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| **GUTTER 22** | **267** |

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| **100m E** |  |

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| 11.48 | Øystein Iversen | 73 | Sofiemyr | 23.07.1995 |
| 11.87 | Louis Santiago | 91 | Oslo/Bi | 29.08.2013 |
| 12.11 | Kjetil Brynhildsen | 71 | Bjørkelangen | 15.05.1993 |
| 12.22 | Kjell Vidar Solheim | 70 | Jessheim | 27.08.1992 |

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| **100m M** |  |

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| 12.0 | Hans Fodstad | 27 | Hauerseter | 20.08.1949 |
| 12.0 | Halvor Bogstad | 46 | Råholt | 10.06.1968 |
| 12.1 | Otto Lystad | 09 | Jessheim | 21.08.1931 |
| 12.2 | Harald Furuseth | 07 | Jessheim | 09.06.1929 |
| 12.2 | Anfinn Thoresen | 34 | Kløfta | 22.08.1956 |
| 12.4 | Halvard Bratberg | 02 | Jessheim | 06.07.1924 |
| 12.4 | Johan N. Wiig | 17 | Kløfta | 07.07.1939 |
| 12.4 | Kåre Bang | 30 | Kløfta | 09.06.1951 |
| 12.8 | Reidar Sand | 07 | Jessheim | 09.06.1929 |
| 12.8 | John Johansen | 36 | Kløfta | 05.08.1958 |
| 13.3 | Olav Vestengen | 11 | Jessheim | 08.10.1933 |
| 13.5 | Ivar Algarheim | 12 | Jessheim | 10.06.1934 |

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| **200m E** |  |

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| 22.62 | Markus Einan | 97 | Oslo/Bi | 27.08.2019 |
| 23.28 | Håvard Hildeskor | 92 | Lillehammer/Ss | 22.06.2014 |
| 23.39 | Øystein Iversen | 73 | Oslo/Bi | 01.07.1995 |
| 23.45 | Martin Syversen Lundemo | 92 | Oslo/Bi | 16.08.2014 |
| 24.44 | Gudbrand Rognstad | 82 | Jessheim | 12.07.2004 |
| 24.75 | Halvor Marius Mangerud | 81 | Jessheim | 18.08.2003 |
| 24.92 | Kjell Vidar Solheim | 70 | Oslo/Tr | 22.06.1992 |

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| **200m M** |  |

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| 24.0 | Kjetil Brynhildsen | 71 | Jessheim | 27.09.1993 |
| 24.3 | Kjell Vidar Solheim | 70 | Jessheim | 06.07.1992 |
| 24.6 | Halvor Bogstad | 46 | Råholt | 17.07.1968 |
| 24.7 | Kjell Frostlid | 61 | Løken | 20.08.1983 |
| 25.4 | Kåre-Christian Olsen | 64 | Jessheim | 25.09.1986 |
| 25.5 | Lars Stokstad | 18 | Eidsvoll | 25.08.1940 |
| 26.0 | Johan N. Wiig | 17 | Jessheim | 01.08.1939 |
| 26.4 | John Arve Johansen | 36 | Råholt | 07.06.1958 |
| 27.9 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |

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| **300m E** |  |

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| --- | --- | --- | --- | --- |
| 38.38 | Martin Lundemo Syvertsen | 92 | Nadderud | 06.05.2014 |

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| **GUTTER 22** | **268** |

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| **400m E** |  |

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| 47.46 | Andreas Roth | 93 | Lillehammer/Ss | 20.06.2015 |
| 48.16 | Thomas Roth | 91 | Oslo/Bi | 03.09.2013 |
| 48.18 | Markus Einan | 97 | Jessheim | 06.06.2019 |
| 50.57 | Hauk Are Fjeld | 94 | Oslo/Bi | 24.05.2016 |
| 50.68 | Håvard Hildeskor | 92 | Nadderud | 15.06.2014 |
| 51.40 | Øystein Iversen | 73 | Sofiemyr | 23.07.1995 |
| 51.57 | Kjetil Brynhildsen | 71 | Oslo/Tr | 1808.1993 |
| 51.87 | Martin Lundemo Syversen | 02 | Oslo/Bi | 17.07.2014 |
| 53.12 | Halvor Marius Mangerud | 81 | Jessheim | 25.09.2003 |
| 53.36 | Kjell Vidar Solheim | 70 | Sofiemyr | 13.06.1992 |
| 54.40 | Johan Sebastian Evensen | 96 | Lillestrøm | 27.05.2018 |
| 64.60 | Alf Roger Holme | 77 | Jessheim | 22.07.1999 |

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| **400m M** |  |

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| 51.0 | Kjetil Brynhildsen | 71 | Jessheim | 01.06.1993 |
| 51.3 | Øystein Iversen | 73 | Sofiemyr | 23.07.1995 |
| 53.6 | Nils Kristen Wiig | 43 | Råholt | 07.08.1965 |
| 55.2 | Kåre-Christian Olsen | 64 | Jessheim | 11.08.1986 |
| 55.8 | Gunnar Ruud | 17 | Lillestrøm | 19.08.1939 |
| 56.1 | Trygve Stanger | 62 | Jessheim | 22.06.1984 |
| 56.1 | Ole Pedersen | 67 | Jessheim | 30.05.1989 |
| 56.4 | Ronny Opaker | 66 | Jessheim | 11.08.1988 |
| 56.6 | Anfinn Thoresen | 34 | Jessheim | 22.08.1956 |
| 57.0 | Johan N. Wiig | 17 | Lillestrøm | 19.08.1939 |
| 57.1 | Erik Lerdahl | 10 | Gjøvik | 17.07.1932 |
| 56.8 | Otto Lystad | 09 | Jessheim | 05.07.1931 |
| 58.6 | Halvor Bogstad | 46 | Råholt | 22.08.1968 |
| 59.3 | Kåre Lauten | 13 | Kløtfa | 21.07.1935 |
| 60.0 | Halvard Bratberg | 02 | Lillestrøm/Vi | 30.08.1924 |
| 60.0 | John Johansen | 36 | Jessheim | 06.08.1958 |
| 60.2 | Lars Julseth | 01 | Jessheim | 09.09.1923 |
| 61.5 | Ivar Algarheim | 12 | Jessheim | 10.06.1934 |
| 62.7 | Alf Nordengen | 12 | Jessheim | 09.09.1934 |

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| **600m** |  |

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| 1:25.11 | Linus Christian Bernhard | 00 | Nesodden | 01.09.2022 |
| 1:30.31 | Nani Kula | 01 | Rud | 04.05.2023 |

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| **800m** |  |

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| 1:46.77 | Andreas Kramer | 97 | Oslo/Bi | 13.06.2019 |
| 1:47.60 | Andreas Roth | 93 | Karlstad, SWE | 22.07.2015 |
| 1:47.74 | Markus Einan | 97 | Oslo/Bi | 13.06.2019 |

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| **GUTTER 22** | **269** |

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| **800m forts.** |  |

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| 1:47.85 | Thomas Roth | 91 | Oordegem BEL | 01.06.2013 |
| 1:51.62 | Håvard Hildeskor | 92 | Göteborg, SWE | 29.06.2014 |
| 1:52.87 | Vetle Aasland | 91 | Berlin, GER | 18.05.2013 |
| 1:52.95 | Hauk Are Fjeld | 94 | Nadderud | 11.06.2016 |
| 1:55.75 | Elias Ottosen | 93 | Oslo/Bi | 24.06.2015 |
| 1:55.75 | Henrik Hanssen | 97 | Prestfoss | 25.08.2019 |
| 1:57.47 | Njord Erlend Wiker | 91 | Oslo/Bi | 17.08.2013 |
| 1:57.79 | Kjetil Brynhildsen | 71 | Oslo/Bi | 13.07.1993 |
| 1:58.1 | Kjell Frostelid | 61 | Oslo/St | 29.06.1983 |
| 1:58.37 | Linus Christian Bernhard | 00 | Nittedal | 17.09.2022 |
| 1:59.4 | Vidar Birkelund | 56 | Oslo/St | 16.05.1978 |
| 1:59.6 | Torgeir Sørum | 45 | Råholt | 27.08.1967 |
| 1:59.72 | Håkon Hanssønn Jacobsen | 96 | Nittedal | 02.06.2018 |
| 2:00.24 | Carl Jørgen Owre | 82 | Geithus | 04.09.2005 |
| 2:00.3 | Kjell Vidar Solheim | 70 | Jessheim | 24.09.1992 |
| 2:00.35 | Nikolai Smestad | 92 | Oslo/Sp | 08.06.2014 |
| 2:01.3 | Kjell Stokkan | 66 | Strørdal | 17.08.1988 |
| 2:01.62 | Ole Johan Pedersen | 67 | Jessheim | 03.07.1989 |
| 2:02.40 | Halvor Marius Mangerud | 81 | Arvika, SWE | 26.07.2003 |
| 2:02.82 | Ronny Opaker | 66 | Oslo/Bi | 13.07.1988 |
| 2:03.4 | Nils Kristen Wiig | 43 | Råholt | 08.08.1965 |
| 2:03,89 | Jonas Krossøy | 95 | Oslo/Be | 20.08.2017 |
| 2:05.4 | Kjell Reiestad | 46 | Jessheim | 20.06.1968 |
| 2:05.50 | Johan Sebastian Evensen | 96 | Oslo/Bi | 18.07.2018 |
| 2:06.7 | Erlend Skare | 73 | Jessheim | 14.08.1995 |
| 2:06.9 | Sverre Fosstveit | 47 | Råholt | 24.08.1969 |
| 2:07.13 | Øivind Lund | 83 | Jessheim | 22.08.2005 |
| 2:09.0 | Erik Lerdahl | 10 | Lillestrøm/Vi | 24.07.1932 |
| 2:09.6 | Arne Luke | 44 | Råholt | 06.07.1966 |
| 2:12.7 | Michael Løland | 92 | Jessheim | 04.10.2014 |
| 2:13.1 | Halvard Bogsrud | 29 | Jessheim | 29.07.1951 |
| 2:14.8 | Odd Kinnsbekken | 48 | Råholt | 01.07.1970 |
| 2:15.95 | Thomas Randem | 71 | Bjørkelangen | 05.06.1993 |
| 2:16.88 | Gudbrand Rognstad | 82 | Lillehammer/Ss | 27.06.2004 |
| 2:23.9 | Lars Stokstad | 18 | Eidsvoll | 28.08.1940 |
| 2:24.1 | John Arve Johansen | 36 | Kløfta | 18.09.1958 |
| 2:26.6 | Anders Knudsen | 73 | Jessheim | 14.08.1995 |

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| **1000m** |  |

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| 2:29.39 | Hauk Are Fjeld | 94 | Göteborg, SWe | 15.07.2016 |
| 2:41.6 | Anders Sandholtbråten | 76 | Jessheim | 27.09.1983 |

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| **GUTTER 22** | **270** |

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| **1500m** |  |

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| 3:47.32 | Fredrik Sandvik | 98 | Oslo/Bi | 25.08.2020 |
| 3:53.44 | Henrik Hanssen | 97 | Göteborg, SWe | 16.08.2019 |
| 3:54.5 | Harald Lindstrøm | 54 | Oslo/Bi | 01.07.1976 |
| 3:58.84 | Robin Emil Kronkvist | 00 | Jessheim | 01.06.2022 |
| 4:02.6 | Torgeir Sørum | 45 | Råholt | 24.08.1967 |
| 4:04.79 | Hauk Are Fjeld | 94 | Jessheim | 02.06.2016 |
| 4:06.65 | Nikolai Smestad | 92 | Jessheim | 05.06.2014 |
| 4:07.78 | Njord Erlend Wiker | 91 | Oslo/Bi | 18.07.2013 |
| 4:10.41 | Linus Bernhard | 00 | Moelv | 10.09.2022 |
| 4:10.8 | Kjell Frostlid | 61 | Jessheim | 10.06.1983 |
| 4:11.9 | Ronny Opaker | 66 | Jessheim | 04.07.1988 |
| 4:12.3 | Stein Rosenberg | 60 | Jessheim | 14.06.1981 |
| 4:15.3 | Trygve Stanger | 62 | Jessheim | 08.06.1984 |
| 4:17.7 | Ole Pedersen | 67 | Jessheim | 12.06.1989 |
| 4:20.0 | Håvard Uhlen | 39 | Råholt | 11.06.1961 |
| 4:22.9 | Lars Lysbakken | 79 | Jessheim | 14.06.2001 |
| 4:23.4 | Ole Fredrik Mørck | 62 | Jessheim | 08.06.1984 |
| 4:27.8 | Arne Gulbrandsen | 44 | Råholt | 12.08.1966 |
| 4:27.9 | Stian Hofoss | 78 | Lillehammer/Ss | 29.06.2000 |
| 4:28.4 | Knut Larsen | 62 | Jessheim | 08.06.1984 |
| 4:31.7 | Thomas Randem | 71 | Jessheim | 23.08.1933 |
| 4:35.2 | Halvard Bålsrud | 29 | Kløfta | 09.06.1951 |
| 4:35.3 | Lars Anders Tenold | 93 | Jessheim | 04.06.2015 |
| 4:39.6 | Hans Wethal | 16 | Jessheim | 18.08.1938 |
| 4:41.9 | Rune Tunhøvd | 59 | Jessheim | 12.06.1981 |
| 4:42.5 | Bjørn Tore Ottersen | 66 | Jessheim | 13.06.1988 |
| 4:43.4 | Bjørn Egil Hytjan | 56 | Jessheim | 12.06.1978 |
| 4:45.6 | Erik Næss | 61 | Jessheim | 10.06.1983 |
| 4:46.58 | Gudbrand Rognstad | 82 | Jessheim | 12.07.2004 |
| 4:46.7 | Ola Neskleiv | 62 | Jessheim | 08.06.1984 |
| 4:54.7 | Ståle Sandstad | 58 | Jessheim | 09.06.1980 |
| 4:55.0 | Alf Nordengen | 12 | Jessheim | 09.09.1934 |
| 4:57.4 | John Arve Johansen | 36 | Råholt | 07.06.1958 |
| 5:02.0 | Rune Murud | 65 | Jessheim | 10.06.1987 |
| 5:03.9 | Harald Rutle | 68 | Jessheim | 13.06.1990 |
| 5:05.3 | Anfinn Thoresen | 34 | Rolvsrud | 12.06.1955 |
| 5:06.8 | Anders Knudsen | 73 | Jessheim | 12.06.1995 |
| 5:07.0 | Einar Martinsen | 12 | Jessheim | 09.09.1934 |
| 5:11.4 | Johan N. Wiig | 17 | Lillestrøm | 19.08.1939 |
| 5:19.3 | Odd Vidar Tenold | 61 | Jessheim | 10.06.1983 |

