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| **MESTERSKAP** | **111** |

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| **VETERANER** |

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| **VERDENSMESTERSKAP PLASSERING BLANT DE 8 BESTE** |

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| --- | --- | --- | --- |
| 1995 | 13-23.07 | Buffalo | USA |
| Spyd 600 g | 3 | 35.90 | Håvard Lund | 24 | 70-74 |
| Høyde | 8 | 1.28 | Håvard Lund | 24 | 70-74 |
| 5-kamp kast | 8 | 3382 | Håvard Lund | 24 | 70-74 |
| 27.46-9.94-27.92-32.20-11.20 |

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| 1999 | 29.07-08.08 | Gateshead | England |
| Spyd 600 g | 4 | 28.59 | Håvard Lund | 24 | 75-79 |
| Høyde | 5 | 1.20 | Håvard Lund | 24 | 75-79 |
| 80m hekk 76.2cm | 6 | 19.72 | Håvard Lund | 24 | 75-79 |

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| 2001 | 04-14.07 | Brisbane | Australia |
| Høyde | 6 | 1.18 | Håvard Lund | 24 | 75-79 |
| 10-kamp | 6 | 3979 | Håvard Lund | 24 | 75-79 |
| 19.63-2.69-8.43-1.13-0/20.58-23.80-1.60-23.14-0 |

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| --- | --- | --- | --- |
| 2005 | 22.08-02.09 | San Sebastian | Spania |
| Vektkast 5.45 kg | 2 | 12.88 | Håvard Lund | 24 | 80-84 |
| Diskos 1 kg | 3 | 23.88 | Håvard Lund | 24 | 80-84 |
| Spyd 400 g | 3 | 25.07 | Håvard Lund | 24 | 80-84 |
| Høyde | 4 | 1.15 | Håvard Lund | 24 | 80-84 |

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| 2014 | 25-30.03 | Budapest | Ungarn |

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| Tresteg | 2 | 12.26 | Stein Tore Klungland | 58 | 55-59 |
| Lengde | 3 | 5.61 | Stein Tore Klungland | 58 | 55-59 |

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| 2018 | 04-16.09 | Malaga | Spania |

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| Tresteg | 2 | 11.38 | Stein Tore Klungland | 58 | 60-64 |
| Tresteg | 3 | 7.46 | John Arve Johansen | 36 | 80-84 |
| Lengde  | 7 | 4.89 | Stein Tore Klungland | 58 | 60-64 |
| Lengde | 7 | 3.38 | John Arve Johansen | 36 | 80-84 |
| Spyd 400 | 8 | 25.51 | John Arve Johansen | 36 | 80-84 |

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| 2019 | 24-30.03 | Torun | Polen |

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| Tresteg | 2 | 7.27 | John Arve Johansen | 36 | 80-84 |
| Stav | 3 | 2.00 | John Arve Johansen | 36 | 80-84 |
| Lengde | 5 | 4.91 | Stein Tore Klungland | 36 | 60-64 |

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| **MESTERSKAP** | **112** |

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| **VETERANER** |

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| **VERDENSMESTERSKAP PLASSERING BLANT DE 8 BESTE** |

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| 2022 | 26.06-10.07 | Tammerfors | Finland |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Høyde | 2 | 1.23 | Inger Lise Sundheim | 55 | 65-69 |
| Tresteg | 3 | 10.99 | Stein Tore Klungland | 58 | 60-64 |

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| 2023 | 26.03-01.04 | Torun | Polen |

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| Tresteg | 1 | 6.42 | John Arve Johansen | 36 | 85-89 |
| Høyde | 2 | 1.25 | Inger Lise Sundheim | 55 | 65-69 |
| Stav | 2 | 1.50 | John Arve Johansen | 36 | 85.89 |
| Høyde | 3 | 1.11 | John Arve Johansen | 36 | 85-89 |
| Lengde | 7 | 3.37 | Inger Lise Sundheim | 55 | 65-69 |
| Spyd | 7 | 20.91 | John Arve Johansen | 36 | 85-89 |
| 5-kamp | 2 | 2316 | John Arve Johansen | 36 | 85-89 |
| 80mh. 68:16.11—lengde:2.88-Kule 3: 8.73-Høyde:1.03-1000m:0 |

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| --- | --- | --- | --- |
| 2024 | 13.08-25.08 | Gøteborg | Sverige |

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| --- | --- | --- | --- | --- | --- |
| Lengde | 3 | 5.00 | Stein Tore Klungland | 58 | 65-69 |
| Tresteg | 3 | 10.44 +3.5 | Stein Tore Klungland | 58 | 65-69 |
| Høyde | 5 | 1.27 | Inger Lise Sundheim | 55 | 65-69 |
| Spyd | 6 | 47.98 | Bjørn Arne Kristiansen | 68 | 55-59 |

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| **MESTERSKAP** | **113** |

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| **VETERANER** |

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| **EUROPAMESTERSKAP PLASSERING BLANT DE 8 BESTE** |

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| --- | --- | --- | --- |
| 1986 | 28.07-02.08 | Malmö | Sverige |
| Høyde | 4 | 1.85 | Ansgar Gulbrandsen | 44 | 40-44 |

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| --- | --- | --- | --- |
| 1992 | 24.06-04.07 | Kristiansand |  |
| Høyde | 5 | 1.70 | Ansgar Gulbrandsen | 44 | 45-49 |
| 100m hekk 84 cm | 7 | 21.54 | Håvard Lund | 24 | 65-69 |

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| --- | --- | --- | --- |
| 1994 | 03-12.06 | Athen | Hellas |
| Høyde | 3 | 1.31 | Håvard Lund | 24 | 70-74 |
| Spyd 600 g | 3 | 34.84 | Håvard Lund | 24 | 70-74 |
| 80m hekk 76.2cm | 4 | 17.50 | Håvard Lund | 24 | 70-74 |
| 5-kamp | 5 | 2549 | Håvard Lund | 24 | 70-74 |
| 3.42-35.82-35.85-29.80-0 |
| 5-kamp kast | 7 | 3608 | Håvard Lund | 24 | 70-74 |
| 29.12-10.18-28.78-34.04-12.44 |

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| --- | --- | --- | --- |
| 2000 | 07-16.07 | Jÿvëskÿlä | Finland |
| Høyde | 2 | 1.24 | Håvard Lund | 24 | 75-79 |
| Spyd 500 g | 2 | 29.09 | Håvard Lund | 24 | 75-79 |
| Diskos 1 kg | 6 | 27.70 | Håvard Lund | 24 | 75-79 |
| 5-kamp kast | 4 | 3571 | Håvard Lund | 24 | 75-79 |
| 26.78-8.86-27.12-26.53-12.38 |
| 5-kamp | 5 | 1898 | Håvard Lund | 24 | 75-79 |
| 2.70-25.49-43.66-27.05-0 |

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| --- | --- | --- | --- |
| 2004 | 22.07-01.08 | Århus-Randers | Danmark |
| Vekt 5.45 kg | 3 | 13.32 | Håvard Lund | 24 | 80-84 |
| 5-kamp kast | 3 | 3757 | Håvard Lund | 24 | 80-84 |
| 22.89-7.44-21.74-25.25-13.18 |
| Høyde | 4 | 1.09 | Håvard Lund | 24 | 80-84 |
| Spyd 400 g | 5 | 23.89 | Håvard Lund | 24 | 80-84 |
| Diskos 1 kg | 6 | 23.40 | Håvard Lund | 24 | 80-84 |
| Slegge 4 kg | 7 | 23.45 | Håvard Lund | 24 | 80-84 |
|  |
| 2005 | 10-13.03 | Eskilstuna | Sverige |
| Høyde | 1 | 1.12 | Håvard Lund | 24 | 80-84 |
| Vektkast 5.45 kg | 1 | 13.71 | Håvard Lund | 24 | 80-84 |
| Spyd 400 g | 4 | 25.59 | Håvard Lund | 24 | 80-84 |

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| **MESTERSKAP** | **114** |

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| **VETERANER** |

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| **EUROPAMESTERSKAP PLASSERING BLANT DE 8 BESTE** |

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| --- | --- | --- | --- |
| 2006 | 19-30.07 | Poznan | Polen |
| Vektkast 5.45 kg | 5 | 11.98 | Håvard Lund | 24 | 80-84 |
| Kule 3 kg | 7 | 8.19 | Håvard Lund | 24 | 80-84 |
| Diskos 1 kg | 8 | 20.96 | Håvard Lund | 24 | 80-84 |

