[](http://www.google.no/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=0CAgQjRw&url=http://www.ullkisafotball.no/logo-material/article/xkvol9uxp7fk1caqbwdcmktxd/title/logomateriell&ei=MpdUVKnqDYbMPaz5gJgH&psig=AFQjCNFOzp8enOvmRe_nxn9ysxhLX8nE7w&ust=1414916274320825)

**FRIIDRETTSSTATISTIKK**

**1921 – 2025**

**2**

**MENN**

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| **MENN SENIOR** | **2** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.33 +0.2 | Julian Bastesen | 04 | Alicante, ESP | 01.02.2020 |
| 7.48 +0.9 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2020 |
| 7.61 +0.2 | Martin Opaker | 94 | Asker/Fø | 06.06.2010 |
| 7.63 Vind? | Frank Øines | 68 | Jessheim | 08.06.2000 |
| 7.63 -0.2 | Andreas Roth | 93 | Asker/Fø | 06.06.2010 |
| 7.66 V? | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1991 |
| 7.66 -1.1 | Martin Jørgensen | 91 | Asker/Fø | 20.05.2006 |
| 7.66 +0.1 | Marius Mellum | 96 | Oslo/La | 27.09.2012 |
| 7.67 V? | Andrew Stevens | 81 | Jessheim | 08.06.2000 |
| 7.67 V? | Jonathan Joo | 91 | Asker/Fø | 02.06.2007 |
| 7.71 +0.5 | Marius Fuglerud | 87 | Asker/Fø | 28.05.2005 |
| 7.75 +0.9 | Lars Georg Aas | 92 | Lillehammer/Ss | 24.06.2006 |
| 7.76 +1.8 | Oatthawut Panklang | 02 | Jessheim | 23.05.2017 |
| 7.80 +1.3 | Christer Amndsen | 92 | Asker/Fø | 09.06.2009 |
| 7.90 V? | Gudmund Bjotveit | 77 | Jessheim | 26.09.1991 |
| 7.91 +0.6 | Fredrick Elias Flåte | 11 | Rjukan | 08.09.2024 |
| 7.95 +1.9 | Jonas Wenger | 99 | Jessheim | 01.09.2013 |
| 7.95 +0.8 | Ådne Opaker Øines | 02 | Lillestrøm | 17.09.2016 |
| 7.97 -0.2 | Jo-Amund Vaagaasar | 92 | Asker/Fø | 06.06.2010 |
| 7.97 +0.1 | Sugel Dieguez Jaime | 91 | Lillehammer/Ss | 26.06.2004 |
| 7.99 +0.0 | Audun Sjøstrøm-Johansen | 09 | Jessheim | 13.08.2023 |
| 8.01 +0.7 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 22.06.2013 |
| 8.01 -0.5 | Christian Iversen | 05 | Jessheim | 03.06.2021 |
| 8.02 +1.7 | Johan Flenderud Tovari | 95 | Lillehammer/Ss | 27.06.2020 |
| 8.05 V? | Per Arne Østerud | 81 | Jessheim | 08.06.2000 |
| 8.05 +1.6 | Erlend Morthen | 92 | Nadderud | 10.09.2006 |
| 8.13 -2.9 | Per Kristian Aarstad | 86 | Asker/Fø | 23.08.2003 |
| 8.18 V? | Tom-Eirik Hasle | 84 | Jessheim | 08.06.2000 |
| 8.19 +1.5 | Hans Kærsgaard | 92 | Nadderud | 11.09.2005 |
| 8.20 V? | Iver Laake Vind ikke målt | 01 | Jessheim | 02.06.2016 |
| 8.30 V? | Espen Bjørnstad | 95 | Jessheim | 04.06.2011 |
| 8.33 V? | Atle Skaugen | 77 | Jessheim | 26.09.1991 |
| 8.36 V? | Espen Nyhus | 99 | Jessheim | 25.09.2003 |
| 8.40 +1.7 | Sondre Opaker Øines | 98 | Nadderud | 16.06.2012 |
| 8.45 -1.6 | Ali Fredriksen Yteim | 94 | Asker/Fø | 31.05.2008 |
| 8.45 -0.8 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 08.09.2023 |
| 8.46 +1.6 | Kristoffer Kvilten | 90 | Jessheim | 12.07.2004 |
| 8.46 +2.0 | Anthony Davies | 92 | Lillehammer/Ss | 25.06.2005 |

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| **MENN SENIOR** | **3** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.1 | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |
| 7.1 | Thorstein Gystad | 67 | Jessheim | 23.09.1987 |
| 7.2 | Fredrik Falch | 98 | Jessheim | 19.09.1926 |
| 7.2 | Wilhelm Løken | 01 | Jessheim | 25.09.1927 |
| 7.2 | Runar Homble | 72 | Jessheim | 25.09.1989 |
| 7.2 | Ola Nerhagen | 71 | Jessheim | 25.09.1989 |
| 7.2 +1.0 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 7.4 | Hans Kristian Hansen | 41 | Sandvika/Ka | 30.06.1957 |
| 7.4 | Eirik Haus | 79 | Jessheim | 26.09.1994 |
| 7.5 | Hans Asak | 41 | Sandvika/Ka | 30.06.1957 |
| 7.5 | Martin Opaker | 94 | Jessheim | 10.06.2010 |
| 7.6 | Sverre Støverud | 37 | Bergen/Kr | 13.09.1953 |
| 7.6 | Ole H. Wethal | 02 | Jessheim | 19.09.1926 |
| 7.6 | Lars Petter Syversrud | 69 | Jessheim | 29.09.1986 |
| 7.6 | Jan-Olav Arnegård | 71 | Jessheim | 03.10.1988 |
| 7.6 | Odd Arne Urnes | 73 | Jessheim | 25.09.1989 |
| 7.6 | Tom Erik Olsen | 74 | Jessheim | 25.09.1989 |
| 7.6 | Gudmund Bjotveit | 77 | Lillehammer/Ss | 29.06.1991 |
| 7.7 | Sverre Støverud | 37 | Årnes | 21.06.1953 |
| 7.7 | Arne Bjørndal | 70 | Nannestad | 01.09.1985 |
| 7.8 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 7.8 | Knut Larsen | 22 | Jessheim | 30.08.1939 |
| 7.8 | Thor Lasse Johansen (Løland) | 63 | Lillestrøm | 28.08.1979 |
| 7.8 | Pål Korsmo | 71 | Jessheim | 23.09.1985 |
| 7.8 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.09.1989 |
| 7.8 | Ivar Opsahl | 47 | Jessheim | 25.09.1989 |
| 7.8 | Mikael Løland | 92 | Årnes | 07.09.2016 |
| 7.9 | Gunnar Ruud | 17 | Jessheim | 24.09.1932 |
| 7.9 | Øivind Larsen | 41 | Lillestrøm | 15.06.1958 |
| 7.9 | Morten Knutsen | 70 | Oslo/Bi | 04.06.1984 |
| 7.9 | Rolv-Eirik Nyheim | 47 | Årnes | 28.08.1985 |
| 7.9 | Hans Georg Haug | 67 | Jessheim | 30.09.1985 |
| 7.9 | Jonathan Joo | 91 | Jessheim | 09.06.2005 |
| 7.9 | Lars Georg Aas | 92 | Jessheim | 12.06.2006 |
| 8.0 | Thor Martin Furuseth | 41 | Jessheim | 10.08.1957 |
| 8.0 | Stein Vik-Strandli | 58 | Lørenfallet | 13.06.1972 |
| 8.0 | Roger Rønning | 71 | Oslo/La | 16.06.1985 |
| 8.0 | Frode Nygård | 69 | Jessheim | 23.09.1987 |
| 8.0 | Martin Fald Gården | 90 | Jessheim | 09.06.2005 |
| 8.0 | Hans Martin Hofseth | 94 | Jessheim | 10.06.2010 |

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| **Ukjent vind** | |  | | |
| 7.1 | Ivar Opsahl | 47 | Årnes | 27.08.1986 |

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| **MENN SENIOR** | **4** |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 10.97 -0.1 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 25.06.2017 |
| 10.98 +0.4 | Tom Erik Olsen | 74 | Oslo/Bi | 30.06.1995 |
| 11.11 +1.2 | Markus Einan | 97 | Oslo/Bi | 24.08.2018 |
| 11.32 +1.8 | Marius Mellum | 96 | Oslo/Bi | 02.07.2014 |
| 11.34 -0.6 | Frank Øines | 68 | Oslo/Bi | 11.07.1995 |
| 11.37 +0.3 | Henrik Huser | 96 | Oslo/Bi | 19.08.2012 |
| 11.39 -1.0 | Eirik Haus | 79 | Jessheim | 01.09.1997 |
| 11.45 +0.2 | Kristoffer Olstad Dahl | 08 | Oslo/Bi | 30.08.2024 |
| 11.48Vind? | Øystein Iversen | 73 | Sofiemyr | 23.07.1995 |
| 11.48 +0.5 | Martin Jørgensen | 91 | Oslo/Bi | 19.08.2007 |
| 11.49 V? | Jo Henning Hals Nilssen | 68 | Jessheim | 27.06.1992 |
| 11.51 0.0 | Julian Bastesen | 04 | Elchel, ESP | 26.09.2020 |
| 11.52 +1.8 | Ola Nerhagen | 71 | Lillehammer/Ss | 25.06.1989 |
| 11.54 +1.5 | Emil Nordal | 03 | Oslo/Bi | 03.07.2021 |
| 11.56 +1.8 | Andreas Roth | 93 | Oslo/Bi | 26.07.2011 |
| 11.60 +1.1 | Fredrik Fuglerud | 87 | Jessheim | 22.05.2006 |
| 11.61 V? | Runar Homble | 72 | Jessheim | 29.09.1990 |
| 11.61 +1.7 | Sander Steen Myrvang | 00 | Jessheim | 11.08.2018 |
| 11.65 V? | Thorstein Gystad | 67 | Bjørkelangen | 06.06.1993 |
| 11.68 +1.6 | Lois Santiago | 91 | Grimstad | 31.05.2014 |
| 11.69 +0.8 | Ebrita Jobe | 91 | Oslo/Bi | 07.08.2015 |
| 11.72 V? | Jørn Jevne | 64 | Oslo/Bi | 50.06.1996 |
| 11.75 V? | Terje Grime | 59 | Jessheim | 20.06.1994 |
| 11.76 +1.9 | Martin Opaker | 94 | Lillehammer/Ss | 20.06.2010 |
| 11.76 +0.2 | Håvard Hildeskor | 92 | Oslo/St | 31.08.2011 |
| 11.76 +0.9 | Jesse Pedersen Amey | 95 | Oslo/Bi | 21.07.2012 |
| 11.82 V? | Vegard Løberg Gjelsvik | 92 | Jessheim | 16.06.2009 |
| 11.85 +1.4 | Martin Lundemo Syvertsen | 92 | Oslo/Bi | 17.08.2012 |
| 11.88 V? | Thomas Roth | 91 | Jessheim | 16.06.2009 |
| 11.89 +1.2 | Martin Aarbogh Brustad | 04 | Jessheim | 08.08.2021 |
| 11.91 V? | Bjørn Tore Ottersen | 66 | Kirkenær | 19.05.1984 |
| 11.92 +0.1 | Filip Aas | 00 | Asker/Fø | 08.06.2018 |
| 11.96 +1.0 | Lars Georg Aas | 92 | Lillehammer/Ss | 24.06.2007 |
| 11.99 +0.1 | Oatthawut Panklang | 02 | Oslo/Bi | 01.06.2019 |
| 12.00 +1.8 | Jonas Nødtvedt Wenger | 99 | Jessheim | 23.05.2017 |
| 12.00 +0.7 | Ådne Opaker Øines | 02 | Lillestrøm | 27.05.2017 |
| 12.03 V? | Marius Fuglerud | 87 | Oslo/St | 15.08.2005 |
| 12.04 +1.3 | Alan Ringo | 07 | Jessheim | 12.08.2023 |
| 12.08 -0.6 | Jørgen Opaker | 97 | Lillestrøm | 24.05.2014 |
| 12.11 V? | Kjetil Brynhildsen | 71 | Bjørkelangen | 15.05.1993 |
| 12.11 +1.1 | Mats Tokerud | 00 | Oslo/Bi | 19.07.2017 |
| 12.12 +0.5 | Even Ragnhildsløkken | 08 | Bergen/Fa | 25.05.2024 |
| 12.15 V? | Frode Nygård | 69 | Jessheim | 20.06.1994 |
| 12.15 V? | Stian Fredriksen | 81 | Nadderud | 21.06.1998 |

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| **MENN SENIOR** | **5** |

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| **100m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 12.16 +2.0 | Christer Amundsen | 92 | Nadderud | 07.06.2008 |
| 12.17 V? | Odd Arne Urnes | 73 | Jessheim | 29.05.1990 |
| 12.17 +0.7 | Jonathan Joo | 91 | Lillehammer/Ss | 24.06.2007 |
| 12.20 +1.3 | Frederick Elias Flåte | 11 | Nittedal | 21.09.2024 |
| 12.21 +1.4 | Hans Martin Hofseth | 94 | Lillehammer/Ss | 26.06.2011 |
| 12.22 V? | Kjell Vidar Solheim | 70 | Jessheim | 27.08.1992 |
| 12.25 +0.7 | Iver Laake | 01 | Drammen/Ma | 27.08.2017 |
| 12.26 | Gudmund Bjotveit | 77 | Nadderud | 21.06.1992 |
| 12.29 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.05.1991 |
| 12.32 | Sven Inge Bråten | 76 | Bjørkelangen | 28.05.1993 |
| 12.33 V? | Robert Alexandru Baka | 96 | Jessheim | 10.08.2019 |
| 12.36 | Mads Røslie | 82 | Oslo/Bi | 11.06.1999 |
| 12.40 | Per Arne Østerud | 81 | Nadderud | 21.06.1998 |
| 12.41 | Kristian Fagerhus | 79 | Nadderud | 18.06.1994 |
| 12.41 | Øyvind Sigvartsen | 81 | Bjørkelangen | 23.05.1998 |
| 12.43 | Andrè Haaland | 75 | Jessheim | 20.06.1994 |
| 12.48 +0.8 | Halvor Marius Mangerud | 81 | Jessheim | 22.09.2007 |
| 12.48 -0.1 | Erlend Morthen | 92 | Oslo/Bi | 17.08.2008 |
| 12.50 +0.6 | Sondre Opaker Øines | 98 | Oslo/Bi | 17.08.2014 |
| 12.54 | Lasse Bjørn | 84 | Jessheim | 27.05.1999 |
| 12.56 +1.5 | Johan Glenderud Tovari | 93 | Lillehammer/Ss | 23.06.2019 |
| 12.59 +0.3 | Audun Sjørstøm-Johnsen | 09 | Jessheim | 11.08.2024 |
| 12.65 | Espen Sollien | 79 | Bjørkelangen | 28.05.1994 |
| 12.68 | Morten Knutsen | 70 | Hyrvyla, FIN | 25.07.1988 |
| 12.70 | Espen Hofoss | 76 | Bjørkelangen | 28.05.1994 |
| 12.76 +0.1 | Christian Iversen | 05 | Jessheim | 30.08.2021 |
| 12.83 | Pål Korsmo | 71 | Nadderud | 23.06.1985 |
| 12.83 | Anders Sandholtbråten | 76 | Bjørkelangen | 28.05.1994 |
| 12.89 | Per Olav Ramstad | 78 | Nadderud | 18.06.1994 |
| 12.90 +0.7 | Jo-Oddmund Vaagaasar | 92 | Lillestrøm | 29.05.2010 |
| 12.91 0.0 | Sugel Dieguez Jaime | 91 | Lillehammer/Ss | 27.06.2004 |
| 12.95 | Ørnulf Brekke | 67 | Kirkenær | 23.05.1983 |
| 12.95 | Jan Terje Forsland | 78 | Nadderud | 18.06.1994 |
| 13.04 -0.2 | Henrik Hanssen | 97 | Nittedal | 20.08.2016 |
| 13.05 +1.1 | Ole Eriksen | 91 | Jessheim | 22.05.2006 |
| 13.10 +1.0 | Fredrik Veiby | 99 | Lillestrøm | 24.05.2014 |
| 13.17 | Hans Agnar Grønnvoll | 84 | Bjørkelangen | 21.05.2000 |
| 13.23 -2.4 | Andreas Flåten Børve | 99 | Jessheim | 28.05.2014 |
| 13.25 | Morten Sigvartsen | 83 | Lillehammer/Ss | 27.06.1999 |
| 13.25 | Per Kristian Aarstad | 86 | Jessheim | 19.08.2001 |
| 13.28 | Anders Huuse | 75 | Nadderud | 18.06.1988 |
| 13.29 V? | Bjørn Arne Kristiansen | 68 | Drammen/Ma | 09.09.2011 |
| 13.37 | Lasse Bjørn | 83 | Oslo/St | 06.09.1998 |
| 13.43 | Jon Arne Skiaker | 79 | Nadderud | 20.06.1992 |

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| **MENN SENIOR** | **6** |

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| **100m E forts.** |  |

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| 13.45 V? | Hans Kærsgaard | 92 | Jessheim | 13.06.2005 |
| 13.48 | Atle Skaugen | 77 | Jessheim | 28.05.1991 |
| 13.54 -1.1 | Anthony Davies | 92 | Nadderud | 17.06.2007 |
| 13.63 | Shoeib Ghanizadeh | 93 | Jessheim | 02.06.2008 |
| 13.64 | Ansgar Gulbrandsen | 44 | Sofiemyr | 02.09.1990 |
| 13.69 | Øyvind Olufsen | 80 | Jessheim | 20.08.1996 |
| 13.75 +1.8 | Lasse Johannessen | 79 | Jessheim | 11.08.2018 |
| 13.92 | San Phaefung | 88 | Jessheim | 25.09.2003 |
| 13.95 | Knut Rimstad | 49 | Jessheim | 22.05.2000 |
| 13.96 | Trygve Andresen | 34 | Jessheim | 29.05.1990 |

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| **Medvind +3.3** |  |

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| 10.70 1fiA | Marcus Theodor Moen | 99 | Lillehammer/Ss | 25.06.2017 |

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| **MENN SENIOR** | **7** |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.1 V? | Frank Øines | 68 | Jessheim | 22.09.1994 |
| 11.2 -0.3 | Thorstein Gystad | 67 | Jessheim | 01.06.1993 |
| 11.4 | Magne Haave | 12 | Årnes | 07.08.1938 |
| 11.4 | Bjarne Hansen Gardermoen IF | 27 | Kløfta | 07.07.1946 |
| 11.4 | Kjell Kristoffersen | 28 | Jessheim | 01.07.1951 |
| 11.5 | Jan Bredesen | 40 | Jessheim | 23.08.1958 |
| 11.5 | Bjørn Tore Ottersen | 66 | Jessheim | 29.05.1986 |
| 11.5 | Jo Henning Hals Nilssen | 68 | Jessheim | 28.09.1987 |
| 11.5 | Ola Nerhagen | 71 | Jessheim | 30.05.1989 |
| 11.5 | Eirik Haus | 79 | Jessheim | 11.08.1995 |
| 11.5 | Øystein Iversen | 73 | Jessheim | 29.05.1997 |
| 11.5 + 0.0 | Fredrik Fuglerud | 87 | Jessheim | 12.06.2006 |
| 11.6 | Halvor Berger | 40 | Eidsvoll/My | 10.09.1958 |
| 11.6 | Rolf Fredagsvik | 42 | Jessheim | 31.07.1965 |
| 11.6 | Hans Kristian Hansen | 41 | Råholt | 26.08.1961 |
| 11.6 | Finn Ugletveit | 49 | Blaker/Br | 12.07.1970 |
| 11.6 | Hans Georg Røed | 55 | Lillestrøm | 20.08.1982 |
| 11.6 | Runar Homble | 72 | Jessheim | 18.05.1992 |
| 11.6 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 11.7 | Wilhelm Løken | 01 | Jessheim | 24.08.1930 |
| 11.7 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |
| 11.7 | Hans Fodstad | 27 | Kløfta | 11.08.1952 |
| 11.7 | Jon Erik Lund | 34 | Råholt | 26.08.1961 |
| 11.7 | Rolv-Eirik Nyheim | 47 | Lørenfallet | 19.08.1982 |
| 11.7 | Ole Petter Henriksen | 63 | Jessheim | 06.07.1987 |
| 11.7 | Terje Grime | 59 | Jessheim | 18.05.1992 |
| 11.7 | Eirik Johansen | 84 | Jessheim | 27.05.2004 |
| 11.7 | Martin Opaker | 94 | Jessheim | 15.09.2011 |
| 11.8 | Fredrik Falch | 98 | Jessheim | 13.08.1923 |
| 11.8 | Ragnvald Ludvigsen | 09 | Jessheim | 09.09.1934 |
| 11.8 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 11.8 | Mathis Bogstad | 10 | Jessheim | 25.07.1939 |
| 11.8 | Knut Fossum | 22 | Lillestrøm/Vi | 19.08.1939 |
| 11.8 | Steinar Mikalsen | 43 | Råholt | 16.08.1967 |
| 11.8 | Arve Bogstad | 41 | Lillestrøm | 19.08.1972 |
| 11.8 | Ivar Opsahl | 47 | Oslo/La | 27.05.1973 |
| 11.8 | Stein Vik-Strandli | 58 | Oslo/Tr | 10.06.1974 |
| 11.8 | Kåre Gismervik | 57 | Strømmen | 17.08.1983 |
| 11.8 | Lars Petter Syversrud | 69 | Jessheim | 31.05.1986 |
| 11.8 +0.6 | Jonathan Joo | 91 | Jessheim | 04.06.2007 |
| 11.8 | Jørn Jevne | 64 | Jessheim | 03.08.2000 |
| 11.9 | Otto Lystad | 09 | Jessheim | 02.07.1933 |
| 11.9 | Ole H. Wethal | 02 | Eidsvoll | 30.07.1933 |
| 11.9 | Asbjørn Lund | 23 | Hauerseter | 20.08.1949 |

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| **MENN SENIOR** | **8** |

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| **100m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 11.9 | Kjell Arne Johansen | 44 | Strømmen | 17.08.1961 |
| 11.9 | Einar Hellum | 47 | Strømmen | 22.06.1963 |
| 11.9 | Jon Martinsen | 47 | Lillestrøm | 22.08.1964 |
| 11.9 | Halvor Bogstad | 46 | Råholt | 12.08.1966 |
| 11.9 | Leif Spjeld | 40 | Jessheim | 06.10.1972 |
| 11.9 | Edward Hughes | 71 | Bjørkelangen | 12.02.1987 |
| 11.9 +0.6 | Lars Georg Aas | 92 | Jessheim | 04.06.2007 |
| 12.0 | Harald Furuseth | 07 | Jessheim | 24.08.1930 |
| 12.0 | Henrik Børsrud | 19 | Jessheim | 09.09.1934 |
| 12.0 | Erling Støverud | 08 | Jessheim | 11.07.1937 |
| 12.0 | Gunnar Ruud | 17 | Nannestad | 31.07.1938 |
| 12.0 | Erik Herberg | 19 | Jessheim | 25.07.1939 |
| 12.0 | Richard Johnsen | 15 | Jessheim | 25.07.1938 |
| 12.0 | Hans Asak | 41 | Jessheim | 23.08.1958 |
| 12.0 | Kjell Reiestad | 46 | Jessheim | 15.09.1967 |
| 12.0 | Ola Koksvik | 47 | Lillestrøm | 01.06.1970 |
| 12.0 | Tore Østvang | 52 | Lillestrøm | 02.09.1972 |
| 12.0 | Odd Kristiansen | 47 | Jessheim | 06.10.1972 |
| 12.0 | Raymond Trondsen | 47 | Jessheim | 06.10.1972 |
| 12.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 18.05.1992 |
| 12.0 | Kjell Vidar Solheim | 70 | Jessheim | 01.06.1993 |
| 12.1 | Reidar Simonsen | 03 | Jessheim | 09.06.1929 |
| 12.1 | Victor Westgaard | 99 | Jesssheim | 15.09.1929 |
| 12.1 | Erling Støland | 34 | Jessheim | 28.08.1957 |
| 12.1 | Leif Møster | 34 | Årnes | 17.08.1958 |
| 12.1 | Fritz Karlsen | 37 | Strømmen | 22.09.1962 |
| 12.1 | Dag Rydland | 44 | Råholt | 13.06.1964 |
| 12.1 | Geir Alfredsen | 60 | Årnes | 01.09.1976 |
| 12.1 | Frode Nygård | 69 | Bjørkelangen | 09.09.1989 |
| 12.1 | Stian Fredriksen | 81 | Ski | 09.08.1999 |
| 12.2 | Sivert Hovden | 02 | Kløfta | 06.09.1931 |
| 12.2 | Erik Herberg | 19 | Kløfta | 07.07.1939 |
| 12.2 | Ivar Gulbrandsen | 21 | Oslo/Jo | 07.09.1947 |
| 12.2 | Harald Jensen | 29 | Lillestrøm/Vi | 20.09.1950 |
| 12.2 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 12.2 | Per Kopperud | 39 | Jessheim | 28.08.1957 |
| 12.2 | Kjell Larsen | 37 | Jessheim | 16.06.1957 |
| 12.2 | Rolf Sletvold | 36 | Jessheim | 12.09.1959 |
| 12.2 | Odd Mikkelsen | 37 | Jessheim | 19.08.1965 |
| 12.2 | Bjørn Hellum | 48 | Lillestrøm | 10.09.1966 |
| 12.2 | Morten Knutsen | 70 | Oslo/Bi | 27.09.1986 |
| 12.2 | Jan-Olav Arnegård | 71 | Jessheim | 30.05.1988 |
| 12.2 | Hans Jørgen Borgen | 70 | Jessheim | 30.05.1989 |
| 12.2 | Odd Arne Urnes | 73 | Jessheim | 17.09.1989 |
| 12.2 | Gudmund Bjotveit | 77 | Jessheim | 18.05.1992 |

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| **MENN SENIOR** | **9** |

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| **100m M forts.** |  |

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| 12.2 | Frode Nygård | 69 | Jessheim | 23.09.1993 |
| 12.2 +0.6 | Christer Amundsen | 92 | Jessheim | 04.06.2007 |
| 12.3 | Sverre Einarsen | 02 | Jessheim | 18.09.1921 |
| 12.3 | Paul Trøgstad | 25 | Lillestrøm/Vi | 30.07.1950 |
| 12.3 | Per Berntsen | 35 | Jessheim | 01.07.1953 |
| 12.3 | Geir Pedersen | 44 | Jessheim | 06.09.1962 |
| 12.3 | Martin Hansen | 47 | Lillestrøm | 22.08.1964 |
| 12.3 | Mads Røslie | 82 | Ski | 09.08.1999 |
| 12.3 | Jonathan Joo | 91 | Årnes | 13.09.2006 |
| 12.3 | Michael Løland | 92 | Årnes | 24.08.2016 |
| 12.4 | Halvard Bratberg | 02 | Jessheim | 06.07.1924 |
| 12.4 | Lars Stokstad | 18 | Jessheim | 11.07.1937 |
| 12.4 | Reidar Sand | 07 | Jessheim | 21.08.1931 |
| 12.4 | Johan N. Wiig | 17 | Kløfta | 07.07.1939 |
| 12.4 | Jens Andersen | 21 | Jessheim | 08.09.1946 |
| 12.4 | Kåre Bang | 30 | Kløfta | 09.06.1930 |
| 12.4 | Harald Jahren | 33 | Løken | 06.07.1952 |
| 12.4 | Sverre Støverud | 37 | Jessheim | 19.08.1953 |
| 12.4 | Finn Asak | 39 | Jessheim | 10.08.1957 |
| 12.4 | Thor Martin Furuseth | 41 | Jessheim | 28.08.1957 |
| 12.4 | Claus Nerhagen | 59 | Lillestrøm | 25.08.1975 |
| 12.4 | Arne Bjørndal | 67 | Oslo/La | 11.06.1985 |
| 12.4 | Arne Christian Olsen | 64 | Jessheim | 18.05.1987 |
| 12.4 | Martin Brustad | 04 | Jessheim | 16.09.2019 |
| 12.5 | Bjarne Hansen | 23 | Hauerseter | 02.07.1947 |
| 12.5 | Shaun Matheson | 43 | Jessheim | 17.08.1961 |
| 12.5 | Thor Lasse Johansen (Løland) | 63 | Lillestrøm | 25.08.1980 |
| 12.5 | Knut Pedersen | 69 | Oslo/La | 16.05.1985 |
| 12.5 | Pål Korsmo | 71 | Jessheim | 29.05.1986 |
| 12.5 | Sven Inge Bråten | 76 | Jessheim | 18.05.1992 |
| 12.5 | Per-Arne Østerud | 81 | Ski | 09.08.1999 |
| 12.6 | Rolf Damlien | 31 | Kløfta | 11.08.1952 |
| 12.6 | Kristoffer Stanger | 33 | Jessheim | 22.08.1956 |
| 12.6 | Nils Kristen Wiig | 43 | Lillestrøm | 01.06.1970 |
| 12.6 | Øivind Østby | 63 | Rolvsrud | 08.09.1979 |
| 12.6 | Fred Arild Kjernli | 64 | Strømmen | 18.08.1982 |
| 12.6 | Jarle Sæthermoen | 70 | Strømmen | 14.08.1985 |
| 12.6 | Frode Grøndahl | 69 | Jessheim | 22.09.1985 |
| 12.7 | Håkon Mangerud | 47 | Råholt | 13.06.1964 |
| 12.7 | Martin Furuseth | 53 | Strømmen | 06.09.1969 |
| 12.7 | Ingar Indredavik | 45 | Lørenfallet | 21.06.1980 |
| 12.7 | Hans Georg Haug | 67 | Oslo/La | 16.05.1985 |
| 12.7 | Ole Johan Pedersen | 67 | Oslo/La | 16.05.1985 |
| 12.7 | Espen Hofoss | 76 | Oslo/Bi | 28.09.1993 |

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| **MENN SENIOR** | **10** |

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| **100m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 12.8 | Andor Hansen | 92 | Jessheim | 09.09.1923 |
| 12.8 | Ole Sundby | 04 | Jessheim | 09.06.1929 |
| 12.8 | Kåre Lauten | 13 | Oslo/Be | 02.09.1934 |
| 12.8 | Ivar Algarheim | 12 | Eidsvoll | 07.07.1935 |
| 12.8 | Tormod Holand | 33 | Kløfta | 09.06.1951 |
| 12.8 | John Arne Johansen | 36 | Kløfta | 05.08.1958 |
| 12.8 | Kåre Svensson | 61 | Strømmen | 19.06.1976 |
| 12.8 | Jan Rustad | 40 | Lørenfallet | 21.06.1980 |
| 12.8 | Per Kristian Aarstad | 86 | Jessheim | 19.08.2002 |
| 12.8 | Henrik Schultze Toverud | 04 | Jessheim | 16.09.2019 |
| 12.9 | Olaf Tronrud | 10 | Nannestad | 31.07.1938 |
| 12.9 | Jacob Hofseth | 13 | Nannestad | 31.07.1938 |
| 12.9 | Kjell Åge Moslet | 56 | Lillestrøm | 19.09.1971 |
| 12.9 | Bjørn Øiesvold | 56 | Jessheim | 06.06.1971 |
| 12.9 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |
| 12.9 | Atle Skaugen | 77 | Jessheim | 18.05.1992 |
| 12.9 | Erlend Morthen | 92 | Jessheim | 12.06.2006 |
| 13.0 | Oskar Larsen | 96 | Jessheim | 07.08.1921 |
| 13.0 | Alf Moland | 00 | Jessheim | 09.09.1923 |
| 13.0 | Bjarne Glemmestad | 06 | Jessheim | 20.08.1933 |
| 13.0 | Hans Kværner | 30 | Nannestad | 27.07.1947 |
| 13.0 | Asbjørn Grønlien | 29 | Jessheim | 31.07.1948 |
| 13.0 | Arne Nyland | 36 | Lillestrøm | 01.06.1970 |
| 13.0 | John Mikalsen | 57 | Strømmen | 17.06.1973 |
| 13.0 | Frode Liland | 65 | Årnes | 03.10.1981 |
| 13.0 | Ørnulf Brekke | 67 | Jessheim | 14.08.1983 |
| 13.0 | Sugel Diegues Jaime | 91 | Jessheim | 20.09.2004 |
| 13.1 | Øivind Nilsen | 49 | Råholt | 13.06.1964 |
| 13.1 | Frode Bekken | 59 | Lillestrøm | 22.06.1973 |
| 13.1 | Helge Sydtangen | 37 | Rolvsrud | 12.09.1978 |
| 13.1 | Jan Åge Mangelrød | 65 | Kirkenær | 31.05.1981 |
| 13.1 | Knut Tørum | 45 | Jessheim | 30.05.1989 |
| 13.1 | Jan Forsland | 78 | Jessheim | 23.09.1993 |
| 13.1 | Halvor Løvli | 03 | Jessheim | 16.09.2019 |
| 13.2 | Thorbjørn Lund | 98 | Jessheim | 07.08.1921 |
| 13.2 | Martin Bratfos | 47 | Jessheim | 10.09.1961 |
| 13.2 | Odd Dønnum | 45 | Jessheim | 07.10.1961 |
| 13.2 | Tom-Erik Haslie | 84 | Ski | 09.08.1999 |
| 13.2 | Stein Erik Knoph | 72 | Strømmen | 13.06.1987 |
| 13.3 | Olav Vestangen | 11 | Jessheim | 08.10.1933 |
| 13.3 | John Wiig | 35 | Jessheim | 11.07.1953 |
| 13.3 | Anders Huuse | 75 | Nadderud | 18.06.1988 |
| 13.3 | Øivind Arnegård | 75 | Bjørkelangen | 09.09.1989 |
| 13.3 | Glenn Myrland | 72 | Jessheim | 28.09.1989 |

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| **MENN SENIOR** | **11** |

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| **100m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 13.3 | Nils Norbotten | 78 | Jessheim | 23.09.1993 |
| 13.4 | Pål Håve | 15 | Jessheim | 26.09.1931 |
| 13.4 | Øivind Larsen | 42 | Kløfta | 22.06.1958 |
| 13.4 | Ansgar Gulbrandsen | 44 | Bjørkelangen | 09.09.1989 |
| 13.4 | Per Kristian Aarstad | 86 | Årnes | 29.08.2001 |
| 13.5 | Knut Haave | 22 | Eidsvoll | 09.07.1939 |
| 13.5 | Svein Kvello Aune | 46 | Råholt | 12.09.1962 |
| 13.5 | Ørnulf Brekke | 67 | Årjäng, SWE | 19.07.1981 |
| 13.6 | Reidar Skautvold | 56 | Jessheim | 06.06.1971 |
| 13.6 | Frank Pedersen | 92 | Jessheim | 21.08.1921 |
| 13.6 | Svein Lindholt | 62 | Gardermoen | 11.09.1978 |
| 13.6 | Asle Backe-Bogstad | 63 | Gardermoen | 26.08.1978 |
| 13.6 | Arne Hansen | 65 | Lillestrøm | 25.08.1980 |
| 13.6 | Bjørn Flatby | 79 | Jessheim | 01.06.1993 |
| 13.6 | Per Ramstad | 78 | Jessheim | 23.09.1993 |

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| **For mye medvind - underkjent** | |  | | |
| 11.2 | Wilhelm Løken | 01 | Jessheim | 13.09.1931 |

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| **Tvilsomt resultat – for gode tider** | |  | | |
| 11.3 | Erling Støverud | 08 | Jessheim | 18.07.1937 |
| 11.8 | Lars Stokstad | 18 | Jessheim | 18.07.1937 |

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| **150m E** |  |

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| --- | --- | --- | --- | --- |
| 17.14 -0.6 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2020 |
| 17.54Vind? | Frank Øines | 68 | Jessheim | 23.08.1999 |
| 17.67 -0.2 | Marius Mellum | 96 | Jessheim | 23.08.2012 |
| 17.83 V? | Terje Grime | 59 | Oslo/La | 09.05.1992 |
| 17.92 -0.2 | Martin Lundemo Syvertsen | 92 | Jessheim | 23.08.2012 |
| 18.06 V? | Jørn Jevne | 64 | Jessheim | 23.08.1999 |
| 18.06 -0.2 | Martin Opaker | 94 | Jessheim | 23.08.2012 |
| 18.31 V? | Stian Fredriksen | 81 | Jessheim | 23.08.1999 |
| 18.64 +0.8 | Henrik Hanssen | 97 | Oslo/La | 13.05.2015 |
| 18.68 V? | Runar Homble | 72 | Jessheim | 23.08.1999 |
| 18.90 V? | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 12.05.1990 |
| 18.99 V? | Per-Arne Østerud | 81 | Jessheim | 23.08.1999 |
| 19.01 -0.2 | Markus Einan | 97 | Jessheim | 23.08.2012 |
| 19.13 +1.2 | Johan Glenderud Tovari | 93 | Lillehammer/Ss | 27.06.2020 |
| 19.63 -0.2 | Jonas Krossøy | 95 | Jessheim | 23.08.2012 |

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| **MENN SENIOR** | **12** |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 21.96 +1.5 | Marcus Theodor Moen | 99 | Sandnes | 04.09.2016 |
| 22.21 -0.4 | Andreas Roth | 93 | Karlstad, SWE | 23.07.2013 |
| 22.35 +1.7 | Tom Erik Olsen | 74 | Tønsberg/Gr | 27.05.1995 |
| 22.55 +1.2 | Frank Øines | 68 | Oslo/Bi | 17.07.1995 |
| 22.56 -0.7 | Markus Einan | 97 | Oslo/Bi | 25.08.2018 |
| 22.66 +2.0 | Marius Mellum | 96 | Lillehammer/Ss | 07.09.2013 |
| 22.81 -0.4 | Emil Nordal | 03 | Lillehammer/Ss | 27.06.2021 |
| 22.87 +0.2 | Thomas Roth | 91 | Lillestrøm | 30.05.2010 |
| 22.99 +0.9 | Casey Felde | 09 | Stockholm, SWE | 16.08.2024 |
| 23.01 +1.2 | Sander Rustad Johansen | 06 | Lillehammer/Ss | 21.06.2024 |
| 23.05 +1.5 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 22.06.2012 |
| 23.10 +1.3 | Marius Fuglerud | 87 | Nadderud | 18.06.2006 |
| 23.14 +1.1 | Martin Lundemo Syvertsen | 92 | Asker/Fø | 06.06.2015 |
| 23.28 +1.7 | Håvard Hildeskor | 92 | Lillehammer/Ss | 22.06.2014 |
| 23.34 -0.6 | Runar Homble | 72 | Asker/Fø | 12.09.1992 |
| 23.34 +0.7 | Kristoffer Olsrud Dahl | 08 | Oslo/Bi | 31.08.2024 |
| 23.38Vind? | Jørn Jevne | 64 | Oslo/Bi | 30.07.1997 |
| 23.38 V? | Eirik Haus | 79 | Jessheim | 11.08.1997 |
| 23.39 +0.5 | Ole Petter Henriksen | 63 | Oslo/Bi | 18.08.1987 |
| 23.39 V? | Øystein Iversen | 73 | Oslo/Bi | 01.07.1995 |
| 23.40 +0.8 | Thorstein Gystad | 67 | Lillehammer/Ss | 18.07.1987 |
| 23.45 V? | Ola Nerhagen | 71 | Overhalla | 27.07.1990 |
| 23.47 +1.8 | Thomas Roth | 91 | Lillehammer/Ss | 20.06.2008 |
| 23.47 +1.7 | Martin Opaker | 94 | Lillehammer/Ss | 20.06.2014 |
| 23.50 V? | Hans Jørgen Borgen | 70 | Jessheim | 08.08.1989 |
| 23.58 +0.4 | Sverre Blom Breivik | 94 | Oslo/Bi | 24.07.2014 |
| 23.70 +1.7 | Lois Santiago | 91 | Lillehammer/Ss | 20.06.2014 |
| 23.78 V? | Jo Henning Hals Nilssen | 68 | Sofiemyr | 14.06.1992 |
| 23.91 V? | Andrew Stevens | 81 | Jessheim | 08.06.2000 |
| 23.97 -0.4 | Terje Grime | 59 | Bismo | 12.08.1995 |
| 23.97 -0,8 | Martin Jørgensen | 91 | Lillehammer/Ss | 22.06.2007 |
| 23.98 +0.5 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 23.06.2017 |
| 24.04 +1.8 | Jonathan Joo | 91 | Asker/Fø | 03.06.2007 |
| 24.08 +0.4 | Filip Aas | 00 | Oslo/Bi | 02.06.2018 |
| 24.09 V? | Frode Nygård | 69 | Oslo/Tr | 22.06.1992 |
| 24.12 V? | Bjørn Tore Ottersen | 66 | Oslo/Bi | 18.07.1983 |
| 24.12 +1.6 | Hauk Are Fjeld | 94 | Oslo/Bi | 08.08.2015 |
| 24.13 V? | Kjetil Brynhildsen | 71 | Oslo/Bi | 20.07.1993 |
| 24.15 -0.8 | Njord Erlend Wiker | 91 | Oslo/Bi | 28.08.2010 |
| 24.19 V? | Stian Fredriksen | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.23 +1.1 | Jørgen Opaker | 97 | Lillehammer/Ss | 20.60.2014 |
| 24.23 +0.5 | Fredrick Elias Flåte | 11 | Rjukan | 07.09.2024 |
| 24.28 -1.3 | Sigurd Blom Breivik | 96 | Oslo/Bi | 24.07.2014 |
| 24.28 -0.6 | Jostein Steffensen | 96 | Oslo/Bi | 24.05.2016 |

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| **MENN SENIOR** | **13** |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 24.32 +1.5 | Krister Hvattum | 07 | Oslo/St | 11.05.2024 |
| 24.33 +0.7 | Hans Marius Hofseth | 94 | Lillehammer/Ss | 24.06.2011 |
| 24.34 +0.6 | Gudbrand Rognstad | 82 | Oslo/Bi | 21.06.2003 |
| 24.36 -1.6 | Julian Bastesen | 04 | Petrer, ESP | 17.07.2020 |
| 24.40 V? | Odd Arne Urnes | 73 | Grimstad | 14.06.1991 |
| 24.51 +1.2 | Fredrik Fuglerud | 89 | Lillehammer/Sst | 24.06.2006 |
| 24.54 V? | Eirik Johansen | 84 | Jessheim | 26.05.2005 |
| 24.58 V? | Vetle Aasland | 92 | Arvika, SWE | 01.08.2010 |
| 24.66 -0.5 | Jonas Nødtvedt Wenger | 99 | Göteborg, SWE | 02.07.2017 |
| 24.72 +1.8 | Christer Amundsen | 92 | Lillehammer/Ss | 20.06.2008 |
| 24.74 +1.5 | Ådne Opaker Øines | 02 | Nadderud | 17.06.2017 |
| 24.74 +1.8 | Oatthawut Panklang | 02 | Wraclaw, POL | 29.05.2019 |
| 24.75 V? | Halvor Marius Mangerud | 81 | Jessheim | 18.08.2003 |
| 24.76 | Jørgen Hjelm Bakkerud | 74 | Oslo/Bi | 03.06.1991 |
| 24.77 | Tor Eilert Navestad | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.78 | Per-Arne Østerud | 81 | Lillehammer/Ss | 25.06.1999 |
| 24.83 +0.5 | Fredrick Elias Flåte | 11 | Rjukan | 07.09.2024 |
| 24.85 +1.4 | Alan Ringo | 07 | Jessheim | 11.08.2023 |
| 24.86 -0.5 | Kristian Tokstad | 00 | Oslo/Be | 10.07.2016 |
| 24.88 +1.5 | Bjørn Bjørnstad | 93 | Lillehammer/Ss | 22.06.2012 |
| 24.89 | Terje Stigen | 74 | Oslo/Bi | 30.07.1997 |
| 24.90 | Øyvind Sigvaldsen | 81 | Lillehammer/Ss | 26.06.1998 |
| 24.92 | Kjell Vidar Solheim | 70 | Oslo/Tr | 22.06.1992 |
| 24.93 +1.9 | Michael Reklev | 05 | Jessheim | 07.08.2020 |
| 24.95 -0.7 | Martin Aarbogh Brustad | 04 | Jessheim | 06.08.2021 |
| 25.01 +1,1 | Markus Høgne | 98 | Lillehammer/Ss | 19.09.2015 |
| 25.07 | Sven Inge Bråten | 76 | Oslo/Bi | 18.07.1994 |
| 25.14Vind? | Ebrima Jobe | 91 | Jessheim | 13.09.2014 |
| 25.17 +0.9 | Iver Laake | 01 | Lillestrøm | 28.05.2017 |
| 25.19 +1.2 | Erlend Morthen | 92 | Lillehammer/Ss | 20.06.2008 |
| 25.21 -1.0 | Jostein Steffensen | 96 | Bodø | 20.08.2017 |
| 25.27 | Mads Røslie | 82 | Lillehammer/Ss | 26.06.1999 |
| 25.48 +0.7 | Jon Gunnar Alfsen | 97 | Sofiemyr | 25.08.2013 |
| 25.50 | Carl Johan Owre | 82 | Jessheim | 28.05.2001 |
| 25.51 | Espen Hofoss | 76 | Lillehammer/Ss | 03.09.1994 |
| 25.56 | Gudmund Bjotveit | 77 | Jessheim | 28.05.1992 |
| 25.68 -2.1 | Fredrick Elias Flåte | 11 | Nittedal | 18.08.2024 |
| 25.82 -3.7 | Sander Steen Myrvang | 00 | Jessheim | 07.09.2019 |
| 25.83 +1.3 | Christian Iversen | 05 | Jessheim | 03.06.2021 |
| 25.93 +0.5 | Johnny Brenna | 64 | Geithus | 13.08.2016 |
| 26.04 +1.7 | Johan Glenderud Torvari | 93 | Lillehammer/Ss | 21.06.2019 |
| 26.15 +1.9 | Ole Eriksen | 91 | Lillehammer/Ss | 24.06.2006 |
| 26.18 | Petter Lyngmo | 81 | Jessheim | 25.06.1996 |
| 26.19 | Anders Sandholtbråten | 76 | Sofiemyr | 03.06.1994 |

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| **MENN SENIOR** | **14** |

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| **200m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 26.19 | Jan Gulbrandsen | 74 | Jessheim | 26.06.1997 |
| 26.23 +1.6 | Hans Kristian Kærsgård | 92 | Nadderud | 19.06.2005 |
| 26.49 -0.5 | Lars Georg Aas | 92 | Nadderud | 09.09.2006 |
| 26.62 +2.0 | Even Ragnhildsbakken | 08 | Ås | 01.05.2023 |
| 26.61 | Lasse Bjørn | 83 | Jessheim | 22.07.1999 |
| 26.65 +0.1 | Sugel Diegues Jaime | 91 | Lillehammer/Ss | 24.06.2004 |
| 26.70 -1.9 | Martin Opaker | 94 | Nadderud | 06.09.2008 |
| 26.77 +0.2 | Jo-Oddmund Vaagaasar | 92 | Nadderud | 11.06.2010 |
| 26.86 -0.1 | Fredrik Veiby | 99 | Lillestrøm | 25.05.2014 |
| 26.98 | Per Kristian Aarstad | 86 | Oslo/Bi | 23.06.2001 |
| 27.03 +1.0 | Henrik Hanssen | 97 | Lillestrøm | 27.05.2012 |
| 27.04 | Stian Aaserud | 81 | Jessheim | 28.09.1996 |
| 27.04 | Tom-Eirik Hasle | 84 | Jessheim | 08.06.2000 |
| 27.07 +1.7 | Ludvig Sjøstrøm-Johansen | 09 | Rjukan | 03.09.2022 |
| 27.11 | Michael Løland | 92 | Jessheim | 16.08.2007 |
| 27.12 | Adisak Sween | 98 | Oslo/Bi | 16.08.2014 |
| 27.14 | Hans Agnar Grønnvoll | 84 | Jessheim | 19.08.2001 |
| 27.16 | Martin Fald Gården | 90 | Lillehammer/Ss | 24.06.2005 |
| 27.18 | Sigurd Fjeldbo | 82 | Jessheim | 22.05.2000 |
| 27.28 +1.5 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 15.05.2022 |
| 27.33 +1.6 | Øyvind Solberg | 75 | Lillestrøm | 25.05.2024 |
| 27.37 | Frode Myrvang | 67 | Jessheim | 26.06.1997 |
| 27.47 -0.4 | Kristoffer Kvilten | 90 | Lillehammer/Ss | 24.06.2007 |
| 27.59 | Knut Rimstad | 49 | Jessheim | 26.06.1997 |
| 27.63 | Shoeib Ghanizadeh | 93 | Lillestrøm | 15.06.2008 |
| 27.72 | Morten Sigvartsen | 83 | Lillehammer/Ss | 25.06.1999 |
| 27.90 | Stig Torkildsen | 90 | Lillehammer/Ss | 24.06.2005 |
| 27.90 +1.7 | Aldric Kenarlikdjian | 09 | Rjukan | 03.09.2022 |
| 27.97 | Ali Fredriksen Yetem | 94 | Lillestrøm | 15.06.2008 |
| 28.18 | Anthony Davies | 92 | Nadderud | 19.06.2005 |
| 28.21 | Lars Lysbakken | 80 | Jessheim | 21.06.1999 |
| 28.29 | Espen Nyhus | 89 | Lillehammer/Ss | 26.06.2003 |
| 28.35 | Tor Håkon Mangerud | 84 | Jessheim | 28.05.2001 |
| 28.54 | Simen Lye Smistad | 07 | Jessheim | 06.08.2021 |
| 28.90 +1.5 | Marius Nyeggen | 94 | Lillehammer/Ss | 22.06.2007 |
| 29.02 | Stian Tufte | 81 | Jessheim | 21.06.1999 |
| 29.13 +0.4 | Sindre Bjørnstad | 97 | Lillehammer/Ss | 22.06.2012 |
| 29.30 -1.6 | Morten Halseth | 97 | Asker/Fø | 31.05.2011 |
| 29.31 +1.3 | Sander Hasselberg | 98 | Lillestrøm | 03.09.2011 |
| 29.51 -0.9 | Christian Iversen | 05 | Nadderud | 17.06.2018 |
| 29.72 -0.5 | Nils Luke | 90 | Lillehammer/Ss | 24.06.2004 |
| 29.81 | Michael Løland | 92 | Jessheim | 17.08.2006 |
| 29.90 | Thomas Løland | 95 | Lillestrøm | 15.06.2008 |
| 30.12 | Andreas Løland | 90 | Lillehammer/Ss | 26.06.2003 |

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| **MENN SENIOR** | **15** |

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| **200m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 30.18 | Kristoffer Barengdal | 91 | Jessheim | 20.09.2004 |
| 30.20 | Jonas Bergli | 08 | Nadderud | 14.06.2019 |
| 30.30 | Leo Elias Rise | 07 | Jessheim | 10.08.2019 |
| 30.41 | Gaute Messel Nafstad | 94 | Jessheim | 16.08.2007 |
| 30.42 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 16.08.2000 |
| 30.60 | Øystein Gjerdrum | 52 | Drammen/Ma | 03.09.2011 |
| 30.84 | Jonas Haarborg Bolgen | 96 | Jessheim | 03.09.2009 |
| 30.94 | Sverre Gjesteby | 00 | Sofiemyr | 26.06.2012 |
| 30.99 | Christian Løland | 97 | Lillestrøm | 30.05.2010 |

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| **MENN SENIOR** | **16** |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 23.0 Vind? | Ola Nerhagen | 71 | Bjørkelangen | 10.09.1989 |
| 23.2 +0.1 | Bjørn Tore Ottersen | 66 | Oslo/St | 06.07.1984 |
| 23.2 V? | Thorstein Gystad | 67 | Jessheim | 02.07.1987 |
| 23.3 V? | Finn Ugletveit | 49 | Strømmen | 17.08.1969 |
| 23.3 V? | Øystein Iversen | 73 | Jessheim | 26.09.1994 |
| 23.5 | Rolf Fredagsvik | 42 | Hamar | 01.08.1965 |
| 23.5 | Arve Bogstad | 41 | Råholt | 25.08.1968 |
| 23.7 | Rolv-Eirik Nyheim | 47 | Lillehammer/Ss | 20.08.1983 |
| 23.7 | Ole Petter Henriksen | 63 | Jessheim | 04.06.1987 |
| 23.7 | Runar Homble | 72 | Bjørkelangen | 10.09.1989 |
| 23.7 | Hans Jørgen Borgen | 70 | Bjørkelangen | 10.09.1988 |
| 23.7 | Jørn Jevne | 64 | Jessheim | 03.08.2000 |
| 23.8 | Jon Martinsen | 47 | Råholt | 08.08.1965 |
| 23.8 | Bjørn Hellum | 48 | Lillestrøm | 11.09.1966 |
| 23.8 | Kåre Gismervik | 57 | Elverum | 31.08.1975 |
| 23.8 | Hans Georg Røed | 55 | Lillestrøm | 20.08.1982 |
| 23.9 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 23.9 | Jo Henning Hals Nilssen | 68 | Jessheim | 26.09.1988 |
| 23.9 | Frode Nygård | 69 | Jessheim | 21.06.1993 |
| 24.0 | Kjetil Brynhildsen | 71 | Jessheim | 27.09.1993 |
| 24.1 | Nils Kristen Wiig | 43 | Råholt | 12.06.1966 |
| 24.1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 06.07.1992 |
| 24.1 | Terje Grime | 59 | Ski | 15.06.1994 |
| 24.2 | Kjell Kristoffersen | 28 | Råholt | 08.07.1951 |
| 24.2 | Leif Møster | 34 | Kløfta | 22.09.1958 |
| 24.2 | Halvor Bogstad | 46 | Råholt | 11.09.1966 |
| 24.2 | Eirik Johansen | 84 | Jessheim | 27.05.2004 |
| 24.3 | Steinar Mikalsen | 43 | Lillestrøm | 30.06.1969 |
| 24.3 | Odd Arne Urnes | 73 | Jessheim | 25.09.1989 |
| 24.3 | Kjell Vidar Solheim | 70 | Jessheim | 06.07.1992 |
| 24.5 | Halvor Berger | 40 | Kløfta | 22.09.1958 |
| 24.5 | Hans Kristian Hansen | 41 | Lillestrøm | 28.08.1960 |
| 24.5 | Stein Vik-Strandli | 58 | Strømmen | 15.06.1974 |
| 24.5 | Lars Petter Syversrud | 69 | Jessheim | 29.09.1986 |
| 24.5 | Edward Hughes | 71 | Jessheim | 16.08.1987 |
| 24.5 | Espen Hofoss | 76 | Jessheim | 26.09.1994 |
| 24.6 | Raymond Trondsen | 47 | Lillestrøm | 06.10.1972 |
| 24.6 | Odd Kristiansen | 47 | Lillestrøm | 09.09.1973 |
| 24.7 | Kjell Frostlid | 61 | Løken | 20.08.1983 |
| 24.7 | Sven Inge Bråten | 76 | Jessheim | 27.09.1993 |
| 24.8 | Kjell Arne Johansen | 44 | Strømmen | 18.08.1961 |
| 24.8 | Petter Loy-Nielsen | 71 | Oslo/Bi | 21.05.1987 |
| 24.9 | Tore Østvang | 52 | Strømmen | 05.09.1971 |

