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

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.17 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |
| 7.25 | Eirik Haus | 79 | Askim | 11.02.1996 |
| 7.25 | Marcus Theodor Moen | 99 | Bergen/Le | 21.01.2018 |
| 7.29 | Frank Øines | 68 | Stange | 18.03.1995 |
| 7.29 | Marius Mellum | 96 | Hvam | 10.12.2016 |
| 7.30 | Jørn Jevne | 64 | Stange | 17.02.1996 |
| 7.34 | Henrik Huser | 96 | Oslo/Ek | 03.03.2012 |
| 7.36 | Øystein Iversen | 73 | Stange | 18.03.1995 |
| 7.38 | Sander Steen Myrvang | 00 | Hvam | 26.01.2019 |
| 7.39 | Markus Einan | 97 | Rud | 06.12.2014 |
| 7.40 | Bjørn Tore Ottersen | 66 | Askim | 01.02.1986 |
| 7.42 | Jo Henning Hals Nilssen | 90 | Drammen | 24.02.1990 |
| 7.42 | Thorstein Gystad | 67 | Stange | 31.01.1993 |
| 7.44 | Julian Bastesen | 04 | Valencia, ESP | 25.01.2020 |
| 7.45 | Runar Homble | 72 | Oslo/Ek | 09.02.1992 |
| 7.45 | Martin Lundemo Syvertsen | 92 | Rud | 08.03.2014 |
| 7.46 | Filip Aas | 00 | Hvam | 13.01.2018 |
| 7.47 | Martin Jørgensen | 91 | Stange | 18.03.2006 |
| 7.51 | Vegard Løberg Gjelsvik | 92 | Lillestrøm | 29.03.2009 |
| 7.53 | Martin Opaker | 94 | Stange | 17.03.2012 |
| 7.55 | Terje Grime | 59 | Stange | 05.03.1995 |
| 7.55 | Andrew Stevens | 81 | Stange | 04.02.2000 |
| 7.55 | Emil Nordal | 03 | Hvam | 06.03.2021 |
| 7.56 | Oatthawut Panklang | 02 | Rud | 08.02.2019 |
| 7.59 | Marius Fuglerud | 87 | Stange | 18.03.2006 |
| 7.60 | Lars Georg Aas | 92 | Stange | 17.03.2007 |
| 7.62 | Thomas Roth | 91 | Oslo/Ek | 10.01.2009 |
| 7.62 | Jesse Pedersen Amey | 95 | Oslo/Ek | 03.12.2011 |
| 7.64 | Martin Aarbogh Brustad | 04 | Hvam | 22.02.2022 |
| 7.65 | Christer Amundsen | 92 | Oslo/Ek | 10.01.2009 |
| 7.66 | Jostein Salemonsen | 73 | Stange | 14.01.1995 |
| 7.70 | Jonas Nødtvedt Wenger | 99 | Hvam | 09.12.2017 |
| 7.73 | Andrè Haaland | 75 | Oslo/Ek | 04.03.1995 |
| 7.74 | Jørgen Opaker | 97 | Rud | 08.02.2014 |
| 7.74 | Alan Ringo | 07 | Ulsteinvik | 03.03.2023 |
| 7.75 | Iver Laake | 01 | Rud | 02.12.2017 |
| 7.76 | Morten Knutsen | 70 | Askim | 01.02.1986 |
| 7.76 | Jan-Olav Arnegård  | 71 | Oslo/Ek | 18.02.1990 |
| 7.76 | Andreas Roth | 92 | Lillestrøm | 29.03.2009 |
| 7.78 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 03.03.1991 |
| 7.80 | Jon Kjetil Hoel | 74 | Stange | 13.01.1996 |
| 7.81 | Jon Arne Skiaker | 79 | Stange | 18.02.1995 |

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

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| **INNENDØRS** |  |

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| **60m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 7.81 | Johan Glenderød Tovari | 93 | Hvam | 26.01.2019 |
| 7.82 | Stian Fredriksen | 81 | Hvam | 10.12.2016 |
| 7.85 | Odd Arne Urnes | 73 | Oslo/Ek | 25.03.1990 |
| 7.85 | Ådne Opaker Øines | 02 | Stange | 18.03.2017 |
| 7.88 | Per Arne Østerud | 81 | Stange | 18.03.2000 |
| 7.89 | Frode Nygård | 69 | Oslo/Ek | 18.02.1990 |
| 7.89 | Victor Rosenlind | 00 | Stange | 18.03.2017 |
| 7.91 | Per Kristian Aarstad | 86 | Lillestrøm | 02.03.2002 |
| 7.93 | Audun Sjøstrøm Johansen | 09 | Hvam | 02.12.2023 |
| 7.97 | Jonathan Joo | 91 | Stange | 18.03.2006 |
| 7.97 | Hans Martin Hofseth | 94 | Trondheim/Ra | 12.04.2011 |
| 7.97 | Morgan Øqvist | 01 | Hvam | 14.01.2017 |
| 8.00 | Johnny Brenna | 64 | Rud | 07.03.2015 |
| 8.00 | Christian Iversen | 05 | Hvam | 06.03.2021 |
| 8.03 | Lasse Bjørn | 84 | Karlstad, SWE | 06.02.2000 |
| 8.12 | Ivar Opsahl | 47 | Stange | 05.03.1995 |
| 8.13 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 8.14 | Mads Røslie | 82 | Stange | 19.02.2000 |
| 8.17 | Henrik Stigen | 74 | Oslo/Ek | 04.03.1995 |
| 8.20 | Sondre Øines Opaker | 98 | Rud | 16.11.2013 |
| 8.20 | Fredrik Veiby | 99 | Stange | 21.03.2015 |
| 8.22 | Bjørn Flatby | 79 | Lillestrøm | 19.02.1995 |
| 8.27 | Henrik Hanssen | 97 | Oslo/Ek | 07.12.2013 |
| 8.28 | Gudmund Bjotveit | 77 | Oslo/Ek | 03.03.1991 |
| 8.34 | Erlend Morthen | 92 | Stange | 18.03.2006 |
| 8.35 | Anthony Davies | 82 | Lillestrøm | 20.02.2007 |
| 8.38 | Fredrik Fuglerud | 89 | Lillestrøm | 09.04.2005 |
| 8.39 | Aldric Kenarlikdian | 09 | Hvam | 03.12.2022 |
| 8.40 | Ludvig Sjøstrøm Johansen | 09 | Stange | 12.03.2022 |
| 8.43 | Alf Fredriksen Yetim | 94 | Oslo/Ek | 01.12.2007 |
| 8.44 | Jørgen Stuve Dahl | 04 | Stange | 22.03.2019 |

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| **MENN SENIOR**  | **133** |

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| **INNENDØRS** |  |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.2 | Runar Homble | 72 | Lillestrøm | 31.03.1990 |
| 7.3 | Ola Nerhagen | 71 | Lillestrøm | 31.03.1990 |
| 7.3 | Frank Øines | 68 | Lillestrøm | 06.03.1994 |
| 7.4 | Torstein Gystad | 67 | Oslo/Ek | 03.01.1987 |
| 7.4 | Andrè Haaland | 75 | Lillestrøm | 06.03.1994 |
| 7.4 | Martin Jørgensen | 91 | Oslo/Ek | 07.01.2006 |
| 7.5 | Morten Knutsen | 70 | Drammen | 08.02.1986 |
| 7.5 | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 15.12.1990 |
| 7.7 | Eirik Haus | 79 | Lillestrøm | 06.03.1994 |
| 7.8 | Odd Arne Urnes | 73 | Lillestrøm | 12.03.1989 |
| 7.8 | Sven Inge Bråten | 76 | Lillestrøm | 11.01.1992 |
| 7.8 | Per Olav Ramstad | 78 | Lillestrøm | 06.03.1994 |
| 7.9 | Gudmund Bjotveit | 77 | Lillestrøm | 20.01.1991 |
| 8.0 | Jan Terje Forsland | 78 | Lillestrøm | 06.03.1994 |
| 8.0 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 17.03.2011 |

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| **MENN SENIOR**  | **134** |