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| --- | --- | --- | --- |
| 2015 | 23-28.03 | Torun | Polen |
| Tresteg | 2 | 11.84 | Stein Tore Klungland | 58 | 55-59 |
| Lengde | 3 | 5.60 | Stein Tore Klungland | 58 | 55-59 |

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| --- | --- | --- | --- |
| 2023 | 21.09-01.10 | Percera  | Italia |
| Tresteg | 1 | 10.98 | Stein Tore Klungland | 58 | 65-69 |
| Lengde | 2 | 4.77 | Stein Tore Klungland | 58 | 65-69 |

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| 1992 | 24.06-04.07 | Kristiansand |  |
| Maraton 42195m | 6 | 3:23:08 | Anne Marie Frydenlund | 49 | 40-44 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2023 | 21.09-01.10 | Percara | Italia |
| Høyde  | 3 | 1.24 | Inger Lise Sundheim | 55 | 65-69 |

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| --- | --- | --- | --- |
| 2024 | 17-23.03 | Torun | Polen |
| Tresteg | 1 | 6.13 | John Arve Johansen | 36 | 85-89 |
| Tresteg | 2 | 10.42 | Stein Tore Klungland | 58 | 65-69 |
| Høyde  | 4 | 1.80 | Vadim Pecherskii | 85 | 35-39 |
| Lengde | 4 | 4.92 | Stein Tore Klungland | 58 | 65-69 |
| Lengde | 4 | 2.67 | John Arve Joghansen | 36 | 85-89 |
| 5-kamp | 3 | 1860 | John Arve Johansen | 36 | 85-89 |
| 60m h68:18.51-Lengde:2.68-Kule 3:7,69-Høyde:1.00-1000m:0 |

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| **NORDISK MESTERSKAP PLASSERING BLANT DE 3 BESTE MENN** |

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| --- | --- | --- | --- |
| 1983 | 29-31.07 | Hvidovre | Danmark |
| 1500m | 2 | 4:09.9 | Odd Harstad | 44 | 35-39 |
| 5000m | 2 | 15:29.3 | Odd Kinnsbekken | 48 | 35-39 |

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| --- | --- | --- | --- |
| 1985 | 02-04.08 | Helsingborg | Sverige |
| 1500m | 1 | 4:09.20 | Odd Harstad | 44 | 40-44 |
| 800m | 3 | 2:03.71 | Odd Harstad | 44 | 40-44 |

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| 1987 | 31.07-02.08 | Pori | Finland |
| Høyde | 1 | 1.80 | Ansgar Gulbrandsen | 44 | 40-44 |

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| 1989 | 30.06-02.07 | Larvik/Lo |  |
| Høyde | 1 | 1.73 | Ansgar Gulbrandsen | 44 | 45-49 |

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| **MESTERSKAP** | **115** |

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| **VETERANER NORDISK MESTERSKAP** |

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| --- | --- | --- | --- |
| 1994 | 26-28-08 | Bjørkelangen |  |
| 10-kamp | 1 | 5400 | Håvard Lund | 24 | 70-74 |
| 17.19-3.20-9.99-1.27-86.35/17.14-30.56-2.00-34.92-0 |
| 5-kamp kast | 3 | 3543 | Håvard Lund | 24 | 70-74 |
| 29.40-34.62-11.22-9.95-29.28 |

|  |  |  |  |
| --- | --- | --- | --- |
| 1995 | 30.06-01.07 | Kajani | Finland |
| 80m hekk 76.2cm | 3 | 19.19 | Håvard Lund | 24 | 70-74 |
| Høyde | 3 | 1.25 | Håvard Lund | 24 | 70-74 |

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| --- | --- | --- | --- |
| 1997 | 15-17.08 | Lillehammer/Stampesletta |  |
| 5000m | 1 | 16:18.25 | Øystein Syversen | 52 | 45-45 |
| Høyde | 2 | 1.27 | Håvard Lund | 24 | 70-74 |

|  |  |  |  |
| --- | --- | --- | --- |
| 1999 | 03-05.09 | Odense | Danmark |
| 80m hekk 76.2cm | 2 | 20.08 | Håvard Lund | 24 | 75-79 |
| 400m E | 3 | 60.51 | Knut Rimstad | 49 | 50-54 |
| Diskos 1 kg | 3 | 27.54 | Håvard Lund | 24 | 75-79 |
| Spyd 600 g | 3 | 27.80 | Håvard Lund | 24 | 75-79 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2000 | 11-12.03 | Göteborg | Sverige |
| 60m hekk 76.2cm | 2 | 14.52 | Håvard Lund | 24 | 75-79 |
| Stav | 2 | 1.62 | Håvard Lund | 24 | 75-79 |
| Høyde | 3 | 1.17 | Håvard Lund | 24 | 75-79 |

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| --- | --- | --- | --- |
| 2002 | 02-04.08 | Tønsberg/Greveskogen |  |
| 5-kamp kast | 1 | 3354 | Håvard Lund | 24 | 75-79 |
| 25.10-8.06-24.77-27.17-11.94 |

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| --- | --- | --- | --- |
| 2004 | 19-21.03 | Drammen/Drammenshallen |  |
| Lengde | 1 | 4.41 | John Arve Johansen | 36 | 65-69 |
| 60m hekk 68.6cm | 1 | 16.41 | Håvard Lund | 24 | 80-84 |
| Høyde | 1 | 1.08 | Håvard Lund | 24 | 80-84 |
| 800m | 2 | 2:25.18 | Knut Rimstad | 49 | 55-59 |
| 400m E | 3 | 61.62 | Knut Rimstad | 49 | 55-59 |
| Stav | 3 | 2.30 | John Arve Johansen | 36 | 65-69 |
| Høyde uten tilløp | 3 | 0.92 | Håvard Lund | 24 | 80-94 |

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| --- | --- | --- | --- |
| 2005 | 30.06-03.07 | Brumunddal |  |
| 10000m | 1 | 33:14.96 | Tommy Torgersen | 70 | 35-39 |
| Spyd 500 g | 1 | 35.56 | Bjarne Guneriussen | 34 | 70-74 |
| Høyde | 1 | 1.14 | Håvard Lund | 24 | 80-84 |
| Slegge 3 kg | 1 | 21.53 | Håvard Lund | 24 | 80-84 |
| Vekt 5.45 kg | 1 | 12.89 | Håvard Lund | 24 | 80-84 |
| Spyd 400 g | 2 | 25.30 | Håvard Lund | 24 | 80-84 |
| Diskos 1 kg | 3 | 23.01 | Håvard Lund | 24 | 80-84 |
| 5-kamp kast | 2 | 3774 | Håvard Lund | 24 | 80-84 |
| 22.43-7.45-22.65-24.49-13.40 |
| **MESTERSKAP** | **116** |

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| **VETERANER NORDISK MESTERSKAP** |

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| --- | --- | --- | --- |
| 2007 | 29-30.06-01.07 | Århus | Danmark |
| 400m E | 3 | 62.10 | Knut Rimstad | 49 | 55-59 |
| 800m | 3 | 2:28.55 | Knut Rimstad | 49 | 55-59 |

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| 2013 | 28-30.06 | Moss/Melløs |  |
| Lengde | 1 | 5.83 +3.2 | Stein Tore Klungland | 58 | 55-59 |
| Stav | 2 | 2.10 | John Arve Johansen | 36 | 75-79 |
| Tresteg | 2 | 8.13 | John Arve Johansen | 36 | 75-79 |
| Lengde | 3 | 3.71 | John Arve Johansen | 36 | 75-79 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2014 | 01-03.03 | Haugesund |  |
| Lengde | 1 | 5.70 | Stein Tore Klungland | 58 | 55-59 |
| Tresteg | 1 | 11.89 | Stein Tore Klungland | 58 | 55-59 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 01-03.07 | Odense | Danmark |
| Lengde | 1 | 5.34 | Stein Tore Klungland | 58 | 55-59 |
| Tresteg | 1 | 11.44 | Stein Tore Klungland | 58 | 55-59 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2017 | 10-12.03 | Huddinge | Sverige |
| Lengde | 1 | 4.99 | Stein Tore Klungland | 58 | 55-59 |
| Tresteg | 1 | 1105 | Stein Tore Klungland | 58 | 55-59 |

