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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **385** |

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| **100m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 11.66 | Øystein Iversen | 73 | Jessheim | 28.09.1996 |
| 24 | 11.49 | Jo Henning Hals Nilssen | 68 | Jessheim | 27.06.1992 |
| 25 | 11.72 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 01.05.1993 |
| 26 | 11.55 | Frank Øines | 68 | Oslo/Bi | 24.05.1994 |
| 27 | 11.34 | Frank Øines | 68 | Oslo/Bi | 11.07.1995 |
| 28 | 11.35 | Frank Øines | 68 | Jessheim | 28.09.1996 |
| 29 | 11.46 | Frank Øines | 68 | Lillehammer/Ss | 29.06.1997 |
| 30 | 11.58 | Frank Øines | 68 | Jessheim | 23.07.1998 |
| 31 | 11.63 | Frank Øines | 68 | Jessheim | 27.05.1999 |
| 32 | 11.72 | Jørn Jevne | 64 | Oslo/Bi | 05.06.1996 |
| 33 | 11.75 | Jørn Jevne | 64 | Oslo/Bi | 15.08.1997 |
| 34 | 12.00 | Terje Grime | 59 | Bjørkelangen | 06.06.1993 |

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| **100m M** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 11.4 | Kjell Kristoffersen | 28 | Jessheim | 01.07.1951 |
| 24 | 11.5 | Kjell Kristoffersen | 28 | Jessheim | 17.08.1952 |
|  | 11.5 | Jon Henning Hals Nilssen | 68 | Jessheim | 18.05.1992 |
|  | 11.5 | Øystein Iversen | 73 | Jessheim | 29.05.1997 |
| 25 | 11.7 | Hans Fodstad | 27 | Kløfta | 11.08.1952 |
| 26 | 11.1 | Frank Øines | 68 | Jessheim | 22.09.1994 |
| 27 | 11.6 | Hans Georg Røed | 55 | Lillestrøm | 20.08.1982 |
| 28 | 11.8 | Fredrik Falch | 98 | Jessheim | 05.06.1926 |
| 29 | 11.1 | Frank Øines | 68 | Jessheim | 29.05.1997 |
| 30 | 11.8 | Wilhelm Løken | 01 | Jessheim | 11.08.1931 |
| 31 | 11.8 | Arve Bogstad | 41 | Lillestrøm | 19.08.1972 |
| 32 | 11.6 | Frank Øines | 68 | Jessheim | 03.08.2000 |
| 33 | 11.7 | Terje Grime | 59 | Jessheim | 18.05.1992 |
| 34 | 11.8 | Terje Grime | 59 | Jessheim | 01.06.1993 |

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| **200m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 23.14 | Martin Lundemo Syversen | 92 | Asker/Fø | 06.06.2015 |
| 24 | 23.39 | Ole Petter Henriksen | 63 | Oslo/Bi | 18.08.1987 |
| 25 |  |  |  |  |  |
| 26 | 22.96 | Frank Øines | 68 | Oslo/Bi | 18.07.1994 |
| 27 | 22.55 | Frask Øines | 68 | Oslo/Bi | 17.07.1995 |
| 28 | 22.92 | Frank Øines | 68 | Oslo/Bi | 18.09.1996 |
| 29 | 22.82 | Frank Øines | 68 | Jessheim | 11.08.1997 |
| 30 | 22.67 | Frank Øines | 68 | Jessheim | 12.07.1998 |
| 31 | 23.38 | Frank Øines | 68 | Jessheim | 21.06.1999 |
| 32 | 23.63 | Frank Øines | 68 | Jessheim | 08.06.2000 |
| 33 | 23.38 | Jørn Jevne | 64 | Oslo/Bi | 30.07.1997 |
| 34 | 24.23 | Jørn Jevne | 64 | Jessheim | 12.07.1998 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **386** |

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| **200m M** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 23.5 | Rolf Fredagsvik | 42 | Hamar | 01.08.1865 |
| 24 | 23.7 | Ole Petter Henriksen | 63 | Jessheim | 04.06.1987 |
| 25 | 24.3 | Arve Bogstad | 41 | Råholt | 12.06.1966 |
| 26 | 24.6 | Odd Kristiansen | 47 | Lillestrøm | 09.09.1973 |
| 27 | 23.5 | Arve Bogstad | 41 | Råholt | 25.08.1968 |
| 28 | 23.9 | Arve Bogstad | 41 | Lillestrøm | 30.06.1969 |
| 29 | 24.7 | Arve Bogstad | 41 | Lillestrøm | 19.06.1970 |
| 30 | 24.9 | Arve Bogstad | 41 | Råholt | 22.08.1971 |
| 32 | 25.0 | Arve Bogstad | 41 | Lørenfallet | 30.09.1972 |
| 32 | 25.3 | Jon Erik Lund | 34 | Råholt | 12.06.1966 |
| 34 | 24.1 | Frank Øines | 68 | Jessheim | 19.08.2002 |

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| **400m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 48.43 | Thomas Roth | 91 | Nadderud | 02.09.2014 |
| 24 | 49.20 | Thomas Roth | 91 | Nittedal | 18.05.2015 |
| 25 | 52.01 | Terje Snarby | 89 | Lillehammer/Ss | 21.06.2014 |
| 26 | 48.40 | Thomas Roth | 91 | Hamar | 16.08.2017 |
| 27 | 49.85 | Frank Øines | 68 | Oslo/Bi | 27.07.1995 |
| 28 | 50.64 | Frank Øines | 68 | Oslo/St | 09.09.1996 |
| 29 | 50.35 | Frank Øines | 68 | Oslo/St | 16.08.1997 |
| 30 | 50.53 | Frank Øines | 68 | Jessheim | 11.07.1998 |
| 31 | 52.33 | Frank Øines | 68 | Jessheim | 22.07.1999 |
| 32 | 52.45 | Jørn Jevne | 64 | Oslo/Bi | 30.06.1996 |
| 33 | 52.42 | Jørn Jevne | 64 | Oslo/St | 16.08.1997 |
| 34 | 53.22 | Jørn Jevne | 64 | Oslo/St | 05.09.1998 |

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| **400m M** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 52.1 | Kjell Kristoffersen | 28 | Oslo/Bi | 20.06.1951 |
| 24 | 51.4 | Ole Petter Henriksen | 63 | Jessheim | 06.07.1987 |
| 25 | 53.3 | Kjell Frostlid | 68 | Jessheim | 24.07.1986 |
| 26 | 53.1 | Raymond Trondsen | 47 | Moss/Me | 22.08.1973 |
| 27 | 53.0 | Raymond Trondsen | 47 | Oslo/Bi | 15.05.1974 |
| 28 | 52.3 | Raymond Trondsen | 47 | Oslo/Bi | 26.05.1975 |
| 29 | 54.2 | Kåre Ellingsdalen | 29 | Jessheim | 16.08.1952 |
|  | 54.2 | Arve Bogstad | 41 | Råholt | 01.08.1970 |
| 30 | 51.7 | Odd Mikkelsen | 37 | Råholt | 26.08.1967 |
| 31 | 52.6 | Odd Mikkelsen | 37 | Råholt | 22.08.1968 |
| 32 | 56.2 | Victor Westgaard | 99 | Jessheim | 05.07.1931 |
| 33 | 52.7 | Odd Mikkelsen | 37 | Lillestrøm | 05.09.1970 |
| 34 | 54.6 | Odd Mikkelsen | 37 | Råholt | 21.08.1971 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **387** |