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| **INNENDØRS** |  |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 11.59 | Frank Øines | 68 | Drammen | 29.01.1995 |
| 11.69 | Øystein Iversen | 73 | Drammen | 29.01.1995 |
| 11.89 | Jostein Salemonsen | 73 | Drammen | 29.01.1995 |
| 12.02 | Andreas Roth | 93 | Drammen | 14.02.2010 |
| 12.06 | Marius Fuglerud | 87 | Drammen | 12.02.2006 |
| 12.12 | Emil Nordal | 03 | Drammen | 06.01.2019 |
| 12.14 | Terje Grime | 59 | Drammen | 29.01.1995 |
| 12.15 | Oatthawut Panklang | 02 | Drammen | 06.01.2019 |
| 12.26 | Martin Lundemo Syvertsen | 92 | Drammen | 10.01.2010 |
| 12.35 | Martin Opaker | 94 | Drammen | 14.02.2010 |
| 12.58 | Per Kristian Aarstad | 86 | Drammen | 19.02.2002 |
| 12.58 | Johan Glenderød Torvari | 93 | Drammen | 06.01.2019 |
| 12.97 | Jonathan Joo | 91 | Drammen | 11.12.2006 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.9 | Thorstein Gystad | 67 | Drammen | 10.01.1987 |
| 12.0 | Lars Petter Syversrud | 69 | Drammen | 08.02.1986 |
| 12.1 | Ola Nerhagen | 71 | Drammen | 13.02.1987 |
| 12.1 | Runar Homble | 72 | Drammen | 13.02.1988 |
| 12.2 | Jo Henning Hals Nilssen | 68 | Drammen | 22.02.1986 |
| 12.4 | Edward Hughes | 71 | Drammen | 10.01.1987 |
| 14.1 | Øystein Gjerdrum | 52 | Drammen | 07.03.2009 |
| 14.6 | Ivar Opsahl | 47 | Drammen | 07.03.2009 |

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

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| **INNENDØRS** |  |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 22.68 | Andreas Roth | 93 | Sandnes | 10.03.2012 |
| 23.03 | Marius Mellum | 96 | Stange | 23.03.2014 |
| 23.09 | Thomas Roth | 91 | Stange | 20.03.2011 |
| 23.17 | Emil Nordal | 03 | Steinkjer | 06.03.2022 |
| 23.20 | Markus Einan | 97 | Rud | 11.01.2014 |
| 23.35 | Frank Øines | 68 | Stange | 07.02.1998 |
| 23.45 | Martin Lundemo Syversen | 92 | Rud | 09.02.2014 |
| 23.46 | Vegard Løberg Gjelsvik | 92 | Steinkjer | 10.03.2013 |
| 23.59 | Håvard Huser | 94 | Sandnes | 11.03.2012 |
| 23.80 | Andrew Stevens | 81 | Stange | 19.02.2000 |
| 23.81 | Fredrik Fuglerud | 87 | Stange | 09.03.2008 |
| 23.90 | Thorstein Gystad | 67 | Stange | 30.01.1993 |
| 23.95 | Øystein Iversen | 73 | Stange | 15.01.1995 |
| 23.96 | Jørn Jevne | 64 | Stange | 17.02.1996 |
| 24.25 | Runar Homble | 72 | Stange | 30.01.1993 |
| 24.30 | Terje Grime | 59 | Stange | 04.03.1995 |
| 24.41 | Stian Fredriksen | 81 | Stange | 07.03.1999 |
| 24.46 | Njord Erlend Wiker | 91 | Stange | 15.03.2009 |
| 24.47 | Julian Bastesen | 04 | Rud | 08.03.2020 |
| 24.49 | Marius Fuglerud | 87 | Oslo/Ek | 03.12.2005 |
| 24.56 | Oatthawut Panklang | 02 | Hvam | 26.01.2019 |
| 24.60 | Jonathan Joo | 91 | Stange | 28.01.2007 |
| 24.75 | Sondre Opaker Øines | 98 | Hvam | 09.12.2017 |
| 24.82 | Jonas Nødtvedt Wenger | 99 | Stange | 19.03.2017 |
| 24.83 | Christer Amundsen | 92 | Stange | 09.03.2008 |
| 24.87 | Eirik Haus | 79 | Stange | 18.02.1995 |
| 24.90 | Jørgen Opaker | 97 | Rud | 06.12.2014 |
| 24.92 | Kjell Vidar Solheim | 70 | Stange | 30.01.1993 |
| 24.92 | Martin Opaker | 94 | Sandnes | 10.03.2012 |
| 25.12 | Iver Laake | 01 | Rud | 02.12.2017 |
| 25.24 | Øyvind Sigvartsen | 81 | Stange | 08.03.1998 |
| 25.27 | Martin Jørgensen | 91 | Stange | 19.03.2006 |
| 25.32 | Ådne Opaker Øines | 02 | Stange | 19.03.2017 |
| 25.32 | Martin Aarbogh Brustad | 04 | Hvam | 23.01.2022 |
| 25.33 | Jørgen Hjelm Bakkerud | 74 | Oslo/Ek | 10.03.1990 |
| 25.34 | Alan Ringo | 07 | Rud | 12.02.2023 |
| 25.43 | Odd Arne Urnes | 73 | Oslo/Ek | 10.03.1990 |
| 25.43 | Per Arne Østerud | 81 | Stange | 28.03.1998 |
| 25.46 | Morgan Øqvist | 01 | Rud | 12.02.2017 |
| 25.53 | Jon Gunnar Alfsen | 97 | Rud | 09.02.2014 |
| 25.55 | Henrik Holm | 81 | Stange | 06.02.1999 |
| 25.60 | Jørn Kjetil Hoel | 74 | Stange | 14.01.1996 |
| 25.61 | Hans Martin Hofseth | 94 | Trondheim/Ra | 13.03.2011 |

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| **MENN SENIOR**  | **136** |

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| **INNENDØRS** |  |

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

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| --- | --- | --- | --- | --- |
| 25.62 | Christian Iversen | 05 | Hvam | 04.12.2021 |
| 25.65 | Espen Hofoss | 76 | Stange | 15.01.1995 |
| 25.84 | Lasse Bjørn | 84 | Stange | 19.02.2000 |
| 25.97 | Henrik Schultze Toverød | 04 | Hvam | 04.12.2022 |
| 26.00 | Fredrik Veiby | 99 | Stange | 22.03.2015 |
| 26.04 | Johan Glenderød Tovari | 93 | Hvam | 26.01.2019 |
| 26.07 | Henrik Stigen | 74 | Stange | 18.02.1995 |
| 26.12 | Johnny Brenna | 64 | Hvam | 16.01.2016 |
| 26.22 | Jesse Pedersen Amey | 95 | Oslo/Ek | 03.03.2012 |
| 26.34 | Iver Løvgaard Faksvåg | 09 | Rud | 26.11.2022 |
| 26.36 | Per Kristian Aarstad | 86 | Stange | 26.01.2002 |
| 26.45 | Mads Røslie | 82 | Stange | 19.02.2000 |
| 26.79 | Aldric Kenarlikdijan | 09 | Hvam | 03.12.2022 |
| 26.76 | Christian Iversen | 05 | Hvam | 25.01.2020 |
| 26.93 | Henrik Hanssen | 97 | Stange | 18.03.2012 |
| 27.57 | Anthny Davies | 92 | Oslo/Ek | 02.12.2006 |
| 28.07 | Shoveyb Ghanizadek | 93 | Oslo/Ek | 01.12.2007 |
| 28.72 | Eirik Ulvund Løvgaard | 77 | Hvam | 23.10.2021 |
| 28.74 | Lasse Johannesen | 79 | Hvam | 09.02.2019 |
| 29.06 | Lasse Kveum | 79 | Hvam | 23.10.2021 |
| 29.78 | Jørgen Stuve Dahl | 04 | Hvam | 07.12.2019 |
| 29.29 | Marcus Theodor Moen | 99 | Stange | 05.02.2012 |
| 29.35 | Ludvig Sjøstrøm-Johansen | 09 | Stange | 13.03.2022 |
| 29.49 | Ali Fredriksen Yetim | 94 | Oslo/Ek | 01.12.2007 |
| 29.52 | Morten Halseth | 97 | Stange | 24.01.2010 |
| 29.94 | Torjus Svardahl | 03 | Hvam | 16.01.2016 |
| 30.32 | Sverre Gjesteby | 00 | Stange | 18.03.2012 |
| 30.35 | Fabian Vibekken | 09 | Hvam | 23.01.2022 |

