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| **KLUBBREKORDENES UTVIKLING** | **185 19.02.25** |

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| **MENN SENIOR** |

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| **Der flere har forbedret klubbrekorden i samme stevne er bare beste rekord oppført** |

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| **60m E** |  |

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| 9.34 | Gudmund Bjotveit | 77 | Nadderud | 19.06.1988 |
| 8.67 | Gudmund Bjotveit | 77 | Grimstad | 08.07.1989 |
| 8.43 | Gudmund Bjotveit | 77 | Lillehammer/Ss | 23.06.1990 |
| 7.66 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1991 |
| 7.63 | Frank Øines | 68 | Jessheim | 08.06.2000 |
| 7.61 | Martin Opaker | 94 | Asker/Fø | 06.06.2010 |

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| **60m M** |  |

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| 9.5 | Hans Gystad | 10 | Jessheim | 13.08.1923 |
| 7.2 | Fredrik Falch | 98 | Jessheim | 19.09.1926 |
| 7.2 | Wilhelm Løken | 01 | Jessheim | 25.09.1927 |

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| **100m E** |  |

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| 11.93 | Bjørn Tore Ottersen | 66 | Helsingborg, SWE | 09.07.1983 |
| 11.91 | Bjørn Tore Ottersen | 66 | Kirkenær | 19.05.1984 |
| 11.67 | Jo Henning Hals Nilssen | 67 | Fredrikstad | 28.06.1987 |
| 11.52 | Ola Nerhagen | 71 | Lillestrøm | 25.06.1989 |
| 11.49 | Jo Henning Hals Nilssen | 68 | Jessheim | 27.06.1992 |
| 11.21 | Tom Erik Olsen | 74 | Trondheim/Le | 04.07.1992 |
| 10.98 | Tom Erik Olsen | 74 | Oslo/Bi | 30.06.1995 |
| 10.97 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 25.06.2017 |

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| **100m M** |  |

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| 12.5 | Sverre Einarsen | 02 | Jessheim | 07.08.1921 |
| 12.2 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 12.1 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 11.8 | Fredrik Falch | 98 | Jessheim | 13.08.1923 |
| 11.8 | Fedrik Falch | 98 | Jessheim | 05.06.1926 |
| 11.8 | Wilhelm Løken | 01 | Årnes | 09.09.1928 |
| 11.7 | Wilhelm Løken | 01 | Jessheim | 24.08.1930 |
| 11.7 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |
| 11.6 | Magne Haave | 12 | Eidsvoll | 02.08.1938 |
| 11.4 | Magne Haave | 12 | Årnes | 07.08.1938 |
| 11.4 | Magne Haave | 12 | Jessheim | 10.09.1939 |
| 11.4 | Kjell Kristoffersen | 28 | Jessheim | 01.07.1951 |
| 11.2 | Thorstein Gystad | 67 | Jessheim | 01.06.1993 |
| 11.1 | Frank Øines | 68 | Jessheim | 22.09.1994 |
| 11.1 | Frank Øines | 68 | Jessheim | 29.05.1997 |

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| **KLUBBREKORDENES UTVIKLING** | **186** |

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| **150m E** |  |

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| --- | --- | --- | --- | --- |
| 18.90 | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 12.05.1990 |
| 17.83 | Terje Grime | 59 | Oslo/La | 09.05.1992 |
| 17.54 | Frank Øines | 68 | Jessheim | 23.08.1999 |

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| **200m E** |  |

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| 24.12 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 18.07.1983 |
| 23.40 | Thorstein Gystad | 67 | Lillehammer/Ss | 18.07.1987 |
| 23.39 | Ole Petter Henriksen | 63 | Oslo/Bi | 18.08.1987 |
| 23.04 | Tom Erik Olsen | 74 | Sofiemyr | 14.06.1992 |
| 22.96 | Frank Øines | 68 | Oslo/Bi | 18.07.1994 |
| 22.35 | Tom Erik Olsen | 74 | Tønsberg/Gr | 27.05.1995 |
| 22.21 | Andreas Roth | 93 | Karlstad, SWE | 23.07.2013 |
| 22.14 | Marcus Theodor Moen | 99 | Sandnes | 03.09.2016 |
| 21.96 | Marcus Theodor Moen | 99 | Sandnes | 04.09.2016 |

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| **200m M** |  |

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| 31.7 | Arild Jørgensen | 10 | Jessheim | 13.07.1926 |
| 27.4 | Halvor Lund | 06 | Eidsvoll | 15.06.1930 |
| 25.2 | Wilhelm Løken | 01 | Jessheim | 14.08.1931 |
| 25.1 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 25.0 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 24.2 | Kjell Kristoffersen | 28 | Eidsvoll | 08.07.1951 |
| 24.2 | Leif Møster | 34 | Kløfta | 22.09.1958 |
| 24.2 | Leif Møster | 34 | Kløfta | 22.09.1958 |
| 24.1 | Jon Martinsen | 47 | Lillestrøm | 23.08.1964 |
| 23.5 | Rolf Fredagsvik | 42 | Hamar | 01.08.1965 |
| 23.5 | Finn Ugletveit | 49 | Lillestrøm | 10.09.1967 |
| 23.5 | Arve Bogstad | 41 | Råholt | 23.08.1968 |
| 23.3 | Finn Ugletveit | 49 | Strømmen | 17.08.1969 |
| 23.2 | Bjørn Tore Ottersen | 66 | Oslo/St | 06.07.1984 |
| 23.2 | Thorstein Gystad | 67 | Jessheim | 02.07.1987 |
| 23.0 | Ola Nerhagen | 71 | Bjørkelangen | 10.09.1989 |

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| **300m E** |  |

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| 40.25 | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 06.05.1989 |
| 39.36 | Jørgen Hjelm Bakkerud | 74 | Skien | 10.08.1990 |
| 39.00 | Espen Hofoss | 76 | Oslo/Bi | 27.09.1994 |
| 38.14 | Jørn Jevne | 64 | Oslo/La | 10.05.1997 |
| 37.42 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 01.07.2007 |
| 36.14 | Andreas Roth | 93 | Oslo/Bi | 19.05.2010 |
| 35.12 | Andreas Roth | 93 | Moss/Me | 01.08.2011 |
| 34.88 | Andreas Roth | 93 | Nadderud | 03.05.2012 |

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| **KLUBBREKORDENES UTVIKLING** | **187** |

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 46.5 | Kåre Gismervik | 57 | Råholt | 19.09.1970 |
| 43.3 | Kåre Gismervik | 57 | Lillestrøm | 19.09.1971 |
| 42.1 | Kåre Svensson | 61 | Strømmen | 23.08.1976 |
| 40.1 | Per Kristian Aarstad | 86 | Jessheim | 18.04.2002 |

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| **400m E** |  |

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| 51.06 | Bjørn Tore Ottersen | 66 | Raufoss | 23.06.1984 |
| 50.34 | Hans Jørgen Borgen | 70 | Sofiemyr | 11.06.1989 |
| 49.85 | Frank Øines | 68 | Oslo/Bi | 27.07.1995 |
| 49.37 | Thomas Roth | 91 | Lillehammer/Ss | 20.06.2009 |
| 48.58 | Thomas Roth | 91 | Nadderud | 13.06.2010 |
| 48.38 | Andreas Roth | 93 | Oslo/Bi | 09.06.2011 |
| 47.77 | Andreas Roth | 93 | Oslo/Bi | 07.06.2012 |
| 47.54 | Andreas Roth | 93 | Oslo/Bi | 13.05.2013 |
| 47.46 | Andreas Roth | 93 | Gateshead, GBR | 22.06.2013 |
| 47.37 | Andreas Roth | 93 | Tønsberg/Gr | 23.08.2013 |
| 47.14 | Andreas Roth | 93 | Oslo/Bi | 11.06.2014 |

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| **400m M** |  |

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| 57.8 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 56.4 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 55.1 | Harald Furuseth | 07 | Jessheim | 05.07.1931 |
| 55.0 | Erik Lerdahl | 10 | Jessheim | 20.08.1933 |
| 54.6 | Harald Furuseth | 07 | Jessheim | 27.08.1933 |
| 54.6 | Harald Furuseth | 07 | Oslo/Bi | 27.08.1935 |
| 54.6 | Svein Skolt | 25 | Hauerseter | 20.08.1949 |
| 52.1 | Kjell Kristoffersen | 28 | Oslo/Bi | 20.06.1951 |
| 52.1 | Kjell Kristoffersen | 28 | Jessheim | 07.09.1952 |
| 51.9 | Einar Hellum | 47 | Oslo/Bi | 08.07.1966 |
| 51.7 | Odd Mikkelsen | 37 | Råholt | 26.08.1967 |
| 51.7 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 13.06.1983 |
| 51.6 | Kjell Frostelid | 61 | Oslo/St | 22.05.1985 |
| 51.0 | Bjørn Tore Ottersen | 66 | Romedal | 26.05.1985 |
| 50.5 | Bjørn Tore Ottersen | 66 | Oslo/St | 04.06.1986 |

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| **KLUBBREKORDENES UTVIKLING** | **188** |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:34.5 | Harald Lindstrøm | 54 | Årnes | 16.09.1970 |
| 1:28.93 | Espen Hofoss | 76 | Oslo/Bi | 29.09.1994 |
| 1:23.90 | Thomas Roth | 91 | Lillestrøm | 27.09.2008 |
| 1:22.73 | Thomas Roth | 91 | Oslo/La | 07.10.2008 |
| 1:19.92 | Thomas Roth | 91 | Nadderud | 05.05.2009 |
| 1:19.02 | Thomas Roth | 91 | Lillestrøm | 12.09.2009 |
| 1:18.8 | Thomas Roth | 91 | Trondheim | 29.04.2010 |
| 1:18.24 | Thomas Roth | 91 | Nittedal | 20.09.2014 |
| 1:18.01 | Thomas Roth | 91 | Oslo/Bi | 14.05.2021 |

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| **800m** |  |

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| 2:17.6 | Sverre Einarsen | 02 | Jessheim | 07.08.1921 |
| 2:12.1 | Harald Furuseth | 07 | Jessheim | 14.08.1931 |
| 2:09.0 | Erik Lerdahl | 10 | Lillestrøm/Vi | 24.07.1932 |
| 2:05.3 | Erik Lerdahl | 10 | Lillestrøm | 03.09.1933 |
| 2:04.1 | Erik Lerdahl | 10 | Jessheim | 13.08.1939 |
| 2:02.2 | Svein Skolt | 25 | Lillestrøm/Vi | 13.08.1949 |
| 2:00.3 | Svein Skolt | 25 | Oslo/Bi | 06.06.1950 |
| 1:59.7 | Einar Hellum | 47 | Oslo/Bi | 20.05.1964 |
| 1:57.9 | Einar Hellum | 47 | Råholt | 13.08.1966 |
| 1:57.7 | Einar Hellum | 47 | Råholt | 28.08.1966 |
| 1:56.8 | Odd Mikkelsen | 37 | Råholt | 27.08.1967 |
| 1:54.5 | Raymond Trondsen | 47 | Oslo/Bi | 06.08.1974 |
| 1:53.4 | Trygve Stanger | 62 | Bjørkelangen | 30.08.1987 |
| 1:52.61 | Hans Jørgen Borgen | 70 | Raufoss | 27.06.1989 |
| 1:52.42 | Thomas Roth | 91 | Bergen/Fa | 16.08.2008 |
| 1:50.39 | Thomas Roth | 91 | Lillehammer/Ss | 01.09.2009 |
| 1:48.16 | Thomas Roth | 91 | Oslo/Bi | 19.05.2010 |
| 1:46.88 | Thomas Roth | 91 | Helsinki, FIN | 28.06.2012 |
| 1:46.15 | Thomas Roth | 91 | Huesden, BEL | 19.07.2014 |
| 1:45.75 | Thomas Roth | 91 | Oslo/Bi | 07.06.2018 |

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| **1000m** |  |

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| 3:15.8 | Odd Eldevik | 14 | Jessheim | 26.09.1931 |
| 3:00.9 | Martin Furuseth | 53 | Lillestrøm | 21.08.1970 |
| 2:42.1 | Harald Lindstrøm | 54 | Råholt | 28.07.1971 |
| 2:38.3 | Arne Luke | 44 | Lørenfallet | 01.08.1972 |
| 2:36.7 | Harald Lindstrøm | 54 | Gjøvik | 26.08.1972 |
| 2:32.8 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |
| 2:28.30 | Vetle Aasland | 91 | Karlstad, SWE | 23.07.2009 |
| 2:21.14 | Thomas Roth | 91 | Göteborg, SWE | 05.09.2015 |

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| **KLUBBREKORDENES UTVIKLING** | **189** |

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| **1500m** |  |

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| 4:46.0 | Einar Lund | 98 | Jessheim | 09.09.1923 |
| 4:39.7 | Einar Lund | 98 | Jessheim | 06.07.1924 |
| 4:30.0 | Erik Lerdahl | 10 | Lillestrøm/Vi | 26.07.1930 |
| 4:29.8 | Lauritz Lund | 06 | Jessheim | 24.08.1930 |
| 4:28.6 | Jens Lerdahl | 08 | Jessheim | 02.07.1933 |
| 4:27.3 | Erling Støverud | 08 | Eidsvoll | 30.07.1933 |
| 4:14.9 | Erik Lerdahl | 10 | Jessheim | 05.08.1933 |
| 4:13.3 | Erik Lerdahl | 10 | Jessheim | 12.08.1939 |
| 4:05.2 | Svein Skolt | 25 | Oslo/Bi | 07.07.1950 |
| 4:05.0 | Odd Mikkelsen | 37 | Jessheim | 19.08.1965 |
| 4:02.6 | Torgeir Sørum | 45 | Råholt | 24.08.1967 |
| 3:59.7 | Torgeir Sørum | 45 | Råholt | 17.07.1968 |
| 3:56.4 | Harald Lindstrøm | 54 | Oslo/Bi | 03.09.1974 |
| 3:54.4 | Harald Lindstrøm | 54 | Oslo/Bi | 19.08.1975 |
| 3:52.6 | Vidar Birkelund | 56 | Oslo/St | 15.08.1984 |
| 3:52.54 | Øystein Syversen | 52 | Oslo/Bi | 18.07.1983 |
| 3:51.9 | Trygve Stanger | 62 | Jessheim | 24.08.1987 |
| 3:47.21 | Vetle Aasland | 91 | Oslo/Bi | 20.08.2011 |
| 3:43.75 | Vetle Aasland | 91 | Nadderud | 17.06.2012 |
| 3:43.11 | Thomas Roth | 91 | Jessheim | 31.05.2018 |
| 3:42.85 | Fredrik Sandvik | 98 | Oslo/Bi | 04.06.2021 |
| 3:40.03 | Fredrik Sandvik | 98 | Oslo/Bi | 09.06.2021 |
| 3:38.32 | Andreas Fjeld Halvorsen | 05 | Jessheim | 24.05.2024 |