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| **800m** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 23 | 1:46.15 | Thomas Roth | 91 | Huesden, BEL  | 19.07.2014 |
| 24 | 1:47.03 | Thomas Roth | 91 | Szczecin, POL | 09.08.2015 |
| 25 | 1:50.57 | Thomas Roth | 91 | København, DEN | 18.06.2016 |
| 26 | 1:47.91 | Thomas Roth | 91 | Jessheim | 01.09.2017 |
| 27 | 1:45.75 | Thomas Roth | 91 | Oslo/BI | 07.06.2018 |
| 28 | 1:46.75 | Thomas Roth | 91 | Oslo/Bi | 13.06.2019 |
| 29 | 1:49.30 | Thomas Roth | 91 | Oslo/Bi | 08.07.2020 |
| 30 | 1:56.8 | Odd Mikkelsen | 37 | Råholt | 27.08.1967 |
| 31 | 1:56.13 | Thomas Roth | 91 | Brandbu | 22.06.2022 |
| 32 | 1:53.29 | Merith Solomon | 91 | Tønsberg/Gr | 20.05.2023 |
| 33 | 1:58.36 | Øystein Syversen | 52 | Oslo/Fr | 20.06.1985 |
| 34 | 2:11.2 | Kristian Monsen | 77 | Jessheim | 19.09.2011 |

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| **1000m** |

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| 24 | 2:21.14 | Thomas Roth | 91 | Göteborg, SWE | 05.09.2015 |
| 25 | 2:43.5 | Raymond Trondsen | 47 | Lørenfallet | 01.08.1972 |
| 28 | 2:38.3 | Arne Luke | 44 | Lørenfallet | 01.08.1972 |
| 29 | 2:54.1 | Nils Kristen Wiig | 43 | Lørenfallet | 01.08.1971 |

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| **1500m** |

|  |  |  |  |  |  |
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| 23 | 3:51.98 | Thomas Roth | 91 | Tallinn, EST | 21.06.2014 |
| 24 | 3:46.61 | Thomas Roth | 91 | Oslo/Bi | 29.08.2015 |
| 25 | 3:46.92 | Sigurd Ruud Skjeseth | 96 | Oslo/Bi | 14.07.2021 |
| 26 | 3:40.23 | Jacob Boutera | 96 | Jessheim | 02.06.2022 |
| 27 | 3:43.11 | Thomas Roth | 91 | Jessheim | 31.05.2018 |
| 28 | 3:42.25 | Jacob boutera | 96 | Leuven, BEL | 27.07.2024 |
| 29 | 3:46.58 | Senay Fissehatsion | 95 | Jessheim | 24.05.2024 |
| 30 | 3:53.82 | Vidar Birkelund | 56 | Oslo/Bi | 29.07.1986 |
| 31 | 3:52.54 | Øystein Syversen | 52 | Oslo/Bi | 18.07.1983 |
| 32 | 3:51.37 | Merith Solomon | 91 | Jessheim | 12.08.2023 |
| 33 | 3:58.9 | Øystein Syversen | 52 | Oslo/Bi | 30.07.1985 |
| 34 | 4:07.6 | Øystein Syversen | 52 | Jessheim | 29.05.1986 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **388** |

|  |
| --- |
| **3000m** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 23 | 7:55.19 | Fredrik Sandvik | 98 | Jessheim | 06.08.2021 |
| 24 | 8:39.7 | Trygve Stanger | 62 | Jessheim | 28.08.1986 |
| 25 | 7:52.72 | Sigurd Ruud Skjeseth | 96 | Jessheim | 06.08.2021 |
| 26 | 7:48.42 | Fredrik Sandvik | 98 | Jessheim | 09.08.2024 |
| 27 | 8:05.27 | Awet Kibrab | 95 | Bergen/Fa | 08.06.2022 |
| 28 | 7:43.77 | Awet Kibrab | 95 | Bergen/Fa | 15.06.2023 |
| 29 | 7:48.29 | Senay Fissehatsion | 95 | Jessheim | 09.08.2024 |
| 30 | 7:52.73 | Per Svela | 92 | Bergen/Fa | 08.06.2022 |
| 31 | 8:14.30 | Øystein Syversen | 52 | Oslo/Bi | 19.05.1983 |
| 32 | 8:19.02 | Øystein Syversen | 52 | Oslo/Bi | 19.05.1984 |
| 33 | 8:35.5 | Øystein Syversen | 52 | Nadderud | 19.08.1985 |
| 34 | 8:46.25 | Kristian Monsen | 77 | Oslo/Bi | 26.07.2011 |

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| **5000m** |

|  |  |  |  |  |  |
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| 23 | 15:13.03 | Nikolai Smestad | 92 | Stretford, GBR | 16.06.2015 |
| 24 | 14:41.69 | Fredrik Sandvik | 98 | Oslo/Bi | 30.06.2022 |
| 25 | 13:41.47 | Sigurd Ruud Skjeseth | 96 | Tønsberg/Gr | 22.05.2021 |
| 26 | 13:57.07 | Awet Kibrab | 95 | Oslo/Bi | 25.09.2021 |
| 27 | 13:46.27 | Erik Udø Pedersen | 94 | Oslo/Bi | 04.06.2021 |
| 28 | 13:15.41 | Awet Kibrab | 95 | Heusden, BEL | 27.05.2023 |
| 29 | 13:25.48 | Awet Kibrab | 95 | Stockholm, SWE | 15.05.2024 |
| 30 | 13:28.66 | Per Svela | 92 | Heusden, BEL | 02.07.2022 |
| 31 | 14:27.23 | Vidar Birkelund | 56 | Oslo/Bi | 23.07.1987 |
| 32 | 14:52.40 | Øystein Syversen | 52 | Byrkjelo | 30.06.1984 |
| 33 | 14:53.15 | Øystein Syversen | 52 | Oslo/Bi | 30.07.1985 |
| 34 | 15:09.67 | Øystein Syversen | 52 | Oslo/Bi | 12.06.1986 |

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| **10000m** |

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| 23 | 31:31.6 | Trygve Stanger | 62 | Jessheim | 10.10.1985 |
| 24 | 32:29.8 | Ragnar Lund | 43 | Råholt | 06.10.1967 |
| 25 | 28:36.06 | Sigurd Ruud Skjeseth | 96 | Kristiansand | 26.06.2021 |
| 26 | 28:17.01 | Sigurd Ruud Skjeseth | 96 | London, GBR | 14.05.2022 |
| 27 | 29:30.12 | Erik Udø Pedersen | 94 | Kristiansand | 26.06.2021 |
| 28 | 29:03.41 | Per Svela | 92 | Bergen/Fa | 20.09.2020 |
| 29 | 28:44.60 | Awet Kibrab | 95 | London, GBR | 18.05.2024 |
| 30 | 28:35.99 | Per Svela | 92 | Oslo/Bi | 14.04.2022 |
| 31 | 30:20.01 | Vidar Birkelund | 56 | Oslo/Bi | 23.07.1987 |
| 32 | 32:15.15 | Kristian Monsen | 77 | Oslo/Bi | 14.07.2009 |
| 33 | 30:30.39 | Øystein Syversen | 52 | Oslo/Bi | 20.06.1985 |
| 34 | 30:48.97 | Øystein Syversen | 52 | Oslo/Bi | 18.06.1986 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **389** |

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

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| --- | --- | --- | --- | --- | --- |
| 24 | 14.85 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 20.06.1992 |

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

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| --- | --- | --- | --- | --- | --- |
| 23 | 17.9 | Nils Kristen Wiig | 43 | Råholt | 12.08.1966 |
| 24 | 15.4 | Ole Petter Henriksen | 63 | Jessheim | 04.06.1987 |
| 25 | 18.4 | Nils Kristen Wiig | 43 | Råholt | 24.08.1968 |
| 26 | 17.5 | Nils Kristen Wiig | 43 | Råholt | 23.08.1969 |
| 27 | 17.5 | Ivar Opsahl | 47 | Rolvsrud | 25.08.1974 |
| 28 | 18.1 | Nils Kristen Wiig | 43 | Råholt | 21.08.1971 |
| 29 | 18.2 | Nils Andresen | 36 | Rolvsrud | 04.10.1965 |
| 30 | 17.9 | Nils Andresen | 36 | Jessheim | 20.08.1966 |
| 31 | 17.9 | Ivar Opsahl | 47 | Rolvsrud | 15.08.1978 |
| 34 | 20.4 | Ole Skolt | 53 | Jessheim | 04.06.1987 |