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| --- | --- | --- | --- |
| 2018 | 06-08.07 | Borås | Sverige |
| Lengde | 1 | 3.51 +2.3 | John Arve Johansen | 36 | 80-84 |
| Tresteg | 1 | 7.63 | John Arve Johansen | 36 | 80-84 |
| Høyde | 2 | 1.20 | John Arve Johansen | 36 | 80-84 |
| Spyd 400g | 3 | 25.98 | John Arve Johansen | 36 | 80-84 |

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| --- | --- | --- | --- |
| 2023 | 24-26.02 | Reykjavik | Island |
| Lengde | 1 | 4.89 | Stein Tore Klungland | 58 | 60-64 |
| Tresteg | 1 | 10.85 | Stein Tore Klungland | 58 | 60-64 |
| Vekt 9.08 | 1 | 9.79 | Ove Aastorp | 56 | 65-69 |
| Vekt 9.08 | 2 | 9.09 | Terje Aastorp | 56 | 65-69 |
| Kule 5 | 2 | 9.39 | Terje Aastorp | 56 | 65-59 |
| Kule 5 | 3 | 8.88 | Ove Aastorp | 56 | 65-69 |

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| **MESTERSKAP** | **117** |

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| **VETERANER NORDISK MESTERSKAP** |

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| 2025 | 12-14.02 | Hvam | Norge |
| 400m | 1 | 55.99 | Adrian Litwic | 86 | 35-39 |
| 800m | 1 | 2:33.38 | Lasse Kverum | 79 | 45-49 |
| Høyde | 1 | 1.75 | Vadim Pecherskii | 85 | 40-44 |
| Høyde | 1 | 1.60 | Mads Rimstad | 75 | 50-54 |
| Lengde | 1 | 4.74 | Stein Tore Klungland | 58 | 65-69 |
| Kule 3 | 1 | 8.23 | John Arve Johansen | 36 | 85-89 |
| 800m | 2 | 2:11.15 | Adrian Litwic | 86 | 35-39 |
| 800m | 2 | 2:13.26 | Robert Hansen | 75 | 50-54 |
| 3000m | 2 | 9:16.40 | Janis Arsenikovs | 83 | 40-44 |
| 800m | 3 | 2:13.86 | Øyvind Solberg | 75 | 50-54 |
| 800m | 3 | 2:31.37 | Gjermund Sørstad | 79 | 45-49 |
| 1500m | 3 | 4:49.60 | Thomas Lind | 77 | 45-49 |
| 1500m | 3 | 7:08.98 | Odd Kinnsbekken | 48 | 75-79 |
| Tresteg | 3 | 5.98 | John Arve Johansen | 36 | 85-89 |

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| **NORDISK MESTERSKAP PLASSERING BLANT DE 3 BESTE KVINNER** |

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| --- | --- | --- | --- |
| 1986 | 06.07 | Trondheim |  |
| Maraton 42195m | 1 | 3:11:05 | Eva Blakkisrud | 46 | 40-44 |
| Maraton 42195m | 2 | 3:33:56 | Anne Marie Frydenlund | 49 | 35-39 |

|  |  |  |  |
| --- | --- | --- | --- |
| 1997 | 15-17.08 | Lillehammer/Stampesletta |  |
| Slegge 3 kg | 1 | 29.84 | Astrid Willersrud | 42 | 55-59 |
| Tresteg | 2 | 9.64 | Inger Lise Sundheim | 55 | 40-44 |
| Lengde | 3 | 4.60 | Inger Lise Sundheim | 55 | 40-44 |

|  |  |  |  |
| --- | --- | --- | --- |
| 1999 | 03-05.09 | Odense | Danmark |
| Slegge 3 kg | 1 | 31.71 | Astrid Willersrud | 42 | 55-59 |
| Vekt 7.26 kg | 1 | 11.83 | Astrid Willersrud | 42 | 55-59 |
| Kule 3 kg | 3 | 9.56 | Astrid Willersrud | 42 | 55-59 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2001 | 17-19.08 | Eskilstuna | Sverige |
| Slegge 3 kg | 1 | 29.96 | Astrid Willersrud | 42 | 55-59 |
| Vektkast 7.26 kg | 1 | 10.51 | Astrid Willersrud | 42 | 55-59 |
| Kule 3 kg | 3 | 8.73 | Astrid Willersrud | 42 | 55-59 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2002 | 02-04.08 | Tønsberg/Gr |  |
| 5-kamp kast | 2 | 3470 | Astrid Willersrud | 42 | 60-64 |
| 28.48-8.55-19.85-18.82-12.87 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2004 | 19-21.03 | Drammen/Drammenshallen |  |
| Høyde uten tilløp | 1 | 1.22 | Inger Lise Sundheim | 55 | 45-49 |
| Lengde uten tilløp | 1 | 2.51 | Inger Lise Sundheim | 55 | 45-49 |

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| **MESTERSKAP** | **118** |

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| **VETERANER NORDISK MESTERSKAP** |

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| --- | --- | --- | --- |
| 2008 | 28.02-02.03 | Reykjavik | Island |
| 800m | 2 | 2:34.44 | Anne Lillegård | 73 | 35-39 |
| 1500m | 2 | 5:26.67 | Anne Lillegård | 73 | 35-39 |
| 3000m | 2 | 12:06.67 | Anne Lillegård | 73 | 35-39 |

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| --- | --- | --- | --- |
| 2009 | 26-28.06 | Huddinge | Sverige |
| 800m | 1 | 2:32.84 | Anne Lillegård | 73 | 35-39 |
| 1500m | 1 | 5:30.61 | Anne Lillegård | 73 | 35-39 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2010 | 19-21.03 | Jyväskylë | Finland |
| 400m E | 2 | 68.22 | Anne Lillegård | 73 | 35-39 |
| 800m | 2 | 2:34.8 | Anne Lillegård | 73 | 35-39 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2011 | 01-03.07 | Lappenranta | Finland |
| 400m E | 1 | 68.10 | Anne Lillegård | 73 | 35-39 |
| 800m | 1 | 2:36.25 | Anne Lillegård | 73 | 35-39 |
| 1500m | 2 | 5:29.65 | Anne Lillegård | 73 | 35-39 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2013 | 28-30.06 | Moss/Melløs |  |
| 800m | 1 | 2:47.02 | Anne Lillegård | 73 | 40-44 |
| 400m E | 2 | 71.88 | Anne Lillegård | 73 | 40-44 |
| 1500m | 2 | 6:07.68 | Anne Lillegård | 73 | 40-44 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2014 | 01-03.03 | Haugesund |  |
| 400m E | 1 | 71.67 | Anne Lillegård | 73 | 40-44 |
| 800m | 1 | 2:55.2 | Anne Lillegård | 73 | 40-44 |
| 1500m | 1 | 6:15.13 | Anne Lillegård | 73 | 40-44 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 01-03.07 | Odense | Danmark |
| 800m | 3 | 2:50.87 | Anne Lillegård | 73 | 40-44 |
| 1500m | 3 | 5:56.03 | Anne Lillegård | 73 | 40-44 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2017 | 10-12-03 | Huddinge | Sverige |
| 800m | 3 | 2:43.39 | Anne Lillegård | 73 | 40-44 |

|  |  |  |  |
| --- | --- | --- | --- |
| 2025 | 12-14.02 | Hvam | Norge |
| 1500m | 1 | 5:32.49 | Linn-Kristin Vebekken  | 81 | 40-44 |
| 3000m | 1 | 11:41.05 | Linn-Kristin Vibekken | 81 | 40-44 |
| Høyde | 1 | 1.29 | Inger Lise Sundheim | 55 | 70-74 |
| Høyde u.t. | 1 | 1.17 | Inger Lise Sundheim | 55 | 70-74 |
| Lengdeu.t. | 1 | 2.33 | Inger Lise Sundheim | 55 | 70-74 |
| Lengde | 2 | 3.08 | Inger Lise Sundheim | 55 | 70-74 |

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| **KASTLANDSKAMP NORGE – SVERIGE** |