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| **1mile 1609m** |  |

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| 4:33.8 | Ole Fredrik Mørck | 62 | Årnes | 30.05.1992 |
| 4:28.0 | Tor Erik Nyquist | 67 | Jessheim | 25.08.1995 |
| 4:14.87 | Carl Jørgen Owre | 82 | Oslo/Bi | 27.07.1999 |
| 4:06.91 | Vetle Aasland | 91 | Mölndal, SWE | 04.08.2012 |

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| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 6:06.5 | Hans Georg Haug | 67 | Jessheim | 03.10.1983 |
| 5:52.88 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 20.08.2006 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 9:56.5 | Erik Lerdahl | 10 | Jessheim | 14.09.1930 |
| 9:40.1 | Erik Lerdahl | 10 | Gjøvik | 28.09.1930 |
| 9:28.2 | Erik Lerdahl | 10 | Jessheim | 11.09.1932 |
| 9:24.1 | Erik Lerdahl | 10 | Jessheim | 10.09.1933 |
| 9:22.0 | Erik Lerdahl | 10 | Jessheim | 09.08.1938 |
| 8:53.2 | Svein Skolt | 25 | Oslo/Bi | 01.06.1951 |
| 8:47.2 | Torgeir Sørum | 45 | Oslo/Bi | 08.09.1967 |

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| **KLUBBREKORDENES UTVIKLING** | **190** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/Bi | 05.09.1974 |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/St | 28.06.1976 |
| 8:14.30 | Øystein Syversen | 52 | Oslo/Bi | 19.05.1983 |
| 8:13.20 | Vidar Birkelund | 56 | Oslo/Bi | 19.06.1984 |
| 7:53.87 | Per Svela | 92 | Bergen/Fa | 29.07.2020 |
| 7:52.72 | Sigurd Ruud Skjeseth | 96 | Jessheim | 06.08.2021 |
| 7:51.15 | Jacob Boutera | 96 | Jessheim | 05.08.2022 |
| 7:47.37 | Awet Kibrab | 95 | Bergen/Fa | 03.06.2023 |
| 7:47.04 | Andreas Fjeld Halvorsen | 05 | Trier, GER | 08.09.2023 |

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| **5000m** |  |

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| 20:11.2 | Sverre Einarsen | 02 | Jessheim | 07.08.1921 |
| 20:05.0 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 19:24.0 | Einar Lund | 98 | Jessheim | 18.09.1921 |
| 18:01.0 | Einar Lund | 98 | Jessheim | 17.09.1922 |
| 17:43.4 | Hans Antonsen | 06 | Jessheim | 11.09.1927 |
| 16:48.6 | Erik Lerdahl | 10 | Lillestrøm/Vi | 27.07.1930 |
| 16:21.6 | Lauritz Lund | 06 | Oslo/Gr | 08.08.1931 |
| 16:19.0 | Erik Lerdahl | 10 | Oslo/Bi | 20.08.1938 |
| 16:14.6 | Svein Skolt | 25 | Hauerseter | 21.08.1949 |
| 16:14.6 | Svein Skolt | 25 | Sand | 19.08.1950 |
| 16:08.0 | Svein Skolt | 25 | Jessheim | 11.07.1951 |
| 15:37.0 | Svein Skolt | 25 | Jessheim | 16.07.1952 |
| 15:34.4 | Ragnar Lund | 43 | Råholt | 06.07.1966 |
| 14:38.0 | Harald Lindstrøm | 54 | Oslo/Bi | 23.09.1975 |
| 14:33.8 | Øystein Syversen | 52 | Nadderud | 28.06.1983 |
| 14:29.2 | Vidar Birkelund | 56 | Oslo/St | 29.06.1983 |
| 14:15.67 | Vidar Birkelund | 56 | Lillehammer/Ss | 31.05.1984 |
| 13:38.08 | Per Svela | 92 | Oslo/Bi | 29.06.2020 |
| 13:23.97 | Per Svela | 92 | Monaco | 14.08.2020 |
| 13:18.59 | Awet Kibrab | 95 | Stockholm, SWE | 18.05.2023 |

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| **KLUBBREKORDENES UTVIKLING** | **191** |

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| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 34:37.4 | Lauritz Lund | 06 | Oslo/Fu | 21.06.1931 |
| 33:25.6 | Svein Skolt | 25 | Jessheim | 17.08.1952 |
| 33:05.0 | Håvard Uhlen | 39 | Lillestrøm | 17.09.1962 |
| 32:27.0 | Ragnar Lund | 43 | Råholt | 19.06.1966 |
| 31:20.4 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |
| 30:32.48 | Øystein Syversen | 52 | Trondheim/Le | 31.07.1983 |
| 30:13.36 | Vidar Birkelund | 56 | Øvre Årdal | 26.08.1984 |
| 30:05.24 | Vidar Birkelund | 56 | Oslo/Bi | 20.05.1985 |
| 29:57.28 | Vidar Birkelund | 56 | Sandnes | 10.08.1986 |
| 29:03.41 | Per Svela | 92 | Bergen/Fa | 20.09.2020 |
| 28:36.06 | Sigurd Ruud Skjeseth | 96 | Kristiansand | 26.06.2021 |
| 28:35.99 | Per Svela | 92 | Oslo/Bi | 14.04.2022 |
| 28:17.01 | Sigurd Ruud Skjeseth | 96 | London, GBR | 14.05.2022 |

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| **110m hekk 106.7 cm E** |  |

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| --- | --- | --- | --- | --- |
| 15.75 | Jo Henning Hals Nilssen | 68 | Oslo/Bi | 20.09.1986 |
| 15.46 | Jo Henning Hals Nilssen | 68 | Nesbyen | 14.08.1987 |
| 15.24 | Ole Petter Henriksen | 63 | Oslo/Bi | 18.08.1987 |
| 14.85 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 20.06.1992 |
| 14.81 | Tom Erik Olsen | 74 | Mosjøen | 14.08.1992 |
| 14.65 | Tom Erik Olsen | 74 | Jessheim | 19.08.1994 |
| 14.37 | Tom Erik Olsen | 74 | Tønsberg/Gr | 27.05.1995 |
| 14.12 | Tom Erik Olsen | 74 | Oslo/Bi | 02.07.1995 |

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| **110m hekk 106.7 cm M** |  |

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| --- | --- | --- | --- | --- |
| 21.1 | Jacob Hofseth | 13 | Nannestad | 18.09.1938 |
| 18.7 | Gunnar Jyssum | 17 | Kløfta | 06.08.1939 |
| 16.9 | Gunnar Jyssum | 17 | Jessheim | 13.08.1939 |
| 15.4 | Ole Petter Henriksen | 63 | Jessheim | 04.06.1987 |
| 15.2 | Jo Henning Hals Nilssen | 68 | Lillehammer/Ss | 17.07.1987 |

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

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| 29.50 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |
| 29.32 | Frank Øines | 68 | Jessheim | 31.08.2000 |

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| **200m hekk 76.2 cm M** |  |

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| --- | --- | --- | --- | --- |
| 29.3 | Odd Kristiansen | 47 | Jessheim | 27.07.1973 |
| 29.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.10.1983 |
| 25.9 | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |

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| **KLUBBREKORDENES UTVIKLING** | **192** |

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| **300m hekk 91.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 40.83 | Jørgen Hjelm Bakkerud | 74 | Haugesund | 01.08.1992 |

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

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| --- | --- | --- | --- | --- |
| 63.35 | Molvin Knudsen | 62 | Oslo/La | 02.06.1984 |
| 59.80 | Frank Øines | 68 | Jessheim | 28.09.1997 |
| 55.32 | Andreas Roth | 93 | Oslo/Bi | 23.09.2013 |

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| **400m hekk 91.4 cm M** |  |

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| --- | --- | --- | --- | --- |
| 65.4 | Kristoffer Stanger | 33 | Jessheim | 26.08.1957 |
| 61.6 | Einar Hellum | 47 | Oslo/Bi | 26.07.1963 |
| 59.4 | Nils Kristen Wiig | 43 | Råholt | 08.08.1964 |
| 59.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.09.1987 |
| 54.9 | Andreas Roth | 93 | Oslo/Bi | 17.09.2012 |

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

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| --- | --- | --- | --- | --- |
| 6:40.5 | Trygve Stanger | 62 | Løken | 25.06.1980 |
| 6:05.9 | Trygve Stanger | 62 | Oslo/St | 24.07.1981 |
| 6:00.80 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 22.06.2009 |
| 5:56.06 | Vegard Løberg Gjelsvik | 92 | Molde | 04.09.2010 |
| 5:41.91 | Fredrik Sandvik | 98 | Jessheim | 05.08.2022 |
| 5:30.64 | Fredrik Sandvik | 98 | København, DEN | 03.09.2024 |

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

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| --- | --- | --- | --- | --- |
| 9:36.2 | Svein Skolt | 25 | Oslo/Bi | 15.08.1951 |
| 9:30.8 | Svein Skolt | 25 | Oslo/Bi | 18.08.1950 |
| 9:13.8 | Vidar Birkelund | 56 | Jessheim | 24.08.1983 |
| 9:12.60 | Vidar Birkelund | 56 | Byrkjelo | 30.06.1984 |
| 9:02.0 | Bjørn Dæhlie | 67 | Jessheim | 25.08.1989 |
| 8:53.16 | Fredrik Sandvik | 98 | Bergen/Fa | 19.09.2020 |
| 8:46.71 | Fredrik Sandvik | 98 | Oslo/Bi | 13.05.2021 |
| 8:27.15 | Jacob Boutera | 96 | Oordegem, BEL | 29.05.2021 |
| 8:26.80 | Jacob Boutera | 96 | Nice, FRA | 12.06.2021 |
| 8:21.63 | Jacob Boutera | 96 | Åbo, FIN | 14.06.2022 |

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| **5 km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:15 | Magnus Høgne | 98 | Modum | 10.10.2015 |
| 13:40 | Per Svela | 92 | Forus | 20.05.2020 |
| 13.28 | Awet Kibrab | 95 | Riga, LVA | 01.10.2023 |

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| **KLUBBREKORDENES UTVIKLING** | **193** |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 31:37 | Vetle Aasland | 91 | Modum | 15.10.2011 |
| 29:22 | Per Svela | 92 | Jessheim | 03.10.2020 |
| 28:26 | Awet Kibrab | 95 | Hole | 22.10.2021 |
| 28:22 | Awet Kibrab | 95 | Hole | 22.10.2022 |
| 28:08 | Awet Kibrab | 95 | Hole | 21.10.2023 |

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| **20 km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:15:53 | Torgeir Sørum | 45 | Jessheim | 27.09.1968 |
| 1:10:24 | Bjørn Rommen | 43 | Jessheim | 27.09.1969 |
| 1:08:29 | Harald Lindstrøm | 54 | Jessheim | 12.10.1975 |
| 1:07:31 | Harald Lindstrøm | 54 | Jessheim | 11.10.1981 |
| 1:03:48 | Vidar Birkelund | 56 | Jessheim | 09.10.1983 |

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| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:19:24 | Dag Sand | 45 | Haga | 31.05.1980 |
| 1:15:27 | Frank Finstad | 48 | Oslo | 08.10.1980 |
| 1:14:51 | Kolbjørn Skjerve | 37 | Haga | 28.05.1983 |
| 1:11:47 | Leif Erling Aronsveen | 57 | Lillestrøm | 20.09.1983 |
| 1:09:48 | Vidar Birkelund | 56 | Jessheim | 07.10.1984 |
| 1:05:50 | Vidar Birkelund | 56 | Egersund | 06.04.1986 |
| 1:05:21 | Fredrik Bakken | 66 | Arna | 02.04.1989 |
| 1:01:55 | Senay Fissehatsion | 95 | Barcelona, ESP | 19.02.2023 |
| 1:01:27 | Senay Fissehatsion | 95 | Nice, FRA | 30.04.2023 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 3:11.46 | Henning Høgheim | 39 | Tønsberg | 27.08.1965 |
| 2:35:04 | Peter Stensby | 52 | Oslo | 08.10.1980 |
| 2:34:51 | Petter Stensby | 52 | Haga | 29.05.1983 |
| 2:30:15 | Petter Stensby | 52 | Debno, POL | 06.05.1984 |
| 2:26:41 | Tor Erik Nyquist | 67 | Jessheim | 15.11.1992 |
| 2:24:36 | Tor Erik Nyquist | 67 | Jessheim | 21.11.1993 |
| 2:23:54 | Tor Erik Nyquist | 67 | Tromsø | 02.07.1994 |
| 2:18:39 | Tor Erik Nyquist | 67 | Berlin, GER | 29.09.1996 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.50 | Olgar Solerød | 90 | Jessheim | 07.08.1921 |
| 1.56 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 1.60 | Wilhelm Løken | 01 | Lillestrøm/Vi | 21.06.1925 |
| 1.64 | Wilhelm Løken | 01 | Jessheim | 16.08.1925 |
| 1.68.5 | Wilhelm Løken | 01 | Jesshei m | 19.09.1926 |