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| **GUTTER 22** | **271** |

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| **1 mile 1609m** |  |

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| 4:28.92 | Linus Bernhard | 00 | Moelv | 10.09.2022 |

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| **3000m** |  |

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| 7:55.88 | Fredrik Sandvik | 98 | Oslo/Bi | 03.09.2020 |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/St | 28.06.1976 |
| 8:40.76 | Henrik Hanssen | 97 | Nadderud | 14.06.2019 |
| 8:45.4 | Stein Rosenberg | 60 | Oslo/St | 25.07.1982 |
| 8:47.2 | Torgeir Sørum | 45 | Oslo/Bi | 08.09.1967 |
| 8:47.41 | Nikolai Smestad | 92 | Oslo/Bi | 17.08.2014 |
| 9:04.84 | Markus Einan | 97 | Oslo/Bi | 27.08.2019 |
| 9:18.3 | Ronny Opaker | 66 | Jessheim | 19.08.1988 |
| 9:20.18 | Johan Hoel | 94 | Lillehammer/Ss | 18.06.2016 |
| 9:27.89 | Kristian Grue | 95 | Gjøvik | 20.05.2017 |
| 9:28.2 | Erik Lerdahl | 10 | Jessheim | 11.09.1932 |
| 9:32.0 | Arne Gulbrandsen | 44 | Jessheim | 25.09.1966 |
| 9:52.0 | Håvard Uhlen | 39 | Råholt | 11.06.1961 |
| 9:55.2 | Halvard Bålsrud | 29 | Jessheim | 29.07.1951 |
| 10:09.0 | Anders Hallingstad | 77 | Jessheim | 16.08.1999 |
| 10:20.2 | Johan N. Wiig | 17 | Jessheim | 18.07.1939 |
| 10:44.6 | Harald Rutle | 68 | Jessheim | 22.08.1990 |
| 10:48.0 | Johan Karlsen | 13 | Eidsvoll | 07.07.1935 |
| 10:51.0 | John Arve Johansen | 36 | Jessheim | 01.08.1958 |
| 10:52.2 | Trygve Stokstad | 13 | Eidsvoll | 07.07.1935 |

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| **5000m** |  |

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| 14:38.78 | Bjørn Dæhlie | 67 | Oslo/Bi | 18.09.1989 |
| 15:06.2 | Harald Lindstrøm | 54 | Jessheim | 18.06.1976 |
| 15:06.72 | Nikolai Smestad | 92 | Göteborg, SWE | 27.06.2014 |
| 15:43.7 | Stein Rosenberg | 60 | Oslo/Bi | 21.07.1982 |
| 15:51.22 | Roger Mohaugen | 76 | Jessheim | 11.07.1998 |
| 15:52.4 | Kjell Stokkan | 66 | Strørdal | 30.07.1988 |
| 16:23.0 | Arne Luke | 44 | Råholt | 13.08.1966 |
| 16:34.0 | Ole Fossen | 27 | Hauerseter | 21.08.1949 |
| 16:45.0 | Sverre Fosstveit | 47 | Råholt | 10.09.1969 |
| 16:56.4 | Håvard Uhlen | 39 | Råholt | 26.08.1961 |
| 17:49.4 | Odd Kinnsbekken | 48 | Jessheim | 13.06.1970 |
| 18:02.0 | Arthur Johansen | 38 | Lillestrøm | 28.08.1960 |
| 18:16.4 | Karl Holm | 11 | Eidsvoll | 31.07.1933 |
| 18:39.6 | Sverre Lauten | 53 | Jessheim | 18.06.1975 |

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| **GUTTER 22** | **272** |

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| **10000m** |  |

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| 30:31.76 | Bjørn Dæhlie | 67 | Oslo/Bi | 22.06.1989 |
| 32:57.2 | Stein Rosenberg | 60 | Oslo/St | 22.09.1982 |
| 35:30.8 | Arne Luke | 44 | Råholt | 19.06.1966 |
| 36:06.0 | Karl Holm | 11 | Kløfta | 25.06.1933 |
| 36:37.0 | Ole Fossen | 27 | Jessheim | 03.07.1949 |

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

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| 16.9 | Gunnar Jyssum | 17 | Jessheim | 13.08.1939 |
| 18.1 | Nils Kristen Wiig | 43 | Råholt | 07.08.1965 |
| 19.1 | Finn Ugletveit | 49 | Råholt | 21.08.1971 |
| 20.2 | John Arve Johansen | 36 | Kløfta | 18.09.1958 |
| 21.4 | Johan N. Wiig | 17 | Jessheim | 16.08.1939 |

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

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| 63.35 | Molvin Knutsen | 62 | Oslo/La | 02.06.1984 |

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

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| 59.4 | Nils Kristen Wiig | 43 | Råholt | 08.08.1965 |
| 60.9 | Kjell Reiestad | 46 | Råholt | 25.08.1968 |
| 62.8 | Finn Ugletveit | 49 | Råholt | 22.08.1971 |
| 67.8 | John Arne Johansen | 36 | Kløfta | 06.08.1958 |

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

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| 6:32.72 | Lars Lysbakken | 79 | Jessheim | 22.06.2001 |
| 7:01.58 | Alf Roger Holme | 77 | Jessheim | 22.07.1999 |

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

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| 8:53.16 | Fredrik Sandvik | 98 | Bergen/Fa | 19.09.2020 |
| 9:02.0 | Bjørn Dæhlie | 67 | Jessheim | 25.08.1989 |
| 9:51.5 | Stein Rosenberg | 60 | Årnes | 08.09.1982 |
| 9:54.0 | Torgeir Sørum | 45 | Lillestrøm | 27.09.1967 |
| 9:55.56 | Nikolai Smestad | 92 | Fredrikstad/Li | 10.08.2014 |
| 10:01.2 | Harald Lindstrøm | 54 | Jessheim | 25.08.1976 |
| 10:19.20 | Lars Lysbakken | 79 | Jessheim | 18.08.2001 |
| 10:30.3 | Rune Tunhøvd | 59 | Jessheim | 21.08.1981 |
| 10:40.0 | Sverre Fosstvedt | 47 | Jessheim | 28.08.1969 |
| 10:40.2 | Claus Nerhagen | 59 | Jessheim | 21.08.1981 |
| 10:57.0 | Bjørn Egil Hytjan | 56 | Jessheim | 21.09.1978 |
| 11:00.4 | Ole Fredrik Mørck | 62 | Jessheim | 17.08.1984 |

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| **GUTTER 22** | **273** |

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

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| 11:04.6 | Bjørn Tore Ottersen | 66 | Jessheim | 19.08.1988 |
| 11:05.2 | Kåre-Christian Olsen | 64 | Jessheim | 18.08.1986 |
| 11:24.0 | Odd Kinnsbekken | 48 | Jessheim | 28.08.1970 |
| 11:34.8 | Sverre Lauten | 53 | Jessheim | 17.08.1975 |
| 12:06.0 | Kjell Jørgensen | 50 | Jessheim | 28.08.1972 |
| 13:02.4 | Thor Bogstad | 59 | Jessheim | 21.08.1981 |
| 13:45.0 | Øyvind Mangerud | 48 | Jessheim | 28.08.1970 |

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| **5km landevei** |  |

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| 15:15 | Robin Emil Kronkvist | 00 | Jessheim | 01.10.2022 |
| 16.44 | Linus Bernhard | 00 | Jessheim | 01.10.2022 |
| 17:34 | Sondre Martinsen | 03 | Oslo | 26.04.2025 |
| 18:11 | Sondre Opaker Øines | 98 | Jessheim | 03.10.2020 |

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| **10km landevei** |  |

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| 33:32 | Tore Klungland | 97 | Drammen | 08.09.2019 |
| 34:26 | Markus Einan | 97 | Jessheim | 05.10.2019 |
| 35:01 | Robin Emil Kronqvist | 00 | Hole | 23.10.2022 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:28:06 | Odd Kinnsbekken | 48 | Jessheim | 03.10.1970 |
| 1:52:55 | Thor Bogstad | 59 | Jessheim | 11.10.1981 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:17:15 | Tore Klungland | 97 | Oslo | 21.09.2019 |
| 1:20:41 | Ole Fredrik Mørck | 62 | Jessheim | 07.10.1984 |
| 1:22:17 | Knut Larsen | 62 | Jessheim | 07.10.1984 |
| 1:32:44 | Harald Rutle | 68 | Jessheim | 07.10.1990 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.85 | Frode Myrvang | 67 | Jessheim | 28.09.1989 |
| 1.68 | Jens Wethal | 08 | Jessheim | 24.08.1930 |
| 1.66 | Asbjørn Hertzenberg | 10 | Gjøvik | 17.07.1932 |
| 1.61 | Nils Sundby | 14 | Jessheim | 28.06.1936 |
| 1.60 | Hans Fodstad | 27 | Hauerseter | 20.08.1949 |
| 1.57 | Einar Wethal | 05 | Jessheim | 07.08.1927 |
| 1.55 | Ivar Algarheim | 12 | Jessheim | 09.09.1934 |
| 1.55 | Johan N. Wiig | 17 | Jessheim | 18.07.1939 |
| 1.55 | Gunnar Jyssum | 17 | Lillestrøm | 19.08.1939 |
| 1.55 | Torgeir Sørum | 45 | Jessheim | 15.09.1967 |
| 1.54 | John Arve Johansen | 36 | Jessheim | 06.08.1958 |
| **GUTTER 22** | | **274** | | |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.53 | Jens Andersen | 16 | Nannestad | 31.07.1938 |
| 1.50 | Anfinn Thoresen | 34 | Jessheim | 22.08.1956 |
| 1.47 | Victor Westgaard | 99 | Jessheim | 18.09.1921 |
| 1.45 | Lars Julseth | 01 | Jesheim | 09.09.1923 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.80 | Anfinn Thoresen | 34 | Lillestrøm | 11.09.1955 |
| 2.60 | John ArveJohansen | 36 | Kløfta | 22.09.1958 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.30 | Gunnar Ruud | 17 | Jessheim | 12.08.1939 |
| 6.27 | Anfinn Thoresen | 34 | Kløfta | 10.06.1956 |
| 6.04 | Johan N. Wiig | 17 | Kløfta | 05.08.1939 |
| 5.96 | Hans Fodstad | 27 | Hauerseter | 20.08.1949 |
| 5.91 | Gunnar Jyssum | 17 | Lillestrøm | 19.08.1939 |
| 5.80 | John Arve Johansen | 36 | Kløfta | 22.06.1958 |
| 5.78 | Lars Stokstad | 18 | Eidsvoll | 25.08.1940 |
| 5.65 | Martin Lundemo Syversen | 92 | Jessheim | 02.09.2014 |
| 5.60 | Kjell Reiestad | 46 | Jessheim | 20.06.1968 |
| 5.54 | Gudmund Bekkedal | 50 | Lillestrøm | 19.09.1972 |

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| **Lengde forts.** |  |

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| 5.42 | Ivar Algarheim | 12 | Jessheim | 10.06.1934 |
| 5.41 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 5.20 | Harald Furuseth | 07 | Jessheim | 09.06.1929 |
| 5.11 | Bjarne Furuseth | 24 | Jessheim | 08.09.1946 |
| 4.94 | Mikal Mikalsen | 99 | Jessheim | 07.08.1921 |
| 4.83 | Olav Vestengen | 11 | Jessheim | 08.10.1933 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 13.59 | Tom Pedersen | 39 | Råholt | 27.08.1961 |
| 12.93 | Anfinn Thoresen | 34 | Årnes | 26.08.1956 |
| 12.17 | Finn Ugletveit | 49 | Jessheim | 28.09.1971 |
| 11.96 | Harald Furuseth | 07 | Jessheim | 09.06.1929 |
| 11.86 | Otto Lystad | 09 | Jessheim | 14.08.1931 |
| 11.40 | Johan N. Wiig | 17 | Jessheim | 16.09.1939 |
| 11.35 | Einar Wethal | 05 | Jessheim | 07.08.1927 |
| 11.33 | Jørgen Nyland | 00 | Jessheim | 17.09.1922 |
| 11.30 | John Johansen | 36 | Kløfta | 13.08.1958 |
| 11.14 | Lars Julseth | 01 | Jessheim | 09.09.1923 |
| 10.58 | Bjarne Furuseth | 24 | Jessheim | 08.09.1948 |
| **GUTTER 22** | | **275** | | |

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| **Kule 7.26 kg** |  |

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| 10.76 | Anfinn Thoresen | 34 | Kløfta | 10.06.1956 |
| 10.71 | Gunnar Ruud | 17 | Lillestrøm | 19.08.1939 |
| 10.54 | Halvor Bogstad | 46 | Jessheim | 20.06.1968 |
| 10.48 | Asbjørn Hertzenberg | 10 | Eidsvoll | 30.07.1932 |
| 10.11 | John Arve Johansen | 37 | Kløfta | 06.08.1958 |
| 9.66 | Halvard Bratberg | 02 | Jessheim | 06.07.1924 |
| 9.57 | Olav Vestengen | 11 | Jessheim | 08.10.1933 |
| 8.88 | Mikal Mikalsen | 99 | Jessheim | 07.08.1921 |

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| **Diskos 2 kg** |  |

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| 36.82 | Morten Gaarder | 60 | Løken | 25.09.1982 |
| 36.23 | Anfinn Thoresen | 34 | Jessheim | 22.08.1956 |
| 34.56 | Gunnar Ruud | 17 | Lillestrøm | 19.08.1939 |
| 32.74 | Lauritz Lund | 06 | Årnes | 09.09.1928 |
| 31.85 | Olav Vestengen | 11 | Jessheim | 08.10.1933 |
| 31.73 | Asbjørn Hertzenberg | 10 | Gjøvik | 30.07.1932 |
| 30.27 | Nils Sundby | 14 | Jessheim | 28.06.1936 |
| 29.58 | Håkon Johansen | 16 | Jessheim | 11.09.1938 |
| 28.44 | Halvor Bogstad | 46 | Jessheim | 20.06.1968 |
| 28.37 | Halvard Bratberg | 02 | Lillestrøm/Vi | 30.08.1924 |
| 28.37 | Einar Wethal | 05 | Jessheim | 07.08.1927 |
| 25.13 | Gunnar Thoresen | 13 | Jessheim | 07.07.1935 |
| 24.09 | John Arve Johansen | 36 | Råholt | 07.06.1958 |

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| **Slegge 7.26 kg** |  |

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| 23.02 | Morten Gaarder | 60 | Rolvsrud | 29.06.1982 |
| 21.37 | John Johansen | 36 | Jessheim | 01.08.1958 |