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| 1992 | 24-25.05 | Ski |  |
| Spyd 600 g | 6 | 36.06 | Håvard Lund | 24 | 65-69 |
| **MESTERSKAP** | **119** |

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| **NORGESMESTERE MENN** |

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| 1974 | 31.08-01.09 | Ås | Hovedmesterskap |
| Slegge 7.26 kg | 47.82 | Sverre Strandli | 25 | 45-49 |

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| 1984 | 28-29.07 | Bergen/Fana | Hovedmesterskap |
| 400m | 53.5 | Rolv-Eirik Nyheim | 47 | 35-39 |
| 1500m | 4:08.6 | Odd Harstad | 44 | 40-44 |

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| 1987 | 07-09.08 | Ålesund | Hovedmesterskap |
| Høyde | 1.75 | Ansgar Gulbrandsen | 44 | 40-44 |

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| 1988 | 29-31-07 | Trondheim/Lerkendahl | Hovedmesterskap |
| Høyde | 1.70 | Ansgar Gulbrandsen | 44 | 40-44 |

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| 1989 | 25-27.08 | Haugesund | Hovedmesterskap |
| Høyde | 1.75 | Ansgar Gulbrandsen | 44 | 45-49 |

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| 1992 | 07-09.08 | Bjørkelangen | Hovedmesterskap |
| 5000m | 15:08.31 | Øystein Syversen | 52 | 40-44 |
| 10000m | 31:34.50 | Øystein Syversen | 52 | 40-44 |
| Høyde | 1.77 | Ansgar Gulbrandsen | 44 | 45-49 |
| Stav | 2.00 | Håvard Lund | 24 | 65-69 |

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| 1993 | 27-28.02 | Stange | Hallmesterskap |
| Høyde | 1.70 | Ansgar Gulbrandsen | 44 | 45-49 |

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| 1994 | 05-06.02 | Stange/Stangehallen | Hallmesterskap |
| 200m | 24.72 | Terje Grime | 59 | 35-39 |
| 800m | 2:07.63 | Inge Nessiøy | 57 | 35-39 |
| 3000m | 9:07.63 | Ole Johan Garli | 56 | 35-39 |
| Høyde | 1.65 | Ansgar Gulbrandsen | 44 | 50-54 |
| 60m hekk 76.2 cm E | 12.80 | Håvard Lund | 24 | 70-74 |
| Høyde | 1.28 | Håvard Lund | 24 | 70-74 |

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| 1994 | 05-07.08 | Stord | Hovedmesterskap |
| 80m hekk 76.2 cm E | 17.32 | Håvard Lund | 24 | 70-74 |
| 300m hekk 76.2 cm E | 65.61 | Håvard Lund | 24 | 70-74 |
| Høyde | 1.31 | Håvard Lund | 24 | 70-74 |
| Spyd 600 g | 36.84 | Håvard Lund | 24 | 70-74 |

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| 1995 | 04-05.03 | Stange/Stangehallen | Hallmesterskap |
| 60m E | 7.55 | Terje Grime | 59 | 35-39 |
| 200m E | 24.30 | Terje Grime | 59 | 35-39 |
| 60m hekk 100 cm | 10.22 | Ivar Opsahl | 47 | 45-49 |
| Høyde | 1.70 | Ansgar Gulbrandsen | 44 | 50-54 |
| 60m hekk 76.2 cm | 12.66 | Håvard Lund | 24 | 70-74 |
| Høyde | 1.29 | Håvard Lund | 24 | 70-74 |

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| **MESTERSKAP** | **120** |

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| **NORGESMESTERE MENN** |

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| 1995 | 11-13.08 | Bismo | Hovedmesterskap |
| 100m E | 11.80 | Terje Grime | 59 | 35-39 |
| Tresteg | 12.94 | Terje Grime | 59 | 35-39 |
| 80m hekk 76.2 cm | 17.66 | Håvard Lund | 24 | 70-74 |
| Høyde | 1.25 | Håvard Lund | 24 | 70-74 |

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| 1996 | 02-03.03 | Stange/Stangehallen | Hallmesterskap |
| 3000m | 9:41.43 | Ole Johan Garli | 56 | 40-44 |
| Høyde | 1.30 | Håvard Lund | 24 | 70-74 |

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| 1996 | 02.06 | Jessheim | Mangekamp |
| 5-kamp M | 2854 | Terje Grime | 59 | 35-39 |
| 6.12-39.98-24.4-23.06-5:39.0 |
| 5-kamp M | 2159 | Håvard Lund | 24 | 70-74 |
| 3.16-34.16-40.8-29.72-0 |

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| 1996 | 09-11.08 | Tønsberg/Greveskogen | Hovedmesterskap |
| Høyde | 1.31 | Håvard Lund | 24 | 70-74 |

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| 1997 | 01-02.03 | Stange/Stangehallen | Hallmesterskap |
| Tresteg | 13.21 | Terje Grime | 59 | 35-39 |
| Høyde | 1.30 | Håvard Lund | 24 | 70-74 |

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| 1997 | 27-29.06 | Florø | Hovedmesterskap |
| 100m E | 11.99 | Terje Grime | 59 | 35-39 |

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| 1998 | 07-09.08 | Oslo/Stovner | Hovedmesterskap |
| Lengde | 6.29 | Terje Grime | 59 | 35-39 |
| Tresteg | 12.65 | Terje Grime | 59 | 35-39 |

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| 1999 | 20-21.03 | Stange | Hallmesterskap |
| 200m | 25.25 | Terje Grime | 59 | 40-44 |
| Høyde | 1.60 | Ansgar Gulbrandsen | 44 | 55-59 |
| Høyde | 1.26 | Håvard Lund | 24 | 75-79 |

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| 1999 | 02-04.07 | Steinkjer/Gulbergaunet | Hovedmesterskap |
| Stav | 1.80 | Håvard Lund | 24 | 75-79 |
| Spyd 600 g | 27.75 | Håvard Lund | 24 | 75-79 |

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| 2000 | 30.06-02.07 | Ravnanger | Hovedmesterskap |
| 3000m | 10:14.59 | Dag Amundsen | 51 | 50-54 |
| Lengde | 4.22 | John Arve Johansen | 36 | 65-69 |
| 60m hekk 76.2 cm | 14.61 | Håvard Lund | 24 | 75-79 |
| Høyde | 1.20 | Håvard Lund | 24 | 75-79 |

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| 2001 | 03-05.08 | Bismo | Hovedmesterskap |
| 80m hekk 76.2 cm | 20.47 | Håvard Lund | 24 | 75-79 |
| Høyde | 1.19 | Håvard Lund | 24 | 75-79 |

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| **MESTERSKAP** | **121** |

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| **NORGESMESTERE MENN** |

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| 2002 | 06-07.04 | Drammen/Drammenshallen | Hallmesterskap |
| Høyde | 1.15 | Håvard Lund | 24 | 75-79 |

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| 2002 | 28-30.06 | Askim | Hovedmesterskap |
| Høyde | 1.56 | Ansgar Gulbrandsen | 44 | 55-59 |
| 80m hekk 76.2 cm | 23.07 | Håvard Lund | 24 | 75-79 |
| Høyde | 1.18 | Håvard Lund | 24 | 75-79 |

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| 2002 | 31.08 | Heggedal/Gjellum | Mangekamp kast |
| 5-kamp | 3355 | Håvard Lund | 24 | 75-79 |
| 26.34-8.23-26.55-25.30-11.28 |

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| 2004 | 19-21.03 | Drammen/Drammenshallen | Hallmesterskap |
| Lengde | 4.41 | John Arve Johansen | 36 | 65-69 |
| Høyde | 1.08 | Håvard lund | 24 | 80-84 |
| 60m hekk 68.6 cm | 16.41 | Håvard Lund | 24 | 80-84 |

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| 2004 | 25-27-06 | Kristiansand | Hovedmesterskap |
| 800m | 2:22.34 | Knut Rimstad | 49 | 55-59 |
| Vektkast 5.45 kg | 14.02 | Håvard Lund | 24 | 80-84 |

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| 2004 | 21.08 | Heggedal/Gjellum | Mangekamp kast |
| 5-kamp kast | 3783 | Håvard Lund | 24 | 80-84 |
| 23.47-7.18-24.44-25.56-12.27 |

