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| **LØYPEREKORDER JESSHEIM** | **414 11.11.2023** |

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| **5 KM VEILØP MENN** |

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| 11 | 18:39 | Iver Løvgaard Faksvåg | Ullensaker/Kisa IL | 09 | 03.10.2020 |

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| 12 | 16:23 | Per August Halle Haugen | IL Runar | 09 | 02.10.2021 |

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| 13 | 15:44 | Sondre Strande Omland | SK Vidar | 07 | 03.10.2020 |

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| 14 | 15:12 | Sondre Strande Omland | SK Vidar | 07 | 02.10.2021 |

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| 15 | 15:08 | Kristian Bråthen Børve | Gui SK | 06 | 02.10.2021 |

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| 16 | 14:56 | Kristian Børve Bråthen | Ullensaker/Kisa IL | 06 | 01.10.2022 |

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| 17 | 14:24 | Kristian Bråthen Børve | Ullensaker/Kisa IL | 06 | 30.09.2023 |

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| 18 | 14:12 | Andreas Fjeld Halvorsen | Ullensaker/Kisa IL | 05 | 30.09.2023 |

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| 19 | 14:26 | Jonathan Vedvik | Tønsberg FIK | 00 | 05.10.2019 |

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| 20 | 14:12 | Jonathan Vedvik | Tønsberg FIK | 00 | 03.10.2020 |

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| 21 | 14:29 | Trym Tønnesen | Halden IL | 00 | 02.10.2021 |

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| 22 | 14:10 | Magnus Thuv Myhre | Brandbu IF | 00 | 01.10.2022 |

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| 23-34 | 13:42 | Magnus Thuv Myhre | Brandbu IF | 00 | 30.09.2023 |

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| 35-39 | 14:51 | Anders Nøstdal Gløersen | Rustad IL | 86 | 02.10.2021 |

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| 40-44 | 15:34 | Tom-Erik Lukkedal | IL Holeværingen | 80 | 01.08.2021 |

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| 45-49 | 15:48 | Øystein Mørk | SK Kraft | 74 | 02.10.2021 |

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| 50-54 | 15:56 | Rashid Handule | IL i BUL | 67 | 02.10.2021 |

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| 55-59 | 17:18 | Abdeslam Naji | IL i BUL | 65 | 02.10.2021 |

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| 60-64 | 16:52 | Kristen Aaby | Sigdal FIK | 61 | 01.10.2022 |

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| 65-69 | 18:29 | Ger van Graas | SK Vidar NED | 55 | 02.10.2021 |

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| 70-74 | 19:56 | Øystein Syversen | Oppstad IL | 52 | 01.10.2022 |

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| 75-79 | 21:47 | Kjell Jonhaugen | Nittedaljoggen | 44 | 03.10.2020 |

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| 80-84 | 23:24 | Christian Børs Lind | Røa IF Klasserekord | 40 | 01.08.2021 |

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| **LØYPEREKORDER JESSHEIM** | **415** |

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| **5 KM VEILØP KVINNER** |

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| 11 | 22:46 | Hermine Opsahl Torgersen | Ullensaker/Kisa IL | 10 | 02.10.2021 |

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| 12 | 17:16 | Othelie Stave-Wigene | Haugesund IL | 11 | 30.09.2023 |

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| 13 | 18:33 | Ada Hagli Lorentzen | Nittedal IL | 08 | 02.10.2021 |

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| 14 | 17:30 | Wilma Torbjørnsson | Ullensaker/Kisa IL | 07 | 02.10.2021 |

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| 15 | 17:34 | Leona Vedvik | Tønsberg FIK | 04 | 05.10.2019 |

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| 16 | 17:09 | Ina Halle Haugen | IL Runar | 03 | 05.10.2019 |

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| 16 | 16:14 | Wilma Torbjørnsson | Ullensaker/Kisa IL | 07 | 28.10.2023 |

