tone Sæthermoen | 69 | Haga | 01.09 |
| 1982 | Spyd 400 g | 22.47 | Guri Fjeldberg | 69 | Jessheim | 16.09 |
| 1982 | Diskos 1 kg | 22.48 | Tone Sæthermoen | 69 | Rolvsrud | 19.09 |
| 1982 | 60m | 8.3 | Inger Birgitte Reppe | 68 | Rolvsrud | 19.09 |
| 1982 | 80m hekk | 13.3 | Inger Birgitte Reppe | 68 | Jessheim | 03.06 |
| 1982 | Lengde s | 5.17 | Inger Birgitte Reppe | 68 | Haga | 01.09 |
| 1982 | Høyde | 1.45 | Kari Fjeldberg | 68 | Jessheim | 03.06 |
| 1982 | Diskos 1 kg | 21.64 | Ingrid Schultze | 67 | Jessheim | 01.09 |
| 1982 | 1500m | 5:01.7 | Inger Lise Borgen | 64 | Strømmen | 18.08 |

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| **UKI Historie** | **152** |

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| 1982 | 4-kamp | 3494 | Tone Sæthermoen | 69 | Lillestrøm | 12.09 |
| ? |
| 1982 | 4-kamp | 3398 | Inger Birgitte Reppe | 68 | Lillestrøm  | 12.09 |
| ? |
| 1982 | 4-kamp | 3199 | Marit Rogstad | 67 | Lillestrøm | 12.09 |
| 14.0-4.96-8.59-2:46.9 |
| 1982 | 4x100m | 54.7 | J15-16 |   | Nannestad | 07.09 |
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| 1983 | Høyde u.t. | 1.23 | Marit Rogstad | 67 | Skårer | 20.03 |
| 1983 | Høyde u.t. | 1.26 | Tone Sæthermoen | 69 | Skårer | 20.03 |
| 1983 | Lengde u.t. | 2.43 | Tone Sæthermoen | 69 | Skårer | 20.03 |
| 1983 | Lengde u.t. | 2.46 | Inger Birgitte Reppe | 68 | Skårer | 20.03 |
| 1983 | Lengde u.t. | 2.39 | Marit Rogstad | 67 | Skårer | 20.03 |
| 1983 | 800m | 2:29.2 | Unn Hoel | 69 | Strømmen | 04.06 |
| 1983 | Høyde | 1.45 | Inger Birgitte Reppe | 68 | Strømmen | 04.06 |
| 1983 | Høyde | 1.40 | Marit Rogstad | 67 | Strømmen | 04.06 |
| 1983 | Kule 3 kg | 9.10 | Marit Rogstad | 67 | Strømmen | 04.06 |
| 1983 | Spyd 400 g | 27.58 | Guri Fjeldberg | 69 | Strømmen | 04.06 |
| 1983 | Lengde | 4.95 | Marit Rogstad | 67 | Strømmen | 17.08 |
| 1983 | Lengde | 6.26 | Inger Birgitte Reppe | 68 | Strømmen | 17.08 |
| 1983 | 3000m | 11:14.2 | Ingjerd Vestengen | 65 | Strømmen | 17.08 |
| 1983 | 60m h 76,2 | 10.5 | Tone Sæthermoen | 69 | Årnes | 24.08 |
| 1983 | Lengde s | 5.05 | Tone Sæthermoen | 69 | Årnes | 24.08 |
| 1983 | Kule 3 | 9.72 | Guri Fjeldberg | 69 | Årnes | 24.08 |
| 1983 | 80m h 76.2 | 12.3 | Inger Birgitte Reppe | 68 | Jessheim | 05.09 |
| 1983 | Diskos 1 kg | 21.12 | Marit Rogstad | 67 | Jessheim | 05.09 |
| 1983 | Diskos 1 kg | 29.64 | Guri Fjeldberg | 69 | Kløfta | 22.09 |
| 1983 | 4-kamp | 3480 | Tone Sæthermoen | 69 | Strømmen | 20.09 |
| ? |
| 1983 | 4-kamp | 2753 | Marit Rogstad | 67 | Strømmen | 20.09 |
| ? |
| 1983 | 4x100m M | 53.7 | J15-16 |   | Jessheim | 19.09 |
| Heidi Bogstad67-Inger Birgitte Reppe68-Marit Rogstad67-Kari Fjeldberg68 |

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| 1984 | Høyde u.t. | 1.20 | Marit Rogstad | 67 | Jessheim/Je | 13.03 |
| 1984 | Høyde u.t. | 1.31 | Inger Birgitte Reppe | 68 | Jessheim/Je | 13.03 |
| 1984 | Høyde u.t. | 1.31 | Guri Fjeldberg | 69 | Jessheim/Je | 13.03 |
| 1984 | Lengde u.t. | 2.45 | Marit Rogstad | 67 | Jessheim/Je | 13.03 |
| 1984 | Lengde u.t. | 2.64 | Inger Birgitte Reppe | 68 | Jessheim/Je | 13.03 |
| 1984 | Lengde u.t. | 2.49 | Tone Sæthermoen | 69 | Jessheim/Je | 13.03 |
| 1984 | 400m | 63.2 | Guri Fjeldberg | 69 | Strømmen | 27.06 |
| 1984 | Lengde | 4.83 | Marit Rogstad | 67 | Strømmen | 27.06 |
| 1984 | Lengde | 5.17 | Inger Birgitte Reppe | 68 | Strømmen | 27.06 |

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| **UKI Historie** | **153** |

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| 1984 | Lengde | 4.78 | Guri Fjeldberg | 69 | Strømmen | 27.06 |
| 1984 | Spyd 600 g | 30.00 | Eva Cathrin Torvund | 69 | Strømmen | 27.06 |
| 1984 | 80m h 76.2 | 12.2 | Inger Birgitte Reppe | 68 | Jessheim | 03.09 |
| 1984 | 80m h 76.2 | 13.5 | Guri Fjeldberg | 69 | Jessheim | 03.09 |
| 1984 | 800m | 2:32.0 | Gunn Vilberg | 66 | Jessheim | 03.09 |
| 1984 | Diskos 1 kg | 17.10 | Inger Birgitte Reppe | 68 | Jessheim | 03.09 |
| 1984 | Diskos 1 kg | 27.54 | Guri Fjeldberg | 69 | Jessheim | 03.09 |

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| 1985 | Høyde u.t. | 1.25 | Guri Fjeldberg | 69 | Jessheim | 12.03 |
| 1985 | Høyde u.t. | 1.30 | Inger Birgitte Reppe | 68 | Jessheim | 12.03 |
| 1985 | Høyde u.t. | 1.15 | Randi Sydtangen | 67 | Jessheim | 12.03 |
| 1985 | Lengde u.t. | 2.04 | Randi Sydtangen | 67 | Jessheim | 12.03 |
| 1985 | Lengde u.t. | 2.26 | Hege Bjørndal | 73 | Jessheim  | 12.03 |
| 1985 | Lengde u.t. | 2.34 | Hege Rustad | 70 | Jessheim | 12.03 |
| 1985 | Lengde u.t. | 2.44 | Guri Fjeldberg | 69 | Jessheim | 12.03 |
| 1985 | Lengde u.t. | 2.57 | Inger Birgitte Reppe | 68 | Jessheim | 12.03 |
| 1985 | 60m h 76.2 | 11.5 | Hege Bjørndal | 73 |  Årnes | 05.06 |
| 1985 | Kule 2 kg | 9.13 | Hege Bjørndal | 73 | Løken | 14.08 |
| 1985 | 1500m | 5:17.2 | Kristin Jensen | 70 | Lørenfallet | 18.06 |
| 1985 | Lengde | 4.99 | Guri Fjeldberg | 69 | Strømmen | 26.06 |
| 1985 | Høyde | 1.55 | Guri Fjeldberg | 69 | Lørenfallet | 18.06 |
| 1985 | Kule 3 kg | 10.63 | Guri Fjeldberg | 69 | Lørenfallet | 18.06 |
| 1985 | Diskos 1 kg | 20.82 | Guri Fjeldberg | 69 | Haga | 26.09 |
| 1985 | Spyd 600 g | 29,32 | Guri Fjeldberg | 69 | Strømmen | 26.06 |
| 1985 | 400m | 65.2 | Kari Fjeldberg | 68 | Strømmen | 26.06 |
| 1985 | Kule 4 kg | 8.40 | Inger Birgitte Reppe | 68 | Lørenfallet | 18.06 |
| 1985 | Diskos 1 kg | 18.58 | Inger Birgitte Reppe | 68 | Haga | 26.09 |
| 1985 | 4-kamp | 3358 | Lena Kristin Nyland | 74 | Jessheim | 23.09 |
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| 1986 | 1km terreng | 3:26.5 | Ellen Undseth | 73 | Nannestad | 10.05 |
| 1986 | 800m | 2:33.9 | Ellen Undseth | 73 | Haga  | 05.06 |
| 1986 | 100m | 13.8 | Kristin Andersen | 70 | Lørenfallet | 05.06 |
| 1986 | Kule 4 kg | 10.30 | Guri Fjeldberg | 69 | Lørenfallet | 05.06 |