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| **MENN SENIOR** | **17** |

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| **200m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 24.9 | Ivar Opsahl | 47 | Råholt | 19.06.1974 |
| 24.9 | Jan-Olav Arnegård | 71 | Jessheim | 26.09.1988 |
| 25.0 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 25.1 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 25.1 | Asbjørn Lund | 23 | Hauerseter | 06.08.1949 |
| 25.1 | Morten Knutsen | 70 | Jessheim | 29.09.1986 |
| 25.2 | Wilhelm Løken | 01 | Jessheim | 14.08.1931 |
| 25.2 | Martin Hansen | 47 | Lillestrøm | 23.08.1964 |
| 25.2 | Molvin Knutsen | 62 | Jessheim | 03.10.1985 |
| 25.3 | Harald Jahren | 27 | Jessheim | 17.08.1951 |
| 25.3 | Hans Asak | 41 | Kløfta | 22.09.1958 |
| 25.3 | Jon Erik Lund | 34 | Jessheim | 12.06.1966 |
| 25.4 | Morten Sigvartsen | 53 | Råholt | 20.09.1970 |
| 25.4 | Kåre Kristian Olsen | 64 | Jessheim | 25.09.1986 |
| 25.4 | Hans Georg Haug | 67 | Jessheim | 29.09.1986 |
| 25.5 | Harald Furuseth | 07 | Jessheim | 14.08.1931 |
| 25.5 | Mathis Bogstad | 10 | Jessheim | 01.08.1939 |
| 25.5 | Erik Herberg | 19 | Jessheim | 01.08.1939 |
| 25.5 | Lars Stokstad | 18 | Eidsvoll | 25.08.1940 |
| 25.5 | Paul Trøgstad | 25 | Jessheim | 17.08.1951 |
| 25.5 | Nils Andresen | 36 | Råholt | 12.06.1966 |
| 25.6 | Thor Martin Furuseth | 41 | Råholt | 07.06.1958 |
| 25.7 | Rolf Damlien | 31 | Sand | 04.08.1951 |
| 25.7 | Per Kopperud | 39 | Jessheim | 05.06.1957 |
| 25.7 | Fredrik Fuglerud | 89 | Jessheim | 23.04.2005 |
| 25.9 | Hans Martin Hofseth | 94 | Jessheim | 03.10.2009 |
| 25.9 | Jesse Pedersen Amey | 95 | Jessheim | 03.09.2011 |
| 26.0 | Johan O. Wiig | 17 | Jessheim | 01.08.1939 |
| 26.0 | Thor Lasse Johansen (Løland) | 63 | Oslo/Bi | 04.09.1979 |
| 26.0 | Andreas Roth | 93 | Jessheim | 04.09.2008 |
| 26.1 | Claus Nerhagen | 59 | Lillestrøm | 26.08.1973 |
| 26.1 | Jonathan Joo | 91 | Jessheim | 23.04.2005 |
| 26.2 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 26.3 | Kjell Åge Moslet | 56 | Råholt | 07.07.1971 |
| 26.3 | Jarle Sæthermoen | 70 | Oslo/Bi | 21.08.1985 |
| 26.4 | John Arve Johansen | 36 | Råholt | 07.06.1968 |
| 26.4 | Per Arne Østerud | 81 | Jessheim | 20.09.1997 |
| 26.4 | Espen Bjørnstad | 95 | Jessheim | 03.09.2011 |
| 26.5 | Odd Dønnum | 45 | Jessheim | 10.09.1961 |
| 26.5 | Arvid Bårdslistuen | 55 | Råholt | 20.09.1970 |
| 26.5 | Stein Erik Knoph | 72 | Jessheim | 04.06.1987 |
| 26.6 | Shaun Matheson | 43 | Strømmen | 19.06.1961 |
| 26.8 | Rune Skinnerlien | 69 | Jessheim | 21.09.1987 |
| 26.8 | Martin Fald Gården | 90 | Jessheim | 23.04.2005 |

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| **MENN SENIOR** | **18** |

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| **200m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 26.9 | Kristoffer Stanger | 33 | Jessheim | 17.08.1951 |
| 27.1 | Jens Wethal | 08 | Jessheim | 19.09.1932 |
| 27.2 | Tor Håkon Mangerud | 84 | Jessheim | 19.08.2002 |
| 27.4 | Halvor Lund | 06 | Råholt | 15.06.1930 |
| 27.6 | Kåre Svensson | 61 | Lillestrøm | 25.08.1975 |
| 27.6 | Knut Rimstad | 49 | Jessheim | 27.05.2006 |
| 27.9 | Lauritz Lund | 06 | Jessheim | 14.08.1931 |
| 27.9 | Reidar Sand | 04 | Jessheim | 19.06.1932 |
| 27.9 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 28.1 | Arne Berntsen | 49 | Råholt | 22.09.1963 |
| 28.1 | Erlend Morthen | 92 | Jessheim | 23.04.2005 |
| 28.2 | Martin Carlsen | 71 | Jessheim | 25.09.1989 |
| 28.3 | Kåre Laake | 64 | Oslo/Bi | 30.08.1979 |
| 28.4 | Frode Grøndahl | 69 | Hauerseter | 24.06.1983 |
| 28.4 | Alf Fredriksen Yetim | 94 | Jessheim | 04.09.2008 |
| 28.5 | Jonas Haarborg Bolgen | 95 | Jessheim | 03.09.2011 |
| 28.6 | Arne Hansen | 65 | Oslo/Bi | 30.08.1979 |
| 28.6 | Per Kristian Aarstad | 86 | Jessheim | 09.09.2000 |
| 28.7 | Sander Hasselberg | 98 | Jessheim | 03.09.2011 |
| 29.0 | Erik Sand Vestangen | 99 | Jessheim | 30.05.2013 |
| 29.1 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 25.09.1989 |
| 29.1 | Ole Skolt | 53 | Jessheim | 19.09.2002 |
| 29.2 | Ottar Moum Larsen | 64 | Jessheim | 30.05.2013 |
| 29.3 | Bjarne Ruud | 05 | Jessheim | 19.06.1932 |
| 29.5 | Jan Olav Skibakk | 71 | Jessheim | 25.09.1986 |
| 29.5 | Lasse Johannesen | 79 | Oslo | 30.05.2018 |
| 29.7 | Martin Opaker | 94 | Årnes | 27.05.2009 |
| 29.7 | Jonas Haarborg Bolgen | 96 | Jessheim | 03.09.2010 |
| 29.8 | Michael Løland | 92 | Jessheim | 29.04.2005 |
| 30.0 | Morten Halseth | 97 | Jessheim | 03.09.2010 |
| 30.1 | Anthony Davies | 92 | Jessheim | 23.04.2005 |
| 30.1 | Marcus Fosserud | 01 | Jessheim | 06.09.2012 |
| 30.8 | Hans Marius Hansen | 94 | Jessheim | 04.09.2008 |
| 30.8 | Jørgen Opaker | 97 | Lillestrøm | 29.08.2010 |
| 30.9 | Ole Eriksen | 91 | Jessheim | 23.04.2005 |
| 31.0 | Jørgen Nygård | 13 | Jessheim | 26.09.1931 |

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| **MENN SENIOR** | **19** |

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| **300m E** |  |

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| --- | --- | --- | --- | --- |
| 34.88 | Andreas Roth | 93 | Nadderud | 03.05.2012 |
| 36.51 | Emil Nordal | 03 | Nadderud | 17.06.2020 |
| 37.07 | Marius Mellum | 96 | Nadderud | 06.05.2014 |
| 37.42 | Vegard Løberg Gjelsvik | 92 | Gôteborg, SWE | 01.07.2007 |
| 37.52 | Marius Fuglerud | 87 | Oslo/Bi | 15.05.2008 |
| 38.14 | Jørn Jevne | 64 | Oslo/La | 10.05.1997 |
| 38.38 | Martin Lundemo Syversen | 92 | Nadderud | 06.05.2014 |
| 38.45 | Jørgen Opaker | 97 | Oslo/Bi | 17.09.2014 |
| 38.78 | Martin Jørgensen | 90 | Brummundal | 04.10.2007 |
| 38.87 | Henrik Hanssen | 97 | Oslo/La | 13.05.2015 |
| 38.91 | Jonas Krossøy | 96 | Oslo/Bi | 17.09.2014 |
| 39.00 | Espen Hofoss | 76 | Oslo/Bi | 27.09.1994 |
| 39.36 | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 06.05.1989 |
| 39.90 | Sondre Opaker Øines | 98 | Oslo/Bi | 17.09.2014 |
| 42.19 | Fredrik Fuglerud | 89 | Göteborg, SWE | 03.07.2004 |

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| **300m M** |  |

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| 40.1 | Per Kristian Aarstad | 86 | Jessheim | 18.04.2002 |
| 42.1 | Kåre Svensson | 61 | Strømmen | 23.08.1976 |
| 43.3 | Kåre Gismervik | 57 | Lillestrøm | 19.09.1971 |
| 45.1 | Hans Agnar Grønnvoll | 84 | Jessheim | 18.04.2002 |
| 49.0 | Kjell Arild Johansen | 58 | Lillestrøm | 18.09.1971 |
| 53.4 | Espen Nyhus | 89 | Jessheim | 15.04.2002 |

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| **MENN SENIOR** | **20** |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 47.14 | Andreas Roth | 93 | Oslo/Bi | 11.06.2014 |
| 47.76 | Markus Einan | 97 | Oslo/Bi | 24.08.2018 |
| 47.93 | Thomas Roth | 91 | Kristiansand | 26.08.2012 |
| 49.74 | Elias Ottosen | 93 | Lillehammer/Ss | 21.06.2014 |
| 49.85 | Frank Øines | 68 | Oslo/Bi | 27.07.1995 |
| 50.19 | Vegard Løberg Gjelsvik | 92 | Drammen/Ma | 08.09.2012 |
| 50.34 | Hans Jørgen Borgen | 70 | Sofiemyr | 11.06.1989 |
| 50.44 | Sverre Blom Breivik | 96 | Oslo/Bi | 24.05.2016 |
| 50.57 | Hauk Are Fjeld | 94 | Oslo/Bi | 14.08.2016 |
| 50.63 | Sander Rustad Johansen | 07 | Oslo/Bi | 21.05.2024 |
| 50.68 | Håvard Hildeskor | 92 | Nadderud | 15.06.2014 |
| 50.78 | Casey Felde | 09 | Jessheim | 10.08.2024 |
| 51.06 | Bjørn Tore Ottersen | 66 | Raufoss | 23.06.1984 |
| 51.07 | Emil Nordal | 03 | Lillehammer/Ss | 26.06.2021 |
| 51.09 | Sondre Lehmann | 07 | Jessheim | 12.08.2023 |
| 51.10 | Tom Erik Olsen | 74 | Stockholm, SWE | 02.08.1992 |
| 51.21 | Marius Fuglerud | 87 | Nadderud | 18.06.2006 |
| 51.27 | Sigurd Blom Breivik | 96 | Nadderud | 14.06.2015 |
| 51.39 | Vetle Aasland | 91 | Oslo/Bi | 20.06.2010 |
| 51.40 | Øystin Iversen | 73 | Sofiemyr | 23.07.1995 |
| 51.57 | Dag Håkon Eriksen | 73 | Sofiemyr | 13.06.1992 |
| 51.57 | Kjetil Brynhildsen | 71 | Oslo/Tr | 18.08.1993 |
| 51.62 | Thorstein Gystad | 67 | Grimstad | 20.06.1987 |
| 51.62 | Martin Lundemo Syvertsen | 92 | Nadderud | 14.06.2015 |
| 52.01 | Terje Sparby | 89 | Lillehammer/Ss | 21.06.2014 |
| 52.05 | Elias Ottesen | 93 | Oslo/Bi | 24.05.2016 |
| 52.08 | Runar Homble | 72 | Lillehammer/Ss | 27.06.1992 |
| 52.27 | Even Ragnhildsløkken | 08 | Bergen/Fa | 25.05.2024 |
| 52.28 | Frode Nygård | 69 | Oslo/Bi | 29.06.1993 |
| 52.28 | Itri Amazigh | 70 | Karlstad, SWE | 27.07.1996 |
| 52.37 | Njord Erlend Wiker | 91 | Oslo/Bi | 15.08.2010 |
| 52.42 | Jørn Jevne | 64 | Oslo/St | 16.08.1997 |
| 52.43 | Johan Sebastian Evensen | 96 | Oslo/Bi | 14.08.2016 |
| 52.51 | Nikolai Solum | 05 | Oslo/Bi | 24.05.2022 |
| 52.55 | Jan Gunnar Alfsen | 97 | Lillehammer/Ss | 20.06.2015 |
| 52.63 | Marius Mellum | 96 | Oslo/Bi | 17.08.2014 |
| 52.67 | Hauk Are Fjeld | 94 | Lillehammer/Ss | 21.06.2014 |
| 52.72 | Kjell Vidar Solheim | 70 | Oslo/Bi | 29.06.1993 |
| 52.92 | Kristian Tokstad | 00 | Lillehammer/Ss | 18.06.2016 |
| 53.01 | Fredrik Fuglerud | 89 | Nadderud | 09.06.2007 |
| 53.08 | Krister Hvattum | 07 | Oslo/Bi | 30.08.2024 |
| 53.12 | Halvor Marius Mangerud | 81 | Jessheim | 25.09.2003 |
| 53.16 | Peder Holm | 92 | Sofiemyr | 26.06.2010 |
| 53.32 | Jonas Krossøy | 95 | Oslo/Bi | 17.09.2014 |

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| **MENN SENIOR** | **21** |

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| **400m E forts.** |  |

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| 53.38 | Stian Fredriksen | 81 | Jessheim | 11.07.1998 |
| 53.40 | Andrew Stevens | 81 | Fredrikstad | 07.07.2000 |
| 53.45 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01.08.1987 |
| 53.56 | Henrik Hanssen | 97 | Lillehammer/Ss | 20.06.2015 |
| 53.56 | Karol Gorny | 80 | Lillestrøm | 26.05.2024 |
| 53.58 | Sondre Opaker Øines | 98 | Nittedal | 20.08.2016 |
| 53.69 | Abdirahim Dahir | 94 | Jessheim | 07.08.2021 |
| 53.86 | Claus Nerhagen | 59 | Oslo/Bi | 12.06.1986 |
| 53.97 | Nani Kula | 01 | Oslo/Bi | 13.07.2022 |
| 54.17 | Iver Løvgaard Faksvåg | 09 | Lillestrøm | 26.05.2024 |
| 54.36 | Kjell Frostelid | 61 | Sofiemyr | 11.06.1989 |
| 54.46 | Jan-Olav Arnegård | 71 | Jessheim | 03.07.1989 |
| 54.49 | Jonathan Joo | 91 | Lillehammer/Ss | 23.06.2007 |
| 54.56 | Anders Sandholtbråten | 76 | Bjørkelangen | 28.05.1994 |
| 54.63 | Sven Inge Bråten | 76 | Lillehammer/Ss | 05.09.1993 |
| 54.69 | Carl Jørgen Owre | 82 | Oslo/St | 06.09.1998 |
| 54.79 | Sondre Strand Omland | 07 | Oslo/Bi | 23.05.2023 |
| 54.80 | Anders Buraas | 92 | Jessheim | 18.08.2008 |
| 54.85 | Espen Hofoss | 76 | Oslo/Bi | 13.06.1994 |
| 55.08 | Henrik Stigen | 74 | Oslo/Bi | 05.08.1997 |
| 55.09 | Jørgen-Hjelm Bakkerud | 74 | Lillehammer/Ss | 28.06.1991 |
| 55.12 | Eirik Johansen | 84 | Jessheim | 14.06.2004 |
| 55.83 | Erlend Morthen | 92 | Lillehammer/Ss | 21.06.2008 |
| 55.52 | William Bowitz | 09 | Lillestrøm | 24.05.2024 |
| 55.92 | Ole-Martin Sandness | 00 | Lillehammer/Ss | 24.06.2017 |
| 55.98 | Tor Eilert Navestad | 81 | Lillehammer/Ss | 26.06.1999 |
| 56.01 | Andreas Lindebø Kværner | 06 | Oslo/Bi | 13.07.2022 |
| 56.11 | Rune Skinnerlien | 69 | Oslo/Bi | 18.08.1986 |
| 56.28 | Henrik Schultze Toverud | 03 | Jessheim | 06.08.2022 |
| 56.34 | Gudbrand Rognerud | 82 | Lillehammer/Ss | 28.06.2003 |
| 56.58 | Stian Aaserud | 81 | Lillehammer/Ss | 27.06.1998 |
| 56.60 | Kevin Fritz | 91 | Jessheim | 18.08.2008 |
| 56.61 | Eirik Haus | 79 | Jessheim | 28.09.1998 |
| 56.65 | Andreas Løland | 90 | Lillehammer/Ss | 23.06.2007 |
| 56.79 | Christer Amundsen | 92 | Lillehammer/Ss | 20.06.2009 |
| 56.79 | Per Arne Østerud | 81 | Jessheim | 31.08.1998 |
| 57.05 | Jonas Nødtvedt Wenger | 99 | Göteborg, SWE | 01.07.2017 |
| 57.08 | Oatthawut Panklang | 02 | Wraclaw, POL | 29.05.2019 |
| 57.09 | Ståle Nilsen | 65 | Stjørdal | 01.08.2003 |
| 57.27 | Phlip Gulbrandsen | 07 | Oslo/Bi | 23.05.2023 |
| 57.74 | Tore Klungland | 97 | Nadderud | 14.06.2015 |
| 57.86 | Emil Strøm | 90 | Jessheim | 21.08.2007 |
| 58.39 | Espen Bjørnstad | 95 | Lillehammer/Ss | 25.06.2011 |
| 58.76 | Kenneth Vestgøte | 76 | Lillehammer/Ss | 11.09.1994 |

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| **MENN SENIOR** | **22** |

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| **400m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 58.89 | Per Kristian Aarstad | 86 | Jessheim | 21.06.2001 |
| 58.91 | Sigurd Fjeldbo | 82 | Jessheim | 24.08.1998 |
| 59.01 | Adisak Sween | 98 | Kongsvinger | 04.06.2014 |
| 59.25 | Øyvind Solberg | 75 | Lillestrøm | 26.05.2024 |
| 59.62 | Tor Håkon Mangerud | 84 | Jessheim | 21.06.2001 |
| 60.27 | Espen Sollien | 79 | Bjørkelangen | 28.05.1994 |
| 60.46 | Kristian Finstad | 79 | Jessheim | 23.08.1999 |
| 60.51 | Knut Rimstad | 49 | Odense, DEN | 05.09.1999 |
| 61.51 | Jan Gulbrandsen | 74 | Jessheim | 26.06.1997 |
| 60.87 | Iver Laake | 01 | Drammen/Ma | 27.08.2017 |
| 62.03 | Frode Myrvang | 67 | Jessheim | 26.06.1997 |
| 62.13 | Espen Næss | 94 | Nadderud | 17.06.2012 |
| 62.49 | Sondre Olsson | 93 | Lillehammer/Ss | 21.06.2008 |
| 63.79 | Bjørn Olav Sem | 79 | Bjørkelangen | 28.05.1994 |
| 63.95 | Lasse Johannessen | 79 | Jessheim | 11.08.2018 |
| 64.62 | Johan Glenderød Tovari | 93 | Hamar | 26.09.2021 |
| 67.01 | Trym Rostad | 91 | Jessheim | 16.06.2009 |

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| **MENN SENIOR** | **23** |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 50.5 | Bjørn Tore Ottersen | 66 | Oslo/St | 04.06.1986 |
| 51.0 | Kjetil Brynhildsen | 71 | Jessheim | 01.06.1993 |
| 51.3 | Øystein Iversen | 73 | Jessheim | 29.05.1995 |
| 51.4 | Ole Petter Henriksen | 51 | Jessheim | 06.07.1987 |
| 51.6 | Kjell Frostlid | 61 | Oslo/St | 25.05.1985 |
| 51.7 | Odd Mikkelsen | 37 | Råholt | 26.08.1967 |
| 51.8 | Hans Jørgen Borgen | 70 | Jessheim | 30.05.1989 |
| 51.9 | Einar Hellum | 47 | Oslo/Bi | 08.07.1966 |
| 52.1 | Kjell Kristoffersen | 28 | Oslo/Bi | 20.06.1951 |
| 52.2 | Finn Ugletveit | 49 | Oslo/Bi | 26.09.1969 |
| 52.3 | Raymond Trondsen | 47 | Oslo/Bi | 26.05.1975 |
| 52.4 | Kjell Reiestad | 46 | Lillestrøm | 15.08.1969 |
| 52.4 | Runar Homble | 72 | Jessheim | 01.06.1993 |
| 52.7 | Racid El Hanaoui | 70 | Jessheim | 22.09.1994 |
| 53.0 | Kjell Vidar Solheim | 70 | Jessheim | 01.06.1993 |
| 53.1 | Thor Martin Furuseth | 41 | Råholt | 26.08.1961 |
| 53.2 | Arve Bogstad | 41 | Oslo/Bi | 23.07.1969 |
| 53.3 | Martin Lundemo Syversen | 92 | Jessheim | 3+.05.2013 |
| 53.4 | Rolv-Eirik Nyheim | 47 | Lillehammer/Ss | 21.08.1983 |
| 53.6 | Nils Kristen Wiig | 43 | Råholt | 07.08.1965 |
| 53.7 | Bjørn Hellum | 48 | Lillestrøm | 10.09.1966 |
| 53.8 | Claus Nerhagen | 59 | Oslo/St | 16.06.1976 |
| 53.9 | Fred Arild Kjernli | 64 | Oslo/St | 29.09.1982 |
| 54.2 | Kåre Ellingsdalen | 23 | Jessheim | 16.08.1952 |
| 54.2 | Marius Mellum | 96 | Jessheim | 30.05.2013 |
| 54.4 | Bjørn Dæhlie | 67 | Jessheim | 06.07.1987 |
| 54.5 | Hans Georg Haug | 67 | Jessheim | 24.07.1986 |
| 54.5 | Jon Gunnar Alfsen | 97 | Jessheim | 30.05.2013 |
| 54.6 | Harald Furuseth | 07 | Jessheim | 27.08.1933 |
| 54.6 | Svein Skolt | 25 | Hauerseter | 20.08.1949 |
| 54.6 | Harald Jahren | 37 | Lillestrøm | 21.08.1954 |
| 54.6 | Bjørn Tore Ottersen | 66 | Oslo/St | 30.06.1982 |
| 54.7 | Jon Martinsen | 47 | Råholt | 28.08.1965 |
| 54.7 | Molvin Knutsen | 62 | Jessheim | 29.05.1986 |
| 54.7 | Trygve Stanger | 62 | Jessheim | 11.08.1986 |
| 54.8 | Erling Støverud | 08 | Gjøvik | 04.09.1938 |
| 54.8 | Tore Østvang | 52 | Strømmen | 20.08.1972 |
| 54.9 | Kåre-Christian Olsen | 64 | Jessheim | 06.07.1987 |
| 54.9 | Jonas Krossøy | 95 | Jessheim | 30.05.2013 |
| 55.0 | Erik Lerdahl | 10 | Jessheim | 20.08.1933 |
| 55.0 | Odd Kristiansen | 47 | Jessheim | 06.10.1972 |
| 55.0 | Michael Løland | 92 | Jessheim | 18.10.2018 |
| 55.1 | Ivar Gulbrandsen | 21 | Jessheim | 31.07.1948 |
| 55.1 | Svein Skolt | 25 | Jessheim | 31.07.1948 |

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| **MENN SENIOR** | **24** |

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| **400m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 55.3 | Frode Grøndahl | 69 | Lørenfallet | 05.06.1986 |
| 55.4 | Ola Nerhagen | 71 | Jessheim | 24.08.1987 |
| 55.5 | Jan-Olav Arnegård | 71 | Jessheim | 03.10.1988 |
| 55.6 | Kjell Arne Johansen | 44 | Råholt | 22.06.1962 |
| 55.8 | Gunnar Ruud | 17 | Lillestrøm/Vi | 19.08.1939 |
| 55.8 | Nils Teigland | 41 | Oslo/Bi | 25.07.1961 |
| 55.8 | Jørgen Hjelm Bakkerud | 74 | Ski | 25.08.1991 |
| 55.8 | Sven Inge Bråten | 76 | Jessheim | 01.06.1992 |
| 55.9 | Kristoffer Stanger | 33 | Jessheim | 22.08.1956 |
| 55.9 | Kåre Gismervik | 57 | Oslo/Bi | 21.05.1974 |
| 55.9 | Frode Nygård | 69 | Jessheim | 11.06.1988 |
| 56.0 | Dag Rydland | 44 | Råholt | 13.06.1964 |
| 56.1 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 56.1 | Ole Pedersen | 67 | Jessheim | 30.05.1989 |
| 56.2 | Victor Westgaard | 99 | Jessheim | 05.07.1931 |
| 56.3 | Martin Hansen | 47 | Lillestrøm | 22.08.1964 |
| 56.3 | Espen Hofoss | 76 | Jessheim | 23.08.1993 |
| 56.4 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 56.4 | Ronny Opaker | 66 | Jessheim | 11.08.1988 |
| 56.6 | Helge Hofseth | 26 | Jessheim | 31.07.1948 |
| 56.6 | Stein Vik-Strandli | 58 | Oslo/Bi | 21.05.1974 |
| 56.7 | Torgeir Sørum | 45 | Jessheim | 19.08.1965 |
| 56.8 | Otto Lystad | 09 | Jessheim | 05.07.1931 |
| 56.8 | Runar Homble | 72 | Jessheim | 03.10.1988 |
| 56.9 | Paul Trøgstad | 32 | Jessheim | 11.07.1951 |
| 57.0 | Johan N. Wiig | 17 | Lillestrøm/Vi | 19.08.1939 |
| 57.0 | Rolf Damlien | 31 | Jessheim | 11.07.1951 |
| 57.0 | Ivar Opsahl | 47 | Lillestrøm | 14.09.1973 |
| 57.1 | Harald Jahren | 37 | Sand | 07.06.1953 |
| 57.1 | Leif Møster | 34 | Jessheim | 06.09.1958 |
| 57.1 | Pål Korsmo | 71 | Jessheim | 29.05.1986 |
| 57.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 11.08.1986 |
| 57.2 | Lars Stokstad | 18 | Jessheim | 11.07.1937 |
| 57.2 | Hans Wethal | 16 | Jessheim | 16.08.1939 |
| 57.2 | Mathis Bogstad | 10 | Lillestrøm/Vi | 19.08.1939 |
| 57.2 | Hans Kristian Hansen | 41 | Lillestrøm | 02.09.1961 |
| 57.3 | Anders Sandholtbråten | 76 | Jessheim | 23.08.1993 |
| 57.6 | Sverre Smith | 99 | Jessheim | 04.10.1925 |
| 57.6 | Fritz Karlsen | 37 | Strømmen | 22.09.1962 |
| 57.6 | Knut Tørum | 45 | Årnes | 02.06.1984 |
| 57.8 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 57.8 | Magne Haave | 12 | Jessheim | 18.08.1938 |
| 57.8 | Gudbrand Rognerud | 82 | Bjørkelangen | 31.05.2003 |
| 57.9 | Bjørn Engelstad | 42 | Nannestad | 26.07.1959 |

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| **MENN SENIOR** | **25** |

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| **400m M forts.** |  |

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| 57.9 | Hans Petter Syversrud | 69 | Lørenfallet | 18.06.1985 |
| 58.0 | Petter Ørvik | 48 | Råholt | 28.08.1965 |
| 58.1 | Øivind Nilsen | 49 | Råholt | 13.06.1964 |
| 58.4 | Morten Sigvartsen | 53 | Råholt | 19.09.1970 |
| 58.5 | Stein Erik Knoph | 72 | Jessheim | 06.07.1987 |
| 58.6 | Gunnar Thoresen | 13 | Kløfta | 21.09.1932 |
| 58.6 | Halvor Bogstad | 46 | Råholt | 22.08.1968 |
| 58.6 | Andreas Løland | 90 | Jessheim | 12.06.2006 |
| 58.9 | Jens Wethal | 08 | Hauerseter | 25.08.1935 |
| 59.0 | Johan O. Wiig | 10 | Jessheim | 24.08.1930 |
| 59.0 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 59.0 | Kåre Svensson | 61 | Årnes | 11.08.1976 |
| 59.1 | Jacob Hofseth | 13 | Nannestad | 17.09.1938 |
| 59.3 | Kåre Lauten | 13 | Kløfta | 21.07.1935 |
| 59.3 | Ivar Gulbrandsen | 21 | Kløfta | 11.08.1952 |
| 59.5 | Fredrik Falch | 98 | Jessheim | 23.08.1925 |
| 59.6 | Ivar Algarheim | 12 | Kløfta | 21.07.1935 |
| 59.6 | Lars Stokstad | 18 | Jessheim | 20.09.1936 |
| 59.6 | Knut Rimstad | 49 | Oslo/St | 05.06.2000 |
| 59.8 | Knut Tørum | 45 | Jessheim | 30.05.1989 |
| 59.9 | Jon Mikalsen | 57 | Oslo/Bi | 21.05.1974 |
| 60.0 | Halvard Bratberg | 02 | Jessheim | 30.08.1924 |
| 60.0 | Reidar Simonsen | 03 | Eidsvoll | 28.07.1929 |
| 60.0 | John Arve Johansen | 36 | Jessheim | 06.08.1958 |
| 60.0 | Birger Svensson | 40 | Lillestrøm | 28.06.1960 |
| 60.0 | Geir Pedersen | 44 | Råholt | 12.09.1962 |
| 60.0 | Jon Erik Lund | 34 | Råholt | 30.08.1963 |
| 60.1 | Reidar Sand | 04 | Jessheim | 11.08.1931 |
| 60.1 | Kjell Arild Johansen | 58 | Oslo/Bi | 21.05.1974 |
| 60.2 | Einar Lund | 98 | Jessheim | 13.08.1923 |
| 60.2 | Lars Julseth | 01 | Jessheim | 09.09.1923 |
| 60.2 | Håvard Uhlen | 39 | Jessheim | 27.05.1957 |
| 60.3 | Asbjørn Grønlien | 29 | Sand | 19.08.1950 |
| 60.4 | John Backe Bogstad | 61 | Oslo/Bi | 04.09.1974 |
| 60.4 | Martin Fald Gården | 90 | Jessheim | 12.06.2006 |
| 60.5 | Emil Strøm | 90 | Jessheim | 12.06.2006 |
| 60.6 | Harald Kværner | 30 | Sand | 20.08.1950 |
| 60.6 | Ståle Murud | 69 | Jessheim | 30.05.1989 |
| 60.9 | Roger Rønning | 71 | Kirkenær | 23.05.1983 |
| 61.0 | Bjarne Glemmestad | 06 | Jessheim | 08.10.1933 |
| 61.1 | Hans Gystad | 10 | Jessheim | 11.08.1931 |
| 61.3 | Martin Carlson | 71 | Jessheim | 30.05.1989 |
| 61.5 | John Wiig | 35 | Jessheim | 26.08.1953 |
| 62.1 | Magne Furuseth | 53 | Jessheim | 24.06.1969 |

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| **MENN SENIOR** | **26** |

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| **400m M forts.** |  |

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| 62.3 | Andor Hansen | 92 | Jessheim | 17.09.1922 |
| 62.5 | Thorolf Bekkedal | 03 | Jessheim | 21.08.1921 |
| 62.5 | Thorleif Næss | 02 | Lillestrøm/Vi | 21.06.1925 |
| 62.7 | Alt Nordengen | 12 | Jessheim | 09.09.1934 |
| 63.2 | Olaf Tronrud | 08 | Jessheim | 03.07.1938 |
| 63.4 | Arvid Slemdal | 01 | Jessheim | 07.08.1927 |
| 63.6 | Jan Olav Skibakk | 71 | Hauerseter | 14.06.1987 |
| 63.6 | Tor Håkon Mangerud | 84 | Jessheim | 13.07.2000 |
| 63.7 | Torbjørn Næss | 68 | Hauerseter | 14.06.1983 |
| 63.8 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |
| 64.0 | Karl Syversen | 16 | Jessheim | 07.07.1935 |
| 64.4 | Einar Martinsen | 12 | Jessheim | 07.07.1935 |
| 64.9 | Harald Aarhus | 92 | Jessheim | 16.08.1925 |
| 65.2 | Per Kopperud | 39 | Jessheim | 12.09.1959 |
| 67.9 | Rolf Kjærstad | 07 | Jessheim | 13.08.1923 |
| 67.9 | Bjørn Huso | 32 | Sand | 20.08.1950 |
| 68.0 | Harald Furuseth | 07 | Jessheim | 13.08.1923 |
| 69.3 | Knut Lødemel | 54 | Jessheim | 24.06.1969 |
| 69.4 | Knut Lein | 26 | Lørenfallet | 21.06.1980 |

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| **MENN SENIOR** | **27** |

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| **600m** |  |

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| 1:18.01 | Thomas Roth | 91 | Oslo/Bi | 14.05.2021 |
| 1:18.43 | Markus Einan | 97 | Jessheim | 27.08.2016 |
| 1:20.82 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 12.09.2009 |
| 1:21.17 | Sigurd Blom Breivik | 96 | Nadderud | 04.05.2015 |
| 1:21.29 | Håvard Hildeskor | 92 | Lillestrøm | 18.09.2013 |
| 1:21.51 | Terje Snarby | 89 | Oslo/Be | 07.05.2017 |
| 1:22.2 | Vetle Aasland | 91 | Trondheim/St | 29.04.2010 |
| 1:22.42 | Abdirahim Dahir | 94 | Nesodden | 19.08.2021 |
| 1:22.46 | Merith Solomon | 91 | Nesodden | 01.09.2022 |
| 1:22.61 | Trym Fjøsne Hexeberg | 03 | Nesodden | 01.09.2022 |
| 1:23.22 | Sondre Strande Omland | 07 | Nesodden | 01.06.2023 |
| 1:23.34 | Nikolai Solum | 05 | Nesodden | 01.09.2022 |
| 1:23.49 | Sander Rustad Johansen | 06 | Oslo/Bi | 28.04.2024 |
| 1:23.9 | Njord Erlend Wiker | 91 | Trondheim/St | 29.04.2010 |
| 1:24.0 | Andreas Roth | 93 | Trondheim/St | 29.04.2010 |
| 1:24.90 | Simen Gløgård Stensrud | 05 | Nesodden | 11.06.2023 |
| 1:25.11 | Linus Bernhard | 00 | Nesodden | 01.09.2022 |
| 1:25.23 | Johan Sebastian Evensen | 96 | Oslo/Be | 07.05.2017 |
| 1:25.24 | Kristian Tokstad | 00 | Jessheim | 27.08.2016 |
| 1:25.55 | Henrik Hanssen | 97 | Nadderud | 04.05.2015 |
| 1:25.61 | Jonas Krossøy | 95 | Nadderud | 04.05.2015 |
| 1:25.77 | Jostein Steffensen | 96 | Oslo/B | 21.06.2017 |
| 1:25.85 | Ole Kristian Kværner | 05 | Oslo/Bi | 28.04.2024 |
| 1:26.32 | Abdirahim Dahir | 94 | Oslo/Sp | 07.05.2022 |
| 1:26.40 | Halvor Marius Mangerud | 81 | Oslo/Bi | 23.09.2009 |
| 1:26.5 | Markus Høgne | 98 | Bjørkelangen | 07.05.2015 |
| 1:26.67 | Iver Hjelbak Eriksen | 06 | Nesodden | 01.09.2022 |
| 1:27.25 | Benjamin Olsen | 04 | Rud | 04.05.2023 |
| 1:27.44 | Nani Kuli | 01 | Oslo/Sp | 07.05.2022 |
| 1:27.49 | Iver Løvgaard Faksvåg | 09 | Oslo/Bi | 28.04.2024 |
| 1:27.59 | Jørgen Opaker | 97 | Nadderud | 03.05.2016 |
| 1:27.9 | Jostein Sætra Schefte | 96 | Bjørkelangen | 07.05.2015 |
| 1:28.24 | Ole-Martin Sandness | 00 | Oslo/Be | 18.09.2016 |
| 1:28.3 | Claus Nerhagen | 59 | Oslo/Bi | 27.05.1974 |
| 1:28.4 | Gullbrand Julius Aas | 87 | Jessheim | 31.07.2008 |
| 1:28.88 | Jon Gunnar Alfsen | 97 | Nadderud | 06.05.2014 |
| 1:28.9 | Peder Holm | 92 | Lillestrøm | 25.09.2010 |
| 1:28.93 | Espen Hofoss | 76 | Oslo/Bi | 29.09.1994 |
| 1:29.12 | Håkon Prøsch Johnsen | 07 | Oslo/Bi | 28.04.2024 |
| 1:29.2 | Anders Buraas | 92 | Jessheim | 31.07.2008 |
| 1:29.62 | Willian Bowitz | 09 | Oslo/Bi | 28.04.2024 |
| 1:29.64 | Sondre Opaker Øines | 98 | Oslo/Be | 07.05.2017 |
| 1:29.67 | Fredrik Anthi Svinø | 92 | Lillestrøm | 12.09.2009 |
| 1:29.76 | Andreas Lindboe Kværner | 06 | Oslo/Sp | 07.05.2022 |

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| **MENN SENIOR** | **28** |

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| **600m forts.** |  |

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| 1:29.86 | Herman Troye | 08 | Oslo/Bi | 28.04.2024 |
| 1:30.1 | Kevin Fritz | 91 | Jessheim | 31.07.2008 |
| 1:30.23 | Andrè Nilsson | 82 | Jessheim | 22.05.2000 |
| 1:30.35 | Tore Klungland | 97 | Oslo/Be | 07.05.2017 |
| 1:30.4 | John Backe-Bogstad | 61 | Oslo/Bi | 28.08.1975 |
| 1:30.58 | Philip Regbo Gulbrandsen | 07 | Nesodden | 01.06.2023 |
| 1:30.64 | Marcus Eek | 08 | Rud | 04.05.2023 |
| 1:30.8 | Frank Øines | 68 | Jessheim | 01.05.2000 |
| 1:30.91 | Jonas Haarborg Bolgen | 96 | Nadderud | 03.05.2016 |
| 1:30.98 | Mats Tokstad | 00 | Oslo/Be | 07.05.2017 |
| 1:31.6 | Jørn Jevne | 64 | Jessheim | 01.05.2000 |
| 1:31.72 | Trygve Stanger | 62 | Jessheim | 22.05.2000 |
| 1:31.72 | Sigurd Fjeldbo | 82 | Jessheim | 22.05.2000 |
| 1:32.14 | Henrik Schultze Toverud | 04 | Jessheim | 23.05.2020 |
| 1:32.82 | Kristoffer Hvattum | 07 | Oslo/Bi | 28.04.2024 |
| 1:32.84 | Herman Eide Troye | 08 | Nesodden | 01.06.2023 |
| 1:33.37 | Kristoffer Kvilten | 90 | Nadderud | 11.06.2004 |
| 1:33.4 | Kåre Gismervik | 57 | Oslo/Bi | 24.05.1973 |
| 1:34.22 | Kyril Myronium | 09 | Oslo/Bi | 28.04.2024 |
| 1:34.5 | Harald Lindstrøm | 54 | Oslo/Jo | 08.06.1970 |
| 1:34.9 | Stein Vik-Strandli | 58 | Strømmen | 17.06.1973 |
| 1:35.1 | Øivind Kjørmo | 56 | Lillestrøm | 19.09.1971 |
| 1:35.66 | Håkon Prøsch Johnsen | 07 | Nesodden | 01.06.2023 |
| 1:36.27 | Erlend Morthen | 92 | Nadderud | 09.09.2006 |
| 1:36.34 | Andreas Børve | 99 | Nadderud | 06.05.2014 |
| 1:36.4 | KåreSvensson | 61 | Lillestrøm | 25.07.1975 |
| 1:36.7 | John Mikalsen | 57 | Oslo/Bi | 24.05.1973 |
| 1:37.39 | Henrik Schultze Toverud | 04 | Lillestrøm | 26.05.2018 |
| 1:37.5 | Carl Jørgen Owre | 82 | Jessheim | 15.04.2002 |
| 1:37.92 | Sivert Rusten | 08 | Oslo/Bi | 28.04.2024 |
| 1:38.2 | Kjell Åge Moslet | 56 | Jessheim | 06.06.1971 |
| 1:38.88 | Fabian Vibekken | 09 | Nittedal | 06.06.2022 |
| 1:39.25 | Hans Agnar Grønnvoll | 84 | Jessheim | 22.05.2000 |
| 1:39.25 | Fredrik Fyksen Aas | 08 | Oslo/St | 10.09.2022 |
| 1:39.50 | Thomas Løland | 95 | Lillestrøm | 30.05.2009 |
| 1:40.00 | Knut Rimstad | 49 | Jessheim | 22.05.2000 |
| 1:40.87 | Ole Johan Garli | 56 | Jessheim | 22.05.2000 |
| 1:41.15 | Oliver Finstad Nystrøm | 05 | Jessheim | 10.08.2019 |
| 1:41.2 | Per Jota | 59 | Oslo/Bi | 27.05.1974 |
| 1:41.53 | Hans Kærsgaard | 92 | Nadderud | 10.05.2005 |
| 1:42.70 | Sondre Olsson | 93 | Nadderud | 16.06.2007 |
| 1:42.86 | Morten Halseth | 97 | Lillestrøm | 03.09.2011 |
| 1:42.9 | Tor Håkon Mangerud | 84 | Jessheim | 15.04.2002 |
| 1:43.28 | Sander Hasselberg | 98 | Ski | 13.08.2011 |

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| **MENN SENIOR** | **29** |

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| **600m forts.** |  |

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| 1:43.4 | Stian Fredriksen | 81 | Jessheim | 22.04.2000 |
| 1:44.0 | Jon Henriksen | 60 | Lillestrøm | 22.06.1973 |
| 1:44.07 | Simen Hasselberg | 98 | Oslo/Bi | 21.08.2011 |
| 1:44.7 | Geir Austberg | 59 | Oslo/Bi | 24.05.1973 |
| 1:44.81 | Andreas Løland | 90 | Nadderud | 11.06.2004 |
| 1:45.06 | Michael Løland | 92 | Nadderud | 10.09.2005 |
| 1:45.09 | Eivind Tronsli | 90 | Nadderud | 11.06.2004 |
| 1:45.77 | Adisak Sween | 98 | Nadderud | 06.05.2014 |
| 1:45.88 | Jørgen Gundersen | 95 | Asker/Fø | 01.06.2008 |
| 1:45.6 | Christer Amundsen | 92 | Oslo/Bi | 24.08.2006 |
| 1:46.52 | Rene Fredheim Larsen | 97 | Lillestrøm | 29.05.2010 |
| 1:46.97 | Sondre Westby Liestøl | 99 | Oslo/Bi | 19.08.2012 |
| 1:47.02 | Christian Løland | 97 | Lillestrøm | 29.05.2010 |
| 1:47.02 | Sondre Liestøl | 99 | Nadderud | 06.05.2014 |
| 1:47.05 | Ole Eriksen | 91 | Jessheim | 22.08.2005 |
| 1:47.89 | Nils Luke | 90 | Nadderud | 11.06.2004 |
| 1:48.26 | Andreas Fyksen Aas | 08 | Nadderud | 10.06.2022 |
| 1:48.59 | Marius Myren | 08 | Rud | 04.05.2023 |
| 1:48.7 | Arne Gismervik | 61 | Strømmen | 11.09.1974 |
| 1:49.3 | Frode Myrvang | 67 | Stjørdal | 15.07.2020 |
| 1:49.6 | Kjell Arne Johansen | 58 | Blaker/Br | 23.09.1973 |
| 1:50.2 | Frode Bekken | 59 | Råholt | 10.09.1972 |
| 1:50.45 | Marius Myren | 09 | Jessheim | 06.08.2022 |
| 1:50.5 | Kåre Svensson | 62 | Strømmen | 11.09.1974 |
| 1:50.8 | Vetle Christiansen | 95 | Jessheim | 04.06.2007 |

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| **MENN SENIOR** | **30** |

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| **800m** |  |

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| 1:45.75 | Thomas Roth | 91 | Oslo/Bi | 07.06.2018 |
| 1:46.77 | Andreas Kramer | 97 | Oslo/Bi | 13.06.2019 |
| 1:47.10 | Andreas Roth | 93 | Oslo/Bi | 11.07.2014 |
| 1:47.64 | Markus Einan | 97 | Oordegem, BEL | 26.05.2018 |
| 1:48.32 | Elias Ottosen | 93 | Tønsberg/Gr | 24.05.2014 |
| 1:50.40 | Vetle Aasland | 91 | Jessheim | 21.09.2012 |
| 1:50.85 | Andreas Fjeld Halvorsen | 05 | Nittedal | 17.08.2024 |
| 1:50.91 | Benjamin Olsen | 04 | Tønsberg/Gr | 21.05.2022 |
| 1:50.92 | Sigurd Blom Breivik | 96 | Leiden, NED | 11.06.2016 |
| 1:50.94 | Sverre Blom Breivik | 96 | Sollentuna, SWE | 28.06.2016 |
| 1:51.62 | Håvard Hildeskor | 92 | Göteborg, SWE | 29.06.2014 |
| 1:51.67 | Terje Snarby | 89 | Stockholm, SWE | 25.06.2015 |
| 1:52.13 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 08.07.2012 |
| 1:52.61 | Hans Jørgen Borgen | 70 | Raufoss | 27.06.1989 |
| 1:52.62 | Theodor Hansen | 06 | Gøteborg, SWE | 04.09.2024 |
| 1:52.95 | Hauk Are Fjeld | 94 | Nadderud | 11.06.2016 |
| 1:53.29 | Merith Solomon | 91 | Tønsberg/Gr | 20.05.2023 |
| 1:53.56 | Sondre Strande Omland | 07 | Tønsberg/Gr | 21.08.2022 |
| 1:53.4 | Trygve Stanger | 62 | Bjørkelangen | 30.08.1987 |
| 1:53.85 | Kristian Bråthen Børve | 06 | Bodø | 04.08.2024 |
| 1:53.97 | Henrik Hanssen | 97 | Oslo/Bi | 18.06.2024 |
| 1:54.47 | Lukas Buncic | 07 | Nittedal | 17.08.2024 |
| 1:54.49 | Trym Fjøsne-Hexeberg | 03 | Jessheim | 06.07.2023 |
| 1:54.5 | Raymond Trondsen | 47 | Oslo/Bi | 06.08.1974 |
| 1:54.67 | Sondre Søgård Lehmann | 07 | Jessheim | 06.07.2023 |
| 1:54.77 | Senay Fissehatsion | 95 | Oslo/Bi | 07.07.2021 |
| 1:54.90 | Marith Solomon | 91 | Nittedal | 17.09.2022 |
| 1:55.13 | Philip Gulbrandsen | 07 | Tønsberg/Gr | 10.05.2024 |
| 1:55.33 | Jørgen Frost Bø | 94 | Oslo/Bi | 17.08.2013 |
| 1:55.51 | Nahan Tewelde | 06 | Bergen/Fa | 10.09.2023 |
| 1:55.60 | Abdirahim Dahir | 94 | Oslo/Bi | 03.09.2020 |
| 1:55.75 | Elias Ottosen | 93 | Oslo/Bi | 24.06.2015 |
| 1:55.89 | Mats Morgan Landøy | 01 | Oslo/Bi | 17.07.2019 |
| 1:56.13 | Ivar Moen | 65 | Oslo/Bi | 18.05.1989 |
| 1:56.27 | Itri Amazigh | 70 | Jessheim | 20.06.1994 |
| 1:56.3 | Odd Mikkelsen | 37 | Råholt | 27.06.1967 |
| 1:56.33 | Haakon Sørstad | 08 | Nittedal | 17.08.2024 |
| 1:56.35 | Andreas Lindebø Kværner | 06 | Oslo/Bi | 01.09.2024 |
| 1:56.4 | Claus Nerhagen | 59 | Oslo/Bi | 20.06.1977 |
| 1:56.49 | Nikolai Solum | 05 | Göteborg, SWE | 17.06.2022 |
| 1:56.55 | Simen Gløgård Stensrud | 05 | Tønsberg/Gr | 21.05.2022 |
| 1:56.99 | Anders Sandholtbråten | 76 | Jessheim | 20.06.1994 |
| 1:57.2 | Bjørn Tore Ottersen | 66 | Jessheim | 01.08.1986 |
| 1:57.34 | Njord Erlend Wiker | 91 | Göteborg, SWE | 04.07.2010 |

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| **MENN SENIOR** | **31** |

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| **800m forts.** |  |

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| 1:57.39 | Eirik Richenberg | 94 | Brandbu | 22.05.2013 |
| 1:57.55 | Markus Høgne | 98 | Oslo/Bi | 28.06.2015 |
| 1:57.6 | Harald Lindstrøm | 54 | Oslo/Bi | 13.09.1974 |
| 1:57.7 | Einar Hellum | 47 | Råholt | 28.08.1966 |
| 1:57.7 | Vidar Birkelund | 56 | Jessheim | 31.07.1987 |
| 1:57.77 | Nikolai Smestad | 92 | Oslo/Bi | 03.09.2013 |
| 1:57.79 | Kjetil Brynhildsen | 71 | Oslo/Bi | 13.07.1993 |
| 1:57.80 | Abdirahim Dahir | 94 | Oslo/Bi | 29.05.2022 |
| 1:57.9 | Kjell Frostelid | 61 | Porsgrunn/Kj | 18.05.1985 |
| 1:58.17 | Linus Christian Bernhard | 00 | Nittedal | 17.09.2022 |
| 1:58.17 | Erlend Magnus Homble | 04 | Sandnes | 26.08.2023 |
| 1:58.19 | Stian Klungland | 93 | Oslo/Bi | 19.05.2011 |
| 1:58.2 | Frank Øines | 68 | Jessheim | 17.08.1998 |
| 1:58.30 | Halvor Marius Mangerud | 81 | Lillestrøm | 04.07.2011 |
| 1:58.36 | Øistein Syversen | 52 | Oslo/Bi | 20.06.1985 |
| 1:58.37 | Frode Nygård | 69 | Jessheim | 27.06.1992 |
| 1:58.43 | Sander Rustad Johansen | 06 | Oslo/Bi | 02.06.2024 |
| 1:58.46 | Ivar Hjelbak-Eriksen | 06 | Oslo/Bi | 01.09.2024 |
| 1:58.78 | Carl Johan Owre | 82 | Lillehammer/Ss | 02.07.2000 |
| 1:58.9 | Fred Are Kjernli | 64 | Oslo/St | 10.07.1981 |
| 1:59.05 | Ole-Kristian Lindebø Kværner | 05 | Rud | 15.06.2024 |
| 1:59.1 | Kjell Vidar Solheim | 70 | Jessheim | 19.06.1996 |
| 1:59.22 | Jostein Steffensen | 96 | Oslo/Bi | 24.06.2016 |
| 1:59.24 | Erling Klokkehaug | 91 | Nittedal | 02.06.2018 |
| 1:59.3 | Anders Buraas | 92 | Oslo/Bi | 05.09.2009 |
| 1:59.33 | Johan Sebastian Evensen | 96 | Oslo/Bi | 24.06.2016 |
| 1:59.6 | Torgeir Sørum | 45 | Råholt | 27.08.1967 |
| 1:59.6 | Jens Petter Kværner | 60 | Oslo/Bi | 29.06.1980 |
| 1:59.6 | Thorstein Gystad | 67 | Oslo/Bi | 14.08.1986 |
| 1:59.61 | Emil Nordal | 03 | Trondheim/St | 14.08.2022 |
| 1:59.72 | Håkon Hanssønn Jacobsen | 96 | Nittedal | 02.06.2018 |
| 1:59.73 | Iver Løvgaard Faksvåg | 09 | Oslo/Bi | 02.06.2024 |
| 1:59.75 | Kristian Tokstad | 00 | Nittedal | 16.05.2016 |
| 1:59.8 | Hans Georg Haug | 67 | Jessheim | 01.08.1986 |
| 1:59.98 | Fredrik Fuglerud | 89 | Göteborg, SWE | 01.07.2007 |
| 1:59.99 | Jonas Krossøy | 95 | Oslo/Bi | 18.08.2012 |
| 2:00.14 | Dag Håkon Eriksen | 73 | Sofiemyr | 14.06.1992 |
| 2:00.3 | Svein Skolt | 25 | Oslo/Bi | 06.06.1950 |
| 2:00.3 | Odd Harstad | 44 | Bergen/Fa | 28.07.1984 |
| 2:00.52 | Nani Kula | 01 | Nittedal | 21.08.2021 |
| 2:00.53 | Ole Fredrik Mørck | 62 | Oslo/Bi | 01.09.1992 |
| 2:00.54 | Iver Hjelbak-Eriksen | 06 | Nittedal | 20.08.2022 |
| 2:00.62 | Jostein Nyquist | 91 | Lillehammer/Ss | 21.06.2009 |
| 2:00.77 | Åsmund Wennemo | 94 | Lillestrøm | 03.07.2012 |