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| 17 | 17:36 | Malin Holsveen | Raufoss Friidrett | 05 | 01.10.2022 |

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| 18 | 16:12 | Ingeborg Østgård | FIK Ren-Eng | 03 | 02.10.2021 |

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| 19 | 16:33 | Ina Halle Haugen | IL Runar | 03 | 01.10.2022 |

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| 20 | 23:02 | Marie Næss | Ullensaker/Kisa IL | 00 | 03.10.2020 |

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| 21 | 22:14 | Caroline Foss Høistad | Ullensaker/Kisa IL | 98 | 02.10.2021 |

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| 22 | 16:51 | Amalie Sæten | Ullensaker/Kisa IL | 97 | 05.10.2019 |

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| 23-34 | 14:58 | Karoline Bjerkeli Grøvdal | IK Tjalve | 90 | 01.10.2022 |

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| 35-39 | 19:25 | Åse Klinkenberg | Hytteplan | 80 | 05.10.2019 |

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| 40-44 | 19:03 | Ella Gjølme | IL Try | 79 | 30.09.2023 |

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| 45-49 | 18:34 | Marianne Dønnem | SK Vidar | 68 | 02.10.2021 |

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| 50-54 | 18:52 | Torhild Dybwad Mathisen | SK Vidar | 68 | 03.10.2020 |

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| 55-59 | 18:31 | Nina Walvik Ytterstad | SK Vidar | 62 | 05.10.2019 |

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| 60-64 | 18:40 | Synøve Brox | SK Vidar KLASSEREKORD | 59 | 05.10.2019 |

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| 65-69 | 23:05 | Kirsti M. Johnsen | Tjøme Løpeklubb | 53 | 02.10.2021 |

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| 70-74 | 25:59 | Ingunn Ytrehus | Romerike Ultraløperklubb | 50 | 02.10.2021 |

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| 75-79 | 32:50 | Eva Carlsen | SK Ready/NRK | 40 | 05.10.2019 |

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| 80-84 |  |  |  |  |  |

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| **LØYPEREKORDER JESSHEIM** | **416** |

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| **10 KM VEILØP MENN** |

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| 12 | 36.58 | Simen Gløgård Stensrud | Nittedal IL | 05 | 02.09.2017 |

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| 13 | 37:46 | Albert Juvik Tveitnes | Fossum IL | 07 | 03.10.2020 |

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| 14 | 36:51 | Amund Nybakke | Oppegård IL | 07 | 02.10.2021 |

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| 15 | 37:42 | Eirik Bjørk Halvorsen | Ullensaker/Kisa IL | 04 | 05.10.2019 |

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| 16 | 33:19 | Mads Daviknes-Andreassen | Nittedal IL | 06 | 01.10.2022 |

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| 17 | 29:34 | Abdullhi Dahir Rabi | IL Runar | 03 | 03.10.2020 |

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| 18 | 32:21 | Filip Meo | IL i BUL | 00 | 03.10.2020 |

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| 19 | 36.19 | Oskar Kjos | Ullensaker skiklubb | 01 | 03.10.2020 |

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| 20 | 29:04 | Magnus Tuv Myhre | Brandbu IF | 00 | 03.10.2020 |

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| 21 | 30:03 | Magnus Tuv Myhre | Brandbu IF | 00 | 02.10.2021 |

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| 22 | 32:08 | Vegard Sæbu | Skrautvål IL | 99 | 02.10.2021 |

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| 23-34 | 28:10 | Zerei Kbrom Mezngi | Stavanger FIK | 86 | 03.10.2020 |

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| 35-39 | 30:40 | Simen Østensen | Fossum IF | 84 | 30.09.2023 |

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| 40-44 | 30:03 | Ebrahim Abulaziz | Strindheim IL | 78 | 03.10.2020 |

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| 45-49 | 33:32 | Are Birkeli | Grua IL | 70 | 01.09.2018 |