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| **200m M** |  |

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

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 36.3 | Frank Øines | 68 | Stange | 18.03.1995 |
| 37.2 | Øystein Iversen | 73 | Stange | 18.03.1995 |
| 37.7 | Ole Petter Henriksen | 63 | Oslo/Ek | 03.01.1987 |
| 37.7 | Thorstein Gystad | 67 | Oslo/Ek | 03.01.1987 |

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| **MENN SENIOR**  | **137** |

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| **INNENDØRS** |  |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 47.75 | Andreas Kramer  | 97 | Ulsteinvik | 25.01.2019 |
| 48.35 | Andreas Roth | 93 | Sandnes | 09.03.2012 |
| 48.58 | Markus Einan | 97 | Rud | 06.02.2016 |
| 49.90 | Thomas Roth | 91 | Stange | 23.01.2010 |
| 50.81 | Sverre Blom Breivik | 96 | Rud | 13.02.2016 |
| 51.00 | Vegard Løberg Gjelsvik | 92 | Steinkjer | 08.03.2013 |
| 51.59 | Håvard Hildeskor | 92 | Rud | 13.02.2015 |
| 52.11 | Frank Øines | 68 | Stange | 07.02.1998 |
| 52.35 | Kjetil Brynhildsen | 71 | Stange | 31.01.1993 |
| 52.72 | Frode Nygård | 69 | Stange | 31.01.1993 |
| 52.78 | Bjørn Tore Ottersen | 66 | Askim | 01.02.1986 |
| 52.78 | Emil Nordal | 03 | Rud | 06.03.2020 |
| 52.82 | Elias Ottosen | 93 | Steinkjer/Gu | 08.03.2013 |
| 53.02 | Andrew Stevens | 81 | Stange | 04.03.2000 |
| 53.27 | Jørn Jevne | 64 | Stange | 03.02.1996 |
| 53.49 | Martin Lundemo Syversen | 92 | Stange | 01.02.2014 |
| 53.73 | Marius Fuglerud | 87 | Stange | 15.01.2005 |
| 53.80 | Jostein Steffensen | 96 | Hvam | 16.01.2016 |
| 53.81 | Dag Håkon Eriksen | 73 | Oslo/Ek | 09.02.1992 |
| 53.87 | Stian Fredriksen | 81 | Stange | 06.03.1999 |
| 53.96 | Kjell Vidar Solheim | 70 | Stange | 31.01.1993 |
| 54.48 | Kristian Tokstad | 00 | Hvam | 16.01.2016 |
| 54.54 | Jostein Steffensen | 96 | Rud | 10.02.2017 |
| 54.56 | Jon Gunnar Alfsen | 97 | Hvam | 16.01.2016 |
| 55.02 | Runar Homble | 72 | Oslo/Ek | 06.02.1994 |
| 55.02 | Halvor Marius Mangerud | 81 | Stange | 15.03.2003 |
| 55.08 | Sondre Opaker Øines | 98 | Hvam | 10.12.2016 |
| 55.11 | Jørgen Opaker | 97 | Hvam | 16.01.2016 |
| 55.30 | Jan-Olav Arnegård | 71 | Oslo/Ek | 18.02.1990 |
| 55.32 | Espen Hofoss | 76 | Stange | 14.01.1995 |
| 56.17 | Mats Tokstad | 00 | Hvam | 16.01.2016 |
| 56.36 | Terje Stigen | 74 | Oslo/Ek | 04.03.1995 |
| 57.21 | Henrik Schultze Toverud | 04 | Hvam | 04.12.2021 |
| 58.18 | Christian Iversen| | 05 | Hvam | 06.03.2021 |
| 59.31 | Adisak Sween | 98 | Rud | 11.01.2015 |
| 61.62 | Knut Rimstad | 49 | Drammen | 19.03.2004 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 52.5 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 03.03.1984 |
| 53.3 | Thorstein Gysrad | 67 | Oslo/Ek | 14.03.1987 |
| 57.6 | Ole Fredrik Mørck | 62 | Oslo/Ek | 03.03.1984 |

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| **MENN SENIOR**  | **138** |

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| **INNENDØRS** |  |

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| **500m M** |  |

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| --- | --- | --- | --- | --- |
| 63.74 | Johan Glenderud Torvani | 97 | Hvam | 26.01.2019 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:18.06 | Markus Einan | 97 | Rud | 05.12.2015 |
| 1:18.70 | Thomas Roth | 91 | Hvam | 25.01.2020 |
| 1:19.37 | Andreas Roth | 93 | Stange | 22.03.2014 |
| 1:21.22 | Vegard Løberg Gjelsvik | 92 | Oslo/Ek | 20.03.2010 |
| 1:21.75 | Sigurd Blom Breivik | 96 | Stange | 22.03.2014 |
| 1:22.60 | Hauk Are Fjeld | 94 | Rud | 05.12.2015 |
| 1:22.69 | Sverre Blom Breivik | 96 | Rud | 05.12.2015 |
| 1:23.49 | Vetle Aasland | 91 | Stange | 20.03.2010 |
| 1:25.97 | Stian Klungland | 93 | Oslo/Ek | 11.12.2010 |
| 1:26.65 | Njord Erlend Wiker | 91 | Oslo/Ek | 11.12.2010 |
| 1:26.79 | Kristian Tokstad | 00 | Rud | 03.12.2016 |
| 1:26.82 | Jonas Krossøy | 95 | Stange | 22.03.2014 |
| 1:27.01 | Henrik Hanssen | 97 | Rud | 06.12.2014 |
| 1:27.59 | Mats Tokstad | 00 | Rud | 03.12.2016 |
| 1:28.05 | Halvor Marius Mangerud | 81 | Oslo/Ek | 05.12.2009 |
| 1:28.14 | Jostein Steffensen | 96 | Ranheim | 04.12.2016 |
| 1:28.31 | Peder Holm | 92 | Oslo/Ek | 11.12.2010 |
| 1:28.76 | Jørgen Opaker | 97 | Rud | 05.12.2015 |
| 1:28.92 | Emil Nordal | 03 | Hvam | 25.01.2020 |
| 1:28.99 | Nani Kula | 01 | Hvam | 25.01.2020 |
| 1:29.44 | Anders Buraas | 92 | Stange | 19.03.2011 |
| 1:30.19 | Marius Fuglerud | 87 | Stange | 05.03.2005 |
| 1:30.19 | Åsmund Wennemo | 94 | Oslo/Ek | 11.12.2010 |
| 1:30.22 | Fredrik Anthi Svinø | 92 | Oslo/Ek | 11.12.2010 |
| 1:30.23 | Espen Hofoss | 76 | Stange | 18.02.1995 |
| 1:30.28 | Sondre Opaker Øines | 98 | Hvam | 14.01.2017 |
| 1:30.47 | Francesco Bazzanella | 87 | Oslo/Ek | 04.12.2004 |
| 1:30.63 | Tore Klungland | 97 | Hvam | 14.01.2017 |
| 1:30.73 | Martin Lundemo Syversen | 92 | Stange | 17.03.2012 |
| 1:31.62 | Henrik Schultze Toverud | 04 | Hvam | 04.02.2023 |
| 1:32.68 | Abdirahim Dahir | 94 | Hvam | 25.01.2020 |
| 1:33.10 | Kevin Fritz | 91 | Stange | 08.03.2008 |
| 1:33.73 | Jonas Haarborg Bolgen | 96 | Oslo/Ek | 01.12.2012 |
| 1:33.96 | Fabian Vibekken | 09 | Rud | 11.02.2023 |
| 1:34.04 | Iver Løvgaard Faksvåg | 09 | Rud | 11.02.2023 |
| 1:34.54 | Adisak Sween | 98 | Rud | 06.12.2014 |
| 1:34.65 | Bjørnar Bjørnstad | 93 | Stange | 19.03.2011 |
| 1:35.94 | Hans Jørgen Borgen | 70 | Stange | 18.03.2006 |

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| **MENN SENIOR**  | **139** |