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| 1987 | Høyde u.t. | 0.85 | Turid Brendløkken | 76 | Jessheim/Je | 10.03 |
| 1987 | Høyde u.t. | 1.06 | Kristin Urnes | 75 | Jessheim/Je | 10.03 |
| 1987 | Høyde u.t. | 1.20 | Guri Fjeldberg | 69 | Jessheim/Je | 10.03 |
| 1987 | Lengde u.t. | 2.45 | Guri Fjeldberg | 69 | Jessheim/Je | 10.03 |
| 1987 | 60m h 76.2 | 12.5 | Kristin Urnes | 75 | Jessheim | 15.08 |
| 1987 | Høyde | 1.29 | Kristin Urnes | 75 | Jessheim | 15.08 |
| 1987 | 60m | 8.4 | Lene Kristin Nyland | 74 | Bjørkelangen | 12.09 |
| 1987 | 100m | 13.6 | Lene Kristin Nyland | 74 | Jessheim | 16.08 |

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| **UKI Historie** | **154** |

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| 1987 | Lengde s | 4.38 | Lene Kristin Nyland | 74 | Bjørkelangen | 12.09 |
| 1987 | 800m | 2:31.5 | Ellen Undseth | 73 | Jessheim | 15.08 |
| 1987 | Kule 3 kg | 6.64 | Hege Lundring | 73 | Jessheim | 15.08 |
| 1987 | Spyd 600 g | 33.40 | Eva Cathrine Torvund | 69 | Bjørkelangen | 12.09 |

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| 1988 | Høyde u.t. | 0.90 | Astrid Huitfeldt | 77 | Jessheim/Je | 10.03 |
| 1988 | Lengde u.t. | 1.80 | Astrid Huitfeldt | 77 | Jessheim/Je | 10.03 |
| 1988 | 1300m terr | 5:19.5 | Kamilla Bråthen | 77 | Lillestrøm | 11.05 |
| 1988 | 800m | 2:51.7 | Kamilla Bråthen | 77 | Årnes  | 24.06 |
| 1988 | 60m h 76.2 | 13.8 | Kamilla Btåthen | 77 | Årnes | 24.06 |
| 1988 | Lengde s | 3.88 | Kamilla Bråthen | 77 | Bjørkelangen | 30.08 |
| 1988 | Høyde | 1.15 | Kamilla Bråthen | 77 | Årnes | 24.06 |
| 1988 | Kule 2 kg | 6.40 | Kamilla Bråthen | 77 | Årnes | 25.06 |
| 1988 | Liten ball 150 | 32.20 | Kamilla Bråthen | 77 | Bjørkelangen | 30.08 |
| 1988 | 100m | 14.6 | Marit Undseth | 76 | Årnes | 25.06 |
| 1988 | Høyde u.t. | 1.10 | Kristin Urnes | 75 | Jessheim/Je | 10.03 |
| 1988 | Spyd 400 g | 24.90 | Kristin Urnes | 75 | Bjørkelangen | 30.08 |
| 1988 | Stav | 2.50 | Kristin Urnes | 75 | Jessheim | 26.09 |
| 1988 | 60m | 8.4 | Lene Kristin Nyland | 74 | Bjørkelangen | 30.08 |
| 1988 | Lengde s | 5.01 | Lene Kristin Nyland | 74 | Bjørkelangen | 30.08 |
| 1988 | Kule 3 kg | 8.40 | Lene Kristin Nyland | 74 | Årnes | 25.06 |
| 1988 | Spyd 400 g | 24.38 | Kristin Bråthen | 74 | Bjørkelangen | 30.08 |
| 1988 | 100m | 14.2 | Ellen Undseth | 73 | Bjørkelangen | 30.08 |
| 1988 | 200m | 28.6 | Ellen Undseth | 73 | Årnes | 25.06 |
| 1988 | Kule 3 kg | 7.99 | Ellen Undseth | 73 | Årnes | 25.06 |
| 1988 | Spyd 600 g | 19.44 | Ellen Undseth | 73 | Bjørkelangen | 30.08 |

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| 1989 | Høyde u.t. | 1.25 | Kristin Urnes | 75 | Jessheim/Je | 16.03 |
| 1989 | Lengde u.t. | 2.23 | Kristin Urnes | 75 | Jessheim/Je | 16.03 |
| 1989 | Høyde | 1.60 | Kristin Urnes | 75 | Bjørkelangen | 10.09 |
| 1989 | 800m | 2:37.3 | Kamilla Bråthen | 77 | Bjørkelangen | 10.09 |

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| 1990 | 60m E | 8.30 | Lene Kristin Nyland | 74 | Oslo/Ek | 25.03 |
| 1990 | Høyde | 1.60 | Kristin Urnes | 75 | Oslo/Ek | 25.03 |
| 1990 | 1.5 km terreng | 5.01 | Hege Lundring | 73 | Nittedal | 10.05 |
| 1990 | Høyde | 1.55 | Kristin Urnes | 75 | Nadderud | 08.06 |
| 1990 | Spyd 600 | 27.48 | Kristin Urnes | 75 | Nadderud | 09.06 |
| 1990 | Høyde | 1.30 | Kamilla Bråthen | 77 | Bjørkelangen | 09.06 |
| 1990 | Spyd 600 | 25.04 | Kristine Heggelund | 76 | Bjørkelangen | 09.06 |
| 1990 | 800m | 2:32.8 | Kamilla Bråthen | 77 | Bjørkelangen | 09.06 |
| 1990 | 1500m | 5:24.0 | Kamilla Bråthen | 77 | Bjørkelangen | 10.06 |
| 1990 | Lengde | 4.86 | Tone Lauritzen | 76 | Bjørkelangen | 10.06 |

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| **UKI Historie** | **155** |

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| 1991 | Høyde | 1.63 | Kristin Urnes | 75 | Oslo/Ek | 03.03 |
| 1991 | 1.2 km terr | 5:12 | Kamilla Bråthen | 77 | Lillestrøm | 27.04 |
| 1991 | Spyd 600 g | 30.22 | Kristin Urnes | 75 | Bjørkelangen | 08.06 |
| 1991 | Høyde | 1.50 | Kristin Urnes | 75 | Bjørkelangen | 09.06 |

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| 1992 | 60m h 84 cm | 10.2 | Kristin Urnes | 75 | Lillestrøm | 22.02 |
| 1992 | Høyde | 1.55 | Kristin Urnes | 75 | Lillestrøm | 22.02 |
| 1992 | Stav | 2.50 | Kristin Urnes | 75 | Lillestrøm | 22.02 |
| 1992 | Lengde u.t. | 2.39 | Tone Lauritzen | 76 | Ås/GG | 21.03 |
| 1992 | 3000m | 11:24.34 | Kamilla Bråthen | 77 | Sofiemyr | 14.06 |
| 1992 | Høyde | 1.65 | Kristin Urnes | 75 | Sofiemyr | 14.06 |
| 1992 | Tresteg | 10.04 | Tone Lauritzen | 76 | Lillestrøm | 20.09 |
| 1992 | 2.5 km terreng | 9:45 | Kamilla Bråthen | 77 | Nesodden | 04.05 |

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| 1993 | Høyde | 1.45 | Tone Lauritzen | 76 | Bjørkelangen | 06.06 |
| 1993 | Lengde | 5.30 +4.2 | Tone Lauritzen | 76 | Bjørkelangen | 05.06 |
| 1993 | 800m | 2:28.4 | Liv Anita Mikkelberg | 80 | Ski | 13.06 |
| 1993 | Tresteg | 10.45 | Kristin Urnes | 75 | Jessheim | 01.09 |
| 1993 | Tresteg | 10.10 | Tone Lauritzen | 76 | Jessheim | 01.09 |
| 1993 | Stav | 2.25 | Kristin Urnes | 75 | Jessheim | 01.09 |