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| 50-54 | 33:37 | Tom Roger Vege-Tangen | Namdal løpeklubb | 69 | 05.10.2019 |

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| 55-59 | 36:10 | Svein Egil Linnerud | Gjøvik Friidrettsklubb | 61 | 03.10.2020 |

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| 60-64 | 35:17 | Kristen Aaby | Modum FIK KLASSEREKORD | 61 | 02.10.2021 |

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| 65-69 | 38:44 | Øystein Syversen | Oppstad IL | 52 | 02.09.2017 |

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| 70-74 | 44:24 | Tor-Arne Steinhaug | Romerike Runners Team | 48 | 03.10.2020 |

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| 75-79 | 44:07 | Henrik Lund Raagaard | Fredrikstad IF KLASSEREKORD | 44 | 03.10.2020 |

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| 80-84 | 48:52 | Christian Børs Lind | Røa IF | 40 | 01.08.2021 |

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| **LØYPEREKORDER JESSHEIM** | **417** |

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| **10 KM VEILØP KVINNER** |

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| 12 | 47:29 | Maria Tøsse | IL i BUL | 09 | 02.10.2021 |

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| 13 | 46:39 | Vanessa L. Brenden | Sogndal IL | 06 | 05.10.2019 |

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| 14 | 41:31 | Johanne Norheim | Ullensaker/Kisa IL | 03 | 02.09.2017 |

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| 15 | 38:26 | Astrid Stigen | Fredrikstad IF | 04 | 05.10.2019 |

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| 16 | 40:49 | Evita Lorentzen Brenden | Sogndal IL | 03 | 05.10.2019 |

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| 17 | 41:39 | Inger Russnes | IL i BUL | 05 | 13.11.2022 |

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| 18 | 40:12 | Frida Byfuglien | Lillehammer IF | 02 | 03.10.2020 |

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| 19 | 40:22 | Mathilde Hagen | Hvam IL | 00 | 05.10.2019 |

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| 20 | 39:28 | Mathilde Hagen | Ullensaker/Kisa IL | 00 | 03.10.2020 |

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| 21 | 33:50 | Kristine Meinert Rød | Oppegård IL | 01 | 01.10.2022 |

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| 22 | 40:22 | Mathilde Hagen | Ullensaker/Kisa IL | 00 | 22.05.2022 |

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| 23-34 | 32:50 | Sigrid Jervell Våg | IL i BUL | 92 | 05.10.2019 |

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| 35-39 | 37:20 | Anne Johanne Lind | Nydalen Skiklubb | 88 | 30.09.2023 |

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| 40-44 | 34:07 | Kristin Opland | Flatås IL | 82 | 13.11.2022 |

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| 45-49 | 37:03 | Jessica Gunnarsson | SK Vidar SWE | 76 | 02.10.2021 |

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| 50-54 | 43:53 | Dorte Foss | Raufoss Friidrett | 67 | 02.10.2021 |

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| 55-59 | 46:05 | Frøydis Hallstensen Øien | Nesodden | 62 | 05.10.2019 |

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| 60-64 | 48:09 | Anne Mette Strand | Høvik | 55 | 05.10.2019 |

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| 65-69 | 51:48 | Solveig Kalstad | SK Stovnerkameratene | 53 | 05.10.2019 |

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| 70-74 | 66:03 | Turid Malmo Knutsen | Oppegård | 50 | 13.11.2022 |

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| 75-79 |  |  |  |  |  |

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| 80-84 | 87:57 | Signy Henden Rustlie | Lørenskog FIL | 38 | 02.10.2021 |

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| **LØYPEREKORDER JESSHEIM** | **418** |

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| **21098M HALVMARATON MENN** |

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| 15 | 1:21:38 | Carl August Jenshaugen | SK Vidar | 04 | 28.09.2019 |

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| 16 | 1:20:11 | Mads Orø Olsen | Ringerike FIK | 02 | 18.11.2018 |

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| 17 | 1:19:15 | Henrik Foss | Aurskog-Høland FIL | 97 | 16.11.2014 |