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

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| 40.14 | Frode Myrvang | 67 | Jessheim | 28.09.1989 |

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| **Spyd 800 g Gammel type til og med 1986** | |  | | |
| 50.88 | Anfinn Thoresen | 34 | Årnes | 25.08.1956 |
| 44.38 | Finn Ugletveit | 49 | Råholt | 22.08.1971 |
| 43.28 | John Arve Johansen | 36 | Råholt | 07.06.1958 |
| 42.19 | Lauritz Lund | 06 | Eidsvoll | 16.09.1928 |
| 41.34 | Wilhelm Stenberg | 13 | Kløfta | 21.07.1935 |
| 38.74 | Halvard Bratberg | 02 | Lillestrøm/Vi | 30.08.1924 |
| 36.79 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 35.85 | Ivar Christiansen | 01 | Jessheim | 13.08.1923 |
| 33.75 | Mikal Mikalsen | 99 | Jessheim | 07.08.1921 |

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| **GUTTER 22** | **276** |

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

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| --- | --- | --- | --- | --- |
| 2353 | Nils Kristen Wiig | 43 | Jessheim | 11.06.1965 |
| ? | | | |

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| 2155.593 | Asbjørn Hertzenberg | 10 | Jessheim | 19.06.1932 |
| 5.41-36.79-27.9-30.38-5:19.8 | | | |

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| --- | --- | --- | --- | --- |
| 1726 | John Arve Johansen | 36 | Råholt | 07.06.1958 |
| 5.64-43.28-26.4-24.09-4:57.4 | | | |

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

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

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

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

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

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| **1000m** |  |

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

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| **GUTTER 22** | **277** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.36 | Øystein Iversen | 73 | Stange | 18.03.1995 |
| 7.42 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |
| 7.45 | Martin Lundemo Syversen | 92 | Rud | 08.03.2014 |
| 7.57 | Runar Homble | 72 | Oslo/Ek | 15.01.1994 |
| 7.66 | Jostein Salemonsen | 73 | Stange | 14.01.1995 |
| 7.80 | Jon Kjetil Hoel | 74 | Stange | 13.01.1996 |

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| **100m E** |  |

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| 11.69 | Øystein Iversen | 73 | Drammen | 29.01.1995 |
| 11.89 | Jostein Samuelsen | 73 | Drammen | 29.01.1995 |

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| **200m E** |  |

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| 23.45 | Martin Lundemo Syversen | 92 | Rud | 09.02.2014 |
| 23.95 | Øystein Iversen | 73 | Stange | 15.01.1995 |
| 25.60 | Jørn Kjetil Hoel | 74 | Stange | 14.01.1996 |

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| **300m M** |  |

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| 37.2 | Øystein Iversen | 73 | Stange | 18.03.1995 |

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| **400m E** |  |

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| 47.75 | Andreas Kramer | 97 | Ulsteinvik | 25.01.2019 |
| 48.37 | Andreas Roth | 93 | Bergen/Le | 31.01.2015 |
| 52.35 | Kjetil Brynhildsen | 71 | Stange | 31.01.1993 |
| 53.49 | Martin Lundemo Syversen | 92 | Stange | 01.02.2014 |
| 55.02 | Runar Homble | 72 | Oslo/Ek | 06.02.1994 |
| 55.02 | Halvor Marius Mangerud | 81 | Stange | 15.03.2003 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 57.6 | Ole Fredrik Mørck | 62 | Oslo/Ek | 03.03.1984 |

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| **600m** |  |

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| 1:29.82 | Jonas Krossøy | 95 | Hvam | 14.01.2017 |

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| **GUTTER 22** | **278** |

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| **INNENDØRS** |  |

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| **800m** |  |

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| 1:48.90 | Markus Einan | 97 | Haugesund | 03.02.2019 |
| 1:49.50 | Thomas Roth | 91 | Vaxjö, SWE | 09.02.2013 |
| 1:49.77 | Andreas Roth | 93 | Gent, BEL | 07.02.2015 |
| 1:53.43 | Sverre Blom Breivik | 96 | Ulsteinvik | 27.01.2018 |
| 1:55.70 | Håvard Hildeskor | 92 | Rud | 09.02.2014 |
| 2:05.4 | Ole Fredrik Mørck | 62 | Oslo/Ek | 21.01.1984 |
| 2:08.96 | Jonas Krossøy | 95 | REud | 12.02.2017 |

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| **Løp for svensk klubb** |  |

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| 1:46.52 | Andreas Kramer | 97 | Karlsruhe, GER | 02.02.2019 |

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| **1000m** |  |

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| 2:56.51 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |

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| **1500m** |  |

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| 3:56.79 | Fredrik Sandvik | 98 | Rud | 01.02.2020 |

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| **3000m** |  |

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| 8:43.12 | Robin Emil Kronqvist | 00 | Rud | 12.02.2022 |

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| **60m hekk 106.4 cm E** |  |

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| 8.59 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |
| 8.71 | Jostein Salemonsen | 73 | Lillestrøm | 19.02.1995 |

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| **Høyde** |  |

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| 1.86 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 3.60 | Jo Henning Hals Nilssen | 68 | Drammen | 25.02.1990 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.82 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |

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| **GUTTER 22** | **279** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.40 | Frode Myrvang | 67 | Jessheim/Je | 16.03.1989 |
| 1.37 | Kjell Larsen | 37 | Jessheim | 15.02.1959 |

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| **Lengde uten tilløp** |  |

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| 3.11 | Anfinn Thoresen | 34 | Lillestrøm/Vi | 04.03.1956 |
| 2.94 | Kjell Larsen | 37 | Jessheim | 15.02.1959 |
| 2.75 | Frode Myrvang | 67 | Jessheim/Je | 16.03.1989 |

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| **Kule 7.26 kg** |  |

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| 10.36 | Jo Henning Hals Nilssen | 68 | Drammen | 24.02.1990 |

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| **7-kamp E 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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| **GUTTER 21** | **280** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.2 | Jo Henning Hals Nilssen | 68 | Jessheim | 25.09.1989 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 10.98 | Tom Erik Olsen | 74 | Oslo/Bi | 30.06.1995 |
| 11.11 | Markus Einan | 97 | Oslo/Bi | 24.08.2018 |
| 11.77 | Runar Homble | 72 | Bjørkelangen | 15.05.1993 |
| 11.85 | Øystein Iversen | 73 | Jessheim | 20.06.1994 |
| 11.85 | Martin Lundemo Syversen | 92 | Oslo/Bi | 29.08.2013 |
| 12.19 | Eirik Johansen | 84 | Jessheim | 26.05.2005 |

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| **100m M** |  |

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| 11.6 | Finn Ugletveit | 49 | Blaker/Br | 12.07.1970 |
| 11.6 | Runar Homble | 72 | Jessheim | 01.06.1993 |
| 11.6 | Øystein Iversen | 73 | Jessheim | 21.06.1993 |
| 11.7 | Ola Nerhagen | 73 | Jessheim | 22.09.1994 |
| 12.0 | Gunnar Ruud | 17 | Nannestad | 31.07.1938 |
| 12.0 | Kjell Reiestad | 46 | Jessheim | 15.09.1967 |
| 12.1 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 12.1 | Thor Mikalsen | 14 | Jessheim | 07.07.1935 |
| 12.1 | Halvor Bogstad | 46 | Råholt | 26.08.1967 |
| 12.2 | Harald Jensen | 29 | Lillestrøm/Vi | 20.09.1950 |
| 12.2 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 12.6 | Harald Furuseth | 07 | Eidsvoll | 16.09.1928 |
| 12.6 | Rolf Damlien | 31 | Kløfta | 11.08.1952 |
| 12.7 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |
| 12.8 | Kåre Lauten | 13 | Oslo/Be | 02.09.1934 |
| 13.2 | Ivar Algarheim | 12 | Jessheim | 08.10.1933 |

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| **200m E** |  |

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| 22.22 | Andreas Roth | 93 | Oslo/Sp | 08.06.2014 |
| 22.35 | Tom Erik Olsen | 74 | Tønsberg/Gr | 27.05.1995 |
| 22.56 | Markus Einan | 97 | Oslo/Bi | 25.08.2018 |
| 23.10 | Thomas Roth | 91 | Lillestrøm | 03.07.2012 |
| 23.19 | Martin Lundemo Syversen | 92 | Oslo/Bi | 17.08.2013 |
| 23.35 | Vegard Løberg Gjelsvik | 92 | Tønsberg/Gr | 25.08.2013 |
| 23.47 | Marius Fuglerud | 87 | Lillestrøm | 15.06.2008 |
| 24.03 | Runar Homble | 72 | Bjørkelangen | 05.06.1993 |
| 24.12 | Hauk Are Fjeld | 94 | Oslo/Bi | 08.08.2015 |
| 24.13 | Håvard Hildeskor | 92 | Lillehammer/Ss | 21.06.2013 |
| 24.34 | Gudbrand Rognstad | 82 | Oslo/Bi | 21.06.2003 |
| 24.54 | Eirik Johansen | 84 | Jessheim | 26.05.2005 |
| 25.21 | Jostein Steffensen | 96 | Bodø | 20.08.2017 |

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| **GUTTER 21** | **281** |

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| **200m M** |  |

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| 23.3 | Øystein Iversen | 73 | Jessheim | 26.09.1994 |
| 23.7 | Finn Ugletveit | 49 | Lillestrøm | 19.06.1970 |
| 25.1 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |

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| **300m E** |  |

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| 35.18 | Andreas Roth | 93 | Nadderud | 06.05.2014 |
| 37.52 | Marius Fuglerud | 87 | Oslo/Bi | 15.05.2008 |

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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 |
| 47.92 | Thomas Roth | 91 | Kristiansand | 26.08.2012 |
| 49.74 | Elias Ottosen | 93 | Lillehammer/Ss | 21.06.2014 |
| 51.17 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 29.06.2013 |
| 51.27 | Håvard Hildeskor | 92 | Oslo/Bi | 29.08.2013 |
| 51.73 | Hauk Are Fjeld | 94 | Göteborg, SWE | 04.07.2015 |
| 52.38 | Martin Lundemo Syversen | 92 | Oslo/Bi | 19.09.2013 |
| 52.49 | Øystein Iversen | 73 | Oslo/Bi | 24.05.1994 |
| 52.68 | Marius Fuglerud | 86 | Lillehammer/Ss | 21.06.2008 |
| 52.83 | Dag Håkon Eriksen | 73 | Oslo/Bi | 09.06.1994 |
| 53.04 | Runar Homble | 72 | Oslo/Tr | 29.06.1993 |
| 53.83 | Andrew Stevens | 81 | Jessheim | 27.05.2002 |
| 53.91 | Henrik Hanssen | 97 | Nadderud | 17.06.2018 |
| 53.97 | Nani Kula | 01 | Oslo/Bi | 13.07.2022 |
| 54.60 | Kjetil Brynhildsen | 71 | Sofiemyr | 13.06.1992 |
| 56.34 | Gudbrand Rognerud | 82 | Lillehammer/Ss | 28.06.2003 |

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| **400m M** |  |

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| 51.9 | Kjell Frostlid | 61 | Oslo/St | 30.06.1982 |
| 52.4 | Runar Homble | 72 | Jessheim | 01.06.1993 |
| 53.3 | Martin Lundemo Syversen | 92 | Jessheim | 30.05.2013 |
| 53.5 | Finn Ugletveit | 49 | Oslo/Bi | 12.06.1970 |
| 54.4 | Kjell Reiestad | 46 | Jessheim | 15.09.1967 |
| 55.6 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |
| 56.1 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 56.4 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 56.7 | Hans Georg Haug | 67 | Jessheim | 11.08.1988 |
| 57.2 | Harald Furuseth | 07 | Eidsvoll | 16.09.1928 |
| 57.3 | Johan N. Wiig | 17 | Nannestad | 31.07.1938 |
| 57.8 | Gudbrand Rognerud | 82 | Bjørkelangen | 31.05.2003 |
| 60.3 | Anders Grønlien | 29 | Sand | 19.08.1950 |
| 61.1 | Hans Gystad | 10 | Jessheim | 11.08.1931 |

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| **GUTTER 21** | **282** |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:21.29 | Håvard Hildeskor | 92 | Lillestrøm | 18.09.2013 |
| 1:22.56 | Markus Einan | 97 | Ås | 01.05.2018 |
| 1:25.23 | Johan Sebastian Evensen | 96 | Oslo/Be | 07.05.2017 |
| 1:25.77 | Jostein Steffensen | 96 | Oslo/Be | 07.05.2017 |
| 1:27.44 | Nani Kula | 01 | Oslo/St | 07.05.2022 |
| 1:28.4 | Gullbrand Julius Aas | 97 | Jessheim | 31.07.2008 |

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| **800m** |  |

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| 1:46.88 | Thomas Roth | 91 | Helsinki, FIN | 28.06.2012 |
| 1:47.10 | Andreas Roth | 93 | Oslo/Bi | 11.07.2014 |
| 1:47.64 | Markus Einan | 97 | Oordegem, BLE | 26.05.2018 |
| 1:48.32 | Elias Ottosen | 93 | Tønsberg/Gr | 24.05.2014 |
| 1:50.40 | Vetle Aasland | 91 | Jessheim | 21.09.2012 |
| 1:53.43 | Håvard Hildeskor | 92 | Oslo/Bi | 03.09.2013 |
| 1:54.48 | Henrik Hanssen | 97 | Oslo/Bi | 29.08.2018 |
| 1:56.21 | Hauk Are Fjeld | 94 | Göteborg, SWE | 05.07.2015 |
| 1:57.77 | Nikolai Smestad | 92 | Oslo/Bi | 03.09.2013 |
| 1:57.92 | Vegard Løberg Gjelsvik | 92 | Overhalla | 04.08.2013 |
| 1:58.3 | Trygve Stanger | 62 | Oslo/Bi | 04.05.1983 |
| 1:59.16 | Njord Erlend Wiker | 91 | Lillehammer/Ss | 24.06.2012 |
| 1:59.17 | Stian Klungland | 93 | Jessheim | 27.05.2014 |
| 1:59.5 | Harald Lindstrøm | 54 | Rolvsrud | 29.08.1975 |
| 1:59.83 | Johan Sebastian Evensen | 96 | Nittedal | 03.06.2017 |
| 1:59.93 | Jostein Steffensen | 96 | Trondheim/St | 04.05.2017 |
| 2:01.18 | Nani Kula | 01 | Oslo/Bi | 30.06.2022 |
| 2:00.2 | Kjetil Brynhildsen | 71 | Jessheim | 24.09.1992 |
| 2:01.4 | Torgeir Sørum | 45 | Oslo/Fr | 25.08.1966 |
| 2:03.6 | Rolf Damlien | 31 | Jessheim | 03.08.1952 |
| 2:03.8 | Jan Tofte | 31 | Jessheim | 03.08.1952 |
| 2:03.9 | Ronny Opaker | 66 | Jessheim | 28.05.1987 |
| 2:04.03 | Carl Jørgen Owre | 82 | Jessheim | 26.05.2003 |
| 2:06.42 | Halvor Marius Mangerud | 81 | Nadderud | 16.05.2002 |
| 2:08.0 | Arne Luke | 44 | Jessheim | 19.08.1965 |
| 2:08.4 | Håvard Uhlen | 39 | Lillestrøm | 28.08.1950 |
| 2:11.6 | Anders Carlson | 71 | Jessheim | 17.08.1992 |
| 2:12.01 | Martin Carlsson | 68 | Jessheim | 03.07.1989 |
| 2:16.3 | Martin Lundemo Syversen | 92 | Jessheim | 28.09.2013 |
| 2:19.4 | Michael Løland | 92 | Årnes | 18.09.2013 |