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| 1994 | Lengde | 4.88 | Tone Lauritzen | 76 | Sofiemyr | 05.06 |

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| 1995 | 3000m | 10:14.9 | Kamilla Bråthen | 77 | Bjørkelangen | 11.06 |

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| 1997 | Høyde | 1.40 | Ingrid Maudal | 82 | Bjørkelangen | 23.08 |
| 1997 | Kule 3 kg | 9.69 | Ingrid Maudal | 82 | Bjørkelangen | 23.08 |

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| 1998 | 60m h 76,2 | 10.76 | Victoria Hillveg | 86 | Oslo/St | 05.09 |
| 1998 | Høyde | 1.45 | Victoria Hillveg | 86 | Oslo/St | 05.09 |
| 1998 | Diskos 600 g | 32.13 | Tonje Berg | 85 | Oslo/St | 05.09 |
| 1998 | Spyd 400 g | 25.68 | Tonje Berg | 85 | Oslo/St | 06.09 |
| 1998 | Spyd 600 g | 25.64 | Ingrid Maudal | 82 | Oslo/St | 06.09 |

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| 1999 | 60m h. 76.2 | 10.71 | Victoria Hillveg | 86 | Asker/Fø | 04.09 |
| 1999 | 60m E | 8.58 | Victoria Hillveg | 86 | Asker/Fø | 05.09 |
| 1999 | Høyde | 1.43 | Victoria Hillveg | 86 | Asker/Fø | 05.09 |
| 1999 | Tresteg s | 9.60 | Victoria Hillveg | 86 | Asker/Fø | 05.09 |
| 1999 | Høyde | 1.50 | Siv Anita Engh | 85 | Asker/Fø | 05.09 |

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| 2001 | 60m h. 76.2 | 11.65 | Tonje Berg | 85 | Lillestrøm | 25.02 |
| 2001 | Høyde | 1.50 | Siv Anita Engh | 85 | Lillestrøm | 25.02 |
| 2001 | 800m | 2:37.05 | Tonje Berg | 85 | Jessheim | 18.08 |
| 2001 | 2000m | 7:24.84 | Elisabeth Langrusten | 86 | Jessheim | 19.08 |
| 2001 | 300m h 76.2 | 52.52 | Tonje Berg | 85 | Jessheim | 19.08 |
| 2001 | Høyde | 1.35 | Tonje Berg | 85 | Jessheim | 19.08 |
| **UKI Historie** | **156** |

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| 2002 | Stav | 2.50 | Siv Anita Engh | 85 | Lillestrøm | 05.09 |
| 2002 | Slegge 4 kg | 20.93 | Tonje Berg | 85 | Lillestrøm | 05.09 |

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| 2003 | 400m | 62.7 | Elisabeth Langrusten | 86 | Jessheim | 31.05 |
| 2003 | 800m | 2:41.7 | Hilde Gustavsen | 87 | Jessheim | 01.06 |

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| 2004 |  1.5km terreng | 5:25 | Silje Ekroll Jahren | 88 | Lørenskog | 13.05 |
| 2004 | 1.5km terreng | 5:29.0 | Katja Ekroll Jahren | 85 | Lørenskog | 13.05 |
| 2004 | Spyd 600 g | 28.01 | Tonje Berg | 85 | Bjørkelangen | 05.06 |
| 2004 | Stav | 2.50 | Tonje Berg | 85 | Lillestrøm | 02.09 |
| 2004 | 4x60m E | 33.78 |   |   | Asker/Fø | 21.08 |
|  Christine Nerhagen91-Charlotte Oliversen91-Tonje Oliversen91-Linn H. Bakke91 |
| 2004 | 3x800m | 7:55.76 |   |   | Asker/Fø | 21.08 |
| Maren Gården88-Hilde Gustavson87-Silje Ekroll Jahren88 |

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| 2005 | 60m E | 8.41 | Linne Helene Bakke | 91 | Lillestrøm | 09.04 |
| 2005 | Lengde | 5.11 | Linn Helene Bakke | 91 | Lillestrøm | 09.04 |
| 2005 | Høyde | 1.60 | Linn Helene Bakke | 91 | Lillestrøm | 09.04 |
| 2005 | Kule 3 kg | 8.72 | Linn Helene Bakke | 91 | Lillestrøm | 09.04 |
| 2005 | 2km terreng  | 6:49 | Silje Ekroll Jahren | 88 | Nesodden | 28.04 |

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| 2006 | Høyde u.t. | 0.95 | Celine Skeie | 95 | Nittedal | 26.03 |
| 2006 | Kule 3 kg | 11.83 | Silje Disserud | 91 | Lillestrøm | 25.03 |
| 2006 | Kule 3 kg | 12.10 | Silje Disserud | 91 | Bjørkelangen | 10.06 |
| 2006 | 800m | 2:30.97 | Maren Fald Gården | 88 | Bjørkelangen | 11.06 |
| 2006 | Slegge 3 kg | 37.51 | Linn Helene Bakke | 91 | Lillestrøm | 31.08 |

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| 2007 | Kule 3 kg | 12.54 | Silje Disserud | 91 | Bjørkelangen | 09.06 |
| 2007 | Diskos 750 g | 29.61 | Silje Disserud | 91 | Bjørkelangen | 09.06 |
| 2007 | Spyd 600 g | 36.45 | Silje Disserud | 91 | Bjørkelangen | 10.06 |
| 2007 | 3000m | 12:06.28 | Oda Wennemo | 92 | Bjørkelangen | 10.06 |
| 2007 | 800m | 2:43.16 | Maren Fald Gården | 88 | Bjørkelangen | 10.06 |
| 2007 | Kule 3 kg | 12.79 | Silje Disserud | 91 | Bjørkelangen | 09.06 |

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| 2008 | 60m E | 7.85 | Linn Helene Bakke | 91 | Lillestrøm | 05.04 |
| 2008 | Kule 4 kg | 10.86 | Silje Dissrud | 91 | Lillestrøm | 05.04 |
| 2008 | 800m | 2:31.84 | Frida Forberg | 92 | Lillestrøm | 23.08 |
| 2008 | Kule 4 kg | 10.77 | Silje Disserud | 91 | Lillestrøm | 24.08 |

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| 2009 | Høyde | 1.25 | Ebba Beyer | 98 | Lillestrøm | 29.03 |
| 2009 | Lengde | 4.51 | Silje Disserud | 91 | Lillestrøm | 29.03 |
| 2009 | Kule 4 kg | 9.95 | Silje Disserud | 91 | Lillestrøm | 29.03 |

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| 2011 | Høyde | 1.35 | Ebba Beyer | 98 | Lillestrøm | 26.03 |
| 2011 | Lengde | 4.03 | Emilie Hov Andreassen | 00 | Nadderud | 23.09 |

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| **UKI Historie** | **157** |

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| 2012 | 60m E | 9.19 | Emilie Hov Andreassen | 91 | Lillestrøm | 28.01 |
| 2012 | 600m | 2:00.48 | Emilie Hov Andreassen | 91 | Lillestrøm | 28.01 |
| 2012 | Kule 2 kg | 7.16 | Hedda Algarheim Tverås | 91 | Lillestrøm | 28.01 |

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| 2013 | 600m | 1:59.4 | Vilde Svardahl | 01 | Lillestrøm | 09.06 |
| 2013 | 60m h 76.2 | 10.72 | Vår Åsheim | 99 | Lillestrøm | 09.06 |
| 2013 | Lengde | 4.53 | Vår Åsheim | 99 | Lillestrøm | 09.06 |

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| 2014 | 80m h 76.2 | 12.78 | Vår Åsheim | 99 | Oslo/Bi | 17.09 |
| 2014 | 300m h 76.2 | 47.92 | Vår Åsheim | 99 | Oslo/Bi | 17.09 |
| 2014 | 300m h 76.2 | 53.54 | Victoria Børresen | 98 | Oslo/Bi | 17.09 |