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| **MENN SENIOR** | **32** |

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| **800m forts.** |  |

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| 2:00.86 | Morten Kristiansen | 69 | Jessheim | 20.06.1994 |
| 2:01.1 | Gullbrand Julius Aas | 87 | Jessheim | 04.06.2007 |
| 2:01.2 | Francesco Bazzanella | 87 | Jessheim | 16.08.2004 |
| 2:01.24 | Gard Smevik Tørum | 03 | Oslo/Bi | 29.05.2022 |
| 2:01.3 | Kjell Stokkan | 66 | Stjørdal | 17.08.1988 |
| 2:01.39 | Fabian Vibekken | 09 | Lillehammer/Ss | 23.06.2024 |
| 2:01.57 | Jon Gunnar Alfsen | 97 | Lillestrøm | 24.05.2014 |
| 2:01.62 | Ole Johan Pedersen | 67 | Jessheim | 03.07.1989 |
| 2:01.68 | Sander Rustad Johansen | 06 | Sandnes | 26.08.2023 |
| 2:01.76 | Jørgen Opaker | 97 | Nadderud | 18.06.2017 |
| 2:01.8 | Odd Arild Døskeland | 44 | Nadderud | 27.08.1973 |
| 2:01.8 | Inge Nessiøy | 57 | Jessheim | 22.08.1988 |
| 2:01.80 | Marcus Bye Jacobsen | 07 | Oslo/Bi | 01.09.2024 |
| 2:01.9 | Nils Teigland | 41 | Råholt | 08.10.1961 |
| 2:01.99 | Fredrik Anthi Svinø | 92 | Oslo/Bi | 19.05.2010 |
| 2:02.00 | Christopher Wiig | 73 | Sofiemyr | 14.06.1992 |
| 2:02.1 | Nils Kristen Wiig | 43 | Oslo/Bi | 23.07.1969 |
| 2:02.1 | Arve Bogstad | 41 | Oslo/Bi | 26.08.1971 |
| 2:02.1 | Arne Luke | 44 | Lillestrøm | 19.08.1972 |
| 2:02.52 | Marcus Eek | 08 | Lillehammer/Ss | 23.06.2024 |
| 2:02.62 | Håkon Prøsch Johnsen | 07 | Tønsberg/Gr | 10.05.2024 |
| 2:02.8 | Thor Martin Furuseth | 41 | Oslo/Bi | 13.08.1959 |
| 2:02.8 | Rune Skinnerlien | 69 | Jessheim | 14.09.1988 |
| 2:02.89 | Ronny Opaker | 66 | Oslo/Bi | 13.07.1988 |
| 2:02.9 | Thue Holme | 52 | Oslo/St | 17.08.1977 |
| 2:02.97 | Stian Fredriksen | 81 | Oslo/St | 05.09.1988 |
| 2:03.2 | Peder Holm | 92 | Oslo/Bi | 28.08.2010 |
| 2:03.4 | Rolv-Eirik Nyheim | 47 | Oslo/La | 07.06.1984 |
| 2:03.6 | Rolf Damlien | 31 | Jessheim | 03.08.1952 |
| 2:03.63 | Markus Høgne | 98 | Oslo/Bi | 26.08.2018 |
| 2:03.65 | Khalid Ahmed | 05 | Nittedal | 17.08.2024 |
| 2:03.8 | Jan Tofte | 31 | Jessheim | 03.08.1952 |
| 2:04.1 | Erik Lerdahl | 10 | Jessheim | 13.09.1939 |
| 2:04.2 | Stein Erik Knoph | 72 | Nadderud | 19.06.1987 |
| 2:04.13 | Kevin Fritz | 91 | Prestfoss | 31.08.2008 |
| 2:04.30 | Ole Martin Sandness | 00 | Nadderud | 13.09.2016 |
| 2:04.36 | Hermann Eide Troye | 08 | Tønsberg/Gr | 10.05.2024 |
| 2:04.37 | Odin Fjøsne Hexeberg | 05 | Gøteborg, SWE | 02.07.2023 |
| 2:04.46 | Bjørnar Bjørnstad | 93 | Oslo/Bi | 24.07.2012 |
| 2:04.5 | Runar Homble | 72 | Jessheim | 17.08.1992 |
| 2:04.70 | Tobias Finstad Mandt | 05 | Brandbu | 22.06.2022 |
| 2:04.71 | Stian Aaserud | 81 | Nadderud | 21.06.1997 |
| 2:04.72 | Jens Kristian Aas | 05 | Oslo/Bi | 29.05.2022 |
| 2:04.8 | Ivar Gulbrandsen | 21 | Oslo/Jo | 07.09.1947 |

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| **MENN SENIOR** | **33** |

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| **800m forts.** |  |

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| 2:04.87 | Janis Arsenikovs | 83 | Brandbu | 23.09.2023 |
| 2:05.03 | Espen Hofoss | 76 | Skien | 05.08.1994 |
| 2:05.1 | Jan-Olav Arnegård | 71 | Jessheim | 22.08.1988 |
| 2:05.3 | Terje Svendsen | 48 | Oslo/Bi | 19.09.1975 |
| 2:05.4 | Kjell Reiestad | 46 | Jessheim | 20.06.1968 |
| 2:05.6 | Øivind Gulbrandsen | 51 | Jessheim | 20.06.1968 |
| 2:05.88 | Tore Klungland | 97 | Lillestrøm | 27.05.2017 |
| 2:05.9 | Bjørn Ingvar Jensen | 66 | Strømmen | 12.06.1982 |
| 2:06.0 | Stein Teksum | 53 | Rolvsrud | 10.06.1980 |
| 2:06.12 | Espen Næss | 94 | Lillehammer/Ss | 24.06.2012 |
| 2:06.18 | Sondre Opaker Øines | 98 | Nadderud | 18.06.2017 |
| 2:06.44 | Roger Mohagen | 76 | Lillehammer/Ss | 26.06.1994 |
| 2:06.48 | Andrè Nilsson | 82 | Lillehammer/Ss | 27.06.1999 |
| 2:06.6 | Erling Støverud | 08 | Jessheim | 08.09.1925 |
| 2:06.7 | Sverre Fosstvedt | 47 | Råholt | 22.08.1971 |
| 2:06.7 | Erlend Skare | 73 | Jessheim | 14.08.1995 |
| 2:06.8 | Harald Jahren | 37 | Lillestrøm | 22.08.1954 |
| 2:06.88 | Gudbrand Rognstad | 82 | Jessheim | 22.08.2005 |
| 2:07.0 | John Backe-Bogstad | 61 | Hønefoss | 14.09.1975 |
| 2:07.13 | Øivind Lund | 83 | Jessheim | 22.08.2005 |
| 2:07.2 | Frode Grøndahl | 69 | Oslo/La | 16.05.1985 |
| 2:07.2 | Edward Hughes | 71 | Jessheim | 15.08.1971 |
| 2:07.22 | Kåre- Christian Olsen | 64 | Jessheim | 03.07.1989 |
| 2:07.40 | Jonas Haarborg Bolgen | 96 | Lillehammer7Ss | 24.06.2012 |
| 2:07.6 | Johannes Bruvik | 36 | Råholt | 25.07.1956 |
| 2:07.64 | Henrik Schultze Toverud | 04 | Lillestrøm | 22.05.2022 |
| 2:07.7 | Frank Finstad | 48 | Lørenfallet | 25.06.1983 |
| 2:07.75 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 01.07.2001 |
| 2:07.90 | Adrian Litwic | 86 | Stjørdal | 22.06.2024 |
| 2:08.0 | Hans Kristian Hansen | 41 | Jessheim | 24.08.1958 |
| 2:08.4 | Hans Wethal | 16 | Jessheim | 18.07.1939 |
| 2:08.4 | Håvard Uhlen | 39 | Lillestrøm | 28.08.1960 |
| 2:08.4 | Morten Andersen | 72 | Jessheim | 18.09.1988 |
| 2:08.5 | Kristoffer Stanger | 33 | Lillestrøm/Vi | 20.091.950 |
| 2:08.5 | Sigurd Fjeldbo | 82 | Jessheim | 17.08.1998 |
| 2:08.50 | Sander Stuwe | 06 | Oslo/Bi | 01.09.2024 |
| 2:08.8 | Sven Inge Bråten | 76 | Jessheim | 24.09.1992 |
| 2:08.87 | Kristoffer Kvilten | 90 | Göteborg, SWE | 02.07.2005 |
| 2:09.0 | Arne Nyland | 36 | Råholt | 24.08.1969 |
| 2:09.2 | Øyvind Sigvartsen | 81 | Jessheim | 17.08.1998 |
| 2:09.24 | Ole Skolt | 53 | Jessheim | 27.06.1992 |
| 2:09.4 | Helge Hofseth | 26 | Hauerseter | 06.08.1949 |
| 2:09.4 | Asle Backe-Bogstad | 63 | Jessheim | 19.08.1979 |
| 2:09.5 | Kristian Monsen | 77 | Jessheim | 19.09.2009 |

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| **MENN SENIOR** | **34** |

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| **800m forts.** |  |

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| 2:09.50 | Mats Tokstad | 00 | Nadderud | 11.06.2016 |
| 2:09.6 | Alf Roger Holme | 77 | Jessheim | 19.08.1996 |
| 2:09.7 | Kåre Svensson | 61 | Strømmen | 20.06.1976 |
| 2:09.82 | Andreas Ullern Tonning | 04 | Brandbu | 22.06.2022 |
| 2:09.99 | Simon Skeide Paulsen | 06 | Oslo/Bi | 25.08.2022 |
| 2:10.0 | Jon Martinsen | 47 | Lillestrøm | 23.08.1964 |
| 2:10.04 | Ståle Murud | 69 | Jessheim | 03.07.1989 |
| 2:10.07 | Halvor Løvli | 03 | Jessheim | 07.09.2019 |
| 2:10.1 | Jan Rustad | 40 | Lørenfallet | 21.06.1980 |
| 2:10.18 | Andreas Løland | 90 | Oslo/St | 09.08.2006 |
| 2:10.3 | Johan O. Wiig | 10 | Jessheim | 10.09.1933 |
| 2:10.3 | Steinar Gressløs | 53 | Lørenfallet | 07.06.1994 |
| 2:10.32 | Fabian Vibekken | 09 | Gøteborg, SWE | 01.07.2023 |
| 2:10.35 | Emil Strøm | 90 | Lillehammer/Ss | 24.06.2007 |
| 2:10.4 | Halvard Bålsrud | 29 | Hauerseter | 06.08.1949 |
| 2:10.54 | Jens Kristian Aas | 05 | Lillehammer/Ss | 25.06.2023 |
| 2:10.8 | Terje Mikalsen | 43 | Strømmen | 03.09.1961 |
| 2:10.87 | Kristian Brenni | 02 | Bergen/Fa | 02.09.2017 |
| 2:10.89 | Jostein Sætre Schefte | 96 | Lisleby | 08.08.2014 |
| 2:11.0 | Eirik Horverak | 73 | Jessheim | 17.08.1992 |
| 2:11.6 | Anders Carlson | 71 | Jessheim | 17.08.1992 |
| 2:11.8 | Lars Stokstad | 18 | Gan | 01.08.1937 |
| 2:11.8 | Torbjørn Næss | 68 | Lørenfallet | 03.06.1986 |
| 2:11.86 | Øyvind Solberg | 75 | Gøteborg, SWE | 18.08.2024 |
| 2:11.9 | Martin Hansen | 48 | Lillestrøm | 23.08.1964 |
| 2:12.0 | Kjell Carlsson | 44 | Råholt | 01.07.1970 |
| 2:12.09 | Erlend Morthen | 92 | Oslo/Bi | 28.08.2010 |
| 2:12.10 | Adisak Sween | 98 | Nadderud | 14.06.2014 |
| 2:12.01 | Martin Carlsson | 68 | Jessheim | 03.07.1989 |
| 2:12.08 | Ole Petter Kjærstad | 80 | Jessheim | 26.08.1998 |
| 2:12.1 | Harald Furuseth | 07 | Jessheim | 14.08.1931 |
| 2:12.1 | Pål Slemdal | 72 | Jessheim | 06.06.1988 |
| 2:12.10 | Krister Hvattum | 07 | Rud | 15.06.2024 |
| 2:12.13 | Grzegorz Kosel | 82 | Stjørdal | 22.06.2024 |
| 2:12.18 | Lars Lysbakken | 82 | Jessheim | 27.05.1999 |
| 2:12.4 | Leif Nicolaysen | 76 | Jessheim | 14.08.1995 |
| 2:12.7 | Michael Løland | 92 | Jessheim | 04.10.2014 |
| 2:12.71 | Eirik Bjørk Halvorsen | 04 | Jessheim | 10.08.2019 |
| 2:12.9 | Knut Tørum | 45 | Jessheim | 05.06.1989 |
| 2:13.1 | Jogeir Riise | 12 | Jessheim | 18.07.1939 |
| 2:13.1 | Finn Ugletveit | 49 | Lillestrøm | 10.09.1967 |
| 2:13.2 | Kjell Kristoffersen | 28 | Jessheim | 18.08.1951 |
| 2:13.2 | Kristian Finstad | 79 | Jessheim | 16.08.1999 |
| 2:13.5 | Øyvind Arnegård | 75 | Jessheim | 17.08.1992 |

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| **MENN SENIOR** | **35** |

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| **800m forts.** |  |

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| 2:13.5 | Espen Pettersen | 66 | Jessheim | 29.08.1994 |
| 2:13.7 | Lauritz Lund | 06 | Jessheim | 14.08.1931 |
| 2:13.8 | Sverre Sørensen | 18 | Lillestrøm/Vi | 03.08.1949 |
| 2:13.8 | Arne Gulbrandsen | 44 | Jessheim | 07.09.1962 |
| 2:13.8 | Morten Furuseth | 53 | Råholt | 20.09.1970 |
| 2:13.89 | Jonas Kveen | 03 | Lillestrøm | 22.05.2022 |
| 2:13.9 | Bjørn Hellum | 48 | Råholt | 29.08.1965 |
| 2:14.10 | Espen Bjørnstad | 95 | Oslo/Bi | 04.06.2011 |
| 2:14.39 | Tor Eilert Navestad | 81 | Oslo/Bi | 12.06.1999 |
| 2:14.4 | Thomas Lundring | 75 | Bjørkelangen | 10.09.1989 |
| 2:14.5 | Hans Kristian Hoff | 40 | Jessheim | 24.08.1958 |
| 2:14.6 | Øivind Kjørmo | 56 | Blaker/Br | 20.06.1971 |
| 2:14.8 | Odd Kinnsbekken | 48 | Råholt | 01.07.1970 |
| 2:14.8 | Pål Korsmo | 71 | Raufoss | 18.08.1985 |
| 2:15.1 | Knut Rimstad | 49 | Jessheim | 16.08.1999 |
| 2:15.26 | Geir Håkon Bjørnstad | 56 | Jessheim | 03.07.1989 |
| 2:15.27 | Emil Strøm | 90 | Lillehammer/Ss | 25.06.2006 |
| 2:15.39 | Ivar Skedsmo | 55 | Jessheim | 27.06.1992 |
| 2:15.4 | Mads Johansson | 78 | Jessheim | 19.08.1996 |
| 2:15.5 | Shaun Matheson | 43 | Råholt | 11.06.1961 |
| 2:15.5 | Tom Trzebinsky | 79 | Jessheim | 26.09.1994 |
| 2:15.51 | Kenneth Vestgøte | 76 | Nadderud | 17.06.1994 |
| 2:15.75 | Martin Fald Gården | 90 | Lillehammer/Ss | 26.06.2005 |
| 2:15.95 | Thomas Randem | 71 | Bjørkelangen | 05.06.1993 |
| 2:16.16 | Tor Håkon Mangerud | 84 | Jessheim | 19.08.2001 |
| 2:16.3 | Tore Østvang | 52 | Råholt | 01.09.1966 |
| 2:16.3 | Frode Liland | 65 | Skotterud | 24.06.1979 |
| 2:16.3 | Martin Lundemo Syversen | 92 | Jessheim | 28.09.2013 |
| 2:16.38 | Paul Raastad | 73 | Jessheim | 03.07.1989 |
| 2:16.4 | Paul Trøgstad | 32 | Jessheim | 18.08.1951 |
| 2:16.97 | Ole Johan Garli | 56 | Jessheim | 27.05.1999 |
| 2:16.9 | Lars Øyre | 54 | Jessheim | 23.08.1996 |
| 2:17.0 | Tom Kristiansen | 22 | Oslo/Jo | 07.09.1947 |
| 2:17.0 | Martin Furuseth | 53 | Strømmen | 07.09.1969 |
| 2:17.1 | Steinar Pleym Hoel | 83 | Jessheim | 18.08.1997 |
| 2:17.14 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03.07.1989 |
| 2:17.48 | Petter Lyngmo | 81 | Nadderud | 14.06.1996 |
| 2:17.6 | Sverre Einarsen | 02 | Jessheim | 07.08.1921 |
| 2:17.61 | Sondre Olsson | 91 | Lillestrøm | 27.05.2008 |
| 2:17.71 | Jacob Hoel | 08 | Jessheim | 11.08.2023 |
| 2:17.7 | Mads Jakobsson | 78 | Jessheim | 29.08.1994 |
| 2:17.8 | Arvid Bårdslistuen | 55 | Nannestad | 04.06.1970 |
| 2:17.9 | Erik Gustavson | 59 | Jessheim | 22.09.2007 |
| 2:18.1 | Ola Nerhagen | 71 | Jessheim | 23.09.1985 |

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| **MENN SENIOR** | **36** |

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| **800m forts.** |  |

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| 2:18.19 | Dag Frode Bjerke | 66 | Jessheim | 27.05.1999 |
| 2:18.3 | Alfred Skedsmo | 30 | Hauerseter | 06.08.1949 |
| 2:18.5 | Per Olav Ramstad | 78 | Jessheim | 18.06.1994 |
| 2:18.66 | Eirik Haus | 79 | Sofiemyr | 05.06.1994 |
| 2:18.68 | Thomas Løland | 95 | Lillehammer/Ss | 21.06.2009 |
| 2:18.7 | Knut Johan Holter | 61 | Jessheim | 23.09.2006 |
| 2:18.9 | Espen Langrusten | 82 | Jessheim | 16.09.1999 |
| 2:19.0 | Erik Johansen | 68 | Jessheim | 14.08.1995 |
| 2:19.37 | Thomas Randem | 71 | Jessheim | 20.06.1994 |
| 2:20.3 | Jon Andersen | 73 | Jessheim | 29.06.1986 |
| 2:20.3 | Anders Knudsen | 73 | Jessheim | 19.08.1996 |
| 2:21.12 | Vetle Christiansen | 94 | Nesodden | 15.08.2009 |
| 2:21.5 | Per Arne Østerud | 81 | Jessheim | 16.08.1999 |
| 2:22.12 | Fredrik Fyksebn Aas | 08 | Oslo/St | 15.05.2022 |
| 2:22.9 | Leif Nicolaysen | 76 | Jessheim | 19.08.1986 |
| 2:23.1 | Ivar Lund | 53 | Årnes | 17.08.1969 |
| 2:24.05 | Andreas Kastel | 02 | Lillestrøm | 27.05.2017 |
| 2:24.08 | Per Kristian Aarstad | 86 | Jessheim | 18.08.2001 |
| 2:24.1 | John Arne Johansen | 36 | Kløfta | 18.09.1958 |
| 2:24.2 | Egil Ødemark | 41 | Jessheim | 20.05.1994 |
| 2:25.2 | Gunnar Aas | 09 | Jessheim | 04.10.1925 |
| 2:25.2 | Atle Sander | 71 | Jessheim | 22.08.1988 |
| 2:25.2 | Johnny Røsåsen | 44 | Jessheim | 14.08.1995 |
| 2:25.30 | Lasse Johannesen | 79 | Jessheim | 17.09.2020 |
| 2:25.7 | Thor Lasse Johansen (Løland) | 63 | Gardermoen | 26.08.1978 |
| 2:25.8 | Thorleif Næss | 02 | Jessheim | 07.08.1921 |
| 2:25.83 | Markus Finskud | 04 | Nadderud | 15.06.2019 |
| 2:26.02 | Iver Løvgaard Faksvåg | 09 | Nittedal | 23.08.2020 |
| 2:26.2 | Einar Wethal | 05 | Jessheim | 04.10.1925 |
| 2:26.2 | Rolf Halseth | 65 | Jessheim | 18.09.2010 |
| 2:27.0 | Per Ødegård | 29 | Kløfta | 18.08.1958 |
| 2:27.32 | Trym Rostad | 91 | Oslo/Bi | 16.08.2008 |
| 2:27.40 | Bjørn Olav Hem | 79 | Nadderud | 17.06.1994 |
| 2:27.79 | Lasse Johannesen | 79 | Jessheim | 27.09.2018 |
| 2:27.9 | Atle Sander | 71 | Jessheim | 21.08.1989 |
| 2:27.97 | Ørjan Rogne Rise | 73 | Jessheim | 17.09.2020 |
| 2.28.2 | Erik Gustavson | 59 | Jessheim | 18.09.2010 |
| 2:29.1 | Ole Eriksen | 91 | Jessheim | 23.09.2006 |
| 2:29.44 | Andreas Fyksen Aas | 08 | Brandbu | 22.06.2022 |
| 2:29.54 | Nils Luke | 90 | Lillehammer/Ss | 27.06.2004 |
| 2:30.0 | Anton Gystad | 90 | Jessheim | 07.08.1921 |
| 2:30.6 | Pål Berg-Knutsen | 64 | Jessheim | 15.10.2016 |
| 2:30.7 | Jan Erik Rybråten | 53 | Ski | 11.06.2007 |
| 2:30.9 | Arne Hansen | 65 | Skotterud | 24.06.1979 |
| 2:31.0 | Lars Sundby | 09 | Jessheim | 04.10.1925 |

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| **MENN SENIOR** | **37** |

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| **800m forts.** |  |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 1:44.87 | Andreas Kramer Svensk rek.sen. | 97 | Ostrava, CZE | 08.09.2020 |

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| **MENN SENIOR** | **38** |

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| **1000m** |  |

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| 2:21.14 | Thomas Roth | 91 | Göteborg, SWE | 05.09.2015 |
| 2:28.30 | Vetle Aasland | 91 | Karlstad, SWE | 23.07.2009 |
| 2:29.39 | Hauk Are Fjeld | 94 | Göteborg, SWE | 15.07.2016 |
| 2:30.69 | Henrik Hanssen | 97 | Rud | 04.05.2023 |
| 2:31.03 | Trym Fjøsne-Hexeberg | 03 | Rud | 04.05.2023 |
| 2:32.67 | Nahon Tewelde | 06 | Rud | 04.05.2023 |
| 2:32.8 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |
| 2:33.10 | Kristian Bråthen Børve | 06 | Rud | 04.05.2023 |
| 2:35.90 | Robin Emil Kronqvist | 00 | Rud | 04.05.2023 |
| 2:35.93 | Stian Klungland | 93 | Nadderud | 03.05.2011 |
| 2:38.17 | Sigurd Skjeseth | 96 | Rud | 04.05.2023 |
| 2:38.3 | Arne Luke | 44 | Lørenfallet | 01.08.1972 |
| 2:38.59 | Merith Solomon | 91 | Oslo/Sp | 07.05.2022 |
| 2:40.40 | Iver Hjelbak-Eriksen | 06 | Oslo/Sp | 07.05.2022 |
| 2:40.7 | Fred Arild Kjernli | 64 | Arvika, SWE | 17.07.1982 |
| 2:41.3 | Hans Georg Haug | 67 | Jessheim | 27.09.1986 |
| 2:41.6 | Anders Sandholtbråten | 76 | Jessheim | 27.09.1993 |
| 2:43.26 | Gard Smevik Tørum | 03 | Oslo/Sp | 07.05.2022 |
| 2:43.28 | Jens Kristian Aas | 05 | Oslo/Sp | 07.05.2022 |
| 2:43.5 | Raymond Trondsen | 47 | Lørenfallet | 01.08.1972 |
| 2:44.28 | Andreas Ullern Tonning | 04 | Oslo/Sp | 07.05.2022 |
| 2:45.12 | Ole-Kristian Lindboe Kværner | 05 | Rud | 04.05.2023 |
| 2:45.4 | John Backe-Bogstad | 61 | Arvika, SWE | 20.07.1975 |
| 2:47.31 | Adrian Litwic | 86 | Oslo/Sp | 07.05.2022 |
| 2:50.99 | Jonas Kveen | 03 | Oslo/Sp | 07.05.2022 |
| 2:51.14 | Tobias Finstad Mandt | 05 | Oslo/Sp | 07.05.2022 |
| 2:52.5 | Claus Nerhagen | 59 | Oslo/Bi | 04.10.1974 |
| 2:54.1 | Nils Kristen Wiig | 43 | Lørenfallet | 01.08.1972 |
| 2:54.11 | Simon Skeide Paulsen | 06 | Oslo/Sp | 07.05.2022 |
| 2:56.29 | Filip Kronqvist | 94 | Rud | 04.05.2023 |
| 2:57.7 | Thomas Randem | 71 | Årnes | 08.09.1983 |
| 3:00.9 | Martin Furuseth | 53 | Lillestrøm | 21.09.1970 |
| 3:01.2 | Thorbjørn Næss | 68 | Skotterud | 03.07.1983 |
| 3:02.2 | Lars Petter Syversrud | 69 | Nadderud | 31.05.1985 |
| 3:04.7 | Ole Skolt | 53 | Jessheim | 19.08.2002 |
| 3:05.9 | Morten Knutsen | 70 | Florø | 14.09.1986 |
| 3:06.78 | Even Ragnhildsløkken | 08 | Moss/Me | 21.05.2023 |
| 3:07.0 | Frode Grøndahl | 69 | Uddevalla, SWE | 25.07.1982 |
| 3:07.05 | Fredrik Fyksen Aas | 08 | Oslo/Sp | 07.05.2022 |
| 3:07.4 | Jo Henning Hals Nilssen | 68 | Florø | 16.09.1984 |
| 3:08.8 | Knut Rimstad | 49 | Jessheim | 19.08.2002 |
| 3:10.21 | Andreas Fyksen Aas | 08 | Oslo/Sp | 07.05.2022 |
| 3:12.8 | Torbjørn Næss | 68 | Bohus, SWE | 26.07.1980 |
| 3:14.0 | Frode Grøndahl | 69 | Uddevalla, SWE | 26.07.1981 |
| 3:15.8 | Odd Eldevik | 14 | Jessheim | 26.09.1931 |

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| **MENN SENIOR** | **39** |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 3:19.0 | Gunnar Lorentzen | 14 | Jessheim | 26.09.1931 |
| 3:20.2 | Jon Andersen | 73 | Fetsund | 09.06.1986 |
| 3:23.0 | Pål Nygaard | 75 | Nannestad | 14.06.1989 |
| 3:45.3 | Thorbjørn Wiig | 77 | Nannestad | 14.06.1989 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 2:16.95 | Andreas Kramer | 97 | Gøteborg, SWE | 18.06.2023 |

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| **MENN SENIOR** | **40** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 3:38.32 | Andreas Fjeld Halvorsen | 05 | Jessheim | 24.05.2024 |
| 3:40.03 | Fredrik Sandvik | 98 | Oslo/Bi | 09.06.2021 |
| 3:40.23 | Jacob Boutera | 96 | Jessheim | 02.06.2022 |
| 3:40.24 | Senay Fissehatsion | 95 | Oslo/Bi | 15.06.2023 |
| 3:43.11 | Thomas Roth | 91 | Jessheim | 31.05.2018 |
| 3:43.75 | Vetle Aasland | 92 | Nadderud | 17.06.2012 |
| 3:46.22 | Kristian Bråthen Børve | 06 | Bodø | 03.08.2024 |
| 3:46.62 | Elias Ottosen | 93 | Jessheim | 05.06.2014 |
| 3:46.66 | Per Svela | 92 | Oslo/B i | 14.07.2021 |
| 3:46.92 | Sigurd Ruud Skjeseth | 96 | Oslo/Bi | 14.07.2021 |
| 3:47.77 | Sigurd Blom Breivik | 96 | Stanford, GBR | 16.05.2015 |
| 3:47.93 | Benjamin Olsen | 04 | Jessheim | 02.06.2022 |
| 3:48.44 | Terje Snarby | 89 | Jessheim | 04.06.2015 |
| 3:48.81 | Trym Fjøsne Hexeberg | 03 | Oslo/Bi | 29.08.2023 |
| 3:50.64 | Eirik Richenberg | 94 | Oslo/Bi | 13.06.2013 |
| 3:50.79 | Jørgen Frost Bø | 94 | Oslo/Be | 09.07.2015 |
| 3:51.24 | Markus Einan | 97 | Oslo/Bi | 25.08.2018 |
| 3:51.29 | Henrik Hanssen | 97 | Jessheim | 24.05.2024 |
| 3:51.37 | Merith Solomon | 91 | Jessheim | 12.08.2023 |
| 3:51.44 | Erik Udø Pedersen | 94 | Oslo/Bi | 10.06.2020 |
| 3:51.71 | Lukas Buncic | 07 | Oslo/Bi | 27.08.2024 |
| 3:51.9 | Trygve Stanger | 62 | Jessheim | 24.08.1987 |
| 3:52.54 | Øystein Syversen | 52 | Oslo/Bi | 18.07.1983 |
| 3:52.6 | Vidar Birkelund | 56 | Oslo/St | 15.08.1984 |
| 3:52.69 | Haakon Sørstad | 08 | Oslo/Bi | 27.08.2024 |
| 3:52.97 | Simen Gløgård Stensrud | 05 | Sandnes | 26.08.2023 |
| 3:53.08 | Philip Gulbrandsen | 07 | Jessheim | 24.05.2024 |
| 3:53.29 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 07.07.2012 |
| 3:53.35 | Nahon Tewelde | 06 | Sandnes | 26.08.2023 |
| 3:53.97 | Sverre Blom Breivik | 96 | Jessheim | 02.06.2016 |
| 3:54.4 | Harald Lindstrøm | 54 | Oslo/Bi | 19.08.1975 |
| 3:54.41 | Sondre Strande Omland | 07 | Oslo/Bi | 22.07.2023 |
| 3:56.51 | Andreas Lindeboe Kværner | 06 | Bodø | 03.08.2024 |
| 3:57.37 | Abdirahim Dahir | 94 | Jessheim | 08.08.2020 |
| 3:57.38 | Håvard Hildeskor | 92 | Lillehammer/Ss | 23.06.2011 |
| 3:57.51 | Teodor Hansen | 06 | Jessheim | 10.08.2024 |
| 3:58.15 | Trym Fjøsne Hexeberg | 06 | Tønsberg/Gr | 10.05.2024 |
| 3:58.79 | Markus Høgne | 98 | Oslo/Bi | 24.06.2016 |
| 3:58.84 | Robin Emil Kronkvist | 00 | Jessheim | 01.06.2022 |
| 3:59.7 | Torgeir Sørum | 45 | Råholt | 17.07.1968 |
| 3:59.85 | Itri Amazigh | 70 | Oslo/Bi | 09.06.1994 |
| 4:00.0 | Stein Roar Ulseth | 52 | Oslo/St | 08.06.1983 |
| 4:00.1 | Bjørn Dæhlie | 67 | Jessheim | 10.06.1987 |
| 4:00.38 | Mats Morgan Langøy | 01 | Göteborg, SWE | 16.08.2019 |

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| **MENN SENIOR** | **41** |

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| **1500m forts.** |  |

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| 4:00.45 | Stian Klungland | 93 | Lillehammer/Ss | 23.06.2011 |
| 4:01.21 | Njord Erlend Wiker | 91 | Mölndal, SWE | 03.09.2011 |
| 4:01.62 | Nikolai Solum | 05 | Jesswheim | 02.06.2022 |
| 4:01.65 | Nikolai Smestad | 92 | Jessheim | 04.06.2015 |
| 4:02.53 | Erling Klokkehaug | 91 | Jessheim | 31.05.2018 |
| 4:03.41 | Philip Gulbrandsen | 07 | Oslo/Bi | 28.04.2024 |
| 4:03.6 | Anders Sandholtbråten | 76 | Jessheim | 15.06.1994 |
| 4:03.86 | Odd Harstad | 44 | Oslo/Bi | 30.07.1985 |
| 4:04.5 | Bjørn Ingvar Jensen | 66 | Jessheim | 24.08.1987 |
| 4:04.76 | Ole-Kristian Lindboe Kværner | 05 | Jessheim | 24.05.2024 |
| 4:04.79 | Hauk Are Fjeld | 94 | Jessheim | 02.06.2016 |
| 4:04.89 | Awet Kibrab | 95 | Jessheim | 10.09.2022 |
| 4:05.0 | Odd Mikkelsen | 37 | Jessheim | 19.08.1965 |
| 4:05.2 | Svein Skolt | 25 | Oslo/Bi | 07.07.1950 |
| 4:05.62 | Erlend Magnus Homble | 04 | Jessheim | 02.06.2022 |
| 4:05.7 | Ole Fredrik Mørck | 62 | Jessheim | 15.06.1992 |
| 4:05.9 | Leif Erling Aronsveen | 57 | Jessheim | 15.06.1992 |
| 4:06.10 | Gard Smevik Tørum | 03 | Jessheim | 02.06.2022 |
| 4:06.4 | Einar Hellum | 47 | Oslo/Bi | 02.09.1966 |
| 4:06.5 | Tor Erik Nyquist | 67 | Jessheim | 16.06.1993 |
| 4:06.75 | Lukas Buncic | 07 | Oslo/Bi | 28.04.2024 |
| 4:07.11 | Janis Arsenikovs | 83 | Oslo/Bi | 29.08.2023 |
| 4:07.20 | Fabian Vibekken | 09 | Lillehammer/Ss | 21.06.2024 |
| 4:07.5 | Thue Holme | 52 | Oslo/Bi | 19.08.1975 |
| 4:07.8 | Inge Nessiøy | 57 | Jessheim | 13.06.1988 |
| 4:07.97 | Iver Hjelbak Eriksen | 06 | Bodø | 02.08.2024 |
| 4:08.12 | Andreas Ullern Tonning | 04 | Sandnes | 25.08.2023 |
| 4:08.18 | Odin Fjøsne Hexeberg | 05 | Jessheim | 08.06.2023 |
| 4:08.23 | Odd Kinnsbekken | 48 | Oslo/Bi | 18.07.1983 |
| 4:08.23 | Åsmund Wennemo | 94 | Göteborg, SWE | 07.07.2012 |
| 4:08.3 | Arne Luke | 44 | Lørenfallet | 08.09.1976 |
| 4:08.5 | Ole Johan Garli | 56 | Jessheim | 10.06.1983 |
| 4:08.6 | Ronny Opaker | 66 | Oslo/Bi | 26.05.1983 |
| 4:08.60 | Iver Løvgaard Faksvåg | 09 | Lillehammer/Ss | 21.06.2024 |
| 4:09.19 | Markus Einan | 97 | Oslo/Bi | 17.09.2014 |
| 4:09.25 | Hans Georg Haug | 67 | Oslo/Bi | 30.07.1985 |
| 4:09.85 | Kristian Monsen | 77 | Jessheim | 05.06.2014 |
| 4:10.09 | Lauritz Menkerud | 07 | Oslo/Bi | 28.04.2024 |
| 4:10.41 | Linus Bernhard | 00 | Moelv | 10.09.2022 |
| 4:10.7 | Øivind Kjørmo | 56 | Oslo/Bi | 15.05.1974 |
| 4:10.8 | Kjell Frostelid | 61 | Jessheim | 10.06.1983 |
| 4:10.87 | Bjørnar Bjørnstad | 93 | Lillehammer/Ss | 21.06.2012 |
| 4:10.90 | Hans Jørgen Borgen | 70 | Oslo/Bi | 15.08.1989 |
| 4:11.0 | Claus Nerhagen | 59 | Jessheim | 29.05.1986 |

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| **MENN SENIOR** | **42** |

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| **1500m forts.** |  |

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| 4:11.05 | Francesco Bazzanella | 87 | Oslo/La | 09.09.2004 |
| 4:11.23 | Fabian Vibekken | 09 | Oslop/Bi | 28.04.2024 |
| 4:11.67 | Jonas Krossøy | 95 | Lillehammer/Ss | 20.06.2012 |
| 4:11.8 | Odd Arild Døskeland | 47 | Moss/Me | 27.08.1973 |
| 4:11.8 | Christopher Wiig | 73 | Jessheim | 15.06.1992 |
| 4:11.9 | Carl Jørgen Owre | 82 | Jessheim | 13.06.2000 |
| 4:12.1 | Tore Lauritsen | 67 | Jessheim | 12.06.1995 |
| 4:12.18 | Kyril Moreniuk | 09 | Jessheim | 24.05.2024 |
| 4:12.20 | Roger Bråten | 71 | Jessheim | 08.08.1989 |
| 4:12.3 | Stein Rosenberg | 60 | Jessheim | 14.06.1982 |
| 4:12.4 | Morten Kristiansen | 69 | Jessheim | 15.06.1994 |
| 4:12.5 | Steinar Gressløs | 53 | Jessheim | 16.06.1983 |
| 4:12.6 | Ole Skolt | 53 | Jessheim | 12.06.1981 |
| 4:13.09 | Peder Holm | 92 | Oslo/Bi | 29.06.2010 |
| 4:13.2 | Terje Svendsen | 48 | Oslo/Bi | 12.05.1976 |
| 4:13.3 | Erik Lerdahl | 10 | Jessheim | 12.08.1939 |
| 4:13.43 | Håkon Prøsch Johnsen | 07 | Lillehammer/Ss | 21.06.2024 |
| 4:13.86 | Jostein Nyquist | 91 | Göteborg, SWE | 27.06.2009 |
| 4:14.0 | Fredrik Bakken | 66 | Jessheim | 15.05.1987 |
| 4:14.2 | Håvard Uhlen | 39 | Råholt | 28.07.1962 |
| 4:14.2 | Gunnar Habberstad | 56 | Jessheim | 09.06.1980 |
| 4:14.2 | Torbjørn Næss | 68 | Jessheim | 10.06.1987 |
| 4:14.5 | Jørn Skadsdammen | 59 | Jessheim | 10.06.1983 |
| 4:15.20 | Markus Bye Jacobsen | 07 | Jessheim | 10.08.2024 |
| 4:15.7 | Frank Finstad | 48 | Jessheim | 12.06.1981 |
| 4:15.8 | Ole Fossen | 27 | Kløfta | 19.08.1952 |
| 4:15.9 | Rune Skinnerlien | 69 | Jessheim | 17.06.1988 |
| 4:15.9 | Tommy Torgersen | 70 | Jessheim | 09.06.2004 |
| 4:16.1 | Raymond Trondsen | 47 | Oslo/Bi | 12.09.1972 |
| 4:16.2 | Kevin Fritz | 91 | Jessheim | 12.06.2008 |
| 4:16.29 | Fredrik Anthi Svinø | 92 | Asker/Fø | 05.06.2010 |
| 4:16.6 | Rolf Damlien | 31 | Kløfta | 19.08.1952 |
| 4:16.82 | Jona Kveen | 03 | Brandbu | 22.09.2024 |
| 4:16.85 | Halvor Marius Mangerud | 81 | Lillehammer/Ss | 23.06.2011 |
| 4:17.4 | Kåre Ellingsdalen | 23 | Kløfta | 19.08.1952 |
| 4:17.6 | Øivind Andersen | 67 | Jessheim | 14.06.1999 |
| 4:17.7 | Ole Johnny Pedersen | 67 | Jessheim | 12.06.1989 |
| 4:17.84 | Jens Kristian Aas | 05 | Jessheim | 02.06.2022 |
| 4:17.9 | Stein Teksum | 53 | Jessheim | 12.06.1981 |
| 4:17.96 | Gullbrand Julius Aas | 87 | Lillehammer/Ss | 22.06.2006 |
| 4:18.0 | Johannes Bruvik | 36 | Kirkenær | 09.09.1956 |
| 4:18.0 | Ole Kristian Westby | 66 | Jessheim | 08.06.1984 |
| 4:18.17 | Stian Aaserud | 81 | Jessheim | 11.07.1998 |

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| **MENN SENIOR** | **43** |

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| **1500m forts.** |  |

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| 4:18.33 | Jørgen Opaker | 97 | Lillehammer/Ss | 22.06.2017 |
| 4:18.4 | Anders Hallingstad | 77 | Jessheim | 15.06.1994 |
| 4:18.71 | Tobias mandt | 05 | Jessheim | 02.06.2022 |
| 4:18.9 | Arne Gulbrandsen | 44 | Oslo/Bi | 21.08.1963 |
| 4:19.00 | Andreas Buraas | 92 | Arvika, SWE | 26.07.2008 |
| 4:19.20 | Eivind Vaage | 04 | Jessheim | 12.08.2023 |
| 4:19.5 | Geir Helge Nordal | 46 | Oslo/Bi | 11.06.1969 |
| 4:19.5 | Bjørn Rommen | 43 | Jessheim | 09.06.1978 |
| 4:19.77 | Karol Gorny | 80 | Jessheim | 24.05.2024 |
| 4:20.2 | Alf Roger Holme | 77 | Jessheim | 15.06.1998 |
| 4:20.48 | Jostein Steffensen | 96 | Jessheim | 02.06.2016 |
| 4:20.5 | Fred Arild Kjernli | 64 | Jessheim | 14.06.1982 |
| 4:20.5 | Knut Harald Pedersen | 69 | Jessheim | 15.05.1987 |
| 4:20.7 | Ole Petter Kjærstad | 80 | Jessheim | 17.06.1998 |
| 4:20.8 | Nils Teigland | 41 | Oslo/Bi | 24.07.1961 |
| 4:20.8 | Geir Håkon Bjørnstad | 56 | Jessheim | 21.06.1986 |
| 4:21.0 | Øivind Gulbrandsen | 51 | Jessheim | 13.06.1969 |
| 4:21.0 | Bjørn Tore Ottersen | 66 | Jessheim | 13.06.1986 |
| 4:21.26 | Tore Klungland | 97 | Asker/Fø | 10.06.2017 |
| 4:21.5 | Eirik Rustad | 88 | Jessheim | 04.06.2009 |
| 4:21.54 | Simon Skeide Paulsen | 06 | Nittedal | 20.08.2022 |
| 4:21.64 | Marcus Eek | 08 | Jessheim | 08.06.2023 |
| 4:22.10 | Nani Kula | 01 | Oslo/Bi | 15.07.2020 |
| 4:22.2 | Ole Pedersen | 69 | Jessheim | 13.06.1990 |
| 4:22.44 | Jørgen Gundersen | 95 | Oslo/Bi | 14.05.2012 |
| 4:22.5 | Jan Erik Viholmen | 49 | Råholt | 05.10.1968 |
| 4:22.5 | Roger Mohagen | 76 | Jessheim | 14.06.1999 |
| 4:22.9 | Lars Lysbakken | 79 | Jessheim | 14.06.2001 |
| 4:23.02 | Filip Kronkvist | 94 | Jessheim | 08.06.2023 |
| 4:23.3 | Kolbjørn Skjerve | 37 | Jessheim | 23.07.1983 |
| 4:23.45 | Ståle Nilsen | 65 | Stjørdal | 03.08.2003 |
| 4:23.47 | Ole Martin Sandness | 00 | Jessheim | 01.06.2017 |
| 4:23.5 | Rune Tunhøvd | 59 | Jessheim | 14.06.1981 |
| 4:23.5 | Erlend Skare | 73 | Jessheim | 16.06.1993 |
| 4:23.68 | Sander Stuwe | 06 | Jessheim | 24.05.2024 |
| 4:23.73 | Jonas Kveen | 03 | Oslo/Bi | 28.04.2024 |
| 4:23.82 | Jonas Haarborg Bolgen | 96 | Lillehammer/Ss | 21.06.2012 |
| 4:24.2 | Hans Wethal | 16 | Jessheim | 01.08.1939 |
| 4:24.2 | Kåre-Christian Olsen | 64 | Jessheim | 13.06.1990 |
| 4:24.44 | Sondre Westby Liestøl | 99 | Jessheim | 02.06.2016 |
| 4:24.5 | Jogeir Riise | 12 | Jessheim | 01.08.1939 |
| 4:24.5 | Sverre Fosstvedt | 47 | Lillestrøm | 01.06.1970 |
| 4:24.5 | Knut Kristiansen | 44 | Jessheim | 09.06.1980 |
| 4:24.75 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 24.06.2004 |

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| **MENN SENIOR** | **44** |

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| **1500m forts.** |  |

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| 4:25.0 | Jan Rustad | 40 | Jessheim | 12.06.1978 |
| 4:25.0 | Petter Stensby | 52 | Jessheim | 09.06.1980 |
| 4:25.0 | John Stormoen | 65 | Jessheim | 10.06.1983 |
| 4:25.01 | Sigurd Fjeldbo | 82 | Jessheim | 11.07.1998 |
| 4:25.4 | Runar Kristiansen | 71 | Jessheim | 13.06.1988 |
| 4:25.43 | Sivert Rusten | 08 | Jessheim | 24.05.2024 |
| 4:25.48 | Espen Hofoss | 76 | Lillehammer/Ss | 11.09.1994 |
| 4:26.5 | Arnfinn Pedersen | 57 | Jessheim | 10.06.1983 |
| 4:26.2 | Runar Bålsrud | 62 | Jessheim | 20.08.1982 |
| 4:26.8 | Stein Vik-Mo | 44 | Jessheim | 13.06.1969 |
| 4:27.2 | Kåre Svensson | 61 | Oslo/Bi | 14.09.1976 |
| 4:27.3 | Erling Støverud | 08 | Eidsvoll | 30.07.1933 |
| 4:27.34 | Marcus Eek | 08 | Jessheim | 24.05.2024 |
| 4:27.39 | Stian Hofoss | 78 | Lillehammer/Ss | 29.06.2000 |
| 4:27.5 | Per Ødegård | 29 | Nannestad | 26.07.1959 |
| 4:27.6 | Lars Øyre | 54 | Jessheim | 12.06.1995 |
| 4:27.8 | Sverre Sørensen | 18 | Lillestrøm/Vi | 14.08.1949 |
| 4:27.9 | Runar Kristiansen | 71 | Jessheim | 10.06.1987 |
| 4:28.0 | Jon Engen | 57 | Jessheim | 09.06.1980 |
| 4:28.1 | Thomas Vole Olsen | 73 | Jessheim | 16.06.1993 |
| 4:28.3 | Knut Larsen | 62 | Jesheim | 14.06.1982 |
| 4:28.3 | Dag Sand | 45 | Jessheim | 08.06.1984 |
| 4:28.4 | Martin Carlson | 68 | Jessheim | 13.06.1988 |
| 4:28.6 | Jens Wethal | 08 | Jessheim | 02.07.1933 |
| 4:28.6 | Øystein Frilseth | 48 | Jessheim | 13.06.1990 |
| 4:28.72 | Henrik Eijsink | 96 | Oslo/Bi | 15.07.2020 |
| 4:28.8 | Anders Jellum | 48 | Jessheim | 09.06.1980 |
| 4:28.92 | Ole-Kristian Kværner | 05 | Oslo/Bi | 09.06.2021 |
| 4:29.2 | Halvard Bålsrud | 29 | Lillestrøm/Vi | 03.08.1949 |
| 4:29.3 | Rolv-Eirik Nyheim | 47 | Jessheim | 14.06.1982 |
| 4:29.3 | Erik Næss | 61 | Jessheim | 13.06.1990 |
| 4:29.3 | Lars Anders Tenold | 93 | Jessheim | 12.06.2012 |
| 4:29.8 | Lauritz Lund | 06 | Jessheim | 24.08.1930 |
| 4:29.9 | Egil Ødemark | 41 | Jessheim | 13.06.1979 |
| 4:30.13 | Herman Eide Trove | 08 | Lillehammer/Ss | 23.06.2023 |
| 4:30.2 | Simon Slemdal | 08 | Jessheim | 02.07.1933 |
| 4:30.2 | Ingar Indredavik | 45 | Jessheim | 13.06.1979 |
| 4:30.2 | Kristian Gjerdrum | 59 | Jessheim | 14.06.1982 |
| 4:30.33 | Øyvind Lund | 83 | Ranheim | 25.09.2009 |
| 4:30.9 | Hans Andersen | 50 | Jessheim | 14.06.1982 |
| 4:31.0 | Erik Gustavson | 59 | Jessheim | 13.06.2002 |
| 4:31.2 | Thomas Lundring | 75 | Jessheim | 15.06.1992 |
| 4:31.4 | Johan O. Wiig | 10 | Jessheim | 02.07.1933 |
| 4:31.4 | Andrè Nilsson | 82 | Jessheim | 13.06.2000 |

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| **MENN SENIOR** | **45** |

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| **1500m forts.** |  |

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| 4:31.4 | Eskil Kinneberg | 92 | Jessheim | 04.06.2009 |
| 4:31.6 | Thorstein Gystad | 67 | Jessheim | 13.06.1986 |
| 4:31.7 | Thomas Randem | 71 | Jessheim | 23.08.1993 |
| 4:32.0 | Svein Olsen | 52 | Jessheim | 14.06.1982 |
| 4:32.16 | Gaute Fosstveit | 05 | Oslo/Bi | 09.06.2021 |
| 4:32.2 | Øystein Samuelsen | 62 | Jessheim | 09.06.1980 |
| 4:32.6 | Molvin Knutsen | 62 | Jessheim | 13.06.1986 |
| 4:33.0 | Terje Mikalsen | 43 | Råholt | 22.06.1962 |
| 4:33.3 | Sverre Lauten | 53 | Jessheim | 09.06.1980 |
| 4:33.43 | Grzegorz Kosel | 82 | Jessheim | 08.06.2023 |
| 4:33.5 | Ståle Murud | 69 | Jessheim | 12.06.1989 |
| 4:33.67 | Adrian Litwic | 86 | Stjørdal | 23.06.2024 |
| 4:33.7 | Dag Amundsen | 51 | Jessheim | 16.06.1997 |
| 4:33.76 | Jens Kristian Aas | 05 | Jessheim | 08.06.2023 |
| 4:33.8 | Paal Raastad | 73 | Jessheim | 15.06.1992 |
| 4:33.9 | Dag Olav Holter | 75 | Jessheim | 15.06.1994 |
| 4:34.0 | Odd Vidar Tenold | 61 | Jessheim | 08.06.1984 |
| 4:34.03 | Rene Fredheim Larsen | 97 | Oslo/Bi | 17.09.2014 |
| 4:34.1 | Hans Kristiansen | 70 | Jessheim | 13.06.1986 |
| 4:34.7 | Kjell Jørgensen | 48 | Jessheim | 11.06.1979 |
| 4:34.8 | Bjørn Lilleseth | 46 | Jessheim | 13.06.1977 |
| 4:34.8 | Knut Tørum | 45 | Jessheim | 08.06.1984 |
| 4:35.0 | Bjørn Egil Hytjan | 56 | Jessheim | 12.06.1981 |
| 4:35.1 | Tore Ragnar Olsen | 46 | Jessheim | 13.06.1988 |
| 4:35.3 | Sondre Olsson | 91 | Lillehammer/Ss | 19.06.2008 |
| 4:35.4 | Karl Holm | 11 | Jessheim | 28.06.1936 |
| 4:35.9 | Sven Nordby Andersen | 59 | Jessheim | 08.06.1984 |
| 4:36.1 | Frode Grøndahl | 69 | Strømmen | 14.08.1985 |
| 4:36.2 | Odd Riise | 13 | Jessheim | 02.07.1933 |
| 4:36.2 | Asbjørn Støverud | 19 | Nannestad | 31.07.1938 |
| 4:36.2 | Gunnar Skibakk | 28 | Kløfta | 09.06.1951 |
| 4:36.3 | Eirik Kamstrup Hovind | 86 | Jessheim | 14.06.2007 |
| 4:36.4 | Kristen Langbakk | 39 | Jessheim | 10.06.1983 |
| 4:36.45 | Øyvind Solberg | 75 | Jessheim | 24.o5.2024 |
| 4:36.66 | Sondre Opaker Øines | 98 | Jessheim | 02.06.2016 |
| 4:36.9 | Audun Kjos | 71 | Jessheim | 13.06.1988 |
| 4:37.4 | Ivar Gulbrandsen | 21 | Kløfta | 10.08.1947 |
| 4:37.5 | Michael Knutsen | 66 | Jessheim | 10.06.1983 |
| 4:37.56 | Andreas Løland | 90 | Jessheim | 21.08.2006 |
| 4:37.87 | Grzegorz Kosel | 82 | Stjørdal | 23.06.2024 |
| 4:38.0 | Nils Kristen Wiig | 43 | Blaker/Br | 18.06.1967 |
| 4:38.3 | Stephan Muryn | 45 | Jessheim | 11.06.1979 |
| 4:38.5 | Sven Gustavsen | 50 | Jessheim | 12.06.1978 |
| 4:38.5 | Knut Kjellskau | 66 | Jessheim | 08.06.1984 |

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| **MENN SENIOR** | **46** |