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| **1000m** |  |

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| 2:32.8 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |

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| **GUTTER 21** | **283** |

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| **1500m** |  |

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| 3:43.75 | Vetle Aasland | 91 | Nadderud | 17.06.2012 |
| 3:45.41 | Thomas Roth | 91 | Oslo/Bi | 13.08.2012 |
| 3:46.62 | Elias Ottosen | 93 | Jessheim | 05.06.2014 |
| 3:50.79 | Jørgen Frost Bø | 94 | Oslo/Be | 09.07.2015 |
| 3:51.54 | Markus Einan | 97 | Oslo/Bi | 25.08.2018 |
| 3:52.28 | Henrik Hanssen | 97 | Oslo/Bi | 25.08.2018 |
| 3:54.4 | Harald Lindstrøm | 54 | Oslo/Bi | 19.08.1975 |
| 4:00.3 | Bjørn Dæhlie | 67 | Jessheim | 17.06.1988 |
| 4:01.95 | Trygve Stanger | 62 | Oslo/Bi | 18.07.1983 |
| 4:03.54 | Nikolai Smestad | 92 | Lillehammer/Ss | 20.06.2013 |
| 4:05.68 | Hauk Are Fjeld | 94 | Oslo/Bi | 29.08.2015 |
| 4:06.9 | Torgeir Sørum | 45 | Råholt | 12.08.1966 |
| 4:14.6 | Kjell Frostlid | 61 | Jessheim | 14.06.1982 |
| 4:16.6 | Rolf Damlien | 31 | Kløfta | 19.08.1953 |
| 4:18.0 | Håvard Uhlen | 39 | Lillestrøm | 27.08.1960 |
| 4:19.2 | Stein Rosenberg | 60 | Jessheim | 12.06.1981 |
| 4:20.38 | Carl Jørgen Owre | 82 | Oslo/Bi | 20.05.2003 |
| 4:21.0 | Claus Nerhagen | 59 | Jessheim | 09.06.1980 |
| 4:21.43 | Nani Kula | 01 | Oslo/Bi | 23.07.2022 |
| 4:21.5 | Eirik Rustad | 88 | Jessheim | 04.06.2009 |
| 4:22.2 | Ole Pedersen | 69 | Jessheim | 13.06.1990 |
| 4:23.73 | Jonas Kveen | 03 | Oslo/Bi | 28.04.2024 |
| 4:25.5 | Jan Erik Viholmen | 55 | Lillestrøm | 01.06.1970 |
| 4:26.8 | Svein Vik-Mo | 48 | Jessheim | 13.06.1969 |
| 4:28.6 | Arne Luke | 44 | Råholt | 28.08.1965 |
| 4:31.8 | Ole Fredrik Mørck | 62 | Jessheim | 10.06.1983 |
| 4:31.8 | Lars Anders Tenold | 93 | Jessheim | 05.06.2014 |
| 4:33.5 | Ståle Murud | 69 | Jessheim | 12.06.1989 |
| 4:33.8 | Erlend Skåre | 73 | Jessheim | 13.06.1994 |
| 4:34.7 | Martin Carlsson | 68 | Jessheim | 12.06.1989 |
| 4:37.2 | Kjartan Roland | 73 | Jessheim | 13.06.1994 |
| 4:37.3 | Kåre-Christian Olsen | 64 | Jessheim | 09.09.1985 |
| 4:39.0 | Erik Næss | 61 | Jessheim | 14.06.1982 |
| 4:41.2 | Hans Antonsen | 06 | Jessheim | 07.08.1927 |
| 4:43.1 | Lauritz Lund | 06 | Jessheim | 02.10.1927 |
| 4:43.7 | Anders Carlsson | 71 | Jessheim | 15.06.1992 |
| 4:45.6 | Glenn Strand | 76 | Jessheim | 16.06.1997 |
| 4:47.1 | Audun Kjos | 71 | Jessheim | 15.06.1992 |
| 4:44.6 | Stian Torstveit | 66 | Jessheim | 10.06.1987 |
| 4:49.8 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |
| 4:53.5 | Thorbjørn Næss | 68 | Jessheim | 12.06.1989 |
| 5:00.8 | Trym Rostad | 91 | Jessheim | 12.06.2012 |
| 5:03.2 | Anders Knudsen | 73 | Jessheim | 13.06.1994 |
| 5:05.7 | Tron Johan Wiig | 72 | Jessheim | 14.06.1993 |
| 5:08.4 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |

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| **GUTTER 21** | **284** |

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| **1500m forts.** |  |

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| 5:10.8 | Kristian Finstad | 76 | Jessheim | 16.06.1997 |
| 5:12.5 | Gunnar Lorentzen | 14 | Jessheim | 07.07.1935 |
| 5:12.6 | Sjur Reppe | 60 | Jessheim | 12.06.1981 |
| 5:15.0 | Jon Øyvind Bendiksen | 66 | Jessheim | 10.06.1987 |
| 5:27.8 | Rune Bonesvold | 64 | Jessheim | 08.06.1985 |

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| **1mile 1609m** |  |

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| 4:06.91 | Vetle Aasland | 91 | Mölndal, SWE | 94.08.2012 |

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| **2000m** |  |

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| 6:36.7 | Nikolai Smestad | 92 | Jessheim | 27.08.2013 |

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| **3000m** |  |

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| 8:25.56 | Jørgen Frost Bø | 94 | Lillehammer/Ss | 20.06.2015 |
| 8:26.4 | Harald Lindstrøm | 54 | Oslo/Bi | 09.09.1975 |
| 8:26.86 | Bjørn Dæhlie | 67 | Oslo/Bi | 31.05.1988 |
| 8:37.90 | Nikolai Smestad | 92 | Oslo/Bi | 18.08.2013 |
| 8:54.30 | Johan Hoel | 94 | Lillehammer/Ss | 20.06.2015 |
| 9:03.2 | Torgeir Sørum | 45 | Oslo/Bi | 08.09.1966 |
| 9:07.27 | Henrik Hanssen | 97 | Oslo/Bi | 18.07.2018 |
| 9:08.0 | Jan Erik Viholmen | 49 | Oslo/Bi | 21.08.1970 |
| 9:08.0 | Christopher Wiig | 73 | Jessheim | 31.08.1994 |
| 9:19.53 | Jonas Kveen | 03 | Jessheim | 09.08.2024 |
| 9:28.4 | Håvard Uhlen | 39 | Lillestrøm | 03.07.1960 |
| 9:38.29 | Jostein Steffensen | 96 | Bodø | 19.08.2017 |
| 9:38.9 | Kjartan Roland | 73 | Jessheim | 29.08.1994 |
| 9:41.3 | Ole Pedersen | 69 | Jessheim | 22.08.1990 |
| 9:41.6 | Arne Luke | 44 | Jessheim | 19.08.1965 |
| 9:44.2 | Erlend Skare | 73 | Jessheim | 29.08.1994 |
| 9:46.24 | Thomas Randem | 71 | Jessheim | 27.08.1992 |
| 9:46.3 | Hans Georg Haug | 67 | Jessheim | 19.08.1988 |
| 10:04.0 | Kristian Stokstad | 19 | Eidsvoll | 28.08.1940 |
| 11:20.6 | Audun Kjos | 71 | Jessheim | 17.08.1992 |
| 11:57.1 | Stian Thorstveit | 66 | Jessheim | 19.08.1987 |

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| **5000m** |  |

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| 14:23.17 | Jørgen Frost Bø | 94 | Oslo/Bi | 28.06.2015 |
| 15:00.13 | Nikolai Smestad | 92 | Göteborg, SWE | 28.06.2013 |
| 15:37.07 | Johan Hoel | 94 | Oslo/Bi | 28.06.2015 |

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| **GUTTER 21** | **285** |

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| **10000m** |  |

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| 30:46.0 | Bjørn Dæhlie | 67 | Bjørkelangen | 14.09.1988 |
| 31:20.4 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |
| 32:08.67 | Eskil Kinneberg | 92 | Göteborg, SWE | 10.09.2013 |
| 33:49.4 | Jan Erik Viholmen | 49 | Lillestrøm | 18.09.1970 |
| 34:45.4 | Arne Luke | 44 | Råholt | 10.10.1965 |

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

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| 14.12 | Tom Erik Olsen | 74 | Oslo/Bi | 02.07.1995 |

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

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| 17.6 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 18.1 | Nils Kristen Wiig | 43 | Strømmen | 30.08.1964 |
| 19.7 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |

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

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| 55.32 | Andreas Roth | 93 | Oslo/Bi | 23.09.2013 |

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

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| 59.6 | Finn Ugletveit | 49 | Lillestrøm | 14.06.1970 |
| 63.6 | Nils Kristen Wiig | 43 | Strømmen | 30.08.1964 |

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

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| 7:01.51 | Lars Lysbakken | 79 | Jessheim | 08.06.2000 |

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

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| 9:17.60 | Vetle Aasland | 91 | Prestfoss | 29.07.2012 |
| 9:17.7 | Bjørn Dæhlie | 67 | Jessheim | 19.08.1988 |
| 9:36.1 | Fredrik Bakken | 66 | Jessheim | 21.08.1987 |
| 9:45.8 | Bjørn Ingvar Jensen | 66 | Jessheim | 21.08.1987 |
| 9:58.4 | Harald Lindstrøm | 54 | Jessheim | 17.08.1975 |
| 10:00.4 | Vidar Birkelund | 56 | Jessheim | 22.08.1977 |
| 10:04.1 | Trygve Stanger | 62 | Jessheim | 19.08.1983 |
| 10:08.8 | Jan Erik Viholmen | 49 | Jessheim | 28.08.1970 |
| 10:33.6 | Arne Luke | 44 | Lillestrøm | 10.09.1965 |
| 10:37.2 | Bjørn Egil Hytjan | 56 | Jessheim | 22.08.1977 |
| 10:37.4 | Torgeir Sørum | 45 | Jessheim | 09.10.1966 |
| 10:38.6 | Jon Martin Samuelsen | 53 | Jessheim | 23.08.1974 |
| 10:39.0 | Ole Fredrik Mørck | 62 | Jessheim | 19.08.1983 |
| 10:40.4 | Stein Rosenberg | 60 | Jessheim | 21.08.1981 |

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| **GUTTER 21** | **286** |

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

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| 11:07.6 | Bjørn Tore Ottersen | 66 | Jessheim | 21.08.1987 |
| 11:21.3 | Runar Bålsrud | 62 | Jessheim | 19.08.1983 |
| 11:37.4 | Sverre Lauten | 53 | Jessheim | 23.08.1974 |
| 11:41.2 | Molvin Knutsen | 62 | Jessheim | 19.08.1983 |
| 11:46.0 | Odd Kinnsbekken | 48 | Jessheim | 29.08.1962 |
| 12:05.8 | Geir Asphaug | 65 | Jessheim | 15.08.1986 |
| 12:47.2 | Jon Øyvind Bendiksen | 66 | Jessheim | 21.08.1987 |
| 13:18.6 | Sjur Reppe | 60 | Jessheim | 21.08.1981 |

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| **5 km landevei** |  |

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| 16:22 | Jonas Kveen | 03 | Jessheim | 28.09.2024 |
| 17:44 | Nani Kula | 01 | Jessheim | 02.10.2021 |

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| **10 km landevei** |  |

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| 33:38 | Tord Ulset | 03 | Hole | 19.10.2024 |
| 33:44 | Finn Gjøsteen | 01 | Jessheim | 02.10.2021 |
| 34:19 | Jonas Kveen | 03 | Hole | 19.20.2024 |
| 36:12 | Tore Klungland | 97 | Drammen | 02.09.2018 |

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| **20 km landevei** |  |

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| 1:08:59 | Harald Lindstrøm | 54 | Jessheim | 12.10.1975 |
| 1:15.53 | Jan Erik Viholmen | 49 | Jessheim | 03.10.1970 |
| 1:19:16 | Arne Luke | 44 | Blaker | 26.09.1965 |
| 1:20:31 | Runar Bålsrud | 62 | Jessheim | 09.10.1983 |
| 1:20:46 | Ole Fredrik Mørck | 62 | Jessheim | 09.10.1983 |
| 1:20:48 | Bjørn Egil Hytjan | 56 | Jessheim | 09.10.1977 |

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| **Halvmaraton 21098m** |  |

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| 1:13:41 | Bjørn Ingvar Jensen | 66 | Sandnes | 05.04.1987 |
| 1:20:56 | Tore Klungland | 97 | Oslo | 15.09.2018 |
| 1:26:16 | Geir Asphaug | 65 | Jessheim | 23.11.1986 |
| 1:27:39 | Fredrik Bakken | 66 | Jessheim | 11.10.1987 |

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| **Maraton 42195m** |  |

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| 2:55:22 | Stein Rosenberg | 60 | Drammen | 04.10.1981 |
| 3:05:25 | Ole Krisatian Westby | 66 | Drammen | 05.10.1986 |
| 3:31:20 | Odd Vidar Devold | 61 | Oslo | 03.07.1982 |

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| **GUTTER 21** | **287** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.80 | Frode Myrvang | 67 | Jessheim | 26.09.1988 |
| 1.63 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |
| 1.60 | Henning Enger | 46 | Jessheim | 30.08.1967 |
| 1.59 | Ivar Algerheim | 12 | Jessheim | 20.08.1933 |
| 1.56 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 1.55 | Gunnar Lorentzen | 14 | Jessheim | 07.07.1935 |
| 1.55 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 1.50 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 1.42 | Jul Selmer | 00 | Jessheim | 21.08.1921 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.70 | Hans Kristian Hansen | 41 | Kløfta | 19.06.1962 |
| 2.52 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |