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

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| --- | --- | --- | --- | --- | --- |
| 23 | 66.80 | Jan Gulbrandsen | 74 | Jessheim | 11.08.1997 |
| 29 | 59.80 | Frank Øines | 68 | Jessheim | 28.09.1997 |
| 30 | 70.81 | Frode Myrvang | 67 | Jessheim | 11.08.1997 |
| 33 | 60.26 | Jørn Jevne | 64 | Jessheim | 28.09.1997 |

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

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| --- | --- | --- | --- | --- | --- |
| 23 |  59.8 | Nils Kristen Wiig | 43 | Råholt | 13.08.1966 |
| 24 | 59.6 | Nils Kristen Wiig | 43 | Råholt | 25.08.1967 |
| 25 | 60.9 | Raymond Trondsen | 47 | Råholt | 06.09.1972 |
| 26 | 59.7 | Nils Kristen Wiig | 43 | Råholt | 24.08.1969 |
| 27 | 60.6 | Nils Kristen Wiig | 43 | Råholt | 22.08.1971 |
| 29 | 62.9 | Nils Kristen Wiig | 43 | Lillestrøm | 20.08.1972 |
| 30 | 63.3 | Arve Bogstad | 41 | Strømmen | 14.08.1971 |
| 33 | 63.5 | Ole Skolt | 53 | Jessheim | 06.09.1986 |

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| **2000m hinder 91.4 cm** |

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| 24 | 5:41.91 | Fredrik Sandvik | 98 | Jessheim | 05.08.2022 |
| 26 | 5:30.63 | Fredrik Sandvik | 98 | København, DEN | 03.09.2024 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **390** |

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| **3000m hinder 91.4 cm** |

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| --- | --- | --- | --- | --- | --- |
| 23 |  8:42.78 | Fredrik Sandvik | 98 | Cluj-Napoca, ROU | 20.06.2021 |
| 24 |  8:28.02 | Fredrik Sandvik | 98 | Bergen/Fa | 08.06.2022 |
| 25 |  8:26.80 | Jacob Boutera | 96 | Nice, FRA | 12.06.2021 |
| 26 |  8:21.63 | Jacob Boutera | 96 | Åbo, FIN | 14.06.2022 |
| 27 |  8:22.94 | Jacob Boutera | 96 | Karlsruhe, GER | 11.05.2024 |
| 28 |  9:12.60 | Vidar Birkelund | 56 | Byrkejo | 30.06.1984 |
| 29 |  9:58.4 | Claus Nerhagen | 59 | Jessheim | 19.08.1988 |
| 30 | 10:02.05 | Ole Fredrik Mørch | 62 | Moss/Me | 05.09.1992 |
| 31 |  9:13.2 | Vidar Birkelund | 65 | Jessheim | 21.08.1987 |
| 32 |  9:52.2 | Stein Roar Ulseth | 52 | Lillestrøm | 19.05.1984 |
| 33 | 10:12.5 | Ole Skolt | 53 | Årnes | 09.07.1986 |
| 34 |  9:25.4 | Stein Roar Ulseth | 52 | Oslo/St | 16.07.1986 |

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| **Halvmaraton 21098m** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 23 | 1:05:21 | Fredrik Bakken | 66 | Arna | 02.04.1989 |
| 24 | 1:08:42 | Fredrik Bakken | 69 | Hokksund | 03.04.1993 |
| 25 | 1:16:22 | Sven Nordby Andersen | 59 | Jessheim | 07.10.1984 |
| 26 | 1:05:43 | Senay Fissehatsion | 95 | Stavanger | 06.11.2021 |
| 27 | 1:05:22 | Senay Fissehatsion | 95 | Tjensvoll | 12.11.2022 |
| 28 | 1:00:55 | Senay Fissehatsion | 95 | København, DEN | 17.09.2023 |
| 29 | 1:01:32 | Senay Fissehatsion | 95 | Kæbenhavn, DEN | 15.09.2024 |
| 30 | 1:05:50 | Vidar Birkelund | 56 | Egersund | 06.04.1986 |
| 31 | 1:09:50 | Vidar Birkelund | 56 | Sandnes | 05.04.1987 |
| 32 | 1:07:54 | Tor Erik Nyquist | 67 | Göteborg, SWE | 08.05.1999 |
| 33 | 1:07:45 | Tor Erik Nyquist | 67 | Drammen | 01.10.2000 |
| 34 | 1:12:54 | Kristian Monsen | 77 | Lørenskog | 29.10.2011 |

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| **Maraton 42195m** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 23 | 2:56.45 | Njord Erlend Wiker | 91 | Jessheim | 16.11.2014 |
| 25 | 2:26:41 | Tor Erik Nyqvist | 67 | Jessheim | 15.11.1992 |
| 26 | 2:24:36 | Tor Erik Nyquist | 67 | Jessheim | 21.11.1993 |
| 27 | 2:23:54 | Tor Erik Nyquist | 67 | Tromsø | 02.07.1994 |
| 28 | 2:24:30 | Tor Erik Nyquist | 67 | Tromsø | 01.07.1995 |
| 29 | 2:18:39 | Tor Erik Nyquist | 67 | Berlin, GER | 29.09.1996 |
| 30 | 2:21:31 | Tor Erik Nyquist | 67 | København, DEN | 10.05.1997 |
| 31 | 2:31:51 | Tor Erik Nyquist | 67 | Signapore, IND | 29.11.1998 |
| 32 | 2:20:18 | Tor Erik Nyquist | 67 | Palma, ESP | 05.12.1999 |
| 33 | 2:21:39 | Tor Erik Nyquist | 67 | Berlin, GER | 10.05.2000 |
| 34 | 2:29:49 | Ole Fredrik Mørch | 62 | Drammen | 05.10.1966 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **391** |

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| **Høyde** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 1.75 | Frode Myrvang | 67 | Jessheim | 25.09.1990 |
| 24 | 1.91 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 02.05.1992 |
| 25 | 1.71 | Knut Tobiassen | 27 | Jessheim | 16.07.1952 |
| 26 | 1.75 | Ivar Opsahl | 47 | Lillestrøm | 14.05.1973 |
| 27 | 1.80 | Ivar Opsahl | 47 | Råholt | 19.06.1974 |
| 28 | 1.75 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |
|  | 1.75 | Frank Øines | 68 | Jessheim | 28.09.1986 |
| 29 | 1.76 | Frank Øines | 68 | Jessheim | 28.09.1997 |
| 30 | 1.75 | Ivar Opsahl | 47 | Lillestrøm | 11.06.1977 |
|  | 1.75 | Frode Myrvang | 67 | Jessheim | 11.08.1997 |
| 31 | 1.75 | Ivar Opsagl | 47 | Lillestrøm | 27.08.1978 |
| 32 | 1.76 | Wilhelm Løken | 01 | Jessheim | 05.08.1933 |
| 33 | 1.61 | Wilhelm Løken | 01 | Oslo/Be | 02.09.1934 |
| 34 | 1.70 | Wilhelm øken | 01 | Jessheim | 18.08.1934 |