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| **KLUBBREKORDENES UTVIKLING** | **194** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.71.5 | Wilhelm Løken | 01 | Lillestrøm/Vi | 26.07.1930 |
| 1.73 | Wilhelm Løken | 01 | Jessheim | 24.09.1930 |
| 1.76 | Wilhelm Løken | 01 | Jessheim | 05.08.1933 |
| 1.77 | Tormod Holand | 33 | Lillestrøm | 29.07.1951 |
| 1.80 | Ivar Opsahl | 47 | Råholt | 19.06.1974 |
| 1.80 | Ivar Opsahl | 47 | Rolvsrud | 24.08.1974 |
| 1.88 | Frode Myrvang | 67 | Oslo/La | 11.09.1983 |
| 1.91 | Frode Myrvang | 67 | Jessheim | 05.10.1985 |
| 2.00 | Frode Myrvang | 67 | Jessheim | 02.08.1986 |
| 2.01 | Michael Reklev | 05 | Rud | 14.06.2024 |
| 2.02 | Michael Reklev | 05 | Oslo/Bi | 01.09.2024 |
| 2.04 | Michael Reklev | 05 | Bergen/Fa | 07.09.2024 |

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| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.68 | Ole Thoresen | 09 | Jessheim | 18.07.1937 |
| 2.68 | Jens Andersen | 19 | Jessheim | 18.07.1937 |
| 2.85 | Ole Thoresen | 09 | Gan | 01.08.1937 |
| 3.02 | Ole Thoresen | 09 | Kløfta | 28.08.1938 |
| 3.20 | Hans Fodstad | 27 | Jessheim | 07.09.1952 |
| 3.40 | Hans Fodstad | 27 | Eidsvoll | 22.08.1953 |
| 3.50 | Jo Henning Hals Nilssen | 68 | Florø | 14.09.1986 |
| 3.70 | Jan Andresen | 70 | Jessheim | 27.09.1986 |
| 3.80 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 02.08.1987 |
| 3.80 | Odd Arne Urnes | 73 | Bergen/Fa | 26.08.1989 |
| 4.00 | Jan Andresen | 70 | Jessheim | 30.09.1989 |
| 4.30 | Jan Andresen | 70 | Jessheim | 18.06.1990 |
| 4.80 | Tom Erik Olsen | 74 | Kongsvinger/Gj | 25.07.1992 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.94 | Mikal Mikalsen | 99 | Jessheim | 07.08.1921 |
| 5.60 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 5.70 | Willhelm Løken | 01 | Jessheim | 17.09.1922 |
| 5.71 | Fredrik Falch | 98 | Lillestrøm/Vi | 30.04.1924 |
| 6.25 | Wilhelm Løken | 01 | Jessheim | 16.08.1925 |
| 6.32 | Wilhelm Løken | 01 | Jessheim | 25.09.1927 |
| 6.42 | Wilhelm Løken | 01 | Jessheim | 02.10.1927 |
| 6.44 | Anfinn Thoresen | 34 | Lillestrøm | 03.09.1955 |
| 6.46 | Jon Erik Lund | 34 | Strømmen | 10.09.1961 |
| 6.85 | Jo Henning Hals Nilssen | 68 | Jessheim | 31.05.1986 |

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| **KLUBBREKORDENES UTVIKLING** | **195** |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 11.88 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 12.87 | Wilhelm Løken | 01 | Jessheim | 23.08.1925 |
| 13.22 | Wilhelm Løken | 01 | Jessheim | 11.09.1927 |
| 13.28 | Anfinn Thoresen | 34 | Jessheim | 04.09.1955 |
| 13.59 | Tom Pedersen | 39 | Råholt | 27.08.1961 |
| 13.68 | Terje Grime | 59 | Sofiemyr | 13.06.1992 |

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| **Kule 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.27 | Sigurd Jensen | 90 | Jessheim | 07.08.1921 |
| 9.43 | Sigurd Jensen | 90 | Jessheim | 17.09.1922 |
| 9.66 | Harald Bratberg | 02 | Jessheim | 06.07.1924 |
| 9.92 | Andor Hansen | 92 | Lillestrøm/Vi | 30.08.1924 |
| 10.33 | Ole H. Wethal | 02 | Lillestrøm/Vi | 21.06.1925 |
| 10.59 | Ole H. Wethal | 02 | Jessheim | 16.08.1925 |
| 10.98 | Ole H. Wethal | 02 | Jessheim | 16.08.1925 |
| 11.02 | Ole H. Wethal | 02 | Jessheim | 25.09.1927 |
| 11.60 | Ole H. Wethal | 02 | Jessheim | 02.10.1927 |
| 11.75 | Magnus Røe | 96 | Jessheim | 01.09.1929 |
| 12.15 | Ole H. Wethal | 02 | Jessheim | 27.08.1933 |
| 12.63 | Ole H. Wethal | 02 | Notodden | 13.09.1934 |
| 13.13 | Terje Thronæs | 39 | Oslo/Bi | 09.08.1959 |
| 14.47 | Pål Berntsen | 60 | Jessheim | 24.09.1992 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 29.90 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 31.72 | Magnus Røe | 98 | Jessheim | 09.09.1923 |
| 33.60 | Magnus Røe | 98 | Jessheim | 06.07.1924 |
| 34.30 | Ole H. Wethal | 02 | Jessheim | 28.07.1929 |
| 34.51 | Magnus Wethal | 96 | Lillestrøm | 23.07.1932 |
| 36.82 | Magnus Røe | 96 | Jessheim | 27.08.1933 |
| 38.12 | Kåre Bang | 30 | Oslo/Bi | 01.06.1951 |
| 43.54 | Kai Hole | 42 | Hvam | 22.05.1976 |
| 44.80 | Kai Hole | 42 | Ski | 07.10.1978 |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 23.52 | Rolf Nordby | 32 | Jessheim | 01.08.1958 |
| 32.25 | Terje Thronæs | 39 | Jessheim | 22.07.1959 |
| 34.91 | Terje Thronæs | 39 | Jessheim | 01.08.1959 |
| 35.36 | Terje Thronæs | 39 | Nannestad | 30.08.1959 |
| 47.82 | Sverre Strandli | 25 | Ås | 31.08.1974 |

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| **KLUBBREKORDENES UTVIKLING** | **196** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 58.96 | Bjørn Egil Ludvigsen | 67 | Haugesund | 26.07.1986 |
| 75.02 | Pål Berntsen | 60 | Mosjøen | 16.08.1992 |

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| **Spyd 800 g Gammel type til og med 1985** |  |

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| --- | --- | --- | --- | --- |
| 34.05 | Sigurd Jensen | 90 | Jessheim | 07.08.1921 |
| 37.80 | Sigurd Jensen | 90 | Jessheim | 18.09.1921 |
| 37.90 | Magnus Røe | 96 | Jessheim | 17.09.1922 |
| 42.78 | Magnus Røe | 96 | Jessheim | 09.09.1923 |
| 45.37 | Magnus Røe | 96 | Jessheim | 23.08.1925 |
| 47.67 | Reidar Bye | 96 | Jessheim | 25.09.1927 |
| 53.01 | Reidar Bye | 96 | Jessheim | 02.10.1927 |
| 53.24 | Terje Thronæs | 39 | Oslo/Bi | 10.08.1959 |
| 54.16 | Ivar Skedsmo | 55 | Strømmen | 26.05.1982 |
| 60.98 | Bjørn Egil Ludvigsen | 67 | Raufoss | 07.09.1985 |

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| **5-kamp Lengde-Spyd-200m-Diskos-1500m** |  |

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| --- | --- | --- | --- | --- |
| 1442.76 | Gulbrand Gustavsen | 06 | Jessheim | 16.06.1929 |
| ? | | | |
|  | | | |
| 2347.505 | Halvor Lund | 96 | Eidsvoll | 15.06.1930 |
| 5.29-42.77-27.4-30.82-4:57.4 | | | |
|  | | | |
| 2512 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 6.39-38.11-25.1-34.83-5:08.4 | | | |
|  | | | |
| 2663 | Finn Ugletveit | 49 | Jessheim | 22.06.1969 |
| 5.02-42.62-24.0-24.76-4:38.7 | | | |

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| **10-kampE 100m-Lengde-Kule-Høyde-400m** | **110m hekk-Diskos-Stav-Spyd-1500m** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6328 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01-02.08.1987 |
| 11.77-6.68-10.60-1.84-53.45/15.63-36.00-3.80-47.52-4:57.68 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7004 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 02-03.05.1992 |
| 11.23+3.7-6.93+3.3-12.38-1.91-54.34/14.95+1.9-38.00-4.10-58.82-4:57.54 | | | |

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| **10-kampM 100m-Lengde-Kule-Høyde-400m** | **110m hekk-Diskos-Stav-Spyd-1500m** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3946 | Jakob Hofseth | 13 | Nannestad | 17-18.09.1938 |
| 13.0-5.51-10.55-1.41-59.1/21.1-32.47-2.12-30.60-4:59.4 | | | |
|  | | | |
| 4004 | Anfinn Thoresen | 34 | Lillestrøm | 10-11.09.1955 |
| 12.2-6.39-10.21-1.50-56.1/19.7-34.09-2.80-44.77-5:14.0 | | | |

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| **KLUBBREKORDENES UTVIKLING** | **197** |

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| **10-kampM 100m-Lengde-Kule-Høyde-400m** | **110m hekk-Diskos-Stav-Spyd-1500m** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4223 | Hans Kristian Hansen | 41 | Lillestrøm | 02-03.09.1961 |
| 12.4-6.02-8.52-1.55-57.2/0-27.39-2.70-45.59-5:02.0 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4584 | Nils Kristen Wiig | 43 | Råholt | 22-23.08.1964 |
| 12.7-5.76-8.35-1.63-55.6/18.6-25.99-2.52-33.71-4:49.8 | | | |
| 5218 | Nils Andresen | 36 | Jessheim | 20-21.08.1966 |
| ? | | | |
| 5333 | Ivar Opsahl | 47 | Lillestrøm | 14-15.09.1973 |
| 11.8-5.67-10.87-1.75-57.0/18.5-28.96-3.30-44.40-5:15.9 | | | |

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| **5-kamp kast Slegge-Kule-Diskos-Spyd-Vekt** |  |

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| --- | --- | --- | --- | --- |
| 1529 | Mats Lundstrøm | 65 | Asker-Heggedal | 25.09.2011 |
| 20.29-7.32-27.51-27.28-7.78 | | | |

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| --- | --- | --- | --- | --- |
| 2207 | Bjørn Kristiansen | 68 | Asker-Heggedal | 29.09.2013 |
| 25.57-10.22-34.93-42.43-8.81 | | | |

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| **4x100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.45 | G15-16 |  | Nadderud | 22.06.1985 |
| Morten Knutsen70-Lars Petter Syverstad69-Jarle Sæthermoen70-Arne Bjørndal70 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46.19 | MS |  | Sofiemyr | 26.08.1992 |
| Kjetil Brynhildsen71-Frode Nygård69-Kjell Vidar Solheim70-Jan-Olav Arnegård71 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44.71 |  |  | Oslo/Bi | 30.06.1994 |
| Runar Homble72-Tom Erik Olsen74-Øystein Iversen73-Frank Øines68 | | | |

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| **4x100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 42.86 | MS |  | Bjørkelangen | 09.09.1995 |
| Terje Grime59-Øystein Iversen73-Frank Øines68-Tom Erik Olsen74 | | | |

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| **KLUBBREKORDENES UTVIKLING** | **198** |

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| **4x100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.7 | MS |  | Jessheim | 15.09.1929 |
| Wilhelm Løken01-Wiktor Vestgaard99-Reidar Sand04-Ole Sundby04 | | | |
| 49.0 | MS |  | Jessheim | 24.08.1930 |
| Wilhelm Løken01-Harald Furuseth07-Victor Westgaard99-Reidar Sand04 | | | |
| 48.1 |  |  | Jessheim | 13.08.1939 |
| ? | | | |
| 47.3 |  |  | Lillestrøm | 19.08.1939 |
| ? | | | |
| 47.0 | MS |  | Lillestrøm | 01.09.1939 |
| Knut Fossum22-Richard Johnsen15-Johan N. Wiig17-Magne Haave12 | | | |
| 46.6 |  |  | Råholt | 13.08.1966 |
|  | | | |
| 45.6 | MS |  | Råholt | 04.09.1968 |
| Arve Bogstad41-Finn Ugletveit49-Nils Kristen Wiig43-Halvor Bogstad46 | | | |
| 45.6 | J20 |  | Jessheim | 23.08.1986 |
| Morten Knutsen70-Thorstein Gystad67-Jo Henning Hals Nilssen68-Bjørn T. Ottersen66 | | | |
| 44.8 | MS |  | Nadderud | 24.05.1993 |
| Torstein Gystad67-Jo Henning Hals Nilssen68-Runar Homble72-Øystein Iversen73 | | | |

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| --- | --- |
| **4x200m** |  |

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| --- | --- | --- | --- | --- |
| 1:36.7 | MS |  | Jessheim | 03.09.1969 |
| Steinar Mikalsen43-Finn Ugletveit49-Arve Bogstad41-Nils Kristen Wiig43 | | | |

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| --- | --- |
| **4x400m** |  |

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| --- | --- | --- | --- | --- |
| 3:53.2 |  |  | Lillestrøm/Vi | 27.07.1929 |
| ? | | | |
| 3:39.4 |  |  | Jessheim | 26.07.1952 |
| ? | | | |
| 3:34.6 |  |  | Råholt | 13.08.1966 |
| ? | | | |
| 3:33.6 | MS |  | Råholt | 10.09.1968 |
| Arve Bogstad41-Torgeir Sørum45-Finn Ugletveit49-Odd Mikkelsen47 | | | |
| 3:31.0 | J20 |  | Jessheim | 23.08.1986 |
| Thorstein Gystad67-Frode Grøndahl69-Jo Henning Hals Nilssen68-Bjørn T. Ottersen66 | | | |
| 3:29.8 | J20 |  | Nadderud | 03.09.1989 |
| Runar Homble72-Hans Jørgen Borgen70-Ola Nerhagen71-Frode Nygård69 | | | |
| 3:28.85 | MS |  | Sofiemyr | 26.08.1992 |
| Kjell Vidar Solheim70-Frode Nygård69-Kjetil Brynhildsen71-Runar Homble72 | | | |