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| **Lengde** |  |

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| 6.44 | Anfinn Thoresen | 34 | Lillestrøm | 03.09.1955 |
| 6.44 | Jo Henning Hals Nilssen | 68 | Jessheim | 26.09.1989 |
| 6.39 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 5.93 | Hans Kristian Hansen | 41 | Råholt | 28.07.1962 |
| 5.86 | Johan N. Wiig | 17 | Jessheim | 18.08.1938 |
| 5.76 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |
| 5.70 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 5.62 | Tor Stokstad | 44 | Jessheim | 11.06.1965 |
| 5.60 | Ivar Algarheim | 12 | Jessheim | 08.10.1933 |
| 5.59 | Kåre Bang | 30 | Jessheim | 17.08.1951 |
| 5.52 | Thor Aastorp | 29 | Sand | 19.08.1950 |
| 5.22 | Harald Furuseth | 07 | Eidsvoll | 16.09.1928 |
| 5.13 | Asbjørn Grønlien | 29 | Sand | 19.08.1950 |

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| **Tresteg** |  |

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| 13.28 | Anfinn Thoresen | 34 | Lillestrøm | 04.09.1955 |
| 12.38 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 12.22 | Gunnar Ruud | 17 | Nannestad | 31.07.1938 |
| 11.60 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 11.60 | Kåre Bang | 30 | Jessheim | 17.08.1951 |
| 11.57 | Torgeir Sørum | 45 | Jessheim | 19.08.1965 |
| 11.38 | Harald Furuseth | 07 | Eidsvoll | 16.09.1928 |

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| **Lengde uten tilløp** |  |

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| 2.42 | Peder Holm | 92 | Nadderud | 01.08.2013 |

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| **GUTTER 21** | **288** |

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| **Kule 7.26 kg** |  |

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| 12.10 | Kåre Bang | 30 | Løken | 11.08.1951 |
| 11.13 | Jo Henning Hals Nilssen | 68 | Jessheim | 25.09.1989 |
| 10.70 | Gunnar Ruud | 17 | Eidsvoll | 02.08.1938 |
| 10.66 | Michael Løland | 92 | Årnes | 18.09.2013 |
| 10.25 | Halvor Bogstad | 46 | Jessheim | 15.09.1967 |
| 10.21 | Anfinn Thoresen | 34 | Lillestrøm | 10.09.1955 |
| 10.12 | Mathis Bogstad | 10 | Jessheim | 14.08.1931 |
| 9.21 | Tor Mikalsen | 14 | Jessheim | 07.07.1935 |
| 8.35 | Nils Kristen Wiig | 43 | Råholt | 22.08.1964 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 39.92 | Morten Gaarder | 60 | Løken | 19.08.1981 |
| 38.12 | Kåre Bang | 30 | Oslo/Bi | 01.06.1951 |
| 34.94 | Gunnar Ruud | 17 | Eidsvoll | 02.08.1938 |
| 34.09 | Anfinn Thoresen | 34 | Lillestrøm | 11.09.1955 |
| 32.50 | Halvor Bogstad | 46 | Jessheim | 30.08.1967 |
| 29.90 | Wilhelm Løken | 01 | Jessheim | 17.09.1922 |
| 25.99 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |
| 24.25 | Ole Gundersen | 14 | Jessheim | 07.07.1935 |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 14.46 | Torgeir Sørum | 45 | Jessheim | 25.09.1966 |

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

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| --- | --- | --- | --- | --- |
| 56.47 | Axel Kozlowski | 98 | Jessheim | 10.08.2019 |
| 52.43 | Vetle Aasland | 91 | Ski | 11.08.2012 |
| 35.02 | Thomas Roth | 91 | Ski | 11.08.2012 |

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

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| --- | --- | --- | --- | --- |
| 50.80 | Anfinn Thoresen | 34 | Kløfta | 20.08.1955 |
| 49.24 | Finn Ugletveit | 49 | Råholt | 01.08.1970 |
| 49.20 | Hans Kristian Hansen | 41 | Råholt | 29.07.1962 |
| 41.70 | Ole Jacob Bangstad | 17 | Nannestad | 31.07.1938 |
| 39.30 | Lauritz Lund | 06 | Jessheim | 25.09.1927 |
| 38.27 | Kåre Bang | 30 | Jessheim | 29.07.1951 |
| 38.18 | Gunnar Lorentzen | 14 | Jessheim | 07.07.1935 |
| 38.11 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 33.71 | Nils Kristen Wiig | 43 | Råholt | 23.08.1964 |

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| **GUTTER 21** | **289** |

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

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| --- | --- | --- | --- | --- |
| 2512 | Gunnar Ruud | 17 | Kløfta | 12.06.1938 |
| 6.39-38.11-25.1-34.83-5:08.4 | | | |
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| 2153 | Anfinn Thoresen | 34 | Rolvsrud | 12.06.1955 |
| 6.20-43.85-24.8w-32.25-5:05.3 | | | |
|  | | | |
| 2104 | Tor Stokstad | 44 | Jessheim | 11.06.1965 |
| ? | | | |
|  | | | |
| 1839 | Arne Luke | 44 | Jessheim | 11.06.1965 |
| ? | | | |

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

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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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| 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 | | | |

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| **4x400m** |  |

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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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| **4x1500m** |  |

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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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| **1000m** |  |

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

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

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| **GUTTER 21** | **290** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.17 | Tom Erik Olsen | 74 | Lillestrøm | 19.02.1995 |
| 7.44 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 03.01.1987 |
| 7.60 | Runar Homble | 72 | Stange | 31.01.1993 |
| 7.65 | Øystein Iversen | 73 | Oslo/Ek | 06.02.1994 |
| 7.89 | Frode Nygård | 69 | Oslo/Ek | 18.02.1990 |
| 8.17 | Henrik Stigen | 74 | Oslo/Ek | 04.03.1995 |

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| **200m E** |  |

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| 23.46 | Vegard Løberg Gjelsvik | 92 | Steinkjer | 10.03.2013 |
| 23.91 | Marius Fuglerud | 87 | Stange | 09.03.2008 |
| 24.25 | Runar Homble | 72 | Stange | 30.01.1993 |
| 24.57 | Martin Lundemo Syversen | 92 | Stange | 20.01.2013 |
| 26.07 | Henrik Stigen | 74 | Stange | 18.02.1995 |

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| **400m E** |  |

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| 51.00 | Vegard Løberg Gjelsvik | 92 | Steinkjer | 08.03.2013 |
| 51.10 | Markus Einan | 97 | Rud | 10.02.2018 |
| 54.07 | Martin Lundemo Syversen | 92 | Stange | 19.01.2013 |
| 54.46 | Frode Nygård | 69 | Oslo/Ek | 18.02.1990 |
| 54.54 | Jostein Steffensen | 96 | Rud | 10.02.2017 |
| 56.56 | Henrik Stigen | 74 | Oslo/Ek | 04.03.1995 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 48.15 | Andreas Kramer 1h1SMI | 97 | Gefle, SWE | 17.02.2018 |

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| **600m** |  |

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| 1:19.37 | Andreas Roth | 93 | Stange | 22.03.2014 |
| 1:19.64 | Thomas Roth | 91 | Stange | 17.03.2012 |
| 1:22.60 | Hauk Are Fjeld | 94 | Rud | 05.12.2015 |

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| **GUTTER 21** | **291** |

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| **INNENDØRS** |  |

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| **800m** |  |

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| 1:50.52 | Thomas Roth | 91 | Trondheim/Ra | 14.12.2012 |
| 1:55.19 | Sigurd Blom Breivik | 96 | Ulsteinvik | 05.02.2017 |
| 1:55.46 | Vetle Aasland | 91 | Trondheim/Ra | 14.12.2012 |
| 1:55.97 | Trym Fjøsne Hexeberg | 03 | Hvam | 18.01.2024 |
| 1:57.78 | Hauk Are Fjeld | 94 | Steinkjer | 08.02.2015 |
| 2:02.04 | Trygve Stanger | 62 | Oslo/Ek | 22.01.1983 |
| 2:02.77 | Vegard Løberg Gjelsvik | 92 | Steinkjer | 09.03.2003 |
| 2:02.89 | Jostein Steffensen | 96 | Rud | 12.02.2017 |
| 2:03.61 | Runar Bålsrud | 62 | Oslo/Ek | 22.01.1983 |
| 2:04.5 | Frode Nygård | 69 | Oslo/Ek | 20.01.1990 |
| 2:07.56 | Nani Kula | 01 | Hvam | 23.02.2022 |
| 2:08.11 | Ole Fredrik Mørck | 62 | Oslo/Ek | 22.01.1983 |

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| **UKI-medlem – løp for svensk klubb:** | | | | |
| 1:46.87 | Andreas Kramer | 97 | Düsseldorf, GER | 06.02.2018 |

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| **1500m** |  |

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| 3:50.54 | Sigurd Blom Breivik | 96 | Ulsteinvik | 04.02.2017 |
| 3:55.20 | Vetle Aasland | 91 | Steinkjer | 11.02.2012 |
| 3:58.73 | Vegard Løberg Gjelsvik | 92 | Vaxjö, SWE | 09.02.2013 |
| 4:14.30 | Jørgen Gundersen | 95 | Hvam | 06.02.2016 |

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

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| 8.12 | Tom Erik Olsen | 74 | Lillestrøm | 19.02.1995 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.90 | Anfinn Thoresen | 36 | Jessheim | 17.03.1955 |
| 2.77 | Arne Ullersmo | 27 | Kløfta | 04.03.1948 |
| 2.73 | Marius Fuglerud | 97 | Jessheim | 03.03.2008 |
| 2.47 | Eirik Johansen | 84 | Jessheim/No | 14.03.2005 |

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| **4x200m** |  |

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

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| 1:35.20 | M19 |  | Sandnes | 10.03.2024 |
| Daniel Debresay06-Michael Reklev05-Sander Rustad-Johansen06-Philip Gulbrandsen07 | | | |

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| **GUTTER 20** | **292** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.1 | Thorstein Gystad | 67 | Jessheim | 23.09.1987 |

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| **100m M** |  |

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| 11.30 | Tom Erik Olsen | 74 | Jessheim | 20.06.1994 |
| 11.56 | Marius Mellum | 96 | Oslo/Bi | 23.08.2016 |
| 11.62 | Runar Homble | 72 | Sofiemyr | 13.09.1992 |
| 11.85 | Martin Lundemo Syversen | 92 | Oslo/Bi | 17.08.2012 |
| 11.95 | Øystein Iversen | 73 | Bjørkelangen | 15.05.1993 |
| 11.98 | Jo Henning Hals Nilssen | 68 | Hyrvyla, FIN | 25.07.1988 |
| 12.22 | Martin Opaker | 94 | Lillehammer/Ss | 22.06.2014 |

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| **100m M** |  |

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| 11.5 | Bjørn Tore Ottersen | 66 | Jessheim | 29.05.1986 |
| 11.5 | Jo Henning Hals Nilssen | 68 | Jessheim | 30.05.1988 |
| 11.6 | Hans Kristian Hansen | 41 | Råholt | 26.08.1961 |
| 11.6 | Thorstein Gystad | 67 | Jessheim | 06.07.1987 |
| 11.6 | Runar Homble | 72 | Jessheim | 18.05.1992 |
| 11.7 | Tor Mikaelsen | 14 | Jessheim | 09.09.1934 |
| 11.7 | Finn Ugletveit | 49 | Oslo/Bi | 26.09.1969 |
| 11.7 | Eirik Johansen | 84 | Jessheim | 27.05.2004 |
| 11.8 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 11.8 | Øystein Iversen | 73 | Jessheim | 23.09.1993 |
| 11.9 | Halvor Bogstad | 46 | Råholt | 12.08.1966 |
| 12.0 | Erik Herberg | 19 | Jessheim | 25.07.1939 |
| 12.0 | Tore Østvang | 52 | Lillestrøm | 02.09.1972 |
| 12.1 | Dag Rydland | 44 | Råholt | 13.06.1964 |
| 12.1 | Frode Nygård | 69 | Bjørkelangen | 09.09.1989 |
| 12.2 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 12.2 | Erik Herberg | 19 | Kløfta | 07.07.1939 |
| 12.2 | Kjell Larsen | 37 | Jessheim | 16.06.1957 |
| 13.0 | Harald Furuseth | 07 | Jessheim | 07.08.1927 |

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| **150m E** |  |

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| 17.92 | Martin Lundemo Syversen | 92 | Jessheim | 23.08.2012 |

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| **200m E** |  |

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| 22.21 | Andreas Roth | 93 | Karlstad, SWE | 23.07.2013 |
| 23.05 | Vegard Løberg Gjelsvik | 92 | Lillehammer/Ss | 22.06.2012 |
| 23.22 | Tom Erik Olsen | 74 | Drammen/Ma | 28.05.1994 |
| 23.34 | Runar Homble | 72 | Asker/Fø | 12.09.1992 |

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| **GUTTER 20** | **293** |

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

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| 23.40 | Thorstein Gystad | 67 | Lillehammer/Ss | 18.07.1987 |
| 23.47 | Martin Opaker | 94 | Lillehammer/Ss | 20.06.2014 |
| 23.61 | Marius Mellum | 96 | Oslo/Bi | 23.08.2016 |
| 23.78 | Martin Lundemo Syversen | 92 | Lillehammer/Ss | 22.06.2012 |
| 24.13 | Øystein Iversen | 73 | Oslo/Bi | 10.06.1993 |
| 24.28 | Jostein Steffensen | 96 | Oslo/Bi | 24.05.2016 |
| 24.37 | Are Hauk Fjeld | 94 | Oslo/Sp | 08.06.2014 |
| 24.41 | Njord Erlend Wiker | 91 | Oslo/Bi | 04.06.2011 |

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| **200m M** |  |

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| 23.2 | Thorstein Gystad | 67 | Jessheim | 02.07.1987 |
| 23.3 | Finn Ugletveit | 49 | Strømmen | 17.08.1969 |
| 23.3 | Bjørn Tore Ottersen | 66 | Oslo/La | 01.07.1986 |
| 23.9 | Jo Henning Hals Nilssen | 68 | Jessheim | 26.09.1988 |
| 24.2 | Halvor Bogstad | 46 | Råholt | 11.09.1966 |
| 24.2 | Eirik Johansen | 84 | Jessheim | 27.05.2004 |
| 24.9 | Frode Nygård | 69 | Bjørkelangen | 22.05.1989 |
| 25.5 | Erik Herberg | 19 | Jessheim | 01.08.1939 |
| 25.7 | Rolf Damlien | 31 | Sand | 04.08.1951 |
| 25.8 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |