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| 2005 | 26.02 | Stange/Stangehallen - Vektkast Løten | Hallmesterskap |
| Vektkast 5.45 kg | 13.80 | Håvard Lund | 24 | 80-84 |

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| 2005 | 09.04 | Åheim | Terrengløp |
| 3km | 10:48 | Tommy Torgersen | 70 | 35-39 |

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| 2005 | 24-26.06 | Askøy | Hovedmesterskap |
| Høyde | 1.07 | Håvard Lund | 24 | 80-84 |
| Spyd 400 g | 23.54 | Håvard Lund | 24 | 80-84 |
| Vektkast 5.45 kg | 13.76 | Håvard Lund | 24 | 80-84 |

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| 2005 | 17.09 | Jessheim | Terrengløp lang løype |
| 6.5 km | 22:35 | Ole Johan Garli | 56 | 45-49 |

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| 2006 | 01-02.04 | Stange/Stangehallen | Hallmesterskap |
| Stav | 2.30 | John Arve Johansen | 36 | 70-74 |
| Lengde | 4.01 | John Arve Johansen | 36 | 70-74 |
| Tresteg | 8.28 | John Arve Johansen | 36 | 70-74 |
| Høyde | 1.11 | Håvard lund | 24 | 80-84 |

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| 2006 | 22.04 | Bergen | Terrengløp kort løype |
| 3km | 9:36 | Tommy Torgersen | 70 | 35-39 |
| **MESTERSKAP** | **122** |

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| **NORGESMESTERE MENN** |

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| 2006 | 30.06-02.07 | Geithus | Hovedmesterskap |
| Stav | 2.41 | John Arve Johansen | 36 | 70-74 |
| Lengde | 4.17 | John Arve Johansen | 36 | 70-74 |
| Høyde | 1.07 | Håvard Lund | 24 | 80-84 |
| Spyd 400 g | 24.81 | Håvard Lund | 24 | 80-84 |

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| 2006 | 23.09 | Halden | Terrengløp lang løype |
| 6km | 24:24 | Ole Johan Garli | 56 | 50-54 |

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| 2007 | 24-25.02 | Oslo/Ekeberghallen | Hallmesterskap |
| 800m | 2:32.98 | Jan Erik Rybråten | 53 | 50-54 |
| Høyde | 1.34 | John Arne Johansen | 36 | 70-74 |
| Tresteg | 8.98 | John Arve Johansen | 36 | 70-74 |

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| 2008 | 02-03.02 | Stange/Stangehallen | Hallmesterskap |
| Stav | 2.25 | John Arve Johansen | 36 | 70-74 |
| Tresteg | 8.67 | John Arve Johansen | 36 | 70-74 |

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| 2008 | 06.04 | Fredrikstad | Halvmaraton |
| Halvmaraton 21098m | 1:32:05 | Vemund Wemundstad | 40 | 65-69 |

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| 2008 | 15-17.08 | Tønsberg/Greveskogen | Hovedmesterskap |
| Stav | 2.40 | John Arve Johansen | 36 | 70-74 |

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| 2009 | 07-08.03 | Drammen/Drammenshallen | Hallmesterskap |
| 60m hekk 84 cm | 10.7 | Ivar Opsahl | 47 | 60-64 |
| Høyde | 1.40 | Ivar Opsahl | 47 | 60-64 |
| Kule 5 kg | 11.01 | Ivar Opsahl | 47 | 60-64 |
| Stav | 2.20 | John Arve Johansen | 36 | 70-74 |

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| 2009 | 21-23.08 | Moss/Melløs og kastbane | Hovedmesterskap |
| Stav  | 2.40 | John Arve Johansen | 36 | 70-74 |
| Slegge 3 kg | 21.55 | Håvard Lund | 24 | 85-89 |
| Spyd 400 g | 18.02 | Håvard Lund | 24 | 85-89 |
| Vektkast 5.45 kg | 10.40 | Håvard Lund | 24 | 85-89 |

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| 2009 | 03.10 | Jessheim | Terrengløp lang løype |
| 4km | 28:46 | Henning Høgheim | 39 | 70-74 |

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| 2011 | 29-30.01 | Stange/Stangehallen | Hallmesterskap |
| Kule 7.26 kg | 13.60 | Vidar Rasmussen | 67 | 40-44 |
| 60m E | 9.50 | Øystein Gjerdrum | 52 | 55-59 |

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| 2011 | 26-08.08 | Drammen | Hovedmesterskap |
| Kule 7.26 kg | 12.63 | Vidar Rasmussen | 67 | 40-44 |
| Stav | 2.10 | John Arve Johansen | 36 | 75-79 |
| Lengde | 3.74 | John Arve Johansen | 36 | 75-79 |
| Tresteg | 8.45 | John Arve Johansen | 36 | 75-79 |
| Slegge 3 kg | 16.64 | Håvard Lund | 24 | 85-89 |
| **MESTERSKAP** | **123** |

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| **NORGESMESTERE MENN** |

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| 2012 | 29.09 | Ås | Terrengløp lang løype |
| 10 km | 34:29 | Kristian Monsen | 77 | 35-39 |

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| 2013 | 02-03.03 | Haugesund | Hallmesterskap |
| Lengde | 5.76 | Stein Tore Klungland | 58 | 55-59 |
| Tresteg | 12.14 | Stein Tore Klungland | 58 | 55-59 |

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| 2013 | 09-11-08 | Byrkjelo | Hovedmesterskap |
| Tresteg | 8.20 | John Arve Johansen | 36 | 75-79 |

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| 2013 | 05.10 | Levanger | Terrengløp lang løype |
| 10 km | 35:09 | Kristian Monsen | 77 | 35-39 |

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| 2014 | 07-09.03 | Haugesund | Hallmesterskap |
| Lengde | 5.70 | Stein Tore Klungland | 58 | 55-59 |
| Tresteg | 11.89 | Stein Tore Klungland | 58 | 55-59 |

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| 2014 | 06.09 | Knarvik | Halvmaraton |
| Halvmaraton 21098m | 2:06:33 | Henning Høgheim | 39 | 75-79 |

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| 2015 | 07-08.03 | Bergen/Lekang | Hallmesterskap |
| Lengde | 5.53 | Stein Tore Klungland | 58 | 55-59 |
| Tresteg | 11.77 | Stein Tore Klungland | 58 | 55-59 |

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| 2016 | 12-13-03 | Hvam | Hallmesterskap |
| Lengde | 5.32 | Stein Tore Klungland | 58 | 55-59 |
| Tresteg | 11.41 | Stein Tore Klungland | 58 | 55-59 |
| 60m hekk 84 cm | 12.36 | Ivar Opsahl | 47 | 65-69 |
| Stav | 2.20 | Ivar Opsahl | 47 | 65-69 |
| Stav | 2.20 | John Arve Johansen | 36 | 80-84 |

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| 2016 | 12-14.08 | Geithus | Hovedmesterskap |
| Lengde | 5.03 | Stein Tore Klungland | 58 | 55-59 |
| Tresteg | 7.39 | John Arve Johansen | 36 | 80-84 |
| Spyd 400 g | 29.54 | John Arve Johansen | 36 | 80-84 |

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| 2017 | 04-05.03 | Hvam | Hallmesterskap |
| 3000m | 9:50.10 | Runar Sannerud | 75 | 40-44 |
| Høyde uten tilløp | 1.14 | Frode Myrvang | 67 | 50-54 |
| Kule 6 kg | 14.06 | Vidar Rasmussen | 67 | 50-54 |
| Kule 5 kg | 10.19 | Terje Aastorp | 56 | 60-64 |
| Lengde | 3.52 | John Arve Johansen | 36 | 80-84 |
| Tresteg | 7.20 | John Arve Johansen | 36 | 80-84 |

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| 2017 | 23-25.06 | Knarvik | Hovedmesterskap |
|  Lengde | 3.33 | John Arve Johansen | 36 | 80-84 |
| Tresteg | 7.59 | John Arve Johansen | 36 | 80-84 |
| Spyd 400 | 24.51 | John Arve Johansen | 36 | 80-84 |
| **MESTERSKAP** | **124** |

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| **NORGESMESTERE MENN** |

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| 2018 | 24-26.08 | Stjørdal | Hovedmesterskap |
| Kule 6 | 13.90 | Vidar Rasmussen | 67 | 50-54 |
| Diskos 1.5 | 41.26 | Vidar Rasmussen | 67 | 50-54 |