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| **1500m forts.** |  |

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| 4:38.5 | Jan Olav Arnegård | 71 | Jessheim | 12.06.1989 |
| 4:38.6 | Finn Ugletveit | 49 | Blaker/Br | 06.07.1969 |
| 4:38.6 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 13.06.1990 |
| 4:38.9 | Thorbjørn Johansen | 45 | Jessheim | 13.06.1977 |
| 4:39.5 | Sindre Rognerud | 66 | Jessheim | 12.06.1981 |
| 4:39.7 | Einar Lund | 98 | Jessheim | 06.07.1924 |
| 4:40.1 | Kjell Østhus | 42 | Jessheim | 11.06.1979 |
| 4:40.16 | Vetle Kristiansen | 95 | Oslo/Bi | 23.09.2008 |
| 4:40.6 | Magnar Hagerupsen | 53 | Jessheim | 10.06.1983 |
| 4:40.6 | Øyvind Gismervik | 90 | Jessheim | 14.06.2007 |
| 4:40.68 | Geir Jacobsen | 74 | Jessheim | 19.05.1990 |
| 4:40.71 | Bård Bryn | 03 | Jessheim | 31.05.2018 |
| 4:41.2 | Hans Antonsen | 06 | Jessheim | 07.08.1927 |
| 4:41.95 | Oliver Dahl Olsen | 08 | Jessheim | 24.05.2024 |
| 4:42.1 | Kristian Finstad | 79 | Jessheim | 14.06.1999 |
| 4:42.3 | Ola Wethal | 33 | Jessheim | 26.08.1957 |
| 4:42.37 | Oliver Finstad Nystrøm | 05 | Jessheim | 04.06.2020 |
| 4:42.5 | Martin Furuseth | 53 | Råholt | 19.09.1970 |
| 4:42.8 | Bjørn Nicolaysen | 60 | Jessheim | 10.06.1983 |
| 4:42.85 | Fabian Vibekken | 09 | Rjukan | 04.09.2022 |
| 4:42.9 | Jan Erik Hoel | 57 | Jessheim | 10.06.1983 |
| 4:43.0 | Kristian Stokstad | 19 | Jessheim | 18.07.1937 |
| 4:43.0 | Arve Bogstad | 41 | Råholt | 12.06.1966 |
| 4:43.4 | Trygve Stokstad | 11 | Kløfta | 21.07.1935 |
| 4:43.7 | Anders Carlsson | 71 | Jessheim | 15.06.1992 |
| 4:43.7 | Mads Jakobsson | 78 | Jessheim | 17.06.1996 |
| 4:43.9 | Alf Andersen | 57 | Jessheim | 14.06.1982 |
| 4:44.0 | Helge Hofseth | 26 | Kløfta | 23.06.1946 |
| 4:44.0 | Kjell Carlsson | 44 | Jessheim | 09.06.1980 |
| 4:44.0 | Øivind Melby | 55 | Jessheim | 12.06.1981 |
| 4:44.0 | Lasse Sandstone | 40 | Jessheim | 12.06.1981 |
| 4:44.4 | Kjell Bråthen | 64 | Jessheim | 12.06.1981 |
| 4:44.8 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 09.06.1980 |
| 4:45.0 | Arvid Bårdslistuen | 55 | Jessheim | 15.06.1970 |
| 4:45.1 | John-Vidar Halvorsen | 67 | Jessheim | 10.06.1987 |
| 4:45.2 | Adisak Sveen | 98 | Jessheim | 04.06.2015 |
| 4:45.4 | Erik Bråthen | 65 | Jessheim | 12.06.1981 |
| 4:45.5 | Espen Pettersen | 66 | Jessheim | 12.06.1995 |
| 4:45.6 | Glenn Strand | 76 | Jessheim | 16.06.1997 |
| 4:46.0 | Asgeir Steinsvik | 53 | Jessheim | 16.06.1997 |
| 4:46.3 | Johnny Røsåsen | 44 | Jessheim | 08.06.1984 |
| 4:46.5 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 13.08.1988 |
| 4:46.58 | Gudbrand Rognstad | 82 | Jessheim | 12.07.2004 |
| 4:46.7 | Ola Neskleiv | 62 | Jessheim | 08.06.1984 |

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| **MENN SENIOR** | **47** |

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| **1500m forts.** |  |

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| 4:47.2 | Svein Rustad | 44 | Jessheim | 14.06.1982 |
| 4:47.2 | Thor Martin Furuseth | 41 | Jessheim | 14.06.1982 |
| 4:47.3 | Trygve Bårde | 48 | Jessheim | 10.06.1987 |
| 4:47.39 | Andreas Fyksen Aas | 08 | Nadderud | 12.06.2022 |
| 4:47.5 | Kjell Aarflot | 44 | Jessheim | 10.06.1983 |
| 4:47.5 | Erik Johansen | 68 | Jessheim | 17.06.1986 |
| 4:47.6 | Roar Kristiansen | 46 | Jessheim | 12.06.1978 |
| 4:47.6 | Pål Berg-Knutsen | 64 | Jessheim | 02.06.2016 |
| 4:47.64 | Kjell Vidar Solheim | 70 | Jessheim | 11.08.1997 |
| 4:47.7 | Knut Johan Holter | 61 | Jessheim | 04.06.2009 |
| 4:47.9 | Knut Rimstad | 49 | Jessheim | 16.06.1997 |
| 4:48.0 | Stig Harald Øveraas | 48 | Jessheim | 12.06.1978 |
| 4:48.2 | Rune Murud | 65 | Jessheim | 10.06.1983 |
| 4:48.0 | Paal Mogens Furuseth | 65 | Jessheim | 10.06.1983 |
| 4:48.56 | Vetle Christiansen | 94 | Nadderud | 07.09.2008 |
| 4:49.0 | Runar Homble | 72 | Jessheim | 15.06.1992 |
| 4:49.0 | Tor Håkon Mangerud | 84 | Jessheim | 15.06.2003 |
| 4:49.1 | Trond Erik Hovind | 56 | Jessheim | 10.06.1983 |
| 4:49.3 | Harald Rutle | 68 | Jessheim | 10.06.1987 |
| 4:49.7 | Trygve Mokkelbost | 51 | Jessheim | 09.06.1980 |
| 4:49.7 | Oddvar Hallingstad | 45 | Jessheim | 12.06.1981 |
| 4:49.7 | Eirik Tenold | 39 | Jessheim | 08.06.1984 |
| 4:49.8 | Sigmund Syversen | 49 | Jessheim | 13.06.1990 |
| 4:49.9 | Jon Petter Wium | 65 | Jessheim | 10.06.1983 |
| 4:49.9 | Kenneth Vestgøte | 76 | Jessheim | 15.06.1994 |
| 4:50.0 | Leif Møster | 34 | Jessheim | 07.09.1958 |
| 4:50.04 | Marius Myren | 08 | Lillehammer/Ss | 21.06.2024 |
| 4:51.0 | Torbjørn Stokstad | 18 | Nannestad | 31.07.1938 |
| 4:51.3 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 4:51.3 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 12.06.1989 |
| 4:51.4 | Henning Høgheim | 39 | Jessheim | 10.06.1983 |
| 4:51.6 | Arne Marthinussen | 50 | Jessheim | 09.06.1980 |
| 4:52.2 | Stein Torstveit | 44 | Jessheim | 08.06.1984 |
| 4:52.0 | John Mikalsen | 60 | Jessheim | 13.06.1986 |
| 4:52.3 | Ivar Skedsmo | 55 | Jessheim | 15.06.1992 |
| 4:53.0 | Olav Bogstad | 35 | Jessheim | 11.06.1979 |
| 4:53.00 | Fredrik Fyksen Aas | 08 | Nadderud | 12.06.2022 |
| 4:53.0 | Frank Øines | 68 | Jessheim | 09.06.2005 |
| 4:53.5 | Geir Asphaug | 65 | Jessheim | 15.06.2000 |
| 4:53.6 | Bjørn Kvaal | 56 | Jessheim | 12.06.1981 |
| 4:53.6 | Ola Haugset | 43 | Jessheim | 14.06.1982 |
| 4:53.6 | Ragnar Bakken | 48 | Jessheim | 13.06.1988 |
| 4:53.8 | Helge Sydtangen | 37 | Jessheim | 09.06.1980 |
| 4:53.8 | Georg Rosenberg | 33 | Jessheim | 08.06.1984 |

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| **MENN SENIOR** | **48** |

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| **1500m forts.** |  |

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| 4:53.8 | Svein Anders Skolt | 80 | Jessheim | 15.06.1998 |
| 4:53.8 | Trym Rostad | 91 | Jessheim | 10.06.2010 |
| 4:54.1 | Finn-Thorer Kjos | 66 | Jessheim | 12.06.1981 |
| 4:54.2 | Peter Ekker | 51 | Jessheim | 13.06.1986 |
| 4:54.25 | Øystein Dahl | 70 | Jessheim | 08.06.2023 |
| 4:54.3 | Lars Stokstad | 18 | Hauerseter | 13.06.1937 |
| 4:54.5 | Lasse Andersen | 47 | Jessheim | 10.06.1983 |
| 4:54.7 | Ståle Sandstad | 58 | Jessheim | 09.06.1980 |
| 4:54.7 | Steinar Pleym Hoel | 83 | Jessheim | 17.06.1998 |
| 4:54.70 | Iver Løvgaard Faksvåg | 09 | Oslo/Bi | 09.06.2021 |
| 4:55.0 | Alf Nordengen | 12 | Jessheim | 09.09.1934 |
| 4:55.2 | John Kristian Smestad | 55 | Jessheim | 11.06.1979 |
| 4:55.2 | Ole Arnegård | 44 | Jessheim | 13.06.1986 |
| 4:55.7 | Atle Sander | 71 | Jessheim | 13.06.1988 |
| 4:55.8 | Pål Simonsen | 60 | Jessheim | 11.06.1979 |
| 4:55.86 | Oliver Solberg Kårstad | 11 | Rjukan | 08.09.2024 |
| 4:56.0 | Andreas Kastel | 02 | Jessheim | 01.06.2017 |
| 4:56.5 | Ole Thoresen | 09 | Jessheim | 11.09.1938 |
| 4:56.5 | Ottar Moum Larsen | 64 | Jessheim | 12.06.2012 |
| 4:56.6 | Tore Eriksen | 37 | Jessheim | 12.06.1981 |
| 4:56.9 | Stian Fredriksen | 81 | Jessheim | 17.06.1998 |
| 4:57.0 | Halvor Lund | 06 | Eidsvoll | 15.06.1930 |
| 4:57.2 | Svein Saksvik | 45 | Jessheim | 12.06.1981 |
| 4:57.24 | Michael Løland | 92 | Nadderud | 11.09.2005 |
| 4:57.3 | Bjørn Ottersen | 35 | Jessheim | 08.06.1984 |
| 4:57.4 | John Arve Johansen | 36 | Råholt | 07.06.1958 |
| 4:57.4 | Anders Lysbakken | 82 | Jessheim | 13.06.2000 |
| 4:57.5 | Jon Bendiksen | 66 | Jessheim | 14.06.1982 |
| 4:57.5 | Asbjørn Jokstad | 56 | Jessheim | 13.06.1986 |
| 4:57.54 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 03.05.1992 |
| 4:57.8 | Arne Hvattum | 36 | Jessheim | 12.06.1981 |
| 4:57.8 | Hans Kristian Hansen | 41 | Jessheim | 10.06.1983 |
| 4:58.0 | Rune Høgås | 66 | Jessheim | 14.06.1982 |
| 4:58.1 | Asbjørn Hoel | 43 | Jesheim | 12.06.1989 |
| 4:58.3 | Jim Ryan | 66 | Jessheim | 13.06.1990 |
| 4:58.5 | Hans Petter Samuelsen | 45 | Jessheim | 12.06.1981 |
| 4:58.5 | Stein Egil Arnestad | 65 | Jessheim | 10.06.1983 |
| 4:58.6 | Øystein Jørgensen | 47 | Jessheim | 13.06.1977 |
| 4:58.6 | Leif Rubach | 45 | Jessheim | 12.06.1978 |
| 4:58.60 | Tor Eilert Navestad | 81 | Jessheim | 12.07.2004 |
| 4:58.8 | Per Olav Ramstad | 79 | Jessheim | 15.06.1994 |
| 4:59.1 | Morten Johansen | 66 | Jessheim | 10.06.1983 |
| 4:59.1 | Martin Wold | 76 | Jessheim | 10.06.1991 |
| 4:59.4 | Jacob Hofseth | 13 | Nannestad | 18.09.1938 |

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| **MENN SENIOR** | **49** |

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| **1500m forts.** |  |

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| 4:59.75 | Erlend Morthen | 92 | Jessheim | 21.08.2006 |
| 4:59.8 | Arne Rognerud | 31 | Jessheim | 11.06.1979 |
| 4:59.8 | Johan Jørstad | 52 | Jessheim | 12.06.1981 |
| 4:59.9 | Trygve Rommen | 31 | Jessheim | 12.06.1978 |
| 4:59.9 | Freddy Pedersen | 66 | Jessheim | 10.06.1983 |
| 4:59.9 | Ola Nerhagen | 71 | Jessheim | 10.06.1987 |

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| **UKI-medlem – løp for svensk klubb:** |

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| 3:38.57 | Andreas Kramer | 97 | Sollentuna, SWE | 12.06.2022 |

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| **MENN SENIOR** | **50** |

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| **1 mile 1609m** |  |

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| 4:06.91 | Vetle Aasland | 91 | Mölndal, SWE | 04.08.2012 |
| 4:09.03 | Thomas Roth | 91 | Oslo/Bi | 17.09.2015 |
| 4:14.87 | Carl Jørgen Owre | 82 | Oslo/Bi | 27.07.1999 |
| 4:16.76 | Merith Solomon | 91 | Moelv | 10.09.2022 |
| 4:19.78 | Jørgen Frost Bø | 94 | Mölndal, SWE | 04.08.2012 |
| 4:20.47 | Trym Fjøsne hexeberg | 03 | Moelv | 10.09.2022 |
| 4.21.56 | Kristian Bråthen Børve | 06 | Moelv | 10.09.2022 |
| 4.25.81 | Awet Kibrab | 95 | Moelv | 10.09.2022 |
| 4:26.02 | Abdirahim Dahir | 94 | Moelv | 10.09.2022 |
| 4:26.54 | Andreas Lindboe Kværner | 06 | Moelv | 10.09.2022 |
| 4:28.0 | Tor Erik Nyquist | 67 | Jessheim | 25.08.1995 |
| 4:28.43 | Sigurd Fjeldbo | 82 | Lillehammer/Ss | 24.06.1999 |
| 4:28.92 | Linus Bernhard | 00 | Moelv | 10.09.2022 |
| 4:33.8 | Ole Fredrik Mørch | 62 | Årnes | 30.05.1992 |
| 4:41.35 | Odin Fjøsne Hexeberg | 05 | Moelv | 10.09.2022 |
| 4:43.08 | Ole-Kristian Lindboe Kværner | 05 | Moelv | 10.09.2022 |
| 4:50.07 | Erlend Skare | 73 | Jessheim | 23.08.1999 |
| 4:50.12 | Jens Kristian Aas | 05 | Moelv | 10.09.2022 |
| 4:52.23 | Jonas Kveen | 03 | Moelv | 10.09.2022 |
| 4:53.97 | Andre Nilsson | 82 | Jessheim | 23.08.1999 |
| 5:03.46 | Hans Agnar Grønnvoll | 84 | Jessheim | 23.08.1999 |
| 5:04.15 | Anders Lysbakken | 82 | Jessheim | 23.08.1999 |

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| **MENN SENIOR** | **51** |

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| **2000m** |  |

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| 5:37.57 | Sondre Strande Omland | 07 | Trondheim/St | 14.06.2022 |
| 5:46.25 | Fabian Vibekken | 09 | Gøteborg, SWE | 07.07.2024 |
| 5:52.88 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 20.08.2006 |
| 6:01.48 | Iver Løvgaard Faksvåg | 09 | Oslo/Bi | 01.09.2024 |
| 6:05.80 | Henrik Hanssen | 97 | Ravnanger | 02.09.2012 |
| 6:06.5 | Hans Georg Haug | 67 | Jessheim | 03.10.1983 |
| 6:07.8 | Øivind Kjørmo | 56 | Oslo/Jo | 12.05.1971 |
| 6:17.14 | Andreas Lindboe Kværner | 06 | Jessheim | 08.08.2021 |
| 6:20.32 | Eirik Bjørk Halvorsen | 04 | Jessheim | 08.09.2019 |
| 6:21.40 | Kevin Fritz | 91 | Byrkjelo | 27.08.2006 |
| 6:26.34 | Åsmund Wennemo | 94 | Nadderud | 30.08.2009 |
| 6:27.2 | Jonas Krossøy | 95 | Jessheim | 27.08.2013 |
| 6:28.16 | Sondre Westby Liestøl | 99 | Jessheim | 02.09.2014 |
| 6:28.18 | Kristian Monsen | 77 | Jessheim | 02.09.2014 |
| 6:29.6 | Kristian Brenni | 02 | Jessheim | 15.08.2017 |
| 6:29.8 | Vetle Kristiansen | 95 | Sofiemyr | 25.08.2009 |
| 5:30.64 | Oliver Finstad Nystuen | 05 | Jessheim | 11.08.2019 |
| 6:34.25 | Eskil Kinneberg | 92 | Bjørkelangen | 10.06.2007 |
| 6:36.7 | Nikolai Smestad | 92 | Jessheim | 27.08.2013 |
| 6:36.8 | Sondre Opaker Øines | 98 | Jessheim | 27.08.2013 |
| 6:40.10 | Fredrik Fyksen Aas | 08 | Jessheim | 07.08.2022 |
| 6:40.51 | Sigurd Fjellbo | 82 | Jessheim | 26.06.1997 |
| 6:43.67 | Nana Kuli | 01 | Jessheim | 11.08.2019 |
| 6:44.28 | Simen Cook Halvorsen | 04 | Jessheim | 11.08.2019 |
| 6:45.05 | Michael Løland | 92 | Nadderud | 17.06.2007 |
| 6:48.54 | Peder Holm | 92 | Molde | 04.09.2010 |
| 6:48.7 | Hans Agnar Grønnvoll | 84 | Hurdal | 20.06.2004 |
| 6:49.78 | Andreas Fyksen Aas | 08 | Jessheim | 07.08.2022 |
| 6:51.85 | Mikkel Sletvold | 03 | Jessheim | 11.08.2019 |
| 6:57.5 | Fredrik Fuglerud | 89 | Jessheim | 26.06.2004 |
| 7:02.8 | Andreas Kastel | 02 | Jessheim | 15.08.2017 |
| 7:06.70 | Erlend Magnus Homble | 04 | Jessheim | 11.08.2019 |
| 7:19.49 | Åsmund Lysbakken | 86 | Jessheim | 19.08.2001 |
| 7:25.41 | Erik Gustavson | 59 | Jessheim | 08.08.2008 |
| 7:32.96 | Snorre Fjeldbo | 79 | Jessheim | 26.06.1997 |

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| **MENN SENIOR** | **52** |

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| 7:47.04 | Andreas Fjeld Halvorsen | 05 | Trier, GER | 08.09.2023 |
| 7:47.37 | Awet Kibrab | 95 | Bergen/Fa | 03.06.2023 |
| 7:48.29 | Senay Fissehatsion | 95 | Jessheim | 09.08.2024 |
| 7:48.42 | Fredrik Sandvik | 98 | Jessheim | 09.08.2024 |
| 7:49.87 | Jacob Boutera | 96 | Jessheim | 09.08.2024 |
| 7:52.73 | Per Svela | 92 | Bergen/Fa | 08.06.2022 |
| 7:52.72 | Sigurd Ruud Skjeseth | 96 | Jessheim | 06.08.2021 |
| 8:04.21 | Kristian Bråthen Børve | 06 | Bergen/Fa | 15.05.2024 |
| 8:05.79 | Lukas Buncic | 07 | Trondheim/St | 12.09.2024 |
| 8:13.20 | Vidar Birkelund | 56 | Oslo/Bi | 19.06.1984 |
| 8:14.30 | Øystein Syversen | 52 | Oslo/Bi | 19.05.1983 |
| 8:16.14 | Erik Udø Pedersen | 94 | Oslo/Bi | 07.06.2020 |
| 8:21.15 | Trym Fjøsne Hexeberg | 03 | Jessheim | 11.08.2023 |
| 8:22.30 | Jørgen Frost Bø | 94 | Oslo/Bi | 24.06.2012 |
| 8:22.32 | Philip Gulbrandsen | 07 | Trondheim/St | 12.09.2024 |
| 8:22.84 | Sondre Strande Omland | 07 | Rud | 16.08.2023 |
| 8.23.76 | Simen Gløgård Stensrud | 05 | Oslo/Bi | 28.05.2022 |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/Bi | 05.09.1974 |
| 8:26.86 | Bjørn Dæhlie | 67 | Oslo/Bi | 31.05.1988 |
| 8:27.50 | Merith Solomon | 91 | Jessheim | 11.08.2023 |
| 8:27.57 | Vidar Aasland | 91 | Nadderud | 17.06.2011 |
| 8:29.19 | Haakon Sørstad | 08 | Oslo/Bi | 01.09.2024 |
| 8:30.22 | Nahon Tewelde | 06 | Jessheim | 09.08.2024 |
| 8:31.31 | Henrik Hanssen | 97 | Nadderud | 16.06.2017 |
| 8:33.20 | Theodor Hansen | 06 | Oslo/Bi | 30.08.2024 |
| 8:36.25 | Vegard Løberg Gjelsvik | 92 | Nadderud | 15.06.2012 |
| 8:37.0 | Leif Erling Aronsveen | 57 | Oslo/St | 15.07.1987 |
| 8:37.16 | Benjamin Olsen | 04 | Bergen/Fa | 11.05.2022 |
| 8:37.90 | Nikolai Smestad | 92 | Oslo/Bi | 18.08.2013 |
| 8:38.47 | Kristian Monsen | 77 | Oslo/Bi | 18.08.2013 |
| 8:38.88 | Ole Johan Garli | 56 | Oslo/Bi | 19.05.1983 |
| 8:39.07 | Markus Høgne | 98 | Göteborg, SWE | 15.07.2016 |
| 8:39.156.51 | Andreas Lindboe Kværner | 06 | Kristiansand | 12.05.2024 |
| 8:39.7 | Trygve Stanger | 62 | Jessheim | 28.08.1986 |
| 8:40.466 | Andreas Ullern Tonning | 04 | Jessheim | 11.08.2023 |
| 8:40.91 | Tor Erik Nyqvist | 67 | Oslo/Bi | 14.05.1998 |
| 8:42.40 | Stian Klungland | 93 | Oslo/Bi | 25.07.2013 |
| 8:43.8 | Itri Amazigh | 70 | Jessheim | 31.08.1994 |
| 8:45.3 | Odd Kinnsbekken | 48 | Oslo/St | 25.07.1983 |
| 8:45.4 | Stein Rosenberg | 60 | Oslo/St | 25.07.1982 |
| 8:45.73 | Odd Harstad | 44 | Oslo/St | 20.06.1983 |
| 8:46.67 | Odin Fjøsne Hexeberg | 05 | Rud | 16.06.2023 |
| 8:47.10 | Ole Fredrik Mørck | 62 | Oslo/Bi | 20.06.1995 |
| 8:47.2 | Torgeir Sørum | 45 | Oslo/Bi | 08.09.1967 |

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| **MENN SENIOR** | **53** |

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| **3000m forts.** |  |

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| 8:47.69 | Erling Klokkehaug | 91 | Nadderud | 15.06.2018 |
| 8:48.5 | Anders Sandholtbråten | 76 | Jessheim | 31.08.1994 |
| 8:48.80 | Ole Kristian Lindebø Kværner | 05 | Rud | 14.06.2024 |
| 8:49.15 | Fabian Vibekken | 09 | Rud | 14.06.2024 |
| 8:51.1 | Ole Morten Weng | 56 | Oslo/St | 05.06.1985 |
| 8:52.1 | Anders Hallingstad | 77 | Jessheim | 17.08.1998 |
| 8:53.2 | Svein Skolt | 25 | Oslo/Bi | 01.06.1951 |
| 8:54.12 | Mats Morgan Langøy | 01 | Nadderud | 14.06.2019 |
| 8:54.30 | Johan Hoel | 94 | Lillehammer/Ss | 20.06.2015 |
| 8:55.10 | Jørgen Gundersen | 95 | Oslo/Bi | 18.08.2013 |
| 8:56.1 | Hans Georg Haug | 67 | Nadderud | 19.08.1985 |
| 8:56.2 | Fredrik Bakken | 66 | Jessheim | 17.08.1992 |
| 8:56.46 | Eskil Kinneberg | 92 | Lerum, SWE | 22.06.2016 |
| 8:57.3 | Ole Kristian Westby | 66 | Oslo/St | 05.06.1985 |
| 8:57.6 | Ole Fossen | 27 | Skotterud | 16.08.1953 |
| 8:57.6 | Bjørn Ingvar Jensen | 66 | Jessheim | 15.08.1986 |
| 8:58.0 | Arne Luke | 44 | Oslo/Bi | 08.06.1972 |
| 8:58.6 | Håvard Uhlen | 39 | Tønsberg | 02.09.1962 |
| 8:58.85 | Erlend Magnus Homble | 04 | Bergen/Fa | 08.09.2023 |
| 8:58.91 | Roger Bråten | 71 | Bergen/Fa | 27.08.1989 |
| 8:59.4 | Raymond Trondsen | 47 | Oslo/Bi | 05.09.1974 |
| 8:59.44 | Gard Smevik Tørum | 03 | Nadderud | 10.06.2022 |
| 8:59.96 | Njord Erlend Wiker | 91 | Nadderud | 17.06.2011 |
| 9:01.6 | Øivind Kjørmo | 56 | Oslo/Bi | 27.05.1974 |
| 9:02.0 | Ronny Opaker | 66 | Oslo/Bi | 13.06.1983 |
| 9:04.14 | Francesci Bazzanella | 87 | Oslo/La | 23.09.2004 |
| 9:04.84 | Markus Einan | 97 | Oslo/(Bi | 27.08.2019 |
| 9:05.09 | Ivar Hjelbak Eriksen | 06 | Trondheim/St | 14.08.2022 |
| 9:04.8 | Thore Lauritsen | 67 | Jessheim | 14.08.1995 |
| 9:07.13 | Janis Arsenikovs | 83 | Nittedal | 20.08.2023 |
| 9:08.4 | Jan Erik Viholmen | 49 | Oslo/Bi | 21.08.1970 |
| 9:12.41 | Åsmund Wennemo | 94 | Nadderud | 15.06.2012 |
| 9:13.2 | John Stormoen | 65 | Jessheim | 19.08.1983 |
| 9:14.07 | Markus Bye Jacobsen | 07 | Osalo/Bi | 30.08.2024 |
| 9:15.24 | Erlend Skare | 73 | Jessheim | 14.08.2000 |
| 9:16.2 | Erik Næss | 61 | Jessheim | 22.08.1990 |
| 9:16.8 | Thue Holme | 52 | Oslo/Bi | 09.09.1975 |
| 9:16.93 | Eivind Duelien Vaaje | 04 | Rud | 16.06.2023 |
| 9:16.99 | Tommy Torgersen | 70 | Lillehammer/Ss | 25.06.2005 |
| 9:17.7 | Sigmund Syversen | 49 | Jessheim | 17.08.1992 |
| 9:18.0 | Thorbjørn Næss | 68 | Jessheim | 19.08.1988 |
| 9:18.4 | Terje Svendsen | 48 | Oslo/Bi | 09.09.1975 |
| 9:19.53 | Jonas Kveen | 03 | Jessheim | 09.08.2024 |
| 9:19.72 | Jostein Nyquist | 91 | Nadderud | 12.06.2000 |

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| **MENN SENIOR** | **54** |

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| **3000m forts.** |  |

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| 9:20.09 | Jonas Krossøy | 95 | Oslo/Bi | 19.08.2012 |
| 9:20.9 | Rune Skinnerlien | 69 | Jessheim | 19.08.1988 |
| 9:21.21 | Fredrik Anthi Svinø | 92 | Nadderud | 11.06.2010 |
| 9:21.28 | Ole-Kristian Lindboe Kværner | 05 | Trondheim/St | 12.08.2022 |
| 9:21.74 | Jens Kristian Aas | 05 | Trondheim/St | 12.08.2022 |
| 9:21.80 | Carl Jørgen Owre | 82 | Asker/Fø | 04.09.1999 |
| 9:22.0 | Erik Lerdahl | 10 | Jessheim | 09.08.1938 |
| 9:22.34 | Øivind Lund | 83 | Oslo/Bi | 19.05.2009 |
| 9:22.58 | Eirik Rustad | 88 | Oslo/Bi | 19.08.2012 |
| 9:22.8 | Sverre Fosstvedt | 47 | Råholt | 05.08.1970 |
| 9:23.9 | Knut Harald Pedersen | 69 | Jessheim | 15.08.1986 |
| 9:25.33 | Filip Kronkvist | 94 | Nadderud | 15.06.2018 |
| 9:25.41 | Hans Agnar Grønnvoll | 84 | Porsgrunn/Kj | 20.08.2000 |
| 9:25.9 | Lars Øyre | 54 | Jessheim | 14.08.1995 |
| 9:26.7 | Roger Mohaugen | 76 | Jessheim | 29.08.1994 |
| 9:26.80 | Peder Holm | 92 | Nadderud | 17.06.2011 |
| 9:27.65 | Jonas Haarberg Bolgen | 96 | Jessheim | 02.09.2014 |
| 9:27.8 | Ivar Gulbrandsen | 21 | Oslo/Bi | 06.06.1950 |
| 9:27.89 | Kristian Grue | 95 | Gjøvik | 20.05.2017 |
| 9:29.30 | Thomas Roth | 91 | Oslo/Bi | 19.08.2007 |
| 9:29.8 | Espen Hansen | 66 | Jessheim | 16.08.1993 |
| 9:30.4 | Morten Kristiansen | 69 | Jessheim | 29.08.1994 |
| 9:32.0 | Arne Gulbrandsen | 44 | Jessheim | 25.09.1966 |
| 9:32.47 | Sander Stuwe | 06 | Oslo/Bi | 01.06.2024 |
| 9:32.8 | Paal Raastad | 73 | Jessheim | 17.08.1992 |
| 9:33.0 | Lauritz Lund | 06 | Lillestrøm/Vi | 19.07.1931 |
| 9:33.03 | Henrik Eijsink | 96 | Oslo/Bi | 03.09.2020 |
| 9:33.92 | Simen Skeide Paulsen | 06 | Oslo/Bi | 28.05.2022 |
| 9:34.4 | Bjørn Tore Ottersen | 66 | Jessheim | 15.08.1986 |
| 9:34.80 | Tobias Finstad Mandt | 05 | Jessheim | 05.08.2022 |
| 9:35.2 | Johannes Bruvik | 36 | Råholt | 02.09.1956 |
| 9:36.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 28.05.1987 |
| 9:36.6 | Øivind Gulbrandsen | 51 | Råholt | 10.06.1968 |
| 9:37.07 | Ole Martin Sandness | 00 | Sandnes | 04.09.2016 |
| 9:37.67 | Stian Aaserud | 81 | Jessheim | 23.07.1998 |
| 9:37.73 | Tore Klungland | 97 | Nadderud | 16.06.2017 |
| 9:37.8 | Karl Holm | 02 | Jessheim | 08.09.1935 |
| 9:38.2 | Ole Pedersen | 69 | Jessheim | 19.08.1987 |
| 9:38.29 | Jostein Steffensen | 96 | Bodø | 19.08.2017 |
| 9:38.3 | Dag Olav Holter | 75 | Jessheim | 31.08.1994 |
| 9:38.47 | Ole Petter Kjærstad | 80 | Nadderud | 19.06.1998 |
| 9:38.64 | Vetle Christiansen | 95 | Oslo/La | 30.09.2010 |
| 9:38.9 | Kjartan Roland | 73 | Jessheim | 29.08.1994 |
| 9:39.6 | Runar Kristiansen | 71 | Jessheim | 19.08.1988 |

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| **MENN SENIOR** | **55** |

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| **3000m forts.** |  |

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| 9:39.7 | Thorstein Gystad | 67 | Jessheim | 15.08.1986 |
| 9:41.2 | Knut Kjellskau | 66 | Jessheim | 15.08.1986 |
| 9:42.80 | Jonas Kveen | 03 | Nadderud | 10.06.2022 |
| 9:43.2 | Claus Nerhagen | 59 | Jessheim | 21.08.1989 |
| 9:43.8 | Knut Kristiansen | 44 | Jessheim | 21.08.1989 |
| 9:44.0 | Sverre Sørensen | 21 | Årnes | 31.07.1949 |
| 9:44.3 | Ståle Murud | 69 | Jessheim | 21.08.1989 |
| 9:44.4 | Per Ødegård | 29 | Jessheim | 12.07.1959 |
| 9:44.92 | Carl Jørgen Owre | 82 | Jessheim | 23.07.1998 |
| 9:46.24 | Thomas Randem | 71 | Jessheim | 27.08.1992 |
| 9:47.1 | Eirik Horverak | 73 | Jessheim | 18.08.1993 |
| 9:47.1 | Thomas Vole Olsen | 73 | Jessheim | 18.08.1993 |
| 9:47.19 | Ole-Kristian Kværner | 05 | Jessheim | 06.08.2021 |
| 9:47.62 | Sander Stuwe | 06 | Oslo/St | 17.09.2023 |
| 9:47.95 | Sigurd Fjeldbo | 82 | Jessheim | 23.07.1998 |
| 9:48.3 | Dag Amundsen | 51 | Jessheim | 18.09.1997 |
| 9:49.49 | Halvor Løvli | 03 | Oslo/Bi | 27.08.2019 |
| 9:49.5 | Ole Thoresen | 09 | Jessheim | 11.09.1932 |
| 9:51.37 | Marius Myren | 08 | Oslo/Bi | 01.09.2024 |
| 9:51.8 | Steinar Gressløs | 53 | Jessheim | 14.08.1995 |
| 9:52.0 | Kåre-Christian Olsen | 64 | Jessheim | 22.08.1990 |
| 9:52.9 | Arnfinn Pedersen | 57 | Jessheim | 15.08.1986 |
| 9:53.4 | Øystein Frilseth | 48 | Jessheim | 21.08.1989 |
| 9:53.8 | Runar Kristiansen | 71 | Jessheim | 21.08.1989 |
| 9:54.3 | Bjørn Langsett | 71 | Jessheim | 21.08.1989 |
| 9:54.8 | John-Vidar Halvorsen | 67 | Jessheim | 15.08.1986 |
| 9:54.8 | Thomas Lundring | 75 | Jessheim | 02.09.1994 |
| 9:55.18 | Eirik Bjørk Halvorsen | 04 | Jessheim | 30.08.2020 |
| 9:55.2 | Halvard Bålsrud | 29 | Jessheim | 29.07.1951 |
| 9:55.38 | Erik Gustavsen | 59 | Jessheim | 17.09.2001 |
| 9:55.5 | Asgeir Steinsvik | 53 | Jessheim | 17.08.1992 |
| 9:55.9 | Petter Stensby | 52 | Jessheim | 21.08.1992 |
| 9:57.2 | Jens Lerdahl | 08 | Gjøvik | 17.07.1932 |
| 9:57.2 | Per Håkon Sand | 74 | Jessheim | 31.08.1994 |
| 9:57.3 | Lars E. Skjennum | 09 | Gjøvik | 17.07.1932 |
| 9:57.7 | Kolbjørn Skjerve | 37 | Jessheim | 19.08.1987 |
| 9:58.2 | Kevin Fritz | 91 | Jessheim | 02.06.2008 |
| 9:58.4 | Audun Kjos | 71 | Jessheim | 22.08.1990 |
| 9:58.4 | Halvor Marius Mangerud | 81 | Jessheim | 17.08.1998 |

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| **MENN SENIOR** | **56** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 10:00.0 | Kåre Karlsen | 36 | Lillestrøm | 03.07.1960 |
| 10:00.75 | Andrè Nilsson | 82 | Asker/Fø | 04.09.1999 |
| 10:01.2 | Tore Ragnar Olsen | 46 | Jessheim | 22.08.1990 |
| 10:02.07 | Sondre Westby Liestøl | 99 | Hamar | 23.05.2015 |
| 10:02.1 | Rolf Damlien | 31 | Sand | 05.08.1951 |
| 10:02.4 | Johannes Karlsen | 98 | Jessheim | 11.09.1932 |
| 10:04.0 | Kristian Stokstad | 19 | Eidsvoll | 25.08.1940 |
| 10.04.38 | Håkon Prøsch Johnsen | 07 | Rud | 16.06.2023 |
| 10:06.5 | Jan Erik Bøhnsdalen | 52 | Jessheim | 21.08.1989 |
| 10:07.0 | Hans Wethal | 16 | Lillestrøm | 18.07.1939 |
| 10:09.2 | Oskar Svendsen | 00 | Jessheim | 14.09.1930 |
| 10:09.6 | Frode Nygård | 72 | Jessheim | 19.08.1988 |
| 10:11.0 | Geir Asphaug | 65 | Jessheim | 16.08.1999 |
| 10:11.8 | Harald Rutle | 68 | Jessheim | 15.08.1986 |
| 10:12.4 | Hans Kristiansen | 69 | Lørenfallet | 05.06.1986 |
| 10:12.79 | Gaute Fosstveit | 02 | Jessheim | 08.08.2020 |
| 10:13.63 | Rene Fredheim Larsen | 97 | Jessheim | 02.09.2014 |
| 10:13.8 | Inge Nessiøy | 57 | Jessheim | 19.08.1988 |
| 10:14.4 | Runar Bålsrud | 62 | Jessheim | 20.08.1982 |
| 10:15.2 | Anders Lysbakken | 82 | Jessheim | 14.08.2000 |
| 10:15.4 | Georg Andersen | 06 | Jessheim | 11.08.1931 |
| 10:17.3 | Svein Torstveit | 66 | Jessheim | 21.08.1989 |
| 10:18.1 | Martin Carlson | 68 | Jessheim | 19.08.1988 |
| 10:19.4 | Simon Slemdal | 08 | Jessheim | 05.07.1931 |
| 10:19.8 | Johan O. Wiig | 10 | Gjøvik | 28.09.1930 |
| 10:20.0 | Ola Kleven | 03 | Jessheim | 13.09.1931 |
| 10:20.0 | Arthur Johansen | 38 | Råholt | 26.08.1961 |
| 10:20.2 | Jogeir Riise | 17 | Jessheim | 18.06.1939 |
| 10:20.3 | Torbjørn Stokstad | 18 | Jessheim | 07.09.1947 |
| 10:20.36 | Sondre Olsson | 91 | Oslo/Bi | 23.09.2009 |
| 10:23.5 | Ole Johnny Pedersen | 67 | Jessheim | 17.08.1984 |
| 10:25.13 | Espen Langrusten | 82 | Jessheim | 23.07.1998 |
| 10:26.9 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 19.08.1988 |
| 10:28.1 | Frode Grøndahl | 69 | Jessheim | 17.08.1984 |
| 10:28.1 | Rune Tunhøvd | 59 | Jessheim | 31.08.1994 |
| 10:29.2 | Michael Knutsen | 66 | Jessheim | 19.08.1983 |
| 10:29.8 | Egil Ødemark | 41 | Jessheim | 19.08.1988 |
| 10:30.2 | Johan Karlsen | 13 | Jessheim | 20.08.1933 |
| 10:30.3 | Freddy Pedersen | 66 | Jessheim | 19.08.1983 |
| 10:30.7 | Rune Murud | 65 | Jessheim | 19.08.1983 |
| 10:32.2 | Trygve Bårde | 48 | Jessheim | 21.08.1989 |
| 10:32.4 | Kenneth Vestgøte | 76 | Jessheim | 31.08.1994 |
| 10:32.5 | Anders Huse | 72 | Jessheim | 17.08.1992 |
| 10:33.5 | Finn-Thorer Kjos | 66 | Jessheim | 19.08.1983 |

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| **MENN SENIOR** | **57** |

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| **3000m forts.** |  |

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| 10:34.1 | Ola Neskleiv | 62 | Jessheim | 29.08.1994 |
| 10:34.4 | Terje Mikalsen | 43 | Råholt | 22.06.1963 |
| 10:35.0 | Kjell Carlson | 44 | Jessheim | 21.08.1989 |
| 10:37.5 | Erling Støverud | 08 | Jessheim | 08.10.1933 |
| 10:37.4 | Hans Kristian Hansen | 41 | Kløfta | 22.09.1958 |
| 10:37.7 | Bjørn Ottersen | 35 | Jessheim | 19.98.1987 |
| 10:40.1 | Edard Hughes | 71 | Jessheim | 19.08.1987 |
| 10:42.6 | Leif Møster | 34 | Kløfta | 22.09.1958 |
| 10:44.6 | Morten Mathiesen | 71 | Jessheim | 19.08.1987 |
| 10:46.7 | Johnny Røsåsen | 44 | Jessheim | 19.08.1988 |
| 10:37.9 | Rolv-Eirik Nyheim | 47 | Jessheim | 19.08.1988 |
| 10:48.9 | Torbjørn Johansen | 45 | Jessheim | 18.08.1993 |
| 10:50.2 | Ivar Skedsmo | 55 | Jessheim | 22.08.1990 |
| 10:51.0 | John Arve Johansen | 36 | Jessheim | 01.08.1958 |
| 10:52.2 | Trygve Stokstad | 13 | Eidsvoll | 07.07.1935 |
| 10:52.8 | Runar Olsen | 63 | Jessheim | 19.08.1983 |
| 10:56.5 | Eirik Tenold | 39 | Lørenfallet | 22.08.1984 |
| 10:56.8 | Hallvard Aasdalen | 65 | Jessheim | 19.08.1983 |
| 10:57.4 | Jan-Olav Arnegård | 71 | Jessheim | 19.08.1988 |
| 10:57.7 | Ragnar Bakken | 48 | Jessheim | 19.08.1988 |
| 10:58.6 | Sten Melbye | 31 | Jessheim | 19.08.1983 |
| 10:58.6 | Kjell Bråthen | 64 | Jessheim | 19.08.1983 |
| 10:59.8 | Svein Anders Skolt | 80 | Jessheim | 17.08.1998 |
| 11:00.9 | Jon Petter Wium | 65 | Jessheim | 17.08.1984 |
| 11:02.3 | Rune Bonesvold | 64 | Jessheim | 17.08.1984 |
| 11:02.7 | Kjell Østhus | 42 | Jessheim | 19.08.1988 |
| 11:04.2 | Nils Røkke | 43 | Strømmen | 18.06.1961 |
| 11:06.4 | Karl Haukås | 39 | Kløfta | 31.05.1959 |
| 11:07.3 | John Birkelund | 32 | Jessheim | 20.08.1982 |
| 11:07.8 | Morten Johansen | 66 | Jessheim | 19.08.1983 |
| 11:13.2 | Asbjørn Hoel | 43 | Jessheim | 21.08.1989 |
| 11:13.3 | Bjørn Neverlein | 65 | Jessheim | 19.08.1983 |
| 11:18.0 | Molvin Knutsen | 62 | Jessheim | 20.08.1982 |
| 11:18.1 | Esben Jettestad | 66 | Jessheim | 19.08.1983 |
| 11:20.1 | Nils Sæthermoen | 40 | Jessheim | 19.08.1991 |
| 11:22.3 | Rune Høgås | 66 | Jessheim | 19.08.1983 |
| 11:22.9 | Sindre Rognerud | 66 | Jessheim | 19.08.1983 |
| 11:23.3 | Jon Øyvind Bendiksen | 66 | Jessheim | 19.08.1983 |
| 11:24.7 | Trygve Rommen | 31 | Jessheim | 21.08.1981 |
| 11:26.5 | Karl Lødemel | 24 | Jessheim | 20.08.1982 |
| 11.26.7 | Atle Sander | 71 | Jessheim | 15.08.1986 |
| 11:27.3 | Knut Lein | 28 | Jessheim | 20.08.1982 |
| 11:29.7 | Øivind Holm | 63 | Jessheim | 19.08.1983 |

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| **MENN SENIOR** | **58** |

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| **3000m forts.** |  |

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| **MENN SENIOR** | **59** |

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| 13:15.41 | Awet Kibrab | 95 | Heusden, BEL | 15.07.2023 |
| 13:23.97 | Per Svela | 92 | Monaco, MON | 14.08.2020 |
| 13:33.51 | Senay Fissehatsion | 95 | Sandnes | 29.06.2024 |
| 13:41.47 | Sigurd Ruud Skjeseth | 96 | Tønsberg/Gr | 22.05.2021 |
| 13:46.07 | Erik Udø Pedersen | 94 | Oslo/Bi | 04.06.2021 |
| 13:52.44 | Kristian Bråthen Børve | 06 | Oslo/Bi | 18.06.2024 |
| 14:03.28 | Senay Fissehatsion | 95 | Oslo/Bi | 30.06.2022 |
| 14:15.67 | Vidar Birkelund | 56 | Lillehammer/Ss | 31.05.1984 |
| 14:16.75 | Andreas Fjeld Halvorsen | 05 | Rud | 28.08.2022 |
| 14:23.17 | Jørgen Frost Bø | 94 | Oslo/Bi | 28.06.2015 |
| 14:25.71 | Lukas Buncic | 07 | Bodø | 04.08.2024 |
| 14:33.8 | Øystein Syversen | 52 | Nadderud | 28.06.1983 |
| 14:38.0 | Harald Lindstrøm | 54 | Oslo/Bi | 23.09.1975 |
| 14:38.78 | Bjørn Dæhlie | 67 | Oslo/Bi | 18.05.1989 |
| 14:41.32 | Simen Gløgård Stensrud | 05 | København, DAN | 23.08.2022 |
| 14:41.69 | Fredrik Sandvik | 98 | Oslo/Bi | 30.06.2022 |
| 14:47.01 | Petter Myhr | 00 | Oslo/Bi | 29.06.2020 |
| 14:51.18 | Eskil Kinneberg | 92 | Lerum, SWE | 22.06.2016 |
| 14:55.40 | Kristian Monsen | 77 | Oslo/Bi | 03.09.2013 |
| 14:57.7 | Leif Erling Aronsveen | 57 | Jessheim | 24.08.1987 |
| 14:57.83 | Nahan Tewelde | 06 | Bodø | 04.08.2024 |
| 15:00.13 | Nikolai Smestad | 92 | Göteborg, SWE | 28.06.2013 |
| 15:00.28 | Tor Erik Nyqvist | 67 | Oslo/Bi | 04.06.1998 |
| 15:02.79 | Sondre Strande Omland | 07 | Rud | 28.08.2022 |
| 15:09.3 | Ole Johan Garli | 56 | Oslo/St | 31.08.1983 |
| 15:11.2 | Ole Morten Weng | 56 | Oslo/St | 22.05.1985 |
| 15:14.2 | Stein Roar Ulseth | 52 | Jessheim | 01.08.1986 |
| 15:15.94 | Andreas Ullern Tonning | 04 | Sandnes | 27.08.2023 |
| 15:21.48 | Anders Hallingstad | 77 | Stjørdal | 16.08.1998 |
| 15:24.6 | Odd Kinnsbekken | 48 | Oslo/St | 21.06.1982 |
| 15:28.46 | Odin Fjøsne Hexeberg | 05 | Sandnes | 27.08.2023 |
| 15:33.44 | Ole Fredrik Mørck | 62 | Jessheim | 06.08.1996 |
| 15:34.4 | Ragnar Lund | 43 | Råholt | 06.07.1966 |
| 15:37.07 | Johan Hoel | 94 | Oslo/Bi | 28.06.2015 |
| 15:37.2 | Svein Skolt | 25 | Jessheim | 16.07.1952 |
| 15:37.4 | Ole Fossen | 27 | Jessheim | 15.07.1953 |
| 15:40.2 | Håvard Uhlen | 39 | Ås | 05.09.1962 |
| 15:42.37 | Roger Bråten | 71 | Oslo/Bi | 16.09.1989 |
| 15:43.7 | Stein Rosenberg | 60 | Oslo/Bi | 21.07.1982 |
| 15:43.81 | Tommy Torgersen | 70 | Oslo/Bi | 18.05.2006 |
| 15:44.8 | Torgeir Sørum | 45 | Råholt | 23.08.1968 |
| 15:48.0 | Petter Stensby | 52 | Oslo/St | 24.07.1985 |
| 15:50.4 | Thue Holme | 52 | Jessheim | 19.06.1975 |
| 15:51.22 | Roger Mohaugen | 76 | Jessheim | 11.07.1998 |

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| **MENN SENIOR** | **60** |

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| **5000m forts.** |  |

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| 15:52.4 | Kjell Stokkan | 66 | Stjørdal | 30.07.1988 |
| 15:52.8 | Jan Erik Viholmen | 49 | Strømmen | 23.08.1970 |
| 15:55.13 | Henrik Hanssen | 97 | Harstad | 13.08.2017 |
| 15:55.6 | Øivind Kjørmo | 56 | Rolvsrud | 03.07.1934 |
| 15:56.0 | Raymond Trondsen | 47 | Jessheim | 16.06.1973 |
| 15:57.0 | Terje Svendsen | 48 | Jessheim | 18.06.1976 |
| 16:01.8 | Inge Bråthen | 48 | Jessheim | 19.06.1974 |
| 16:05.0 | Ole Kristian Westby | 66 | Rolvsrud | 15.06.1985 |
| 16:05.7 | Jørn Skadsdammen | 59 | Oslo/St | 28.06.1983 |
| 16:08.0 | Bjørn Rommen | 43 | Råholt | 10.09.1969 |
| 16:08.5 | Kolbjørn Skjerve | 37 | Lørenfallet | 25.06.1983 |
| 16:09.39 | Abdirahim Dahir | 94 | Oslo/Bi | 26.09.2020 |
| 16:10.2 | Sverre Fosstvedt | 47 | Jessheim | 13.06.1970 |
| 16:16.0 | Øivind Gulbrandsen | 51 | Jessheim | 15.08.1969 |
| 16:19.6 | Erik Lerdahl | 10 | Oslo/Bi | 20.08.1938 |
| 16:21.6 | Lauritz Lund | 06 | Oslo/Gr | 08.08.1931 |
| 16:21.6 | Arne Gulbrandsen | 44 | Råholt | 25.08.1963 |
| 16:23.4 | Arne Luke | 44 | Råholt | 13.08.1966 |
| 16:25.26 | Sander Stuwe | 06 | Gøteborg, SWE | 05.07.2024 |
| 16:29.4 | Jan Rustad | 40 | Jessheim | 12.06.1971 |
| 16:30.4 | Jon Martin Samuelsen | 53 | Jessheim | 16.06.1973 |
| 16:32.1 | Thorbjørn Næss | 68 | Jessheim | 31.07.1987 |
| 16:34.8 | Rolf Damlien | 31 | Jessheim | 03.08.1952 |
| 16:38.0 | Geir Helge Nordal | 46 | Råholt | 10.09.1969 |
| 16:38.2 | Per Ødegård | 29 | Jessheim | 01.08.1959 |
| 16:39.8 | Ivar Gulbrandsen | 21 | Jessheim | 16.08.1952 |
| 16:42.4 | Thorstein Gystad | 67 | Aalborg, DEN | 10.08.2002 |
| 16:45.8 | Sverre Sørensen | 21 | Lillestrøm/Vi | 14.08.1949 |
| 16:47.66 | Peder Holm | 92 | Oslo/Bi | 30.06.2011 |
| 16:49.6 | Halvard Bålsrud | 29 | Lillestrøm/Vi | 08.08.1948 |
| 16:53.3 | Karl Holm | 11 | Jessheim | 29.07.1934 |
| 16:56.66 | Lars Anders Tenold | 93 | Oslo/Bi | 08.07.2013 |
| 17:00.3 | Knut Kristiansen | 44 | Lørenfallet | 21.06.1980 |
| 17:00.8 | Bjørn Egil Hytjan | 56 | Jessheim | 18.06.1976 |
| 17:05.0 | Per Berg | 34 | Strømmen | 30.08.1964 |
| 17:05.69 | Trygve Stanger | 62 | Jessheim | 22.08.2005 |
| 17:06.04 | Dag Amundsen | 51 | Lillehammer/Ss | 15.08.1997 |
| 17:06.3 | Egil Ødemark | 41 | Jessheim | 18.06.1976 |
| 17:14.0 | Terje Mikalsen | 43 | Råholt | 13.08.1966 |
| 17:17.0 | Arne Nyland | 36 | Jessheim | 15.06.1969 |
| 17:32.4 | Ole Skolt | 53 | Jessheim | 16.06.1973 |
| 17:39.0 | Bjørn Simensen | 42 | Råholt | 29.08.1965 |
| 17:43.4 | Hans Antonsen | 06 | Jessheim | 11.09.1927 |
| 17:52.7 | Georg Andersen | 06 | Jessheim | 01.09.1929 |

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| **MENN SENIOR** | **61** |