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| **INNENDØRS** |  |

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| **600m forts.** |  |

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| --- | --- | --- | --- | --- |
| 1:37.52 | Espen Bjørnstad | 95 | Oslo/Ek | 03.12.2011 |
| 1:39.65 | Ronny Opaker | 66 | Stange | 20.03.2010 |
| 1:39.84 | Michael Løland | 92 | Stange | 17.03.2007 |
| 1:40.79 | Morgan Øqvist | 01 | Stange | 12.02.2016 |
| 1:40.97 | Erlend Morthen | 92 | Stange | 09.12.2006 |
| 1:41.09 | Thomas Løland | 95 | Stange | 20.03.2010 |
| 1:41.43 | Christian Borgen | 95 | Oslo/Ek | 05.12.2009 |
| 1:42.81 | Ståle Murud | 69 | Stange | 18.03.2006 |
| 1:44.45 | Adisak Sween | 98 | Stange | 16.03.2013 |
| 1:44.61 | Marius Myren | 98 | Hvam | 03.12.2022 |
| 1:46.09 | Morten Halseth | 97 | Lillestrøm | 13.03.2010 |
| 1:46.09 | Andreas Børve | 99 | Steinkjer | 16.03.2013 |
| 1:47.53 | Marcus Theodor Moen | 99 | Stange | 16.03.2013 |
| 1:47.66 | Torjus Svardal | 03 | Rud | 05.12.2015 |
| 1:49.10 | Leo Elias Rise | 07 | Hvam | 25.01.2020 |
| 1:49.24 | Christian-Olaus Sween | 06 | Rud | 03.12.2016 |
| 1:49.56 | Vegard Axelsson | 85 | Stange | 04.03.2000 |
| 1:50.91 | Sondre Westby Liestøl | 99 | Stange | 16.03.2013 |
| 1:52.65 | Sindre Bjørnstad | 97 | Stange | 19.03.2011 |
| 1:53.20 | Andreas Flåten Børve | 99 | Stange | 04.02.2012 |
| 1:53.60 | Andreas Løland | 90 | Stange | 29.03.2003 |
| 1:53.72 | Per Børtnes | 01 | Stange | 22.03.2014 |
| 1:54.29 | Gaute Messel Nafstad | 94 | Lillestrøm | 17.02.2007 |
| 1:54.67 | Ådne Opaker Øines | 02 | Stange | 12.03.2016 |
| 1:55.61 | Christian Løland | 97 | Lillestrøm | 29.03.2009 |
| 1:56.02 | Emil Nordal | 03 | Stange | 21.03.2015 |
| 1:58.45 | Sverre Gjesteby | 00 | Stange | 17.03.2012 |
| 1:59.12 | Oliver Jordalen Løkken | 06 | Stange | 17.03.2018 |
| 1:59.97 | Eivind Damstuen | 92 | Stange | 14.03.2004 |

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| **MENN SENIOR**  | **140** |

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| **INNENDØRS** |  |

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| **800m**  |  |

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| --- | --- | --- | --- | --- |
| 1:47.26 | Thomas Roth | 91 | Wien, AUT | 31.01.2015 |
| 1:48.90 | Markus Einan | 97 | Haugesund | 03.02.2019 |
| 1:49.77 | Andreas Roth | 93 | Gent, BLE  | 07.02.2015 |
| 1:52.18 | Sverre Blom Breivik | 96 | Hvam | 06.02.2016 |
| 1:53.12 | Terje Snarby | 89 | Hvam | 06.02.2016 |
| 1:53.34 | Andreas Fjeld Halvorsen | 05 | Steinkjer | 05.03.2022 |
| 1.54.86 | Benjamin Olsen | 04 | Ulsteinvik | 06.02.2022 |
| 1:54.91 | Sigurd Blom Breivik | 96 | Rund | 08.03.2014 |
| 1:55.08 | Marith Solomon | 91 | Rud | 19.02.2023 |
| 1:55.39 | Vegard Løberg Gjelsvik | 92 | Trondheim/Ra | 18.12.2010 |
| 1:55.46 | Vetle Aasland | 91 | Trondheim/Ra | 14.12.2012 |
| 1:55.79 | Håvard Hildeskor | 92 | Rud | 09.02.2014 |
| 1:56.11 | Henrik Hanssen | 97 | Rud | 12.02.2023 |
| 1:56.22 | Nikolai Solum | 05 | Steinkjer | 05.03.2022 |
| 1:56.86 | Abdirahim Dahir | 94 | Rud | 13.02.2022 |
| 1:57.27 | Trym Fjøsne Hexeberg | 03 | Hvam | 05.02.2023 |
| 1:57.52 | Kristian Bråthen Børve | 06 | Hvam | 05.02.2023 |
| 1:57.66 | Hans Jørgen Borgen | 70 | Oslo/Ek | 05.02.1989 |
| 1:57.78 | Hauk Are Fjeld | 94 | Steinkjer | 08.02.2015 |
| 1:58.10 | Elias Ottosen | 93 | Haugesund | 03.02.2013 |
| 1:59.83 | Njord Erlend Wiker | 91 | Tronndheim/Ra | 12.04.2011 |
| 2:00.21 | Ole-Kristian Lindbøe Kværner | 05 | Hvam | 05.02.2023 |
| 2:00.23 | Andreas Lindebøe Kværner | 06 | Hvam | 05.02.2023 |
| 2:01.25 | Jostein Steffensen | 96 | Hvam | 06.02.2016 |
| 2:01.30 | Anders Sandholtbråten | 76 | Oslo/Ek | 15.01.1994 |
| 2:01.41 | Erlend Magnus Homble | 04 | Hvam | 03.12.2022 |
| 2:01.60 | Markus Høgne | 98 | Rud | 13.01.2015 |
| 2:01.5 | Kjell Frostlid | 61 | Oslo/Ek | 21.01.1984 |
| 2:01.68 | Philip Gulbrandsen | 07 | Hvam | 02.12.2023 |
| 2:01.69 | Emil Nordal | 03 | Hvam | 06.03.2021 |
| 2:02.03 | Peder Holm | 92 | Trondheim/Ra | 12.03.2011 |
| 2:02.04 | Trygve Stanger | 62 | Oslo/Ek | 22.01.1983 |
| 2:02.12 | Lukas Buncic | 07 | Hvam | 02.12.2023 |
| 2:02.8 | Ronny Opaker | 66 | Oslo/Ek | 09.02.1984 |
| 2:03.05 | Philip Gundersen | 07 | Ulsteinvik | 04.03.2023 |
| 2:03.28 | Fredrik Anthi Svinø | 92 | Stange | 21.02.2010 |
| 2:03.36 | Abraherir Dahir | 94 | Rud | 02.02.2020 |
| 2:03.61 | Runar Bålsrud | 62 | Oslo/Ek | 22.01.1983 |
| 2:04.28 | Jan Gunnar Alfsen | 97 | Rud | 08.03.2014 |
| 2:04.5 | Claus Nerhagen | 59 | Oslo/Ek | 19.01.1985 |
| 2:04.5 | Frode Nygård | 69 | Oslo/Ek | 20.01.1990 |
| 2:04.78 | Anders Buraas | 92 | Stange | 31.07.2009 |
| 2:04.9 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 04.02.1984 |

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| **MENN SENIOR**  | **141** |