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| 2015 | 3000m | 11:12.93 | Caroline Høistad Foss | 98 | Nittedal | 22.08 |
| 2015 | 200m | 26.25 | Vår Åsheim | 99 | Nittedal | 23.08 |
| 2015 | Kule 2 kg | 8.82 | Hanna Emilie Hjeltnes | 04 | Nittedal | 23.08 |
| 2015 | Diskos 600 g | 16.67 | Hanna Emilie Hjeltnes | 04 | Nittedal | 23.08 |

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| 2016 | Diskos 600 g | 27.36 | Hanna Emilie Hjeltnes | 04 | Nittedal | 20.08 |
| 2016 | Kule 2 kg | 10.87 | Hanna Emilie Hjeltnes | 04 | Nittedal | 20.08 |
| 2016 | 60m | 8.74 | Solveig Emilie Johansen | 03 | Nittedal | 20.08 |
| 2016 | 100m | 13.24 | Summer Steinsrud | 01 | Nittedal | 20.08 |
| 2016 | 200m | 26.98 | Summer Steinsrud | 01 | Nittedal | 21.08 |

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| 2017 | 600m | 1:51.44 | Mathea Rundgren Olsen | 06 | Nittedal | 20.08 |
| 2017 | Høyde | 1,25 | Mari Steen Myrvang | 06 | Nittedal | 20.08 |
| 2017 | 100m | 13.01 | Summer Steinsrud | 01 | Nittedal | 19.08 |
| 2017 | 200m | 26.01 | Summer Steinsrud | 01 | Nittedal | 20.08 |
| 2017 | 80m h 76.2 | 12.24 | Summer Steinsrud | 01 | Nittedal | 20.08 |
| 2017 | 200m | 27.20 | Tonje Noen | 00 | Nittedal | 20.08 |
| 2017 | 100m h 76.2 | 15.05 | Tonje Moen | 00 | Nittedal | 20.08 |

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| 2018 | Høyde | 1.60 | Mari Steen Myrvang | 06 | Nittedal | 16.09 |
| 2018 | Kule 3 | 12.93 | Hanna Emilie Hjeltnes | 04 | Nittedal | 15.09 |
| 2018 | Diskos 600 g | 41.22 | Hanna Emilie Hjeltnes | 04 | Nittedal | 15.09 |
| 2018 | Spyd 400 | 31.59 | Hanna Emilie Hjeltnes | 04 | Nittedal  | 16.09 |

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| 2019 | Lengde u.t. | 2,31 | Mari Steen Myrvang | 06 | Rud | 02.04 |
| 2019 | Kule 3 | 13.12 | Hanna Emilie Hjeltnes | 04 | Oslo/St | 15.09 |
| 2019 | Spyd 500 | 31.29 | Hanna Emilie Hjeltnes | 04 | Oslo/St | 14.09 |
| 2019 | 100m | 13.54 | Solveig Emilie Johansen | 03 | Oslo/St | 14.09 |
| 2019 | 200m | 27.24 | Solveig Emilie Johansen | 03 | Oslo/St | 15.09 |

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| 2021 | 1500m | 4:43.29 | Wilma Torbjørnsson | 07 | Oslo/St | 25.09 |

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| **UKI Historie** | **158** |

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| **JENTER KM** |  |

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| 2022 | Slegge 4 | 30.17 | Hanna Emilie Hjeltnes | 04 | Oslo/St | 09.09 |
| 2022 | 60m h 76.2 | 10.32 | Hanna Rimstad | 10 | Oslo/St | 09.09 |
| 2022 | Stav | 2.30 | Hanna Rimstad | 10 | Oslo/St | 09.09 |
| 2022 | Tresteg s | 10.05 | Hanna Rimstad | 10 | Oslo/St | 09.09 |
| 2022 | 200m h 68 | 35.05 | Hermine Opsahl Torgersen | 10 | Oslo/St | 10.09 |
| 2022 | Slegge 2 | 20.29 | Ella Hjeltnes | 11 | Oslo/St | 09.09 |
| 2022 | Kule 2 | 8.69 | Ella Hjeltnes | 11 | Oslo/St | 10.09 |
| 2022 | 300m h 76.2 | 52.35 | Natalie Jøransen | 07 | Oslo/St | 10.09 |
| 2022 | 800m | 2:19.75 | Wilma Torbjørnsson | 07 | Oslo/St | 11.09 |
| 2022 | Diskos 600 | 22.13 | Hanna Rimstad | 10 | Oslo/St | 11.09 |
| 2022 | 600m | 1:52.16 | Hermine Opsahl Torgersen | 10 | Oslo/St | 11.09 |
| 2022 | Høyde | 1.55 | Hanna Rimstad | 10 | Oslo/St | 11.09 |
| 2022 | Diskos 600 | 26.22 | Ella Hjeltnes | 11 | Oslo/St | 11.09 |
| 2022 | Spyd 400 | 12.10 | Ella Hjeltnes | 11 | Oslo/St | 11.09 |

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| **UKI Historie** | **159** |

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| **MENN VETERAN KM** |  |

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| 1978 | Kule 7.26 kg | 13.11 | Kai Hole | 42 | 33-37 | Rolvsrud | 12.09 |
| 1978 | Diskos 2 kg | 42.70 | Kai Hole | 42 | 33-37 | Rolvsrud | 12.09 |
| 1978 | 100m | 13.1 | Helge Sydtangen | 37 | 38-42 | Rolvsrud | 12.09 |

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| 1980 | Høyde u.t. | 1.50 | Kai Hole | 42 | 34-39 | Skjetten/St | 23.03 |
| 1980 | Lengde | 5.17 | Kai Hole | 42 | 34-39 | Lørenfallet | 21.06 |
| 1980 | Kule 7.26 kg | 11.79 | Kai Hole | 42 | 34-39 | Lørenfallet | 21.06 |
| 1980 | Diskos 2 kg | 39.90 | Kai Hole | 42 | 34-39 | Rolvsrud | 04.09 |
| 1980 | 10000m | 41:06.0 | Kristoffer Stanger  | 33 | 45-49 | Rolvsrud | 26.06 |
| 1980 | 400m | 69.4 | Knut Lein | 28 | 40-44 | Lørenfallet | 21.06 |

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| 1981 | 10km terreng | 36.45 | Kolbjørn Skjerve | 37 | 40-44 | Fetsund | 13.05 |
| 1981 | 10km terreng | 44.32 | Knut Lein | 28 | 50-54 | Fetsund | 13.05 |
| 1981 | Kule 7.26 kg | 12.08 | Kai Hole | 42 | 35-39 | Lørenfallet | 20.06 |
| 1981 | Lengde | 5.21 | John Johansen | 36 | 45-49 | Lørenfallet | 20.06 |

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| 1982 | 100m | 11.7 | Rolv Eirik Nyheim | 47 | 35-39 | Lørenfallet | 19.06 |
| 1982 | 400m | 54.5 | Rolv Eirik Nyheim | 47 | 35-39 | Lørenfallet  | 19.06 |
| 1982 | 200m h 76.2 | 30.6 | Ivar Opsahl | 47 | 35-39 | Rolvsrud | 31.08 |
| 1982 | Høyde | 1.65 | Ivar Opsahl | 47 | 35-39 | Rolvsrud | 31.08 |
| 1982 | Høyde u.t. | 1.43 | Kai Hole | 42 | 40-44 | Lørenskog/Sk | 28.03 |
| 1982 | Kule 7.26 kg | 11.89 | Kai Hole | 42 | 40-44 | Lørenfallet | 19.06 |
| 1982 | Diskos 2 kg | 39.14 | Kai Hole | 43 | 40-44 | Rolvsrud | 31.08 |
| 1982 | Slegge 7.26 | 34.74 | Kai Hole | 42 | 40-44 | Lørenfallet | 19.06 |
| 1982 | Spyd 800 g | 39.26 | Hans Kristian Hansen | 41 | 40-44 | Rolvsrud | 31.08 |
| 1982 | 400m | 66.0 | John Johansen | 36 | 45-49 | Lørenfallet | 19.06 |
| 1982 | Lengde | 5.02 | John Arne Johansen | 36 | 45-49 | Lørenfallet | 19.06 |
| 1982 | Tresteg | 10.18 | John Arne Johansen | 36 | 35-39 | Rolvsrud | 31.09 |