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| **400m E** |  |

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| 47.37 | Andreas Roth | 93 | Tønsberg/Gr | 23.08.2013 |
| 50.19 | Vegard Løberg Gjelsvik | 92 | Drammen/Ma | 08.09.2012 |
| 50.44 | Sverre Blom Breivik | 96 | Oslo/Bi | 24.05.2016 |
| 50.76 | Elias Ottosen | 93 | Nadderud | 16.06.2013 |
| 51.10 | Bjørn Tore Ottersen | 66 | Haugesund | 26.07.1986 |
| 51.42 | Sigurd Blom Breivik | 96 | Oslo/Bi | 14.08.2016 |
| 51.62 | Thorstein Gystad | 67 | Grimstad | 20.06.1987 |
| 52.08 | Runar Homble | 72 | Lillehammer/Ss | 27.06.1992 |
| 52.43 | Johan Sebastian Evensen | 96 | Oslo/Bi | 14.08.2016 |
| 52.47 | Øystein Iversen | 73 | Oslo/Bi | 20.07.1993 |
| 52.67 | Hauk Are Fjeld | 94 | Lillehammer/Ss | 21.06.2014 |
| 53.38 | Martin Lundemo Syversen | 92 | Oslo/Bi | 19.08.2012 |
| 53.45 | Frode Nygård | 69 | Grimstad | 17.06.1989 |
| 54.20 | Jørgen Opaker | 97 | Lillestrøm | 28.05.2017 |
| 55.12 | Eirik Johansen | 84 | Jessheim | 14.06.2004 |
| 60.46 | Kristian Finstad | 79 | Jessheim | 23.08.1999 |

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| **GUTTER 20** | **294** |

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| **400m M** |  |

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| 50.5 | Bjørn Tore Ottersen | 66 | Oslo/St | 04.06.1986 |
| 51.9 | Thorstein Gystad | 67 | Jessheim | 28.06.1987 |
| 52.2 | Finn Ugletveit | 49 | Oslo/Bi | 26.09.1969 |
| 52.5 | Runar Homble | 72 | Jessheim | 20.07.1992 |
| 53.1 | Thor Martin Furuseth | 41 | Råholt | 26.08.1961 |
| 53.2 | Øystein Iversen | 73 | Jessheim | 23.09.1993 |
| 54.4 | Bjørn Dæhlie | 67 | Jessheim | 06.07.1987 |
| 54.8 | Tore Østvang | 52 | Strømmen | 20.08.1972 |
| 55.8 | Nils Teigland | 41 | Oslo/Bi | 25.07.1961 |
| 56.0 | Dag Rydland | 44 | Råholt | 13.06.1964 |
| 56.7 | Torgeir Sørum | 45 | Jessheim | 19.08.1965 |
| 56.8 | Erik Lerdahl | 10 | Gjøvik | 28.09.1930 |
| 57.0 | Rolf Damlien | 31 | Jessheim | 11.07.1951 |
| 57.2 | Hans Kristian Hansen | 41 | Lillestrøm | 02.09.1961 |
| 58.0 | Haralds Furuseth | 07 | Jessheim | 25.09.1927 |
| 58.9 | Nils Kristen Wiig | 43 | Råholt | 30.08.1963 |
| 59.0 | Johan O. Wiig | 10 | Jessheim | 24.08.1930 |
| 59.2 | Helge Hofseth | 26 | Jessheim | 08.09.1946 |
| 60.0 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 60.0 | Birger Svensson | 40 | Lillestrøm | 28.06.1960 |
| 60.6 | Harald Kværner | 30 | Sand | 20.08.1950 |
| 60.6 | Ståle Murud | 69 | Jessheim | 30.05.1989 |
| 65.2 | Per Kopperud | 39 | Jessheim | 12.09.1959 |

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| **600m** |  |

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| 1:20.04 | Thomas Roth | 91 | Nadderud | 03.05.2011 |
| 1:22.85 | Trym Fjøsne-Hexeberg | 03 | Nesodden | 01.06.2023 |
| 1:25.35 | Johan Sebastian Evensen | 96 | Nadderud | 03.05.2016 |
| 1:25.61 | Jonas Krossøy | 95 | Nadderud | 04.05.2015 |
| 1:26.99 | Jostein Steffensen | 96 | Nadderud | 03.05.2016 |
| 1:27.93 | Markus Høgne | 98 | Nesodden | 16.08.2018 |
| 1:28.00 | Jørgen Opaker | 97 | Oslo/Be | 07.05.2017 |
| 1:30.25 | Tore Klungland | 97 | Oslo/Be | 07.05.2017 |
| 1:30.91 | Jonas Haarborg Bolgen | 96 | Nadderud | 03.05.2016 |
| 1:37.5 | Carl Jørgen Owre | 82 | Jessheim | 15.04.2002 |

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| **800m** |  |

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| 1:49.30 | Thomas Roth | 91 | Oslo/Bi | 09.06.2011 |
| 1:49.84 | Andreas Roth | 93 | Oslo/Bi | 03.09.2013 |
| 1:50.37 | Elias Ottosen | 93 | Oslo/Bi | 13.06.2013 |
| 1:50.92 | Sigurd Blom Breivik | 96 | Leiden, NED | 11.06.2016 |
| 1:50.94 | Sverre Blom Breivik | 96 | Sollentuna, SWE | 28.06.2016 |
| 1:52.13 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 08.07.2012 |

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| **GUTTER 20** | **295** |

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| **800m forts.** |  |

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| 1:52.34 | Vetle Aasland | 91 | Karlstad, SWE | 02.08.2011 |
| 1:54.48 | Hans Jørgen Borgen | 70 | Overhalla | 28.07.1990 |
| 1:54.49 | Trym Fjøsne-Hexeberg | 03 | Jessheim | 06.07.2023 |
| 1:55.17 | Hauk Are Fjeld | 94 | Oslo/Bi | 16.08.2014 |
| 1:55.97 | Jørgen Frost Bø | 94 | Jessheim | 27.05.2014 |
| 1:57.10 | Henrik Hanssen | 97 | Sandnes | 25.08.2017 |
| 1:57.2 | Bjørn Tore Ottersen | 66 | Jessheim | 01.08.1986 |
| 1:57.40 | Njord Erlend Wiker | 91 | Kristiansand | 07.08.2011 |
| 1:57.6 | Harald Lindstrøm | 54 | Oslo/Bi | 13.09.1974 |
| 1:58.20 | Stian Klungland | 93 | Nadderud | 15.06.2013 |
| 1:59.22 | Jostein Steffensen | 96 | Oslo/Bi | 24.06.2016 |
| 1:59.33 | Johan Sebastian Evensen | 96 | Oslo/Bi | 24.06.2016 |
| 1:59.4 | Trygve Stanger | 62 | Oslo/Bi | 12.05.1982 |
| 1:59.6 | Jens Petter Kværner | 60 | Oslo/Bi | 29.06.1980 |
| 2:00.52 | Nani Kula | 01 | Nittedal | 21.08.2021 |
| 2:01.0 | Torgeir Sørum | 45 | Råholt | 08.08.1965 |
| 2:01.20 | Carl Jørgen Owre | 82 | Oslo/Bi | 22.06.2002 |
| 2:01.26 | Jonas Krossøy | 95 | Göteborg, SWE | 05.07.2015 |
| 2:01.76 | Jørgen Opaker | 97 | Nadderud | 18.06.2017 |
| 2:01.9 | Nils Teigland | 41 | Råholt | 08.10.1961 |
| 2:02.1 | Hans Georg Haug | 67 | Jessheim | 28.05.1987 |
| 2:03.23 | Erlend Homble | 04 | Jessheim | 09.08.2024 |
| 2:03.63 | Markus Høgne | 98 | Oslo/Bi | 26.08.2018 |
| 2:04.5 | Runar Homble | 72 | Jessheim | 17.08.1992 |
| 2:05.88 | Tore Klungland | 97 | Lillestrøm | 27.05.2017 |
| 2:06.1 | Ronny Opaker | 66 | Jessheim | 28.08.1986 |
| 2:06.3 | Rolf Damlien | 31 | Jessheim | 18.08.1951 |
| 2:07.6 | Johannes Bruvik | 36 | Råholt | 25.07.1956 |
| 2:09.11 | Erlend Skare | 73 | Jessheim | 21.06.1993 |
| 2:10.04 | Ståle Murud | 69 | Jessheim | 03.07.1989 |
| 2:10.4 | Halvard Bålsrud | 29 | Hauerseter | 06.08.1949 |
| 2:13.0 | Kristian Finstad | 79 | Jessheim | 16.08.1999 |
| 2:15.1 | Martin Carlson | 68 | Jessheim | 06.06.1988 |
| 2:22.61 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 27.06.2004 |

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| **1000m** |  |

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| 2:31.01 | Vetle Aasland | 91 | Nadderud | 03.05.2011 |
| 2:31.03 | Trym Fjøsne-Hexeberg | 03 | Rud | 04.05.2023 |
| 2:35.3 | Hauk Are Fjeld | 94 | Bø | 22.04.2014 |
| 2:38.4 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1974 |

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| **GUTTER 20** | **296** |

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| **1500m** |  |

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| 3:47.21 | Vetle Aasland | 91 | Oslo/Bi | 20.08.2011 |
| 3:48.24 | Sigurd Blom Breivik | 96 | Jessheim | 02.06.2016 |
| 3:38.81 | Trym Fjøsne-Hexeberg | 03 | Oslo/Bi | 29.08.2023 |
| 3:51.71 | Jørgen Frost Bø | 94 | Watford, GBR | 17.05.2014 |
| 3:53.29 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 07.07.2012 |
| 3:53.97 | Sverre Blom Breivik | 96 | Jessheim | 02.06.2016 |
| 3:55.74 | Henrik Hanssen | 97 | Oslo/Bi | 06.07.2017 |
| 3:56.4 | Harald Lindstrøm | 54 | Oslo/Bi | 03.09.1974 |
| 3:57.05 | Elias Ottosen | 93 | Overhalla | 03.08.2013 |
| 4:01.21 | Njord Erlend Wiker | 91 | Mölndal, SWE | 03.09.2011 |
| 4:04.44 | Markus Høgne | 98 | Oslo/Bi | 25.08.2018 |
| 4:05.11 | Stian Klungland | 93 | Oslo/Sp | 11.07.2013 |
| 4:06.6 | Trygve Stanger | 62 | Oslo/St | 21.06.1982 |
| 4:08.2 | Bjørn Ingvar Jensen | 66 | Jessheim | 01.08.1986 |
| 4:08.3 | Torgeir Sørum | 45 | Råholt | 07.08.1965 |
| 4:11.1 | Vidar Birkelund | 56 | Oslo/St | 28.06.1976 |
| 4:11.95 | Carl Jørgen Owre | 82 | Lillehammer/Ss | 27.06.2002 |
| 4:13.7 | Hans Georg Haug | 67 | Jessheim | 29.05.1986 |
| 4:16.80 | Jonas Krossøy | 95 | Oslo/Bi | 08.08.2015 |
| 4:16.82 | Jonas Kveen | 04 | Brandbu | 22.09.2024 |
| 4:18.0 | Johannes Bruvik | 36 | Kirkenær | 09.09.1956 |
| 4:18.2 | Thorbjørn Næss | 68 | Jessheim | 17.06.1988 |
| 4:18.33 | Jørgen Opaker | 97 | Lillehammer/Ss | 22.06.2017 |
| 4:18.64 | Nikolai Smestad | 92 | Oslo/Bi | 14.05.2012 |
| 4:20.48 | Jostein Steffensen | 96 | Jessheim | 02.06.2016 |
| 4:20.6 | Rolf Damlien | 31 | Kløfta | 17.08.1951 |
| 4:20.8 | Nils Teigland | 41 | Oslo/Bi | 24.07.1961 |
| 4:21.0 | Bjørn Tore Ottersen | 66 | Jessheim | 13.06.1986 |
| 4:21.26 | Tore Klungland | 97 | Asker/Fø | 10.06.2017 |
| 4:23.7 | Ronny Opaker | 66 | Jessheim | 13.06.1986 |
| 4:24.3 | Kjell Frostlid | 61 | Jessheim | 12.06.1981 |
| 4:24.75 | Hans Agnar Grønnvoll | 84 | Lillehammer/Ss | 24.06.2004 |
| 4:26.8 | Stein Rosenberg | 60 | Jessheim | 09.06.1980 |
| 4:26.9 | Runar Bålsrud | 62 | Jessheim | 20.08.1982 |
| 4:28.1 | Thomas Vole Olsen | 73 | Jessheim | 16.06.1993 |
| 4:28.3 | Knut Larsen | 62 | Jessheim | 14.06.1982 |
| 4:28.8 | Martin Carlson | 68 | Jessheim | 13.06.1988 |
| 4:29.2 | Halvard Bålsrud | 29 | Lillestrøm/Vi | 03.08.1949 |
| 4:30.0 | Erik Lerdahl | 10 | Lillestrøm/Vi | 26.07.1930 |
| 4:31.7 | Lars Lysbakken | 79 | Jessheim | 14.06.1999 |
| 4:33.7 | Kjartan Roland | 73 | Jessheim | 16.06.1993 |
| 4:36.2 | Odd Riise | 13 | Jessheim | 02.07.1933 |
| 4:37.6 | Erik Næss | 61 | Jessheim | 12.06.1981 |
| 4:38.13 | Nani Kula | 01 | Jessheim | 29.05.2021 |