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| 2018 | 02.09 | Ålesund | Mangekamp |
| 5-kamp | 2185 | Ove Aastorp | 56 | 60-64 |
| 3.38+1.5-25.28-33.71+1.0-29.69-6:08.52 |

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| 2019 | 09-10.03 | Hvam | Hallmesterskap |
| Tresteg | 8.29 | Lasse Johannesen | 79 | 40-44 |
| Kule 6 | 14.04 | Vidar Rasmussen | 67 | 50-54 |
| Lengde | 4.95 | Stein Tore Klungland | 58 | 60-64 |

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| 2019 | 09-10.03 | Hvam | Hallmesterskap |
| Tresteg | 11.05 | Stein Tore Klungland | 58 | 60-64 |
| 3000m | 18:25.16 | Henning Høgheim | 39 | 80-84 |
| Stav | 1.90 | John Arve Johansen | 36 | 80-84 |
| Lengde | 3.24 | John Arve Johansen | 36 | 80-84 |
| Tresteg | 7.23 | John Arve Johansen | 36 | 80-84 |

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| 2019 | 21-23.06 | Geithus | Hovedmesterskap |
| Tresteg | 8.84 | Lasse Johannesen | 79 | 40-44 |
| Spyd 800 | 21.46 | Lasse Johannesen | 79 | 40-44 |
| Vekt 15.88 | 5.36 | Lasse Johannesen | 79 | 40-44 |
| Tresteg | 11.09 | Stein Tore Klungland | 58 | 60-64 |
| Høyde | 1.12 | John Arve Johansen | 36 | 80-84 |
| Lengde | 3.49 | John Arve Johansen | 36 | 80-84 |
| Tresteg | 7.26 | John Arve Johansen | 36 | 80-84 |
| Kule 3 | 9.85 | John Arve Johansen | 36 | 8+-84 |
| Spyd 400 | 28.42 | John Arve Johansen | 36 | 80-84 |

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| 2020 | 29.02-01.03 | Bergen | Hallmesterskap |
| 3000m | 18:38.81 | Henning Høgheim | 39 | 80-84 |

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| 2021 | 25-27.06 | Førde | Hovedmesterskap |
| Lengde | 5.09 | Stein Tore Klungland | 58 | 60-64 |
| Tresteg | 10.69 | Stein Tore Klungland | 58 | 60-64 |
| Høyde | 1.09 | John Arve Johansen | 36 | 85-89 |
| Stav | 1.60 | John Arve Johansen | 36 | 85-89 |
| Lengde | 3.02 | John Arve Johansen | 36 | 85-89 |
| Tresteg | 6.43 | John Arve Johansen | 36 | 85-89 |
| Kule 3 | 9.12 | John Arve Johansen | 36 | 85-89 |
| Diskos 1 | 20.90 | John Arve Johansen | 36 | 85-89 |
| Spyd 400 | 23.17 | John Arve Johansen | 36 | 85-89 |
| Vekt 5.45 | 10.45 | John Arve Johansen | 36 | 85-89 |

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| **MESTERSKAP** | **125** |

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| **NORGESMESTERE MENN** |

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| 2021 | 23-24.10 | Hvam | Hallmesterskap |
| Lengde | 4.92 | Stein Tore Klungland | 58 | 60-64 |
| Tresteg | 10.81 | Stein Tore Klungland | 58 | 60-64 |
| 800m | 3:05.72 | Ove Aastorp | 56 | 65-69 |
| Kule 5 | 8.91 | Terje Aastorp | 56 | 65-69 |
| Høyde | 1.07 | John Arve Johansen | 36 | 85-89 |
| Stav | 1.35 | John Arve Johansen | 36 | 85-89 |
| Lengde | 2.84 | John Arve Johansen | 36 | 85-89 |
| Tresteg | 6.69 | John Arve Johansen | 36 | 85-89 |
| Kule 3 | 8.47 | John Arve Johansen | 36 | 85-89 |

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| 2022 | 26-27-03 | Grimstad | Hallmesterskap |
| Lengde | 5.06 | Stein Tore Klungland | 58 | 60-64 |
| Tresteg | 10.64 | Stein Tore Klungland | 58 | 60-64 |

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| 2022 | 19-21.08 | Tromsø | Hovedmesterskap |
| Tresteg | 10.89 | Stein Tore Klungland | 58 | 60-64 |
| 1500m | 6:29.32 | Ove Aastorp | 56 | 65-69 |
| Diskos 1 | 34.48 | Terje Aastorp | 56 | 65-69 |
| Kule 3 | 9.05 | John Arve Johansen | 36 | 85-89 |
| Slegge 3 | 26.04 | John Arve Johansen | 36 | 85-89 |

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| 2022 | 11.09 | Tønsberg | 5-kamp |
| 5-kamp | 2115 | Ove Aastorp | 56 | 65-69 |
| 2.91(0.0)-23.94-35.78(-0.1)-28.65-6:35.61 |

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| 2023 | 28-29.01 | Stange | Hallmesterskap |
| Lengde | 2.86 | John Arve Johansen | 36 | 85-89 |
| Tresteg | 6.43 | John Arve Johansen | 36 | 85-89 |
| Kule 3 | 8.55 | John Arve Johansen | 36 | 85-89 |

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| 2023 | 23-25.06 | Modum | Hovedmesterskap |
| Slegge 5 | 31.14 | Bjørn Arne Kristiansen | 68 | 55-59 |
| Spyd700 | 42.15 | Bjørn Arne Kristiansen | 68 | 55-59 |
| Vekt 11.08 | 10.49 | Bjørn Arne Kristiansen | 68 | 10.49 |
| Lengde | 4.98 | Stein Tore Klungland | 58 | 65-69 |
| Tresteg | 11.11 | Stein Tore Klungland | 68 | 65-69 |
| Lengde | 2.59 | John Arve Johansen | 36 | 85-89 |
| Kule 3 | 8.32 | John Arve Johansen | 36 | 85-89 |
| Slegge 3 | 20.67 | John Arve Johansen | 36 | 85-89 |
| Spyd 400 | 19.28 | John Arve Johansen | 36 | 85-89 |

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| **MESTERSKAP** | **126** |

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| **NORGESMESTERE MENN** |

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| 2024 | 27-28-01 | Stange | Hallmesterskap |
| Høyde | 1.80 | Vadim Pecherskii | 85 | 35-39 |
| 800m | 2:14.56 | Øyvind Solberg | 75 | 45-49 |
| Lengde | 4.85 | Stein Tore Klungland | 58 | 65-69 |
| Tresteg | 10.26 | Stein Tore Klungland | 58 | 65-69 |
| Høyde | 1.00 | John Arve Johansen | 36 | 85-89 |
| Kule 3 | 7.81 | John Arve Johansen | 36 | 85-89 |

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| 2024 | 21-23.06 | Stjørdal | Hovedmesterskapet |
| 800m | 2:07.90 | Adrian Litwic | 86 | 35-39 |
| 1500m | 4:33.27 | Adrian Litwic | 86 | 35-39 |
| 800m | 2:12.30 | Grzegorz Kosel | 82 | 40-44 |
| 1500m | 4:47.87 | Grzegorz Kozel | 82 | 40-44 |

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| 2024 | 21-23.06 | Stjørdal | Hovedmesterskapet |
| 800m | 2:13.00 | Øyvind Solberg | 75 | 45-49 |
| 1500m | 4:39.21 | Øyvind Solberg | 75 | 45-49 |
| Spyd 700 | 43.22 | Bjørn Arne Kristiansen | 68 | 55-59 |
| Tresteg | 10.76 | Stein Tore Klungland | 58 | 65-69 |
| Slegge 3 | 21.86 | John Arve Johansen | 36 | 85-89 |