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| **Stav** |

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| 23 |   |   |   |   |   |
| 24 | 4.10 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 03.05.1992 |
| 25 | 3.30 | Hans Fodstad | 27 | Jessheim | 07.09.1952 |
| 26 | 3.40 | Hans Fodstad | 27 | Eidsvoll | 22.08.1953 |
| 27 | 3.20 | Ivar Opsahl | 47 | Rolvsrud | 25.08.1974 |
| 28 | 3.00 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |
| 29 | 3.10 | Nils Andresen | 36 | Jessheim | 19.08.1965 |
| 30 | 3.20 | Nils Andresen | 36 | Jessheim | 21.08.1966 |
| 31 | 3.04 | Nils Andresen | 36 | Råholt | 27.08.1967 |

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| **Lengde** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 23 | 6.24 | Øystein Iversen | 73 | Jessheim | 28.09.1996 |
| 24 | 6.70 | Jo Henning Hals Nilssen | 68 | Sofiemyr | 14.06.1992 |
| 25 | 6.40 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 01.05.1993 |
| 26 | 6.42 | Wilhelm Løken | 01 | Jessheim | 02.10.1927 |
| 27 | 6.46 | Jon Erik lund | 34 | Strømmen | 10.09.1961 |
| 28 | 6.27 | Jon Erik Lund | 34 | Råholt | 28.07.1962 |
| 29 | 6.33 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 30 | 6.34 | Wilhelm Løken | 01 | Jessheim | 13.09.1931 |
| 31 | 6.43 | Wilhelm Løken | 01 | Gjøvik | 17.07.1932 |
| 32 | 6.09 | Wilhelm Løken | 01 | Jessheim | 05.08.1933 |
| 33 | 5.93 | Jørn Jevne | 64 | Jessheim | 28.09.1997 |
| 34 | 6.10 | Terje Grime | 59 | Jessheim | 23.09.1993 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **392** |

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| **Tresteg** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 12.28 | Harald Furuseth | 07 | Lillestrøm/Vi | 27.07.1930 |
| 24 | 12.87 | Wilhelm Løken | 01 | Jessheim | 23.08.1925 |
| 25 | 12.81 | Wilhelm Løken | 01 | Jessheim | 19.09.1926 |
| 26 | 13.22 | Wilhelm Løken | 01 | Jessheim | 11.09.1927 |
| 27 | 12.96 | Jon Erik Lund | 34 | Råholt | 27.08.1961 |
| 28 | 12.56 | Wilhelm Løken | 01 | Disenå | 22.09.1929 |
| 29 | 12.83 | Wilhelm Løken | 01 | Lillestrøm/Vi | 27.07.1930 |
| 30 | 12.47 | Asbjørn Lund | 21 | Jessheim | 29.07.1951 |
| 31 | 13.09 | Wilhelm Løken | 01 | Lillestrøm/Vi | 24.07.1932 |
| 32 | 10.47 | Reidar Bye | 96 | Eidsvoll | 16.09.1928 |
| 33 | 13.68 | Terje Grime | 59 | Sofiemyr | 13.06.1992 |
| 34 | 12.90 | Terje Grime | 59 | Jessheim | 27.09.1993 |

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| **Kule 7.26** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 12.04 | Egil Tronseth | 35 | Jessheim | 23.07.1958 |
| 24 | 11.60 | Magne Haave | 12 | Jessheim | 11.06.1936 |
| 25 | 11.60 | Ole H. Wethal | 02 | Jessheim | 02.10.1927 |
| 26 | 12.36 | Magne Haave | 12 | Jessheim | 26.07.1938 |
| 27 | 11.87 | Ivar Opsahl | 47 | Lillestrøm | 07.09.1974 |
| 28 | 11.17 | Mathis Bogstad | 10 | Jessheim | 18.08.1938 |
| 29 | 11.93 | Nils Andresen | 36 | Krødsherad | 22.08.1965 |
| 30 | 11.72 | Nils Andresen | 36 | Jessheim | 20.08.1966 |
| 31 | 12.15 | Ole H. Wethal | 02 | Jessheim | 27.08.1933 |
| 32 | 14.47 | Pål Berntsen | 60 | Jessheim | 24.09.1992 |
| 33 | 13.79 | Pål Berntsen | 60 | Karlstad, SWE | 29.09.1993 |
| 34 | 12.39 | Kai Hole | 42 | Lørenfallet | 08.06.1976 |

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| **Diskos 2** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 41.40 | Morten Gaarder | 60 | Strømmen | 14.06.1983 |
| 24 | 41:34 | Jo Henning Hals Nilssen | 68 | Trondheim/Le | 05.07.1992 |
| 25 | 39.86 | Morten Gaarder | 60 | Løken | 08.05.1985 |
| 26 | 41.32 | Morten Gaarder | 60 | Jessheim | 29.09.1986 |
| 27 | 40.76 | Morten Gaarder | 60 | Jessheim | 06.07.1987 |
| 28 | 31.81 | Jens Wethal | 08 | Jessheim | 28.06.1936 |
| 29 | 33.25 | Olaf Tronrud | 10 | Jessheim | 18.07.1939 |
| 30 | 37.68 | Nils Andresen | 36 | Elverum | 19.06.1966 |
| 31 | 36.54 | Nils Andresen | 36 | Lillestrøm | 03.09.1967 |
| 32 | 42.18 | Pål Berntsen | 60 | Jessheim | 24.09.1992 |
| 33 | 41.36 | Pål Berntsen | 60 | Karlstad, SWE | 29.09.1993 |
| 34 | 43.54 | Kai Hole | 42 | Hvam | 22.05.1976 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **393** |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- | --- |
| 23 | 30.60 | Arne Jensen | 36 | Jessheim | 04.10.1959 |
| 24 | 21.45 | Bjarne Guneriussen | 34 | Jessheim | 01.08.1958 |
| 26 | 31.55 | Harald Nilsen | 36 | Råholt | 28.07.1962 |
| 27 | 23.58 | Ivar Opsahl | 47 | Lillestrøm | 08.09.1974 |
| 30 | 32.58 | Nils Andresen | 36 | Råholt | 06.07.1966 |
| 31 | 25.16 | Ivar Opsahl | 47 | Hvam | 19.08.1978 |
| 32 | 43.62 | Pål Berntsen | 60 | Rolvsrud | 17.09.1992 |
| 33 | 43.20 | Pål Berntsen | 60 | Karlstad, SWE | 29.09.1993 |
| 34 | 34.98 | Kai Hole | 42 | Strømmen | 22.06.1976 |

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| **Spyd 800g gammel type** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 45.73 | Bernt Nordvang | 35 | Kløfta | 22.09.1958 |
| 24 | 45.07 | Halvor Lund | 06 | Gjøvik | 28.09.1930 |
| 25 | 50.37 | Bjarne Guneriussen | 34 | Jessheim | 05.07.1959 |
| 26 | 51.70 | Ivar Skedsmo | 55 | Lillestrøm | 22.08.1981 |
| 27 | 54.16 | Ivar Skedsmo | 55 | Strømmen | 26.05.1982 |
| 28 | 49.89 | Olaf Tronrud | 10 | Eidsvoll | 14.08.1938 |
| 29 | 50.39 | Ivar Skedsmo | 55 | Jessheim | 22.08.1984 |
| 30 | 52.46 | Ivar Skedsmo | 55 | Lillestrøm | 20.05.1985 |
| 31 | 53.01 | Reidar Bye | 96 | Jessheim | 02.10.1927 |
| 32 | 50.42 | Reidar Bye | 96 | Årnes | 09.09.1928 |
| 33 | 49.15 | Magnus Røe | 96 | Jessheim | 15.09.1929 |
| 34 | 47.95 | Magnus Røe | 96 | Gjøvik | 28.09.1930 |