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| **GUTTER 20** | **297** |

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| **1500m forts.** |  |

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| 4:38.4 | Molvin Knutsen | 62 | Jessheim | 14.06.1982 |
| 4:38.5 | Kåre-Christian Olsen | 64 | Jessheim | 13.06.1984 |
| 4:38.6 | Finn Ugletveit | 49 | Blaker/Br | 06.07.1969 |
| 4:39.9 | Johan O. Wiig | 10 | Lillestrøm/Vi | 26.07.1930 |
| 4:41.8 | Knut Kjellskau | 66 | Jessheim | 13.06.1986 |
| 4:42.1 | Kristian Finstad | 79 | Jessheim | 14.09.1999 |
| 4:44.0 | Hans Wethal | 16 | Jessheim | 28.06.1936 |
| 4:44.0 | Helge Hofseth | 26 | Kløfta | 23.06.1946 |
| 4:45.1 | John-Vidar Halvorsen | 67 | Lillestrøm | 10.06.1987 |
| 4:45.8 | Kåre-Christian Olsen | 64 | Jessheim | 08.06.1984 |
| 4:46.6 | Audun Kjos | 71 | Jessheim | 10.06.1991 |
| 4:49.0 | Ole Kristian Westby | 66 | Jessheim | 13.06.1986 |
| 4:49.0 | Runar Homble | 72 | Jessheim | 15.06.1992 |
| 4:50.5 | Rune Murud | 65 | Jessheim | 08.06.1984 |
| 4:51.0 | Torbjørn Stokstad | 18 | Nannestad | 31.07.1938 |
| 4:53.1 | Lauritz Lund | 06 | Jessheim | 13.07.1926 |
| 5:02.0 | Hans Kristian Hansen | 41 | Lillestrøm | 03.09.1961 |
| 5:02.7 | Petter Mikalsen | 61 | Jessheim | 12.06.1981 |
| 5:11.9 | Bjørn Kvaal | 64 | Jessheim | 08.06.1984 |
| 5:13.0 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |
| 5:14.1 | Kristian Finstad | 76 | Jessheim | 17.06.1996 |
| 5:15.4 | Jarle Sæthermoen | 70 | Jessheim | 13.06.1990 |
| 5:16.0 | Georg Wethal | 17 | Jessheim | 11.07.1937 |
| 5:20.0 | Øivind Holm | 63 | Jessheim | 10.06.1983 |
| 5:23.0 | Gunnar Nordberg | 14 | Jessheim | 09.09.1934 |
| 5:24.0 | Harald Rutle | 68 | Jessheim | 13.06.1988 |
| 5:24.1 | Vidar Jørgensen | 66 | Jessheim | 13.06.1986 |

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| **2000m** |  |

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| 6:48.75.2 | Hans Agnar Grønnvoll | 84 | Hurdal | 26.06.2004 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 8:20.16 | Jørgen Frost Bø | 94 | Oslo/Bi | 22.05.2014 |
| 8:21.15 | Trym Fjøsne-Hexeberg |  |  |  |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/Bi | 05.09.1974 |
| 8:27.57 | Vidar Aasland | 91 | Nadderud | 17.06.2011 |
| 8:31.31 | Henrik Hanssen | 97 | Nadderud | 16.06.2017 |
| 8:35.22 | Bjørn Dæhlie | 67 | Oslo/La | 30.06.1987 |
| 8:36.25 | Vegard Løberg Gjelsvik | 92 | Nadderud | 15.06.2012 |
| 8:42.40 | Stian Klungland | 93 | Oslo/Bi | 25.07.2013 |
| 8:52.2 | Trygve Stanger | 62 | Oslo/St | 28.07.1982 |
| 8:57.6 | Bjørn Ingvar Jensen | 66 | Jessheim | 15.08.1986 |
| 8:59.96 | Njord Erlend Wiker | 91 | Nadderud | 17.06.2011 |

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| **GUTTER 20** | **298** |

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| **3000m forts.** |  |

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| 9:05.0 | Torgeir Sørum | 45 | Råholt | 11.08.1965 |
| 9:18.0 | Thorbjørn Næss | 68 | Jessheim | 19.05.1988 |
| 9:34.4 | Bjørn Tore Ottersen | 66 | Jessheim | 15.08.1986 |
| 9:35.2 | Johannes Bruvik | 36 | Råholt | 02.09.1956 |
| 9:36.4 | Ronny Opaker | 66 | Jessheim | 15.08.1986 |
| 9:36.6 | Erlend Skåre | 73 | Jessheim | 18.08.1993 |
| 9:37.73 | Tore Klungland | 97 | Nadderud | 16.06.2017 |
| 9:40.1 | Erik Lerdahl | 10 | Gjøvik | 28.09.1930 |
| 9:48.2 | Thomas Vole Olsen | 73 | Jessheim | 18.08.1993 |
| 9:57.2 | Per Håkon Sand | 74 | Jessheim | 31.08.1994 |
| 9:58.8 | Ole Kristian Westby | 66 | Jessheim | 15.08.1986 |
| 9:59.0 | Fredrik Bakken | 66 | Jessheim | 15.08.1986 |
| 10:00.2 | Ole Fredrik Mørck | 62 | Jessheim | 20.08.1982 |
| 10:02.1 | Rolf Damlien | 31 | Sand | 05.08.1951 |
| 10:11.6 | Audun Kjos | 71 | Jessheim | 19.08.1991 |
| 10:14.4 | Runar Bålsrud | 62 | Jessheim | 20.08.1982 |
| 10:19.8 | Johan O. Wiig | 10 | Gjøvik | 28.09.1930 |
| 10:23.8 | John-Vidar Halvorsen | 67 | Jessheim | 19.08.1987 |
| 10:30.2 | Johan Karlsen | 13 | Jessheim | 20.08.1933 |
| 10:30.3 | Kåre-Christian Olsen | 64 | Jessheim | 17.08.1984 |
| 10:32.5 | Anders Huse | 72 | Jessheim | 17.08.1992 |
| 10:34.4 | Terje Mikalsen | 43 | Råholt | 22.06.1963 |
| 10:43.3 | Paal Raastad | 73 | Jessheim | 16.08.1993 |
| 10:52.8 | Runar Olsen | 63 | Jessheim | 19.08.1983 |
| 11:02.3 | Rune Bonesvold | 64 | Jessheim | 17.08.1984 |
| 11:06.4 | Karl Haukås | 39 | Kløfta | 31.05.1959 |
| 11:18.0 | Molvin Knutsen | 62 | Jessheim | 20.08.1982 |
| 11:29.7 | Øivind Holm | 63 | Jessheim | 19.08.1983 |

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| **5000m** |  |

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| 14:46.09 | Jørgen Frost Bø | 94 | Jessheim | 22.08.2014 |
| 14:47.01 | Petter Myhr | 00 | Oslo/Bi | 29.06.2020 |
| 14:58.0 | Bjørn Dæhlie | 67 | Esjberg, DEN | 26.07.1987 |
| 15:21.48 | Anders Hallingstad | 78 | Strørdal | 16.09.1998 |
| 15:55.13 | Henrik Hanssen | 97 | Harstad | 13.08.2017 |
| 16:12.8 | Vidar Birkelund | 56 | Jessheim | 18.06.1976 |
| 16:15.0 | Torgeir Sørum | 45 | Krødsherad | 23.08.1965 |
| 16:30.4 | Jon Martin Samuelsen | 53 | Jessheim | 16.06.1973 |
| 16:48.6 | Erik Lerdahl | 10 | Lillestrøm/Vi | 27.07.1930 |
| 16:56.66 | Lars Anders Tenold | 93 | Oslo/Bi | 08.07.2013 |
| 17:00.8 | Bjørn Egil Hytjan | 56 | Jessheim | 18.06.1976 |
| 17:49.6 | Halvard Bålsrud | 29 | Kolbotn | 18.09.1949 |
| 18:35.5 | Lauritz Lund | 06 | Jessheim | 19.09.1926 |
| 20:31.8 | Inge Sesseng | 54 | Jessheim | 12.06.1974 |

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| **GUTTER 20** | **299** |

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

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| 14.65 | Tom Erik Olsen | 74 | Jessheim | 19.08.1994 |

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

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| 15.3 | Jo Henning Hals Nilssen | 68 | Grimstad | 25.06.1988 |
| 19.3 | Finn Uglteveit | 49 | Strømmen | 14.09.1969 |
| 22.3 | Torgeir Sørum | 45 | Strømmen | 22.09.1965 |

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

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| 27.4 | Espen Hofoss | 76 | Ski | 04.10.1996 |
| 28.5 | Thorstein Gystad | 67 | Jessheim | 23.09.1987 |

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

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| 72.23 | Jostein Steffensen | 96 | Nadderud | 11.06.2016 |

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

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| 57.0 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 17.09.2012 |
| 60.8 | Finn Ugletveit | 49 | Råholt | 10.09.1969 |
| 62.8 | Molvin Knutsen | 62 | Oslo/Bi | 17.06.1982 |
| 63.4 | Torgeir Sørum | 45 | Råholt | 29.08.1965 |

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

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| 4:48.2 | Torgeir Sørum | 45 | Jessheim | 25.09.1965 |

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

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| 6:53.95 | Lars Lysbakken | 79 | Jessheim | 22.07.1999 |

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

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| 9:42.6 | Harald Lindstrøm | 54 | Jessheim | 23.08.1974 |
| 9:50.8 | Trygve Stanger | 62 | Oslo/Bi | 14.08.1982 |
| 9:56.52 | Markus Høgne | 98 | Rømskog | 07.07.2018 |
| 10:13.0 | Vidar Birkelund | 56 | Jessheim | 25.08.1976 |
| 10:30.0 | Jon Martin Samuelsen | 53 | Jessheim | 25.08.1973 |
| 10:33.0 | Bjørn Egil Hytjan | 56 | Jessheim | 25.08.1976 |
| 10:54.8 | Claus Nerhagen | 59 | Jessheim | 20.08.1979 |
| 10:56.1 | Stein Rosenberg | 60 | Jessheim | 18.08.1980 |
| 11:01.2 | Ole Skolt | 53 | Jessheim | 25.08.1973 |

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| **GUTTER 20** | **300** |

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| **5 km landevei** |  |

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| 15:33 | Andreas Ullern Tonning | 04 | Jessheim | 28.09.2024 |
| 15:59 | Finn Gjøsteen | 01 | Sand | 01.08.2021 |
| 17:08 | Jonas Kveen | 03 | Jessheim | 30.09.2023 |
| 21:41 | Victor Rosenlind | 00 | Jessheim | 03.10.2020 |

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| **10 km landevei** |  |

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| 31:37 | Vetle Aasland | 91 | Modum | 15.10.2011 |
| 33:26 | Andreas Ullern Tonning | 04 | Hole | 19.10.2024 |
| 33:41 | Finn Gjøsteen | 01 | Jessheim | 02.10.2021 |

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| **20 km landevei** |  |

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| 1:16:43 | Fjell Frostlid | 61 | Jessheim | 11.10.1981 |
| 1:23:45 | Ole Skolt | 53 | Jessheim | 14.10.1973 |

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| **Halvmaraton 21098m** |  |

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| 1:09:19 | Fredrik Bakken | 66 | Egersund | 06.04.1986 |
| 1:10:51 | Bjørn Ingvar Jensen | 66 | Egersund | 06.04.1986 |
| 1:12:51 | Stein Rosenberg | 60 | Jessheim | 05.10.1980 |
| 1:18:55 | Ole Kristian Westby | 66 | Oslo | 13.09.1986 |
| 1:21:05 | Markus Høgne | 98 | Rømskog | 07.07.2018 |

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| **Høyde** |  |

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| 1.90 | Frode Myrvang | 67 | Drammen | 10.07.1987 |
| 1.61 | Nils Kristen Wiig | 43 | Råholt | 30.08.1963 |
| 1.60 | Jo Henning Hals Nilssen | 68 | Jessheim | 11.06.1988 |
| 1.60 | Shaun Matheson | 43 | Råholt | 23.06.1963 |
| 1.60 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 20.09.2012 |
| 1.59 | Finn Ugletveit | 49 | Strømmen | 13.09.1969 |
| 1.55 | Hans Kristian Hansen | 41 | Lillestrøm | 02.09.1961 |
| 1.53 | Georg Wethal | 17 | Jessheim | 18.07.1937 |
| 1.52 | Bjarne Ruud | 10 | Jessheim | 14.09.1930 |
| 1.45 | Gunnar Lorentzen | 14 | Jessheim | 09.09.1934 |
| 1.45 | Frode Nygård | 69 | Jessheim | 28.09.1989 |
| 1.42 | Einar Wethal | 05 | Jessheim | 04.10.1925 |
| 1.35 | Ole Moland | 14 | Jessheim | 09.09.1934 |

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| **GUTTER 20** | **301** |

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| **Stav** |  |

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| 4.30 | Jan Andresen | 70 | Jessheim | 18.06.1990 |
| 2.90 | Anfinn Thoresen | 34 | Lillestrøm | 22.08.1954 |
| 2.70 | Hans Kristian Hansen | 41 | Lillestrøm | 03.09.1961 |
| 1.98 | Finn Ugletveit | 49 | Strømmen | 14.09.1969 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.62 | Jo Henning Hals Nilssen | 68 | Grimstad | 25.06.1988 |
| 6.30 | Hans Kristian Hansen | 41 | Oslo/Bi | 05.10.1961 |
| 6.07 | Erik Herberg | 19 | Jessheim | 25.07.1939 |
| 6.02 | Finn Ugletveit | 49 | Jessheim | 22.06.1969 |
| 5.81 | Martin Lundemo Syversen | 92 | Jessheim | 23.08.2012 |
| 5.78 | Anfinn Thoresen | 34 | Kløfta | 08.08.1954 |
| 5.77 | Øystein Iversen | 73 | Jessheim | 23.08.1993 |
| 5.62 | Hans Fodstad | 27 | Oslo/Jo | 07.09.1947 |
| 5.61 | Shaun Matheson | 43 | Råholt | 23.06.1963 |
| 5.61 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |
| 5.60 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 5.51 | Frode Myrvang | 67 | Jessheim | 28.09.1987 |
| 5.48 | Harald Furuseth | 07 | Jessheim | 07.08.1927 |
| 5.39 | Harald Kværner | 30 | Sand | 19.08.1950 |
| 5.33 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 4.80 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |

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| **Tresteg** |  |

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| 12.99 | Jo Henning Hals Nilssen | 68 | Jessheim | 10.06.1988 |
| 12.42 | Frode Myrvang | 67 | Kristiansand | 21.06.1987 |
| 12.26 | Anfinn Thoresen | 34 | Lillestrøm | 22.08.1954 |
| 12.01 | Mathias Bogstad | 10 | Lillestrøm/Vi | 27.07.1930 |
| 11.92 | Finn Ugletveit | 49 | Lillestrøm | 15.08.1969 |
| 11.88 | Wilhelm Løken | 01 | Jessheim | 21.08.1921 |
| 11.74 | Hans Kristian Hansen | 41 | Strømmen | 19.06.1961 |
| 11.72 | Terje Thronæs | 39 | Kløfta | 31.05.1959 |
| 11.38 | Shaun Matheson | 43 | Råholt | 25.08.1963 |