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| 1983 | 5000m | 16:08.5 | Kolbjørn Skjerve | 37 | 45-49 | Lørenfallet | 19.06 |
| 1983 | Lengde | 5.23 | Lasse Andersen | 47 | 35-39 | Lørenfallet | 19.06 |

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| 1984 | Høyde u.t. | 1.35 | Ivar Opsahl | 47 | 35-39 | Jessheim/Je | 13.03 |
| 1984 | Lengde u.t. | 2.77 | Ivar Opsahl | 47 | 35.39 | Jessheim/Je | 13.03 |
| 1984 | 800m | 2:33.4 | Kristoffer Stanger | 33 | 50-54 | Lørenfallet | 16.06 |
| 1984 | Lengde | 5.72 | Ivar Opsahl | 47 | 35-39 | Lørenfallet | 16.06 |
| 1984 | Lengde | 4.91 | John Arve Johansen | 36 | 45-49 | Lørenfallet | 16.06 |

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| 1985 | Høyde u.t. | 1.32 | Ivar Opsahl | 47 | 35-39 | Lørenskog | 06.03 |
| 1985 | 60m | 7.9 | Rolv Eirik Nyheim | 47 | 35-39 | Årnes | 28.08 |
| 1985 | 800m | 2:09.3 | Odd Harstad | 44 | 40-44 | Lørenfallet | 22.06 |
| 1985 | 1500m | 4:19.6 | Odd Harstad | 44 | 40-44 | Årnes | 28.08 |
| 1985 | 60m | 8.1 | Kjell Larsen | 37 | 45-49 | Årnes | 28.08 |
| 1985 | Lengde | 4.82 | John Arve Johansen | 36 | 45-49 | Lørenfallet | 22.06 |

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| **UKI Historie** | **160** |

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| **MENN VETERAN KM** |  |

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| 1985 | 100m | 15.6 | Karl Lødemel | 24 | 60-64 | Lørenfallet | 22.06 |
| 1985 | 800m | 2:42.9 | Karl Lødemel | 24 | 60-64 | Lørenfallet | 22.06 |
| 1985 | 1500m | 5:32.6 | Karl Lødemel | 24 | 60-64 | Årnes | 26.08 |

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| 1986 | 60m –vind ? | 7.1 | Ivar Opsahl | 47 | 35-39 | Årnes | 07.08 |
| 1986 | 800m | 2:12.8 | Rolv Eirik Nyheim | 47 | 35-59 | Lørenfallet | 19.06 |
| 1986 | Diskos 2 kg | 27.84 | Ivar Opsahl | 47 | 35-39 | Årnes | 27.08 |
| 1986 | Høyde | 1.75 | Ansgar Gulbrandsen | 44 | 40-44 | Jessheim | 29.09 |
| 1986 | 800m | 2:41.2 | Karl Lødemel | 24 | 60-64 | Lørenfallet | 19.06 |
| 1986 | 1500m | 5:41.0 | Karl Lødemel | 24 | 60-64 | Årnes | 27.08 |

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| 1987 | 3km terreng | 10:31 | Odd Kinnsbekken | 48 | 35-39 | Lillestrøm | 13.05 |
| 1987 | Høyde u.t. | 1.36 | Kai Hole | 42 | 45-49 | Årnes/Ne | 27.02 |
| 1987 | 800m | 2:13.9 | Øystein Frilseth | 48 | 35-39 | Lørenfallet | 25.06 |
| 1987 | 1500m | 4:39.8 | Øystein Frilseth | 48 | 35-39 | Årnes | 26.08 |
| 1987 | Stav | 2.90 | Ivar Opsahl | 47 | 40-44 | Jessheim | 03.09 |
| 1987 | Lengde | 4.58 | John Arve Johansen | 36 | 50-54 | Lørenfallet | 25.06 |
| 1987 | Stav | 2.70 | Trygve Andresen | 34 | 50-54 | Jessheim | 03.09 |

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| 1988 | Lengde u.t.. | 2.77 | Ansgar Gulbrandsen | 44 | 40-44 | Jessheim/Je | 10.03 |
| 1988 | Høyde | 1.60 | Ansgar Gulbrandsen | 44 | 40-44 | Jessheim | 26.09 |
| 1988 | 60m | 8.5 | Rolf Fredagsvik | 42 | 45-49 | Haga | 16.06 |
| 1988 | 100m | 15.3 | John Arve Johansen | 36 | 50-54 | Haga | 24.08 |
| 1988 | Lengde | 4.80 | John Arve Johansen | 36 | 50-54 | Haga | 16.06 |
| 1988 | Stav | 2.90 | Trygve Andresen | 34 | 50-54 | Jessheim  | 26.09 |
| 1988 | Kule 6 kg | 9.75 | John Arve Johansen | 36 | 50-54 | Haga | 16.06 |
| 1988 | Halvmaraton | 1:26.55 | Ole Bjørnsveen | 38 | 50-54 | Jessheim | 09.10 |

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| 1989 | Høyde u.t. | 1.35 | Ansgar Gulbrandsen | 44 | 45-49 | Jessheim/Je | 16.03 |
| 1989 | Lengde u.t. | 2.40 | Kristoffer Stanger | 33 | 55-59 | Jessheim/Je | 16.03 |
| 1989 | Høyde | 1.75 | Ansgar Gulbrandsen | 44 | 45-49 | Bjørkelangen | 09.09 |

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| 1990 | Høyde | 1.72 | Ansgar Gulbrandsen | 44 | 45-49 | Sofiemyr | 02.09 |
| 1990 | Halvmaraton | 1:25:53 | Trygve Bårde | 48 | 40-44 | Jessheim | 07.10 |
| 1990 | Halvmaraton | 1:22:30 | Kolbjørn Skjerve | 37 | 50-54 | Jessheim | 07.10 |
| 1990 | Halvmaraton | 1:26:02 | Bjørn Ottersen | 35 | 55-59 | Jessheim | 07.10 |

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| 1992 | 100m h 84 | 21.94 | Håvard Lund | 24 | 65-69 | Oslo/Bi | 15.06 |
| 1992 | 300m h 76.2 | 60.95 | Håvard Lund | 24 | 65-69 | Oslo/Bi | 16.06 |
| 1992 | Høyde | 1.34 | Håvard Lund | 24 | 65-69 | Oslo/Bi | 15.06 |
| 1992 | Spyd 600 g | 36.10 | Håvard Lund | 24 | 65-69 | Oslo/Fr | 03.06 |
| 1992 | Diskos 1 kg | 34.00 | Håvard Lund | 24 | 65-69 | Oslo/Fr | 03.06 |
| 1992 | Kule 5 kg | 9.32 | Håvard Lund | 24 | 65-69 | Oslo/Fr | 03.06 |
| 1992 | Slegge 5 kg | 24.28 | Håvard Lund | 24 | 65-69 | Oslo/Fr | 22.06 |
| 1992 | Høyde | 1.76 | Ansgar Gulbrandsen | 44 | 45-49 | Oslo/Bi | 15.06 |

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| **UKI Historie** | **161** |

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| **MENN VETERAN KM** |  |

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| 1993 | 5000m | 16:18.48 | Ole Johan Garli | 56 | 35-39 | Jessheim | 12.06 |
| 1993 | 800m | 2:03.25 | Inge Nessiøy | 57 | 35-39 | Jessheim | 12.06 |
| 1993 | Spyd 800 g | 45.96 | Ivar Skedsmo | 55 | 35-39 | Jessheim | 12.06 |
| 1993 | 800m | 2:10.65 | Ole Skolt | 53 | 40-44 | Jessheim | 12.06 |
| 1993 | 1500m | 4:16.10 | Steinar Gressløs | 53 | 40-44 | Jessheim | 12.06 |
| 1993 | Høyde | 1.55 | Ansgar Gulbrandsen | 44 | 45-49 | Jessheim | 12.06 |
| 1993 | Kule 7.26 kg | 10.74 | Bjørn Heggelund | 47 | 45-49 | Jessheim | 12.06 |
| 1993 | Diskos 2 kg | 35.00 | Bjørn Heggelund | 47 | 45-49 | Jessheim | 12.06 |
| 1993 | Høyde | 1.31 | Håvard Lund | 24 | 65-69 | Jessheim | 12.06 |
| 1993 | Lengde | 3.48 | Håvard Lund | 24 | 65-69 | Jessheim | 12.06 |
| 1993 | Kule 5 kg | 9.49 | Håvard Lund | 24 | 65-69 | Jessheim | 12.06 |
| 1993 | Diskos 1 kg | 31.72 | Håvard Lund | 24 | 65-69 | Jessheim | 12.06 |
| 1993 | Spyd 600 g | 32.52 | Håvard Lund | 24 | 65-69 | Jessheim | 12.06 |
| 1993 | Slegge 5 kg | 27.14 | Håvard Lund | 24 | 65-69 | Rolvsrud | 09.09 |