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| **Spyd 800g nyl type** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 52.63 | Vetle Aasland | 91 | Askim | 28.05.2014 |
| 24 | 59.84 | Jo Henning Hals Nilssen | 68 | Trondheim/Le | 05.07.1992 |
| 26 | 44.80 | Ole Petter Henriksen | 61 | Jessheim | 01.08.1987 |
| 27 | 51.04 | Jo Henning Hals Nilssen | 68 | Jessheim | 21.09.1995 |
| 28 | 34.97 | Runar Homble | 72 | Jessheim | 31.08.2000 |
| 31 | 30.28 | Frank Øines | 68 | Jessheim | 23.08.1999 |
| 32 | 75.02 | Pål Berntsen | 60 | Mosjøen | 16.08.1992 |
| 33 | 73.76 | Pål Berntsen | 60 | Drammen/Ma | 30.05.1993 |
| 34 | 63.94 | Pål Berntsen | 60 | Jessheim | 21.09.1994 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **394**  |

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| **INNENDØRS** |

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| **60m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 7.44 | Øystein Iversen | 73 | Oslo/Ek | 02.03.1006 |
| 24 | 7.53 | Jo Henning Hals Nilssen | 68 | Oslo/Ek | 11.01.1992 |
| 26 | 7.42 | Thorstein Gystad | 67 | Stange | 31.01.1993 |
| 27 | 7.29 | Frank Øines | 68 | Stange | 18.03.1995 |
| 28 | 7.46 | Frank Øines | 68 | Lillestrøm | 03.03.1996 |
| 30 | 7.46 | Frank Øines | 68 | Oslo/Ek | 17.01.1998 |
| 32 | 7.30 | Jørn Jevne | 64 | Stange | 17.02.1996 |
| 34 | 7.71 | Terje Grime | 59 | Stange | 31.01.1993 |

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| **60m M** |

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| 26 | 7.3 | Frank Øines | 68 | Lillestrøm | 06.03.1994 |

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| **100m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 11.71 | Øystein Iversen | 73 | Drammen | 28.01.1996 |
| 26 | 12.58 | Johan Glenderud Torvani | 93 | Drammen | 06.01.2019 |
| 27  | 11.59 | Frank Øines | 68 | Drammen | 29.01.1995 |

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| **200m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 24.08 | Øystein Iversen | 73 | Stange | 14.01.1996 |
| 25 | 25.03 | Kjell Vidar Solheim | 70 | Stange | 15.01.1995 |
| 26 | 23.90 | Thorstein Gystad | 67 | Stange | 30.01.1993 |
| 27 | 23.92 | Frank Øines | 68 | Stange | 15.01.1995 |
| 28 | 23.72 | Frank Øines | 68 | Stange | 14.01.1996 |
| 29 | 26.94 | Johan Glenderød Tovari | 93 | Hvam | 23.01.2022 |
| 30 | 23.35 | Frank Øines | 68 | Stange | 07.02.1998 |
| 32 | 23.96 | Jørn Jevne | 64 | Stange | 17.02.1996 |

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| **400m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 48.59 | Andreas Roth | 93 | Rud | 13.02.2016 |
| 24 | 52.72 | Frode Nygård | 69 | Stange | 31.01.1993 |
| 30 | 52.11 | Frank Øines | 68 | Stange | 07.02.1998 |
| 32 | 53.27 | Jørn Jevne | 64 | Stange | 03.02.1996 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **395** |

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| **800m** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 1:56.01 | Håvard Hildeskor | 92 | Rud | 13.02.2015 |
| 24 | 1:47.26 | Thomas Roth | 91 | Wien, AUT | 31.01.2015 |
| 25 | 1:48.60 | Thomas Roth | 91 | Vaxjö, SWE | 13.02.2016 |
| 26 | 1:56.11 | Henrik Hanssen | 97 | Rud | 12.02.2023 |
| 27 | 1:48.62 | Thomas Roth | 91 | Uppsala, SWE | 11.02.2018 |
| 28 | 1:50.42 | Thomas Roth | 91 | Glasgow, SKO | 01.03.2019 |
| 29 | 1:51.06 | Thomas Roth | 91 | Rud | 02.02.2020 |
| 31 | 1:57.96 | Merith Solomon | 91 | Hvam | 03.12.2022 |
| 32 | 1:55.08 | Merith Solomon | 91 | Rud | 19.02.2023 |

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| **1000m** |

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| 27 | 2:20.96 | Thomas Roth | 91 | Hvam | 17.02.2018 |

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| **1500m** |

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| --- | --- | --- | --- | --- | --- |
| 24 | 3:46.08 | Fredrik Sandvik | 98 | Uppsala, SWE | 13.02.2022 |
| 25 | 3:41.69 | Jacob Boutera | 96 | Torun | 04.03.2021 |
| 26 | 3:55.79 | Erik Udø Pedersen | 94 | Rud | 01.02.2020 |
| 27 | 4:07.76 | Eivind Klokkehaug | 91 | Rud | 03.02.2018 |
| 28 | 3:50.81 | Thomas Roth | 91 | Haugesund | 02.02.2019 |
| 32 | 3:55.46 | Marith Solomon | 91 | Hvam | 10.03.2023 |

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| **3000m** |

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| 24 | 8:29.66 | Eskil Kinneberg | 92 | Malmø, SWE | 27.02.2016 |
| 26 | 8:26.80 | Erik Udo Pedersen | 94 | Rud | 02.02.2020 |
| 27 | 8:14.90 | Awet Kibrab | 95 | Hvam | 12.02.2023 |
| 28 | 8:02.35 | Per Svela | 92 | Helsingfors, FIN | 09.02.2020 |
| 30 | 7:51.15 | Per Svela | 92 | Sandnes | 26.02.2022 |

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| **60m hekk 106.7 E** |

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| 24 | 8.42 | Jo Henning Hals Nilssen | 68 | Stange | 18.01.1992 |

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| **Lengde**  |

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| --- | --- | --- | --- | --- | --- |
| 24 | 6.49 | Jo Henning Hals Nilssen | 68 | Stange | 18.01.1992 |
| 27 | 5.72 | Nils Kristen Wiig | 43 | Lillestrøm/Pl | 15.02.1970 |

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| **Høyde uten tilløp** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 23 |  1.40 | Bjørn Pettersen | 36 | Jessheim | 15.02.1958 |
| 24 | 1.38 | Bjørn Pettersen | 36 | Jessheim | 03.04.1960 |
| 25 | 1.30 | Bjørn Pettersen | 36 | Gardermoen | 25.02.1961 |
| 27 | 1.35 | Ivar Opsahl | 47 | Lillestrøm/Kj | 16.03.1974 |
| 34 | 1.56 | Kai Hole | 42 | Årnes/Fj | 19.03.1976 |

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| **ALDERSREKORDER MENN 23 – 34 ÅR** | **396** |

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| **Lengde uten tilløp** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 2.92 | Tor Eilert Narvestade | 81 | Jessheim/No | 19.04.2004 |
| 24 | 2.79 | Bjørn Pettersen | 36 | Jessheim | 03.04.1960 |
| 25 | 2.87 | Bjørn Pettersen | 36 | Jessheim | 24.03.1961 |
| 27 | 2.89 | Ivar Opsahl | 47 | Lillestrøm/Kj | 16.03.1974 |
| 31 | 3.05 | Martin Bratfos | 47 | Skedsmo/ST | 04.03.1978 |

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| **ALDERSREKORDER KVINNER 23 – 34 ÅR** | **397** |

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| **100m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 13.64 | Lena Opaker | 69 | Bjørkelangen | 19.05.1992 |
| 24 | 13.64 | Lena Opaker | 69 | Bjørkelangen | 06.06.1993 |
| 25 | 12.90 | Lena Opaker | 69 | Oslo/Ek | 14.08.1994 |
| 26 | 12.85 | Lena Opaker | 69 | Oslo/Bi | 27.06.1995 |
| 27 | 12.98 | Lena Opaker Øines | 69 | Oslo/St | 20.08.1996 |
| 28 | 13.63 | Lena Opaker Øines | 69 | Oslo/Bi | 05.08.1997 |