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| **5000m forts.** |  |

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| 17:54.0 | Arve Bogstad | 41 | Jessheim | 13.06.1970 |
| 17:58.4 | Kristen Langbakk | 39 | Jessheim | 18.06.1975 |
| 17:59.6 | Kristoffer Stanger | 33 | Jessheim | 28.08.1957 |
| 17:59.8 | Ola Wethal | 33 | Jessheim | 28.08.1957 |
| 18:01.0 | Einar Lund | 98 | Jessheim | 17.09.1922 |
| 18:01.8 | Kjell Carlsson | 44 | Jessheim | 16.06.1973 |
| 18:02.0 | Arthur Johansen | 38 | Lillestrøm | 28.08.1960 |
| 18:05.0 | Sverre Lauten | 53 | Jessheim | 18.06.1976 |
| 18:06.6 | Gudmund Ølstørn | 40 | Jessheim | 16.06.1973 |
| 18:29.2 | Dag Fostvedt | 27 | Jessheim | 13.06.1970 |
| 18:36.3 | Ole Kleven | 03 | Jessheim | 14.08.1931 |
| 18:39.8 | Jens Wethal | 08 | Jessheim | 19.09.1926 |
| 18:52.4 | Trygve Stokstad | 13 | Kløfta | 10.08.1947 |
| 18:55.2 | Arne Thorvaldsen | 14 | Lillestrøm/Vi | 15.08.1937 |
| 18:56.0 | Sten Melbye | 31 | Jessheim | 16.06.1973 |
| 19:02.2 | Helge Sydtangen | 37 | Jessheim | 18.06.1976 |
| 19:05.6 | Hans Kristiansen | 70 | Jessheim | 11.08.1986 |
| 19:14.4 | Kåre Støverud | 52 | Jessheim | 18.06.1976 |
| 19:21.6 | Magne Engen | 33 | Jessheim | 18.06.1975 |
| 19:27.0 | Kåre Hofskelrud | 39 | Jessheim | 18.06.1976 |
| 19:30.0 | Kjell Løvbrøtte | 41 | Jessheim | 15.06.1969 |
| 19:30.0 | Øystein Jørgensen | 47 | Jessheim | 18.06.1976 |
| 19:38.2 | Per Neskleiv | 36 | Jessheim | 16.06.1973 |
| 20:02.2 | Håkon Amundstad | 24 | Jessheim | 18.06.1975 |
| 20:03.6 | Arne Marthinussen | 50 | Jessheim | 18.06.1976 |
| 20:05.0 | Sverre Einarsen | 10 | Jessheim | 21.08.1921 |
| 20:11.2 | Leif Rubach | 45 | Jessheim | 18.06.1976 |
| 20:12.6 | Kristen Nygaard | 26 | Jessheim | 12.06.1971 |
| 20:23.6 | Olav Bjerkeli | 33 | Jessheim | 18.06.1976 |
| 20:27.2 | Per Neskleiv | 36 | Jessheim | 18.06.1976 |
| 20:31.8 | Inge Sesseng | 54 | Jessheim | 12.06.1974 |
| 20:42.2 | Kjell Nakstad | 44 | Jessheim | 12.06.1974 |
| 20:48.0 | Øyvind Mangerud | 48 | Jessheim | 12.06.1971 |
| 20:52.4 | Ole Arnegård | 44 | Jessheim | 18.06.1976 |
| 20:53.2 | Halvor Bogstad | 46 | Jessheim | 18.06.1976 |
| 20:55.18 | Vemund Wemundstad | 40 | Tønsberg/Gr | 17.08.2008 |
| 20:58.0 | Arne Aas | 29 | Jessheim | 18.06.1976 |
| 21:05.5 | Martin Molnes | 39 | Jessheim | 18.06.1975 |
| 21:06.2 | Johan Gabrielsen | 35 | Jessheim | 18.06.1976 |
| 21:12.8 | Roar Norbeck | 43 | Jessheim | 18.06.1976 |
| 21:16.6 | Ivar Opsahl | 47 | Jessheim | 18.06.1975 |
| 21:17.0 | Thorbjørn Lund | 98 | Jessheim | 21.08.1921 |
| 21:26.6 | Arnt Horntvedt | 46 | Jessheim | 18.06.1976 |
| 21:40.2 | Kai Hole | 42 | Jessheim | 18.06.1976 |

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| **MENN SENIOR** | **62** |

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| **5000m forts.** |  |

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| 21:50.8 | Olav Rutle | 45 | Jessheim | 18.06.1976 |
| 22:10.6 | Oddmund Teigen | 35 | Jessheim | 18.06.1976 |
| 22:58.72 | Eivind Stenhammer | 92 | Oslo/Bi | 30.06.2011 |
| 23:02.0 | Harald Svarstad | 27 | Jessheim | 13.06.1970 |
| 23:30.8 | Bjørn Grønlien | 44 | Jessheim | 16.06.1972 |
| 23:37.0 | Rolf Marthinussen | 24 | Jessheim | 18.06.1976 |

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| **MENN SENIOR** | **63** |

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| **10000m** |  |

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| 28:17.01 | Sigurd Ruud Skjeseth | 96 | London, GBR | 14.05.2022 |
| 28:35.79 | Per Svela | 92 | Oslo/Bi | 13.04.2022 |
| 28:44.60 | Awet Kibrab | 95 | London, GBR | 18.05.2024 |
| 28:57.62 | Senay Fissehatsion | 95 | Jessheim | 08.07.2023 |
| 29:30.12 | Erik Udø Pedersen | 94 | Kristiansand | 26.06.2021 |
| 29:57.28 | Vidar Birkelund | 56 | Sandnes | 10.08.1986 |
| 30:31.09 | Bjørn Dæhlie | 67 | Oslo/Bi | 29.06.1993 |
| 30:32.48 | Øystein Syversen | 52 | Trondheim/Le | 31.07.1983 |
| 30:39.74 | Tor Erik Nyquist | 67 | Oslo/Bi | 18.06.1998 |
| 30:53.0 | Eskil Kinneberg | 92 | Kvernsveden, SWE | 05.07.2020 |
| 31:20.4 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |
| 31:22.99 | Stein Roar Ulseth | 52 | Oslo/Bi | 19.06.1986 |
| 31:30.24 | Kristian Monsen | 77 | Jessheim | 24.08.2014 |
| 31:43.05 | Mathias Sæten | 95 | Oslo/Bi | 15.06.2021 |
| 31:52.3 | Odd Kinnsbekken | 48 | Oslo/St | 28.09.1983 |
| 32:08.9 | Ole Johan Garli | 56 | Jessheim | 22.06.1984 |
| 32:14.47 | Ole Morten Weng | 56 | Oslo/Bi | 20.06.1985 |
| 32:27.0 | Ragnar Lund | 43 | Råholt | 19.06.1966 |
| 32:29.16 | Tommy Torgersen | 70 | Oslo/La | 14.06.2005 |
| 32:29.92 | Kristian Karlsen | 82 | Kristiansand | 10.06.2017 |
| 32:57.2 | Stein Rosenberg | 60 | Oslo/St | 22.09.1982 |
| 32:59.39 | Ole Fredrik Mørck | 62 | Oslo/Bi | 27.05.1995 |
| 33:05.0 | Håvard Uhlen | 39 | Lillestrøm | 17.09.1962 |
| 33:25.6 | Svein Skolt | 25 | Jessheim | 17.08.1952 |
| 33:31.6 | Trygve Stanger | 62 | Jessheim | 10.10.1985 |
| 33:31.8 | Ole Fossen | 27 | Jessheim | 17.08.1952 |
| 33:37.0 | Petter Stensby | 52 | Jessheim | 22.06.1984 |
| 33:49.22 | Kristian Grue | 95 | Oslo/Bi | 17.07.2019 |
| 33:49.4 | Jan Erik Viholmen | 49 | Lillestrøm | 18.09.1970 |
| 33:52.6 | Arne Luke | 44 | Lørenskog/Ro | 04.10.1979 |
| 34:33.2 | Ivar Gulbrandsen | 21 | Jessheim | 17.08.1952 |
| 34:35.4 | Raymond Trondsen | 47 | Lillestrøm | 19.06.1972 |
| 34:37.4 | Lauritz Lund | 06 | Oslo/Fu | 21.06.1931 |
| 34:47.0 | Jacob Boutera | 96 | Oslo/Bi | 24.09.2022 |
| 34:47.77 | Sander Stuwe | 06 | Kristiansand | 12.05.2024 |
| 35:00.0 | Knut Kjellskau | 66 | Lillestrøm | 20.05.1985 |
| 35:03.2 | Karl Holm | 11 | Kløfta | 24.06.1934 |
| 35:04.5 | Erlend Skåre | 73 | Bjørkelangen | 19.09.1992 |
| 35:10.2 | Sverre Sørensen | 18 | Jessheim | 22.08.1951 |
| 35:23.0 | Erik Lerdahl | 10 | Lillestrøm | 14.06.1931 |
| 35:38.2 | Torgeir Sørum | 45 | Råholt | 24.09.1969 |
| 36:49.0 | Per Ødegård | 29 | Nannestad | 05.09.1959 |
| 36:56.0 | Sverre Fosstvedt | 47 | Lillestrøm | 19.06.1970 |
| 37:08.0 | Knut Kristensen | 44 | Jessheim | 28.09.1989 |

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| **MENN SENIOR** | **64** |

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| **10000m** |  |

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| 39:25.0 | Arne Nyland | 36 | Lillestrøm | 19.06.1970 |
| 39:51.74 | Frode Liland | 65 | Brumunddal | 05.08.2010 |
| 41:06.0 | Kristoffer Stanger | 33 | Rolvsrud | 26.06.1980 |

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| **MENN SENIOR** | **65** |

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

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| --- | --- | --- | --- | --- |
| 14.12 +0.3 | Tom Erik Olsen | 74 | Oslo/Bi | 02.07.1995 |
| 14.85 +1.5 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 20.06.1992 |
| 15.24 +1.7 | Ole Petter Henriksen | 63 | Oslo/Bi | 18.08.1987 |
| 22.39 0.0 | Marius Fuglerud | 87 | Trondheim/St | 23.09.2006 |

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

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| 16.9 | Gunnar Jyssum | 17 | Jessheim | 13.08.1939 |
| 17.5 | Nils Kristen Wiig | 43 | Råholt | 23.08.1969 |
| 17.5 | Ivar Opsahl | 47 | Rolvsrud | 25.08.1974 |
| 17.6 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 17.9 | Nils Andresen | 36 | Jessheim | 20.08.1966 |
| 19.1 | Frode Liland | 65 | Strømmen | 26.05.1982 |
| 19.2 | Leif Møster | 34 | Kløfta | 18.09.1958 |
| 19.7 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 20.0 | Fritz Karlsen | 37 | Strømmen | 23.09.1962 |
| 20.0 | Kai Hole | 42 | Lillestrøm | 12.06.1977 |
| 20.2 | John Arne Johansen | 36 | Kløfta | 18.09.1958 |
| 20.4 | Ole Skolt | 53 | Jessheim | 04.06.1987 |
| 20.8 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 21.1 | Jacob Hofseth | 13 | Nannestad | 18.09.1938 |
| 21.1 | Kristoffer Stanger | 33 | Råholt | 02.09.1956 |
| 21.1 | Jon Erik Lund | 34 | Strømmen | 22.09.1962 |
| 21.2 | Håvard Uhlen | 39 | Jessheim | 19.08.1965 |
| 21.2 | Frode Myrvang | 67 | Strømmen | 26.05.1982 |
| 21.4 | Johan N. Wiig | 17 | Jessheim | 16.08.1939 |
| 21.8 | Hans Wethal | 16 | Jessheim | 16.08.1939 |
| 21.8 | Jogeir Riise | 12 | Jessheim | 16.08.1939 |
| 21.9 | Torgeir Sørum | 45 | Råholt | 19.06.1974 |
| 22.2 | Halvor Berger | 40 | Kløfta | 18.09.1958 |

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| **MENN SENIOR** | **66** |

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

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| 27.27 -0.2 | Julian Zhang Førsund | 07 | Oslo/La | 12.05.2023 |
| 29.32 V? | Frank Øines | 68 | Jessheim | 31.08.2000 |
| 29.50 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |
| 32.16 | Erik Johansen | 84 | Jessheim | 31.08.2000 |
| 32.46 | Runar Homble | 72 | Jessheim | 23.08.1999 |

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

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| 25.9 V? | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |
| 26.9 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| 27.4 | Espen Hofoss | 76 | Ski | 04.10.1996 |
| 27.9 | Frank Øines | 68 | Jessheim | 22.09.1994 |
| 28.5 | Thorstein Gystad | 67 | Jessheim | 23.09.1987 |
| 29.3 | Odd Kristiansen | 47 | Jessheim | 27.07.1973 |
| 30.6 | Ivar Opsahl | 47 | Rolvsrud | 31.08.1982 |
| 31.2 | Lasse Andersen | 47 | Årnes | 31.08.1983 |
| 31.4 | Frode Nygård | 69 | Jessheim | 23.09.1987 |
| 32.2 | Claus Nerhagen | 59 | Råholt | 10.09.1972 |

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

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| --- | --- | --- | --- | --- |
| 40.83 | Jørgen Hjelm Bakkerud | 74 | Haugesund | 01.08.1992 |
| 44.53 | Espen Hofoss | 76 | Sofiemyr | 24.09.1994 |
| 46.66 | Fredrik Fuglerud | 89 | Oslo/Bi | 26.09.2007 |

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

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| 55.32 | Andreas Roth | 93 | Oslo/Bi | 23.09.2013 |
| 56.34 | Sigurd Blom Breivik | 96 | Haugesund | 06.09.2014 |
| 57.27 | Sverre Blom Breivik | 96 | Haugesund | 06.09.2014 |
| 57.53 | Julian Zhang Førsund | 07 | Bodø | 03.08.2024 |
| 59.80 | Frank Øines | 68 | Jessheim | 28.09.1997 |
| 60.13 | Jon Gunnar Alfsen | 97 | Lillestrøm | 12.09.2015 |
| 60.26 | Jørn Jevne | 64 | Jessheim | 28.09.1997 |
| 61.44 | Sondre Opaker Øines | 98 | Oslo/Bi | 19.07.2017 |
| 63.35 | Molvin Knutsen | 62 | Oslo/La | 02.06.1984 |
| 66.80 | Jan Gulbrandsen | 74 | Jessheim | 11,98,1997 |
| 70.81 | Frode Myrvang | 67 | Jessheim | 11.08.1997 |
| 72.23 | Jostein Steffensen | 96 | Nadderud | 11.06.2016 |

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| **MENN SENIOR** | **67** |

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

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| --- | --- | --- | --- | --- |
| 54.9 | Andreas Roth | 93 | Oslo/Bi | 17.09.2012 |
| 57.0 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 17.09.2012 |
| 59.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.09.1987 |
| 59.4 | Nils Kristen Wiig | 43 | Råholt | 08.08.1965 |
| 59.6 | Finn Ugletveit | 49 | Lillestrøm | 14.06.1970 |
| 60.0 | Kjell Reiestad | 46 | Råholt | 24.08.1969 |
| 60.9 | Raymond Trondsen | 47 | Råholt | 06.09.1972 |
| 61.6 | Einar Hellum | 47 | Oslo/Bi | 26.07.1963 |
| 61.8 | Molvin Knutsen | 62 | Jessheim | 06.09.1986 |
| 62.4 | Rolv-Eirik Nyheim | 47 | Lørenfallet | 03.09.1983 |
| 62.9 | Frode Liland | 65 | Rolvsrud | 29.06.1982 |
| 63.3 | Arve Bogstad | 41 | Strømmen | 14.08.1971 |
| 63.4 | Torgeir Sørum | 45 | Råholt | 29.08.1965 |
| 63.5 | Ole Skolt | 53 | Jessheim | 06.09.1986 |
| 64.2 | Thorstein Gystad | 67 | Jessheim | 27.09.1993 |
| 65.4 | Kristoffer Stanger | 33 | Jessheim | 26.08.1957 |
| 65.9 | Håvard Uhlen | 39 | Råholt | 14.06.1964 |
| 66.9 | Jon Martinsen | 47 | Råholt | 14.06.1964 |
| 67.8 | John Arve Johansen | 36 | Kløfta | 06.08.1958 |

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| **1500m hinder 91.4 cm** |  |

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| --- | --- | --- | --- | --- |
| 4:36.4 | Einar Hellum | 47 | Jessheim | 09.10.1966 |
| 4:48.2 | Torgeir Sørum | 45 | Jessheim | 25.09.1965 |
| 4:56.8 | Håvard Uhlen | 39 | Jessheim | 25.09.1965 |

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| **MENN SENIOR** | **68** |

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

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| --- | --- | --- | --- | --- |
| 5:30.63 | Fredrik Sandvik | 98 | København, DEN | 03.09.2024 |
| 5:56.06 | Vegard Løberg Gjelsvik | 92 | Molde | 04.09.2010 |
| 6:00.87 | Vetle Aasland | 91 | Molde | 04.09.2010 |
| 6:02.91 | Thomas Roth | 91 | Molde | 04.09.2010 |
| 6:05.9 | Trygve Stanger | 62 | Oslo/St | 24.07.1981 |
| 6:13.32 | Markus Høgne | 98 | Jessheim | 25.06.2016 |
| 6:19.05 | Ole-Kristian Lindboe Kværner | 05 | Bergen/Fa | 09.09.2023 |
| 6:30.14 | Hans Agnar Grønnvoll | 84 | Oslo/Bi | 22.06.2001 |
| 6:32.72 | Lars Lysbakken | 79 | Jessheim | 22.06.2001 |
| 6:43.98 | Kevin Fritz | 91 | Göteborg, SWE | 27.06.2008 |
| 6:51.21 | Sigurd Fjeldbo | 82 | Oslo/Bi | 23.06.2000 |
| 6:58.39 | Tommy Torgersen | 70 | Jessheim | 23.08.1999 |
| 6:59.5 | Øystein Samuelsen | 62 | Løken | 25.06.1980 |
| 7:01.58 | Alf Roger Holme | 77 | Jessheim | 22.07.1999 |
| 7:13.2 | Espen Hofoss | 76 | Jessheim | 21.08.1992 |
| 7:28.01 | Stian Aaserud | 81 | Jessheim | 23.08.1999 |

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| **MENN SENIOR** | **69** |

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

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| 8:21.63 | Jacob Boutera | 96 | Åbo, FIN | 14.06.2022 |
| 8:27.46 | Fredrik Sandvik | 98 | Bergen/Fa | 03.06.2023 |
| 9:02.0 | Bjørn Dæhlie | 67 | Jessheim | 25.08.1989 |
| 9:09.85 | Erik Udø Pedersen | 94 | Bergen/Fa | 19.09.2020 |
| 9:12.60 | Vidar Birkelund | 56 | Byrkjelo | 30.06.1984 |
| 9:17.60 | Vetle Aasland | 91 | Prestfoss | 29.07.2012 |
| 9:17.8 | Trygve Stanger | 62 | Jessheim | 21.08.1987 |
| 9:24.96 | Vegard Løberg Gjelsvik | 92 | København, DEN | 04.09.2011 |
| 9:25.4 | Stein Roar Ulseth | 52 | Oslo/St | 16.07.1986 |
| 9:30.8 | Svein Skolt | 25 | Oslo/Bi | 18.08.1951 |
| 9:36.1 | Fredrik Bakken | 66 | Jessheim | 21.08.1987 |
| 9:41.4 | Stein Rosenberg | 60 | Oslo/St | 07.09.1983 |
| 9:41.59 | Ole Skolt | 53 | Oslo/Bi | 16.09.1981 |
| 9:42.6 | Harald Lindstrøm | 54 | Jessheim | 23.08.1974 |
| 9:45.8 | Bjørn Ingvar Jensen | 66 | Jessheim | 21.08.1987 |
| 9:48.7 | Leif Erling Aronsveen | 57 | Jessheim | 24.08.1983 |
| 9:52.0 | Odd Kinnsbekken | 48 | Årnes | 06.07.1983 |
| 9:54.0 | Torgeir Sørum | 45 | Lillestrøm | 27.09.1967 |
| 9:55.96 | Nikolai Smestad | 92 | Lisleby | 10.08.2014 |
| 9:56.52 | Markus Høgne | 98 | Oslo/Bi | 26.08.2018 |
| 9:56.6 | Raymond Trondsen | 47 | Jessheim | 23.08.1974 |
| 9:57.12 | Ole-Kristian Lindboe Kværner | 05 | Sandnes | 25.08.2023 |
| 9:58.4 | Claus Nerhagen | 59 | Jessheim | 19.08.1988 |
| 10:02.05 | Ole Fredrik Mørck | 62 | Moss/Me | 05.09.1992 |
| 10:05.0 | Jan Rustad | 40 | Jessheim | 22.09.1971 |
| 10:05.0 | Jon Engen | 57 | Jessheim | 18.08.1980 |
| 10:06.4 | Ole Johan Garli | 56 | Jessheim | 19.08.1983 |
| 10:08.8 | Jan Erik Viholmen | 49 | Jessheim | 28.08.1970 |
| 10:10.7 | Steinar Gressløs | 53 | Jessheim | 13.08.1993 |
| 10:13.6 | Ragnar Lund | 43 | Lillestrøm | 27.09.1967 |
| 10:13.8 | Inge Nessiøy | 57 | Jessheim | 19.08.1988 |
| 10:15.0 | Arne Luke | 44 | Jessheim | 20.09.1972 |
| 10:15.2 | Bjørn Rommen | 43 | Jessheim | 25.08.1973 |
| 10:17.1 | Knut Kristiansen | 44 | Jessheim | 18.08.1980 |
| 10:18.6 | Thue Holme | 52 | Jessheim | 22.08.1977 |
| 10:18.64 | Hans Agnar Grønnvoll | 84 | Jessheim | 18.08.2001 |
| 10:19.2 | Sverre Fosstvedt | 47 | Lillestrøm | 08.08.1970 |
| 10:19.30 | Lars Lysbakken | 79 | Jessheim | 18.08.2001 |
| 10:19.7 | Petter Stensby | 52 | Jessheim | 18.08.1980 |
| 10:23.9 | Håvard Uhlen | 39 | Lillestrøm | 10.09.1965 |
| 10:25.2 | Inge Bråthen | 48 | Jessheim | 23.08.1974 |
| 10:25.6 | Gunnar Habberstad | 56 | Jessheim | 18.08.1980 |
| 10:25.7 | Odd Harstad | 44 | Jessheim | 17.08.1984 |
| 10:27.8 | Bjørn Egil Hytjan | 56 | Jessheim | 20.08.1979 |
| 10.28.0 | Frank Finstad | 48 | Årnes | 11.09.1980 |

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| **MENN SENIOR** | **70** |

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| **3000m hinder 91.4 cm forts.** |  |

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| 10:28.2 | Geir Helge Nordal | 46 | Jessheim | 03.09.1969 |
| 10:30.0 | John Martin Samuelsen | 53 | Jessheim | 25.08.1973 |
| 10:30.3 | Rune Tunhøvd | 59 | Jessheim | 21.08.1981 |
| 10:33.8 | Øystein Samuelsen | 62 | Jessheim | 18.08.1980 |
| 10:34.1 | Kristian Langbakk | 39 | Jessheim | 18.08.1980 |
| 10:35.0 | Arne Gulbrandsen | 44 | Jessheim | 23.08.1974 |
| 10:39.8 | Kjell Jørgensen | 50 | Jessheim | 20.08.1979 |
| 10:40.8 | Geir Håkon Bjørnstad | 56 | Jessheim | 20.08.1986 |
| 10:43.8 | Odd Arne Døskeland | 44 | Jessheim | 25.08.1972 |
| 10:46.4 | Dag Sand | 45 | Jessheim | 20.08.1979 |
| 10:48.8 | Egil Ødemark | 41 | Jessheim | 25.08.1976 |
| 10:52.3 | Arnfinn Pedersen | 57 | Jessheim | 20.08.1986 |
| 10:55.6 | Arne Nyland | 36 | Jessheim | 28.08.1971 |
| 10:57.8 | Ingar Indredavik | 45 | Jessheim | 18.08.1980 |
| 10:58.3 | Kåre-Christian Olsen | 64 | Jessheim | 21.08.1987 |
| 11:00.0 | Sven Gustavsen | 50 | Jessheim | 22.08.1977 |
| 11:00.1 | Anders Jellum | 48 | Jessheim | 20.08.1979 |
| 11:01.0 | Odd Vidar Tenold | 61 | Jessheim | 08.06.1984 |
| 11:02.2 | Hans Andersen | 50 | Jessheim | 14.06.1982 |
| 11:04.6 | Bjørn Tore Ottersen | 66 | Jessheim | 19.08.1988 |
| 11:07.3 | Svein Olsen | 47 | Jessheim | 19.08.1983 |
| 11:08.6 | Terje Svendsen | 48 | Jessheim | 17.08.1975 |
| 11:10.7 | Knut Larsen | 62 | Jessheim | 15.08.1986 |
| 11:13.9 | Ole Pedersen | 69 | Jessheim | 19.08.1988 |
| 11:14.3 | Rolv-Eirik Nyheim | 47 | Jessheim | 19.08.1983 |
| 11:16.6 | Tore Ragnar Olsen | 46 | Jessheim | 15.08.1986 |
| 11:21.3 | Runar Bålsrud | 62 | Jessheim | 19.08.1983 |
| 12:22.6 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 18.08.1980 |
| 11:22.8 | Kristian Gjerdrum | 59 | Jessheim | 20.08.1982 |
| 11:25.3 | Stein Teksum | 53 | Jessheim | 21.08.1981 |
| 11:26.4 | Roar Kristiansen | 46 | Jessheim | 21.08.1978 |
| 11:26.9 | Peter Ekker | 51 | Jessheim | 15.08.1986 |
| 11:27.0 | Sverre Lauten | 53 | Jessheim | 21.08.1978 |
| 11:27.4 | Jan Bøhnsdalen | 52 | Jessheim | 19.08.1988 |
| 11:27.6 | Kjell Østhus | 42 | Jessheim | 20.08.1979 |
| 11:28.6 | Kjell Carlsson | 44 | Jessheim | 25.08.1973 |
| 11:29.0 | Kristoffer Stanger | 33 | Jessheim | 28.08.1971 |
| 11:30.9 | Tron Erik Hovind | 56 | Jessheim | 19.08.1983 |
| 11:31.2 | Gudmund Ølstørn | 40 | Jessheim | 25.08.1973 |
| 11:33.6 | Trygve Mokkelbost | 51 | Jessheim | 18.08.1980 |
| 11:33.7 | Hans Nordhagen | 38 | Jessheim | 21.08.1981 |
| 11:34.2 | Jan Erik Hoel | 57 | Jessheim | 19.08.1983 |
| 11:34.4 | Torbjørn Johansen | 45 | Jessheim | 21.08.1978 |
| 11:35.5 | Torstein Gjelsvik | 42 | Jessheim | 20.08.1979 |

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| **MENN SENIOR** | **71** |

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| **3000m hinder 91.4 cm forts.** |  |

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| --- | --- | --- | --- | --- |
| 11:35.8 | Kolbjørn Skjerve | 37 | Jessheim | 21.08.1978 |
| 11:38.7 | Molvin Knutsen | 62 | Jessheim | 21.08.1981 |
| 11:39.1 | Arne Marthinussen | 50 | Jessheim | 17.08.1984 |
| 11:41.1 | Jan Blakkisrud | 42 | Jessheim | 19.09.1983 |
| 11:42.7 | Asbjørn Jokstad | 56 | Jessheim | 15.08.1986 |
| 11:45.3 | Finn-Thorer Kjos | 66 | Jessheim | 21.08.1981 |
| 11:45.7 | Øivind Melby | 55 | Jessheim | 21.08.1981 |
| 11:46.0 | Kjell Aarflot | 44 | Jessheim | 19.08.1983 |
| 11:48.1 | Morten Haavaldsen | 66 | Jesshiem | 19.08.1983 |
| 11:48.8 | Ola Haugset | 43 | Jessheim | 20.08.1982 |
| 11:50.0 | Bjørn Lilleseth | 46 | Jessheim | 22.08.1977 |
| 11:52.2 | Sten Melbye | 31 | Jessheim | 25.08.1972 |
| 11:52.8 | Olav Bogstad | 35 | Jessheim | 18.08.1980 |
| 11:55.1 | Svein Saksvik | 45 | Jessheim | 21.08.1981 |
| 11:55.2 | Arve Bogstad | 41 | Jessheim | 28.08.1970 |
| 11:55.4 | Svein Rustad | 44 | Jessheim | 21.08.1981 |
| 11:56.2 | Øystein Jørgensen | 47 | Jessheim | 22.08.1977 |
| 11:56.7 | Terje Olsen | 42 | Jessheim | 20.08.1982 |
| 11:59.0 | Kåre Hofskjelrud | 39 | Jessheim | 21.08.1978 |
| 11:59.0 | Ragnar Olsen | 48 | Jessheim | 21.08.1987 |
| 12:00.4 | Arne Hvattum | 36 | Jessheim | 21.08.1978 |
| 12:02.8 | Henning Høgheim | 39 | Jessheim | 20.08.1982 |
| 12:03.8 | Kåre-Christian Olsen | 64 | Jessheim | 21.08.1981 |
| 12:03.9 | Bjørn Nico Larsen | 60 | Jessheim | 19.09.1983 |
| 12:04.5 | Sven Nordby Andersen | 59 | Jessheim | 15.08.1986 |
| 12:05.4 | Stig Harald Øveraas | 48 | Jessheim | 22.08.1977 |
| 12:05.8 | Geir Asphaug | 65 | Jessheim | 15.08.1986 |
| 12:11.9 | Knut Tørum | 45 | Jessheim | 21.08.1981 |
| 12:13.2 | Sverre Murud | 38 | Jessheim | 21.08.1981 |
| 12:14.3 | Thor Bogstad | 59 | Jessheim | 17.08.1984 |
| 12:15.4 | John Mikalsen | 60 | Jessheim | 15.08.1986 |
| 12:16.5 | Tore Eriksen | 37 | Jessheim | 21.08.1981 |
| 12:18.1 | Johnny Røsåsen | 44 | Jessheim | 21.08.1987 |
| 12:18.9 | Fritz Mangelrød | 35 | Jessheim | 21.08.1981 |
| 12:18.9 | Stein Egil Arnesen | 65 | Jessheim | 21.08.1981 |
| 12:19.1 | Ole Arnegård | 44 | Jessheim | 21.08.1981 |
| 12:20.4 | Tor Halvor Rønning | 43 | Jessheim | 20.08.1982 |
| 12:21.0 | Jens Henrik Jørgensen | 45 | Jessheim | 20.08.1979 |
| 12:21.7 | Simon Skibakk | 37 | Jessheim | 15.08.1986 |
| 12:22.4 | Nils Sæthermoen | 40 | Jessheim | 19.08.1983 |
| 12:23.9 | Terje Auestad | 45 | Jessheim | 21.08.1981 |
| 12:24.7 | Per Bjørnås | 40 | Jessheim | 18.08.1980 |
| 12:24.8 | Lasse Andersen | 47 | Jessheim | 19.08.1983 |
| 12:25.8 | Rune Fjeldstad | 48 | Jessheim | 21.08.1981 |

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| **MENN SENIOR** | **72** |

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| **3000m hinder 91.4 cm forts.** |  |

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| 12:26.9 | Jens Martinsen | 47 | Jessheim | 17.08.1984 |
| 12:27.2 | Helge Ullerud | 42 | Jessheim | 20.08.1982 |
| 12:29.0 | Kristen Nygaard | 26 | Jessheim | 28.08.1971 |
| 12:29.5 | Jan Grønlien | 49 | Jessheim | 15.08.1986 |
| 12:31.3 | Sigmund Syversen | 49 | Jessheim | 15.08.1986 |
| 12:32.0 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 21.08.1978 |
| 12:32.0 | Hans Kristian Hansen | 41 | Jessheim | 19.08.1983 |
| 12:33.4 | Per Neskleiv | 36 | Jessheim | 25.08.1973 |
| 12:33.5 | Magnar Hagerupsen | 57 | Jessheim | 15.08.1986 |
| 12:36.3 | Anders Moen | 36 | Jessheim | 19.08.1983 |
| 12:40.3 | John Birkelund | 32 | Jessheim | 21.08.1978 |
| 12:43.8 | Holger Windstad | 47 | Jessheim | 21.08.1981 |
| 12:44.1 | Trond Boger | 45 | Jessheim | 21.08.1981 |
| 12:44.4 | Leif Rubach | 45 | Jessheim | 25.08.1976 |
| 12:44.8 | Johan Jørstad | 52 | Jessheim | 21.08.1981 |
| 12:45.0 | Magne Engen | 33 | Jessheim | 17.08.1975 |
| 12:47.2 | Kåre Andresen | 38 | Jessheim | 21.08.1978 |
| 12:47.2 | Bjørn Fløtaker | 46 | Jessheim | 19.08.1983 |
| 12:47.2 | Jon Øyvind Bendiksen | 66 | Jessheim | 21.08.1987 |
| 12:47.6 | Helge Sydtangen | 37 | Jessheim | 18.08.1980 |
| 12:47.9 | Børre Fjeldstad | 47 | Jessheim | 19.08.1983 |
| 12:50.0 | Kjell Løvbrøtte | 41 | Jessheim | 29.08.1969 |
| 12:52.7 | Jan Petter Wirum | 65 | Jessheim | 21.08.1981 |
| 12:55.0 | Øivind Mangerud | 48 | Jessheim | 28.08.1971 |
| 12:59.8 | Ulf Skafle | 57 | Jessheim | 17.08.1984 |
| 13:00.1 | Per Kristian Pedersen | 54 | Jessheim | 19.08.1983 |
| 13:02.0 | Leif Rubach | 45 | Jessheim | 22.08.1977 |
| 13:03.8 | Ivar Opsahl | 47 | Jessheim | 17.08.1975 |
| 13:04.3 | Ivar Skedsmo | 55 | Jessheim | 21.08.1959 |
| 13:05.0 | Oddmund Teigen | 35 | Jessheim | 25.08.1976 |
| 13:05.6 | Torger Ringen | 45 | Jessheim | 20.08.1982 |
| 13:07.1 | Paul Ronny Jensen | 63 | Jessheim | 20.08.1979 |
| 13:09.4 | Kai Hole | 42 | Jessheim | 25.08.1976 |
| 13:09.4 | Pål Simonsen | 60 | Jessheim | 17.08.1984 |
| 13:09.6 | Hans Jørgen Fløgstad | 64 | Jessheim | 18.08.1980 |
| 13:11.7 | Olav Bjerkeli | 33 | Jessheim | 18.08.1980 |
| 13:12.6 | Terje Weimoth | 46 | Jessheim | 21.08.1978 |
| 13:12.0 | Bjørn Kvaal | 56 | Jessheim | 21.08.1981 |
| 13:13.3 | Ole Kristian Wiig | 45 | Jessheim | 21.08.1981 |
| 13:15.60 | Knut Johan Holter | 61 | Jessheim | 20.06.2017 |
| 13:17.8 | Sjur Reppe | 60 | Jessheim | 17.08.1984 |
| 13:22.6 | Anton Furuseth | 43 | Jessheim | 19.08.1983 |
| 13:23.2 | Asbjørn Hoel | 43 | Jessheim | 21.08.1987 |
| 13:23.62 | Stig Gunleiksrud | 69 | Jessheim | 19.06.2018 |

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| **MENN SENIOR** | **73** |

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| **3000m hinder 91.4 cm forts.** |  |

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| 13:24.3 | Per Pedersen | 52 | Jessheim | 21.08.1981 |
| 13:27.8 | Kåre Støverud | 52 | Jessheim | 21.08.1987 |
| 13:29.4 | Svein Røtterud | 42 | Jessheim | 18.08.1980 |
| 13:29.4 | Bjørn Kjølmoen | 48 | Jessheim | 21.08.1981 |
| 13:29.8 | Rolf Albertsen | 57 | Jessheim | 21.08.1981 |
| 13:31.64 | Lars Myhre | 64 | Jessheim | 19.06.2018 |
| 13:41.4 | Bjørn Myrland | 52 | Jessheim | 17.08.1984 |
| 13:31.6 | Johan Gabrielsen | 35 | Jessheim | 21.08.1978 |
| 13:31.8 | Bjørn Grønlien | 44 | Jessheim | 18.08.1980 |
| 13:34.6 | Håkon Håkonsen | 33 | Jessheim | 21.08.1981 |
| 13:36.2 | Steinar Ulsaker | 47 | Jessheim | 20.08.1982 |
| 13:38.8 | Kjell Nakstad | 44 | Jessheim | 23.08.1974 |
| 13:41.2 | Arne Aas | 29 | Jessheim | 25.08.1976 |
| 13:41.7 | Øivind Haugerud | 51 | Jessheim | 18.08.1980 |
| 13:42.0 | Ola Neskleiv | 62 | Jessheim | 21.08.1978 |
| 13:44.2 | Jan-Åge Mangelrød | 65 | Jessheim | 15.08.1986 |
| 13:45.8 | Finn Johannessen | 45 | Jessheim | 20.08.1979 |
| 13:46.4 | Martin Hansen | 48 | Jessheim | 18.08.1980 |
| 13:46.9 | Bjørn Wærø Heggelund | 47 | Jessheim | 19.08.1983 |
| 13:47.6 | Jostein Nilsen | 48 | Jessheim | 20.08.1979 |
| 13:49.5 | Marcel Borlet | 47 | Jessheim | 17.08.1984 |
| 13:52.8 | Hans-Petter Samuelsen | 45 | Jessheim | 20.08.1982 |

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| **MENN SENIOR** | **74** |

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| **3km landevei** |  |

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| **3 km veiløp** |  |

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| 8:32 | Senay Fissehatsion | 95 | Fornebu | 24.05.0222 |
| 9:11 | Janis Arsenikovs | 83 | Jessheim | 04.06.2023 |
| 9:23 | Andreas Lindebø Kværner | 06 | Jessheim | 13.04.2024 |
| 9:36 | Ole-Kristian Lindebo Kværner | 05 | Jessheim | 13.04.2024 |
| 9:46 | Jonas Kveen | 03 | Fornebu | 24.05.2022 |
| 10:05 | Magnus Nermo | 88 | Jessheim | 13.04.2024 |
| 10.08 | Marius Myren | 08 | Jessheim | 20.08.2023 |
| 10:35 | Øyvind Solberg | 76 | Jessheim | 13.04.2024 |
| 10:53 | Øystein Dahl | 70 | Jessheim | 13.04.2024 |
| 11:02 | Øyvind Kværner | 75 | Jessheim | 13.04.2024 |
| 11:06 | Inge Schøyen | 71 | Jessheim | 13.04.2024 |
| 11:06 | Oliver Solberg Kårstad | 11 | Jessheim | 09.06.2024 |
| 11:13 | Ole Petter Vibekken | 81 | Jessheim | 13.04.2024 |
| 12:40 | Anders Knudsen | 77 | Jessheim | 13.04.2024 |
| 13:03 | Stig Gunleiksrud | 69 | Jessheim | 13.04.2024 |
| 13.15 | Eirik Løvgaard | 77 | Jessheim | 13.04.2024 |
| 13:39 | Kristian Algarheim | 10 | Jessheim | 13.04.2024 |
| 13:54 | Carl Bauck Jensen | 11 | Jessheim | 13.04.2024 |

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| **MENN SENIOR** | **75** |

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| **5km landevei** |  |

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| 13:28 | Awet Kibrab | 95 | Riga, LVA | 01.10.2023 |
| 13:40 | Per Svela | 92 | Forus | 20.05.2020 |
| 13:50 | Senay Fissehatsion | 95 | Drammen | 08.09.2024 |
| 14:09 | Jacob Boutera | 96 | Jessheim | 28.09.2024 |
| 14:12 | Andreas Fjeld Halvorsen | 05 | Jessheim | 30.09.2023 |
| 14:21 | Fredrik Sandvik | 98 | Jessheim | 28.09.2024 |
| 14:24 | Sigurd Skjeseth Ruud | 96 | Jessheim | 02.10.2021 |
| 14:24 | Kristian Bråthen Børve | 06 | Jessheim | 30.09.2023 |
| 14:31 | Lukas Buncic | 07 | Jessheim | 28.09.2024 |
| 14:48 | Merith Solomon | 91 | Jessheim | 30.09.2023 |
| 14:48 | Nahon Tewelde | 06 | Drammen | 08.09.2024 |
| 14:50 | Kristian Grue | 95 | Disenå – 1487m | 01.05.2021 |
| 14:54 | Haakon Sørstad | 08 | Drammen | 08.09.2024 |
| 14:54 | Philip Gulbrandsen | 07 | Jessheim | 27.10.2024 |
| 15:10 | Jørgen Gundersen | 95 | Sand | 01.08.2021 |
| 15:15 | Rolf Emil Kronkvist | 00 | Jessheim | 01.10.2022 |
| 15:16 | Sondre Strande Omland | 07 | Fornebu | 24.05.2022 |
| 15:30 | Kristian Monsen | 77 | Fredrikstad | 11.04.2010 |
| 15:32 | Anders Lindboe Kværner | 06 | Jessheim | 28.09.2024 |
| 15:33 | Andreas Ullern Tonning | 04 | Jessheim | 28.09.2024 |
| 15:41 | Tord Ulset | 03 | Jessheim | 18.08.2024 |
| 15:48 | Philip Gulbrandsen | 07 | Jessheim | 30.09.2023 |
| 15:49 | Janis Arsenikovs | 83 | Lier | 15.10.2023 |
| 15:57 | Simen Skeide Paulsen | 06 | Jessheim | 01.10.2022 |
| 15:59 | Finn Gjøsteen | 01 | Sand | 01.08.2021 |
| 16:05 | Andreas Tonning | 04 | Fornebu | 24.05.2022 |
| 16:07 | Ole-KristianLindboe Kværner | 05 | Lier | 15.10.2023 |
| 16:10 | Erlend Magnus Homble | 05 | Jessheim | 02.10.2021 |
| 16:14 | Markus Bye Jacobsen | 07 | Jessheim | 28.09.2024 |
| 16:15 | Iver Løvgaard Faksvåg | 09 | Jessheim | 28.09.2024 |
| 16:16 | Thomas Roth | 91 | Lier | 16.10.2022 |
| 16:16 | Amund Nybakke | 07 | Jessheim | 30.03.2025 |
| 16:17 | Kristian Monsen | 77 | Jessheim | 02.09.2018 |
| 16:22 | Jonas Kveen | 03 | Jessheim | 28.09.2024 |
| 16:25 | Magnus Høgne | 98 | Modum | 10.10.2015 |
| 16:29 | Iver Løvgaard Faksvåg | 09 | Jessheim | 30.09.2023 |
| 16:44 | Linus Bernhard | 00 | Jessheim | 01.10.2022 |
| 16:46 | Abdriahim Dahir | 94 | Jessheim | 03.10.2020 |
| 16:47 | Simen Skeide Paulsen | 06 | Jessheim | 09.06.2024 |
| 16.55 | Ole-Kristian Lindboe Kværner | 05 | Ski | 02.09.2023 |
| 16:56 | Fabian Vibekken | 09 | Jessheim | 01.10.2022 |
| 17:07 | Sander Stuwe | 06 | Jessheim | 30.09.2023 |
| 17:11 | Adrian Litwic | 86 | Jessheim | 30.03.2025 |
| 17:33 | Nani Kuli | 01 | Jessheim | 03.10.2020 |

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| **MENN SENIOR** | **76** |

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| **5km landevei forts.** |  |

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| 17:33 | Jacob Bjorå | 05 | Jessheim | 28.09.2024 |
| 17:34 | Sondre martinsen | 03 | Oslo | 26.04.2025 |
| 17:37 | Grzegorz Kosel | 82 | Sand | 30.10.2022 |
| 17:43 | Filip Kronqvist | 94 | Drammen | 02.04.2023 |
| 17:43 | Fredrik Fyksen Aas | 08 | Modum | 14.10.2023 |
| 17:46 | Krister Hvattum | 07 | Jessheim | 30.03.2025 |
| 17:59 | Andreas Aas | 08 | Jessheim | 01.10.2022 |
| 18:04 | Marius Myren | 08 | Jessheim | 30.03.2025 |
| 18:11 | Sondre Opaker Øines | 98 | Jessheim | 03.10.2020 |
| 18:12 | Øystein Dahl | 70 | Jessheim | 28.09.2024 |
| 18:27 | Øyvind Kværner | 75 | Jessheim | 29:10.2023 |
| 18:34 | Øyvind Solberg | 76 | Sørum | 23.04.2024 |
| 18:38 | Filip Kronkvist | 94 | Jessheim | 01.10.2022 |
| 18:46 | Oliver Kårstad | 11 | Jessheim | 28.09.2024 |
| 18:49 | Marcel Kosel | 10 | Jessheim | 28.09.2024 |
| 18:53 | Anders Kastel | 02 | Jessheim | 02.09.2017 |
| 18:57 | Oliver Rustad Ørvik | 08 | Jessheim | 29.10.2023 |
| 19:08 | Tommy Torgersen | 70 | Jessheim | 03.10.2020 |
| 19:14 | Brage Husby Foss | 94 | Jessheim | 27.10.2024 |
| 19:23 | Lasse Kverum | 79 | Jessheim | 28.09.2024 |
| 19:35 | Frode Liland | 65 | Jessheim | 08.07.2023 |
| 19:42 | Oliver Ørvik | 08 | Jessheim | 30.09.2023 |
| 19:45 | Clemet Haugerud | 68 | Jessheim | 28.09.2024 |
| 19:51 | Stig Gunleiksrud | 69 | Sørum | 07.11.2020 |
| 20:28 | Konrad Vibekken | 13 | Jessheim | 28.09.2024 |
| 20:29 | Sivert Rustad | 02 | Jessheim | 02.09.2017 |
| 20:35 | Frode Liland | 65 | Jessheim | 01.10.2022 |
| 20:57 | Arvid Hodø | 69 | Jessheim | 27.10.2024 |
| 21:02 | Omge Schøyen | 71 | Jessheim | 01.10.2022 |
| 21:22 | Lucas Kibret | 13 | Jessheim | 28.09.2024 |
| 21:25 | Tor Vegard Grytten | 69 | Jessheim | 16.05.2024 |
| 21:27 | Arvid Hodø | 69 | Jessheim | 28.09.2024 |
| 21:32 | Thomas Randem | 71 | Jessheim | 03.10.2020 |
| 21:41 | Victor Rosenlind | 00 | Jessheim | 03.10.2020 |
| 21:58 | Kim Kolstad | 81 | Jessheim | 28.09.2024 |
| 22:17 | Anders Knudsen | 77 | Jessheim | 30.09.2023 |
| 22:18 | Eirik Løvgaard | 79 | Jessheim | 28.09.2024 |
| 22:20 | Odd Kinnsbekken | 48 | Jessheim | 03.10.2020 |
| 22:22 | Roy Nordal | 71 | Jessheim | 30.09.2023 |

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| **MENN SENIOR** | **77** |

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| **10km landevei** |  |

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| 28:08 | Awet Kibrab | 95 | Hole | 21.10.2023 |
| 28:15 | Senay Fissehatsion | 95 | Valencia, ESP | 14.01.2024 |
| 28:35 | Fredrik Sandvik | 98 | Valencia, ESP | 14.01.2024 |
| 28:39 | Per Svela | 92 | Hole | 23.10.2022 |
| 29:23 | Erik Udø Pedersen | 94 | Drammen | 02.04.2023 |
| 29:25 | Jacob Boutera | 96 | Hole | 19.10.2024 |
| 29:51 | Sigurd Skjeseth Ruud | 95 | Hole | 16.10.2021 |
| 30:15 | Merith Solomon | 91 | Hole | 23.10.2022 |
| 30:41 | Jacob Boutera | 96 | Jessheim | 30.09.2023 |
| 30:47 | Kristian Grue | 95 | Drammen | 02.05.2023 |
| 31:06 | Philip Gulbrandsen | 07 | Hole | 19.10.2024 |
| 31:24 | Haakon Sørstad | 08 | Hole | 19.10.2024 |
| 31:37 | Vetle Aasland | 91 | Modum | 15.10.2011 |
| 31:38 | Kristian Monsen | 77 | Hole | 20.10.2012 |
| 31:48 | Andreas Ullern Tonning | 04 | Hole | 21.10.2023 |
| 31:59 | Tord Lien | 03 | Lier | 15.09.2024 |
| 32:11 | Kristian Grue | 95 | Hole | 16.10.2021 |
| 32:33 | Simen Skeide Paulsen | 06 | Hole | 23.10.2022 |
| 32:35 | Sondre Strande Omland | 07 | Hole | 19.10.2024 |
| 32:47 | Mathias Myren | 95 | Jessheim | 01.10.2022 |
| 32:54 | Juri Arsenikovs | 83 | Oslo | 16.09.2023 |
| 32:58 | Carl August Jensehaugen | 04 | Hole | 23.10.2022 |
| 33:02 | Eskil Kinneberg | 92 | Vällingby, SWE | 25.10.2020 |
| 33:02 | Philip Storm Gulbrandsen | 07 | Hole | 21.10.2023 |
| 33:14 | Henrik Hanssen | 97 | Jessheim | 01.10.2022 |
| 33:32 | Tore Klungland | 97 | Drammen | 08.09.2019 |
| 33:41 | Finn Gjøsteen | 01 | Jessheim | 02.10.2021 |
| 33:53 | Ole-Kristian Lindbo Kværner | 05 | Hole | 21.10.2023 |
| 34:19 | Jonas Kveen | 03 | Hole | 19.10.2024 |
| 34:26 | Markus Einan | 97 | Jessheim | 05.10.2019 |
| 34:40 | Runar Sannerud | 75 | Oslo | 21.09.2019 |
| 35:01 | Robin Emil Kronqvist | 00 | Hole | 23.10.2022 |
| 35:11 | Eivind Gjøystdal | 79 | Hole | 23.10.2022 |
| 35:21 | Jens Aas | 77 | Hole | 23.10.2022 |
| 35:40 | JahnThomas Lind | 77 | Hole | 23.10.2022 |
| 36:14 | Mikal Ruste Hoen | 00 | Jessheim | 10.11.2024 |
| 36:23 | Torbjørn Liestøl | 73 | Jessheim | 05.10.2019 |
| 36.24 | Mads Huken Mathiesen | 01 | Jessheim | 03.10.2020 |
| 36:38 | Erik Bjørk Halvorsen | 04 | Jessheim | 03.10.2020 |
| 36:49 | Grzegorz Kosel | 82 | Hole | 23.10.2022 |
| 37:08 | Nikolai Smestad | 92 | Jessheim | 02.09.2017 |
| 37:19 | Clemet Haugerud | 68 | Jessheim | 02.10.2021 |
| 37:19 | Jens Aas | 78 | Modum | 14.10.2023 |
| 37:27 | Oliver Finstad Nystrøm | 05 | Jessheim | 02.10.2021 |

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| **MENN SENIOR** | **78** |

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| **10km landevei** |  |

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| --- | --- | --- | --- | --- |
| 37:36 | Kristian Bråthen Børve | 06 | Jessheim | 30.09.2023 |
| 37:40 | Oliver Ørvik | 08 | Jessheim | 10.11.2024 |
| 38:12 | Ørjan Ragne Rise | 73 | Jessheim | 03.10.2020 |
| 38:13 | Brage Husby Foss | 00 | Jessheim | 10.11.2024 |
| 38:20 | Iver Løvgaard Faksvåg | 09 | Modum | 14.10.2023 |
| 38:21 | Øyvind Solberg | 75 | Hole | 19.10.2024 |
| 38:27 | Ole Fredrik Mørck | 62 | Jessheim | 01.10.2022 |
| 38:37 | Harald Furuseth | 69 | Jessheim | 02.09.2017 |
| 38:54 | Øyvind Kværner | 75 | Hole | 21.10.2023 |
| 39:10 | Sondre Norheim | 05 | Oslo | 15.09.2018 |
| 39:16 | Øystein Dahl | 70 | Hole | 21.10.2023 |
| 38:56 | Gaute Fosstveit | 02 | Jessheim | 03.10.2020 |
| 39:19 | Kristian Hammer | 76 | Jessheim | 02.09.2017 |
| 39:23 | Nani Kula | 01 | Jessheim | 05.10.2019 |
| 39:37 | Trygve Stanger | 62 | Jessheim | 01.10.2022 |
| 39:57 | Tor Vegard Grytten | 69 | Jessheim | 05.10.2019 |
| 39:58 | Frode Hansen | 73 | Jessheim | 02.10.2021 |
| 40:06 | Harald Furuseth | 69 | Jessheim | 01.09.2018 |
| 40:25 | Thom-Arne Norheim | 78 | Jessheim | 02.09.2017 |
| 40:29 | Erlend Magnus Homble | 04 | Jessheim | 03.10.2020 |
| 40:35 | Lars Myhre | 64 | Jessheim | 02.09.2017 |

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| **MENN SENIOR** | **79** |

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| **20km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:03:48 | Vidar Birkelund | 56 | Jessheim | 09.10.1983 |
| 1:06:25 | Leif Erling Aronsveen | 57 | Jessheim | 09.10.1983 |
| 1:07:31 | Harald Lindstrøm | 54 | Jessheim | 11.10.1981 |
| 1:07:42 | Odd Kinnsbekken | 48 | Jessheim | 09.10.1983 |
| 1:07:47 | Petter Stensby | 52 | Jessheim | 11.10.1981 |
| 1:09:11 | Kolbjørn Skjerve | 37 | Jessheim | 11.10.1981 |
| 1:10:24 | Bjørn Rommen | 43 | Jessheim | 27.09.1969 |
| 1:10:33 | Frank Finstad | 48 | Jessheim | 05.10.1980 |
| 1:10:52 | Øivind Kjørmo | 56 | Jessheim | 13.10.1974 |
| 1:11:01 | Terje Svendsen | 49 | Jessheim | 12.10.1975 |
| 1:12:25 | Svein Nordby Andersen | 59 | Jessheim | 10.10.1982 |
| 1:12:31 | Dag Sand | 45 | Jessheim | 11.10.1981 |
| 1:12:31 | Stein Rosenberg | 60 | Jessheim | 05.10.1980 |
| 1:12:47 | Arne Luke | 44 | Jessheim | 09.10.1983 |
| 1:13:23 | Håvard Uhlen | 39 | Blaker | 26.09.1965 |
| 1:13:27 | Kjell Jørgensen | 50 | Jessheim | 07.10.1979 |
| 1:13:51 | Jan Rustad | 40 | Jessheim | 07.10.1979 |
| 1:14:04 | Arne Gulbrandsen | 44 | Jessheim | 11.10.1981 |
| 1:15:09 | Claus Nerhagen | 59 | Jessheim | 09.10.1983 |
| 1:15:14 | Thue Holme | 52 | Jessheim | 09.10.1977 |
| 1:15:20 | Ole Skolt | 53 | Jessheim | 07.10.1979 |
| 1:15:49 | Kristen Langbakk | 39 | Jessheim | 11.10.1981 |
| 1:15:53 | Torgeir Sørum | 45 | Jessheim | 27.09.1968 |
| 1:15:53 | Jan Erik Viholmen | 49 | Jessheim | 03.10.1970 |
| 1:16:01 | Henning Høgheim | 39 | Jessheim | 10.10.1982 |
| 1:16:15 | Arne Nyland | 36 | Jessheim | 27.09.1969 |
| 1:16:18 | Torbjørn Johansen | 39 | Jessheim | 11.10.1981 |
| 1:16:34 | Svein Olsen | 52 | Jessheim | 11.10.1981 |
| 1:16:43 | Kjell Frostlid | 61 | Jessheim | 11.10.1981 |
| 1:16:46 | Anders Jellum | 48 | Jessheim | 07.10.1979 |
| 1:17:17 | Raymond Trondsen | 47 | Sørum | 21.10.1973 |
| 1:18:02 | Ole Fredrik Mørck | 62 | Jessheim | 05.10.1980 |
| 1:18:39 | Johnny Røsåsen | 44 | Jessheim | 10.10.1982 |
| 1:18:44 | Egil Ødemark | 41 | Jessheim | 10.10.1976 |
| 1:18:47 | Thor Martin Furuseth | 41 | Jessheim | 10.10.1982 |
| 1:18:48 | Georg Rosenberg | 33 | Jessheim | 11.10.1981 |
| 1:19:09 | Terje Svendsen | 48 | Jessheim | 09.10.1983 |
| 1:19:41 | Arne Marthinussen | 50 | Jessheim | 11.10.1981 |
| 1:20:07 | Johnny Røsåsen | 44 | Jessheim | 09.10.1983 |
| 1:20:09 | Knut Kjellskau | 66 | Jessheim | 11.10.1981 |
| 1:20:09 | Bjørn Ingvar Jensen | 66 | Jessheim | 11.10.1981 |
| 1:20:11 | Ingar Indredavik | 45 | Jessheim | 07.10.1979 |
| 1:20:16 | Jan Erik Hoel | 57 | Jessheim | 09.10.1983 |
| 1:20:31 | Runar Bålsrud | 62 | Jessheim | 09.10.1983 |