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| **KLUBBREKORDENES UTVIKLING** | **199** |

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| **4x400m forts.** |  |

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| --- | --- | --- | --- | --- |
| 3:28.62 | MS |  | Jessheim | 02.09.1992 |
| Kjetil Brynhildsen71-Runar Homble72-Frode Nygård69-Kjell Vidar Solheim70 | | | |
| 3:28.48 | MS |  | Jessheim | 06.09.1996 | |
| Frank Øines68-Arne Sverdahl69-Jørn Jevne64-Itri Amazigh70 | | | | |
| 3:24.28 | G18 |  | Strandebarm | 23.05.2009 | |
| Njord Wiker91-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | | |
| 3:18.53 | M19 |  | Steinkjer/Gu | 22.05.2010 | |
| Andreas Roth93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | | |
| 3:17.76 | M21 |  | Jessheim | 20.05.2012 | |
| Vegard Løberg Gjelsvik92-Andreas Roth93-Vetle Aasland91-Thomas Roth91 | | | | |
| 3:14.13 | M22 |  | Sandnes | 26.05.2013 | |
| Vegard Løberg Gjelsvik92-Andreas Roth93-Elias Ottosen93-Thomas Roth91 | | | | |

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| **4x800m** |  |

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| --- | --- | --- | --- | --- |
| 7:38.92 | M19 |  | Oslo/Bi | 10.09.2010 |
| Håvard Hildeskor92-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| **4x1500m** |  |

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| --- | --- | --- | --- | --- |
| 18:31.8 |  |  | Nannestad | 18.09.1938 |
| ? | | | |
| 17:37.4 | MS |  | Nannestad | 11.09.1949 |
| Sverre Sørensen18-Halvard Bålsrud29-Ole Fossen27-Svein Skolt25 | | | |
| 17:29.6 | MS |  | Jessheim | 20.07.1952 |
| Ole Fossen27-Ivar Gulbrandsen21-Rolf Damlien31-Svein Skolt25 | | | |
| 17:22.4 | MS |  | Lillestrøm | 15.08.1969 |
| Arne Luke44-Geir Helge Nordal46-Sverre Fosstvedt47-Torgeir Sørum45 | | | |
| 17:11.2 | MS |  | Råholt | 30.08.1972 |
| Odd Arild Døskeland48-Harald Lindstrøm54-Arne Luke44-Raymond Trondsen47 | | | |
| 16:26.6 | MS |  | Jessheim | 17.09.1985 |
| Odd Harstad44-Trygve Stanger62-Vidar Birkelund56-Øystein Syversen52 | | | |
| 16:16.26 | M20 |  | Drammen/Ma | 28.05.2011 |
| Halvor Marius Mangerud81-Vetle Aasland91-Njord Wiker92-Thomas Roth91 | | | |
| 15:54.49 | M21 |  | Jessheim | 19.05.2012 |
| Vegard Løberg Gjelsvik92-Jørgen Frost Bø94-Thomas Roth91-Vetle Aasland91 | | | |
| 15:49.81 | M22 |  | Sandnes | 25.05.2013 |
| Thomas Roth91-Jørgen Frost Bø94-Vetle Aasland91-Elias Ottosen93 | | | |

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| **KLUBBREKORDENES UTVIKLING** | **200** |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:24.0 |  |  | Jessheim | 14.09.1930 |
| ? | | | |
| 2:15.9 |  |  | Gjøvik | 28.09.1930 |
| ? | | | |
| 2:10.1 | MS |  | Jessheim | 05.07.1931 |
| Wilhelm Løken01-Victor Westgaard99-Harald Furuseth07-Otto Lystad09 | | | |
| 2:10.0 |  |  | Jessheim | 01.07.1951 |
| ? | | | |
| 2:10.0 |  |  | Jessheim | 17.08.1952 |
| ? | | | |
| 2:06.5 |  |  | Råholt | 08.08.1965 |
| ? | | | |
| 2:05.6 |  |  | Råholt | 28.08.1966 |
| ? | | | |
| 2:04.9 | MS |  | Råholt | 25.08.1967 |
| Halvor Bogstad46-Finn Ugletveit49-Stainar Mikalsen43Odd Mikkelsen37 | | | |
| 2:03.8 |  |  | Jessheim | 02.08.1986 |
| ? | | | |
| 2:03.21 | M20 |  | Grimstad | 16.06.1989 |
| Jørgen Hjelm Bakkerud74-Runar Homble72-Ola Nerhagen71-Hans Jørgen Borgen70 | | | |
| 2:03.05 | MS 2. lag |  | Sofiemyr | 14.06.1992 |
| Jan Erik Schmidt70-Jo Henning Hals Nilssen68-Tom Erik Olsen74-Terje Grime59 | | | |
| 1:59.22 | MS |  | Jessheim | 21.08.1994 |
| Terje Grime59-Øystein Iversen73-Tom Erik Olsen74-Frank Øines68 | | | |
| 1:58.46 | MS |  | Lillehammer/Ss | 22.08.1995 |
| Terje Grime59-Øystein Iversen73-Tom Erik Olsen74-Frank Øines68 | | | |
| 1:58.32 | M19 |  | Fredrikstad/Li | 28.08.2011 |
| Martin Opaker93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |
| 1:57.42 | M22 |  | Overhalla | 04.08.2013 |
| Martin Syversen92-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |
| 1:55.54 | M21 |  | Prestfoss | 29.07.2012 |
| Marius Mellum96-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |
| 1:55.21 | M22 |  | Tønsberg/Gr | 25.08.2013 |
| Marius Mellum96-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |
| 1:54.09 | MS |  | Jessheim | 24.08.2014 |
| Marius Mellum96-Markus Einan97-Andreas Roth93-Thomas Roth91 | | | |
| 1:53.98 | MS |  | Byrkjelo | 19.08.2018 |
| Sander Myrvang00-Andreas Roth93-Markus Einan97-Thomas Roth91 | | | |

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| **KLUBBREKORDENES UTVIKLING** | **201** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.40 | Bjørn Tore Ottersen | 66 | Askim | 01.02.1986 |
| 7.17 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |
| 7.17 | Tom Erik Olsen | 74 | Lillestrøm | 19.02.1995 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.4 | Torstein Gystad | 67 | Oslo/Ek | 03.01.1987 |
| 7.3 | Runar Homble | 72 | Lillestrøm | 12.03.1989 |
| 7.2 | Runar Homble | 72 | Jessheim | 31.03.1990 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.59 | Frank Øines | 68 | Drammen | 29.01.1995 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.0 | Hans Petter Syversrud | 69 | Drammen | 08.02.1986 |
| 11.9 | Thorstein Gystad | 67 | Drammen | 10.01.1987 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 25.33 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 10.03.1990 |
| 23.90 | Thorstein Gystad | 67 | Stange | 30.01.1993 |
| 23.72 | Frank Øines | 68 | Stange | 14.01.1996 |
| 23.59 | Frank Øines | 68 | Oslo/Ek | 17.01.1998 |
| 23.35 | Frank Øines | 68 | Stange | 07.02.1998 |
| 23.26 | Thomas Roth | 93 | Stange | 24.01.2010 |
| 23.03 | Andreas Roth | 93 | Stange | 23.03.2011 |
| 22.68 | Andreas Roth | 93 | Sandnes | 10.03.2012 |

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| **200m M** |  |

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| 23.8 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 09.03.1985 |

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| **300m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.7 | Ole Petter Henriksen | 63 | Oslo/Ek | 03.01.1987 |
| 37.7 | Thorstein Gystad | 67 | Oslo/Ek | 03.01.1987 |
| 36.3 | Frank Øines | 68 | Stange | 18.03.1995 |

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| **KLUBBREKORDENES UTVIKLING** | **202** |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 52.78 | Bjørn Tore Ottersen | 66 | Askim | 01.02.1986 |
| 52.35 | Kjetil Brynhildsen | 71 | Stange | 31.01.1993 |
| 52.11 | Frank Øines | 68 | Stange | 07.02.1998 |
| 49.90 | Thomas Roth | 91 | Stange | 23.01.2010 |
| 48.35 | Andreas Roth | 93 | Sandnes | 09.03.2012 |
| 47.75 | Andreas Kramer | 97 | Ulsteinvik | 25.01.2019 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 52.5 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 03.03.1984 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:30.23 | Espen Hofoss | 76 | Stange | 18.02.1995 |
| 1:30.19 | Marius Fuglerud | 87 | Stange | 05.03.2005 |
| 1:27.24 | Thomas Roth | 91 | Stange | 17.03.2007 |
| 1:24.86 | Thomas Roth | 91 | Oslo/Ek | 01.12.2007 |
| 1:23.02 | Thomas Roth | 91 | Stange | 08.03.2008 |
| 1:22.62 | Thomas Roth | 91 | Oslo/Ek | 06.12.2008 |
| 1:20.41 | Thomas Roth | 91 | Oslo/Ek | 05.12.2009 |
| 1:20.21 | Thomas Roth | 91 | Stange | 20.03.2010 |
| 1:20.19 | Thomas Roth | 91 | Oslo/Ek | 11.12.2010 |
| 1:19.83 | Thomas Roth | 91 | Stange | 19.03.2011 |
| 1:19.64 | Thomas Roth | 91 | Stange | 17.03.2012 |
| 1:19.37 | Andreas Roth | 93 | Stange | 22.03.2014 |
| 1:18.06 | Markus Einan | 97 | Rud | 05.12.2015 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:01.60 | Kjell Frostlid | 61 | Oslo/Ek | 22.01.1983 |
| 2:01.5 | Kjell Frostlid | 60 | Oslo/Ek | 21.01.1984 |
| 1:57.66 | Hans Jørgen Borgen | 70 | Oslo/Ek | 05.02.1989 |
| 1:57.60 | Thomas Roth | 91 | Karlstad, SWE | 26.01.2008 |
| 1:56.76 | Vegard Løberg Gjelsvik | 92 | Stange | 31.01.2009 |
| 1:53.96 | Thomas Roth | 91 | Stange | 01.03.2009 |
| 1:49.85 | Thomas Roth | 91 | Stockholm, SWE | 10.02.2010 |
| 1:49.50 | Thomas Roth | 91 | Växjö, SWE | 09.02.2013 |
| 1:47.26 | Thomas Roth | 91 | Wien, AUT | 31.01.2015 |

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| **KLUBBREKORDENES UTVIKLING** | **203** |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 3:16.2 | Jo Henning Hals Nilssen | 68 | Drammen | 23.02.1986 |
| 2:56.51 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |
| 2:43.94 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 03.03.2007 |
| 2:28.81 | Vetle Aasland | 91 | Trondheim/Ra | 16.12.2011 |
| 2:23.00 | Thomas Roth | 91 | Apeldoom, NED | 27.01.2018 |
| 2:20.96 | Thomas Roth | 91 | Hvam | 17.02.2018 |

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| **1500m** |  |

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| 4:18.1 | Hans Georg Haug | 67 | Oslo/Ek | 03.03.1984 |
| 4:09.88 | Hans Jørgen Borgen | 70 | Askim | 12.02.1989 |
| 3:51.68 | Thomas Roth | 91 | Trondheim/Ra | 12.02.2011 |
| 3:46.19 | Thomas Roth | 91 | Hvam | 06.02.2016 |
| 3:43.90 | Jacob Boutera | 96 | Hvam | 20.02.2021 |
| 3:41.69 | Jacob Boutera | 96 | Torun, POL | 04.03.2021 |

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| **3000m** |  |

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| 9:07.53 | Ole Johan Garli | 56 | Stange | 06.02.1994 |
| 8:29.66 | Eskil Kinneberg | 92 | Malmø, SWE | 27.02.2016 |
| 8:23.74 | Per Svela | 92 | Rud | 02.02.2020 |
| 8:02.35 | Per Svela | 92 | Helsingfors, FIN | 09.02.2020 |
| 7:54.72 | Per Svela | 92 | Uppsala, SWE | 13.02.2022 |
| 7:51.15 | Per Svela | 92 | Sandnes | 26.02.2022 |
| 7:46.31 | Jacob Boutera | 96 | Boston, USA | 08.02.2025 |

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| **60m hekk 106.7 cm E** |  |

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| 8.69 | Jo Henning Hals Nilssen | 68 | Askim | 01.02.1987 |
| 8.59 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |
| 8.42 | Jo Henning Hals Nilssen | 68 | Stange | 18.01.1992 |
| 8.22 | Tom Erik Olsen | 74 | Oslo/Ek | 21.01.1995 |
| 8.12 | Tom Erik Olsen | 74 | Lillestrøm | 19.02.1995 |
| 8.11 | Marcus Theodor Moen | 99 | Rud | 04.02.2018 |

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| **Høyde** |  |

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| 1.60 | Bent Helseth | 53 | Lillestrøm/Pl | 15.02.1970 |
| 1.90 | Frode Myrvang | 67 | Drammen | 29.01.1984 |
| 1.90 | Frode Myrvang | 67 | Askim | 02.02.1986 |
| 1.90 | Frode Myrvang | 67 | Drammen | 10.01.1987 |
| 1.91 | Tom Erik Olsen | 72 | Drammen | 23.02.1992 |

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| **KLUBBREKORDENES UTVIKLING** | **204** |

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| **Stav** |  |

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| 3.20 | Jo Henning Hals Nilssen | 68 | Drammen | 23.02.1986 |
| 3.50 | Odd Arne Urnes | 73 | Askim | 12.02.1989 |
| 3.60 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |
| 4.30 | Tom Erik Olsen | 74 | Askim | 15.02.1992 |
| 4.50 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.72 | Nils Kristen Wiig | 43 | Lillestrøm/Pl | 15.02.1970 |
| 6.13 | Morten Knutsen | 70 | Lillestrøm | 16.02.1986 |
| 6.41 | Jo Henning Hals Nilssen | 68 | Drammen | 22.02.1986 |
| 6.82 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |