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| 18 | 1:15:13 | Knut Borkholm | IF Sturla | 02 | 03.10.2020 |

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| 19 | 1:09:37 | Mads Orø Olsen | Ringerike FIK | 02 | 14.11.2021 |

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| 20 | 1:12:00 | Knut Borkholm | IF Eiker-Kvikk | 02 | 13.11.2022 |

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| 21 | 1:09:02 | Terje Johnsen | IF Minerva | 65 | 23.11.1986 |

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| 22 | 1:12:34 | Jostein Tandberg | Kjelsås IL | 98 | 03.10.2020 |

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| 23-34 | 1:04:41 | Marius Vedvik | IL Gular | 92 | 03.10.2020 |

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| 35-39 | 1:05:45 | Vidar Kalnes | Nykirke IF | 52 | 19.11.1989 |

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| 40-44 | 1:06:51 | Vidar Kalnes | Nykirke IF | 52 | 15.11.1992 |

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| 45-49 | 1:10:17 | Johan-Jørgen Strømberg | SK Vidar | 74 | 03.10.2020 |

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| 50-54 | 1:13:44 | Håkon Hjemly | Sørum IL | 70 | 03.10.2020 |

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| 55-59 | 1:14:26 | Rashid Handule | IL i BUL | 67 | 13.11.2022 |

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| 60-64 | 1:20:39 | Lars Harald Blikra | Strindheim IL | 60 | 03.10.2020 |

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| 65-69 | 1:22:56 | Ger van Graas | SK Vidar NED | 55 | 14.11.2021 |

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| 70-74 | 1:31:33 | Eilif Villanger | Ask friidrett | 50 | 03.10.2020 |

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| 75-79 | 1:38:41 | Henrik Lund Raagaard | Fredrikstad IF ALDERSREKORD | 44 | 02.10.2021 |

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| 80-84 | 1:51:38 | Christian Børs Lind | Røa IF ALDERSREKORD | 40 | 14.11.2021 |

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| **LØYPEREKORDER JESSHEIM** | **419** |

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| **21098M HALVMARATON KVINNER** |

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| 17 | 1:30:43 | Johanne Lægran | SK Vidar | 97 | 16.11.2014 |

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| 18 | 1:16:31 | Adele Henriksen | IL Gular | 02 | 03.10.2020 |

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| 19 | 1:19:05 | Emilie Mo | SK Vidar | 01 | 03.10.2020 |

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| 20 | 1:26:47 | Lene Heimdal | IK Tjalve | 00 | 03.10.2020 |

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| 21 | 1:20:42 | Thea Hovda | Strindheim IL | 99 | 03.10.2020 |

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| 22 | 1:22:42 | Ine Skjellum | Strindheim IL | 98 | 03.10.2020 |

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| 23-34 | 1:14.16 | Vienna Søyland Dahle | IL Skjalg | 92 | 03.10.2020 |

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| 35-39 | 1:18:24 | Siri Schøne Ness | Lyn ski | 84 | 13.11.2022 |

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| 40-44 | 1:17:38 | Asta Ellingsvåg | SK Vidar | 82 | 13.11.2022 |

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| 45-49 | 1:21:18 | Jessica Gunnarsson | SK Vidar SWE | 76 | 01.10.2022 |

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| 50-54 | 1:29:50 | Kari Langerud | Åskameratene | 59 | 20.11.2011 |

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| 55-59 | 1:29:36 | Kristin Overvaag | SK Vidar | 66 | 12.11.2023 |

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| 60-64 | 1:41:19 | Gro Reinhardt Aas | Asker Skiklubb | 60 | 03.10.2020 |

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| 65-69 | 2:01:55 | Ingjerd Buer Løvås | Halden IL | 54 | 03.10.2020 |

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| 70-74 | 1:58:51 | Ingunn Ytrehus | Romerike Ultraløperklubb | 50 | 03.10.2020 |