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| **MENN SENIOR** | **80** |

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| **20km landevei forts.** |  |

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| --- | --- | --- | --- | --- |
| 1:20:34 | Kjell Aarflot | 44 | Jessheim | 10.10.1982 |
| 1:20:43 | Kjell Bråthen | 64 | Jessheim | 11.10.1981 |
| 1:20:48 | Bjørn Egil Hytjan | 56 | Jessheim | 09.10.1977 |
| 1:20:52 | Eirik Tenold | 39 | Jessheim | 09.10.1983 |
| 1:20:56 | Tore Klungland | 97 | Oslo | 15.09.2018 |
| 1:21:05 | Markus Høgne | 98 | Rømskog | 07.07.2018 |
| 1:21:35 | John Birkelund | 32 | Jessheim | 11.10.1981 |
| 1:21:36 | Jan Blakkisrud | 43 | Sørum | 16.10.1982 |
| 1:21:36 | Erik Næss | 61 | Jessheim | 05.10.1980 |
| 1:22:33 | Tore Eriksen | 37 | Jessheim | 11.10.1981 |
| 1:22:44 | Trygve Stanger | 62 | Jessheim | 05.10.1980 |
| 1:22:51 | Trygve Rommen | 31 | Jessheim | 05.10.1980 |
| 1:22:54 | Erik Bråthen | 65 | Jessheim | 11.10.1981 |
| 1:22:56 | Knut Tørum | 45 | Jessheim | 10.10.1982 |
| 1:23:43 | Fritz Mangelrød | 35 | Jessheim | 11.10.1981 |
| 1:23:53 | Ole Arnegård | 44 | Jessheim | 11.10.1981 |
| 1:23:53 | Nils Sæthermoen | 40 | Jessheim | 09.10.1983 |
| 1:23:55 | Svein Saksvik | 45 | Jessheim | 10.10.1982 |
| 1:24:00 | Øivind Melby | 55 | Jessheim | 11.10.1981 |
| 1:24:04 | Magnar Hagerupsen | 53 | Jessheim | 09.10.1983 |
| 1:24:12 | Arne Hvattum | 36 | Jessheim | 05.10.1980 |
| 1:24:31 | Rune Fjeldstad | 48 | Jessheim | 11.10.1981 |
| 1:24:36 | Bjørn Nicolaisen | 60 | Jessheim | 09.10.1983 |
| 1:24:45 | Arve Bogstad | 41 | Jessheim | 10.10.1976 |
| 1:24:46 | Arne Marthinussen | 50 | Jessheim | 05.10.1980 |
| 1:25:15 | Kjell Carlson | 44 | Jessheim | 05.10.1980 |
| 1:25:23 | Olav Bogstad | 35 | Jessheim | 08.10.1978 |
| 1:25:32 | Stian Thorstveit | 66 | Jessheim | 11.10.1981 |
| 1:25:55 | Kjell Østhus | 42 | Jessheim | 05.10.1980 |
| 1:26:35 | Sverre Murud | 38 | Jessheim | 09.10.1983 |
| 1:25:47 | Helge Ullerud | 42 | Jessheim | 05.10.1980 |
| 1:26:05 | Per Bjørnås | 40 | Jessheim | 11.10.1981 |
| 1:26:14 | Rolv-Eirik Nyheim | 47 | Jessheim | 10.10.1982 |
| 1:26:15 | Kåre Andresen | 38 | Jessheim | 08.10.1978 |
| 1:26:39 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 05.10.1980 |
| 1:26:42 | Jan Grønlien | 49 | Jessheim | 11.10.1981 |
| 1:26:58 | Kristoffer Stanger | 33 | Jessheim | 05.10.1980 |
| 1:27:30 | Terje Olsen | 42 | Jessheim | 09.10.1977 |
| 1:27:32 | Torgeir Sørum | 45 | Jessheim | 03.10.1970 |
| 1:27:48 | Rune Fjeldstad | 48 | Jessheim | 09.10.1983 |
| 1:27:56 | Bjørn Ottersen | 35 | Jessheim | 09.10.1983 |
| 1:28:59 | Jens Jørgensen | 45 | Jessheim | 05.10.1980 |
| 1:29:08 | Trond Boger | 45 | Jessheim | 05.10.1980 |
| 1:29:23 | Knut Lein | 28 | Jessheim | 07.10.1979 |

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| **MENN SENIOR** | **81** |

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| **20km landevei forts.** |  |

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| --- | --- | --- | --- | --- |
| 1:29:54 | Amund Gulbrandsen | 47 | Jessheim | 11.10.1981 |
| 1:29:54 | Jens Mathisen | 47 | Jessheim | 09.10.1983 |
| 1:29:55 | Helge Sydtangen | 37 | Jessheim | 09.10.1977 |
| 1:30:17 | Olav Bjerkeli | 33 | Jessheim | 07.10.1079 |
| 1:30:24 | Holger Winstad | 47 | Jessheim | 10.10.1982 |
| 1:30:27 | Karl Lødemel | 24 | Jessheim | 11.10.1981 |
| 1:30:52 | Thue Holme | 52 | Jessheim | 08.10.1978 |
| 1:31:25 | Thom-Arne Norheim | 78 | Oslo | 15.08.2018 |
| 1:31:46 | John Mikalsen | 42 | Jessheim | 11.10.1981 |
| 1:31:51 | Tore Jensen | 43 | Jessheim | 09.10.1983 |
| 1:31:52 | Håkon Amundstad | 24 | Jessheim | 13.10.1974 |
| 1:31:57 | Per Neskleiv | 36 | Jessheim | 14.10.1973 |
| 1:32:12 | Håkon Håkonsen | 33 | Jessheim | 11.10.1981 |
| 1:32:17 | Gudmund Ølstørn | 40 | Jessheim | 15.10.1972 |
| 1:32:49 | Ole Kristian Wiig | 45 | Jessheim | 11.10.1981 |
| 1:33:03 | Fred Arild Kjernli | 64 | Jessheim | 05.10.1980 |
| 1:33:10 | Kjell Nakstad | 44 | Jessheim | 13.10.1974 |
| 1:33:35 | Olav Rutle | 45 | Jessheim | 10.10.1982 |
| 1:33:45 | John Kristian Smestad | 55 | Jessheim | 07.10.1979 |
| 1:33:48 | Kåre Christian Olsen | 64 | Jessheim | 05.10.1980 |
| 1:33:55 | Bjørn Fløtaker | 46 | Jessheim | 10.10.1982 |
| 1:34:27 | Kjell Løvbrøtte | 41 | Jessheim | 27.09.1969 |
| 1:34:44 | Sverre Lauten | 53 | Jessheim | 10.10.1976 |
| 1:34:54 | Kjell Østhus | 42 | Jessheim | 09.10.1983 |
| 1:35:16 | Arne Rognerud | 41 | Jessheim | 05.10.1980 |
| 1:35:40 | Finn Sandmo | 33 | Jessheim | 08.10.1978 |
| 1:36:36 | Oddvar Hallingstad | 45 | Jessheim | 10.10.1982 |
| 1:36:54 | Bjørn Tore Jensen | 43 | Jessheim | 11.10.1981 |
| 1:36:55 | Arne Johannessen | 25 | Jessheim | 09.10.1983 |
| 1:37:09 | Halvor Bogstad | 46 | Jessheim | 10.10.1976 |
| 1:37:09 | Arne Aas | 29 | Jessheim | 11.10.1981 |
| 1:38:04 | Helge Velure | 50 | Jessheim | 05.10.1980 |
| 1:38:30 | Per Christian Bjørnæs | 42 | Jessheim | 07.10.1979 |
| 1:38:47 | Svein Skolt | 25 | Jessheim | 08.10.1978 |
| 1:39:15 | Lasse Sandstone | 40 | Jessheim | 05.10.1980 |
| 1:39:15 | Atle Furuseth | 69 | Oslo | 15.09.2018 |
| 1:39:42 | Molvin Knutsen | 62 | Jessheim | 11.10.1981 |
| 1:39:49 | Steinar Ørum | 46 | Jessheim | 09.10.1983 |
| 1:39:55 | Leif Rubach | 45 | Jessheim | 08.10.1978 |
| 1:40:08 | Trygve Flugstad | 33 | Jessheim | 10.10.1982 |
| 1:40:12 | Per Pedersen | 52 | Jessheim | 11.10.1981 |
| 1:40:59 | Stig Harald Øveraas | 48 | Jessheim | 09.10.1977 |
| 1:41:25 | Olav Bjerkeli | 33 | Jessheim | 08.10.1978 |

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| **MENN SENIOR** | **82** |

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| **20km landevei forts.** |  |

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| --- | --- | --- | --- | --- |
| 1:42:04 | Halvor Bogstad | 46 | Jessheim | 09.10.1977 |
| 1:42:31 | Martin Bratfos | 47 | Jessheim | 07.10.1979 |
| 1:42:56 | Amund Gulbrandsen | 47 | Jessheim | 07.10.1979 |
| 1:44:07 | Sjur Reppe | 60 | Jessheim | 09.10.1983 |
| 1:44:13 | Magne Engen | 33 | Jessheim | 10.10.1982 |
| 1:44:57 | Fritz Mangelrød | 35 | Jessheim | 09.10.1983 |
| 1:45:00 | Asbjørn Rud | 53 | Jessheim | 08.10.1978 |

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| **MENN SENIOR** | **83** |

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| **Halvmaraton 21098m** | **For kort løype i Oslo før 1990** |

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| --- | --- | --- | --- | --- |
| 1:00:55 | Senay Fissehatsion | 95 | København, DEN | 17.09.2023 |
| 1:01:32 | Awet Kibrab | 95 | København, DEN | 15.09.2024 |
| 1:05:21 | Fredrik Bakken | 66 | Arna | 02.04.1989 |
| 1:05:50 | Vidar Birkelund | 56 | Egersund | 06.04.1986 |
| 1:05:55 | Erik Udø Pedersen | 94 | Jessheim | 03.10.2020 |
| 1:06.59 | Tor Erik Nyquist | 67 | Oslo | 14.09.1996 |
| 1:07:01 | Kristian Grue | 95 | Den Hag, NED | 12.03.2023 |
| 1:09:11 | Øystein Syversen | 52 | Drammen | 04.10.1992 |
| 1:09:50 | Stein Roar Ulseth | 52 | Egersund | 06.04.1986 |
| 1:10:04 | Ole Fredrik Mørck | 62 | Drammen | 04.10.1992 |
| 1:10:44 | Kristian Monsen | 77 | Fredrikstad | 06.04.2008 |
| 1:10:51 | Bjørn Ingvar Jensen | 66 | Egersund | 06.04.1986 |
| 1:11:29 | Ole Johan Garli | 56 | Hokksund | 03.04.1993 |
| 1:11:47 | Leif Erling Aronsveen | 57 | Lillestrøm | 29.09.1983 |
| 1:11:54 | Mathias Sæten | 95 | Drammen | 04.09.2022 |
| 1:12:30 | Kristian Karlsen | 82 | Bergen | 21.01.2017 |
| 1:12:47 | Bjørn Dæhlie | 67 | Göteborg, SWE | 08.05.1999 |
| 1:13:52 | Mathias Myren | 95 | Oslo | 17.09.2022 |
| 1:14:00 | Tommy Torgersen | 70 | Drammen | 03.09.2005 |
| 1:14:24 | Petter Stensby | 52 | Oslo | 31.08.1985 |
| 1:14:51 | Kolbjørn Skjerve | 37 | Haga | 28.05.1983 |
| 1:15:27 | Frank Finstad | 48 | Oslo | 08.10.1980 |
| 1:15:32 | Sven Nordby Andersen | 59 | Jessheim | 06.10.1985 |
| 1:15:34 | Finn Gjøstein | 01 | Jessheim | 03.10.2020 |
| 1:15:44 | Runar Sannerud | 75 | Holmestrand | 06.04.2019 |
| 1:16:08 | Odd Kinnsbekken | 48 | Jessheim | 07.10.1984 |
| 1:17:08 | Ole Skolt | 53 | Jessheim | 17.11.1991 |
| 1:17:15 | Tore Klungland | 97 | Oslo | 21.09.2019 |
| 1:17:41 | Arnfinn Pedersen | 57 | Jessheim | 12.10.1986 |
| 1:18:37 | Trygve Stanger | 62 | Jessheim | 12.10.1986 |
| 1:18:55 | Ole Kristian Westby | 66 | Oslo | 13.09.1986 |
| 1:19:07 | Arne Luke | 44 | Sørum | 15.10.1983 |
| 1:19:23 | Geir Håkon Bjørnstad | 56 | Jessheim | 12.10.1986 |
| 1:19:24 | Dag Sand | 45 | Haga | 31.05.1980 |
| 1:19:51 | Torbjørn Liestøl | 73 | København, DEN | 19.09.2021 |
| 1:20.02 | Lars Øyre | 54 | Jessheim | 01.10.1995 |
| 1:20:24 | Knut Larsen | 62 | Jessheim | 06.10.1985 |
| 1:20.24 | Jan Blakkisrud | 43 | Drammen | 05.10.1986 |
| 1:21:02 | Bjørn Rommen | 43 | Jessheim | 06.10.1985 |
| 1:21:05 | Markus Høgne | 98 | Rømskog | 07.07.2018 |
| 1:21:23 | Eivind Gjøystdal | 79 | Gardermoen | 31.10.2021 |
| 1:21:45 | Claus Nerhagen | 59 | Jessheim | 07.10.1984 |
| 1:22:10 | Espen Holen | 00 | Grue | 01.05.2024 |
| 1:22:18 | Odd Vidar Tenold | 61 | Jessheim | 07.10.1984 |

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| **MENN SENIOR** | **84** |

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| **Halvmaraton 21098m forts.** | **For kort løype i Oslo før 1990** |

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| --- | --- | --- | --- | --- |
| 1:22:21 | Steinar Gressløs | 53 | Lørenfallet | 07.10.1995 |
| 1:22:21 | Henrik Eijsink | 96 | Oslo | 21.09.2024 |
| 1:23:16 | Kåre-Christian Olsen | 64 | Beitostølen | 13.06.1987 |
| 1:23:21 | Henning Høgheim | 39 | Sørum | 16.10.1982 |
| 1:23:24 | Odd Harstad | 44 | Jessheim | 12.10.1986 |
| 1:24:07 | Harald Furuseth | 69 | Jessheim | 15.11.2015 |
| 1:24.23 | Knut Kristiensen | 44 | Jessheim | 08.10.1989 |
| 1:24:53 | Tore Ragnar Olsen | 46 | Jessheim | 11.10.1987 |
| 1:24:57 | Kristen Langbakk | 39 | Sørum | 17.10.1981 |
| 1:25:06 | Trygve Bårde | 48 | Jessheim | 11.10.1987 |
| 1:25:51 | Rune Skinnerlien | 69 | Jessheim | 12.10.1986 |
| 1:25:55 | Clemet Haugerud | 68 | Jessheim | 03.10.2020 |
| 1:25:55 | Vegard Løberg Gjelsvik | 92 | Jessheim | 13.11.2022 |
| 1:25:57 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 12.10.1986 |
| 1:26:02 | Bjørn Ottersen | 35 | Jessheim | 07.10.1990 |
| 1:26:05 | Jim Ryan | 66 | Jessheim | 07.10.1990 |
| 1:26:16 | Geir Asphaug | 65 | Jessheim | 23.11.1986 |
| 1:26:17 | Sturla Throndsen | 60 | Jessheim | 18.11.2012 |
| 1:26:36 | Sven Nordby Andersen | 59 | Jessheim | 12.10.1986 |
| 1:27:09 | Eirik Tenold | 39 | Sørum | 15.10.1983 |
| 1:27:18 | Inge Schøyen | 71 | Jessheim | 14.04.2024 |
| 1:28.00 | Kjell Carlsson | 44 | Jessheim | 08.10.1989 |
| 1:28:41 | Øyvind Kværner | 75 | Jessheim | 12.11.2023 |
| 1:28:52 | Torbjørn Johansen | 45 | Jessheim | 06.10.1985 |
| 1:28:47 | Arne Johansen | 48 | Oslo | 28.09.2008 |
| 1:28:57 | Stig Gunleiksrud | 69 | Jessheim | 18.11.2018 |
| 1:28:59 | Ivar Skedsmo | 55 | Jessheim | 06.10.1991 |
| 1:29:06 | Tor Arne Haraldsen | 82 | Jessheim | 16.11.2014 |
| 1:29:09 | Iver Narvestad | 74 | Jessheim | 03.10.2020 |
| 1:29:28 | Arne Marthinussen | 69 | Jessheim | 12.10.1986 |
| 1:29:32 | Odd Hanich | 70 | Jessheim | 03.10.2020 |
| 1:29:53 | Ørjan Rogne Rise | 73 | Jessheim | 12.11.2023 |
| 1:29:58 | Sigmund Syversen | 49 | Jessheim | 06.10.1991 |
| 1.30.26 | Kjell Aarflot | 44 | Sørum | 16.10.1982 |
| 1:30:35 | Hans Nordhagen | 38 | Jessheim | 07.10.1984 |
| 1:30:47 | Stian Torstveit | 66 | Jessheim | 08.10.1989 |
| 1:30:50 | Lasse Sandstone | 40 | Jessheim | 07.10.1984 |
| 1:31:02 | Arne Marthinussen | 57 | Jessheim | 06.10.1985 |
| 1:31:25 | Thom-Arne Norheim | 78 | Oslo | 15.09.2018 |
| 1:31:29 | Simon Skibakk | 37 | Jessheim | 12.10.1986 |
| 1:31:35 | Helge Velure | 50 | Moelv | 29.07.1989 |
| 1:31:36 | Frode Liland | 65 | Lørenskog | 07.11.2008 |
| 1:31:37 | Eirik Kamstrup Hovind | 90 | Jessheim | 19.11.2006 |
| 1:32:05 | Vemund Wemundstad | 40 | Fredrikstad | 06.04.2008 |

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| **MENN SENIOR** | **85** |

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| **Halvmaraton 21098m forts.** | **For kort løype i Oslo før 1990** |

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| --- | --- | --- | --- | --- |
| 1:32:19 | Ingar Indredavik | 45 | Jessheim | 11.10.1987 |
| 1:32:44 | Harald Rutle | 68 | Jessheim | 07.10.1990 |
| 1:32:47 | Dag Amundsen | 51 | Oslo | 25.09.2011 |
| 1:33:00 | Atle Furuseth | 69 | Jessheim | 18.11.2018 |
| 1:33:36 | Tor Vegard Grytten | 69 | Jessheim | 17.11.2019 |
| 1:34:12 | Nils Sæthermoen | 40 | Jessheim | 09.10.1988 |
| 1:34:13 | Kim-Daniel Gulliksveen | 90 | Jessheim | 29.04.2023 |
| 1:34:25 | John Birkelund | 32 | Jessheim | 06.10.1985 |
| 1:34:28 | Arne Johansen | 48 | Oslo | 28.09.2010 |
| 1:34:42 | Frode Hansen | 73 | Jessheim | 14.11.2021 |
| 1:35:02 | Per Østreng | 64 | Jessheim | 03.10.2020 |
| 1:35:05 | Stein Terje Dahl | 55 | Jessheim | 19.11.2000 |
| 1:35:18 | Stig Gunleiksrud | 69 | Jessheim | 13.11.2022 |
| 1:35:34 | Stein Teksum | 53 | Jessheim | 12.10.1986 |
| 1:36:11 | Håkon Amundstad | 24 | Jessheim | 08.10.1989 |
| 1:36:29 | Knut Tørum | 45 | Jessheim | 07.10.1984 |
| 1:36:47 | Sverre Murud | 38 | Jessheim | 11.10.1987 |
| 1:37:22 | Arve Bogstad | 41 | Jessheim | 06.10.1985 |
| 1:37:23 | Ragnar Bakken | 48 | Jessheim | 08.10.1989 |
| 1:37:30 | Asbjørn Hoel | 43 | Jessheim | 19.11.1989 |
| 1:37:32 | Olav Engen | 50 | Lørenskog | 03.11.2007 |
| 1:37:36 | Steinar Ørum | 46 | Jessheim | 12.10.1986 |
| 1:37:41 | Asgeir Steinsvik | 53 | Jessheim | 04.10.1992 |
| 1:38:22 | Svein Rustad | 44 | Jessheim | 11.10.1987 |
| 1:39:40 | Ørjan Rogne Rise | 73 | Jesswheim | 02.10.2021 |
| 1:38.42 | Kjell Vegard Østhus | 71 | Jessheim | 18.08.2024 |
| 1:38:45 | Jørgen Torstveit | 40 | Jessheim | 12.10.1986 |
| 1:40:21 | Oddvar Leivestad | 45 | Lørenskog | 03.11.2007 |
| 1:40:35 | Odd Hanich | 70 | Jessheim | 14.11.2021 |
| 1:40:59 | Stein Terje Dahl | 55 | Jessheim | 16.11.2008 |
| 1:41:15 | John Mikalsen | 60 | Jessheim | 12.10.1986 |
| 1:41:17 | Ragnar Bakken | 48 | Jessheim | 11.10.1987 |
| 1:41:25 | Asbjørn Jokstad | 56 | Jessheim | 06.10.1985 |
| 1:42:09 | Lasse Kverum | 79 | Grue | 01.05.2024 |
| 1:42:10 | Rune Fjeldstad | 48 | Jessheim | 07.10.1984 |
| 1:43:49 | Trond Boger | 45 | Jessheim | 06.10.1985 |
| 1:43:49 | Bjørn Fløtaker | 46 | Jessheim | 11.10.1987 |
| 1:44:49 | Geir Sander | 45 | Jessheim | 06.10.1991 |
| 1:46:07 | Bjørn Wærø Heggelund | 47 | Jessheim | 07.10.1984 |
| 1:46:22 | Thorleif Maudal | 46 | Jessheim | 12.10.1986 |
| 1:46:56 | Morten Skaret Sørensen | 93 | Jessheim | 30.03.2025 |
| 1:46:58 | Lasse Kverum | 79 | Jessheim | 13.11.2022 |
| 1:46:58 | Tor Arne Stenhaug | 48 | Jølster | 06.07.2024 |
| 1:47:50 | Thomas Frågåt | 74 | Jessheim | 03.10.2020 |
| 1:48:12 | Bjørn Hvaal | 56 | Jessheim | 12.10.1986 |

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| **MENN SENIOR** | **86** |

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| **Halvmaraton 21098m forts.** |  |

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| 1:48:20 | Bjørn-Magnus Melby | 51 | Jessheim | 07.10.1984 |
| 1:49:51 | Håkon Amundstad | 24 | Jessheim | 07.10.1990 |
| 1:50:00 | Tore Jensen | 43 | Jessheim | 07.10.1984 |
| 1:50:07 | Torbjørn Sandberg | 67 | Jessheim | 10.11.2024 |
| 1:51:32 | Inge Holm | 32 | Jessheim | 07.10.1984 |
| 1:53:22 | Olav Rutle | 45 | Jessheim | 07.10.1984 |
| 1:54:27 | Bjørnar Lindholt | 80 | Jessheim | 19.11.2017 |
| 1:54:46 | Nils Kristen Wiig | 43 | Jessheim | 07.10.1990 |
| 1:55:04 | Per Kristian Pedersen | 54 | Jessheim | 07.10.1984 |
| 1:55:33 | Ove Aastorp | 56 | Lørenskog | 26.10.2019 |
| 1:55:35 | Dejan Savic | 69 | Jessheim | 10.11.2024 |
| 1:57:46 | Holger Windstad | 47 | Jessheim | 06.10.1985 |
| 1:57:56 | Oddbjørn Ødegård | 43 | Jessheim | 06.10.1985 |
| 1:57:56 | Per Neskleiv | 36 | Jessheim | 06.10.1985 |
| 1:58:01 | Arne Aas | 29 | Jessheim | 08.10.1989 |
| 1:59:07 | Dag Haugan | 66 | Jessheim | 06.11.2016 |

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| **25km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:33:39 | Håvard Uhlen | 39 | Tresfjord | 20.06.1965 |

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| **MENN SENIOR** | **87** |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:18:39 | Tor Erik Nyqvist | 67 | Berlin, GER | 29.09.1996 |
| 2:23:47 | Kristian Grue | 95 | Valencia, ESP | 01.12.2024 |
| 2:28:32 | Ole Fredrik Mørch | 62 | Drammen | 30.09.1996 |
| 2:28:47 | Kristian Karlsen | 82 | Sevilla, ESP | 19.02.2017 |
| 2:30:15 | Petter Stensby | 52 | Debno, POL | 06.05.1984 |
| 2:31:43 | Mathias Sæten | 95 | Amsterdam, NED | 16.10.2022 |
| 2:39:30 | Runar Sannerud | 75 | Berlin, GER | 29.09.2019 |
| 2:39:43 | Kristian Monsen | 77 | Jessheim | 17.11.2013 |
| 2:40:59 | Frank Finstad | 48 | Oslo | 12.07.1981 |
| 2:45:45 | Jan Blakkisrud | 43 | London, GBR | 08.05.1983 |
| 2:49:49 | Eivind Gjøystdal | 79 | Jessheim | 14.11.2021 |
| 2:50:09 | Jahn Thomas Lind | 77 | Berlin, GER | 25.09.2022 |
| 2:50:42 | Kolbjørn Skjerve | 37 | Oslo | 01.09.1984 |
| 2:53:38 | Henning Høgheim | 39 | Drammen | 03.10.1982 |
| 2:55:22 | Stein Rosenberg | 60 | Drammen | 04.10.1981 |
| 2:56:45 | Njord Erlend Wiker | 91 | Jessheim | 16.11.2014 |
| 3:00:52 | Svein Olsen | 47 | Oslo | 01.09.1984 |
| 3:00:53 | Stian Torstveit | 66 | Jessheim | 18.11.1990 |
| 3:02:55 | Dag Sand | 45 | Oslo | 27.08.1983 |
| 3:04:37 | Inge Schøyen | 71 | Oslo | 21.09.2024 |
| 3:05:25 | Ole Kristian Westby | 66 | Drammen | 05.10.1986 |
| 3:06.30 | Torbjørn Liestøl | 73 | Oslo | 21.09.2024 |
| 3:06:46 | Odd Hanich | 70 | Oslo | 21.09.2024 |
| 3:08:09 | Øyvind Raaen | 77 | Oslo | 21.09.2024 |
| 3:14:33 | Martin Furuseth | 53 | Oslo | 03.07.1982 |
| 3:14.35 | Ayalew Mulfeta Kasa | 75 | Jessheim | 12.11.2023 |
| 3:17:50 | Helge Velure | 50 | Oslo | 13.09.1986 |
| 3:21:49 | Kim Kolstad | 84 | Jessheim | 10.11.2024 |
| 3:23:28 | Olav Engen | 50 | Oslo | 30.09.2007 |
| 3:24:56 | Lars Myhre | 64 | Jessheim | 06.11.2016 |
| 3:25:13 | Lasse Sandstone | 40 | Haga | 30.05.1981 |
| 3:26:22 | Stig Gunleiksrud | 69 | Berlin, GER | 29.09.2024 |
| 3:31:20 | Odd-Vidar Tenvold | 61 | Oslo | 03.07.1982 |
| 3:31:54 | Trond Boger | 45 | Oslo | 03.07.1982 |
| 3:37:35 | Ragnar Bakken | 48 | Jessheim | 22.11.1987 |
| 3:38:55 | Frode Liland | 65 | Sand | 19.09.2021 |
| 3:39:18 | Per Einar Roth | 59 | Jessheim | 16.11.2008 |
| 3:44:34 | Frode Myrvang | 67 | Jessheim | 16.11.2008 |

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| **MENN SENIOR** | **88** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 2.04 | Michael Reklev | 05 | Bergen/Fa | 07.09.2024 |
| 2.00 | Frode Myrvang | 67 | Jessheim | 02.08.1986 |
| 1.96 | Even Rønholdsløkken | 08 | Oslo/Bi | 30.08.2024 |
| 1.94 | Tom Erik Olsen | 74 | Seoul, KOR | 16.09.1992 |
| 1.91 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 03.05.1992 |
| 1.90 | Jan Andresen | 70 | Jessheim | 02.07.1986 |
| 1.90 | Vadim Pecherskii | 85 | Oslo/Bi | 30.08.2024 |
| 1.88 | Ansgar Gulbrandsen | 44 | Jessheim | 29.05.1986 |
| 1.80 | Ivar Opsahl | 47 | Råholt | 19.06.1974 |
| 1.80 | Morten Knutsen | 70 | Nadderud | 31.05.1985 |
| 1.80 | Nicolas Reklev | 07 | Jessheim | 13.08.2023 |
| 1.77 | Tormod Holand | 33 | Jessheim | 29.07.1951 |
| 1.76 | Wilhelm Løken | 01 | Jessheim | 05.08.1933 |
| 1.76 | Frank Øines | 68 | Jessheim | 28.09.1997 |
| 1.75 | Henning Enger | 46 | Strømmen | 29.09.1965 |
| 1.75 | Andreas Roth | 93 | Lillestrøm | 19.08.2009 |
| 1.71 | Knut Tobiassen | 27 | Jessheim | 16.07.1952 |
| 1.70 | Bjørn Pettersen | 36 | Lillestrøm | 27.08.1960 |
| 1.70 | Frode Liland | 65 | Oslo/Bi | 10.06.1981 |
| 1.70 | Lars Petter Syverstad | 69 | Jessheim | 22.09.1985 |
| 1.70 | Glenn Myrland | 72 | Sofiemyr | 11.06.1989 |
| 1.70 | Odd Arne Urnes | 73 | Jessheim | 29.09.1990 |
| 1.70 | Marcus Theodor Moen | 99 | Nadderud | 16.06.2013 |
| 1.69 | Harald Furuseth | 06 | Nannestad | 31.07.1938 |
| 1.68 | Jens Wethal | 08 | Jessheim | 24.08.1930 |
| 1.68 | Asbjørn Hertzenberg | 10 | Gjøvik | 17.07.1932 |
| 1.68 | Morten Halseth | 97 | Nadderud | 24.09.2011 |
| 1.68 | Emil Nordal | 03 | Nittedal | 19.08.2017 |
| 1.67.5 | Mathis Bogstad | 10 | Jessheim | 25.08.1929 |
| 1.66 | Olaf Tronrud | 08 | Jessheim | 11.07.1937 |
| 1.65 | Asbjørn Lund | 23 | Kløfta | 10.08.1947 |
| 1.65 | Hans Fodstad | 27 | Kløfta | 19.08.1952 |
| 1.65 | Fritz Karlsen | 37 | Strømmen | 22.09.1962 |
| 1.65 | Kjell Myrvold | 46 | Strømmen | 29.09.1965 |
| 1.65 | Nils Kristen Wiig | 43 | Råholt | 16.08.1967 |
| 1.65 | Lasse Andersen | 47 | Jessheim | 11.08.1986 |
| 1.65 | Joachim Lauritzen | 05 | Jessheim | 22.05.2020 |
| 1.65 | Alan Ringo | 07 | Jessheim | 13.08.2023 |
| 1.64 | Reidar Sand | 04 | Jessheim | 13.09.1931 |
| 1.64 | Shaun Matheson | 43 | Jessheim | 10.09.1961 |
| 1.64 | Torgeir Sørum | 45 | Råholt | 14.06.1964 |
| 1.63 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 1.63 | Kristoffer Stanger | 33 | Jessheim | 22.08.1956 |
| 1.63 | Terje Aarnes | 40 | Strømmen | 30.08.1964 |

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| **MENN SENIOR** | **89** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.63 | Espen Sollien | 79 | Nadderud | 18.06.1994 |
| 1.62 | Bjarne Gunneriussen | 34 | Kløfta | 22.09.1958 |
| 1.61 | Ole H. Wethal | 02 | Jessheim | 16.08.1925 |
| 1.61 | Nils Sundby | 14 | Jessheim | 28.06.1936 |
| 1.61 | Odd Wiig | 34 | Jessheim | 15.07.1953 |
| 1.61 | Terje Grime | 59 | Oslo/Tr | 21.08.1996 |
| 1.60 | Tore Strømberg | 31 | Årnes | 31.07.1949 |
| 1.60 | Paul Røthe | 35 | Nannestad | 06.07.1952 |
| 1.60 | Jon Erik Lund | 34 | Strømmen | 3+.08.1964 |
| 1.60 | Nils Andresen | 36 | Råholt | 13.08.1966 |
| 1.60 | Peter Ørvik | 48 | Råholt | 16.08.1967 |
| 1.60 | Odd Kristiansen | 47 | Jessheim | 06.10.1973 |
| 1.60 | Arvid Bårslistuen | 55 | Årnes | 09.06.1974 |
| 1.60 | John Backe-Bogstad | 61 | Årnes | 07.09.1975 |
| 1.60 | Kai Hole | 42 | Lillestrøm | 26.08.1978 |
| 1.60 | Kjell Erik Klevan | 65 | Oslo/St | 19.08.1981 |
| 1.60 | Torbjørn Strand | 76 | Jessheim | 19.05.1990 |
| 1.60 | Vetle Aasland | 91 | Askim | 21.09.2009 |
| 1.60 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 20.09.2012 |
| 1.59.5 | Odd Eldevik | 14 | Jessheim | 26.09.1931 |
| 1.59 | Ivar Algarheim | 12 | Jessheim | 20.08.1933 |
| 1.59 | Finn Ugletveit | 49 | Strømmen | 13.09.1969 |
| 1.58 | Bjarne Ruud | 10 | Nannestad | 10.07.1932 |
| 1.58 | Roger Rønning | 71 | Oslo/So | 29.05.1985 |
| 1.58 | Henning Forsland | 80 | Nadderud | 16.06.1996 |
| 1.57 | Einar Wethal | 05 | Jessheim | 07.08.1927 |
| 1.55.5 | Knut Fossum | 21 | Jessheim | 30.08.1939 |
| 1.55 | Ole Stokstad | 06 | Jessheim | 28.07.1929 |
| 1.55 | Gunnar Lorentzen | 14 | Jessheim | 07.07.1935 |
| 1.55 | Johan N. Wiig | 17 | Jessheim | 18.07.1939 |
| 1.55 | Gunnar Jyssum | 17 | Lillestrøm | 19.08.1939 |
| 1.55 | Paul Røthe | 35 | Hauerseter | 07.06.1951 |
| 1.55 | Hans Kristian Hansen | 41 | Lillestrøm | 02.09.1961 |
| 1.55 | Raymond Trondsen | 47 | Lillestrøm | 19.06.1972 |
| 1.55 | Claus Nerhagen | 59 | Lillestrøm | 11.08.1974 |
| 1.55 | Jarle Sæthermoen | 70 | Kirkenær | 26.05.1985 |
| 1.55 | Ole Semming Wiig | 69 | Kirkenær | 26.05.1985 |
| 1.55 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.09.1990 |
| 1.55 | Petter Lyngmo | 81 | Jessheim | 25.06.1996 |
| 1.55 | Jan Gulbrandsen | 74 | Jessheim | 11.06.1997 |
| 1.55 | Jørn Jevne | 64 | Jessheim | 28.09.1997 |
| 1.55 | Håvard Nygård | 80 | Jessheim | 20.09.2004 |
| 1.55 | Christer Amundsen | 92 | Nadderud | 16.06.2007 |
| 1.55 | Rene Beyer | 73 | Lillestrøm | 27.09.2008 |

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| **MENN SENIOR** | **90** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.55 | Henrik Huser | 96 | Nadderud | 23.09.2011 |
| 1.55 | Henrik Jakobsen | 01 | Moss/Me | 01.06.2016 |
| 1.55 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |
| 1.55 | Aldric Kenarlikdjian | 09 | Oslo/St | 15.09.2024 |
| 1.54 | Andor Hansen | 92 | Lillestrøm | 30.08.1924 |
| 1.54 | Audun Blegstad | 15 | Jessheim | 26.09.1931 |
| 1.54 | John Arve Johansen | 36 | Jessheim | 06.08.1958 |
| 1.53 | Georg Wethal | 17 | Jessheim | 18.07.1937 |
| 1.53 | Jens Andersen | 16 | Nannestad | 31.07.1938 |
| 1.52 | Einar Hansen | 07 | Jessheim | 14.09.1930 |
| 1.52 | Jonathan Joo | 91 | Asker/Fø | 29.05.2005 |
| 1.50.5 | Nils Heggem | 18 | Jessheim | 11.08.1937 |
| 1:50.5 | Nils Skogseth | 18 | Jessheim | 11.07.1937 |
| 1.50 | Olgar Solerød | 90 | Jessheim | 07.08.1921 |
| 1.50 | Magnus Røe | 96 | Jessheim | 13.08.1923 |
| 1.50 | Ove Fonbakk | 23 | Oslo/Jo | 07.09.1947 |
| 1.50 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 1.50 | Thor Martin Furuseth | 41 | Jessheim | 29.08.1957 |
| 1.50 | Leif Møster | 34 | Jessheim | 06.09.1958 |
| 1.50 | Bjørn Engelstad | 42 | Nannestad | 26.07.1959 |
| 1.50 | Einar Hellum | 47 | Jessheim | 07.09.1962 |
| 1.50 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 26.08.1980 |
| 1.50 | Pål Korsmo | 71 | Kirkenær | 26.05.1985 |
| 1.50 | Frode Grøndahl | 69 | Haga | 26.09.1985 |
| 1.50 | Runar Homble | 72 | Jessheim | 28.09.1989 |
| 1.50 | Ola Sandvær Aamodt | 95 | Nadderud | 09.06.2007 |
| 1.50 | Kevin Fritz | 91 | Lillestrøm | 27.09.2008 |
| 1.50 | Victor Rosenlind | 00 | Nadderud | 14.06.2015 |
| 1.50 | Emil Nordal | 03 | Jessheim | 16.09.2019 |
| 1.49 | Johan Olsen | 19 | Jessheim | 03.07.1938 |
| 1.49 | Arne Martinsen | 21 | Årnes | 25.09.1938 |
| 1.48 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 1.48 | Sverre Gjesteby | 00 | Midsund | 10.08.2013 |
| 1.48 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 09.09.2023 |
| 1.47 | Victor Westgaard | 99 | Jessheim | 18.09.1921 |
| 1.47 | Halvard Sundby | 39 | Jessheim | 30.09.1956 |
| 1.46 | Kristian Nygård | 45 | Råholt | 14.06.1959 |
| 1.45 | Lars Julseth | 01 | Jessheim | 09.09.1923 |
| 1.45 | Karl Syversen | 16 | Jessheim | 07.07.1935 |
| 1.45 | Odd Dønnum | 45 | Strømmen | 03.09.1961 |
| 1.45 | Kåre Gismervik | 57 | Lillestrøm | 18.06.1973 |
| 1.45 | Bård Hole | 67 | Jessheim | 02.09.1981 |
| 1.45 | Frode Nygård | 69 | Jessheim | 28.09.1989 |
| 1.45 | Jon Arne Skiaker | 79 | Lillehammer/Ss | 26.06.1992 |

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| **MENN SENIOR** | **91** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.45 | Jesse Y. Pedersen | 95 | Nadderud | 23.08.2011 |
| 1.43.5 | Johan Nygaard | 16 | Jessheim | 26.09.1931 |
| 1.43 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |
| 1.40 | Svein Kvello Aune | 46 | Råholt | 12.09.1962 |
| 1.40 | Magne Furuseth | 53 | Årnes | 17.08.1969 |
| 1.40 | Hans Agnar Grønnvoll | 84 | Asker/Fø | 05.09.1999 |
| 1.40 | Knut Rimstad | 49 | Oslo/St | 14.06.2004 |
| 1.40 | Marius Fuglerud | 87 | Trondheim/St | 22.09.2006 |
| 1.40 | Nicolas Reklev | 07 | Jessheim | 22.05.2020 |
| 1.37 | Jon Strømberg | 21 | Årnes | 26.09.1937 |
| 1.36 | Sigurd Majorsæter | 44 | Råholt | 28.06.1958 |
| 1.35 | Erling Vestengen | 03 | Jessheim | 07.08.1921 |
| 1.35 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 1.35 | Odd Skagset | 18 | Hauerseter | 13.06.1937 |
| 1.35 | Jan Nordby | 23 | Jessheim | 09.07.1939 |
| 1.35 | Odd Skedsmo | 37 | Jessheim | 16.08.1954 |
| 1.35 | Ola Johansen | 40 | Strømmen | 02.10.1954 |
| 1.35 | Arne Bjørndal | 70 | Nannestad | 31.08.1985 |
| 1.35 | Jon Andersen | 73 | Løken | 31.05.1986 |
| 1.35 | Bjørn Flatby | 79 | Bjørkelangen | 26.08.1992 |
| 1.35 | Eirik Johansen | 84 | Jessheim | 31.08.2000 |
| 1.35 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 24.06.2017 |
| 1.34 | Håvard Lund | 24 | Oslo/Bi | 15.06.1992 |
| 1.31 | Bør Nordby | 23 | Årnes | 06.07.1938 |
| 1.31 | Kristian Gjestad | 37 | Jessheim | 16.08.1954 |
| 1.31 | Martin Bratfos | 47 | Jessheim | 10.09.1961 |
| 1.30 | Jens Sundby | 08 | Jessheim | 09.09.1934 |
| 1.30 | Terje Finnebråten | 48 | Jessheim | 06.09.1962 |
| 1.30 | Dag Brokke | 62 | Strømmen | 11.09.1974 |
| 1.30 | Kåre Svensson | 61 | Årnes | 07.09.1975 |
| 1.30 | Per Olsen | 62 | Årnes | 07.09.1975 |
| 1.30 | Paal Raastad | 73 | Jessheim | 04.06.1987 |
| 1.30 | Fredrik Risbø | 86 | Jessheim | 01.08.1997 |
| 1.30 | Lars Sutterud | 90 | Bjørkelangen | 01.06.2002 |
| 1.30 | Eirik Magnus Holter | 99 | Lillehammer/Ss | 25.06.2011 |
| 1.30 | Adrian Lind | 00 | Jessheim | 23.08.2012 |
| 1.28 | Gunnar Aarø | 49 | Jessheim | 17.08.1961 |
| 1.28 | Ingar Ingarø | 49 | Jessheim | 10.09.1961 |
| 1.28 | Måns Schønning Lie | 96 | Jessheim | 02.06.2008 |
| 1.26 | Jan Aas | 44 | Råholt | 28.06.1958 |
| 1.26 | Reidar Engevold | 43 | Råholt | 28.06.1958 |
| 1.25 | Halvard Sundby | 39 | Borgen | 09.08.1954 |
| 1.25 | Per Nafstad | 50 | Råholt | 12.09.1962 |
| 1.25 | Bård Lundahl | 57 | Råholt | 20.09.1970 |

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| **MENN SENIOR** | **92** |

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| **Høyde forts.** |  |

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| 1.25 | Frode Bekken | 59 | Lillestrøm | 18.09.1971 |
| 1.25 | Geir Austberg | 59 | Lillestrøm | 18.06.1973 |
| 1.25 | Per Arne Kristiansen | 77 | Jessheim | 19.09.1990 |
| 1.25 | Atle Bakken | 90 | Jessheim | 27.05.2004 |
| 1.25 | Eivind Damstuen | 92 | Nadderud | 13.06.2004 |
| 1.24 | Odd Martinsen | 24 | Årnes | 25.09.1938 |
| 1.22.5 | Knut Larsen | 22 | Jessheim | 30.08.1939 |
| 1.22 | Kåre Norum | 24 | Årnes | 26.09.1937 |
| 1.21 | Håvard Uhlen | 39 | Borgen | 09.08.1954 |
| 1.21 | Kjell Strand | 78 | Bjørkelangen | 10.09.1988 |
| 1.20 | Reidar Larsen | 10 | Jessheim | 13.08.1923 |
| 1.20 | Roger Norbech | 42 | Jessheim | 30.09.1956 |
| 1.20 | Jon Martinsen | 47 | Råholt | 20.08.1960 |
| 1.20 | Jon Ranklev Hansen | 60 | Råholt | 10.09.1972 |
| 1.20 | Harald Rønåsen | 63 | Strømmen | 11.09.1974 |
| 1.20 | Trond Erik Bakkerud | 77 | Bjørkelangen | 24.08.1989 |
| 1.20 | Nils Ivar Skiaker | 81 | Lillehammer/Ss | 27.06.1992 |
| 1.20 | Chris Holm | 80 | Jessheim | 29.07.1993 |
| 1.20 | Kenneth Warming | 82 | Strømmen | 11.09.1993 |
| 1.20 | Christopher Aanda | 82 | Oslo/La | 18.06.2004 |
| 1.20 | Benjamin Andersen | 00 | Jessheim | 23.08.2012 |
| 1.20 | Christian-Olaus Sween | 06 | Lillestrøm | 27.05.2017 |

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| **MENN SENIOR** | **93** |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 4.80 | Tom Erik Olsen | 74 | Kongsvinger/Gj | 25.07.1992 |
| 4.60 | Filip Aas | 00 | Oslo/So | 09.07.2017 |
| 4.30 | Jan Andresen | 70 | Jessheim | 18.06.1990 |
| 4.10 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 03.05.1992 |
| 3.90 | Odd Arne Urnes | 73 | Jessheim | 09.08.1990 |
| 3.60 | Even Ragnhildsbakken | 08 | Bergen/Fa | 26.05.2024 |
| 3.40 | Hans Fodstad | 27 | Eidsvoll | 22.08.1953 |
| 3.30 | Ivar Opsahl | 47 | Lillestrøm | 15.09.1973 |
| 3.25 | Jørgen Hjelm Bakkerud | 74 | Sofiemyr | 10.06.1989 |
| 3.20 | Nils Andresen | 36 | Jessheim | 21.08.1966 |
| 3.15 | Kai Hole | 42 | Lillestrøm | 20.08.1977 |
| 3.10 | Trygve Andresen | 34 | Jessheim | 23.05.1990 |
| 3.02 | Ole Thoresen | 09 | Kløfta | 28.08.1938 |
| 2.96 | Morten Knutsen | 70 | Jessheim | 01.06.1986 |
| 2.90 | Anfinn Thoresen | 34 | Lillestrøm | 22.08.1954 |
| 2.90 | Peter Ørvik | 48 | Råholt | 08.08.1965 |
| 2.90 | Rune Borge | 48 | Strømmen | 30.09.1965 |
| 2.88.5 | Knut Fossum | 22 | Kløfta | 05.08.1939 |
| 2.81 | Jens Andersen | 19 | Kløfta | 28.08.1938 |
| 2.80 | Leif Møster | 34 | Kløfta | 22.09.1958 |
| 2.80 | Bjarne Gunneriussen | 34 | Jessheim | 12.09.1959 |
| 2.80 | Magne Furuseth | 53 | Blaker/Br | 05.10.1969 |
| 2.75 | Frode Liland | 65 | Prestfoss | 23.05.1981 |
| 2.70 | Hans Kristian Hansen | 41 | Lillestrøm | 03.09.1961 |
| 2.62 | Nils Kristen Wiig | 43 | Råholt | 06.09.1972 |
| 2.62 | Raymond Trondsen | 47 | Råholt | 06.09.1972 |
| 2.60 | John Arve Johansen | 36 | Kløfta | 22.09.1958 |
| 2.60 | Lars Petter Syversrud | 69 | Nadderud | 30.05.1985 |
| 2.60 | Ansgar Gulbrandsen | 44 | Jessheim | 27.09.1986 |
| 2.60 | Marcus Theodor Moen | 99 | Jessheim | 23.05.2014 |
| 2.60 | Victor Rosenlind | 00 | Nadderud | 13.06.2015 |
| 2.40 | Fritz Karlsen | 37 | Strømmen | 23.09.1962 |
| 2.30 | Ole Arnegård | 71 | Jessheim | 26.09.1988 |
| 2.20 | Ole Semming Wiig | 69 | Jessheim | 17.09.1985 |
| 2.12 | Jacob Hofseth | 13 | Nannestad | 18.09.1938 |
| 2.00 | Frode Myrvang | 67 | Jessheim | 23.09.1985 |
| 2.00 | Runar Homble | 72 | Jessheim | 26.09.1988 |
| 2.00 | Håvard Lund | 24 | Bjørkelangen | 07.08.1992 |
| 1.98 | Finn Ugletveit | 49 | Strømmen | 14.09.1969 |
| 1.65 | Geir Espen Johansen | 81 | Jessheim | 26.09.1994 |

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| **MENN SENIOR** | **94** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.85 +1.2 | Jo Henning Hals Nilssen | 68 | Jessheim | 31.05.1986 |
| 6.82 -0.4 | Tom Erik Olsen | 74 | Trondheim/Le | 04.07.1992 |
| 6.50 +0.3 | Terje Grime | 59 | Bismo | 11.08.1995 |
| 6.46 | Jon Erik Lund | 34 | Strømmen | 10.09.1961 |
| 6.45 | Andrè Haaland | 75 | Nadderud | 18.06.1994 |
| 6.44 | Anfinn Thoresen | 34 | Lillestrøm | 03.09.1955 |
| 6.42 | Wilhelm Løken | 01 | Jessheim | 01.10.1927 |
| 6.39 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 6.36 | Even Ragnhildsbakken | 08 | Oslo/Bi | 01.09.2024 |
| 6.33 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 6.30 | Hans Kristian Hansen | 41 | Oslo/Bi | 05.10.1961 |
| 6.25 | Mathis Bogstad | 10 | Jessheim | 25.07.1939 |
| 6.24 | Øystein Iversen | 73 | Jessheim | 28.09.1996 |
| 6.23 | Richard Johnsen | 15 | Jessheim | 18.07.1939 |
| 6.23 | Magne Haave | 12 | Jessheim | 10.09.1939 |
| 6.20 | Morten Knutsen | 70 | Oslo/Bi | 27.09.1986 |
| 6.08 | Fredrik Falch | 98 | Jessheim | 16.08.1925 |
| 6.07 | Erik Herberg | 19 | Jessheim | 25.07.1939 |
| 6.06 | Arve Bogstad | 41 | Jessheim | 22.06.1969 |
| 6.05 | Kjell Kristoffersen | 28 | Jessheim | 03.08.1952 |
| 6.04 | Reidar Sand | 04 | Jessheim | 27.08.1933 |
| 6.04 | Johan N. Wiig | 17 | Kløfta | 05.08.1939 |
| 6.02 | Finn Ugletveit | 49 | Jessheim | 22.06.1969 |
| 6.02 | Ola Nerhagen | 71 | Lillehammer/Ss | 22.06.1989 |
| 6.01 | Asbjørn Lund | 23 | Jessheim | 29.07.1951 |
| 6.00 | Tom Erik Olsen | 74 | Jessheim | 25.09.1989 |
| 5.96 | Hans Fodstad | 27 | Hauerseter | 20.08.1949 |
| 5.95 | Bjarne Hansen | 23 | Nannestad | 21.07.1946 |
| 5.95 | Odd Kristiansen | 47 | Lillestrøm | 14.09.1973 |
| 5.95 | Frank Øines | 68 | Jessheim | 26.09.1998 |
| 5.93 | Otto Lystad | 09 | Jessheim | 02.07.1933 |
| 5.93 | Jan Andresen | 70 | Jessheim | 25.09.1989 |
| 5.93 | Jørn Jevne | 64 | Jessheim | 28.09.1997 |
| 5.92 | Lars Petter Syversrud | 69 | Jessheim | 31.05.1986 |
| 5.91 | Gunnar Jyssum | 17 | Lillestrøm/Vi | 19.08.1939 |
| 5.90 | Knut Fossum | 22 | Jessheim | 09.07.1939 |
| 5.89 | Stein Tore Klungland | 58 | Tønsberg/Gr | 01.06.2013 |
| 5.87 | Raymond Trondsen | 47 | Lillestrøm | 07.08.1974 |
| 5.86 | Frode Myrvang | 67 | Kirkenær | 26.06.1985 |
| 5.85 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |
| 5.85 | Nils Kristen Wiig | 43 | Råholt | 12.06.1966 |
| 5.83 | Leif Møster | 34 | Jessheim | 06.08.1958 |
| 5.81 | Halvor Berger | 40 | Årnes | 17.08.1958 |
| 5.81 | Martin Lundemo Syversen | 92 | Jessheim | 23.08.2012 |