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| **Tresteg** |  |

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| 12.92 | Morten Knutsen | 70 | Askim | 31.01.1987 |
| 13.10 | Terje Grime | 59 | Stange | 03.03.1996 |
| 13.21 | Terje Grime | 59 | Stange | 02.03.1997 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.31 | Tormod Holand | 33 | Årnes | 05.03.1951 |
| 1.43 | Kjell Larsen | 37 | Eidsvoll | 10.03.1957 |
| 1.56 | Kai Hole | 42 | Årnes/Fj | 19.06.1976 |
| 1.56 | Kai Hole | 42 | Skedsmo/ST | 04.03.1978 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.77 | Asbjørn Lund | 23 | Kløfta | 04.03.1948 |
| 2.83 | Tormod Holand | 33 | Årnes | 04.03.1950 |
| 2.83 | Tormod Holand | 33 | Årnes | 04.04.1951 |
| 2.90 | Anfinn Thoresen | 34 | Lillestrøm/Vo | 14.03.1954 |
| 2.90 | Anfinn Thoresen | 34 | Jessheim | 06.03.1955 |
| 3.11 | Anfinn Thoresen | 34 | Lillestrøm/Vi | 17.03.1956 |
| 3.11 | Ola Nerhagen | 71 | Dokka | 08.03.1987 |

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| **Tresteg uten tilløp** |  |

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

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| **Kule 7.26 kg** |  |

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| 10.36 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |
| 13.60 | Vidar Rasmussen | 67 | Stange | 29.01.2011 |

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| **KLUBBREKORDENES UTVIKLING** | **205** |

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| **7-kamp E60m-Lengde-Kule-Høyde/** | **60m hekk-Stav-1000m** |

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| --- | --- | --- | --- | --- |
| 4743 | Jo Henning Hals Nilssen | 68 | Drammen | 24-25.02.1990 |
| 7.42-6.82-10.36-1.86/8.59-3.60-2:56.51 | | | |

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| **4x100m E** |  |

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| 59.37 | G13 |  | Stange | 15.03.2003 |
| Eivind Hovind90-Andreas Løland90-Lars Sutterud90-Michael Løland92 | | | |

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| --- | --- | --- | --- | --- |
| 54.78 | G14 |  | Stange | 05.03.2005 |
| Jonathan Joo91-Anthony Davies92-Christer Amundsen92-Erlend Morthen92 | | | |

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| --- | --- | --- | --- | --- |
| 51.19 | G14 |  | Stange | 18.03.2006 |
| Lars Georg Aas92-Christer Amundsen92-Erlend Morthen92-Anthony Davies92 | | | |

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| **4x200m** |  |

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| --- | --- | --- | --- | --- |
| 1:35.26 | MS |  | Oslo/Ek | 25.01.1987 |
| Ole Petter Henriksen63-Bjørn Tore Ottersen66-Thorstein Gystad67-Jo H. H. Nilssen68 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:31.59 | MS |  | Stange | 12.02.1995 |
| Øystein Iversen73-Tom Erik Olsen74-Frank Øines68-Jostein Salemonsen73 | | | |

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| **1000m** |  |

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| 2:15.27 | M19 |  | Stange | 19.03.2006 |
| Martin Jørgensen91-Jonathan Joo91-Erik Storenge87-Marius Fuglerud87 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:08.52 | G18 |  | Stange | 18.03.2007 |
| Lars Georg Aas92-Thomas Roth91-Vegard Løberg Gjelsvik92-Fredrik Fuglerud89 | | | |

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| --- | --- | --- | --- | --- |
| 2:05.77 | G17 |  | Stange | 09.03.2008 |
| Christer Amundsen92-Jonathan Joo91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| --- | --- | --- | --- | --- |
| 2:03.07 | G18 |  | Stange | 01.02.2009 |
| Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| **UKI Historie** | **206** |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **KVINNER SENIOR** |

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| **Der flere har forbedret klubbrekorden i samme stevne er bare beste rekord oppført** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.49 | Lene Kristin Nyland | 74 | Kongsberg | 05.09.1987 |
| 8.38 | Liv Anita Mikkelborg | 80 | Sofiemyr | 24.07.1994 |
| 8.26 | Linn Helene Bakke | 91 | Nadderud | 05.09.2004 |
| 7.88 | Linn Helene Bakke | 91 | Nadderud | 18.06.2005 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.6 | Kari Mo | 38 | Sand | 07.06.1953 |
| 8.3 | Kari Mo | 38 | Jessheim | 01.07.1953 |
| 8.2 | Kari Mo | 38 | Jessheim | 29.08.1954 |
| 8.0 | Kari Mo | 38 | Sandvika/Ka | 25.06.1955 |
| 8.0 | Winnie Lindner | 44 | Jessheim | 02.07.1962 |
| 8.0 | Inger Birgitte Reppe | 68 | Larvik/Lo | 05.09.1982 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 15.31 | Eva Tronrud | 69 | Kirkenær | 23.05.1983 |
| 13.04 | Inger Birgitte Reppe | 68 | Nadderud | 19.06.1983 |
| 13.04 | Inger Birgitte Reppe | 68 | Lillehammer/Ss | 28.05.1987 |
| 12.90 | Lena Opaker | 69 | Oslo/St | 14.08.1994 |
| 12.85 | Lena Opaker Øines | 69 | Oslo/Bi | 27.06.1995 |
| 12.65 | Linn Helene Bakke | 91 | Lillehammer/Ss | 26.06.2005 |
| 12.48 | Linn Helene Bakke | 91 | Lillehammer/Ss | 25.06.2006 |
| 12.05 | Linn Helene Bakke | 91 | Oslo/Bi | 15.05.2007 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 14.4 | Kari Mo | 38 | Sand | 20.06.1954 |
| 13.6 | Kari Mo | 38 | Jessheim | 28.06.1954 |
| 13.5 | Kari Mo | 38 | Lillestrøm | 21.08.1954 |
| 12.7 | Kari Mo | 38 | Oslo/Bi | 16.05.1955 |
| 12.7 | Inger Birgitte Reppe | 68 | Oslo/St | 06.07.1984 |
| 12.7 | Inger Birgitte Reppe | 68 | Oslo/Bi | 09.06.1986 |
| 12.5 | Inger Birgitte Reppe | 68 | Bjørkelangen | 30.08.1987 |
| 12.3 | Lena Opaker | 69 | Jessheim | 22.09.1994 |
| 12.3 | Summer Steinsrud | 01 | Fagernes | 01.06.2020 |

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| **UKI Historie** | **207** |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **150m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.68 | Lena Øinees | 69 | Jessheim | 23.08.1999 |
| 21.64 | Sofie Skancke Krauss | 98 | Jessheim | 23.08.2012 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.84 | Inger Birgitte Reppe | 68 | Oslo/Bi | 09.08.1984 |
| 26.45 | Lena Opaker | 69 | Oslo/Bi | 04.08.1994 |
| 26.05 | Lena Opaker | 69 | Oslo/Bi | 20.06.1995 |
| 25.84 | Linn Helene Bakke | 91 | Lillehammer/Ss | 23.06.2005 |
| 25.62 | Linn Helene Bakke | 91 | Lillehammer/Ss | 24.06.2006 |
| 25.46 | Linn Helene Bakke | 91 | Byrkjelo | 27.08.2006 |
| 25.03 | Linn Helene Bakke | 91 | Askim | 25.08.2007 |
| 24.55 | Linn Helene Bakke | 91 | Esjberg, DEN | 01.09.2007 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 29.2 | Kari Mo | 38 | Lillestrøm | 22.08.1954 |
| 26.7 | Kari Mo | 38 | Sandvika/Ka | 16.08.1955 |
| 26.6 | Lene Kristin Nyland | 74 | Bjørkelangen | 10.09.1989 |
| 26.1 | Betina Nilssen | 92 | Jessheim | 04.06.2007 |
| 25.6 | Summer Steinsrud | 01 | Fagernes | 01.06.2020 |

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| **300m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 42.20 | Liv Anita Mikkelborg | 80 | Skien | 05.08.1995 |
| 41.49 | Emilie Hov Andreassen | 00 | Göteborg, SWE | 05.07.2015 |
| 41.30 | Summer Steinsrud | 01 | Asker/Fø | 27.05.2020 |
| 40.90 | Summer Steinsrud | 01 | Oslo/Bi | 07.06.2020 |

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| **400m E** |  |

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| 62.39 | Inger Lise Borgen | 64 | Oslo/Bi | 11.08.1983 |
| 59.28 | Inger Birgitte Reppe | 68 | Nadderud | 12.08.1984 |
| 58.93 | Liv Anita Mikkelborg | 80 | Lillehammer/Ss | 24.06.1995 |
| 58.27 | Emilie Hov Andreassen | 00 | Oslo/Bi | 09.08.2015 |
| 58.13 | Emilie Hov Andreassen | 00 | Hamar | 18.05.2016 |
| 57.86 | Vår Åsheim | 99 | Nadderud | 12.06.2016 |
| 56.84 | Vår Åsheim | 99 | Göteborg, SWE | 02.07.2016 |
| 55.75 | Vår Åsheim | 99 | Göteborg, SWE | 30.06.2018 |

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| **400m M** |  |

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| 67.4 | Turid Seime | 44 | Årnes | 17.08.1958 |
| 65.7 | Berit Dønnum | 41 | Jessheim | 09.09.1961 |
| 63.7 | Berit Dønnum | 41 | Oslo/Bi | 23.05.1962 |
| 62.8 | Berit Dønnum | 41 | Lillestrøm | 11.09.1962 |
| 62.7 | Berit Dønnum | 41 | Lillestrøm | 24.08.1963 |
| 62.2 | Berit Dønnum | 41 | Sandvika/Ka | 31.08.1963 |
| 62.1 | Grethe Uhlen | 49 | Lillestrøm | 22.08.1964 |
| 61.1 | Inger Lise Borgen | 64 | Nadderud | 23.08.1982 |

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| **600m** |  |

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| 1:53.6 | Inger Anne Nerhagen | 57 | Lillestrøm | 19.09.1970 |
| 1:44.8 | Karin Kvamme | 58 | Eidanger | 04.07.1971 |
| 1:43.5 | Karin Kvamme | 58 | Bergen/Fa | 22.08.1971 |
| 1:39.47 | Liv Anita Mikkelborg | 80 | Lillehammer/Ss | 10.09.1994 |
| 1:37.97 | Emilie Hov Andreassen | 00 | Lillestrøm | 24.05.2014 |
| 1:33.50 | Amalie Sæten | 97 | Bergen/Fa | 22.05.2019 |

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| **800m** |  |

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| 2:57.9 | Åshild Sørum | 39 | Sandvika/Ka | 25.09.1957 |
| 2:49.9 | Turid Seime | 44 | Sandvika/Ka | 21.09.1958 |
| 2:43.0 | Turid Seime | 44 | Oslo/Bi | 30.08.1958 |
| 2:33.5 | Berit Dønnum | 41 | Strømmen | 18.06.1961 |
| 2:26.8 | Berit Dønnum | 41 | Råholt | 15.07.1961 |
| 2:22.5 | Berit Dønnum | 41 | Oslo/Bi | 20.06.1962 |
| 2:22.0 | Berit Dønnum | 41 | Oslo/Fr | 03.08.1962 |
| 2:21.5 | Berit Dønnum | 41 | Oslo/Bi | 21.06.1963 |
| 2:20.3 | Berit Dønnum | 41 | Oslo/Bi | 21.08.1963 |
| 2:20.1 | Nina Holm | 64 | Nadderud | 23.08.1982 |
| 2:19.7 | Unn Hoel | 69 | Nadderud | 17.06.1983 |
| 2:16.38 | Anne Nyland | 58 | Oslo/Bi | 19.06.1984 |
| 2:16.32 | Nina Holm | 64 | Oslo/Bi | 31.05.1988 |
| 2:15.42 | Liv Anita Mikkelborg | 80 | Åkrestrømmen | 26.08.1995 |
| 2:14.65 | Veronica Undseth | 94 | Nadderud | 14.06.2015 |
| 2:12.87 | Veronica Undseth | 94 | Oslo/Bi | 28.06.2015 |
| 2:06.81 | Amalie Sæten | 97 | Oordegem, BEL | 26.05.2018 |
| 2:04.80 | Amalie Sæten | 97 | Oslo/Bi | 07.06.2018 |
| 2:04.80 | Amalie Sæten | 97 | Kristiansand | 07.08.2020 |

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| **UKI Historie** | **209** |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **1000m** |  |

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| 3:05.1 | Hilde Rustad | 65 | Oslo/Bi | 30.08.1979 |
| 2:55.57 | Wilma Thorbjørnsson | 07 | Rud | 04.05.2023 |

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| **1500m** |  |

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| 5:30.0 | Inger Johanne Haugen | 60 | Jessheim | 20.06.1975 |
| 5:16.1 | Hildegunn Bjerkan | 63 | Jessheim | 09.06.1978 |
| 5:03.0 | Hilde Rustad | 65 | Jessheim | 13.06.1979 |
| 5:02.0 | Hanne Sørensen | 63 | Jessheim | 09.06.1980 |
| 4:50.0 | Hilde Rustad | 66 | Oslo/Bi | 03.09.1980 |
| 4:47.5 | Heidi Jacobsen | 57 | Larvik/Lo | 07.08.1982 |
| 4:40.91 | Anne Nyland | 58 | Oslo/Bi | 29.07.1984 |
| 4:36.97 | Nina Holm | 64 | Stjørdal | 31.07.1988 |
| 4:18.62 | Amalie Sæten | 97 | Jessheim | 31.05.2018 |
| 4:16.43 | Amalie Sæten | 97 | Huizingen, BEL | 24.08.2019 |
| 4:13.40 | Amalie Sæten | 97 | Oslo/Bi | 10.06.2020 |
| 4:13.11 | Amalie Sæten | 97 | Oslo/Bi | 04.08.2020 |
| 4:09.78 | Amalie Sæten | 97 | Åbo, FIN | 11.08.2020 |
| 4:08.81 | Amalie Sæten | 97 | Oslo/Bi | 04.06.2021 |

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| **1mile 1609m** |  |

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| 5:45.74 | Anne Lillegård | 73 | Jessheim | 23.08.1999 |