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| **100m M** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 13.1 | Lena Opaker | 69 | Jessheim | 18.05.1992 |
| 24 | 13.4 | Astrid Willersrud | 42 | Råholt | 12.06.1966 |
|  | 13.4 | Lena Opaker | 69 | Jessheim | 23.08.1993 |
| 25 | 12.3 | Lena Opaker | 69 | Jessheim | 22.09.1994 |
| 26 | 12.8 | Lena Opaker | 69 | Jessheim | 29.05.1995 |
| 29 | 14.9 | Anne Lillegård | 73 | Jessheim | 19.08.2002 |
| 31 | 15.1 | Line Mathisen | 71 | Jessheim | 19.08.2002 |
| 33 | 14.7 | Kari Kamstrup Hovind | 56 | Jessheim | 30.05.1989 |

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| **200m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 27.32 | Lena Opaker | 69 | Sofiemyr | 14.06.1992 |
| 24 | 27.52 | Lena Opaker | 69 | Jessheim | 21.06.1993 |
| 25 | 26.45 | Lena Opaker | 69 | Oslo/Bi | 04.08.1994 |
| 26 | 26.05 | Lena Opaker | 69 | Oslo/Bi | 20.06.1995 |
| 27 | 26.15 | Lena Opaker Øines | 69 | Sofiemyr | 27.07.1996 |
| 28 | 27.51 | Lena Opaker Øines | 69 | Oslo/Bi | 05.08.1997 |
| 32 | 31.08 | Anne Lillegård | 73 | Jessheim | 26.05.2005 |
| 33 | 30.75 | Anne Lillegård | 73 | Jessheim | 22.05.2006 |

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| **200m M** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 28.8 | Berit Dønnum | 41 | Jessheim | 07.10.1964 |
| 24 | 29.7 | Astrid Willersrud | 42 | Jessheim | 25.09.1966 |
| 25 | 26.7 | Lena Opaker | 69 | Ski | 15.06.1968 |
| 29 | 28.5 | Kari Kamstrup | 56 | Nadderud | 30.05.1985 |
| 31 | 28.5 | Anne Lillegård | 73 | Jessheim | 27.05.2004 |

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| **ALDERSREKORDER KVINNER 23 – 34 ÅR** | **398** |

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| **400m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 62.15 | Lena Opaker | 69 | Sofiemyr | 14.06.1992 |
| 24 | 66.64 | Lena Opaker | 69 | Oslo/Bi | 29.06.1993 |
| 25 | 60.11 | Lena Opaker | 69 | Oslo/Bi | 30.06.1994 |
| 26 | 59.80 | Lena Opaker | 69 | Oslo/Bi | 08.06.1995 |
| 27 | 60.36 | Lena Opaker Øines | 68 | Oslo/St | 11.08.1996 |
| 28 | 65.06 | Anne Lillegård | 73 | Jessheim | 21.06.2001 |
| 29 | 64.66 | Anne Lillegård | 73 | Jessheim | 20.06.2002 |
| 30 | 68.96 | Anne Lillegård | 73 | Jessheim | 19.06.2003 |
| 31 | 63.06 | Anne Lillegård | 73 | Jessheim | 14.06.2004 |
| 32 | 63.85 | Anne Lillegård | 73 | Nadderud | 19.06.2005 |

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| **400m M** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 62.6 | Berit Dønnum | 41 | Råholt | 01.07.1964 |
| 27 | 64.3 | Anne Nyland | 58 | Lillestrøm | 20.05.1985 |
| 30 | 66.9 | Anne Lillegård | 73 | Bjørkelnagen | 31.05.2003 |
| 33 | 65.1 | Anne Lillegård | 73 | Jessheim | 12.06.2006 |

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| **800m** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 2:04.80 | Amalie Sæten | 97 | Kristiansand | 07.08.2020 |
| 24 | 2:06.59 | Amalie Sæten | 97 | Nittedal | 21.08.2021 |
| 25 | 2:06.01 | Amalie Sæten | 97 | Nittedal | 21.08.2022 |
| 26 | 2:10.41 | Josefine Heier | 96 | Karlstad, SWE | 03.07.2022 |
| 27 | 2:07.28 | Josefin Heier | 96 | Oslo/Bi | 15.06.2023 |
| 28 | 2:16.38 | Anne Nyland | 58 | Oslo/Bi | 19.06.1984 |
| 29 | 2:24.99 | Nina Holm | 64 | Nadderud | 09.07.1993 |
| 30 | 2:30.53 | Anne Lillegård | 73 | Oslo/Bi | 31.07.2003 |
| 31 | 2:25.40 | Anne Lillegård | 73 | Bjørkelangen | 09.06.2004 |
| 32 | 2:22.41 | Anne Lillegård | 73 | Lillehammer/Ss | 26.06.2005 |
| 33 | 2:27.8 | Anne Lillegård | 73 | Jessheim | 23.09.2006 |
| 34 | 2:27.3 | Anne Lillegård | 73 | Jessheim | 04.06.2007 |

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| **1000m** |

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| 29 | 3:19.6 | Anne Lillegård | 73 | Årnes | 18.09.2002 |

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| **ALDERSREKORDER KVINNER 23 – 34 ÅR** | **399** |

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| **1500m** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 4:09.78 | Amalie Sæten | 97 | Åbo, FIN | 11.08.2020 |
| 24 | 4:08.81 | Amalie Sæten | 97 | Oslo/Bi | 04.06.2021 |
| 25 | 4:12.32 | Amalie Sæten | 97 | Jessheim | 02.06.2022 |
| 26 | 4:08.08 | Amalie Sæten | 97 | Budapest, UNG | 19.08.2023 |
| 27 | 4:09.06 | Amalie Sæten | 97 | Oslo/Bi | 27.08.2024 |
| 28 | 4:59.2 | Hilde Rustad Høgbakken | 66 | Jessheim | 17.06.1994 |
| 29 | 4:41.72 | Hilde Rustad Høgbakken | 66 | Øvre Årdal | 23.08.1995 |
| 30 | 5:20.16 | Anne Lillegård | 73 | Oslo/Bi | 01.07.2003 |
| 31 | 4:30.51 | Silje Fjørtoft | 87 | Jessheim | 06.06.2019 |
| 32 | 4:58.59 | Anne Lillegård | 73 | Lillehammer/Ss | 23.06.2005 |
| 33 | 5:16.5 | Anne Lillegård | 73 | Jessheim | 15.06.2006 |
| 34 | 5:11.6 | Marianne Opsahl | 73 | Oslo/Bi | 31.08.2007 |

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| --- |
| **3000m** |

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| --- | --- | --- | --- | --- | --- |
| 23 |  9:08.36 | Amalie Sæten | 97 | Oslo/Bi | 25.08.2020 |
| 24 |  9:06.10 | Amalie Sæten | 97 | Tønsberg/Gr | 22.05.2021 |
| 25 |  8:58.18 | Amalie Sæten | 97 | Tønsberg/Gr | 21.05.2022 |
| 26 |  9:07.67 | Amalie Sæten | 97 | Oslo/Bi | 23.09.2023 |
| 27 |  8:59.59 | Amalie Sæten | 97 | Jessheim | 09.08.2024 |
| 28 | 10:14.58 | Hilde Rustad Høgbakken | 66 | Oslo/Bi | 26.07.1994 |
| 29 | 10:07.96 | Hilde Rustad Høgbakken | 66 | Øvre Årdal | 26.08.1995 |
| 30 |  9:28.19 | Silje Fjørtoft | 87 | Oslo/Bi | 19.07.2017 |
| 31 | 11:17.1 | Anne-Torill Garli | 57 | Jessheim | 10.06.1988 |
| 32 | 10:53.0 | Anne-Torill Garli | 57 | Jessheim | 03.07.1989 |
| 33 |  9:28.61 | Silje Fjørtoft | 87 | Oslo/Bi | 08.07.2020 |
| 34 |  9:25.35 | Silje Fjørtoft | 87 | Jessheim | 06.08.2021 |