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| **MENN SENIOR** | **95** |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 5.80 | Henry Børserud | 12 | Jessheim | 18.08.1938 |
| 5.80 | John Arne Johansen | 36 | Kløfta | 22.06.1958 |
| 5.80 | Leif Spjeld | 40 | Jessheim | 06.10.1972 |
| 5.79 | Asbjørn Heiret | 30 | Jessheim | 26.08.1953 |
| 5.78 | Erling Støverud | 08 | Jessheim | 11.07.1937 |
| 5.78 | Lars Stokstad | 18 | Eidsvoll | 25.08.1940 |
| 5.77 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 5.75 | Andreas Roth | 93 | Jessheim | 18.09.2010 |
| 5.73 | Bjarne Gunneriussen | 34 | Kløfta | 18.09.1958 |
| 5.72 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |
| 5.72 | Ivar Opsahl | 47 | Lørenfallet | 16.06.1984 |
| 5.69 | Kåre Gismervik | 57 | Lørenfallet | 03.09.1974 |
| 5.68 | Harald Furuseth | 07 | Lillestrøm/Vi | 26.07.1930 |
| 5.68 | Per Berntsen | 35 | Jessheim | 01.07.1953 |
| 5.67 | Marcus Theodor Moen | 99 | Nadderud | 13.06.2014 |
| 5.66 | Nils Andresen | 36 | Jessheim | 20.08.1966 |
| 5.66 | Øistein Nesje | 48 | Lillestrøm | 04.09.1966 |
| 5.64 | Terje Aarnes | 40 | Strømmen | 29.08.1964 |
| 5.62 | Tor Stokstad | 44 | Jessheim | 11.06.1965 |
| 5.61 | Kjell Reiestad | 46 | Råholt | 23.08.1969 |
| 5.61 | Marius Mellum | 96 | Oslo/Bi | 18.08.2013 |
| 5.60 | Ivar Algarheim | 12 | Jessheim | 08.10.1933 |
| 5.60 | Frode Nygård | 69 | Bjørkelangen | 10.09.1989 |
| 5.60 | Thomas Roth | 91 | Jessheim | 18.09.2010 |
| 5.59 | Kåre Bang | 30 | Jessheim | 17.08.1951 |
| 5.58 | Marius Fuglerud | 97 | Jessheim | 13.06.2005 |
| 5.57 | Harald Jahren | 33 | Løken | 06.07.1952 |
| 5.56 | Lars Stokstad | 18 | Jessheim | 11.07.1937 |
| 5.55 | Magnus Røe | 96 | Jessheim | 09.09.1923 |
| 5.55 | Andor Hansen | 92 | Jessheim | 09.09.1923 |
| 5.55 | Håkon Mangerud | 47 | Råholt | 13.06.1964 |
| 5.54 | Erling Støverud | 08 | Jessheim | 20.09.1936 |
| 5.54 | Gudmund Bekkedal | 50 | Lillestrøm | 19.08.1972 |
| 5.53 | Arne Halvorsen | 11 | Kløfta | 21.07.1935 |
| 5.52 | Sivert Hovden | 08 | Kløfta | 06.09.1931 |
| 5.52 | Thor Aastorp | 29 | Sand | 19.08.1950 |
| 5.51 | Jacob Hofseth | 13 | Nannestad | 17.09.1938 |
| 5.51 | Bjørn Pettersen | 36 | Lillestrøm | 27.08.1960 |
| 5.49 | Kristoffer Stanger | 33 | Jessheim | 22.08.1956 |
| 5.49 | Odd Dønnum | 45 | Råholt | 17.09.1961 |
| 5.47 | Odd Wiig | 35 | Jessheim | 26.08.1953 |
| 5.46 | Fritz Karlsen | 37 | Strømmen | 22.09.1962 |
| 5.45 | Jacob Hofseth | 13 | Nannestad | 31.07.1938 |
| 5.45 | Henning Enger | 46 | Jessheim | 06.10.1962 |

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| **MENN SENIOR** | **96** |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 5.44 | Jens Wethal | 08 | Jessheim | 19.06.1932 |
| 5.43 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 5:42 | Pål Korsmo | 71 | Lørenfallet | 05.06.1986 |
| 5.41 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 5.40 | Ola Thoresen | 09 | Eidsvoll | 07.07.1935 |
| 5.40 | Thor Martin Furuseth | 41 | Jessheim | 14.09.1959 |
| 5.40 | Ørnulf Brekke | 67 | Strømmen | 04.06.1983 |
| 5.40 | Runar Homble | 72 | Jessheim | 23.08.1999 |
| 5.40 | Emil Nordal | 03 | Jessheim | 10.08.2019 |
| 5.39 | Harald Kværner | 30 | Sand | 19.08.1950 |
| 5.39 | Martin Hansen | 48 | Lillestrøm | 22.08.1964 |
| 5.39 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| 5.39 | Vetle Aasland | 91 | Askim | 21.09.2009 |
| 5.38 | Claus Nerhagen | 59 | Lørenfallet | 30.09.1973 |
| 5.36 | Stian Fredriksen | 81 | Jessheim | 23.08.1999 |
| 5.35 | Harald Hansen | 95 | Jessheim | 13.08.1923 |
| 5.35 | Arne Bjørndal | 70 | Lørenfallet | 18.06.1985 |
| 5.33 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 5.34 | Reidar Sand | 04 | Jessheim | 15.09.1929 |
| 5.34 | Jan Bredesen | 40 | Jessheim | 23.08.1958 |
| 5.32 | Ole H. Wethal | 02 | Jessheim | 28.07.1929 |
| 5.31 | Thorstein Gystad | 67 | Jessheim | 23.09.1993 |
| 5.30 | Odd Bråthner | 24 | Jessheim | 09.07.1939 |
| 5.29 | Halvor Lund | 06 | Eidsvoll | 15.06.1930 |
| 5.26 | Jonathan Joo | 91 | Årnes | 13.09.2006 |
| 5.25 | Vigleik Sexe | 11 | Jessheim | 10.06.1934 |
| 5.25 | Tore Strømberg | 31 | Sand | 19.08.1950 |
| 5.23 | Lasse Andersen | 47 | Lørenfallet | 26.06.1983 |
| 5.23 | Sander Steen Myrvang | 00 | Jessheim | 27.09.2018 |
| 5.22 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 5.20 | Gudmund Bjotveit | 77 | Jessheim | 08.08.1992 |
| 5.19 | Reidar Simonsen | 03 | Jessheim | 09.06.1929 |
| 5.19 | Odd Eldevik | 14 | Jessheim | 26.09.1931 |
| 5.19 | Per Kopperud | 39 | Jessheim | 10.08.1957 |
| 5.18 | Espen Sollien | 79 | Nadderud | 17.06.1994 |
| 5.18 | Johan Glendari Torvani | 93 | Arvika, SWE | 27.07.2019 |
| 5.16 | Tor Eilert Navestad | 81 | Asker/Fø | 05.09.1999 |
| 5.15 | Jens Andersen | 21 | Jessheim | 08.09.1946 |
| 5.15 | Rene Beyer | 73 | Lillestrøm | 27.09.2008 |
| 5.14 | Steinar Mikalsen | 43 | Blaker/Br | 18.06.1969 |
| 5.13 | Ove Lund | 23 | Oslo/Jo | 07.09.1947 |
| 5.13 | Anders Grønlien | 29 | Sand | 19.08.1950 |
| 5.12 | Iver Løvgaard Faksvåg | 09 | Jessheim | 12.08.2023 |
| 5.11 | Bjarne Furuseth | 24 | Jessheim | 08.09.1946 |

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| **MENN SENIOR** | **97** |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 5.10 | Hans Kristian Hoff | 40 | Jessheim | 23.08.1958 |
| 5.10 | Thor Lasse Johansen (Løland) | 63 | Lillestrøm | 25.08.1980 |
| 5.09 | Rolf Sletvold | 36 | Jessheim | 14.09.1959 |
| 5.08 | Jarle Sæthermoen | 70 | Kirkenær | 26.05.1985 |
| 5.08 | Frode Nygård | 69 | Jessheim | 23.09.1993 |
| 5.07 | Knut Haave | 21 | Årnes | 26.09.1937 |
| 5.07 | Øivind Nilsen | 49 | Råholt | 13.06.1964 |
| 5.07 | Nicolas Reklev | 07 | Oslo/St | 15.09.2024 |
| 5.05 | Odd Arne Urnes | 73 | Bjørkelangen | 10.09.1989 |
| 5.03 | Tormod Holand | 33 | Jessheim | 29.07.1933 |
| 5.03 | Bent Helseth | 54 | Strømmen | 06.09.1969 |
| 5.03 | Tormod Holand | 33 | Jessheim | 29.07.1933 |
| 5.03 | Bent Helseth | 54 | Strømmen | 06.09.1969 |
| 5.03 | Frode Grøndahl | 69 | Lørenfallet | 05.06.1986 |
| 5.01 | Tore Paulsberg | 34 | Jessheim | 26.08.1953 |
| 5.00 | Einar Lund | 98 | Jessheim | 23.08.1925 |
| 5.00 | Pål Håve | 15 | Jessheim | 26.09.1931 |
| 5.00 | Kristian Gjelstad | 37 | Årnes | 21.06.1953 |
| 5.00 | Arvid Bårdslistuen | 55 | Lillestrøm | 19.09.1971 |
| 5.00 | Kjell Arild Johansen | 58 | Lørenfallet | 30.09.1973 |
| 5.00 | Ole Semming Wiig | 69 | Oslo/So | 03.06.1985 |
| 5.00 | Glenn Erik Myrland | 72 | Jessheim | 25.09.1989 |
| 4.99 | Jon Grinderud | 46 | Jessheim | 06.10.1962 |
| 4.99 | Sven Inge Bråten | 76 | Jessheim | 02.09.1991 |
| 4.99 | Eirik Johansen | 84 | Jessheim | 31.08.2000 |
| 4.99 | Kevin Fritz | 91 | Lillestrøm | 27.09.2008 |
| 4.97 | Frode Liland | 65 | Lillestrøm | 25.08.1980 |
| 4.97 | Håvard Nygård | 80 | Jessheim | 20.09.2004 |
| 4.97 | Truls Schøning Lie | 67 | Årnes | 27.06.2007 |
| 4.96 | Fredrik Veiby | 99 | Lillestrøm | 25.05.2014 |
| 4.95 | Gunnar Aas | 10 | Jessheim | 04.10.1925 |
| 4.94 | Mikal Mikalsen | 99 | Jessheim | 07.08.1921 |
| 4.91 | Henning Forsland | 80 | Nadderud | 16.06.1996 |
| 4.89 | Mads Røslie | 82 | Jessheim | 23.08.1999 |
| 4.89 | Ådne Opaker Øines | 02 | Lillestrøm | 17.09.2016 |
| 4.84 | Per Ramstad | 78 | Jessheim | 23.09.1993 |
| 4.82 | Stein Vik-Strandli | 58 | Råholt | 09.09.1972 |
| 4.81 | Victor Rosenlind | 00 | Nadderud | 12.06.2015 |
| 4.80 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |
| 4.80 | Arne Martinsen | 21 | Årnes | 25.09.1938 |
| 4.80 | Egil Sand Vestengen | 99 | Jessheim | 30.05.2013 |
| 4.80 | Stein Erik Knoph | 72 | Strømmen | 13.06.1987 |
| 4.79 | Gulbrand Gustavsen | 06 | Jessheim | 09.06.1929 |
| 4.79 | Knut Larsen | 22 | Jessheim | 30.08.1939 |

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| **MENN SENIOR** | **98** |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 4.79 | Geir Pedersen | 44 | Jessheim | 06.09.1962 |
| 4.78 | Tore Østvang | 52 | Lørenfallet | 01.06.1971 |
| 4.77 | Martin Bratfos | 47 | Jessheim | 07.08.1961 |
| 4.76 | Jon Strømberg | 21 | Årnes | 26.09.1937 |
| 4.76 | Hans Agnar Grønnvoll | 84 | Jessheim | 19.08.2001 |
| 4.74 | Kjell Åge Moslet | 56 | Råholt | 19.09.1970 |
| 4.72 | Michael Løland | 92 | Årnes | 24.08.2016 |
| 4.71 | Jan Forsland | 78 | Jessheim | 23.09.1993 |
| 4.69 | Sverre Hovden | 10 | Jessheim | 04.10.1925 |
| 4.67 | Morten Furuseth | 53 | Lillestrøm | 01.06.1970 |
| 4.65 | Halvdan Sundby | 39 | Jessheim | 30.09.1956 |
| 4.65 | Bjørn Arne Kristiansen | 68 | Oslo/St | 31.08.2011 |
| 4.62 | Jan Åge Mangelrød | 65 | Kirkenær | 30.05.1981 |
| 4.61 | Kjell Erik Klevan | 65 | Jessheim | 26.09.1981 |
| 4.61 | Nils Norbotten | 78 | Jessheim | 23.09.1993 |
| 4.60 | Thorbjørn Lund | 98 | Jessheim | 07.08.1921 |
| 4.58 | Per Arne Østerud | 81 | Jessheim | 23.08.1999 |
| 4.57 | Inge Ingerø | 49 | Strømmen | 03.09.1961 |
| 4.57 | John Backe-Bogstad | 61 | Lillestrøm | 11.08.1974 |
| 4.57 | Trond Ørbech | 62 | Årnes | 01.09.1976 |
| 4.56 | Ole Petter Kjærstad | 80 | Jessheim | 26.09.1998 |
| 4.52 | Frode Bekken | 59 | Nannestad | 07.07.1972 |
| 4.49 | Hans Gystad | 10 | Jessheim | 04.10.1925 |
| 4.44 | Bjørn Hellum | 48 | Jessheim | 10.08.1962 |
| 4.43 | Bård Lundahl | 57 | Jessheim | 06.06.1971 |
| 4.42 | Are Syversen | 70 | Geithus | 21.06.2019 |
| 4.41 | Erik Lerdahl | 10 | Jessheim | 13.07.1926 |

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| **Lengde Underkjent** |  |

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| 6.37 +2.6 | Marcus Theodor Moen | 99 | Sandnes | 03.09.2016 |

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| **Lengde uten tilløp – hoppet utendørs** |  |

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| --- | --- | --- | --- | --- |
| 2.81 | Michael Løland | 92 | Jessheim | 18.10.2018 |
| 2.68 | Sander Steen Myrvang | 00 | Jessheim | 18.10.2018 |
| 2.67 | Martin Hjeltnes | 75 | Jessheim | 18.10.2018 |
| 2.51 | Emil Nordal | 03 | Jessheim | 30.08.2021 |
| 2.47 | Johan Glenderød Tovari | 93 | Jessheim | 30.08.2021 |

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| **MENN SENIOR** | **99** |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 13.68 +1.4 | Terje Grime | 59 | Sofiemyr | 13.06.1992 |
| 13.59Vind? | Tom Pedersen | 39 | Råholt | 27.08.1961 |
| 13.38 V? | Anfinn Thoresen | 34 | Lillestrøm | 04.09.1955 |
| 13.22 V? | Wilhelm Løken | 01 | Jessheim | 11.09.1927 |
| 12.99 V? | Jo Henning Hals Nilssen | 68 | Jessheim | 10.06.1988 |
| 12.96 V+ | Jon Erik Lund | 34 | Råholt | 27.08.1961 |
| 12.80 V? | Morten Knutsen | 70 | Jessheim | 31.07.1987 |
| 12.71 V? | Mathis Bogstad | 10 | Hauerseter | 25.08.1935 |
| 12.70 V? | Reidar Sand | 04 | Lillestrøm/Vi | 27.07.1930 |
| 12.57 +0.8 | Marcus Theodor Moen | 99 | Haugesund | 06.09.2014 |
| 12.56 | Fredrik Falch | 98 | Jessheim | 04.10.1925 |
| 12.49 | Raymond Trondsen | 47 | Rolvsrud | 15.08.1972 |
| 12.47 | Asbjørn Lund | 23 | Jessheim | 19.08.1951 |
| 12.45 | Gunnar Ruud | 17 | Hauerseter | 25.08.1935 |
| 12.42 | Frode Myrvang | 67 | Kristiansand | 21.06.1987 |
| 12.39 | Magne Haave | 12 | Jessheim | 11.06.1936 |
| 12.38 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 12.36 | Hans Fodstad | 27 | Jessheim | 26.08.1953 |
| 12.34 | Øystein Nesje | 49 | Lillestrøm | 11.09.1966 |
| 12.28 | Harald Furuseth | 07 | Lillestrøm/Vi | 27.07.1930 |
| 12.19 | Kjell Kristoffersen | 28 | Jessheim | 17.08.1951 |
| 12.18 | Olaf Tronrud | 08 | Jessheim | 11.07.1937 |
| 12.13 | Nils Kristen Wiig | 43 | Lillestrøm | 15.08.1969 |
| 12.03 | Kai Hole | 42 | Nannestad | 20.08.1978 |
| 12.03 | Alan Ringo | 07 | Bergen/Fa | 09.09.2023 |
| 11.88 | Kåre Dahl | 14 | Hauerseter | 13.06.1937 |
| 11.86 | Otto Lystad | 09 | Jessheim | 14.08.1931 |
| 11.84 | Hans Furuseth | 20 | Jessheim | 08.09.1946 |
| 11.78 | Erling Støverud | 08 | Jessheim | 11.07.1937 |
| 11.74 | Hans Kristian Hansen | 41 | Strømmen | 19.06.1961 |
| 11.72 | Terje Thrones | 39 | Jessheim | 14.09.1959 |
| 11.69 | Stein Tore Klungland | 58 | Torino, ITA | 08.08.2013 |
| 11.63 | Runar Homble | 72 | Årnes | 25.06.1988 |
| 11.60 | Magnus Røe | 98 | Jessheim | 13.08.1923 |
| 11.60 | Kåre Bang | 30 | Jessheim | 17.08.1951 |
| 11.58 | Asbjørn Lund | 23 | Kløfta | 10.08.1947 |
| 11.56 | Torgeir Sørum | 45 | Jessheim | 19.08.1965 |
| 11.48 | Tore Strømberg | 31 | Sand | 20.08.1950 |
| 11.47 | Asbjørn Heiret | 30 | Jessheim | 26.08.1953 |
| 11.45 | Ørnulf Brekke | 67 | Kirkenær | 23.05.1983 |
| 11.40 | Johan N. Wiig | 17 | Jessheim | 16.09.1939 |
| 11.40 | Thomas Roth | 91 | Jessheim | 20.09.2008 |
| 11.38 | Shaun Matheson | 43 | Råholt | 22.06.1963 |
| 11.35 | Einar Wethal | 05 | Jessheim | 07.08.1927 |

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| **MENN SENIOR** | **100** |

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| **Tresteg forts.** |  |

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| --- | --- | --- | --- | --- |
| 11.33 | Jørgen Nyland | 00 | Jessheim | 17.09.1922 |
| 11.30 | John Arne Johansen | 36 | Kløfta | 13.08.1958 |
| 11.30 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 24.09.1992 |
| 11.25 | Hans Wethal | 16 | Jessheim | 16.09.1939 |
| 11.20 | Frode Grøndahl | 69 | Jessheim | 30.09.1985 |
| 11.14 | Lars Julseth | 01 | Jessheim | 09.09.1923 |
| 11.14 | Even Ragnhildsbakken | 08 | Rud | 17.06.2023 |
| 11.13 | Kevin Fritz | 91 | Jessheim | 20.09.2008 |
| 11.12 | Reidar Simonsen | 03 | Jessheim | 09.06.1929 |
| 11.12 | Hans Petter Samuelsen | 45 | Rolvsrud | 31.08.1982 |
| 11.07 | Andor Hansen | 92 | Jesheim | 13.08.1923 |
| 11.06 | Peter Ørvik | 48 | Strømmen | 29.09.1965 |
| 11.02 | Bjarne Gunneriussen | 34 | Kløfta | 13.08.1958 |
| 11.01 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 01.09.1980 |
| 10.99 | Kristoffer Stanger | 33 | Jessheim | 22.08.1956 |
| 10.96 | Ivar Opsahl | 47 | Rolvsrud | 22.09.1974 |
| 10.95 | Ivar Algarheim | 12 | Jessheim | 08.09.1946 |
| 10.92 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 10.90 | Bjørn Engelstad | 42 | Jessheim | 14.09.1959 |
| 10.83 | Arvid Bårdslistuen | 55 | Råholt | 26.09.1970 |
| 10.78 | Jarle Sæthermoen | 70 | Strømmen | 14.08.1985 |
| 10.74 | Tore Paulsberg | 34 | Jessheim | 26.08.1953 |
| 10.59 | Arne Bjørndahl | 70 | Strømmen | 14.08.1985 |
| 10.58 | Bjarne Furuseth | 24 | Jessheim | 08.09.1946 |
| 10.47 | Reidar Bye | 96 | Eidsvoll | 16.09.1928 |
| 10.47 +2.0 | Fredrik Fuglerud | 89 | Jessheim | 22.09.2007 |
| 10.46 | Gulbrand Gustavsen | 06 | Jessheim | 09.06.1929 |
| 10.44 | Frode Liland | 65 | Jessheim | 01.09.1980 |
| 10.44 | Ole Semming Wiig | 69 | Strømmen | 14.08.1985 |
| 10.39 | Ove Lund | 23 | Kløfta | 10.08.1947 |
| 10.38 | Even Rønholdsbakken | 08 | Rjukan | 04.09.2022 |
| 10.35 | Michael Løland | 92 | Jessheim | 18.10.2018 |
| 10.30 | Kristian Gjelstad | 37 | Jessheim | 26.08.1953 |
| 10.26 | Johan Slaastad | 93 | Jessheim | 20.09.2008 |
| 10.08 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |
| 10.05 | Jan Gulbrandsen | 74 | Jessheim | 26.06.1997 |
| 10.04 | John Wiig | 35 | Jessheim | 26.09.1953 |
| 9.66 | Kjell Erik Klevan | 65 | Nannestad | 12.09.1981 |

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| **MENN SENIOR** | **101** |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 14.47 | Pål Berntsen | 60 | Jessheim | 24.09.1992 |
| 13.28 | Kai Hole | 42 | Lillestrøm | 20.08.1977 |
| 13.13 | Terje Thronæs | 39 | Oslo/Bi | 09.08.1959 |
| 13.07 | Tom Erik Olsen | 74 | Tønsberg/Gr | 02.05.1992 |
| 12.63 | Ole H. Wethal | 02 | Notodden | 13.09.1934 |
| 12.63 | Vidar Rasmussen | 67 | Drammen/Ma | 26.08.2011 |
| 12.38 | Jo Henning Hals Nilssen | 68 | Tønsberg/Gr | 02.05.1992 |
| 12.36 | Magne Haave | 12 | Jessheim | 26.07.1938 |
| 12.10 | Kåre Bang | 30 | Løken | 11.08.1951 |
| 12.04 | Egil Tronseth | 35 | Jessheim | 23.07.1958 |
| 12.02 | Morten Gaarder | 60 | Jessheim | 06.07.1987 |
| 11.93 | Nils Andresen | 36 | Krødsherad | 22.08.1965 |
| 11.87 | Ivar Opsahl | 47 | Lillestrøm | 07.09.1974 |
| 11.75 | Magnus Røe | 96 | Jessheim | 01.09.1929 |
| 11.62 | Alf Moland | 00 | Jessheim | 27.08.1933 |
| 11.49 | Bjørn Wærø Heggelund | 47 | Strømmen | 22.08.1984 |
| 11.32 | Jens Wethal | 08 | Hauerseter | 25.08.1935 |
| 11.32 | Mathis Bogstad | 10 | Lillestrøm/Vi | 19.08.1939 |
| 11.19 | Frode Myrvang | 67 | Årnes | 28.06.2006 |
| 11.07 | Henrik Næss | 10 | Jessheim | 18.08.1938 |
| 11.07 | Ove Lund | 23 | Finstadbru | 13.08.1947 |
| 11.06 | Alf Antonsen | 00 | Eidsvoll | 28.07.1929 |
| 11.04 | Sten Melbye | 31 | Jessheim | 02.07.1971 |
| 11.03 | Gunnar Ruud | 17 | Hauerseter | 25.05.1935 |
| 10.92 | Bjørn Askeland | 42 | Gardermoen | 26.08.1978 |
| 10.86 | Morten Knutsen | 70 | Jessheim | 29.09.1984 |
| 10.81 | Reidar Bye | 96 | Jessheim | 09.06.1929 |
| 10.81 | Terje Finnebråten | 48 | Råholt | 28.08.1966 |
| 10.80 | Wilhelm Løken | 01 | Jessheim | 13.09.1931 |
| 10.80 | Erling Tvetene | 07 | Oslo/Ek | 02.09.1934 |
| 10.76 | Anfinn Thoresen | 34 | Kløfta | 10.06.1956 |
| 10.66 | Michael Løland | 92 | Årnes | 18.09.2013 |
| 10.63 | Asbjørn Hertzenberg | 10 | Jessheim | 02.07.1933 |
| 10.63 | Molvin Knutsen | 62 | Rolvsrud | 21.09.2000 |
| 10.57 | Jacob Hofseth | 13 | Nannestad | 31.07.1938 |
| 10.57 | Johan Olsen | 19 | Kløfta | 10.08.1947 |
| 10.60 | Bjarne Gunneriussen | 34 | Nannestad | 26.07.1959 |
| 10.54 | Halvor Bogstad | 46 | Jessheim | 20.06.1968 |
| 10.52 | Bjarne Ruud | 05 | Kløfta | 21.07.1935 |
| 10.50 | Kåre Bjerke | 09 | Nannestad | 31.07.1938 |
| 10.47 | Johannes Svensson | 34 | Jessheim | 26.08.1957 |
| 10.46 | Andor Hansen | 92 | Jessheim | 16.08.1925 |
| 10.37 | Olaf Eriksen | 08 | Kløfta | 19.08.1945 |
| 10.32 | Thor Lasse (Johansen) Løland | 63 | Jessheim | 02.06.2008 |

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| **MENN SENIOR** | **102** |

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| **Kule 7.26 kg forts.** |  |

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| --- | --- | --- | --- | --- |
| 10.30 | Fritz Karlsen | 37 | Strømmen | 22.09.1962 |
| 10.21 | Ola Thoresen | 09 | Hauerseter | 13.06.1937 |
| 10.21 | Nils Skogseth | 18 | Jessheim | 11.07.1937 |
| 10.21 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 10.18 | Finn Ugletveit | 49 | Jessheim | 16.08.1969 |
| 10.15 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 10.15 | Terje Aastorp | 56 | Jessheim | 28.09.1997 |
| 10.15 | Tor Eilert Navestad | 81 | Jessheim | 12.07.2004 |
| 10.13 | Arne Nyland | 36 | Jessheim | 20.06.1968 |
| 10.11 | John Arve Johansen | 36 | Kløfta | 06.08.1958 |
| 10.11 | Martin Hjeltnes | 75 | Jessheim | 12.08.2018 |
| 10.09 | Olaf Tronrud | 10 | Jessheim | 03.07.1938 |
| 10.00 | Arild Jørgensen | 15 | Jessheim | 01.08.1939 |
| 9.96 | Johan Olsen | 19 | Jessheim | 08.09.1946 |
| 9.91 | Reidar Sand | 04 | Jessheim | 09.06.1929 |
| 9.86 | Hans Disserud | 62 | Jessheim | 21.08.2007 |
| 9.85 | Magne Aarnes | 23 | Jessheim | 09.07.1939 |
| 9.76 | Per Jota | 33 | Jessheim | 25.09.1963 |
| 9.71 | Erling Malerud | 11 | Jessheim | 07.07.1935 |
| 9.69 | Bjørn Arne Kristiansen | 68 | Oslo/St | 11.09.2013 |
| 9.66 | Halvard Bratberg | 02 | Jessheim | 06.07.1924 |
| 9.57 | Olav Vestengen | 11 | Jessheim | 08.10.1933 |
| 9.56 | Martin Jødahl | 09 | Jessheim | 10.06.1934 |
| 9.49 | Erik Lerdahl | 10 | Jessheim | 27.08.1933 |
| 9.49 | Finn Myrvold | 49 | Lillestrøm | 07.09.1974 |
| 9.44 | Magne Lindholt | 22 | Jessheim | 29.07.1951 |
| 9.43 | Sigurd Jensen | 90 | Jessheim | 17.09.1922 |
| 9.40 | Terje Grime | 59 | Oslo/Tr | 21.08.1996 |
| 9.35 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |
| 9.29 | Martin Torgersen | 07 | Jessheim | 20.08.1933 |
| 9.27 | Arve Bogstad | 41 | Råholt | 16.08.1967 |
| 9.27 | Leif Møster | 34 | Jessheim | 06.09.1958 |
| 9.27 | Ansgar Gulbrandsen | 44 | Bjørkelangen | 09.09.1989 |
| 9.24 | Olaf Tronrud | 08 | Eidsvoll | 07.07.1935 |
| 9.21 | Tor Mikalsen | 14 | Jessheim | 07.07.1935 |
| 9.16 | Ole Haugen | 98 | Jessheim | 09.09.1923 |
| 9.11 | Nils Kristen Wiig | 43 | Lørenfallet | 01.06.1971 |
| 9.05 | Runar Homble | 72 | Jessheim | 20.07.1992 |
| 9.02 | Jan Gulbrandsen | 74 | Jessheim | 11.08.1997 |
| 9.00 | Frank Øines | 68 | Jessheim | 23.08.2012 |
| 8.97 | Bjarne Glemmestad | 06 | Jessheim | 08.10.1933 |
| 8.90 | Bjarne Ulvestad | 07 | Jessheim | 08.10.1933 |
| 8.88 | Mikal Mikalsen | 99 | Jessheim | 07.08.1921 |
| 8.80 | Einar Haugen | 03 | Jessheim | 09.06.1929 |

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| **MENN SENIOR** | **103** |

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| **Kule 7.26 kg forts.** |  |

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| 8.56 | Olgar Solerød | 90 | Jessheim | 07.08.1921 |
| 8.55 | Richard Johansen | 97 | Jessheim | 13.08.1923 |
| 8.54 | Håvard Nygård | 80 | Jessheim | 20.09.2004 |
| 8.52 | Hans Kristian Hansen | 41 | Lillestrøm | 02.09.1961 |
| 8.41 | Lars Sundby | 09 | Jessheim | 09.06.1929 |
| 8.41 | Jon Erik Lund | 34 | Råholt | 31.08.1963 |
| 8.38 | Mats Lundstrøm | 65 | Nadderud | 17.10.2010 |
| 8.21 | Ove Aastorp | 56 | Oslo/Be | 19.08.2017 |
| 8.05 | Steinar Ørum | 46 | Siggerud | 22.06.1992 |

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| **Militærstevne - Brigademesterskap** |  |

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| --- | --- | --- | --- | --- |
| 13.31 | Terje Tronæs | 39 | Jessheim | 16.08.1959 |

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| **MENN SENIOR** | **104** |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 44.80 | Kai Hole | 42 | Ski | 07.10.1978 |
| 42.18 | Pål Berntsen | 60 | Jessheim | 24.09.1992 |
| 41.52 | Morten Gaarder | 60 | Jessheim | 29.09.1986 |
| 41.34 | Jo Henning Hals Nilssen | 68 | Trondheim/Le | 05.07.1992 |
| 40.30 | Bjørn Wærø Heggelund | 47 | Strømmen | 22.08.1984 |
| 38.16 | Tom Erik Olsen | 74 | Jessheim | 27.09.1993 |
| 38.12 | Kåre Bang | 30 | Oslo/Bi | 01.06.1951 |
| 37.68 | Nils Andresen | 36 | Elverum | 19.06.1966 |
| 36.82 | Magnus Røe | 96 | Jessheim | 27.08.1933 |
| 36.23 | Anfinn Thoresen | 34 | Jessheim | 22.08.1956 |
| 35.39 | Bjørn Arne Kristiansen | 68 | Oslo/Bi | 26.05.2011 |
| 35.02 | Terje Tronæs | 39 | Nannestad | 29.08.1959 |
| 34.94 | Gunnar Ruud | 17 | Eidsvoll | 02.08.1938 |
| 34.42 | Magne Haave | 12 | Eidsvoll | 05.09.1938 |
| 34.31 | Egil Tronseth | 34 | Årnes | 16.08.1958 |
| 34.30 | Ole H. Wethal | 02 | Jessheim | 28.07.1929 |
| 33.68 | Morten Knutsen | 70 | Jessheim | 02.08.1986 |
| 33.50 | Richard Johnsen | 15 | Jessheim | 25.07.1939 |
| 33.25 | Olaf Tronrud | 10 | Jessheim | 18.07.1939 |
| 33.22 | Bjarne Ruud | 05 | Oslo/Be | 02.09.1934 |
| 33.14 | Asbjørn Hertzenberg | 10 | Oslo/Be | 02.09.1934 |
| 32.86 | Mathis Bogstad | 10 | Jessheim | 25.07.1939 |
| 32.74 | Lauritz Lund | 06 | Årnes | 09.09.1928 |
| 32.65 | Wilhelm Løken | 01 | Lillestrøm/Vi | 26.07.1930 |
| 32.50 | Halvor Bogstad | 46 | Jessheim | 30.08.1967 |
| 32.47 | Jacob Hofseth | 13 | Nannestad | 18.09.1938 |
| 32.36 | Halvor Lund | 96 | Eidsvoll | 28.07.1929 |
| 32.34 | Ivar Opsahl | 47 | Nannestad | 20.08.1978 |
| 32.17 | Jens Wethal | 08 | Gjerdrum | 23.06.1935 |
| 31.85 | Olav Vestengen | 11 | Jessheim | 08.10.1933 |
| 31.62 | Alf Moland | 00 | Gjøvik | 17.07.1932 |
| 31.35 | Rolf Nordberg | 32 | Jessheim | 29.07.1951 |
| 31.29 | Reidar Bye | 96 | Eidsvoll | 16.09.1928 |
| 31.16 | Bjørn Askeland | 42 | Lillestrøm | 21.08.1977 |
| 30.88 | Ole Petter Henriksen | 63 | Jessheim | 01.08.1987 |
| 30.77 | Nils Sundby | 14 | Jessheim | 18.07.1939 |
| 30.64 | Ove Lund | 23 | Kløfta | 10.08.1947 |
| 30.35 | Martin Hjeltnes | 75 | Jessheim | 18.10.2018 |
| 30.00 | Alf Antonsen | 00 | Eidsvoll | 28.07.1929 |
| 29.58 | Håkon Johansen | 16 | Jessheim | 11.09.1938 |
| 29.58 | Odd Kristiansen | 47 | Jessheim | 08.10.1973 |
| 29.37 | Leif Møster | 34 | Kløfta | 22.09.1958 |
| 29.21 | Holger Johansen | 12 | Jessheim | 11.07.1937 |
| 29.20 | Gulbrand Gustavsen | 06 | Jessheim | 09.06.1929 |

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| **MENN SENIOR** | **105** |

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| **Diskos 2 kg forts.** |  |

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| --- | --- | --- | --- | --- |
| 29.20 | Knut Fossum | 22 | Eidsvoll | 16.06.1938 |
| 29.19 | Ole Moland | 14 | Oslo/Jo | 07.09.1947 |
| 29.15 | Bjarne Gunneriussen | 34 | Nannestad | 26.07.1959 |
| 29.03 | Mats Lundstrøm | 65 | Nadderud | 16.10.2011 |
| 28.87 | Ola Thoresen | 09 | Hauerseter | 13.06.1937 |
| 28.76 | Erling Malerud | 11 | Jessheim | 07.07.1935 |
| 28.70 | Johan Olsen | 19 | Jessheim | 29.07.1951 |
| 28.56 | Andor Hansen | 92 | Jessheim | 23.08.1925 |
| 28.46 | Kåre Ulvestad | 08 | Jessheim | 20.08.1933 |
| 28.38 | Leif Spjeld | 40 | Jessheim | 06.10.1972 |
| 28.37 | Halvard Bratberg | 02 | Lillestrøm | 30.08.1924 |
| 28.37 | Einar Wethal | 05 | Jessheim | 07.08.1927 |
| 28.04 | Arve Bogstad | 41 | Jessheim | 22.06.1969 |
| 27.82 | Tormod Holand | 33 | Kløfta | 09.06.1951 |
| 27.69 | Terje Aastorp | 56 | Nittedal | 07.09.2020 |
| 27.39 | Hans Kristian Hansen | 41 | Lillestrøm | 03.09.1961 |
| 27.26 | Erling Støverud | 08 | Kløfta | 06.09.1931 |
| 26.90 | Nils Kristen Wiig | 43 | Blaker/Br | 18.06.1967 |
| 26.83 | Ole Haugen | 98 | Jessheim | 09.09.1923 |
| 26.78 | Finn Ugletveit | 49 | Strømmen | 14.09.1969 |
| 26.73 | Kristoffer Stanger | 33 | Råholt | 02.09.1956 |
| 26.72 | Rene Beyer | 73 | Lillestrøm | 27.09.2008 |
| 26.64 | Molvin Knutsen | 62 | Jessheim | 23.08.1999 |
| 25.78 | Shaun Matheson | 43 | Råholt | 23.06.1963 |
| 25.72 | Erik Herberg | 19 | Jessheim | 18.07.1939 |
| 25.13 | Gunnar Thoresen | 13 | Jessheim | 07.07.1935 |
| 24.82 | Einar Haugen | 03 | Jessheim | 09.06.1929 |
| 24.59 | Gunnar Lorentzen | 14 | Jessheim | 09.09.1934 |
| 24.37 | Jon Erik Lund | 34 | Strømmen | 21.09.1963 |
| 24.27 | Henrik Børserud | 19 | Jessheim | 09.09.1934 |
| 24.25 | Ole Gundersen | 14 | Jessheim | 07.07.1935 |
| 24.09 | John Arve Johansen | 36 | Råholt | 07.06.2016 |
| 23.12 | Ove Aastorp | 56 | Nittedal | 04.05.2018 |
| 23.06 | Terje Grime | 59 | Jessheim | 02.06.1996 |
| 22.35 | Fritz Karlsen | 37 | Strømmen | 23.09.1962 |
| 22.16 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 21.51 | Reidar Sand | 04 | Jessheim | 19.06.1932 |
| 21.12 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 20.08 | Steinar Ørum | 46 | Siggerud | 22.06.1992 |
| 19.76 | Marius Fuglerud | 87 | Trondheim/St | 23.09.2006 |
| 19.17 | Lasse Johannessen | 79 | Jessheim | 11.08.2018 |

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| **MENN SENIOR** | **106** |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 47.82 | Sverre Strandli | 25 | Ås | 31.08.1974 |
| 43.62 | Pål Berntsen | 60 | Rolvsrud | 17.09.1992 |
| 37.54 | Kai Hole | 42 | Strømmen | 18.09.1978 |
| 35.36 | Terje Tronæs | 39 | Nannestad | 30.08.1959 |
| 32.58 | Nils Andresen | 36 | Råholt | 06.07.1966 |
| 31.55 | Harald Nilsen | 36 | Råholt | 28.07.1962 |
| 30.60 | Arne Jensen | 36 | Jessheim | 04.10.1959 |
| 30.60 | Arne Nyland | 36 | Jessheim | 04.10.1969 |
| 29.12 | Bjørn Askeland | 42 | Hvam | 19.08.1978 |
| 28.56 | Ivar Opsahl | 47 | Strømmen | 10.08.1977 |
| 27.33 | Bjørn Arne Kristiansen | 68 | Heggedal/Ka | 29.09.2013 |
| 25.86 | Leif Spjeld | 40 | Lillestrøm | 19.06.1972 |
| 23.90 | Mats Lundstrøm | 65 | Nadderud | 16.10.2011 |
| 23.52 | Rolf Nordby | 32 | Jessheim | 01.08.1958 |
| 23.40 | Halvor Bogstad | 46 | Lillestrøm | 30.06.1969 |
| 23.02 | Morten Gaarder | 60 | Rolvsrud | 29.06.1982 |
| 22.85 | Martin Hjeltnes | 75 | Jessheim | 18.10.2018 |
| 21.98 | Finn Myrvold | 49 | Råholt | 19.06.1974 |
| 21.45 | Bjarne Gunneriussen | 34 | Jessheim | 01.08.1958 |
| 21.37 | John Arve Johansen | 36 | Jessheim | 01.08.1958 |
| 20.91 | Terje Aastorp | 56 | Jessheim | 11.08.2024 |
| 19.78 | Nils Kristen Wiig | 43 | Lillestrøm | 25.06.1971 |
| 18.16 | Finn Ugletveit | 49 | Lillestrøm | 19.06.1972 |
| 14.46 | Torgeir Sørum | 45 | Jessheim | 25.09.1966 |
| 14.20 | Arve Bogstad | 41 | Råholt | 19.06.1974 |

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| **MENN SENIOR** | **107** |

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

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| --- | --- | --- | --- | --- |
| 75.02 | Pål Berntsen | 60 | Mosjøen | 16.08.1992 |
| 59.84 | Jo Henning Hals Nilssen | 68 | Trondheim/Le | 05.07.1992 |
| 59.50 | Alex Kozlowski | 98 | Kongsvinger | 03.05.2017 |
| 58.96 | Bjørn Egil Ludvigsen | 67 | Haugesund | 26.07.1986 |
| 55.55 | Vetle Aasland | 91 | Stockholm, SWE | 02.08.2008 |
| 55.21 | Bjørn Arne Kristiansen | 68 | Harstad | 31.08.2013 |
| 52.42 | Ivar Skedsmo | 55 | Jessheim | 04.06.1987 |
| 46.64 | Morten Knutsen | 70 | Jessheim | 02.08.1986 |
| 44.80 | Ole Petter Henriksen | 63 | Jessheim | 01.08.1987 |
| 44.06 | Terje Grime | 59 | Oslo/La | 27.05.1995 |
| 43.68 | Tom Erik Olsen | 74 | Trondheim/Le | 05.07.1992 |
| 43.24 | Lars Petter Syversrud | 69 | Jessheim | 21.05.1987 |
| 42.82 | Frode Myrvang | 67 | Jessheim | 25.09.1986 |
| 41.41 | Molvin Knutsen | 62 | Jessheim | 23.08.1999 |
| 37.56 | Håvard Lund | 24 | Jessheim | 26.09.1991 |
| 37.10 | Runar Homble | 72 | Jessheim | 23.08.1999 |
| 36.61 | Rene Beyer | 73 | Lillestrøm | 29.05.2011 |
| 35.83 | Thor Lasse (Johansen) Løland | 63 | Jessheim | 02.06.2008 |
| 35.46 | Jan Gulbrandsen | 74 | Jessheim | 11.08.1997 |
| 35.29 | Martin Hjeltnes | 75 | Jessheim | 16.09.2019 |
| 35.02 | Thomas Roth | 91 | Ski | 11.08.2012 |
| 33.56 | Odd Arne Urnes | 72 | Jessheim | 29.09.1990 |
| 32.96 | Terje Aastorp | 56 | Jessheim | 28.09.1997 |
| 32.94 | Mats Lundstrøm | 65 | Nadderud | 16.10.2011 |
| 32.83 | Adrian Litwic | 86 | Jessheim | 16.09.2019 |
| 32.62 | Glenn Myrland | 72 | Jessheim | 28.09.1989 |
| 31.56 | Ivar Opsahl | 47 | Jessheim | 25.09.1989 |
| 31.43 | Tor Eilert Navestad | 81 | Jessheim | 20.09.2004 |
| 31.31 | Eirik Løvgaard | 77 | Modum | 25.05.2023 |
| 30.90 | Ola Nerhagen | 71 | Jessheim | 28.09.1989 |
| 30.54 | Steinar Ørum | 46 | Siggerud | 22.06.1992 |
| 30.28 | Frank Øines | 68 | Jessheim | 23.08.1999 |
| 29.84 | Frode Nygård | 69 | Jessheim | 28.09.1989 |
| 28.28 | Emil Nordal | 03 | Oslo/St | 25.09.2021 |
| 25.52 | Emil Nordal | 03 | Jessheim | 16.06.2019 |
| 25.21 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |
| 25.02 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1991 |
| 24.66 | Ove Aastorp | 56 | Nittedal | 05.08.2019 |
| 23.88 | Jørgen Stuve Dahl | 04 | Jessheim | 16.09.2019 |
| 23.40 | Per Arne Østerud | 81 | Jessheim | 23.08.1999 |
| 22.59 | Marius Fuglerud | 87 | Trondheim/St | 23.09.2006 |
| 21.99 | Jo Amund Vaagaasar | 92 | Jessheim | 15.06.2010 |
| 21.46 | Lasse Johannesen | 79 | Geithus | 23.06.2019 |
| 20.06 | Halvard Merlid | 53 | Jessheim | 16.09.2019 |
| 19.96 | Hans Kristiansen | 69 | Jessheim | 25.09.1986 |

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| **MENN SENIOR** | **108** |

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

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| --- | --- | --- | --- | --- |
| 60.98 | Bjørn Egil Ludvigsen | 67 | Raufoss | 07.09.1985 |
| 54.16 | Ivar Skedsmo | 55 | Strømmen | 26.05.1982 |
| 53.24 | Terje Thronæs | 39 | Oslo/Bi | 10.08.1959 |
| 53.01 | Reidar Bye | 96 | Jessheim | 02.10.1927 |
| 51.98 | Hans Kristian Hansen | 41 | Jessheim | 07.10.1961 |
| 51.70 | Ivar Opsahl | 47 | Lillestrøm | 22.08.1970 |
| 50.88 | Anfinn Thoresen | 34 | Årnes | 25.08.1956 |
| 50.54 | Jo Henning Hals Nilssen | 68 | Lillestrøm | 20.05.1985 |
| 50.37 | Bjarne Gunneriussen | 34 | Jessheim | 05.07.1959 |
| 49.89 | Olaf Tronrud | 10 | Eidsvoll | 14.08.1938 |
| 49.24 | Finn Ugletveit | 49 | Råholt | 01.09.1970 |
| 49.15 | Magnus Røe | 96 | Jessheim | 19.09.1929 |
| 47.61 | Lauritz Lund | 06 | Jessheim | 14.08.1931 |
| 46.95 | Johan Olsen | 19 | Jessheim | 11.09.1938 |
| 46.84 | Halvor Lund | 96 | Jessheim | 01.09.1929 |
| 46.77 | Ellef Halvorsen | 07 | Hauerseter | 25.08.1935 |
| 46.43 | Kåre Sundby | 07 | Jessheim | 16.08.1939 |
| 45.76 | Raymond Trondsen | 47 | Rolvsrud | 15.08.1972 |
| 45.73 | Bernt Nordvang | 35 | Kløfta | 22.09.1958 |
| 44.87 | Einar Hansen | 07 | Hauerseter | 25.08.1935 |
| 44.85 | Magne Lindholt | 22 | Jessheim | 03.08.1952 |
| 44.35 | Henrik Næss | 10 | Hauerseter | 25.08.1935 |
| 44.04 | Terje Finnebråten | 48 | Råholt | 28.08.1966 |
| 43.90 | Odd Riise | 10 | Jessheim | 18.08.1935 |
| 43.71 | Henrik Næss | 10 | Jessheim | 18.08.1938 |
| 43.62 | Frode Myrvang | 67 | Strømmen | 14.08.1985 |
| 43.53 | Halvard Sundby | 39 | Jessheim | 14.09.1959 |
| 43.32 | Ivar Christiansen | 01 | Jessheim | 23.08.1925 |
| 43.28 | John Arve Johansen | 36 | Råholt | 07.06.1958 |
| 42.69 | Einar Haugen | 03 | Jessheim | 11.06.1936 |
| 42.26 | Frode Liland | 65 | Strømmen | 26.05.1982 |
| 41.98 | Kai Hole | 42 | Rolvsrud | 07.09.1977 |
| 41.76 | Jon Erik Lund | 34 | Råholt | 06.10.1963 |
| 41.74 | Wilhelm Stenberg | 13 | Kløfta | 21.07.1935 |
| 41.74 | Nils Andresen | 43 | Jessheim | 21.08.1966 |
| 41.70 | Ole Jacob Bangstad | 17 | Nannestad | 31.07.1938 |
| 41.50 | Sigurd Jensen | 90 | Jessheim | 23.08.1925 |
| 41.14 | Hans Simonsen | 04 | Jessheim | 14.09.1930 |
| 40.70 | Ragnar Halvorsen | 02 | Jessheim | 14.09.1930 |
| 40.44 | Harald Furuseth | 06 | Oslo/Jo | 07.09.1947 |
| 40.32 | Bjarne Ruud | 05 | Oslo/Ek | 02.09.1934 |
| 40.08 | Karl Larsen | 04 | Jessheim | 09.09.1923 |
| 40.08 | Johannes Svensson | 34 | Jessheim | 28.08.1957 |

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| **MENN SENIOR** | **109** |

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| **Spyd 800 g forts. Gammel type tom. 1985** |  |

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| --- | --- | --- | --- | --- |
| 39.97 | Gunnar Hansen | 95 | Jessheim | 19.09.1926 |
| 39.38 | Ragnar Olsen | 18 | Jessheim | 11.06.1936 |
| 39.26 | Ivar Lund | 53 | Råholt | 20.09.1970 |
| 39.17 | Einar Martinsen | 12 | Kløfta | 21.09.1932 |
| 39.12 | Reidar Sand | 04 | Jessheim | 10.06.1932 |
| 38.90 | Geir Pedersen | 44 | Jessheim | 07.09.1962 |
| 38.85 | Mathis Bogstad | 10 | Jessheim | 11.06.1936 |
| 38.74 | Halvard Bratberg | 02 | Lillestrøm | 30.08.1924 |
| 38.57 | Arthur Johansen | 38 | Jessheim | 07.10.1961 |
| 38.28 | Nils Kristen Wiig | 43 | Lillestrøm | 15.09.1969 |
| 38.27 | Kåre Bang | 30 | Jessheim | 29.07.1951 |
| 38.25 | Terje Aarnes | 40 | Strømmen | 30.08.1964 |
| 38.18 | Gunnar Lorentzen | 14 | Jessheim | 07.07.1935 |
| 38.18 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 38.11 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 37.88 | Halvor Lerdahl | 95 | Jessheim | 06.07.1924 |
| 37.82 | Ole H.Wethal | 02 | Jessheim | 07.08.1927 |
| 37.64 | Thor Lasse Johansen (Løland) | 63 | Jessheim | 17.08.1980 |
| 36.79 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 36.60 | Einar Hellum | 47 | Jessheim | 11.06.1965 |
| 36.29 | Andor Hansen | 92 | Jessheim | 16.08.1925 |
| 35.98 | Shaun Matheson | 43 | Strømmen | 23.09.1962 |
| 35.85 | Ivar Christiansen | 01 | Jessheim | 13.08.1923 |
| 35.82 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 35.75 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |
| 35.70 | Oddvar Knutsen | 34 | Jessheim | 06.10.1962 |
| 35.68 | Arve Bogstad | 41 | Jessheim | 22.06.1969 |
| 34.03 | Olgar Solerød | 90 | Jessheim | 07.08.1921 |
| 34.00 | Gulbrand Gulbrandsen | 06 | Jessheim | 09.06.1929 |
| 33.92 | Leif Møster | 34 | Jessheim | 07.09.1958 |
| 33.75 | Mikal Mikalsen | 99 | Jessheim | 07.08.1921 |
| 33.66 | Ola Thoresen | 09 | Hauerseter | 13.06.1937 |
| 33.08 | Harald Kværner | 30 | Sand | 19.08.1950 |
| 32.96 | Morten Gaarder | 60 | Løken | 05.08.1978 |
| 32.85 | Jens Wethal | 08 | Jessheim | 19.06.1932 |
| 31.00 | Johan Nygaard | 16 | Jessheim | 26.09.1931 |
| 30.60 | Jacob Hofseth | 13 | Nannestad | 18.09.1938 |
| 29.59 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 29.43 | Arild Jørgensen | 14 | Jessheim | 20.09.1930 |
| 29.33 | Gunnar Lorentzen | 14 | Jessheim | 26.09.1931 |
| 25.40 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |
| 23.24 | Fritz Karlsen | 37 | Strømmen | 23.09.1962 |

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| **MENN SENIOR** | **110** |

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| **Vektkast 15.88 kg** | |  | | |
| 8.94 | Bjørn Arne Kristiansen | 68 | Asker/Fø | 29.09.2013 |
| 7.78 | Mats Lundstrøm | 65 | Asker/Fø | 25.09.2011 |

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| **MENN SENIOR** | **111** |

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| **5-kamp M** | **Lengde-Spyd800-200m-Diskos2-1500m** |

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| --- | --- | --- | --- | --- |
| 2663 | Finn Ugletveit | 49 | Jessheim | 22.06.1969 |
| 6.02-42.62-24.0-24.76-4:38.7 | | | |
| 2512 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 6.39-38.11-25.1-34.83-5:08.4 | | | |
| 2495 | Nils Kristen Wiig | 43 | Råholt | 12.06.1966 |
| 5.85-36.00-24.1-25.68-4:48.4 | | | |
| 2475 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 5.43-34.68-23.9-22.16-4:20.3 | | | |
| 2465 | Nils Kristen Wiig | 43 | Blaker/Br | 18.06.1967 |
| 5.78-35.68-25.1-26.90-4:38.0 | | | |
| 2393 | Arve Bogstad | 41 | Blaker/Br | 18.06.1967 |
| 5.92-35.20-24.7-25.72-4:55.0 | | | |
| 2378 | Terje Grime | 59 | Jessheim | 02.06.1996 |
| 6.12-39.98-24.4-23.06-5:39.0 (Seniortabell – Veterantabell 2854) | | | |
| 2365 | Arve Bogstad | 41 | Jessheim | 22.06.1969 |
| 6.06-34.68-24.7-28.04-4:59.1 | | | |
| 2353 | Nils Kristen Wiig | 43 | Jessheim | 11.06.1965 |
| ? | | | |
| 2347.505 | Halvor Lund | 96 | Eidsvoll | 15.06.1930 |
| 5.29-42.77-27.4-30.82-4:57.4 | | | |
| 2345.815 | Lauritz Lund | 06 | Lillestrøm/Vi | 14.06.1931 |
| 4.85-40.87-27.4-29.74-4:40.8 | | | |
| 2328 | Arve Bogstad | 41 | Råholt | 12.06.1966 |
| 5.45-32.92-24.3-24.70-4:43.0 | | | |
| 2328 | Finn Ugletveit | 49 | Blaker/Br | 18.06.1967 |
| 5.39-35.91-25.7-27.46-4:41.5 | | | |
| 2292 | Finn Ugletveit | 49 | Blaker/Br | 18.06.1967 |
| 5.39-35.91-26.1-27.46-4:41.5 | | | |
| 2229 | Finn Ugletveit | 49 | Råholt | 23.06.1968 |
| 5.52-39.88-24.7-22.02-5:01.6 | | | |
| 2212 | Torgeir Sørum | 45 | Jessheim | 11.06.1965 |
| ? | | | |
| 2201.395 | Jens Lerdahl | 08 | Jessheim | 19.06.1932 |
| 5.44-32.85-27.1-28.95-4:42.2 | | | |
| 2193 | Einar Hellum | 47 | Jessheim | 11.06.1965 |
| ? | | | |
| 2164.835 | Lauritz Lund | 06 | Eidsvoll | 15.06.1930 |
| ? | | | |
| 2155.593 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 5.41-36.79-27.9-30.38-5:19.8 | | | |
| 2153 | Anfinn Thoresen | 34 | Rolvsrud | 12.06.1955 |
| 6.20-43.85-24.8w-32.25-5:05.3 | | | |
| 2144 | Arve Bogstad | 41 | Råholt | 23.06.1968 |
| 5.87-29.93-25.6-22.06-4:55.9 | | | |
| 2126 | Jon Erik Lund | 34 | Råholt | 12.06.1966 |
| 5.75-40.00-25.3-21.52-5:23.2 | | | |
| **MENN SENIOR** | | **112** | | |