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| 1994 | Høyde | 1.32 | Håvard Lund | 24 | 70-74 | Oslo/La | 23.08 |
| 1994 | Spyd 600 g | 34.46 | Håvard Lund | 24 | 70-74 | Oslo/La | 23.08 |

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| 1995 | Halvmaraton | 1:22:21 | Steinar Gressløs | 53 | 40-44 | Lørenfallet | 07.10 |
| 1995 | Stav | 2.60 | Ivar Opsahl | 47 | 55-59 | Oslo/La | 29.08 |
| 1995 | Spyd 600 g | 34.46 | Håvard Lund | 24 | 70-74 | Oslo/La | 22.08 |

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| 1996 | Høyde | 1.68 | Ansgar Gulbrandsen | 44 | 50-54 | Oslo/Fr | 21.08 |

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| 1997 | Høyde u.t. | 1.10 | Håvard Lund | 24 | 70-74 | Heggedal/He | 15.02 |
| 1997 | Lengde u.t. | 2.08 | Håvard Lund | 24 | 70-74 | Heggedal/He | 15.02 |
| 1997 | 100m | 12.1 | Terje Grime | 59 | 35-39 | Oslo/Tr | 11.06 |
| 1997 | Høyde | 1.59 | Ansgar Gulbrandsen | 44 | 50-54 | Oslo/Tr | 11.06 |
| 1997 | Høyde | 1.29 | Håvard Lund | 24 | 70-74 | Oslo/Tr | 11.06 |
| 1997 | Tresteg | 11.89 | Terje Grime | 59 | 35-39 | Oslo/Tr | 11.06 |
| 1997 | Kule 4 kg | 9.96 | Håvard Lund | 24 | 70-74 | Oslo/Tr | 11.06 |
| 1997 | Spyd 800 g | 35.34 | Terje Grime | 59 | 35-39 | Oslo/Tr | 11.06 |
| 1997 | Spyd 600 g | 29.98 | Håvard Lund | 24 | 70.74 | Oslo/Tr | 11.06 |

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| 1998 | Slegge 4 kg | 28.80 | Håvard Lund | 24 | 70-74 | Rolvsrud | 03.09 |

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| 1999 | 1500m | 4:45.5 | Ole Johan Garli | 56 | 40-44 | Oslo/St | 31.05 |
| 1999 | Spyd 500 g | 26.16 | Håvard Lund | 24 | 75-79 | Oslo/St | 31.05 |
| 1999 | Høyde | 1.65 | Ansgar Gulbrandsen | 44 | 45-49 | Oslo/St | 31.05 |
| 1999 | Høyde | 1.27 | Håvard Lund | 24 | 75-79 | Oslo/St | 31.05 |

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| 2000 | Tresteg | 8.93 | John Arve Johansen | 36 | 60-64 | Oslo/St | 05.06 |

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| 2001 | 3km terreng | 10:58 | Ole Johan Garli | 56 | 45-49 | Sandvika/Ka | 07.05 |

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| **UKI Historie** | **162** |

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| **MENN VETERAN KM** |  |

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| 2002 | 3km terreng | 10.56 | Ole Johan Garli | 56 | 45-49 | Sandvika/Ka | 06.05 |
| 2002 | 3km terreng | 10:28 | Trygve Stanger | 62 | 40-44 | Sandvika/Ka | 06.05 |
| 2002 | 100m | 12.8 | Jørn Jevne | 64 | 35-39 | Oslo/Tr | 10.06 |
| 2002 | Høyde | 1.18 | Håvard Lund | 24 | 75-79 | Oslo/Tr | 10.06 |
| 2002 | Spyd 500 g | 25.92 | Håvard Lund | 24 | 75-79 | Oslo/Tr | 10.06 |
| 2002 | Tresteg | 8.30 | John Arve Johansn | 36 | 65-69 | Oslo/Tr | 10.06 |
| 2002 | 200m | 25.0 | Jørn Jevne | 64 | 35-39 | Oslo/Tr | 17.06 |

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| 2003 | 100m | 12.1 | Jørn Jevne | 64 | 35-39 | Oslo/St | 02.06 |

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| 2004 | 200m | 27.8 | Knut Rimstad | 49 | 55-59 | Oslo/Tr | 16.06 |
| 2004 | 400m | 61.2 | Knut Rimstad | 49 | 55-59 | Oslo/St | 14.06 |
| 2004 | 800m | 2:23.9 | Knut Rimstad | 49 | 55-59 | Oslo/Tr | 16.06 |

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| 2005 | 3.7km terreng | 12:15 | Tommy Torgersen | 70 | 35-39 | Nesodden | 28.04 |
| 2005 | Slegge 3 kg | 21.87 | Håvard Lund | 24 | 80-84 | Rolvsrud | 14.09 |
| 2005 | Vekt 5.45 kg | 12.03 | Håvard Lund | 24 | 80-84 | Rolvsrud | 14.09 |

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| 2006 | 100m | 13.6 | Ivar Opsahl | 47 | 55-59 | Ski | 29.05 |
| 2006 | Stav | 2.60 | Ivar Opsahl | 47 | 55-59 | Ski | 29.05 |
| 2006 | Kule 6 kg | 9.32 | Ivar Opsahl | 47 | 55-59 | Ski | 29.05 |
| 2006 | Diskos 1.5 kg | 26.72 | Ivar Opsahl | 47 | 55-59 | Ski | 29.05 |
| 2006 | 100m h 91.4 | 20.1 | Ivar Opsahl | 47 | 55-59 | Oslo/Tr | 14.06 |
| 2006 | Høyde | 1.45 | Ivar Opsahl | 47 | 55-59 | Oslo/Tr | 14.06 |
| 2006 | Spyd 700 g | 28.33 | Ivar Opsahl | 47 | 55-59 | Oslo/Tr | 14.06 |
| 2006 | 400m | 64.4 | Knut Rimstad | 49 | 55-59 | Oslo/Tr | 14.06 |
| 2006 | Slegge 3 kg | 24.48 | Håvard Lund | 24 | 80-84 | Rolvsrud | 06.09 |
| 2006 | Vekt 5.45 kg | 11.14 | Håvard Lund | 24 | 80-84 | Rolvsrud | 06.09 |

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| 2007 | Halvmaraton | 1:37:32 | Olav Engen | 50 | 55-59 | Lørenskog | 03.11 |
| 2007 | Halvmaraton | 1:40:21 | Oddvar Leivestad | 45 | 60-64 | Lørenskog | 03.11 |
| 2007 | Halvmaraton | 1:50:54 | Henning Høgheim | 39 | 65-69 | Lørenskog | 03.11 |
| 2007 | Maraton | 3:28:20 | Olav Engen | 50 | 55-59 | Jessheim | 18.11 |
| 2007 | 800m | 2:30.7 | Jan Erik Rybråten | 53 | 50-54 | Ski | 11.06 |
| 2007 | Stav | 2.30 | John Arve Johansen | 36 | 70-74 | Ski | 11.06 |
| 2007 | Lengde | 4.18 | John Arve Johansen | 36 | 70-74 | Ski | 11.06 |
| 2007 | Kule 4 kg | 9.59 | John Arve Johansen | 36 | 70-74 | Ski | 11.06 |
| 2007 | Slegge 3 kg | 21.10 | Håvard Lund | 24 | 80-84 | Rolvsrud | 05.09 |

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| 2008 | Stav | 2.30 | John Arve Johansen | 36 | 70-74 | Ski | 11.06 |
| 2008 | Kule 5 kg | 9.98 | John Arve Johansen | 36 | 70-74 | Ski | 11.06 |
| 2008 | Diskos 1 kg | 25.01 | John Arve Johansen | 36 | 70-74 | Ski | 11.06 |

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| **UKI Historie** | **163** |