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| **2000m** |  |

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| 6:55.1 | Hilde Rustad | 66 | Jessheim | 11.08.1980 |
| 6:44.57 | Kamilla Bråthen | 77 | Haugesund | 02.08.1992 |
| 6:26.31 | Julie Hammer | 04 | Göteborg, SWE | 30.06.2019 |

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| **3000m** |  |

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| 12:12.4 | Inger Johanne Haugen | 60 | Jessheim | 22.08.1975 |
| 12:10.8 | Berit Bamrud | 55 | Jessheim | 25.08.1976 |
| 10:25.1 | Hilde Rustad | 65 | Jessheim | 20.08.1979 |
| 10:16.20 | Anne Nyland | 58 | Oslo/Bi | 27.07.1984 |
| 10:14.58 | Hilde Rustad Høgbakken | 66 | Oslo/Bi | 26.07.1994 |
| 10:08.2 | Kamilla Bråthen | 77 | Jessheim | 19.08.1996 |
| 9:31.10 | Silje Fjørtoft | 87 | Oslo/Bi | 06.07.2017 |
| 9:28.19 | Silje Fjørtoft | 87 | Oslo/Bi | 19.07.2017 |
| 9:13.60 | Amalie Sæten | 97 | Tønsberg/Gr | 30.05.2020 |
| 9:08.36 | Amalie Sæten | 97 | Oslo/Bi | 25.08.2020 |
| 9:06.10 | Amalie Sæten | 97 | Tønsberg/Gr | 22.05.2021 |
| 8:57.18 | Amalie Sæten | 97 | Tønsberg/Gr | 21.05.2022 |
| **UKI Historie** | | **210** | | |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **5000m** |  |

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| 19:32.6 | Eva Blakkisrud | 46 | Oslo/St | 28.08.1983 |
| 18:58.9 | Line Røen | 66 | Jessheim | 03.09.1987 |
| 17:15.0 | Silje Fjørtoft | 87 | Jessheim | 18.10.2018 |
| 16:38.88 | Hanne Mjøen Maridal | 96 | Trondheim | 01.08.2020 |
| 16.23.40 | Hanne Marie Maridal | 96 | Bergen/Fa | 17.09.2020 |
| 16:02.16 | Amalie Sæten | 97 | Stjørdal | 24.06.2022 |
| 15:38.83 | Amalie Sæten | 97 | Jessheim | 06.07.2023 |
| 15:27.00 | Amalie Sæten | 97 | Berlin, GER | 03.09.2023 |
| 15:17.41 | Amalie Sæten | 97 | Roma, ITA | 07.06.2024 |

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| **10000m** |  |

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| 39:58.83 | Anne-Torill Garli | 57 | Søgne | 28.05.1992 |
| 37:06.99 | Hilde Rustad Høgbakken | 66 | Jessheim | 21.08.1994 |
| 33:39.39 | Hanne Mjøen Maridal | 96 | Bergen/Fa | 20.09.2020 |

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

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| 13.31 | Marit Rogstad | 67 | Oslo/Bi | 25.05.1983 |
| 12.07 | Inger Birgitte Reppe | 68 | Bergen/Fa | 18.08.1984 |
| 11.91 | Tonje Moen | 00 | Sandnes | 03.09.2016 |

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

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| 16.5 | Kari Mo | 38 | Sandvika/Ka | 17.08.1955 |
| 15.6 | Unn Henriksen | 42 | Jessheim | 21.05.1956 |
| 14.8 | Liv Jensen | 40 | Jessheim | 12.08.1956 |
| 14.8 | Astrid Sundby | 42 | Jessheim | 24.08.1958 |
| 13.9 | Astrid Sundby | 42 | Jessheim | 13.09.1959 |
| 13.9 | Winnie Lindner | 44 | Lillestrøm | 11.09.1962 |
| 13.9 | Astrid Sundby | 42 | Strømmen | 16.09.1962 |
| 13.4 | Astrid Sundby | 42 | Jessheim | 29.09.1964 |
| 13.4 | Astrid Willersrud | 42 | Jessheim | 20.08.1966 |
| 12.3 | Inger Birgitte Reppe | 68 | Larvik/Lo | 05.09.1982 |
| 12.3 | Kari Fjeldberg | 68 | Larvik/Lo | 05.09.1982 |
| 12.3 | Inger Birgitte Reppe | 68 | Jessheim | 05.09.1983 |
| 12.0 | Inger Birgitte Reppe | 68 | Oslo/Bi | 19.06.1984 |

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

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| 15.27 | Inger Birgitte Reppe | 68 | Øvre Årdal | 25.08.1984 |
| 14.52 | Inger Birgitte Reppe | 68 | Nesbyen | 14.08.1987 |
| 14.34 | Inger Birgitte Reppe | 68 | Grimstad | 25.06.1988 |
| 13.95 | Tonje Moen | 00 | Oslo/Bi | 07.06.2018 |
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| **KLUBBREKORDENES UTVIKLING** |  |

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| **100m hekk 84 cm M** |  |

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| 18.5 | Astrid Sundby | 42 | Ski | 15.06.1969 |
| 17.6 | Marit Rogstad | 67 | Oslo/Bi | 26.05.1982 |
| 17.3 | Marit Rogstad | 67 | Oslo/St | 28.09.1983 |
| 17.0 | Marit Rogstad | 67 | Moss/Me | 02.06.1984 |
| 14.3 | Inger Birgitte Reppe | 68 | Grimstad | 25.06.1988 |

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| **200m hekk 76.2 cm M** |  |

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| 32.8 | Tone Sæthermoen | 69 | Jessheim | 02.10.1982 |

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

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| 56.31 | Tonje Berg | 85 | Asker/Fø | 10.09.2000 |
| 52.52 | Tonje Berg | 85 | Jessheim | 19.08.2001 |
| 46.92 | Vår Åsheim | 99 | Haugesund | 05.09.2014 |
| 45.29 | Vår Åsheim | 99 | Göteborg, SWE | 03.07.2015 |
| 44.66 | Vår Åsheim | 99 | Lillestrøm | 11.09.2015 |

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

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| 70.76 | Marit Rogstad | 67 | Raufoss | 24.06.1984 |
| 66.85 | Vår Åsheim | 99 | Hamar | 23.05.2015 |
| 66.58 | Vår Åsheim | 99 | Byrkjelo | 15.08.2015 |
| 63.62 | Vår Åsheim | 99 | Nadderud | 10.06.2016 |
| 61.86 | Vår Åsheim | 99 | Oslo/Bi | 24.06.2016 |
| 61.10 | Vår Åsheim | 99 | Göteborg, SWE | 01.07.2016 |
| 60.94 | Vår Åsheim | 99 | Göteborg, SWE | 29.06.2018 |
| 60.61 | Emilie Hov Andreassen | 00 | Lillestrøm | 27.05.2018 |
| 60.14 | Vår Åsheim | 99 | Oslo/Bi | 05.07.2018 |

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| **400m hekk 76.2 cm M** |  |

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| 69.4 | Kari Fjeldberg | 68 | Lørenfallet | 01.09.1983 |

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

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| 4:59.50 | Julie Hammer | 04 | Göteborg, SWE | 28.06.2019 |

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| **KLUBBREKORDENES UTVIKLING** |  |

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

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| 7:39.16 | Caroline Foss Høistad | 98 | Lillestrøm | 12.09.2015 |
| 7:32.7 | Tina Moen | 00 | Jessheim | 25.06.2016 |
| 7:26.64 | Tina Moen | 00 | Jessheim | 03.07.2016 |
| 6:56.44 | Julie Hammer | 04 | Jessheim | 18.06.2019 |

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

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| 10:16.54 | Silje Fjørtoft | 87 | Karlstad, SWE | 25.07.2017 |

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| **10 km landevei** |  |

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| 44:45 | Marit Skolt | 56 | Jessheim | 10.10.1976 |
| 40:18 | Nina Holm | 64 | Jessheim | 09.10.1983 |
| 39:06 | Hilde Rustad Høgbakken | 66 | Jessheim | 04.10.1992 |
| 37:02 | Hilde Rustad Høgbakken | 66 | Jessheim | 02.10.1994 |
| 34:09 | Hanne Mjøen Maridal | 96 | Orkanger | 12.08.2020 |
| 33:58 | Silje Fjørtoft | 87 | Jessheim | 03.10.2020 |
| 33:49 | Hanne Mjøen Maridal | 96 | Hole | 17.10.2020 |
| 33:15 | Amalie Sæten | 97 | Hole | 22.10.2021 |
| 32:53 | Amalie Sæten | 97 | Hole | 21.10.2023 |

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| **Halvmaraton 21098m** |  |

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| 2:03.56 | Anne May Boger | 43 | Sørum | 17.10.1981 |
| 1:30:06 | Bente Tenold | 62 | Oslo | 27.08.1983 |
| 1:26:46 | Eva Blakkisrud | 69 | Drammen | 04.10.1986 |
| 1:24:46 | Hanne Sørensen | 63 | Oslo | 03.09.1988 |
| 1:20:43 | Hilde Rustad Høgbakken | 66 | Oslo | 24.09.1994 |
| 1:17:34 | Hanne Mjøen Maridal | 96 | Barcelona, ESP | 16.02.2020 |
| 1:14:25 | Hanne Mjøen Maridal | 96 | Jessheim | 03.10.2020 |

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| **Maraton 42195m** |  |

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| 3:21:26 | Bente Tenold | 62 | Oslo | 03.07.1982 |
| 3:20:25 | Eva Blakkisrud | 46 | London, GBR | 08.05.1983 |
| 3:10:22 | Eva Blakkisrud | 46 | Paris, FRA | 12.05.1984 |
| 3:05:15 | Eva Blakkisrud | 46 | Oslo | 13.09.1986 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.34 | Ingrid Sundby | 39 | Jessheim | 01.07.1953 |
| 1.39 | Ingrid Sundby | 39 | Bergen/Kr | 12.09.1953 |
| 1.40 | Kari Mo | 38 | Borgen | 05.09.1954 |
| 1.43 | Kari Mo | 38 | Oslo/Jo | 17.06.1955 |
| 1.46 | Tove Dønnum | 40 | Jessheim | 06.08.1958 |
| 1.48 | Tove Dønnum | 40 | Jessheim | 04.10.1958 |
| 1.48 | Tove Dønnum | 40 | Jessheim | 12.07.1959 |
| 1.50 | Tove Dønnum | 40 | Jessheim | 19.09.1959 |
| 1.50 | Tove Dønnum | 40 | Lillestrøm | 03.07.1960 |
| 1.54 | Tove Dønnum | 40 | Sandvika/Ka | 17.09.1960 |
| 1.55 | Tove Dønnum | 40 | Jessheim | 13.06.1961 |
| 1.56 | Tove Dønnum | 40 | Stavanger/St | 28.06.1962 |
| 1.58 | Tove Dønnum | 40 | Drammen/Ma | 19.08.1962 |
| 1.60 | Tove Dønnum Jensen | 40 | Oslo/Fr | 02.07.1963 |
| 1.60 | Anne Mette Olsen | 54 | Råholt | 21.08.1971 |
| 1.63 | Anne Mette Olsen | 54 | Strømmen | 04.09.1971 |
| 1.66 | Anne Mette Olsen | 54 | Hamar | 08.06.1972 |
| 1.68 | Anne Mette Olsen | 54 | Lillestrøm | 19.08.1972 |
| 1.68 | Kristin Urnes | 75 | Grimstad | 09.07.1989 |
| 1.68 | Kristin Urnes | 75 | Ski | 24.08.1991 |
| 1.70 | Anita Dahle | 76 | Sofiemyr | 24.07.1993 |
| 1.71 | Anita Dahle | 76 | Lillehammer/Ss | 26.06.1994 |
| 1.71 | Hanna Rimstad | 10 | Gøteborg, SWE | 07.07.2024 |
| 1.73 | Hanna Rimstad | 10 | Gøteborg, SWE | 07.07.2024 |

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| **Stav** |  |

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| 1.80 | Guri Fjeldberg | 69 | Jessheim | 06.07.1987 |
| 1.90 | Kristin Urnes | 75 | Jessheim | 23.09.1987 |
| 2.50 | Kristin Urnes | 75 | Jessheim | 26.09.1988 |
| 2.60 | Kristin Urnes | 75 | Jessheim | 22.05.1989 |
| 2.60 | Tonje Berg | 85 | Bodø | 26.08.2001 |
| 2.60 | Siv Anita Engh | 85 | Bergen/Fa | 07.09.2001 |
| 2.70 | Siv Anita Engh | 85 | Jessheim | 20.06.2002 |
| 2.80 | Tonje Berg | 85 | Lillehammer/Ss | 27.06.2002 |
| 2.81 | Sofie Skancke Krauss | 98 | Lillehammer/Ss | 06.09.2013 |
| 2.90 | Sofie Skancke Krauss | 98 | Moelv | 12.07.2014 |
| 2.95 | Sofie Skancke Krauss | 98 | Moelv | 13.07.2014 |
| 3.00 | Sofie Skancke Krauss | 98 | Lillestrøm | 31.05.2015 |
| 3.30 | Sara Bålsrud | 97 | Haugesund | 31.07.2015 |
| 3.40 | Birgitte Kjuus | 99 | Hamar | 18.05.2016 |
| 3.70 | Birgitte Kjuus | 99 | Oslo/Bi | 24.06.2016 |
| 3.70 | Birgitte Kjuus | 99 | Ravnanger | 29.07.2016 |