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| **INNENDØRS** |  |

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| **800m forts.** |  |

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| 2:04.90 | Jonas Krossøy | 95 | Haugesund | 03.02.2013 |
| 2:05.02 | Ole Johan Garli | 56 | Oslo/Ek | 22.01.1983 |
| 2:05.36 | Janis Arsenikovs | 83 | Hvam | 02.12.2023 |
| 2:05.4 | Ole Fredrik Mørck | 62 | Oslo/Ek | 21.01.1984 |
| 2:06.00 | Åsmund Wennemo | 94 | Trondheim/Ra | 12.02.2011 |
| 2:06.6 | Hans Georg Haug | 67 | Oslo/Ek | 19.01.1985 |
| 2:07.52 | Kristian Tokstad | 00 | Hvam | 06.02.2016 |
| 2:07.56 | Nana Kuli | 01 | Hvam | 23.02.2022 |
| 2:07.63 | Inge Nessiøy | 57 | Stange | 06.02.1994 |
| 2:08.8 | Njål Bakke | 71 | Oslo/Ek | 05.03.1988 |
| 2:08.80 | Jacob Breivik | 04 | Hvam | 05.02.2023 |
| 2:08.83 | Stian Aaserud | 81 | Stange | 08.03.1998 |
| 2:09.28 | Jonas Haarborg Bolgen | 96 | Steinkjer | 09.03.2013 |
| 2:09.43 | Håkon Prøsch Johnsen | 07 | Hvam | 02.12.2023 |
| 2:09.84 | Henrik Schultze Toverud | 02 | Rud | 07.03.2020 |
| 2:10.28 | Martin Lundemo Syversen | 92 | Sandnes | 10.03.2012 |
| 2:10.62 | Fabian Vibekken | 09 | Hvam | 05.02.2023 |
| 2:10.79 | Espen Hofoss | 76 | Stange | 30.01.1993 |
| 2:10.86 | Tore Klungland | 97 | Steinkjer | 09.03.2013 |
| 2:11.12 | Roger Bråthen | 71 | Oslo/Ek | 11.03.1989 |
| 2:11.2 | Rune Murud | 65 | Oslo/Ek | 21.01.1984 |
| 2:13.41 | Grzegorz Kosel | 82 | Hvam | 05.02.2023 |
| 2:17.70 | Sondre Opaker Øines | 98 | Hvam | 06.02.2016 |
| 2:12.19 | Ole Skolt | 53 | Stange | 03.03.1996 |
| 2:14.28 | Halvor Løvli | 03 | Hvam | 26.01.2019 |
| 2:15.97 | Jens Kristian Aas | 05 | Hvam | 21.01.2022 |
| 2:17.70 | Gaute Fosstvedt | 02 | Hvam | 26.01.2020 |
| 2:18.16 | Hallvard Huuse | 00 | Oslo/Ek | 07.12.2013 |
| 2:18.65 | Markus Finskud | 04 | Rud | 07.03.2020 |
| 2:19.00 | Per Kristian Aarstad | 86 | Stange | 17.03.2002 |
| 2:19.53 | Knut Rimstad | 49 | Stange | 26.03.2000 |
| 2:19.60 | Geir Håkon Bjørnstad | 56 | Stange | 06.02.1994 |
| 2:22.21 | Lasse Kveen | 79 | Stange | 29.01.2023 |
| 2:22.53 | Kevin Fritz | 91 | Oslo/Ek | 04.03.2006 |
| 2:23.94 | Petter Lyngmo | 81 | Stange | 16.03.1996 |
| 2:29.5 | Eirik Haus | 79 | Lillestrøm | 06.03.1994 |
| 2:32.03 | Vegard Axelsson | 85 | Stange | 05.03.2000 |
| 2:32.89 | Morten Halseth | 97 | Stange | 24.01.2010 |
| 2:32.98 | Jan Erik Rybråten | 53 | Oslo/Ek | 25.02.2007 |
| 2:37.4 | Bjørn Flatby | 79 | Lillestrøm | 06.03.1994 |
| 2:38.02 | Kjell Carlsson Hovde | 44 | Stange | 21.03.1999 |

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| **UKI-medlem – løp for svensk klubb:** |
| 1:45.09 | Andreas Kramer  | 97 | Torun, POL | 17.02.2021 |
| **MENN SENIOR**  | **142** |

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| **INNENDØRS** |  |

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| **1000m**  |  |

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| 2:20.96 | Thomas Roth | 91 | Hvam | 17.02.2018 |
| 2:28.81 | Vetle Aasland | 91 | Trondheim/Ra | 16.12.2011 |
| 2:43.94 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 03.03.2007 |
| 2:50.51 | Iver Løvgaard Faksvåg | 09 | Rud | 14.01.2023 |
| 2:56.51 | Jo Henning Hals Nilssen | 68 | Drammen | 23.02.1986 |
| 2:59.45 | Tom Erik Olsen | 74 | Drammen | 23.02.1992 |
| 3:03.17 | Andreas Roth | 93 | Karlstad, SWE | 26.01.2008 |
| 3:22.56 | Frode Myrvang | 67 | Hvam | 18.01.2020 |

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| **MENN SENIOR**  | **143** |

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| **INNENDØRS** |  |

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| **1500m**  |  |

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| --- | --- | --- | --- | --- |
| 3:41.69 | Jacob Boutera | 96 | Torun, POL | 04.03.2021 |
| 3:46.08 | Fredrik Sandvik | 98 | Uppsala, SWE | 13.02.2022 |
| 3:46.19 | Thomas Roth | 91 | Hvam | 06.02.2016 |
| 3:47.53 | Andreas Fjeld Halvorsen | 05 | Hvam | 04.02.2023 |
| 3:50.54 | Sigurd Blom Breivik | 96 | Ulsteinvik | 04.02.2017 |
| 3:54.92 | Vegard Løberg Gjelsvik | 92 | Trondheim/Ra | 12.02.2011 |
| 3:55.20 | Vetle Aasland | 91 | Steinkjer | 11.02.2012 |
| 3:55.46 | Merith Solomon | 91 | Hvam | 10.03.2023 |
| 3:55.79 | Erik Udø Pedersen | 94 | Rud | 01.02.2020 |
| 3:55.92 | Trym Fjøsne Hexeberg | 03 | Hvam | 10.03.2023 |
| 3:57.16 | Kristian Bråthen Børve | 06 | Rud | 18.02.2023 |
| 3:57.32 | Henrik Hanssen | 97 | Rud | 18.02.2023 |
| 3:57.90 | Benjamin Olsen | 04 | Ulsteinvik | 05.02.2022 |
| 4:00.92 | Andreas Lindebø Kværner | 06 | Hvam | 04.02.2023 |
| 4:01.11 | Jørgen Frost Bø | 94 | Sandnes | 09.03.2012 |
| 4:03.74 | Stian Klungland | 93 | Steinkjer | 10.03.2013 |
| 4:05.15 | Nicolai Smestad | 92 | Sandnes | 09.03.2012 |
| 4:05.59 | Sondre Strand Omland | 07 | Steinkjer | 04.03.2022 |
| 4:06.38 | Nahan Tewelde | 06 | Hvam | 10.03.2023 |
| 4:07.76 | Eivind Klokkehaug | 91 | Rud | 03.02.2018 |
| 4:09.88 | Hans Jørgen Borgen | 70 | Askim | 12.02.1989 |
| 4:10.02 | Anders Sandholtbråten | 76 | Stange | 14.01.1995 |
| 4:14.02 | Andreas Ullern Tonning | 04 | Hvam | 04.02.2023 |
| 4:14.30 | Jørgen Gundersen | 95 | Hvam | 06.02.2016 |
| 4:17.07 | Peder Holm | 92 | Trondheim/Ra | 13.03.2011 |
| 4:17.7 | Hans Georg Haug | 67 | Oslo/Ek | 09.03.1985 |
| 4:18.5 | Ronny Opaker | 66 | Oslo/Ek | 03.03.1984 |
| 4:19.22 | Tore Lauritzen | 68 | Stange | 18.02.1995 |
| 4:20.58 | Jonas Krossøy | 95 | Haugesund | 02.02.2013 |
| 4:22.40 | Hauk Are Fjeld | 94 | Rud | 09.03.2014 |
| 4:22.84 | Philip Gundersen | 07 | Ulsteinvik | 05.03.2023 |
| 4:25.00 | Ole-Kristian Lindebø Kværner  | 05 | Hvam | 22.01.2022 |
| 4:25.69 | Morten Kristiansen | 77 | Stange | 14.01.1995 |
| 4:26.43 | Jonas Haarborg Bolgen | 96 | Steinkjer | 10.03.2013 |
| 4:26.44 | Jens Kristian Aas | 05 | Hvam | 04.02.2023 |
| 4:27.84 | Tore Klungland | 97 | Rud | 03.03.2017 |
| 4:27.97 | Tommy Torgersen | 70 | Stange | 15.01.2005 |
| 4:28.15 | Åsmund Wennemo | 94 | Steinkjer | 10.03.2013 |
| 4:28.49 | Jonas Kveen | 03 | Hvam | 04.02.2023 |
| 4:29.05 | Stian Aaserud | 81 | Stange | 16.03.1997 |
| 4:29.11 | Fredrik Anthi Svinø | 92 | Stange | 23.01.2010 |
| 4:32.45 | Francesco Bazzanella | 87 | Stange | 30.01.2005 |

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| **MENN SENIOR**  | **144** |

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| **INNENDØRS** |  |

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| **1500m forts.** |  |

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| 4:33.37 | Tore Klungland | 97 | Steinkjer | 10.03.2013 |
| 4:33.60 | Kevin Fritz | 91 | Stange | 01.02.2009 |
| 4:38.86 | Dag Amundsen | 51 | Stange | 28.02.1998 |
| 4:49.11 | Petter Stensby | 52 | Stange | 01.03.1997 |
| 4:55.92 | Ståle Murud | 69 | Stange | 13.01.2007 |
| 5:12.72 | Jan Erik Rybråten | 53 | Stange | 27.03.2004 |