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| **5-kamp M forts.** | **Lengde-Spyd800-200m-Diskos2-1500m** |

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| --- | --- | --- | --- | --- |
| 2123 | Jon Erik Lund | 34 | Strømmen | 21.09.1963 |
| 6.01-39.12-25.6-24.37-5:02.8 | | | |
| 2104 | Tor Stokstad | 44 | Jessheim | 11.06.1965 |
| ? | | | |
| 2102.145 | Bjarne Ruud | 05 | Kløfta | 25.06.1933 |
| ---31.35--- | | | |
| 2045.678 | Bjarne Ruud | 05 | Jessheim | 19.06.1932 |
| 4.85-37.74-29.3-27.68-5:15.6 | | | |
| 2038 | Nils Kristen Wiig | 43 | Råholt | 23.06.1968 |
| 5.37-31.46-26.0-26.08-5:07.9 | | | |
| 2023 | Finn Ugletveit | 49 | Råholt | 12.06.1966 |
| 5.45-37.48-25.0-19.58-5:16.0 | | | |
| 2006.565 | Reidar Sand | 04 | Jessheim | 19.06.1932 |
| 5.49-39.12-27.9-21.41-5:49.3 | | | |
| 1979 | Olaf Tronrud | 10 | Nannestad | 11.06.1939 |
| 6.33-41.97-25.0-32.27-4:51.3 | | | |
| 1969 | Olaf Tronrud | 10 | Årnes | 06.06.1937 |
| ? | | | |
| 1908.630 | Bjarne Ruud | 05 | Kløfta | 24.06.1934 |
| ? | | | |
|  | | | |
| 1894 | Håvard Uhlen | 39 | Jessheim | 11.06.1965 |
| ? | | | |
| 1839 | Arne Luke | 44 | Jessheim | 11.06.1965 |
| ? | | | |
| 1837 | Ole Skolt | 53 | Jessheim | 01.06.1997 |
| 4.40-24.18-28.08-20.42-4:37.60 | | | |
| 1788 | Jon Erik Lund | 34 | Strømmen | 21.09.1963 |
| 6.01-39.12-25.6-24.37-5:02.8 | | | |
| 1761 | Bjørn Hellum | 48 | Råholt | 12.06.1966 |
| 5.85-25.40-24.2-14.26-5:28.0 | | | |
| 1726 | John Arve Johansen | 36 | Råholt | 07.06.1958 |
| 5.64-43.28-26.4-24.09-4:57.4 | | | |
| 1526 | Jon Erik Lund | 41 | Kløfta | 21.06.1961 |
| 6.29-37.76-25.9-23.38-0 | | | |
| 1487 | Henning Høgheim | 39 | Jessheim | 11.06.1965 |
| ? | | | |
| 1461 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 4.79-29.59-26.2-21.12-4:56.3 | | | |
| 1442.76 | Gulbrand Gustavsen | 06 | Jessheim | 16.06.1929 |
| ? | | | |
| 1363 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |
| 5.55-29.99-25.8-23.57-5:13.0 | | | |
|  | | | |
| 1305 | Kristoffer Stanger | 33 | Råholt | 07.06.1958 |
| ? | | | |
| **MENN SENIOR** | | **113** | | |

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| **10-kamp E 100m-Lengde-Kule-Høyde-400m** | **100mh-Diskos-Stav-Spyd-1500m** |

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| --- | --- | --- | --- | --- |
| 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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| 6825 | Jo Henning Hals Nilssen | 68 | Trondheim/Le | 04-05.07.1992 |
| 11.58-6.63-12.18-1.85-53.65/15.29-41.34-4.00-59.84-4:59.57 | | | |

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| --- | --- | --- | --- | --- |
| 6810 | Tom Erik Olsen | 74 | Trondheim/Le | 04-05.07.1992 |
| 11.21+0.6-6.82-0.4-12.91-1.80-51.24/15.14-1.0-32.62-4.60-43.68-5:03.00 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3649 | Marius Fuglerud | 87 | Trondheim/St | 22-23.09.2008 |
| 11.95-0.0-5.44+0.3-6.78-1.40-53.37/22.39-0.0-19.76-2.30-22.59-1.30-4:59.93 | | | |

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

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| --- | --- | --- | --- | --- |
| 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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| --- | --- | --- | --- | --- |
| 5301 | Ivar Opsahl | 47 | Rolvsrud | 24-25.08.1974 |
| 12.0-5.43-11.23-1.80-58.8/17.5-31.20-3.20-45.60-5:27.4 | | | |

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| 5218 | Nils Andresen | 36 | Jessheim | 20-21.08.1966 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 5001 | Ivar Opsahl | 47 | Oslo/Bi | 24-25.05.1975 |
| 12.2-5.56-10.81-1.75-59.9/18.2-27.42-3.00-46.62-5:27.7 | | | |

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| 4927 | Ivar Opsahl | 47 | Lillestrøm | 11-12.06.1977 |
| 12.1-5.46-10.52-1.75-61.7/18.2-31.22-3.10-41.40-5:31.4 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4829 | Kai Hole | 42 | Lillestrøm | 11-12.06.1977 |
| 12.9-5.72-12.78-1.55-63.8/20.0-40.50-3.10-41.24-5:31.6 | | | |

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| 4661 | Finn Ugletveit | 49 | Strømmen | 13-14.09.1969 |
| 11.9-5.54-9.39-1.59-55.4/19.3-26.78-1.98-40.36-4:44.5 | | | |

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| --- | --- | --- | --- | --- |
| 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 | | | |

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

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| **MENN SENIOR** | **114** |

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

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| --- | --- | --- | --- | --- |
| 4127 | Finn Ugletveit | 49 | Strømmen | 07-08.09.1968 |
| 12.0-5.55-8.30-1.56-55.4/19.5-21.34-0-37.52-4:45.8 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4004 | Anfinn Thoresen | 34 | Lillestrøm | 10-11.09.1955 |
| 12.2-6.39-10.21-1.50/19.7-34.09-2.80-44.77-5:14.0 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 | | | |

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| --- | --- | --- | --- | --- |
| 3464 | Leif Møster | 34 | Jessheim | 06-07.09.1958 |
| 12.1-5.50-9.27-1.50-57.1/19.9-28.98-2.35-33.92-4:50.0 | | | |

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| --- | --- | --- | --- | --- |
| 3317 | Jon Erik Lund | 34 | Strømmen | 22-23.09.1962 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 3213 | Fritz Karlsen | 37 | Strømmen | 22-23.09.1962 |
| 12.1-5.46-10.30-1.65-57.6/20.0-22.35-2.40-23.24-5:05.4 | | | |

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| --- | --- | --- | --- | --- |
| 3144 | Jon Erik Lund | 34 | Råholt | 30-31.08.1963 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 2948 | Nils Kristen Wiig | 43 | Råholt | 30-31.08.1963 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 2878 | Kristoffer Stanger | 33 | Råholt | 01-02.09.1956 |
| 12.8-1.60-5.45-7.67-56.8/21.1-26.23-0-24.24-4:41.8 | | | |

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| --- | --- | --- | --- | --- |
| 2849 | Shaun Matheson | 43 | Strømmen | 22-23.09.1962 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 2783 | John Arve Johansen | 36 | Jessheim | 06.07.09.1958 |
| ? | | | |

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

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

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| **MENN SENIOR** | **115** |

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| **4x100m E** |  |

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

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

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| --- | --- | --- | --- | --- |
| 44.94 | MS |  | Larvik/Lo | 30.05.2015 |
| Jørgen Opaker97-Martin Lundemo Syversen92-Marius Mellum96-Jon Gunnar Alfsen97 | | | |

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| 45.22 | M19 |  | Larvik/Lo | 31.05.2015 |
| Jørgen Opaker97-Jon Gunnar Alfsen97-Marius Mellum96-Sondre Opaker Øines98 | | | |

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| 45.66 | M19 |  | Drammen/Ma | 28.05.2011 |
| Marius Mellum96-Martin Opaker94-Martin Syvertsen92-Hans Martin Hofseth92 | | | |

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| 45.96 | MS Finale |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Martin Opaker94-Martin Lundemo Syvertsen92-Håvard Hildeskor92 | | | |

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| 45.99 | MS Forsøk |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Martin Opaker94-Martin Lundemo Syvertsen92-Håvard Hildeskor92 | | | |

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

|  |  |  |  |  |
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| 46.49 | M19 |  | Asker/Fø | 06.06.2010 |
| Martin Opaker94-Andreas Roth93-Thomas Roth91-Jo Oddmund Vaagaasar92 | | | |

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| 47.19 | G16 |  | Steinkjer/Gu | 22.05.2010 |
| Martin Opaker94-Hans Marius Hofseth94-Espen Næss94-Lars Buraas95 | | | |

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| --- | --- | --- | --- | --- |
| 47.37 | G16 |  | Grimstad | 31.05.2014 |
| Fredrik Veiby99-Marcus Theodor Moen99-Andreas Børve99-Sondre Opaker Øines98 | | | |

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| 47.40 | M19 |  | Jessheim | 20.05.2012 |
| Marius Mellum96-Martin Opaker93-Håkon Hammer95-Espen Bjørnstad95 | | | |

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| --- | --- | --- | --- | --- |
| 47.60 | MS-1.lag |  | Jessheim | 27.05.2002 |
| Andrew Stevens81-Frank Øines68-Henrik Stigen74-Carl Jørgen Owre82 | | | |

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| --- | --- | --- | --- | --- |
| 47.60 | G16 |  | Tromsø/Va | 24.05.2008 |
| Christer Amundsen92-Lars Georg Aas92-Erlend Morthen92-Andreas Roth93 | | | |

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| --- | --- | --- | --- | --- |
| 47.63 | G17 |  | Moss/Me | 30.05.1998 |
| Per Arne Østerud81-Øyvind Sigvartsen81-Halvor Mangerud81-Stian Fredriksen81 | | | |

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| **MENN SENIOR** | **116** |

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| **4x100m E forts.** |  |

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| 47.70 | G16 |  | Lillehammer/St | 25.05.2019 |
| Martin Brustad03-Emil Nordal03-Peder Pedersen03-Vetle Rølsåsen04 | | | |

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| 47.85 | G16 |  | Sandnes | 26.05.2013 |
| Jørgen Opaker97-Jon Gunnar Alfsen97-Sondre Opaker Øines98-Henrik Hanssen97 | | | |

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| 48.29 | G16 |  | Trondheim/St | 21.05.2016 |
| Filip Aas00-Morgan Øqvist01-Mats Tokerud00-Iver Laake01 | | | |

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| 48.44 | G16 |  | Hamar | 20.05.2017 |
| Ådne Opaker Øines02-Oattahawut Panklng02-Iver Laake01-Ole Thomas Moe 01 | | | |

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| 48.45 | G16 |  | Nadderud | 22.06.1985 |
| Morten Knutsen70-Lars Petter Syverstad69-Jarle Sæthermoen70-Arne Bjørndal70 | | | |

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| 48.51 | G18 |  | Hamar | 21.05.2017 |
| Ole Thomas Moe01-Oattahawut Panklng02-Iver Laake01-Jonas Nødtvedt Wenger99 | | | |

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| 48.93 | MS-2.lag |  | Jessheim | 27.05.2002 |
| ? | | | |

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| 50.07 | G16 |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Markus Einan97-Jonas Haarberg Bolgen96-Sindre Bjørnstad97 | | | |

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| 50.88 | G16 |  | Asker/Fø | 23.08.2003 |
| ? | | | |

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| 52.94 | G15 |  | Asker/Fø | 21.08.2004 |
| Fredrik Fuglerud89-Kristoffer Kvilten90-Martin Fald Gården90-Espen Nyhus89 | | | |

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| 55.74 | G16 |  | Larvik/Lo | 30.05.2015 |
| Jonas Wenger99-Fredrik Veiby99-Victor Rosenlind00-Andreas Børve99 | | | |

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| 57.92 | G13 |  | Lillestrøm | 29.05.2010 |
| Morten Halseth97-Jørgen Opaker97-Rene Fredheim Larsen97-Christian Løland97 | | | |

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| 60.35 | G12 |  | Nadderud | 06.06.2008 |
| Kneight Mkanda96-Måns Schønning Lie96-Jonas Harborg Bolgen96-Morten Dahl96 | | | |

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| **MENN SENIOR** | **117** |

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| **4x100m M** |  |

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| 44.8 | MS |  | Nadderud | 24.05.1993 |
| Torstein Gystad67-Jo Henning Hals Nilssen68-Runar Homble72-Øystein Iversen73 | | | |

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| 45.6 | MS |  | Råholt | 04.09.1968 |
| Arve Bogstad41-Finn Ugletveit49-Nils Kristen Wiig43-Halvor Bogstad46 | | | |

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| 45.6 | M20 |  | Jessheim | 23.08.1986 |
| Morten Knutsen70-Thorstein Gystad67-Jo Henning Hals Nilssen68-Bjørn T. Ottersen66 | | | |

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| 45.8 | M19 |  | Jessheim | 20.09.1987 |
| Ola Nerhagen71-Jo Henning Hals Nilssen68-Edward Hughes71-Thorstein Gystad67 | | | |

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| 48.2 |  |  | Jessheim | 15.09.1967 |
| ? | | | |

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| 46.2 |  |  | Lillestrøm | 30.06.1969 |
| ? | | | |

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| 46.4 | M20 |  | Nadderud | 03.09.1989 |
| Runar Homble72-Ola Nerhagen71-Frode Nygård69-Odd Arne Urnes73 | | | |

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| 46.5 |  |  | Råholt | 14.09.1966 |
| ? | | | |

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| 46.5 | MS |  | Jessheim | 17.09.1985 |
| Rolv Erik Nyheim47-Bjørn Tore Ottersen66-Stein Teksum53-Jo H. H. Nilssen68 | | | |

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| 46.5 | G17-18 |  | Jessheim | 11.09.1986 |
| ? | | | |

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| 47.0 | MS |  | Lillestrøm | 01.09.1939 |
| Knut Fossum22-Richard Johnsen15-Johan N. Wiig17-Magne Haave12 | | | |

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| 47.1 |  |  | Strømmen | 23.08.1970 |
| ? | | | |

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| 47.3 |  |  | Lillestrøm | 19.08.1939 |
| ? | | | |

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| 47.3 | MS |  | Nannestad | 11.09.1949 |
| Magne Haave12-Paul Trøgstad32-Hans Fodstad27-Asbjørn Lund23 | | | |

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| 47.3 |  |  | Jessheim | 20.08.1969 |
| ? | | | |

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| **MENN SENIOR** | **118** |

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| **4x100m M forts.** |  |

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| 47.3 |  |  | Råholt | 30.08.1972 |
| ? | | | |

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| 47.3 | MS |  | Nadderud | 24.05.1993 |
| Terje Grime59-Frode Nygård69-Kjell Vidar Solheim70-Øystein Dahl70 | | | |

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| 47.5 | 40-41 |  | Oslo/Jo | 10.06.1958 |
| ? | | | |

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| 47.6 |  |  | Jessheim | 20.06.1968 |
| ? | | | |

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| 47.9 |  |  | Løken | 25.08.1982 |
| ? | | | |

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| 48.0 | 40-41 |  | Jessheim | 24.08.1958 |
| ? | | | |

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| 48.1 |  |  | Jessheim | 13.08.1939 |
| ? | | | |

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| 48.5 | G18 |  | Bjørkelangen | 24.08.1994 |
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| 48.7 |  |  | Strømmen | 25.09.1985 |
| ? | | | |

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| 49.0 | MS |  | Jessheim | 24.08.1930 |
| Wilhelm Løken01-Harald Furuseth07-Victor Westgaard99-Reidar Sand04 | | | |

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| 49.1 | MS |  | Jessheim | 26.07.1952 |
| Hans Fodstad27-Harald Jahren33-Rolf Damlien31-Kjell Kristoffersen27 | | | |

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| 49.1 |  |  | Lillestrøm | 22.06.1957 |
| ? | | | |

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| 49.2 |  |  | Jessheim | 18.08.1938 |
| ? | | | |

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| 49.3 | G16 |  | Jessheim | 30.09.1985 |
| Morten Knutsen70-Lars Petter Syverstad69-Jarle Sæthermoen70-Arne Bjørndal70 | | | |

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| 49.4 | G17-18 |  | Jessheim | 07.06.1974 |
| ? | | | |

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| **MENN SENIOR** | **119** |

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| **4x100m forts.** |  |

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| 49.5 |  |  | Jessheim | 30.08.1967 |
| ? | | | |

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| 49.6 | G17 |  | Jessheim | 19.09.1983 |
| Bjørn Ingvar Jensen66-Ronny Opaker66-Michael Knutsen66-Bjørn Tore Ottersen66 | | | |

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| 51.4 | G16 |  | Bjørkelangen | 14.09.1988 |
| Odd Arne Urnes73-Nils Ivar Huuse73-Anders Huuse75-Runar Homble72 | | | |

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| 50.1 |  |  | Nannestad | 20.08.1978 |
| ? | | | |

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| 50.5 |  |  | Råholt | 16.08.1967 |
| ? | | | |

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| 51.7 |  |  | Jessheim | 15.09.1929 |
| Wilhelm Løken01-Wiktor Vestgaard99-Reidar Sand04-Ole Sundby04 | | | |

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| 53.2 |  |  | Råholt | 20.09.1964 |
| ? | | | |

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| 54.2 | 40-41 |  | Jessheim | 24.08.1958 |
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| 54.5 | G13-14 |  | Løken | 16.06.1972 |
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| 55.0 | G16 |  | Bjørkelangen | 24.08.1994 |
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| 55.5 | G13-14 |  | Strømmen | 25.08.1971 |
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| **MENN SENIOR** | **120** |

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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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| 1:37.6 |  |  | Lillestrøm | 08.08.1970 |
| ? | | | |

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| 1:38.4 |  |  | Jessheim | 18.09.1974 |
| ? | | | |

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| 1:42.1 |  |  | Årnes | 10.09.1980 |
| ? | | | |

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| 1:45.5 |  |  | Jessheim | 21.09.1973 |
| ? | | | |

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| 1:45.5 |  |  | Årnes | 13.09.1978 |
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| 1:46.0 |  |  | Årnes | 09.09.1981 |
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| **MENN SENIOR** | **121** |

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| **4x400m** |  |

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| 3:14.13 | M22 |  | Sandnes | 26.05.2013 |
| Vegard Løberg Gjelsvik92-Andreas Roth93-Elias Ottosen93-Thomas Roth91 | | | |

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| 3:17.76 | M21 |  | Jessheim | 20.05.2012 |
| Vegard Løberg Gjelsvik92-Andreas Roth93-Vetle Aasland91-Thomas Roth91 | | | |

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| 3:18.53 | M19 |  | Steinkjer/Gu | 22.05.2010 |
| Andreas Roth93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 3:19.07 | M22 |  | Grimstad | 01.06.2014 |
| Håvard Hildeskor92-Hauk Are Fjeld92-Markus Einan97-Elias Ottosen93 | | | |

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| 3:19.16 | MS |  | Larvik/Lo | 31.05.2015 |
| Håvard Hildeskor92-Andreas Roth93-Elias Ottosen93-Markus Einan97 | | | |

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| 3:20.23 | M20 |  | Drammen/Ma | 29.05.2011 |
| Njord Erland Wiker91-Vetle Aasland91-Andreas Roth93-Thomas Roth91 | | | |

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| 3:23.21 | M19 |  | Drammen/Ma | 28.05.2011 |
| Vegard Løberg Gjelsvik92-Stian Klungland93-Håvard Hildeskor92-Andreas Roth93 | | | |

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| 3:23.64 | G18 |  | Grimstad | 01.06.2014 |
| Sverre Blom Breivik96-Jon Gunnar Alfsen97-Sigurd Blom Breivik96-Markus Einan97 | | | |

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| 3:24.28 | G18 |  | Strandebarm | 23.05.2009 |
| Njord Erlend Wiker91-Vetle Aasland91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 3:25.51 | M19 |  | Larvik/Lo | 30.05.2015 |
| Sverre Blom Breivik96-Sigurd Blom Breivik96-Jon Gunnar Alfsen97-Markus Einan98 | | | |

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| 3:27.29 | M19 |  | Trondheim/St | 21.05.2016 |
| Jørgen Opaker98-Kristian Tokstad00-Sondre Opaker Øines98-Markus Einan97 | | | |

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| 3:28.48 | MS |  | Jessheim | 06.09.1996 |
| Frank Øines68-Arne Sverdahl69-Jørn Jevne64-Itri Amazigh70 | | | |

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| 3:28.62 | MS |  | Jessheim | 02.09.1992 |
| Kjetil Brynhildsen71-Runar Homble72-Frode Nygård69-Kjell Vidar Solheim70 | | | |

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| 3:28.62 | MS |  | Nesodden | 20.05.2018 |
| Johan Sebastian Evensen96-Markus Einan97-Terje Snarby89-Håkon Jakobsen96 | | | |

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| 3:28.67 | MS |  | Hamar | 21.05.2017 |
| Jørgen Opaker97-Andreas Roth93-Johan Evensen96-Sondre Opaker Øines98 | | | |

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| **MENN SENIOR** | **122** |

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| **4x400m forts.** |  |

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| 3:28.85 | MS |  | Sofiemyr | 26.08.1992 |
| Kjell Vidar Solheim70-Frode Nygård69-Kjetil Brynhildsen71-Runar Homble72 | | | |

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| 3:29.03 | MS |  | Larvik/Lo | 31.05.2015 |
| Martin Lundemo Syversen92-Terje Snarby89-Hauk Are Fjeld94-Sverre Blom Breivik96 | | | |

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| 3:29.54 | M20 |  | Trondheim/St | 22.05.2016 |
| Jørgen Opaker97-Sverre Blom Breivik96-Jostein Steffensen96-Sondre Opaker Øines98 | | | |

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| 3:29.8 | J20 |  | Nadderud | 03.09.1989 |
| Runar Homble72-Hans Jørgen Borgen70-Ola Nerhagen71-Frode Nygård69 | | | |

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| 3:30.9 | MS |  | Nadderud | 24.05.1993 |
| Kjell Vidar Solheim70-Frode Nygård69-Øystein Iversen73-Runar Homble72 | | | |

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| 3:31.0 | M20 |  | Jessheim | 23.08.1986 |
| Thorstein Gystad67-Frode Grøndahl69-Jo Henning Hals Nilssen68-Bjørn T. Ottersen66 | | | |

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| 3:31.69 | M19 |  | Tromsø | 24.05.2008 |
| Vegard Løberg Gjelsvik92-Andreas Buraas92-Fredrik Fuglerud89-Thomas Roth91 | | | |

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| 3:32.37 | MJ |  | Ås | 05.06.2022 |
| Nikolai Solum05-Andreas Kværner06-Ivar Eriksen06-Benjamin Olsen04 | | | |

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| 3:33.6 | MS |  | Råholt | 10.09.1968 |
| Arve Bogstad41-Torgeir Sørum45-Finn Ugletveit49-Odd Mikkelsen37 | | | |

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| 3:34.5 | MS |  | Råholt | 14.09.1966 |
| Arve Bogstad41-Halvor Bogstad46-Torgeir Sørum45-Einar Hellum47 | | | |

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| 3:34.75 | M19 |  | Steinkjer/Gu | 22.05.2010 |
| Njord Wiker91-Anders Buraas92-Peder Holm92-Maruis Næss93 | | | |

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| 3:36.46 | MS |  | Ås | 04.06.2022 |
| Abdirahim Dahir94-Nani Kula01-Jonas Krossøy95-Merith Solomon91 | | | |

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| 3:37.1 |  |  | Jessheim | 23.08.1967 |
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| 3:37.4 |  |  | Strømmen | 26.05.1982 |
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| 3:37.6 | MS |  | Jessheim | 17.09.1985 |
| Rolv Eirik Nyheim47-Calus Nerhagen59-Morten Knutsen70-Bjørn Tore Ottersen66 | | | |

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| **MENN SENIOR** | **123** |

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| **4x400m forts.** |  |

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| 3:37.9 | MS |  | Jessheim | 20.08.1969 |
| Finn Ugletveit49-Kjell Reiestad46-Arve Bogstad41-Odd Mikkelsen37 | | | |

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| 3:38.4 |  |  | Strømmen | 01.10.1965 |
| ? | | | |

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| 3:39.4 |  |  | Jessheim | 26.07.1952 |
| ? | | | |

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| 3:39.64 | M19 |  | Jessheim | 19.05.2012 |
| Jonas Krossøy95-Espen Næss95-Bjørnar Bjørnstad93-Andreas Roth93 | | | |

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| 3:39.8 |  |  | Jessheim | 23.08.1986 |
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| 3:40.0 |  |  | Råholt | 20.09.1964 |
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| 3:40.99 | G18 |  | Larvik/Lo | 30.05.2015 |
| Jørgen Opaker97-Sondre Opaker Øines98-Henrik Hanssen97-Tore Klungland97 | | | |

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| 3:41.01 | G18 |  | Strandebarm | 23.05.2009 |
| Andreas Roth93-Fredrik Anthi Svinø92-Karl Nyquist91-Kevin Fritz91 | | | |

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| 3:41.3 | MS |  | Blaker/Br | 18.06.1969 |
| Finn Ugletveit49-Kjell Reiestad46-Arve Bogstad41-Odd Mikkelsen37 | | | |

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| 3:41.4 | M19 |  | Jessheim | 20.09.1987 |
| Jo Henning Hals Nilssen68-Jan Olav Arnegård71-Frode Nygård69-Ola Nerhagen71 | | | |

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| 3:43.1 |  |  | Strømmen | 21.05.1980 |
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| 3:43.2 |  |  | Lørenfallet | 04.06.1974 |
| ? | | | |

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| 3:44.9 |  |  | Lørenfallet | 02.06.1975 |
| ? | | | |

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| 3:45.0 |  |  | Lillestrøm | 27.08.1971 |
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| 3:45.0 |  |  | Lørenfallet | 01.06.1971 |
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| **MENN SENIOR** | **124** |

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| **4x400m forts.** |  |

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| 3:45.4 |  |  | Råholt | 30.08.1972 |
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| 3:45.6 | MV 35-39 |  | Nadderud | 24.08.1985 |
| Rolv Eirik Nyheim47-Lasse Andersen47-Knut Kristiansen44-Knut Tørum45 | | | |

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| 3:47.0 |  |  | Lillestrøm | 01.06.1970 |
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| 3:47.3 |  |  | Lillestrøm | 09.09.1973 |
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| 3:53.2 |  |  | Lillestrøm | 27.07.1929 |
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| 3:54.2 |  |  | Lørenfallet | 06.06.1978 |
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| 4:08.82 | M40-44 |  | Jessheim | 19.05.2012 |
| Andre Børve68-Frank Øines68-Ottar Moum Larsen64-Lars Myhre64 | | | |

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| **MENN SENIOR** | **125** |

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| **3x800m** |  |

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| 6:50.97 | MS |  | Jessheim | 27.05.2002 |
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| 6:58.00 | MV |  | Jessheim | 27.05.2002 |
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| 7:09.14 | MV |  | Jessheim | 27.05.2002 |
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| 7:16.81 | G17-18 |  | Jessheim | 27.05.2002 |
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| 7:18.84 | G15 |  | Asker/Fø | 21.08.2004 |
| Fredrik Fuglerud89-Andreas Løland90-Kristoffer Kvilten90 | | | |

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| 7:41.94 | G14 |  | Asker/Fø | 23.08.2003 |
| Espen Nyhus89-Andreas Løland90-Kristoffer Kvilten90 | | | |

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| 7:32.23 | G15 |  | Asker/Fø | 21.08.2004 |
| Martin Fald Gården90-Nils Luke90-Espen Nyhus89 | | | |

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| 8:24.03 | G13 |  | Asker/Fø | 23.08.2003 |
| Eivind Tronsli90-Nils Luke90-Martin Fald Gården90 | | | |

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| 8:29.84 | G12-1.lag |  | Jessheim | 27.05.2002 |
| Andreas Løland90-Nils Luke90-Kristoffer Kvilten90 | | | |

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| 8:38.76 | G13-14 |  | Jessheim | 27.05.2002 |
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| 9:27.15 | G11-12-2.lag |  | Jessheim | 27.05.2002 |
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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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| **MENN SENIOR** | **126** |

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| **4x1500m** |  |

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| 15:49.81 | M22 |  | Sandnes | 25.05.2013 |
| Thomas Roth91-Jørgen Frost Bø94-Vetle Aasland91-Elias Ottosen93 | | | |

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| 15:53.71 | MS |  | Grimstad | 01.06.2014 |
| Stian Klungland93-Jørgen Frost Bø94-Terje Snarby89-Elias Ottosen93 | | | |

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| 15:54.49 | M21 |  | Jessheim | 19.05.2012 |
| Vegard Løberg Gjelsvik92-Jørgen Frost Bø94-Thomas Roth91-Vetle Aasland91 | | | |

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| 16:16.26 | MS |  | Drammen7Ma | 28.05.2011 |
| Halvor Marius Mangerud81-Vetle Aasland91-Njord Wiker92-Thomas Roth91 | | | |

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| 16:26.6 | MS |  | Jessheim | 17.09.1985 |
| Odd Harstad44-Tyrgve Stanger62-Vidar Birkelund56-Øystein Syversen52 | | | |

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| 16:27.86 | MS |  | Larvik/Lo | 30.05.2015 |
| Andreas Roth93-Terje Snarby89-Hauk Are Fjeld94-Elias Ottosen93 | | | |

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| 16:30.80 | M20 |  | Søgne | 14.09.1986 |
| Bjørn Tore Ottersen66-Hans Georg Haug66-Bjørn I. Hansen66-Bjørn Dæhlie67 | | | |

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| 16:31.2 | M20 |  | Jessheim | 23.08.1986 |
| Bjørn Tore Ottersen66-Hans Georg Haug66-Bjørn I. Hansen66-Bjørn Dæhlie67 | | | |

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| 16:38.07 | MS |  | Hamar | 20.05.2017 |
| Anderas Roth93-Markus Høgne98-Thomas Roth91-Jonas Krossøy95 | | | |

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| 16:42.30 | M19 |  | Grimstad | 01.06.2014 |
| Sverre Blom Breivik96-Sigurd Blom Breivik96-Jonas Krossøy95-Henrik Hanssen97 | | | |

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| 16:46.41 | M19 |  | Sandnes | 26.05.2013 |
| Jonas Krossøy95-Erik Rickenberg94-Åsmund Wennemo94-Jørgen Frost Bø94 | | | |

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| 16:54.43 | M22 |  | Sandnes | 26.05.2013 |
| Vegard Løberg Gjelsvik92-Njord Wiker91-Stian Klungland93-Erik Richenberg94 | | | |

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| 16:55.48 | M19 |  | Drammen/Ma | 28.05.2011 |
| Lars Buraas95-Stian Klungland93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92 | | | |

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| 16:55.64 | M19 |  | Larvik/Lo | 31.05.2015 |
| Jon Gunnar Alfsen97-Sigurd Blom Breivik96-Henrik Hanssen97-Markus Einan97 | | | |

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| 16:57.18 | G18 |  | Strandebarm | 23.05.2009 |
| Jostein Nyquist91-Njord Erlend Wiker91-Vetle Aasland91-Vegard Løberg Gjelsvik92 | | | |

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| **MENN SENIOR** | **127** |

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| **4x1500m forts.** |  |

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| 17:06.70 | M19 |  | Steinkjer/Gu | 23.05.2010 |
| Anders Buraas92-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Vetle Aasland91 | | | |

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| 17:11.2 | MS |  | Råholt | 30.08.1972 |
| Odd Arild Døskeland48-Harald Lindstrøm54-Arne Luke44-Raymond Trondsen47 | | | |

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| 17:16.4 | MS |  | Nannestad | 12.08.1980 |
| Ole Skolt53-Frank Finstad48-Gunnar Habberstad56-Vidar Birkelund56 | | | |

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| 17:17.36 | M19 |  | Trondheim/St | 22.05.2016 |
| Ole Martin Sandness00-Markus Høgne98-Henrik Hanssen97-Markus Einan97 | | | |

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| 17:17.97 | MS |  | Jessheim | 19.05.2012 |
| Halvor Mangerud91-Nikolai Smestad92-Kristian Monsen77-Espen Næss94 | | | |

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| 17:21.9 |  |  | Nannestad | 11.08.1981 |
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| 17:22.4 | MS |  | Lillestrøm | 15.08.1969 |
| Arne Luke44-Geir Helge Nordal46-Sverre Fosstvedt47-Torgeir Sørum45 | | | |

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| 17:25.61 | M19 |  | Jessheim | 20.05.2012 |
| Andreas Roth93-Åsmund Wennemo94-Bjørnar Bjørnstad93-Jørgen Frost Bø94 | | | |

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| 17:26.3 |  |  | Nannestad | 10.08.1982 |
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| 17:26.83 | M19 |  | Jessheim | 20.05.2012 |
| Eirik Rickenberg94-Jonas Krossøy95-Jørgen Gundersen95-Lars Anders Tenold93 | | | |

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| 17:29.6 | MS |  | Jessheim | 20.07.1952 |
| Ole Fossen27-Ivar Gulbrandsen21-Rolf Damlien31-Svein Skolt25 | | | |

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| 17:30.0 |  |  | Lillestrøm | 09.09.1973 |
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| 17:32.49 | G18 |  | Strandebarm | 23.05.2009 |
| Fredrik Anthi Svinø92-Thomas Roth91-Kevin Fritz91-Anders Buraas92 | | | |

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| 17:35.0 |  |  | Jessheim | 20.08.1969 |
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| 17:35.95 | G18 |  | |Steinkjer/Gu | 23.05.2010 |
| Åsmund Wennemo94-Thomas Roth93-Peder Holm92-Fredrik Anthi Svinø92 | | | |

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| **MENN SENIOR** | **128** |

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| **4x1500m forts.** |  |

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| 17:37.4 | MS |  | Nannestad | 11.09.1949 |
| Sverre Sørensen18-Halvard Bålsrud29-Ole Fossen27-Svein Skolt25 | | | |

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| 17:41.38 | G19 |  | Ås | 05.06.2022 |
| Jonas Kveen03-Gard Tørum03-Ole-Kristian Kværner05-Erlend Homble04 | | | |

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| 17:43.73 | M20 |  | Trondheim/St | 22.05.2016 |
| Sverre Blom Breivik96-Markus Høgne98-Jostein Steffensen96-Ole Martin Sandness00 | | | |

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| 17:46.1 | MS |  | Rolvsrud | 15.08.1972 |
| Odd Arild Døskeland48-Harald Lindstrøm54-Arne Luke44-Raymond Trondsen47 | | | |

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| 17:46.87 | M19 |  | Tromsø/Va | 25.05.2008 |
| Fredrik Fuglerud89-Vegard Løberg Gjelsvik92-Andreas Buraas92-Thomas Roth91 | | | |

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| 17:47.4 | MS |  | Strømmen | 01.10.1965 |
| Håvard Uhlen39-Torgeir Sørum45-?? | | | |

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| 17:53.8 |  |  | Råholt | 01.08.1970 |
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| 18:11.1 |  |  | Jessheim | 23.08.1980 |
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| 18:21.0 |  |  | Rolvsrud | 15.08.1978 |
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| 18:21.4 | MJ |  | Nannestad | 10.08.1982 |
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| 18:31.8 |  |  | Nannestad | 18.09.1938 |
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| 18:33.4 |  |  | Eidsvoll | 16.06.1939 |
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| 18:33.80 | M19 |  | Hamar | 21.05.2017 |
| Ole-Martin Sandness00-Patrick Fossum98-Sondre Liestøl99-Sondre Opaker Øines98 | | | |

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| 19:17.4 | M20 |  | Jessheim | 20.09.1987 |
| Hans Georg Haug67-Rune Skinnerlien67-Ole Pedersen67-Thorbjørn Næss68 | | | |

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| 19:38.4 |  |  | Lillestrøm | 27.08.1961 |
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| **MENN SENIOR** | **129** |

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| 1:53.98 | MS |  | Byrkjelo | 19.08.2018 |
| Sander Myrvang00-Andreas Roth93-Markus Einan97-Thomas Roth91 | | | |

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| 1:54.09 | MS |  | Jessheim | 24.08.2014 |
| Marius Mellum96-Markus Einan97-Andreas Roth93-Thomas Roth91 | | | |

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| 1:55.21 | M22 |  | Tønsberg | 25.08.2013 |
| Marius Mellum96-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:55.54 | M21 |  | Prestfoss | 29.07.2012 |
| Marius Mellum96-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:56.27 | M21 |  | Kristiansand | 26.08.2012 |
| Henrik Huser96-Marius Mellum96-Andreas Roth93-Thomas Roth91 | | | |

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| 1:56.81 | MS |  | Haugesund | 02.08.2015 |
| Sverre Blom Breivik96-Håvard Hildeskor92-Markus Einan97-Thomas Roth91 | | | |

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| 1:57.42 | M22 |  | Overhalla | 04.08.2013 |
| Martin Syversen92-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:57.44 | MS |  | Ravnanger | 31.07.2016 |
| Hauk Are Fjeld94-Sigurd Blom Breivik96-Markus Einan97-Andreas Roth93 | | | |

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| 1:58.32 | M19 |  | Fredrikstad/Li | 28.08.2011 |
| Martin Opaker93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

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| 1:58.46 | MS |  | Lillehammer/Ss | 22.08.1995 |
| Terje Grime59-Øystein Iversen73-Tom Erik Olsen74-Frank Øines68 | | | |

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| 1:58.63 | M19 |  | Kristiansand | 07.08.2011 |
| Martin Opaker93-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

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| 1:58.66 | M19 |  | Molde | 05.09.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:58.79 | M19 |  | Ravnanger | 08.08.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 1:59.22 | MS |  | Jessheim | 21.08.1994 |
| Terje Grime59-Øystein Iversen73-Tom Erik Olsen74-Frank Øines68 | | | |

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| 1:59.35 | M19 |  | Lillestrøm | 13.09.2015 |
| Jørgen Opaker97-Marcus Theodor Moen99-Sverre Blom Breivik96-Markus Einan97 | | | |

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| **MENN SENIOR** | **130** |

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| **1000m forts.** |  |

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| 1:59.46 | G19 |  | Oslo/Bi | 01.09.2024 |
| Michael Reklev05-Chris Aulibråten07-Sander Rustad-Johansen06-Sondre Lehmann07 | | | |

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| 2:00.07 | G18 |  | Bodø | 16.08.2009 |
| Njord Wiker01-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:00.76 | G19 |  | Sandnes | 22.08.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 2:00.86 | M19 |  | Byrkjelo | 16.08.2015 |
| Jørgen Opaker97-Jan Gunnar Alfsen97-Sverre Blom Breivik96-Markus Einan97 | | | |

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| 2:01.34 | G16 |  | Oslo/Bi | 01.09.2024 |
| August Nordvang08-Kristoffer Dahl08-Even Ragnhildsløkken08-Casey Felde09 | | | |

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| 2:01.39 | MS |  | Oslo/Bi | 30.07.1997 |
| Eirik Haus79-Henrik Stigen74-Jørn Jevne65-Frank Øines68 | | | |

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| 2:01.40 | G18 |  | Nadderud | 30.08.2009 |
| Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:02.27 | M22 |  | Brandbu | 07.08.2016 |
| Hauk Are Fjeld94-Sverre Blom Breivik96-Jostein Evensen96-Sigurd Blom Breivik96 | | | |

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| 2:02.99 | MS |  | Jessheim | 12.07.1998 |
| Terje Grime59-Øyvind Sigvartsen81-Jørn Jevne64-Frank Øines68 | | | |

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| 2:03.05 | MS 2. lag |  | Sofiemyr | 14.06.1992 |
| Jan Erik Schmidt70-Jo Henning Hals Nilssen68-Tom Erik Olsen74-Terje Grime59 | | | |

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| 2:03.18 | G19 |  | Molde | 05.09.2010 |
| Martin Opaker94-Vegard Løberg Gjelsvik92-Andreas Roth93-Thomas Roth91 | | | |

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| 2:03.21 | G19 |  | Grimstad | 16.06.1989 |
| Jørgen Hjelm Bakkerud74-Runar Homble72-Ola Nerhagne71-Hans Jørgen Borgen70 | | | |

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| 2:03.21 | MS |  | Oslo/Bi | 16.06.1996 |
| Terje Grime59-Thorstein Gystad67-Jøren Jevne64-Frank Øines68 | | | |

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| 2:03.42 | G16 |  | Bergen/Fa | 10.09.2023 |
| Kristoffer Dahl08-August Nordvang08-Julian Førsund07-Sondre Lehmann07 | | | |

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| 2:03.8 | M20 |  | Jessheim | 02.08.1986 |
| Lars Petter Syverstad69-Ola Nerhagen71-Jo Henning Hals Nilssen68-Bjørn Tore Ottersen66 | | | |

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| **MENN SENIOR** | **131** |

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| **1000m forts.** |  |

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| 2:03.83 | G18 |  | Ravnanger | 08.08.2010 |
| Peder Holm92-Håvard Hildeskor92-Vegard Løberg Gjelsvik92-Andreas Roth93 | | | |

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| 2:03.85 | MS 1.lag |  | Oslo/St | 06.09.1998 |
| Terje Grime59-Jan Erik Schmidt70-Jørn Jevne64-Frank Øines68 | | | |

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| 2:03.87 | M21 |  | Lillehammer/Ss | 08.09.2013 |
| Martin Opaker94-Håkon Hammeren95-Marius Mellum96-Jørgen Frost Bø94 | | | |

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| 2:04.03 | G19 |  | Oslo/Bi | 28.08.2010 |
| Håvard Hildeskor92-Peder Holm92-Njord Wiker91-Vetle Aasland91 | | | |

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| 2:04.41 | MS |  | Bjørkelangen | 06.06.1993 |
| Øystein Iversen73-Runar Homble72-Kjetil Brynhildsen71-Thorstein Gystad67 | | | |

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| 2:04.44 | MS |  | Oslo/St | 11.08.1996 |
| Øystein Iversen73-Jørn Jevne74-Arve Svardahl64-Frank Øines68 | | | |

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| 2:04.7 | M19 |  | Bjørkelangen | 10.09.1989 |
| Frode Nygård69-Runar Homble72-Ola Nerhagne71-Hans Jørgen Borgen70 | | | |

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| 2:04.9 | MS |  | Råholt | 25.08.1967 |
| Halvor Bogstad46-Finn Ugletveit49-Steinar Mikalsen43Odd Mikkelsen37 | | | |

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| 2:04.95 | G16 |  | Askøy | 02.09.2012 |
| Jesse Pedersen Amey95-Martin Opaker94-Håkon Hammeren95-Andreas Roth95 | | | |

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| 2:05.6 |  |  | Råholt | 28.08.1966 |
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| 2:05.69 | G17 |  | Lonevåg | 26.08.2007 |
| Martin Jørgensen91-Jonathan Joo91-Vegard Løberg Gjelsvik92-Thomas Roth91 | | | |

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| 2:05.83 | MS 1. lag |  | Sofiemyr | 14.06.1992 |
| Kjetil Brynhildsen71-Dag Håkon Eriksen73-Frode Nygård69-Kjell Vidar Solheim70 | | | |

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| 2:05.85 | G16 |  | Prestfoss | 31.08.2008 |
| Anthony Davies92-Christer Amundsen92-Andreas Roth93-Vegard Løberg Gjelsvik92 | | | |

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| 2:06.10 | G17 |  | Prestfoss | 31.08.2008 |
| Shoeib Ghanizadeh93-Kevin Fritz91-Fredrik Fuglerud89-Thomas Roth91 | | | |

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| 2:06.10 |  | 04 | Bergen/Fa | 10.09.2023 |
| Alan Ringo07-Daniel Debresay06-Andre Da Silva04-Sander Rustad-Johansen06 | | | |

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| **MENN SENIOR** | **132** |

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| **1000m forts.** |  |

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| 2:06.6 | MS |  | Råholt | 08.08.1965 |
| Jon Erik Lund34-Jon Martinsen47-Halvor Bogstad46-Einar Hellum47 | | | |

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| 2:06.44 | G17 | 06 | Oslo/Bi | 01.09.2024 |
| Andreas Kværner06-Krister Hvattum07-Teodor Hansen06-Lukas Buncic07 | | | |

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| 2:06.61 | M21 |  | Lillehammer/Ss | 08.09.2013 |
| Jørgen Opaker97-Henrik Hanssen97-Jon Gunnar Alfsen97-Markus Einan97 | | | |

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| 2:06.63 | G16 |  | Askøy | 02.09.2012 |
| Jonas Haarborg Bolgen96-Henrik Huser96-Marius Mellum96-Markus Einan97 | | | |

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| 2:06.71 | G18 |  | Overhalla | 04.08.2013 |
| Håkon Hammeren95-Marius Mellum96-Jan Gunnar Alfsen97-Markus Einan97 | | | |

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| 2:07.2 |  |  | Råholt | 23.08.1968 |
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| 2:08.03 | G18 |  | Trondheim/St | 05.09.2021 |
| Martin Brustad03-Michael Reklev05-Emil Nordal03-Erlend Homble05 | | | |

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| 2:08.6 |  |  | Lillestrøm | 06.09.1970 |
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| 2:08.62 | G18 |  | Sofiemyr | 11.06.1989 |
| Jørgen Bakkerud74-Odd Arne Urnes73-Ola Nerhagen71-Runar Homble72 | | | |

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| 2:09.39 | M21 |  | Overhalla | 04.08.2013 |
| Jonas Krossøy95-Stian Klungland93-Håvard Hildeskor92-Nikolai Smestad92 | | | |

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| 2:09.4 |  |  | Jessheim | 18.09.1974 |
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| 2:09.56 | G17 2.lag |  | Oslo/St | 06.09.1998 |
| Per Arne Østerud81-Øivind Sigvartsen81-Carl Jørgen Owre82-Stian Fredriksen81 | | | |

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| 2:09.8 |  |  | Oslo/Bi | 13.05.1965 |
| ? | | | |

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| 2:10.0 |  |  | Jessheim | 01.07.1951 |
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| 2:10.0 |  |  | Jessheim | 17.08.1952 |
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| **MENN SENIOR** | **133** |

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| 2:10.01 | G18 |  | Lillehammer/Ss | 09.08.1998 |
| Per Arne Østerud81-Øivind Sigvartsen81-Halvor Mangerud81-Stian Fredriksen81 | | | |

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| 2:10.1 | MS |  | Jessheim | 05.07.1931 |
| Wilhelm Løken01-Victor Westgaard99-Harald Furuseth07-Otto Lystad09 | | | |

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| 2:10.1 | MS |  | Jessheim | 11.07.1951 |
| Hans Fodstad27-Paul Trøgstad32-Svein Skolt25-Kjell Kristoffersen27 | | | |

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| 2:10.1 |  |  | Jessheim | 03.08.1952 |
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| 2:10.4 |  |  | Lillestrøm | 20.08.1972 |
| ? | | | |

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| 2:10.52 | MS 1.lag |  | Asker/Fø | 05.09.1999 |
| Lasse Bjørn84-Mads Røslie82-Runar Homble72-Frank Øines68 | | | |

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| 2:10.52 | G18 2.lag |  | Asker/Fø | 05.09.1999 |
| Per-Arne Østerud81-Tor Eilert Narvestad81-Stian Fredriksen81-Carl Johan Owre82 | | | |

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| 2:11.59 | G16 |  | Oslo/Bi | 01.09.2024 |
| Nilas Marcussen08-Aldric Kenarlikdjian09-Kyryl Moreniuk09-Haakon Sørstad08 | | | |

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| 2:11.7 | 1. lag |  | Strømmen | 30.09.1965 |
| ? | | | |

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| 2:11.8 |  |  | Strømmen | 30.08.1964 |
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| 2:11.8 |  |  | Jessheim | 03.09.1969 |
| ? | | | |

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| 2:12.5 | G17 |  | Jessheim | 19.09.1983 |
| Bjørn T. Ottersen66-Michael Knutsen66-Bjørn Tore Ottersen66-Bjørn Ingvar Jensen66 | | | |

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| 2:12.7 |  |  | Lillestrøm | 14.08.1949 |
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| 2:14.0 |  |  | Nannestad | 21.07.1957 |
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| 2:14.6 |  |  | Jessheim | 21.09.1973 |
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| **MENN SENIOR** | **134** |

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| 2:14.9 | MS |  | Gjøvik | 17.07.1932 |
| Reidar Sand04-Wilhelm Løken01-Victor Westgaard99-Harald Furuseth08 | | | |

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| 2:14.9 |  |  | Årnes | 10.09.1980 |
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| 2:15.7 |  |  | Jessheim | 27.08.1933 |
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| 2:15.9 |  |  | Gjøvik | 28.09.1930 |
| ? | | | |

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| 2:15.94 | G16 |  | Jessheim | 08.09.2019 |
| Jørgen Stuve Dahl04-Martin Brustad04-Emil Nordal03-Henrik Schultze Toverud04 | | | |

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| 2:16.1 | G17-18 |  | Jessheim | 07.06.1974 |
| ? | | | |

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| 2:17.0 | 2. lag |  | Strømmen | 30.09.1965 |
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| 2:17.2 | MS |  | Jessheim | 13.09.1931 |
| Otto Lystad09-Wilhelm Løken01-Harald Furuseth07-Victor Westgaard99 | | | |

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| 2:17.06 | G16 |  | Nadderud | 19.06.2005 |
| Martin Fald Gården90-Espen Nyhus89-Kristoffer Kvilten90-Fredrik Fuglerud89 | | | |

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| 2:17.25 | G16 |  | Bergen/Fa | 03.09.2017 |
| Ådne Opaker Øines02-Iver Laake01-Oatthawut Panklang02-Kristian Brenni02 | | | |

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| 2:17.72 | G16 |  | Moss/Me | 04.09.2005 |
| Martin Fald Gården90-Stian Skattum89-Kristoffer Kvilten90-Fredrik Fuglerud89 | | | |

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| 2:18.0 | MS |  | Jessheim | 02.07.1933 |
| Reidar Sand04-Wilhelm Løken01-Harald Furuseth06-Otto Lystad09 | | | |

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| 2:19.0 |  |  | Jessheim | 18.07.1937 |
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| 2:19.0 | G16 |  | Jessheim | 19.09.1983 |
| Frode Myrvang67-Jo Henning Hals Nilssen68-Ørnulf Brekke67-Hans Georg Haug67 | | | |

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| **MENN SENIOR** | **135** |

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| **1000m forts.** |  |

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| 2:19.9 | G16 |  | Bjørkelangen | 14.09.1988 |
| Anders Huuse75-Odd Arne Urnes73-Nils Ivar Huuse73-Runar Homble72 | | | |

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| 2:20.5 |  |  | Jessheim | 07.07.1935 |
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| 2:20.6 |  |  | Årnes | 13.09.1978 |
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| 2:20.8 | MS |  | Sand | 18.06.1950 |
| Asbjørn Lund23-Paul Trøgstad32-Oddvar Jensen24-Asbjørn Grønlien29 | | | |

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| 2:21.1 |  |  | Jessheim | 20.09.1936 |

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| 2:21.5 |  |  | Årnes | 09.09.1981 |
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| 2:21.9 |  |  | Jessheim | 08.07.1934 |
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| 2:21.9 |  |  | Jessheim | 11.07.1937 |
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| 2:22.2 | MS |  | Kløfta | 21.09.1932 |
| Hilmar Hansen11-Erling Furuseth16-Ole Thoresen09-Erling Støverud08 | | | |

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| 2:22.3 |  |  | Hauerseter | 13.06.1937 |
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| 2:23.4 |  |  | Jessheim | 03.07.1934 |
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| 2:24.0 |  |  | Jessheim | 14.09.1930 |
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| 2:24.3 |  |  | Eidsvoll | 07.07.1935 |
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| 2:26.2 |  |  | Jessheim | 10.06.1934 |
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| 2:26.3 |  |  | Jessheim | 20.08.1933 |
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| **MENN SENIOR** | **135** |

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| **1000m forts.** |  |

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| 2:26.6 | MS |  | Kløfta | 06.09.1931 |
| Sivert Hovden06-Olav Furuseth09-Ole Thoresen09-Erling Støverud08 | | | |

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| 2:29.2 |  |  | Jessheim | 08.10.1933 |
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| 2:30.6 |  |  | Jessheim | 08.09.1946 |
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| 2:31.5 |  |  | Jessheim | 07.07.1935 |
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