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| **MENN VETERAN KM** |  |

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| 2009 | 100m | 14.1 | Ivar Opsahl | 47 | 60-64 | Ski | 03.06 |
| 2009 | Høyde | 1.45 | Ivar Opsahl | 47 | 60-64 | Ski | 03.06 |
| 2009 | Stav | 2.48 | Ivar Opsahl | 47 | 60-64 | Ski | 03.06 |
| 2009 | Kule 5 kg | 10.54 | Ivar Opsahl | 47 | 60-64 | Ski | 03.06 |
| 2009 | Diskos 1 kg | 32.59 | Ivar Opsahl | 47 | 60-64 | Ski | 03.06 |
| 2009 | Slegge 3 kg | 22.49 | Håvard Lund | 24 | 85-89 | Lillestrøm | 31.08 |
| 2009 | Vekt 5.45 kg | 10.66 | Håvard Lund | 24 | 85-89 | Lillestrøm | 31.08 |

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| 2010 | Slegge 3 kg | 20.05 | Håvard Lund | 24 | 85-89 | Heggedal/Ka | 17.06 |
| 2010 | Vekt 5.45 kg | 11.00 | Håvard Lund | 24 | 85-89 | Heggedal/Ka | 17.06 |
| 2010 | Halvmaraton | 1:45:00 | Vemund Wemundstad | 40 | 70-74 | Lørenskog | 30.10 |

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| 2011 | 100m E | 15.25 | Øystein Gjerdrum | 52 | 55-59 | Ski | 08.06 |

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| 2012 | Lengde | 3.68 | John Arve Johansen | 36 | 75-79 | Oslo/St | 30.05 |
| 2012 | Tresteg | 7.99 | John Arve Johansen | 36 | 75-79 | Oslo/St | 30.05 |
| 2012 | Halvmaraton | 1:48:48 | Stein Terje Dahl | 55 | 55-59 | Lørenskog | 27.10 |

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| 2013 | Halvmaraton | 1:28:46 | Harald Furuseth | 69 | 40-44 | Lørenskog | 26.10 |

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| 2014 | 100m E | 15.38 | Ivar Opsahl | 47 | 65-69 | Ski | 04.06 |
| 2014 | Høyde | 1.30 | Ivar Opsahl | 47 | 65-69 | Ski | 04.06 |
| 2014 | Stav | 2.45 | Ivar Opsahl | 47 | 65-69 | Ski | 04.06 |
| 2014 | Kule 5 kg | 9.80 | Ivar Opsahl | 47 | 65-69 | Ski | 04.06 |
| 2014 | Diskos 1 kg | 32.85 | Ivar Opsahl | 47 | 65-69 | Ski | 04.06 |
| 2014 | Halvmaraton | 2:06:16 | Henning Høgheim | 39 | 75-79 | Lørenskog | 25.10 |

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| 2015 | Halvmaraton | 2:13:00 | Henning Høgheim | 39 | 75-79 | Lørenskog | 24.10 |

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| 2016 | 100m E | 15.87 | Øystein Gjerdrum | 52 | 60-64 | Ski | 08.06 |
| 2016 | Halvmaraton | 1:14:05 | Kristian Monsen | 77 | 35-39 | Lørenskog | 30.10 |

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| 2017 | Lengde u.t. | 2.27 | Ove Aastorp | 56 | 60-64 | Rud | 04.04 |
| 2017 | 800m | 3:05.64 | Ove Aastorp | 56 | 60-64 | Ski | 07.06 |
| 2017 | Kule 5 | 9.60 | Ove Aastorp | 56 | 60-64 | Ski | 07.06 |
| 2017 | Diskos 1 | 29.54 | Terje Aastorp | 56 | 60-64 | Ski | 07.06 |
| 2017 | Høyde | 1.50 | Frode Myrvang | 67 | 50-54 | Ski | 07.06 |
| 2017 | Kule 6 | 9.99 | Frode Myrvang | 67 | 50-54 | Ski | 07.06 |
| 2017 | Diskos 1.5 | 21.00 | Frode Myrvang | 67 | 50-54 | Ski | 07.06 |
| 2017 | Halvmaraton | 2:07:01 | Ove Aastorp | 56 | 60-64 | Lørenskog | 28.10 |
| 2017 | Halvmaraton | 2:18:23 | Henning Høgheim | 39 | 75-79 | Lørenskog | 28.10 |

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| **UKI Historie** | **164** |

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| **MENN VETERAN KM** |  |

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| 2018 | Lengde u.t. | 2.10 | Ove Aastorp | 56 | 60-64 | Rud | 10.04 |
| 2018 | 400m | 66.6 | Lasse Johannesen | 79 | 35-39 | Oslo/St | 30.05 |
| 2018 | Lengde | 4.04 | Lasse Johannesen | 79 | 35-39 | Oslo/St | 30.05 |
| 2018 | Lengde | 4.61 | Frode Myrvang | 67 | 50-54 | Oslo/St | 30.05 |
| 2018 | Tresteg | 9.70 | Frode Myrvang | 67 | 50-54 | Oslo/St | 30.05 |
| 2018 | Kule 6 | 13.96 | Vidar Rasmussen | 67 | 50-54 | Ski | 06.06 |
| 2018 | Spyd 700 | 34.54 | Frode Myrvang | 67 | 50-54 | Oslo/St | 30.05 |
| 2018 | Diskos 1.5 | 39.37 | Vidar Rasmussen | 67 | 50-54 | Ski | 06.06 |
| 2018 | 3000m | 13:44.49 | Ove Aastorp | 56 | 60-64 | Ski | 06.06 |
| 2018 | Halvmaraton | 2:02:45 | Ove Aastorp | 56 | 60-64 | Lørenskog | 27.10 |
| 2018 | Kule 5 | 9.45 | Terje Aastorp | 56 | 60-64 | Ski | 06.06 |
| 2018 | 60m h 76.2 | 19.3 | Ivar Opsahl | 47 | 70-74 | Oslo/St | 30.05 |
| 2018 | Spyd 500 | 22.64 | Ivar Opsahl | 47 | 70-74 | Oslo/St | 30.05 |
| 2018 | Halvmaraton | 2:18:10 | Henning Høgheim | 39 | 75-79 | Lørenskog | 27.10 |
| 2018 | Lengde | 3.48 | John Arve Johansen | 36 | 80-84 | Oslo/St | 30.05 |
| 2018 | Tresteg | 7.79 | John Arve Johansen | 36 | 80-84 | Oslo/St | 30.05. |
| 2018 | Spyd 400 | 28.83 | John Arve Johansen | 36 | 80-84 | Oslo/St | 30.05 |

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| 2019 | Lengde u.t. | 2.11 | Ove Aastorp | 56 | 60-64 | Rud | 02.04 |
| 2019 | 100m | 13.97 | Lasse Johannesen | 49 | 40-44 | Ski | 12.06 |
| 2019 | 100m | 16.50 | Ove Aastorp | 56 | 60-64 | Ski | 12.06 |
| 2019 | 800m | 3:05.85 | Ove Aastorp | 56 | 60-64 | Ski | 12.06 |
| 2019 | Høyde | 1.25 | Ivar Opsahl | 47 | 70-74 | Ski | 12.06 |
| 2019 | Kule 7.26 | 7.65 | Lasse Johannesen | 79 | 40-44 | Ski | 12.06 |
| 2019 | Kule 4 | 10.00 | Ivar Opsahl | 47 | 70-74 | Ski | 12.06 |
| 2019 | Diskos 2 | 17.52 | Lasse Johannesen | 79 | 40-44 | Ski | 12.06 |
| 2019 | Diskos 1 | 22.81 | Ivar Opsahl | 47 | 70-74 | Ski | 12.06 |
| 2019 | 400m | 64.2 | Lasse Johannesen | 79 | 40-44 | Oslo/St | 13.08 |
| 2019 | 1500m | 6:04.1 | Ove Aastorp | 56 | 60-64 | Oslo/St | 12.08 |
| 2019 | Len gde | 4.29 | Lasse Johannesen | 79 | 40-44 | Oslo/St | 12.06 |
| 2019 | Lengde | 3.47 | John Arve Johansen | 36 | 80-84 | Oslo/St | 12.08 |
| 2019 | Tresteg | 7.42 | John Arve Johansen | 36 | 80-84 | Oslo/St | 12.08 |
| 2019 | Spyd 600 | 27.33 | Ove Aastorp | 56 | 60-64 | Oslo/St | 12.08 |
| 2019 | Spyd 400 | 26.69 | John Arve Johansen | 36 | 80-84 | Oslo/St | 12.08 |
| 2019 | Halvmaraton | 1:55:33 | Ove Aastorp | 56 | 60-64 | Lørenskog | 26.10 |