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| **1500m overlang bane 333m** |  |

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| 3:49.13 | Sigurd Blom Breivik | 96 | Tammerfors, FIN | 10.02.2017 |

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| **MENN SENIOR**  | **145** |

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| **INNENDØRS** |  |

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| **3000m** |  |

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|  7:51.15 | Per Svela | 92 | Sandnes | 26.02.2022 |
|  8:11.97 | Andreas Fjeld Halvorsen | 05 | Hvam | 12.03.2022 |
|  8:14.90 | Awet Kibrab | 95 | Hvam | 12.03.2022 |
|  8:26.90 | Erik Udo Pedersen | 94 | Rud | 02.02.2020 |
|  8:29.66 | Eskil Kinneberg | 92 | Malmø, SWE | 27.02.2016 |
|  8:32.64 | Fredrik Sandvik | 98 | Ulsteinvik | 06.02.2022 |
|  8:33.01 | Senay Fissehatsion | 95 | Hvam | 12.03.2022 |
|  8:37.33 | Robin Emil Kronqvist | 00 | Hvam | 12.03.2022 |
|  8:49.43 | Markus Høgne | 98 | Rud | 10.02.2017 |
|  8.55.64 | Abraherir Dahir | 94 | Hvam | 12.03.2022 |
|  9:07.53 | Ole Johan Garli | 56 | Stange | 06.02.1994 |
|  9:07.62 | Nikolai Solum | 05 | Hvam | 12.03.2022 |
|  9:19.37 | Tommy Torgersen | 70 | Stange | 15.01.2005 |
|  9:22.44 | Jens Kristian Aas | 05 | Hvam | 12.03.2022 |
|  9:37.36 | Jonas Krossøy | 95 | Rud | 09.02.2019 |
|  9:37.50 | Peder Holm | 92 | Trondheim/Ra | 13.02.2011 |
|  9:37.53 | Jonas Kveen | 03 | Rud | 11.02.2023 |
|  9:39.01 | Lars Øyre | 54 | Stange | 03.03.1996 |
|  9:50.10 | Runar Sannerud | 75 | Hvam | 05.03.2017 |
|  9:50.38 | Petter Stensby | 52 | Stange | 06.02.1994 |
|  9:57.54 | Andreas Ullern | 04 | Hvam | 12.03.2022 |
| 10:02.89 | Torbjørn Liestøl | 73 | Hvam | 10.03.2019 |
| 10:14.59 | Dag Amundsen | 51 | Stange | 25.03.2001 |

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

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|  8.11 | Marcus Theodor Moen | 99 | Rud | 04.02.2018 |
|  8.12 | Tom Erik Olsen | 74 | Lillestrøm | 19.02.1995 |
|  8.42 | Jo Henning Hals Nilssen | 68 | Stange | 18.01.1992 |
|  8.71 | Jostein Salemonsen | 73 | Stange | 12.02.1995 |
|  9.02 | Ole Petter Henriksen | 63 | Oslo/Ek | 24.01.1987 |
| 12.56 | Rene Beyer | 73 | Lillestrøm | 31.01.2009 |

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| **MENN SNIOR**  | **146** |

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| **INNENDØRS** |  |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.91 | Tom Erik Olsen | 74 | Drammen | 23.02.1992 |
| 1.90 | Frode Myrvang | 67 | Drammen | 29.01.1984 |
| 1.86 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |
| 1.86 | Michael Reklev | 04 | Steinkjer | 05.03.2022 |
| 1.85 | Even Jakob Ragnhildsløkken | 08 | Rud | 25.11.2023 |
| 1.80 | Nicolas Reklev | 07 | Hvam | 02.12.2023 |
| 1.78 | Marcus Theodor Moen | 99 | Stange | 23.03.2014 |
| 1.75 | Morten Knutsen | 70 | Drammen | 08.02.1986 |
| 1.75 | Vetle Aasland | 91 | Askim | 24.01.2010 |
| 1.70 | Odd Arne Urnes | 73 | Lillestrøm | 02.12.1989 |
| 1.70 | Ansgar Gulbrandsen | 44 | Stange | 28.02.1993 |
| 1.70 | Henning Forsland | 80 | Lillestrøm | 03.03.1996 |
| 1.70 | Vadim Pechersky | 85 | Hvam | 02.12.2023 |
| 1.67 | Victor Rosenlind | 00 | Rud | 14.01.2017 |
| 1.65 | Morten Halseth | 97 | Stange | 18.03.2012 |
| 1.60 | Bent Helseth | 53 | Lillestrøm/Pl | 15.02.1970 |
| 1.60 | Christer Amundsen | 92 | Lillestrøm | 17.01.2007 |
| 1.60 | Emil Nordal | 03 | Rud | 11.02.2018 |
| 1.60 | Alan Ringo | 07 | Hvam | 04.02.2023 |
| 1.58 | Ivar Opsahl | 47 | Stange | 05.03.1995 |
| 1.55 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 1.55 | Rene Beyer | 73 | Lillestrøm | 29.03.2009 |
| 1.55 | Aldric Kenarikdijan | 09 | Hvam | 02.12.2023 |
| 1.50 | Torbjørn Strand | 76 | Lillestrøm | 02.12.1989 |
| 1.50 | Jon Arne Skiaker | 79 | Lillestrøm | 22.02.1992 |
| 1.50 | Henrik Jakobsen | 01 | Stange | 22.03.2015 |
| 1.45 | Trygve Stuve Dahl | 07 | Hvam | 25.01.2020 |
| 1.40 | Ola Sandvær Aamodt | 95 | Lillestrøm | 26.01.2008 |
| 1.40 | Jørgen Stuve Dahl | 04 | Stange | 25.03.2019 |
| 1.40 | Iver Løvgaard Faksvåg | 09 | Rud | 26.11.2022 |
| 1.32 | John Arve Johansen | 36 | Drammen | 20.03.2004 |
| 1.31 | Claus Nerhagen | 59 | Lillestrøm/Pl | 29.03.1971 |
| 1.30 | Kenneth Warming | 82 | Lillestrøm | 06.03.1994 |
| 1.30 | Lars Sutterud | 90 | Lillestrøm | 01.02.2003 |
| 1.30 | Anthony Davies | 92 | Oslo/Ek | 08.03.2003 |
| 1.29 | Håvard Lund | 24 | Stange | 04.03.1995 |
| 1.27 | Bjørn Hytjanstorp | 66 | Hvam | 13.03.2016 |
| 1.25 | Jon Arne Skiaker | 79 | Oslo/Ek | 03.03.1991 |
| 1.25 | Lars Sutterud | 90 | Lillestrøm | 02.03.2002 |
| 1.25 | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
| 1.20 | Eirik Magnus Holter | 99 | Oslo/Ek | 05.12.2009 |
| 1.20 | Sondre Westby Liestøl | 99 | Lillestrøm | 28.01.2012 |
| 1.20 | Benjamin Andersen | 00 | Stange | 16.03.2013 |
| 1.20 | Håvard Aleksander Strøm | 10 | Hvam | 04.12.2021 |
| **MENN SENIOR**  | **147** |

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| **INNENDØRS** |  |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 4.50 | Tom Erik Olsen | 74 | Drammen | 22.02.1992 |
| 4.30 | Filip Aas | 00 | Rud | 23.03.2017 |
| 3.60 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |
| 3.50 | Odd Arne Urnes | 73 | Askim | 12.02.1989 |
| 2.70 | Ivar Opsahl | 47 | Stange | 04.03.1995 |
| 2.60 | Victor Rosenlind | 00 | Hvam | 16.01.2016 |
| 2.40 | John Arve Johansen | 36 | Stange | 26.02.2005 |

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| **MENN SENIOR**  | **148** |