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| **5000m** |

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| --- | --- | --- | --- | --- | --- |
| 23 |  |  |  |  |  |
| 24 | 16:23.40 | Hanne Mjøen Maridal | 96 | Bergen/Fa | 18.09.2020 |
| 25 | 16:02.16 | Amalie Sæten | 97 | Stjørdal | 24.06.2022 |
| 26 | 15:27.00 | Amalie Sæten | 97 | Berlin, GER | 03.09.2023 |
| 27 | 15:17.41 | Amalie Sæten | 97 | Roma | 07.06.2024 |
| 31 | 17:15.0 | Silje Fjørtoft | 87 | Jessheim | 18.10.2018 |
| 32 | 19:06.75 | Marianne Opsahl | 73 | Bjørkelangen | 05.06.2005 |
| 33 | 19:40.77 | Marianne Opsahl | 73 | Oslo/Bi | 18.05.2006 |
| 34 | 19:36.93 | Marianne Opsahl | 73 | Oslo/Bi | 17.07.2007 |

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| **10000m** |

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| 23 |  |  |  |  |  |
| 28 | 37:06.99 | Hilde Rustad Høgbakken | 66 | Jessheim | 21.08.1994 |

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| **ALDERSREKORDER KVINNER 23 – 34 ÅR** | **400** |

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| **Halvmaraton 21098m** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 1:38:29 | Grethe Marie Hansen | 64 | Oslo | 12.09.1987 |
| 24 | 1:14:25 | Hanne Mjøen Maridal | 96 | Jessheim | 03.10.2020 |
| 25 | 1:24:46 | Hanne Sørensen | 63 | Oslo | 03.09.1988 |
| 26 | 1:41:08 | Anne Lillegård | 73 | Oslo | 04.09.1999 |
| 27 | 1:45:29 | Anne Lillegård | 73 | Lørenfallet | 14.10.2000 |
| 28 | 1:20:43 | Hilde Rustad Høgbakken | 66 | Oslo | 24.09.1994 |
| 29 | 1:31:43 | Anne-Torill Garli | 57 | Oslo | 13.09.1986 |
| 30 | 1:29:04 | Anne-Torill Garli | 57 | Jessheim | 22.11.1987 |
| 31 | 1:29:04 | Anne-Torill Garli | 57 | Jessheim | 22.11.1988 |
| 32 | 1:30:30 | Anne-Torill Garli | 57 | Jessheim | 19.11.1989 |
|  | 1:30:30 | Bente Tenold | 62 | Jessheim | 02.10.1994 |
| 33 | 1:36:44 | Claudia Asphaug | 68 | Jessheim | 18.11.2001 |
| 34 | 1:28:23 | Bente Holter | 62 | Oslo | 14.09.1996 |

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| **Maraton 42195m** |

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| --- | --- | --- | --- | --- | --- |
| 23 |  |  |  |  |  |
| 27 | 3:06.44 | Camilla Hott Johansen | 69 | Drammen | 03.10.1996 |
| 28 | 3:16:55 | Camilla Hott Johansen | 69 | Drammen | 05.10.1997 |
| 30 | 4:30:28 | Raquel Galetto | 72 | Jessheim | 13.11.2022 |
| 31 | 3:11:37 | Marianne Opsahl | 73 | Oslo | 03.10.2004 |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 27 | 18.5 | Astrid Willersrud | 42 | Ski | 15.06.1969 |

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| **3000m hinder 76.2 cm** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 30 | 10:16.65 | Silje Fjørtoft | 87 | Karlstad, SWE | 25.07.2017 |

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| **Høyde** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 1.60 | Tove Dønnum Jensen | 40 | Oslo/Fr | 02.07.1963 |
| 24 | 1.40 | Tove Dønnum Jensen | 40 | Jessheim | 29.09.1964 |
| 25 | 1.44 | Astrid Willersrud | 42 | Råholt | 26.08.1967 |
| 25 | 1.54 | Guri Fjeldberg | 69 | Jessheim | 22.09.1994 |
| 26 | 1.54 | Tove Dønnum Jensen | 40 | Jessheim | 21.08.1966 |
| 27 |  |  |  |  |  |
| 28 | 1.50 | Tove Dønnum Jensen | 40 | Jessheim | 12.06.1968 |
| 29 | 1.43 | Tove Dønnum Jensen | 40 | Jessheim | 08.10.1969 |
| 30 | 1.53 | Tove Dønnum Jensen | 40 | Lillestrøm | 06.09.1970 |

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| **ALDERSREKORDER KVINNER 23 – 34 ÅR** | **401** |

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| **Stav** |

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| 23 | 3.70 | Birgitte Kjuus | 99 | Stjørdal | 24.06.2022 |
| 24 | 3.81 | Birgitte Kjuus | 99 | Jessheim | 07.07.2023 |
| 24 | 3.81 | Birgitte Kjuus | 99 | Jessheim | 07.07.2024 |
| 25 | 3.95 | Birgitte Kjuus | 99 | Bergen/Fa | 17.08.2024 |

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| L**engde** |

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| 23 | 5.05 | Tove Dønnum Jensen | 40 | Kongsvinger/Gj | 09.06.1963 |
| 24 | 4.85 | Astrid Willersrud | 42 | Råholt | 13.08.1966 |
| 25 | 4.63 | Guri Fjeldberg | 69 | Tønsberg/Gr | 24.05.1994 |
| 26 | 4.63 | Tove Dønnum Jensen | 40 | Råholt | 13.08.1966 |
| 27 |  |  |  |  |  |
| 28 | 4.17 | Tove Dønnum Jensen | 40 | Jessheim | 21.08.1968 |
| 29 | 4.74 | Kari Kamstrup | 56 | Lørenfallet | 27.08.1985 |
| 31 | 4.54 | Kari Kamstrup | 56 | Jessheim | 01.08.1987 |

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| **Kule 4** |

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| 23 | 12.16 | Astrid Sundby | 42 | Romedal | 20.06.1965 |
| 24 | 11.79 | Astrid Willersrud | 42 | Strømmen | 06.08.1966 |
| 25 | 11.60 | Astrid Willersrud | 42 | Oslo/Bi | 24.05.1967 |
| 26 | 11.00 | Astrid Willersrud | 42 | Jessheim | 12.06.1968 |
| 27 |  9.86 | Astrid Willersrud | 42 | Jessheim | 08.10.1969 |
| 29 |  9.63 | Astrid Willersrud | 42 | Råholt | 22.08.1971 |
| 30 | 10.27 | Astrid Willersrud | 42 | Jessheim | 01.10.1972 |
| 31 |  8.52 | Tove Dønnum Jensen | 40 | Råholt | 22.08.1971 |
| 32 | 10.66 | Else Opsahl | 32 | Oslo/Fr | 18.05.1964 |
| 33 | 11.28 | Else Opsahl | 32 | Jessheim | 13.09.1965 |
| 34 | 11.87 | Else Opsahl | 32 | Oslo/Gr | 02.10.1966 |