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| 2025 | 12-14.02 | Hvam | Hallmesterskaper |
| 400m | 59.82 | Øyvind Solberg | 75 | 50-54 |
| 800m | 2:11.15 | Adrian Litwic | 86 | 35-39 |
| 800m | 2:33.38 | Lasse Kverum | 79 | 45-49 |
| 800m | 2:13.86 | Robert Hansen | 75 | 50-54 |
| 1500m | 4:24.88 | Janis Arsenikovs | 83 | 40-44 |
| 1500m | 4:29.58 | Robert Hansen | 75 | 50-54 |
| Høyde | 1.75 | Vadim Pecherskii | 85 | 40-44 |
| Høyde | 1.60 | Mads Rimstad | 75 | 50-54 |
| Lengde | 4.74 | Stein Tore Klungland | 58 | 65-69 |
| Tresteg | 10.53 | Stein Tore Klungland | 58 | 65-69 |
| Kule 3 | 8.23 | John Arve Johansen | 36 | 85-89 |

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| **MESTERSKAP** | **127** |

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| **VETERANER** |

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| **NORGESMESTERE MENN** |

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| **MESTERSKAP** | **128** |

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| **VETERANER** |

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| **NORGESMESTERE KVINNER** |

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| 1986 | 06.07 | Trondheim | Maraton |
| Maraton 42195m | 3:11:05 | Eva Blakkisrud | 46 | 35-39 |

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| 1987 | 14.06 | Skotterud | Maraton |
| Maraton 42195m | 3:32:51 | Anne Marie Frydenlund | 49 | 35-39 |

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| 1992 | 07-09.08 | Bjørkelangen | Hovedmesterskap |
| Kule 3 kg | 10.47 | Astrid Willersrud | 42 | 50-54 |

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| 1994 | 05-06.02 | Stange/Stanghallen | Hallmesterskap |
| Høyde uten tilløp | 1.32 | Inger Lise Sundheim | 55 | 35-39 |
| Lengde uten tilløp | 2.54 | Inger Lise Sundheim | 55 | 35-39 |
| Lengde | 4.59 | Inger Lise Sundheim | 55 | 35-39 |

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| 1994 | 05-07.08 | Stord | Hovedmesterskap |
| Høyde | 1.45 | Inger Lise Sundheim | 55 | 35-39 |
| Lengde | 4.75 | Inger Lise Sundheim | 55 | 35-39 |

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| 1995 | 04-05.03 | Stange/Stangehallen | Hallmesterskap |
| Høyde uten tilløp | 1.28 | Inger Lise Sundheim | 55 | 40-44 |
| Lengde uten tilløp | 2.56 | Inger Lise Sundheim | 55 | 40-44 |
| 60m E | 9.07 | Inger Lise Sundheim | 55 | 40-44 |
| Høyde | 1.35 | Inger Lise Sundheim | 55 | 40-44 |
| Lengde | 4.59 | Inger Lise Sundheim | 55 | 40-44 |

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| 1995 | 11-13.08 | Bismo | Hovedmesterskap |
| Høyde | 1.36 | Inger Lise Sundheim | 55 | 40-44 |

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| 1996 | 02-03.03 | Stange/Stangehallen | Hallmesterskap |
| Lengde uten tilløp | 2.57 | Inger Lise Sundheim | 55 | 40-44 |

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| 1996 | 02.06 | Jessheim | Mangekamp |
| 4-kamp M | 2057 | Kari Kamstrup Hovind | 56 | 40-44 |
| 14.4-8.04-4.46-3:02.2 |

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| 1996 | 31.08 | Oslo/Lambertseter | Mangekamp kast |
| 5-kamp kast | 2808 | Astrid Willersrud | 42 | 50-54 |
| 28.22-9.65-23.54-20.26-9.63 |

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| 1997 | 01-02.03 | Stange/Stangehallen | Hallmesterskap |
| Høyde uten tilløp | 1.25 | Inger Lise Sundheim | 55 | 40-44 |
| Lengde uten tilløp | 2.57 | Inger Lise Sundheim | 55 | 40-44 |

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| 1997 | 01.06 | Jessheim | Mangekamp |
| 4-kamp M | 2821 | Inger Lise Sundheim | 55 | 40-44 |
| 14.11-7.79-4.43-3:18.4 |
| **MESTERSKAP** | **129** |

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| **NORGESMESTERE KVINNER** |

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| 1997 | 30.08 | Heggedal/Gjellum | Mangekamp kast |
| 5-kamp kast | 3358 | Astrid Willersrud | 44 | 55-59 |
| 29.56-8.95-24.72-22.92-10.12 |

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| 1998 | 28.02-01.03 | Stange/Stangehallen | Hallmesterskap |
| Lengde uten tilløp | 2.58 | Inger Lise Sundheim | 55 | 40-44 |

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| 1998 | 07-09.08 | Oslo/Stovner | Hovedmesterskap |
| Kule 3 | 8.88 | Astrid Willersrud | 42 | 55-59 |
| Vektkast 7.26 kg | 10.77 | Astrid Willersrud | 42 | 55-59 |
| Slegge 3 kg | 29.06 | Astrid Willersrud | 42 | 55-59 |
| Spyd 400 g | 23.82 | Astrid Willersrud | 42 | 55-59 |

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| 1998 | 22.08 | Søre Trysil | Mangekamp kast |
| 5-kamp kast | 3886 | Astrid Willersrud | 42 | 55-59 |
| 29.11-9.37-22.37-23.51-10.73 |

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| 1999 | 20-21.03 | Stange/Stangehallen | Hallmesterskap |
| Høyde uten tilløp | 1.29 | Inger Lise Sundheim | 55 | 40-44 |
| Lengde uten tilløp | 2.60 | Inger Lise Sundheim | 55 | 40-44 |

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| 1999 | 04.09 | Oslo | Halvmaraton |
| Halvmaraton 21098m | 1:43:01 | Trine Bogstad Mangerud | 51 | 45-49 |

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| 2000 | 25-26.03 | Stange/Stangehallen | Hallmesterskap |
| Høyde uten tilløp | 1.22 | Inger Lise Sundheim | 55 | 45-49 |
| Lengde uten tilløp | 2.51 | Inger Lise Sundheim | 55 | 45-49 |
| Tresteg | 9.47 | Inger Lise Sundheim | 55 | 45-49 |
| Høyde | 1.43 | Inger Lise Sundheim | 55 | 45-49 |
| Lengde | 4.68 | Inger Lise Sundheim | 55 | 45-49 |

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| 2000 | 26.08 | Heggedal/Gjellum | Mangekamp kast |
| 5-kamp kast | 3205 | Astrid Willersrud | 42 | 55-50 |
| 27.22-8.73-21.60-21.83-10.80 |

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| 2001 | 24-25.03 | Stange/Stangehallen | Hallmesterskap |
| Lengde uten tilløp  | 2.52 | Inger Lise Sundheim | 55 | 45-49 |

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| 2001 | 03-05.08 | Bismo | Hovedmesterskap |
| Kule 3 kg | 8.56 | Astrid Willersrud | 42 | 55-59 |
| Slegge 3 kg | 28.42 | Astrid Willersrud | 42 | 55-59 |
| Diskos 1 kg | 22.00 | Astrid Willersrud | 42 | 55-59 |
| Spyd 500 g | 22.46 | Astrid Willersrud | 42 | 55-59 |
| Vektkast 7.26 kg | 8.35 | Astrid Willersrud | 42 | 55-59 |

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| 2002 | 06-07.04 | Drammen/Drammenshalen | Hallmesterskap |
| Høyde uten tilløp | 1.15 | Inger Lise Sundheim | 55 | 45-49 |
| Lengde uten tilløp | 2.50 | Inger Lise Sundheim | 55 | 45-49 |
| **MESTERSKAP** | **130** |

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| **NORGESMESTERE KVINNER** |

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| 2002 | 28-30.06 | Askim | Hovedmesterskap |
| 3000m | 11:33.82 | Trine Bogstad Mangerud | 51 | 50-54 |

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| 2002 | 31.08 | Heggedal/Gjellum | Mangekamp kast |
| 5-kamp kast | 3556 | Astrid Willersrud | 42 | 60-64 |
| 28.62-9.18-19.39-20.34-11.96 |

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| 2002 | 07.09 | Oslo | Halvmaraton |
| Halvmaraton 42195m | 1:31:09 | Trine Bogstad Mangerud | 51 | 50-54 |

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| 2003 | 22-23.03 | Drammen/Drammenshallen | Hallmesterskap |
| Høyde uten tilløp | 1.21 | Inger Lise Sundheim | 55 | 45-49 |
| Lengde uten tilløp | 2.53 | Inger Lise Sundheim | 55 | 45-49 |