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| **INNENDØRS** |  |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.82 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |
| 6.75 | Tom Erik Olsen | 74 | Askim | 16.02.1992 |
| 6.18 | Terje Grime | 59 | Stange | 05.02.1994 |
| 6.15 | Michael Reklev | 05 | Rud | 12.02.2022 |
| 6.13 | Morten Knutsen | 70 | Lillestrøm | 16.02.1986 |
| 6.00 | Stein Tore Klungland | 58 | Drammen | 13.01.2013 |
| 5.84 | Marcus Theodor Moen | 99 | Karlstad, SWE | 17.01.2015 |
| 5.75 | Frode Nygård | 69 | Oslo/Ek | 11.03.1989 |
| 5.72 | Nils Kristen Wiig | 43 | Lillestrøm/Pl | 15.02.1970 |
| 5.53 | Even Jacob Ragnhildsløkken | 08 | Hvam | 02.12.2023 |
| 5.46 | Andreas Roth | 93 | Lillestrøm | 29.03.2009 |
| 5.44 | Bjørn Flatby | 79 | Lillestrøm | 19.02.1995 |
| 5.35 | Jon Arne Skiaker | 79 | Lillestrøm | 19.02.1995 |
| 5.22 | Vegard Løberg Gjelsvik | 92 | Karlstad, SWE | 03.03.2007 |
| 5.20 | Petter Lyngmo | 81 | Lillestrøm | 03.03.1996 |
| 5.16 | Anthony Davies | 92 | Drammen | 17.12.2006 |
| 5.10 | Fredrik Veiby | 99 | Stange | 21.02.2015 |
| 4.84 | Christer Amundsen | 92 | Stange | 27.01.2007 |
| 4.84 | Victor Rosenlind | 00 | Stange | 21.02.2015 |
| 4.83 | Jan Terje Forsland | 78 | Lillestrøm | 06.03.1994 |
| 4.80 | Emil Nordal | 03 | Uddevalla, SWE | 14.01.2018 |
| 4.79 | Jonathan Joo | 91 | Karlstad, SWE | 18.02.2006 |
| 4.76 | Alan Ringo | 07 | Ulsteinvik | 04.03.2023 |
| 4.75 | Per Ole Ramstad | 78 | Lillestrøm | 06.03.1994 |
| 4.75 | Iver Laake | 01 | Hvam | 10.12.2016 |
| 4.64 | Johan Glenderød Tovari | 94 | Rud | 30.11.2019 |
| 4.57 | John Arve Johansen | 36 | Drammen | 22.03.2003 |
| 4.47 | Harald Lindstrøm | 54 | Lillestrøm/Pl | 15.02.1970 |
| 4.46 | Jonas Wenger | 99 | Stange | 02.02.2013 |
| 4.25 | Frode Myrvang | 67 | Hvam | 18.01.2020 |
| 4.23 | Sondre Opaker Øines | 98 | Lillestrøm | 28.01.2012 |
| 4.19 | Henrik Jakobsen | 01 | Stange | 21.03.2015 |
| 4.16 | Claus Nerhagen | 59 | Lillestrøm/Pl | 15.02.1970 |

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| **MENN SENIOR**  | **149** |

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| **INNENDØRS** |  |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 13.21 | Terje Grime | 59 | Stange | 02.03.1997 |
| 12.92 | Morten Knutsen | 70 | Askim | 31.01.1987 |
| 12.26 | Stein Tore Klungland | 58 | Budapest, HUN | 27.03.2014 |
| 11.54 | Even Ragnhildsløkken | 08 | Rud | 12.02.2023 |
| 11.03 | Vadim Pechersky | 85 | Hvam | 31.12.2023 |
|  9.12 | John Arve Johansen | 36 | Stange | 27.02.2005 |
|  8.79 | Lasse Johannesen | 79 | Hvam | 10.03.2019 |

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| **Tresteg uten tilløp** |  |

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

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| **MENN SENIOR**  | **150** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.56 | Kai Hole | 42 | Årnes/Fj | 19.03.1976 |
| 1.55 | Michael Reklev | 05 | Hvam | 22.12.2022 |
| 1.48 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 11.06.1986 |
| 1.48 | Lars Petter Syversrud | 69 | Jessheim/Je | 10.03.1987 |
| 1.45 | Runar Homble | 72 | Jessheim/Je | 20.02.1992 |
| 1.43 | Kjell Larsen | 37 | Eidsvoll | 10.03.1957 |
| 1.40 | Bjørn Pettersen | 36 | Jessheim | 15.02.1959 |
| 1.40 | Frode Myrvang  | 67 | Jessheim/Je | 16.03.1989 |
| 1.40 | Even Ragnhildsløkken | 08 | Hvam | 22.12.2022 |
| 1.38 | Johannes Harviken | 43 | Gardermoen | 25.02.1961 |
| 1.35 | Einar Hellum | 47 | Jessheim | 26.02.1966 |
| 1.35 | Ivar Opsahl | 47 | Lillestrøm/Kj | 16.03.1974 |
| 1.35 | Ola Nerhagen | 71 | Jessheim/Je | 10.03.1987 |
| 1.35 | Jan-Olav Arnegård | 71 | Jessheim/Je | 10.03.1987 |
| 1.35 | Odd Arne Urnes | 73 | Årnes/Ne | 10.02.1989 |
| 1.35 | Ansgar Gulbrandsen | 44 | Jessheim/Je | 16.03.1989 |
| 1.31 | Tormod Holand | 33 | Årnes | 05.03.1951 |
| 1.31 | Arne Østerud | 31 | Lillestrøm/Vi | 16.03.1958 |
| 1.31 | Jonny Høgseth | 41 | Jessheim | 15.02.1959 |
| 1.31 | Jarle Sæthermoen | 70 | Jessheim/Je | 12.03.1985 |
| 1.30 | Shaun Matheson | 43 | Jessheim | 26.02.1966 |
| 1.30 | Øistein Nesje | 49 | Jessheim | 26.02.1966 |
| 1.30 | Jon Martinsen | 47 | Jessheim | 26.02.1966 |
| 1.30 | Frode Nygård | 69 | Jessheim/Je | 16.03.1989 |
| 1.30 | Molvin Knutsen | 62 | Jessheim/No | 19.04.2004 |
| 1.30 | Jonathan Joo | 91 | Jessheim | 12.02.2007 |
| 1.28 | Lars Georg Aas | 92 | Jessheim/No | 13.03.2006 |
| 1.27 | Thomas Roth | 91 | Jessheim | 03.03.2008 |
| 1.20 | Kåre Laake | 64 | Fetsund | 15.03.1980 |
| 1.20 | Ole Semming Wiig | 69 | Jessheim/Je | 12.03.1985 |
| 1.20 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 10.03.1988 |
| 1.20 | Glenn Myrland | 72 | Jessheim/Je | 16.03.1989 |
| 1.20 | Stig Erik Larsen | 75 | Jessheim/Je | 16.03.1989 |
| 1.20 | Espen Hofoss | 76 | Nittedal | 09.03.1996 |
| 1.17 | Håvard Lund | 24 | Jessheim/Je | 20.02.1992 |
| 1.15 | Frode Grøndahl | 69 | Jessheim/Je | 12.03.1985 |
| 1.15 | Torbjørn Strand | 76 | Jessheim/Je | 16.03.1989 |