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| **Stav** |  |

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| 3.90 | Birgitte Kjuus | 99 | Lillestrøm | 27.05.2018 |
| 4.00 | Birgitte Kjuus | 99 | Mannheim, GER | 23.06.2018 |
| 4.05 | Birgitte Kjuus | 99 | Oslo/La | 06.06.2019 |
| 4.10 | Birgitte Kjuus | 99 | Oslo/La | 06.06.2019 |
| 4.13 | Birgitte Kjuus | 99 | Göteborg, SWE | 28.06.2019 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.10 | Ingrid Sundby | 39 | Jessheim | 30.06.1954 |
| 4.76 | Kari Mo | 38 | Jessheim | 29.06.1954 |
| 4.98 | Marie Belsvik | 36 | Borgen | 05.09.1954 |
| 5.00 | Tove Dønnum | 40 | Gjøvik | 12.09.1960 |
| 5.09 | Tove Dønnum | 40 | Strømmen | 16.09.1962 |
| 5.26 | Inger Birgitte Reppe | 68 | Strømmen | 17.08.1983 |
| 5.35 | Inger Birgitte Reppe | 68 | Oslo/La | 09.09.1984 |
| 5.38 | Linn Helene Bakke | 91 | Oslo/Bi | 19.08.2007 |
| 5.61 | Birgitte Kjuus | 99 | Oslo/Bi | 05.07.2018 |
| 5.66 | Birgitte Kjuus | 99 | Oslo/Bi | 17.07.2019 |

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| **Tresteg** |  |

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| 10.41 | Kristine Heggelund | 76 | Lillestrøm | 20.09.1991 |
| 10.44 | Kristine Heggelund | 76 | Jessheim | 06.07.1992 |
| 10.45 | Kristin Urnes | 75 | Jessheim | 01.09.1993 |
| 10.51 | Tone Lauritzen | 76 | Nadderud | 05.09.1994 |
| 10.74 | Tone Lauritzen | 76 | Oslo/Bi | 17.07.1995 |
| 11.91 | Birgitte Kjuus | 99 | Ravnanger | 30.07.2016 |

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| **Kule 4 kg** |  |

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| 7.62 | Liv Jensen | 39 | Lillestrøm | 21.08.1954 |
| 7.70 | Liv Jensen | 40 | Strømmen | 02.10.1954 |
| 7.78 | Liv Jensen | 40 | Eidsvoll | 07.08.1955 |
| 8.54 | Åshild Sørum | 39 | Lillestrøm | 03.09.1955 |
| 8.56 | Berit Wethal | 34 | Jessheim | 21.05.1956 |
| 8.95 | Berit Wethal | 34 | Jessheim | 17.06.1956 |
| 9.49 | Berit Wethal | 34 | Jessheim | 12.08.1956 |
| 9.61 | Berit Wethal | 34 | Jessheim | 16.06.1939 |
| 10.41 | Astrid Sundby | 42 | Jessheim | 07.07.1959 |
| 10.76 | Astrid Sundby | 42 | Strømmen | 16.09.1962 |
| 10.98 | Astrid Sundby | 42 | Jessheim | 04.10.1963 |
| 11.00 | Astrid Sundby | 42 | Sandvika/Ka | 07.10.1963 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.23 | Astrid Sundby | 42 | Oslo/Bi | 28.05.1964 |
| 11.31 | Astrid Sundby | 42 | Råholt | 07.08.1964 |
| 12.16 | Astrid Sundby | 43 | Romedal | 20.06.1965 |
| 12.56 | Else Opsahl | 32 | Ottestad | 06.10.1968 |
| 12.95 | Hanna Emilie Hjeltnes | 04 | Bergen/Fa | 17.09.2020 |
| 13.46 | Hanna Emilie Hjeltnes | 04 | Kristiansand | 10.09.2021 |
| 13.46 | Hanna Emilie Hjeltnes | 04 | Oslo/Bi | 23.07.2023 |
| 13.80 | Mariell Morken | 03 | Byrkjelo | 12.05.2024 |
| 13.92 | Mariell Morken | 03 | Halle, GER | 26.05.2024 |
| 14.04 | Mariell Morken | 03 | Oslo/Bi | 01.06.2024 |
| 14.23 | Mariell Morken | 03 | Voss | 26.06.2024 |

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| **Diskos 1 kg** |  |

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| 22.31 | Ingrid Sundby | 39 | Lillestrøm | 22.08.1954 |
| 26.16 | Ingrid Sundby | 39 | Jessheim | 28.08.1955 |
| 28.24 | Ingrid Sundby | 39 | Lillestrøm | 04.09.1955 |
| 29.79 | Ingrid Sundby | 39 | Raufoss | 01.08.1956 |
| 29.88 | Tove Dønnum | 40 | Sandvika/Ka | 21.09.1958 |
| 30.97 | Astrid Sundby | 42 | Jessheim | 10.06.1959 |
| 31.36 | Astrid Sundby | 42 | Jessheim | 05.07.1959 |
| 32.30 | Astrid Sundby | 42 | Jessheim | 19.09.1959 |
| 34.61 | Ingvei Sæter | 38 | Oslo/Fr | 09.08.1961 |
| 36.26 | Else Opsahl | 32 | Jessheim | 29.08.1964 |
| 37.16 | Else Opsahl | 32 | Hamar | 21.07.1964 |
| 38.26 | Else Opsahl | 32 | Jessheim | 14.09.1965 |
| 38.60 | Else Opsahl | 32 | Oslo/Bi | 21.07.1965 |
| 38.94 | Astrid Willersrud | 42 | Drammen/Ma | 17.07.1966 |
| 38.96 | Else Opsahl | 32 | Hamar | 21.07.1966 |
| 39.89 | Hanna Emilie Hjeltnes | 04 | Heggedal/Ka | 15.05.2020 |
| 40.52 | Hanna Emilie Hjeltnes | 04 | Oslo/Bi | 15.07.2020 |
| 40.70 | Hanna Emilie Hjeltnes | 04 | Oslo/So | 02.05.2021 |
| 41.09 | Hanna Emilie Hjeltnes | 04 | Byrkjelo | 22.05.2021 |
| 42.37 | Hanna Emilie Hjeltnes | 04 | Oslo/Bi | 14.07.2021 |
| 43.74 | Hanna Emilie Hjeltnes | 04 | Falesia, POR | 16.04.2022 |
| 43.74 T | Hanna Emilie Hjeltnes | 04 | Oslo/Bi | 29.08.2022 |
| 45.12 | Hanna Emilie Hjeltnes | 04 | Göteborg, SWE | 19.06.2022 |
| 46.56 | Hanna Emilie Hjeltnes | 04 | Haderslev, DEN | 03.06.2023 |
| 46.56 T | Hanna Emilie Hjeltnes | 04 | Bergen/Fa | 10.09.2023 |
| 49.34 | Hanna Emilie Hjeltnes | 04 | Halle, GER | 26.05.2024 |
| 50.58 | Hanna Emilie Hjeltnes | 04 | Halle. GER | 26.05.2024 |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **Slegge 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 30.14 | Runa Nordahl | 56 | Løten | 11.10.1975 |
| 32.08 | Runa Nordahl | 56 | Strømmen | 18.06.1976 |
| 32.78 | Linn Helene Bakke | 91 | Tønsberg/Gr | 03.08.2007 |
| 43.18 | Mariell Morken | 03 | Gloppen | 07.07.2024 |

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| **Spyd 600 g Gammel type til og med 1998** |  |

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| --- | --- | --- | --- | --- |
| 22.09 | Ingrid Sundby | 39 | Lillestrøm | 22.08.1954 |
| 24.11 | Ingrid Sundby | 39 | Lillestrøm | 04.09.1955 |
| 26.49 | Astrid Sundby | 42 | Jessheim | 12.08.1956 |
| 28.52 | Astrid Sundby | 42 | Kløfta | 12.08.1957 |
| 31.39 | Astrid Sundby | 42 | Årnes | 17.08.1958 |
| 33.62 | Astrid Sundby | 42 | Jessheim | 17.06.1959 |
| 35.23 | Ragnhild Sundby | 44 | Jessheim | 09.09.1961 |
| 35.26 | Ragnhild Sundby | 44 | Råholt | 17.08.1965 |
| 37.74 | Astrid Willersrud | 42 | Råholt | 27.08.1967 |
| 41.06 | Runa Nordahl | 56 | Blaker/Br | 13.06.1974 |
| 41.34 | Runa Nordahl | 56 | Stavanger/St | 03.08.1974 |
| 41.36 | Runa Nordahl | 56 | Strømmen | 15.06.1975 |
| 44.54 | Runa Nordahl | 56 | Tønsberg | 19.06.1975 |
| 44.84 | Runa Nordahl | 56 | Sofiemyr | 26.06.1975 |
| 45.62 | Runa Nordahl | 56 | Jessheim | 09.06.1976 |

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| **Spyd 600 g Ny type fra og med 1999** |  |

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| 32.56 | Tonje Berg | 85 | Lillehammer/Ss | 02.07.2000 |
| 36.45 | Silje Disserud | 91 | Nadderud | 10.06.2007 |

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| **Slengball 1 kg Lang reim** |  |

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| 35.70 | Marie Belsvik | 36 | Jessheim | 28.06.1954 |
| 37.72 | Ingrid Sundby | 39 | Borgen | 05.09.1954 |
| 37.94 | Ingrid Sundby | 39 | Jessheim | 27.05.1956 |
| 40.09 | Ingrid Sundby | 39 | Strømmen | 26.08.1956 |
| 44.38 | Astrid Sundby | 42 | Lillestrøm | 29.06.1960 |
| 44.80 | Astrid Sundby | 42 | Larvik/Lo | 05.06.1960 |

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| **3-kamp M 100m-Diskos-Høyde** |  |

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| 1569 | Ingrid Sundby | 39 | Råholt | 26.06.1957 |
| 14.0-28.54-1.35 | | | |
| 1692 | Astrid Sundby | 42 | Råholt | 07.06.1958 |
| 14.1-26.40-1.28 | | | |

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| **KLUBBREKORDENES UTVIKLING** | **217** |

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| **3-kamp M 100m-Diskos-Høyde** |  |

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| --- | --- | --- | --- | --- |
| 2083 | Tove Dønnum | 40 | Jessheim | 02.10.1960 |
| 14.0-29.95-1.54 | | | |
| 2094 | Astrid Sundby | 42 | Strømmen | 21.09.1963 | |
| 13.4-28.67-1.47 | | | | |
| 2121 | Astrid Sundby | 42 | Jessheim | 13.06.1965 | |
| 13.4-34.74-1.38 | | | | |

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| **5-kamp M 80mh-Kule-Høyde/Lengde-200m** |  |

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| 2895 | Astrid Sundby | 42 | Jessheim | 06-07.08.1958 |
| 30.3-14.8-1.23/4.32-9.52 | | | |

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| **5-kamp M 80mh-Kule-Høyde/Lengde-200m** | **forts.** |

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| 3227 | Tove Dønnum | 40 | Nannestad | 05-06.09.1959 |
| 15.2-7.58-1.50/4.90-29.0 | | | |
| 3310 | Astrid Sundby | 42 | Kløfta | 04-05.09.1960 |
| 14.2-10.26-1.39/4.58-29.6 | | | |
| 3401 | Astrid Sundby | 42 | Råholt | 30-31.08.1963 |
| ? | | | |

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| **7-kamp M 80mh-Kule-Høyde/200m** | **Lengde-Spyd-800m** |

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| 3759 | Marit Rogstad | 67 | Moss/Me | 02-03.06.1984 |
| 17.0+1.7(84)-1.44-6.98(4)-29.0/4.66-18.06(600)-2:28.7 | | | |

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| **4x100m E** |  |

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| 53.07 |  |  | Nadderud | 19.06.1983 |
| Heidi Bogstad67-Inger Birgitte Reppe68-Marit Rogstad67-Kari Fjeldberg68 | | | |

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| 50.35 | J16 |  | Lonevåg | 27.05.2007 |
| Heidi Stubs Holdal92-Linn Helene Bakke91-Betina Nilssen92-Frida Forberg92 | | | |

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| 50.07 | J18 |  | Tromsø/Va | 24.05.2008 |
| Susann Bakke92-Linn Helene Bakke91-Betina Nilssen92-Ragnhild Hammeren90 | | | |

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| **4x100m M** |  |

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| 55.2 |  |  | Gjøvik | 05.06.1955 |
| Kari Mo38-Åshild Sørum39-Marie Belsvik36-Ingrid Sundby39 | | | |
| 55.2 |  |  | Eidsvoll | 08.08.1955 |
| ? | | | |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **4x100m M** |  |

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| 53.1 |  |  | Oslo/Bi | 14.08.1955 |
| Kari Mo38-Åshild Sørum39-Marie Belsvik36-Ingrid Sundby39 | | | |
| 52.8 | J17 |  | Mosjøen | 28.07.1984 |
| Guri Fjeldberg69-Inger Birgitte Reppe68-Kari Fjeldberg68-Marit Rogstad67 | | | |

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| **4x200m** |  |

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| 2:08.3 | J17 |  | Nannestad | 04.06.1970 |
| Anne Mette Olsen54-Inger Anne Nerhagen57-May Britt Engenes53-Anita Melby58 | | | |

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| **4x400m** |  |

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| 4:23.3 | J19 |  | Lørenfallet | 01.09.1981 |
| Bente Krakeli62-Anne Karin Halvorsen63-Inger Birgitte Reppe68-Torbjørg Muri62 | | | |

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| --- | --- | --- | --- | --- | --- |
| 4:20.0 |  |  | Rolvsrud | 29.07.1984 | |
| Kari Kamstrup56-Nina Holm64-Kristin Bogstad64-Anne Nyland58 | | | |

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| 4:02.04 | K21 |  | Larvik/Lo | 30.05.2015 |
| Veronica Undseth94-Vår Åsheim99-Pia Bålsrud95-Emilie Hov Andreassen00 | | | |

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

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| **3x800m** |  |

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| 7:48.7 |  |  | Årnes | 11.09.1980 |
| ? | | | |
| **3x800m** | |  | | |

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| 7:38.2 | J18 |  | Årnes | 09.09.1981 |
| Torbjørg Muri62-Inger Lise Borgen64-Ann Karin Halvorsen63 | | | |

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| **4x800m** |  |

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| --- | --- | --- | --- | --- |
| 9:43.42 | J20 |  | Nadderud | 07.07.1984 |
| Nina Holm64-Kari Fjeldberg68-Gunn Vilberg66-Line Røen66 | | | |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **4x800m** |  |