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| 75-79 | 2:33:17 | Oline Lovise Yksnøy | Rustad IL | 42 | 19.11.2017 |

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| 80-84 | 3:36:45 | Signy Henden Rustlie | Lørenskog FIL | 38 | 13.11.2022 |

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| **LØYPEREKORDER JESSHEIM** | **420** |

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| **42195M MARATON MENN** |

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| 16 | 3:36:41 | Henrik Foss | Aurskog-Høland FIL | 97 | 17.11.2013 |

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| 17 | 3:02:05 | Andre Bjugstad | Brøttum | 96 | 17.11.2013 |

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| 19 | 2:37:21 | Patrick Åserud | Høybråten & Stovner IL | 71 | 18.11.1990 |

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| 22 | 3:09:33 | Fredrik Lismoen | Solør | 90 | 18.11.2012 |

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| 23-34 | 2:24.26 | Tor Erik Nyguist | Ullensaker/Kisa IL | 67 | 21.11.1993 |

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| 35-39 | 2:27:33 | Andreas Myhre Sjurseth | SK Vidar | 85 | 14.11.2021 |

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| 40-44 | 2:31:25 | Håkon Urdal | Rygge IL | 80 | 13.11.2022 |

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| 45-49 | 2:35:24 | Per Slungaard | Paulsbro | 37 | 25.11.1984 |

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| 50-54 | 2:45:20 | Ole Kristian Sørland | Bækkelagets SK | 68 | 18.10.2020 |

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| 55-59 | 2:52:13 | Vidar Ellefsen | Asker Skiklubb | 58 | 17.11.2013 |

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| 60-64 | 2:53:55 | Håvard Nordgård | Oslo | 61 | 14.11.2021 |

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| 65-69 | 3:12:00 | Leif Feøy | Ålesund Friidrettsklubb | 36 | 18.11.2001 |

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| 70-74 | 3:26:56 | Håkon Haugen | Lillehammer IF | 56 | 14.11.2021 |

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| 75-79 | 3:57.46 | Henrik Lund Raadgaard | Fredrikstad IF | 44 | 13.11.2022 |

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| 80-84 |  |  |  |  |  |

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| **LØYPEREKORDER JESSHEIM** | **421** |

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| **42195M MARATON KVINNER** |

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| 19 | 3:18:34 | Ragnhild Hansson | Stokmarknes | 94 | 17.11.2013 |

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| 20 | 3:43:04 | Viktoria Sollid | Tromsø | 93 | 17.11.2013 |

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| 23-34 | 2:48:26 | Maria Venås | Ranheim IL | 86 | 17.11.2013 |

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| 35-39 | 3:06:41 | Annette Velde Sande | BFG Bergen Løpeklubb | 82 | 19.09.2021 |

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| 40-44 | 3:04:46 | Therese Falk | Romerike Ultraløperklubb | 75 | 18.11.2018 |

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| 45-49 | 3:07:52 | Mona Grindberg | Vardal FIK | 72 | 14.11.2021 |

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| 50-54 | 3:14:10 | Ninette Banoun | SK Vidar | 64 | 15.11.2015 |

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| 55-59 | 3:13:37 | Marit Ann Lauglo | Eqinor BIL | 65 | 14.11.2021 |

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| 60-64 | 4:03:28 | Ingunn Ytrehus | Tromsø Løperklubb | 50 | 17.11.2013 |

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| 65-69 | 3:44:23 | Vera Nystad | Søgne Friidrett | 45 | 17.11.2013 |

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| 70-74 | 4:42:39 | Lukris Eikum Grønntun | Bøler IF | 37 | 16.11.2008 |

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| 75-79 | 5:00:16 | Lukris Eikum Grønntun | Spiridon Langløperlag | 37 | 17.11.2019 |

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| 80-84 | 5:48:08 | Signy Henden Rustlie | Lørenskog FIL | 38 | 18.11.2018 |