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| 2021 | 1500m | 6:42.0 | Ove Aastorp | 56 | 65-69 | Oslo/St | 31.08 |
| 2021 | Spyd 600 | 26.10 | Ove Aastorp | 56 | 65-69 | Oslo/St | 31.08 |
| 2021 | Halvmaraton | 1:36:05 | Stig Gunleiksrud | 69 | 50-54 | Lørenskog | 3+.10 |

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| **UKI Historie** | **165** |

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| **MENN VETERAN KM** |  |

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| **UKI Historie** | **166** |

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| **KVINNER VETERAN KM** |  |

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| 1983 | Kule 4 kg | 9.35 | Astrid Willersrud | 42 | 40-44 | Lørenfallet | 19.06 |
| 1983 | 3000m | 11:50.7 | Laila Skibakk | 40 | 40-44 | Lørenfallet | 19.06 |

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| 1985 | 6km terreng | 22:10 | Eva Blakkisrud | 46 | 35-39 | Jessheim | 08.05 |
| 1985 | Kule 4 kg | 9.83 | Astrid Willersrud | 42 | 40-44 | Lørenfallet | 16.06 |
| 1985 | 1500m | 5:27.2 | Eva Blakkisrud | 46 | 35-39 | Årnes | 28.08 |
| 1985 | 60m | 10.2 | Astrid Willersrud | 42 | 40-44 | Årnes | 28.08 |
| 1985 | Diskos 1 kg | 26.64 | Astrid Willersrud | 42 | 40-44 | Årnes | 28.08 |
| 1985 | 60m | 9.6 | Laila Skibakk | 40 | 45-49 | Årnes | 28.08 |
| 1985 | 400m | 83.2 | Kari Mo Larsen | 38 | 45-49 | Årnes | 28.08 |
| 1985 | 1500m | 5:44.0 | Laila Skibakk | 40 | 45-49 | Årnes | 28.08 |
| 1985 | 10km veiløp | 44:54 | Laila Skibakk | 40 | 45-49 | Lørenfallet | 12.10 |

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| 1986 | 6km terreng | 29:52 | Anne M. Frydenlund | 49 | 35-39 | Nannestad | 10.05 |
| 1986 | 1500m | 5:59.9 | Laila Borge | 51 | 35-39 | Årnes  | 27.08 |
| 1986 | 1500m | 5:36.4 | Eva Blakkisrud | 46 | 40-44 | Årnes | 27.08 |
| 1986 | 60m | 9.5 | Laila Skibakk | 40 | 45-49 | Årnes | 27.08 |
| 1986 | 400m | 77.9 | Laila Skibakk | 40 | 45-49 | Årnes | 27.08 |
| 1986 | 10km veiløp | 46:54 | Laila Skibakk | 40 | 45-49 | Lørenfallet | 25.10 |

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| 1987 | 800m | 2:43.2 | Anne M. Bakkerud | 48 | 35-39 | Lørenfallet | 25.06 |
| 1987 | 3000m | 11:23.3 | Eva Blakkisrud | 46 | 40-44 | Lørenfallet | 25.06 |

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| 1990 | 10 km veiløp | 45:05 | Eva Blakkisrud | 46 | 40-44 | Jessheim | 07.10 |

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| 1993 | 3000m | 11:48.04 | Anne Torill Garli | 57 | 35-39 | Jessheim | 12.06 |
| 1993 | Kule 3 kg | 9.40 | Astrid Willersrud | 42 | 50-54 | Jessheim | 12.06 |

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| 1994 | 100m | 14.7 | Inger Lise Sundheim | 55 | 35-39 | Oslo/La | 25.08 |
| 1994 | Høyde | 1.48 | Inger Lise Sundheim | 55 | 35-39 | Oslo/La | 25.08 |
| 1994 | Lengde | 4.73 | Inger Lise Sundheim | 55 | 35-30 | Oslo/La | 25.08 |

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| 1995 | Høyde u.t. | 1.25 | Inger Lise Sundheim | 55 | 40-44 | Hurdal | 12.03 |
| 1995 | Lengde u.t. | 2.48 | Inger Lise Sundheim | 55 | 40-44 | Hurdal | 12.03 |
| 1995 | Høyde | 1.45 | Inger Lise Sundheim | 55 | 40-44 | Oslo/La | 22.08 |

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| 1997 | Høyde | 1.40 | Inger Lise Sundheim | 55 | 40-44 | Oslo/Tr | 11.06 |
| 1997 | Tresteg | 9.41 | Inger Lise Sundheim | 55 | 40-44 | Oslo/Tr | 11.06 |

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| 2000 | 100m | 14.7 | Inger Lise Sundheim | 55 | 45-49 | Oslo/St | 05.06 |
| 2000 | Høyde | 1.38 | Inger Lise Sundheim | 55 | 45-49 | Oslo/St | 05.06 |
| 2000 | Lengde | 4.39 | Inger Lise Sundheim | 55 | 45-49 | Oslo/St | 14.06 |
| 2000 | Tresteg | 9.18 | Inger Lise Sundheim | 55 | 45-49 | Oslo/St | 05.06 |

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| 2001 | Slegge 4 kg | 25.97 | Astrid Willersrud | 42 | 55-59 | Rolvsrud | 30.08 |

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| **UKI Historie** | **167** |

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| **KVINNER VETERAN KM** |  |

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| 2009 | 200m | 30.3 | Anne Lillegård | 73 | 35-39 | Oslo/St | 27.05 |
| 2009 | 400m | 68.4 | Anne Lillegård | 73 | 35-39 | Oslo/St | 27.05 |
| 2009 | 800m | 2:35.5 | Anne Lillegård | 73 | 35-39 | Ski | 03.06 |

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| 2010 | 1500m | 5:20.5 | Anne Lillegård | 73 | 35-39 | Oslo/St | 31.05 |

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| 2011 | 800m | 2:33.97 | Anne Lillegård | 73 | 35-39 | Ski | 08.06 |
| 2011 | Halvmaraton | 1:33:12 | Marianne Opsahl | 73 | 35-39 | Lørenskog | 29.10 |

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| 2013 | 1500m | 5:39.0 | Anne Lillegård | 73 | 40-44 | Oslo/St | 29.05 |

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| 2014 | 800m | 2:51.32 | Anne Lillegård | 73 | 40-44 | Ski | 04.06 |

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| 2015 | 800m | 2:40.00 | Anne Lillegård | 73 | 40-44 | Ski | 10.06 |

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| 2016 | 800m | 2:42.95 | Anne Lillegård | 73 | 40-44 | Ski | 08.06 |

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| 2017 | 800m | 2:33.65 | Anne Lillegård | 73 | 40-44 | Ski | 07.06 |
| 2017 | Halvmaraton | 1:41:44 | Line Huken Mathisen | 71 | 45-49 | Lørenskog | 28.10 |

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| 2022 | Høyde ut | 1.10 | Inger Lise Sundheim | 55 | 65-69 | Ås | 06.11 |
| 2022 | Lengde ut | 2.34 | Inger Lise Sundheim | 55 | 65-69 | Ås | 06.11 |
| 2022 | Tresteg ut | 5.98 | Inger Lise Sundheim | 55 | 65-69 | Ås | 06.11 |

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| **UKI Historie** | **168** |

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| **ANTALL KRETSMESTERSKAP** |  |

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| **KLASSE** | **ÅR** | **SUM** |

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| **MENN SENIOR** | **1927 – 2021** |  **153** |

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| **KVINNER SENIOR** | **1954 – 2021** |  **149** |

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| **MENN JUNIOR** | **1928 – 2021** |  **114** |

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| **KVINNER JUNIOR** | **1958 – 2021** |  **78** |

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| **GUTTER** | **1954 – 2021** |  **431** |

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| **JENTER** | **1954 – 20201** |  **429** |

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| **MENN VETERAN** | **1978 – 2021** |  **256** |

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| **KVINNER VETERAN** | **1983 – 2021** |  **50** |

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| **SUM** | **1927 – 2021** | **1660** |

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