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| **Diskos 1** |

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| 23 | 35.38 | Astrid Sundby | 42 | Hønefoss | 03.07.1965 |
| 24 | 38.94 | Astrid Willersrud | 42 | Drammen/Ma | 17.07.1966 |
| 25 | 38.16 | Astrid Willersrud | 42 | Råholt | 27.08.1967 |
| 26 | 35.82 | Astrid Willersrud | 42 | Oslo/Fr | 28.08.1968 |
| 27 | 33.96 | Astrid Willersrud | 42 | Trondheim/St | 13.09.1969 |
| 28 | 29.58 | Astrid Willersrud | 42 | Strømmen | 21.08.1970 |
| 29 | 32.60 | Astrid Willersrud | 42 | Halden | 03.07.1971 |
| 30 | 31.68 | Astrid Willersrud | 42 | Jessheim | 01.10.1972 |
| 31 | 29.72 | Tove Dønnum Jensen | 40 | Råholt | 21.08.1971 |
| 32 | 37.16 | Else Opsahl | 32 | Hamar | 21.07.1964 |
| 33 | 38.60 | Elsse Opsahl | 32 | Oslo/Bi | 21.07.1965 |
| 34 | 38.96 | Else Opsahl | 32 | Hamar | 21.07.1966 |

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| **ALDERSREKORDER KVINNER 23 – 34 ÅR** | **402** |

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| **Spyd 600 Gammel type** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 34.06 | Astrid Sundby | 42 | Oslo/Bi | 24.06.1965 |
| 24 | 34.60 | Astrid Willersrud | 42 | Råholt | 13.08.1966 |
| 25 | 37.74 | Astrid Willersrud | 42 | Råholt | 27.08.1967 |
| 26 | 33.20 | Astrid Willersrud | 42 | Meisingset | 13.07.1968 |
| 27 | 32.70 | Astrid Willersrud | 42 | Drammen/Ma | 01.06.1969 |
| 29 | 29.72 | Astrid Willersrud | 42 | Råholt | 22.08.1971 |
| 30 | 20.86 | Tove Dønnum Jensen | 40 | Lillestrøm | 06.09.1970 |

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| **Spyd 600 Ny type** |

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| 25 | 34.18 | Guri Fjeldberg | 69 | Jessheim | 20.05.1994 |

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| **ALDERSREKORDER KVINNER 23 – 34 ÅR** | **403** |

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| **60m E** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 8.55 | Lena Opaker | 69 | Oslo/Ek | 09.02.1992 |
| 24 | 8.59 | Lena Opaker | 69 | Stange | 31.01.1993 |
| 25 | 8.52 | Lena Opaker | 69 | Oslo/Ek | 06.02.1994 |
| 26 | 8.20 | Lena Opaker | 69 | Lillestrøm | 19.02.1995 |
| 27 | 8.43 | Lena Opaker  | 69 | Stange | 13.01.1996 |

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| **60m M** |

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| 23 |  |  |  |  |  |
| 24 | 8.3 | Lena Opaker | 69 | Lillestrøm | 07.02.1993 |

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| **200m E** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 24 | 27.98 | Lena Opaker | 69 | Stange | 30.01.1993 |
| 26 | 26.30 | Lena Opaker | 69 | Stange | 12.02.1995 |
| 27 | 27.18 | Lena Opaker | 69 | Stange | 04.02.1996 |
| 32 | 30.04 | Anne Lillegård | 73 | Stange | 06.03.2005 |

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| **400m E** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 27 | 59.01 | Josefin Heier | 96 | Rud | 18.07.2023 |
| 29 | 59.92 | Josefin Heier | 96 | Rud | 08.02.2025 |
| 32 | 64.42 | Anne Lillegård | 73 | Stange | 15.01.2005 |

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| **600m** |

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| 24 | 1:42.85 | Caroline Foss Høistad | 98 | Rud | 26.11.2022 |

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| **800m** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 2:07.50 | Amalie Sæten | 97 | Ulsteinvik | 28.02.2020 |
| 24 | 2:22.83 | Nina Holm | 64 | Oslo/Ek | 27.02.1988 |
| 25 | 2:25.68 | Nina Holm | 64 | Oslo/Ek | 18.02.1989 |
| 27 | 2:10.58 | Josefin Heier | 96 | Rud | 19.02.2023 |
| 29 | 2:14.70 | Josefin Heier | 96 | Göteborg, SWE | 04.02.2025 |
| 31 | 2:31.42 | Anne Lillegård | 73 | Stange | 14.03.2004 |
| 32 | 2:28.08 | Anne Lillegård | 73 | Stange | 16.01.2005 |

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| **1500m** |

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| 26 | 4.17.46 | Amalie Sæten | 97 | Ulsteinvik | 02.02.2023 |
| 31 | 5:21.93 | Anne Lillegård | 73 | Stange | 14.02.2004 |
| 32 | 5:19.71 | Marianne Opsahl | 73 | Stange | 15.01.2005 |

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| **ALDERSREKORDER KVINNER 23 – 34 ÅR** | **404** |

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| **3000m** |

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| --- | --- | --- | --- | --- | --- |
| 24 |  9:54.31 | Hanne Mjøen Maridal | 96 | Rud | 01.02.2020 |
| 26 |  9:11.91 | Amalie Sæten | 97 | Mancester, GBR | 28.01.2023 |
| 32 | 11:25.93 | Marianne Opsahl | 73 | Stange | 13.02.2005 |

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| **Høyde** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 25 | 1.40 | Tove Dønnum | 40 | Oslo/Hu | 03.04.1965 |
| 26 | 1.45 | Tove Dønnum Jensen | 40 | Oslo/Hu | 19.03.1966 |

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| **Høyde uten tilløp** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 1.05 | Tove Dønnum Jensen | 40 | Lillestrøm/Vi | 30.03.1963 |
| 26 | 1.15 | Tove Dønnum Jensen | 40 | Jessheim | 26.02.1966 |
| 28 | 0.99 | Tove Dønnum Jensen | 40 | Eidsvoll/Ås | 09.03.1968 |

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| **Stav** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 23 | 3.70 | Birgitte Kjuus | 99 | Rud | 21.05.2022 |
| 24 | 3.70 | Birgitte Kjuus | 99 | Rud | 18.02.2023 |
| 25 | 3.91 | Birgitte Kjuus | 99 | Rud | 20.02.2024 |
| 26 | 3.90 | Birgitte Kjuus | 99 | Rud | 09.02.2025 |

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| **Lengde uten tilløp** |

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| --- | --- | --- | --- | --- | --- |
| 23 | 2.40 | Tove Dønnum Jensen | 40 | Lillestrøm/Vi | 30.03.1963 |
| 26 | 2.42 | Tove Dønnum Jensen | 40 | Jessheim | 26.02.1966 |
| 28 | 2.24 | Tove Dønnum Jensen | 40 | Eidsvoll/Ås | 09.03.1968 |

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| **Kule 4** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 23 | 10.88 | Astrid Sundby | 42 | Oslo/Hu | 03.04.1965 |
| 24 | 10.80 | Astrid Willersrud | 42 | Oslo/Hu | 03.04.1966 |
| 25 | 10.78 | Astrid Willersrud | 42 | Oslo/Hu | 01.04.1967 |
| 28 | 10.73 | Astrid Willersrud | 42 | Oslo/Hu | 16.03.1968 |
| 33 | 10.13 | Else Opsahl | 32 | Oslo/Hu | 03.04.1965 |
| 34 | 10.77 | Else Opsahl | 32 | Oslo/Hu | 19.03.1966 |

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| **Diskos 1** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 23 | 30.14 | Astrid Sundby | 42 | Oslo/Hu | 03.04.1965 |
| 24 | 34.17 | Astrid Willersrud | 42 | Oslo/Hu | 19.03.1966 |
| 25 | 34.14 | Astrid Willersrud | 42 | Oslo/Hu | 02.04.1967 |
| 26 | 32.88 | Astrid Willersrud | 42 | Oslo/Hu | 16.03.1968 |
| 33 | 30.14 | Else Opsahl | 32 | Oslo/Hu | 03.04.1967 |
| 34 | 33.67 | Esle Opsahl | 32 | Oslo/Hu | 19.03.1966 |