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| **MENN SENIOR**  | **151** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 3.11 | Anfinn Thoresen | 34 | Lillestrøm/Vi | 04.03.1956 |
| 3.11 | Ola Nerhagen | 71 | Dokka | 08.03.1987 |
| 3.06 | Lars Petter Syversrud | 69 | Jessheim/Je | 10.03.1987 |
| 3.05 | Martin Bratfos | 47 | Skedsmo/ST | 04.03.1978 |
| 2.94 | Kjell Larsen | 37 | Jessheim | 15.02.1959 |
| 2.94 | Jan-Olav Arnegård | 71 | Jessheim/Je | 16.03.1989 |
| 2.92 | Øistein Nesje | 49 | Lillestrøm/Kj | 12.03.1967 |
| 2.92 | Jo Henning Hals Nilssen | 68 | Årnes/Ne | 27.02.1987 |
| 2.92 | Runar Homble | 72 | Jessheim/Je | 16.03.1989 |
| 2.92 | Tor Eilert Navestad | 81 | Jessheim/No | 19.04.2004 |
| 2.91 | Bjørn Pettersen | 36 | Jessheim | 15.02.1959 |
| 2.91 | Sander Steen Myrvang | 00 | Rud | 02.04.2019 |
| 2.90 | Anfinn Thoresen | 34 | Lillestrøm/Vo | 05.03.1954 |
| 2.89 | Ivar Opsahl | 47 | Lillestrøm/Kj | 16.03.1974 |
| 2.88 | Knut Fossum | 22 | Lillestrøm/Vo | 05.08.1939 |
| 2.85 | Thor Martin Furuseth | 41 | Lillestrøm/Vi | 16.03.1958 |
| 2.85 | Morten Knutsen | 70 | Jessheim/Je | 10.03.1987 |
| 2.83 | Tormod Holand | 33 | Årnes | 04.03.1950 |
| 2.82 | Thomas Roth | 91 | Jessheim | 03.03.2008 |
| 2.82 | Marcus Theodor Moen | 99 | Haukås | 21.12.2019 |
| 2.80 | Arne Østerud | 31 | Lillestrøm/Hø | 16.03.1958 |
| 2.79 | Thor Halvorsen | 46 | Jessheim | 26.03.1962 |
| 2.79 | Jon Martinsen | 47 | Lillestrøm | 27.04.1965 |
| 2.78 | Jens Kristian Sørum | 32 | Kløfta | 24.04.1954 |
| 2.77 | Asbjørn Lund | 23 | Kløfta | 04.03.1948 |
| 2.77 | Ansgar Gulbrandsen | 44 | Jessheim/Je | 10.03.1988 |
| 2.76 | Ørnulf Brekke | 67 | Jessheim/Je | 12.03.1985 |
| 2.76 | Gudmund Bjotveit | 77 | Jessheim | 21.03.1992 |
| 2.75 | Gudbrand Helmen | 35 | Lillestrøm/Hø | 16.03.1958 |
| 2.75 | Frode Myrvang | 67 | Jessheim/Je | 16.03.1989 |
| 2.75 | Ansgar Gulbrandsen | 44 | Jessheim/Je | 16.03.1989 |
| 2.75 | Jonathan Joo | 91 | Jessheim | 12.02.2007 |
| 2.73 | Marius Fuglerud | 88 | Jessheim | 03.03.2008 |
| 2.72 | Johannes Harviken | 43 | Gardermoen | 25.02.1961 |
| 2.72 | Odd Arne Urnes | 73 | Jessheim/Je | 16.03.1989 |
| 2.72 | Knut Rune Hansen | 58 | Råholt | 31.10.2004 |
| 2.71 | Kai Hole | 42 | Skedsmo/ST | 04.03.1978 |
| 2.70 | Frode Grøndahl | 69 | Jessheim/Je | 10.03.1987 |
| 2.69 | Kristoffer Stanger | 33 | Lillestrøm/Hø | 16.03.1958 |
| 2.69 | Shaun Matheson | 43 | Gardermoen | 25.02.1961 |
| 2.69 | Thor Lasse Johansen | 63 | Fetsund | 15.03.1980 |
| 2.68 | Steinar Strøm | 42 | Jessheim | 03.04.1960 |
| 2.68 | Johannes Svensson | 34 | Gardermoen | 25.02.1961 |

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| **MENN SENIOR**  | **152** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp forts.** |  |

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| --- | --- | --- | --- | --- |
| 2.68 | Johnny Brenna | 64 | Hvam | 09.03.2019 |
| 2.67 | Sven Inge Bråten | 76 | Jessheim | 20.02.1992 |
| 2.67 | Vegard Løberg Gjelsvik | 92 | Jessheim | 03.03.2008 |
| 2.65 | Einar Hellum | 47 | Jessheim | 26.03.1962 |
| 2.61 | Arne Bjørndal | 70 | Jessheim/Je | 12.03.1985 |
| 2.61 | Terje Grime | 59 | Lillestrøm | 05.03.2007 |
| 2.61 | Kevin Fritz | 91 | Jessheim | 03.03.2008 |
| 2.60 | Hans Kristian Hansen | 41 | Lillestrøm/Vi | 16.03.1958 |
| 2.60 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 16.03.1989 |
| 2.60 | Martin Jørgensen | 90 | Jessheim/No | 16.01.2006 |
| 2.59 | Molvin Knutsen | 62 | Jessheim/No | 19.04.2004 |
| 2.55 | Roger Rønning | 71 | Jessheim/Je | 12.03.1985 |
| 2.55 | Glenn Erik Myrland | 72 | Jessheim/Je | 16.03.1989 |
| 2.55 | Frode Nygård | 69 | Jessheim/Je | 16.03.1989 |
| 2.54 | Morten Gaarder | 60 | Skedsmo/ST | 04.03.1978 |
| 2.54 | Johan Glenderud Torvari | 93 | Haugesund | 03.02.2019 |
| 2.54 | Even Ragnhildsløkken | 08 | Hvam | 31.12.2022 |
| 2.52 | Hans Jørgen Borgen | 70 | Jessheim/No | 14.03.2005 |
| 2.51 | Øivind Østby | 63 | Skårer/Kj | 25.03.1979 |
| 2.51 | Lars Georg Aas | 92 | Jessheim/No | 13.03.2006 |
| 2.50 | Espen Hofoss | 76 | Nittedal | 09.03.1996 |
| 2.47 | Fritz Lundby | 42 | Gardermoen | 25.02.1961 |
| 2.47 | Terje Finnebråten | 48 | Jessheim | 26.03.1962 |
| 2.47 | Eirik Johansen | 84 | Jessheim/No | 14.03.2005 |
| 2.47 | Andreas Løland | 90 | Jessheim | 12.02.2007 |
| 2.46 | Jon Arne Skiaker | 79 | Lillestrøm | 27.11.1992 |
| 2.45 | Erlend Morthen | 92 | Jessheim/No | 13.02.2006 |
| 2.41 | Ørnulf Brekke | 67 | Haga/Fr | 26.03.1982 |
| 2.41 | Jan Olav Skibakk | 71 | Jessheim/Je | 10.03.1987 |
| 2.41 | Fredrik Fuglerud | 89 | Jessheim | 14.03.2005 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.60 | Vidar Rasmussen | 67 | Stange | 29.01.2011 |
| 10.54 | Bjørn Arne Kristiansen | 68 | Lillestrøm | 26.03.2011 |
| 10.36 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |
| 10.00 | Frode Myrvang | 67 | Hvam | 09.12.2017 |
|  9.77 | Rene Beyer | 73 | Lillestrøm | 29.03.2009 |
|  8.78 | Terje Aastorp | 56 | Hvam | 25.01.2020 |
|  8.15 | Ove Aastorp | 56 | Hvam | 10.12.2016 |
|  7.92 | Lasse Johannesen | 79 | Hvam | 26.01.2019 |
|  7.48 | Mats Lindstrøm | 65 | Stange | 20.03.2011 |
|  7.21 | Johan Kristoffersen | 93 | Rud | 25.11.2023 |

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| **MENN SENIOR**  | **153** |

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| **INNENDØRS** |  |

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

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

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| **4x100m E** |  |

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

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

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| 59.16 | G14 |  | Stange | 14.03.2009 |
| Morten Halseth97-Jonas Haarborg Bolgen96-Thomas Løland95-Anders Rødland |

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

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| --- | --- | --- | --- | --- |
| 59.89 | G14 |  | Stange | 20.03.2010 |
| Jørgen Opaker97-Jonas Haarberg Bolgen96-Morten Halseth97-Sindre Bjørnstad96 |

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| 63.19 | G11 |  | Stange | 15.03.2003 |
| Anthony Davies92-Christer Amundsen92-Eivind Damstuen92-Michael Løland92 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 68.29 | G12 |  | Stange | 14.03.2009 |
| Jørgen Opaker97-Sondre Opaker Øines98-Sander Hasselberg98-Simen Hasselberg98 |

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| **4x200m** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:34.90 | M21 |  | Steinkjer | 10.03.2013 |
| Martin Syvertsen92-Elias Ottosen93-Håkon Hammeren95-Vegard Løberg Gjelsvik92 |

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| 1:35.07 | M19 |  | Sandnes | 11.03.2012 |
| Marius Mellum96-Martin Opaker94-Andreas Roth93-Henrik Huser96 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:35.70 | MS |  | Stange | 31.01.1993 |
| Thorstein Gystad67-Frode Nygård69-Kjetil Brynhildsen71-Runar Homble72 |

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| **MENN SENIOR**  | **154** |

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| **INNENDØRS** |  |

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| **1000m** |  |

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

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| --- | --- | --- | --- | --- |
| 2:04.45 | M19 |  | Stange | 21.03.2010 |
| Marius Næss93-Njord Erlend Wiker91-Vegard Løberg Gjelsvik92-Vetle Aasland91 |

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| 2:05.02 | G18 |  | Stange | 15.03.2009 |
| Martin Opaker94-Njord Erlend Wiker91-Vegard Gjelsvik92-Thomas Roth91 |

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

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

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