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| 2005 | 26-27.02 | Drammen/Drammenshallen | Hallmesterskap |
| Lengde uten tilløp | 2.41 | Inger Lise Sundheim | 55 | 50-54 |

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| 2006 | 01-02.04 | Stange/Stangehallen | Hallmesterskap |
| Lengde uten tilløp | 2.47 | Inger Lise Sundheim | 55 | 50-54 |

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| 2006 | 30.06-02.07 | Geithus | Hovedmesterskap |
| 1500m | 5:32.27 | Trine Bogstad Mangerud | 51 | 55-59 |

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| 2008 | 02-03.02 | Stange/Stangehallen | Hallmesterskap |
| 800m | 2:38.02 | Anne Lillegård | 73 | 35-39 |
| 1500m | 5:49.44 | Anne Lillegård | 73 | 35-39 |
| 3000m | 12:26.35 | Anne Lillegård | 73 | 35-39 |

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| 2008 | 06.04 | Fredrikstad | Halvmaraton |
| Halvmaraton 21098m | 1:36:32 | Trine Bogstad Bogstad | 51 | 55-59 |

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| 2008 | 15-17.08 | Tønsberg/Greveskogen | Hovedmesterskap |
| 1500m | 5:16.12 | Anne Lillegård | 73 | 35-39 |

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| 2008 | 13.09 | Oslo | Terrengløp lang løype |
| 4 km | 24:11 | Elsa Husa | 51 | 55-59 |

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| 2009 | 21-23.08 | Moss/Melløs | Hovedmesterskap |
| 200m E | 32.32 | Anne Lillegård | 73 | 35-39 |

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| 2009 | 03.10 | Jessheim | Terrengløp lang løype |
| 4 km | 19:38 | Trine Bogstad Mangerud | 51 | 55-59 |

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| 2011 | 29-30.01 | Stange/Stangehallen | Hallmesterskap |
| 400m E | 69.28 | Anne Lillegård | 73 | 35-39 |
| 800m | 2:40.24 | Anne Lillegård | 73 | 35-39 |
| **MESTERSKAP** | **131** |

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| **NORGESMESTERE KVINNER** |

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| 2011 | 09.04 | Modum | Terrengløp kort løype |
| 2 km | 8:16 | Anne Lillegård | 73 | 35-39 |

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| 2011 | 26-28.08 | Drammen | Hovedmesterskap |
| 800m | 2:39.88 | Anne Lillegård | 73 | 35-39 |
| 1500m | 5:33.16 | Anne Lillegård | 73 | 35-39 |

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| 2013 | 02-03.03 | Haugesund | Hallmesterskap |
| 800m | 2:46.20 | Anne Lillegård | 73 | 40-44 |

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| 2014 | 07-09.03 | Haugesund | Hallmesterskap |
| 400m E | 71.67 | Anne Lillegård | 73 | 40-44 |
| 800m | 2:55.2 | Anne Lillegård | 73 | 40-44 |
| 1500m | 6:15.13 | Anne Lillegård | 74 | 40-44 |

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| 2015 | 26-28.06 | Finnsnes | Hovedmesterskap |
| 400m E | 72.58 | Anne Lillegård | 73 | 40-44 |
| 800m | 2:41.83 | Anne Lillegård | 73 | 40-44 |
| 1500m | 5:30.41 | Anne Lillegård | 74 | 40-44 |

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| 2016 | 12-14.08 | Geithus | Hovedmesterskap |
| 400m E | 69.49 | Anne Lillegård | 73 | 40-44 |
| 800m | 2:43.59 | Anne Lillegård | 73 | 40-44 |

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| 2017 | 04-05.03 | Hvam | Hallmesterskap |
| 200m E | 33.06 | Anne Lillegård | 73 | 40-44 |
| 800m | 2:44.97 | Anne Lillegård | 73 | 40-44 |

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| 2017 | 23-25.06 | Knarvik | Hovedmesterskap |
| 400m | 69.14 | Anne Lillegård | 73 | 40-44 |
| 800m | 2:37.84 | Anne Lillegård | 73 | 40-44 |
| 1500m | 5:28.54 | Anne Lillegård | 73 | 40-44 |

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| 2018 | 10-11.03 | Grimstad | Hallmesterskap |
| 1500m | 5:59.99 | Anne Lillegård | 73 | 45-49 |

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| 2019 | 09-10.03 | Hvam | Hallmesterskap |
| 60m | 9.55 | Britt Helen Lye | 77 | 40-44 |

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| 2021 | 23-24.10 | Hvam | Hallmesterskap |
| Høyde uten tilløp | 1.15 | Inger Lise Sundheim | 55 | 65-69 |
| Lengde uten tilløp | 2.23 | Inger Lise Sundheim | 55 | 65-69 |

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| 2022 | 26-27.03 | Grimstad | Hallmesterskap |
| Høyde uten tilløp | 1.17 | Inger Lise Sundheim | 55 | 65-69 |
| Lengde uten tilløp | 2.23 | Inger Lise Sundheim | 55 | 65-69 |
| Høyde | 1.28 | Inger Lise Sundheim | 55 | 65-69 |
| **MESTERSKAP** | **132** |

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| **NORGESMESTERE KVINNER** |

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| 2023 | 28-29.01 | Stange | Hallmesterskap |
| Høyde uten tilløp | 1.04 | Inger Lise Sundheim | 55 | 65-69 |
| Lengde uten tilløp | 2.28 | Inger Lise Sundheim | 55 | 65-69 |
| Kule 3 | 7.02 | Inger Lise Sundheim | 55 | 65-69 |

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| 2023 | 23-25.06 | Modum | Hovedmesterskap |
| 5000m | 20:23.25 | Linn Kristin Vibekken | 81 | 40-44 |
| Høyde | 1.28 | Inger Lise Sundheim | 55 | 65-69 |
| Lengde | 3.21 | Inger Lise Sundheim | 66 | 65-69 |

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| 2023 | 08.10 | Oslo | Terrengløp |
| 6km | 26:23 | Linn-Kristin Vibekken | 81 | 40-44 |

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| 2023 | 08.10 | Oslo | Terrengløp |
| 6km | 26:23 | Linn-Kristin Vibekken | 81 | 40-44 |

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| 2024 | 27-28-01 | Stange | Hallmesterskap |
| 800m | 2:45.81 | Linn-Kristin Vibekken | 81 | 40-44 |
| 3000m | 11:34.02 | Linn-Kristin Vibekken | 61 | 40-44 |
| Høyde | 1.25 | Inger Lise Sundheim | 55 | 65-69 |
| Høyde uten tilløp | 1.07 | Inger Lise Sundheim | 55 | 65-69 |
| Lengde uten tilløp | 2.28 | Inger Lise Sundheim | 55 | 65-69 |

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| 2024 | 21-23.06 | Stjørdal | Hovedmesterskapet |
| 100m | 17.50 | Inger Lise Sundheim | 55 | 65-69 |
| Høyde | 1.20 | Inger Lise Sundheim | 55 | 65-69 |

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| 2025 | 12-14.02 | Hvam | Hallmesterskap |
| 1500m | 5:32.49 | Linn-Kristin Vibekken | 81 | 40-44 |
| 3000m | 11:41.05 | Linn-Kristin Vibekken | 81 | 40-44 |
| Høyde | 1.29 | Inger Lise Sundheim | 55 | 70-74 |
| Høyde u.t. | 1.17 | Inger Lise Sundheim | 55 | 70-74 |
| Lengde u.t. | 2.33 | Inger Lise Sundheim | 55 | 70-74 |

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| **MESTERSKAP** | **133** |

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| **VETERANER** |

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| **NORGESMESTERE KVINNER** |

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| **ANTALL MEDALER VETERANER 20.02.2025** |

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| **VERDENSMESTERSKAP** |

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| Medaljer Menn | 18 |
| Medaljer Kvinner |  1 |

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| **EUROPAMESTERSKAP** |

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| Medaljer Menn | 14 |
| Medaljer Kvinner |  1 |

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| **NORDISK** |

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| Medaljer Menn | 71 |
| Medaljer Kvinner | 39 |

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| **NORGESMESTERSKAP** |

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| Vinnere Menn | 205 |
| Vinnere Kvinner | 106 |