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| 9:22.33 | K21 |  | Larvik/Lo | 31.05.2015 |
| Pia Bålsrud95-Caroline Foss Høistad98-Veronica Undseth94-Emilie Hov Andreassen00 | | | |

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

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| **4x1500m** |  |

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| 21:18.9 |  |  | Jessheim | 23.08.1986 |
| Hege Melby68-Line Røen66-Ann Kristin Ullerud66-Gunn Vilberg66 | | | |

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| **1000m** |  |

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| 2:36.5 | J16 |  | Rolvsrud | 09.09.1970 |
| Anne Mette Olsen54-Inger Anne Nerhagen57-May Britt Engenes53-Anita Melby58 | | | |

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| 2:34.0 |  |  | Nannestad | 07.09.1982 |
| ? | | | |

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| 2:31.1 | J16 |  | Jessheim | 19.08.1983 |
| Heidi Bogstad67-Marit Rogstad67-Inger Birgitte Reppe68-Kari Fjeldberg68 | | | |

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| 2:28.2 | J16 |  | Årnes | 19.08.1984 |
| Eva Torvund69-Gunn Vilberg69-Kari Fjeldberg68-Inger Birgitte Reppe68 | | | |

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| 2:25.84 | K19 |  | Overhalla | 14.08.2013 |
| Anne Aslakrud94-Sofie Krauss98-Pia Bålsrud95-Therese Tærud96 | | | |

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| 2:17.67 | K19 |  | Bergen/Fa | 03.09.2017 |
| Tonje Moen00-Summer Steinsrud01-Vår Åsheim99-Caroline Foss Høistad98 | | | |

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

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.25 | Kirsten Andersen | 70 | Askim | 01.02.1986 |
| 8.13 | Inger Birgitte Reppe | 68 | Askim | 31.01.1987 |
| 8.04 | Linn Helene Bakke | 91 | Karlstad, SWE | 20.02.2005 |
| 7.93 | Linn Helene Bakke | 91 | Stange | 18.03.2006 |
| 7.85 | Linn Helene Bakke | 91 | Karlstad, SWE | 27.01.2008 |

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| **60m M** |  |

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| 7.9 | Inger Birgitte Reppe | 68 | Lillestrøm | 16.03.1986 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 12.67 | Linn Helene Bakke | 68 | Drammen | 12.02.2006 |
| 12.43 | Linn Helene Bakke | 91 | Drammen | 01.03.2008 |

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| **100m M** |  |

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| 12.8 | Inger Birgitte Reppe | 68 | Drammen | 17.01.1988 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 30.35 | Heidi Bogstad | 67 | Oslo/Ek | 22.01.1983 |
| 28.48 | Lene Kristin Nyland | 74 | Oslo/Ek | 10.03.1990 |
| 27.98 | Lena Opaker | 69 | Stange | 30.01.1993 |
| 26.30 | Lena Opaker | 69 | Stange | 12.02.1995 |
| 25.74 | Linn Helene Bakke | 91 | Stange | 19.03.2006 |
| 25.54 | Betina Nilssen | 92 | Stange | 09.03.2008 |

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| **400m E** |  |

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| 64.74 | Kari Fjeldberg | 68 | Askim | 10.02.1985 |
| 64.51 | Anne Lillegård | 73 | Stange | 16.03.2002 |
| 63.04 | Elisabeth Langrusten | 86 | Stange | 29.03.2003 |
| 62.62 | Pia Bålsrud | 95 | Rud | 11.01.2015 |
| 59.96 | Emilie Hov Andreassen | 00 | Hvam | 16.01.2016 |
| 58.37 | Vår Åsheim | 99 | Rud | 06.02.2016 |
| 57.71 | Vår Åsheim | 99 | Rud | 03.02.2018 |
| 56.84 | Vår Åsheim | 99 | Rud | 10.02.2018 |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **600m** |  |

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| 2:10.97 | Karoline Hertzenberg | 89 | Stange | 10.03.2002 |
| 2:08.01 | Charlotte Oliversen | 91 | Lillestrøm | 01.02.2003 |
| 1:47.58 | Anne Lillegård | 73 | Stange | 13.03.2004 |
| 1:44.95 | Anne Lillegård | 73 | Stange | 05.03.2005 |
| 1:41.86 | Emilie Hov Andreassen | 00 | Rud | 08.02.2014 |
| 1:40.35 | Caroline Høistad Foss | 98 | Rud | 06.12.2014 |
| 1:38.44 | Emilie Hov Andreassen | 00 | Stange | 21.03.2015 |
| 1:33.31 | Emilie Hov Andreassen | 00 | Rud | 05.12.2015 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:19.6 | Nina Holm | 64 | Oslo/Ek | 03.03.1984 |
| 2:16.44 | Veronica Undseth | 94 | Ulsteinvik | 07.03.2015 |
| 2:09.02 | Amalie Sæten | 97 | Rud | 11.02.2018 |
| 2:07.50 | Amalie Sæten | 97 | Ulsteinvik | 28.02.2020 |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 3:25.70 | Victoria Børresen | 98 | Karlstad, SWE | 21.02.2012 |
| 3:19.33 | Emilie Hov Andreassen | 00 | Rud | 11.01.2014 |
| 3:17.32 | Hermine Opsahl Torgersen | 00 | Gøteborg, SWE | 02.12.2023 |
| 3:11.43 | Hermine Opsahl Torgersen | 10 | Gøteborg, SWE | 01.12.2024 |

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| **1500m** |  |

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| 4:56.3 | Nina Holm | 64 | Oslo/Ek | 21.01.1984 |
| 4:51.33 | Caroline Foss Høistad | 98 | Hvam | 16.01.2016 |
| 4:28.01 | Amalie Sæten | 97 | Rud | 10.02.2019 |
| 4:17.46 | Amalie Sæten | 97 | Ulsteinvik | 02.02.2023 |

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| **3000m** |  |

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| 11:25.93 | Marianne Opsahl | 73 | Stange | 13.02.2005 |
| 10:33.16 | Silje Ekroll Jahren | 88 | Rud | 06.03.2016 |
| 9:54.31 | Hanne Mjøen Maridal | 96 | Rud | 01.02.2020 |
| 9:11.91 | Amalie Sæten | 97 | Mancester, GBR | 28.01.2023 |

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

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| 10.38 | Marit Rogstad | 67 | Oslo/Ek | 22.01.1983 |
| 9.11 | Inger Birgitte Reppe | 68 | Oslo/Ek | 25.01.1987 |
| 8.92 | Inger Birgitte Reppe | 68 | Askim | 01.02.1987 |
| 8.75 | Inger Birgitte Reppe | 68 | Askim | 21.02.1988 |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.40 | Astrid Sundby | 42 | Oslo/Hu | 04.04.1964 |
| 1.45 | Tove Dønnum Jensen | 40 | Oslo/Hu | 19.03.1966 |
| 1.58 | Anne Mette Olsen | 54 | Moss/Mo | 26.02.1972 |
| 1.61 | Kristin Urnes | 75 | Lillestrøm | 02.12.1990 |
| 1.63 | Kristin Urnes | 75 | Oslo/Ek | 03.03.1991 |
| 1.65 | Kristin Urnes | 75 | Lillestrøm | 11.01.1992 |
| 1.65 | Anita Dale | 76 | Askim | 05.03.1994 |
| 1.65 | Linn Helene Bakke | 91 | Stange | 05.03.2005 |

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| **Stav** |  |

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| 2.50 | Kristin Urnes | 75 | Lillestrøm | 22.02.1992 |
| 2.60 | Tonje Berg | 85 | Stange | 10.02.2002 |
| 2.70 | Tonje Berg | 85 | Stange | 08.02.2003 |
| 2.70 | Sofie Skancke Krauss | 98 | Stange | 19.01.2014 |
| 2.72 | Sofie Skancke Krauss | 98 | Oslo/So | 31.01.2014 |
| 2.90 | Sofie Skancke Krauss | 98 | Rud | 09.02.2014 |
| 3.00 | Sofie Skancke Krauss | 98 | Rud | 11.01.2015 |
| 3.10 | Sofie Skancke Krauss | 98 | Ulsteinvik | 08.03.2015 |
| 3.40 | Birgitte Kjuus | 99 | Hvam | 16.01.2016 |
| 3.60 | Birgitte Kjuus | 99 | Hvam | 12.02.2016 |
| 3.65 | Birgitte Kjuus | 99 | Tammerfors, FIN | 11.02.2017 |
| 3.70 | Birgitte Kjuus | 99 | Rud | 04.02.2018 |
| 3.78 | Birgitte Kjuus | 99 | Uppsala, SWE | 11.02.2018 |
| 3.95 | Birgitte Kjuus | 99 | Rud | 01.12.2018 |
| 3.95 | Birgitte Kjuus | 99 | Rud | 10.02.2019 |

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| **Lengde** |  |

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| 4.41 | Kari Wang | 56 | Lillestrøm/Pl | 15.02.1970 |
| 4.81 | Inger Birgitte Reppe | 68 | Oslo/Ek | 22.01.1983 |
| 5.23 | Inger Birgitte Reppe | 68 | Oslo/Ek | 04.02.1984 |
| 5.52 | Inger Birgitte Reppe | 68 | Lillestrøm | 16.03.1986 |

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| **Tresteg** |  |

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| 10.41 | Kristine Heggelund | 76 | Lillestrøm | 20.09.1991 |
| 10.48 | Kristin Urnes | 75 | Oslo/Ek | 09.02.1992 |
| 10.94 | Frida Rimstad | 07 | Steinkjer | 04.03.2022 |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 0.95 | Åshild Sørum | 39 | Lillestrøm/Vi | 04.03.1956 |
| 1.00 | Kari Mo | 38 | Eidsvoll/Aas | 10.03.1957 |
| 1.03 | Astrid Sundby | 42 | Lillestrøm/Vi | 16.03.1958 |
| 1.05 | Tove Dønnum | 40 | Strømmen | 08.04.1962 |
| 1.05 | Tove Dønnum Jensen | 40 | Lillestrøm/Vi | 30.03.1963 |
| 1.15 | Tove Dønnum Jensen | 40 | Jessheim | 26.02.1966 |
| 1.17 | Marianne Borgen | 62 | Skedsmo/ST | 04.03.1978 |
| 1.18 | Inger Birgitte Reppe | 68 | Lørenskog | 25.03.1981 |
| 1.23 | Tone Sæthermoen | 69 | Fetsund/Øs | 26.03.1982 |
| 1.28 | Tone Sæthermoen | 69 | Bjørelangen | 19.03.1983 |
| 1.36 | Inger Birgitte Reppe | 68 | Sørum/Ve | 27.02.1984 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.20 | Liv Jensen | 40 | Jessheim | 06.03.1955 |
| 2.28 | Åshild Sørum | 39 | Lillestrøm/Vi | 04.03.1956 |
| 2.30 | Liv Jensen | 40 | Eidsvoll | 10.03.1957 |
| 2.35 | Eva Myrvang | 42 | Jessheim | 15.02.1959 |
| 2.40 | Tove Dønnum Jensen | 40 | Lillestrøm/Vi | 30.03.1963 |
| 2.42 | Tove Dønnum Jensen | 40 | Jessheim | 26.02.1966 |
| 2.42 | Cecilie Laake | 66 | Skårer /Kj | 25.03.1979 |
| 2.46 | Inger Birgitte Reppe | 68 | Bjørkelangen | 19.03.1983 |
| 2.64 | Inger Birgitte Reppe | 68 | Jessheim/Je | 13.03.1984 |

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| **Kule 4 kg** |  |

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| 10.88 | Astrid Sundby | 42 | Oslo/Hu | 03.04.1965 |
| 11.54 | Else Opsahl | 32 | Oslo/Hu | 01.04.1967 |
| 11.80 | Else Opsahl | 32 | Oslo/Hu | 16.03.1968 |
| 12.05 | Else Opsahl | 32 | Skien | 02.03.1969 |
| 12.61 | Hanna Emilie Hjeltnes | 04 | Hvam | 25.01.2020 |
| 12.64 | Hanna Emilie Hjeltnes | 04 | Rud | 01.02.2020 |
| 13.34 | Hanna Emilie Hjeltnes | 04 | Uppsala, SWE | 13.02.2022 |
| 13.56 | Hanna Emilie Hjeltnes | 04 | Hvam | 02.12.2023 |
| 13.60 | Hanna Emilie Hjeltnes | 04 | Steinkjer | 17.02.2024 |

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| **Diskos 1 kg** |  |

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| 30.14 | Else Opsahl Uten rotering | 32 | Oslo/Hu | 03.04.1965 |
| 34.17 | Astrid Willersrud | 42 | Oslo/Hu | 19.03.1966 |
| 36.10 | Else Opsahl | 32 | Oslo/Hu | 09.02.1967 |

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| **KLUBBREKORDENES UTVIKLING** |  |

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| **Spyd 600 g Gammel type til og med 1998** |  |

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| --- | --- | --- | --- | --- |
| 33.39 | Astrid Sundby | 32 | Oslo/Hu | 16.02.1967 |

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| **5-kamp 100mh-Kule-Høyde/Lengde-800m** | |  | | |
| 3170 | Inger Birgitte Reppe | 68 | Drammen | 09-10.02.1985 |
| 15.2(84)-8.00(4)1.47/5.34-2:25.9 | | | |

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| **4x200m** | |  | | |
| 1:56.8 | J16 |  | Oslo/Ek | 22.01.1983 |
| Inger Birgitte Reppe68-Heidi Bogstad67-Marit Rogstad67-Kari Fjeldberg68 | | | |
| 1:53.14 | K19 |  | Steinkjer | 10.03.2013 |
| Ann Aslaksen94-Charlotte Grasmoe96-Pia Bålsrud95-Sofie Schancke Krauss96 | | | |
| 1:52.59 | J16 |  | Steinkjer | 06.03.2022 |
| Elèn Skar06-Natalie Jøransen07-Synne Markussen07-Linnèa Sjøstrøm Johansen06 | | | |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:38.86 | J15 |  | Stange | 19.03.2006 |
| Linn Helene Bakke91-Silje Disserud91-Mari Tømmerberg91-Tonje Oliversen91 | | | |