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| **Kule 7.26 kg** |  |

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| 13.13 | Terje Thronæs | 39 | Oslo/Bi | 09.08.1959 |
| 11.61 | Jo Henning Hals Nilssen | 68 | Jessheim | 10.06.1988 |
| 11.02 | Morten Gaarder | 60 | Lillestrøm | 16.08.1980 |
| 10.79 | Mathis Bogstad | 10 | Lillestrøm/Vi | 26.07.1930 |
| 10.68 | Anfinn Thoresen | 34 | Kløfta | 08.08.1954 |
| 10.16 | Finn Ugletveit | 49 | Strømmen | 16.08.1969 |
| 10.15 | Ole Moland | 14 | Jessheim | 09.09.1934 |

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| **GUTTER 20** | **302** |

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| **Kule 7.26 kg** |  |

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| 9.35 | Tor Mikalsen | 14 | Jessheim | 09.09.1934 |
| 9.05 | Runar Homble | 72 | Jessheim | 20.07.1992 |
| 8.52 | Hans Kristian Hansen | 41 | Lillestrøm | 02.09.1961 |
| 8.47 | Nils Kristen Wiig | 43 | Råholt | 31.08.1963 |
| 8.41 | Lars Sundby | 09 | Jessheim | 09.06.1929 |

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| **Diskos 2 kg** |  |

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| 38.64 | Morten Gaarder | 60 | Lillestrøm | 17.08.1980 |
| 38.34 | Jo Henning Hals Nilssen | 68 | Grimstad | 25.06.1988 |
| 38.16 | Tom Erik Olsen | 74 | Jessheim | 27.09.1993 |

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

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| 35.02 | Terje Thronæs | 39 | Nannestad | 29.08.1959 |
| 34.28 | Anfinn Thoresen | 34 | Kløfta | 07.08.1954 |
| 32.46 | Halvor Bogstad | 46 | Råholt | 13.08.1966 |
| 28.63 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 27.38 | Hans Kristian Hansen | 41 | Lillestrøm | 03.09.1961 |
| 26.78 | Finn Ugletveit | 49 | Strømmen | 14.09.1969 |
| 25.78 | Shaun Matheson | 43 | Råholt | 23.06.1963 |
| 25.72 | Erik Herberg | 19 | Jessheim | 18.07.1939 |
| 24.59 | Gunnar Lorentzen | 14 | Jessheim | 09.09.1934 |
| 20.65 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |

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| **Slegge 7.26 kg** |  |

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| 35.36 | Terje Thronæs | 39 | Nannestad | 30.08.1959 |
| 19.76 | Halvor Bogstad | 46 | Jessheim | 25.09.1966 |

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

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| 53.96 | Bjørn Egil Lunvigsen | 67 | Jessheim | 04.06.1987 |
| 48.30 | Jo Henning Hals Nilssen | 68 | Jessheim | 11.06.1988 |
| 29.84 | Frode Nygård | 69 | Jessheim | 28.09.1989 |

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

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| --- | --- | --- | --- | --- |
| 53.24 | Terje Thronæs | 39 | Oslo/Bi | 10.08.1959 |
| 51.98 | Hans Kristian Hansen | 41 | Jessheim | 07.10.1961 |
| 45.33 | Anfinn Thoresen | 34 | Kløfta | 07.08.1954 |
| 44.64 | Finn Ugletveit | 49 | Strømmen | 17.08.1969 |
| 43.53 | Halvard Sundby | 39 | Jessheim | 14.09.1959 |
| 43.30 | Lauritz Lund | 06 | Jessheim | 19.09.1926 |
| 39.17 | Einar Martinsen | 12 | Kløfta | 21.09.1932 |

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| **GUTTER 20** | **303** |

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

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| --- | --- | --- | --- | --- |
| 35.82 | Ole Moland | 14 | Jessheim | 09.09.1934 |
| 35.75 | Tor Mikaelsen | 14 | Jessheim | 09.09.1934 |
| 35.18 | Gunnar Lorentzen | 14 | Jessheim | 09.09.1934 |
| 33.08 | Harald Kværner | 30 | Sand | 19.08.1950 |
| 29.99 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |

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

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| --- | --- | --- | --- | --- |
| 2663 | Finn Ugletveit | 49 | Jessheim | 22.06.1969 |
| 5.02-42.62-24.0-24.76-4:38.7 | | | |
| 2365 | Arve Bogstad | 41 | Jessheim | 22.06.1969 |

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| 2212 | Torgeir Sørum | 45 | Jessheim | 11.06.1965 |
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| **5kamp M Lengde-Spyd-200m-Diskos-1500m** | **Forts.** |

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| --- | --- | --- | --- | --- |
| 1363 | Nils Kristen Wiig | 43 | Strømmen | 21.09.1963 |
| 5.44-29.99-25.8-20.65-5:13.0 | | | |

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

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| --- | --- | --- | --- | --- |
| 4661 | Finn Ugletveit | 49 | Strømmen | 13-14.09.1969 |
| 11.9-5.54-9.39-1.59-55.4/19.3-26.78-1.98-40.36-4:44.4 | | | |

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

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

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| **4x100m E** |  |

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| 45.96 | M20 Finale |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Martin Opaker94-Martin Lundemo Syvertsen92-Håvard Hildeskor92 | | | |

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| 45.99 | M20 Forsøk |  | Jessheim | 19.05.2012 |
| Marius Mellum96-Martin Opaker94-Martin Lundemo Syvertsen92-Håvard Hildeskor92 | | | |

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| **GUTTER 20** | **304** |

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| **4x100m M** |  |

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

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| **4x400m** |  |

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

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| 3:29.8 | M20 |  | Nadderud | 03.09.1989 |
| Runar Homble72-Hans Jørgen Borgen70-Ola Nerhagen71-Frode Nygård69 | | | |

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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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| **4x1500m** |  |

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

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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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| **GUTTER 20** | **305** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.29 | Marius Mellum | 96 | Hvam | 10.12.2016 |
| 7.40 | Bjørn Tore Ottersen | 66 | Askim | 01.02.1986 |
| 7.45 | Runar Homble | 72 | Oslo/Ek | 09.02.1992 |
| 7.51 | Filip Aas | 00 | Rud | 08.02.2020 |
| 7.68 | Martin Lundemo Syversen | 92 | Sandnes | 09.03.2012 |
| 7.70 | Øystein Iversen | 73 | Stange | 31.01.1993 |
| 7.73 | Andrè Haaland | 75 | Oslo/Ek | 04.03.1995 |

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| **200m E** |  |

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| 23.09 | Thomas Roth | 91 | Stange | 20.03.2011 |
| 24.00 | Martin Lundemo Syversen | 92 | Stange | 18.03.2012 |
| 24.22 | Andrè Cruz Da Silva | 04 | Rud | 10.02.2024 |
| 24.86 | Sondre Opaker Øines | 98 | Rud | 03.02.2018 |

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| **300m M** |  |

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| 37.7 | Thorstein Gystad | 67 | Oslo/Ek | 03.01.1987 |

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| **400m E** |  |

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| 48.78 | Andreas Roth | 93 | Haugesund | 02.02.2013 |
| 50.31 | Thomas Roth | 91 | Stange | 29.01.2011 |
| 50.81 | Sverre Blom Breivik | 96 | Rud | 13.02.2016 |
| 52.78 | Bjørn Tore Ottersen | 66 | Askim | 01.02.1986 |
| 52.82 | Elias Ottosen | 93 | Steinkjer | 08.03.2013 |
| 53.41 | Andr`s Cruz Da Silva | 04 | Rud | 11.01.2024 |
| 53.80 | Jostein Steffensen | 96 | Hvam | 16.01.2016 |
| 54.69 | Frode Nygård | 69 | Oslo/Ek | 11.03.1989 |
| 55.29 | Sondre Opaker Øines | 98 | Rud | 20.01.2018 |

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| **400m M** |  |

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| 53.3 | Torstein Gystad | 67 | Oslo/Ek | 14.03.1987 |

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| **600m** |  |

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| 1:19.83 | Thomas Roth | 91 | Stange | 19.03.2011 |
| 1:22.38 | Vegard Løberg Gjelsvik | 92 | Stange | 17.03.2012 |
| 1:25.49 | Hauk Are Fjeld | 94 | Rud | 06.12.2014 |
| 1:27.08 | Jonas Krossøy | 95 | Rud | 05.12.2015 |
| 1:28.14 | Jostein Steffensen | 96 | Ranheim | 04.12.2016 |
| 1:30.63 | Tore Klungland | 97 | Hvam | 14.01.2017 |
| 1:30.73 | Martin Lundemo Syversen | 92 | Stange | 17.03.2012 |
| **GUTTER 20** | | **306** | | |

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| **INNENDØRS** |  |

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| **800m** |  |

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| 1:51.91 | Thomas Roth | 91 | Paris, FRA | 04.03.2011 |
| 1:52.18 | Sverre Blom Breivik | 96 | Hvam | 06.02.2016 |
| 1:57.27 | Trym Fjøsne Hexeberg | 03 | Hvam | 05.02.2023 |
| 1:57.82 | Vetle Aasland | 91 | Trondheim/Ra | 13.02.2011 |
| 1:58.10 | Elias Ottosen | 93 | Haugesund | 03.02.2013 |
| 1:59.83 | Njord Erland Wiker | 91 | Trondheim/Ra | 12.03.2011 |
| 2:00.41 | Hauk Are Fjeld | 94 | Rud | 08.03.2004 |
| 2:01.25 | Jostein Steffensen | 96 | Hvam | 06.02.2016 |
| 2:01.67 | Hans Jørgen Borgen | 70 | Oslo/Ek | 03.02.1990 |
| 2:10.28 | Martin Lundemo Syversen | 92 | Sandnes | 10.03.2012 |
| 2:12.82 | Tore Klungland | 97 | Karlstad, SWE | 04.02.2017 |
|  |  |  |  |  |
| **Overlang bane 300m** | |  | | |
| 1:49.54 | Thomas Roth | 91 | Tammerfors, FIN | 05.02.2011 |

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| **1000m** |  |

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| 2:28.81 | Vetle Aasland | 91 | Trondheim/Ra | 16.12.2011 |

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| **1500m** |  |

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| 3:41.93 | Andreas Fjeld Halvorsen | 05 | Ostrava, CZE | 13.02.2025 |
| 3:51.68 | Thomas Roth | 91 | Trondheim/Ra | 12.02.2011 |
| 3:55.92 | Trym Fjøsne Hexeberg | 03 | Hvam | 10.03.2023 |
| 4:03.74 | Stian Klungland | 93 | Steinkjer | 10.03.2013 |
| 4:04.05 | Erlend Homble | 04 | Hvam | 18.01.2024 |
| 4:05.15 | Nicolai Smestad | 92 | Sandnes | 09.03.2012 |
| 4:06.06 | Andreas Ullern Tonning | 04 | Hvam | 03.02.2024 |
| 4:10.72 | Vetle Aasland | 91 | Stange | 29.01.2011 |
| 4:21.9 | Jonas Krossøy | 95 | Rud | 11.01.2015 |
| 4:22.40 | Hauk Are Fjeld | 94 | Rud | 09.03.2014 |
| 4:27.84 | Tore Klungland | 97 | Rud | 03.03.2017 |
| 4:28.49 | Jonas Kveen | 03 | Hvam | 04.02.2023 |

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| **3000m** |  |

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| 9:37.53 | Jonas Kveen | 03 | Rud | 11.02.2023 |

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

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| 8.73 | Jo Henning Hals Nilssen | 68 | Askim | 01.02.1988 |

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| **GUTTER 20** | **307** |

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| **INNENDØRS** |  |

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| **Høyde** |  |

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| 1.96 | Michael Reklev | 05 | Hvam | 25.01.2025 |
| 1.90 | Frode Myrvang | 67 | Drammen | 10.01.1987 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.29 | Jo Henning Hals Nilssen | 68 | Askim | 21.02.1988 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.45 | Runar Homble | 72 | Jessheim | 20.02.1992 |
| 1.43 | Kjell Larsen | 37 | Eidsvoll | 10.03.1957 |
| 1.30 | Frode Nygård | 69 | Jessheim/Je | 16.03.1989 |
| 1.20 | Espen Hofoss | 76 | Nittedal/Bj | 09.03.1996 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.90 | Anfinn Thoresen | 34 | Lillestrøm/Vo | 14.03.1954 |
| 2.87 | Runar Homble | 72 | Jessheim | 20.02.1992 |
| 2.82 | Marcus Theodor Moen | 99 | Haukås | 21.12.2019 |
| 2.85 | Kjell Larsen | 37 | Eidsvoll | 15.02.1957 |
| 2.55 | Frode Nygård | 69 | Jessheim/Je | 16.03.1989 |
| 2.50 | Espen Hofoss | 76 | Nittedal/Bj | 09.03.1996 |

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| **GUTTER 19** | **08** |

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| **60m E** |  |

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| 7.67 | Andrew Stevens | 81 | Jessheim | 08.06.2000 |
| 8.05 | Per Arne Østerud | 81 | Jessheim | 08.06.2000 |

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| **60m M** |  |

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| 7.1 | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |

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| **100m E** |  |

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| 11.60 | Marius Fuglerud | 87 | Jessheim | 22.05.2006 |
| 11.64 | Sander Steen Myrvang | 00 | Nadderud | 16.06.2019 |
| 11.67 | Jo Henning Hals Nilssen | 68 | Fredrikstad | 28.06.1987 |
| 11.76 | Håvard Hildeskor | 92 | Oslo/St | 31.08.2011 |
| 12.04 | Eirik Johansen | 84 | Jessheim | 25.09.2003 |
| 12.04 | Martin Lundemo Syvertsen | 92 | Lillehammer/Ss | 26.06.2011 |
| 12.05 | Martin Opaker | 94 | Ski | 10.08.2013 |
| 12.43 | Andrè Haaland | 75 | Jessheim | 20.06.1994 |
| 12.74 | Per Arne Østerud | 81 | Jessheim | 22.05.2000 |
| 13.04 | Henrik Hanssen | 97 | Nittedal | 20.08.2016 |

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| **100m M** |  |

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| 11.4 | Bjarne Hansen Gardermoen IF | 27 | Kløfta | 07.07.1946 |
| 11.4 | Tom Erik Olsen | 74 | Jessheim | 23.09.1993 |
| 11.5 | Jo Henning Hals Nilssen | 68 | Jessheim | 28.09.1987 |
| 11.5 | Marius Fuglerud | 87 | Jessheim | 12.06.2006 |
| 11.6 | Bjørn Tore Ottersen | 66 | Oslo/La | 11.06.1985 |
| 11.8 | Hans Kristian Hansen | 41 | Lillestrøm | 27.08.1960 |
| 12.0 | Finn Ugletveit | 49 | Jessheim | 20.06.1968 |
| 12.1 | Lars Petter Syversrud | 69 | Bjørkelangen | 21.09.1988 |
| 12.2 | Hans Jørgen Borgen | 70 | Jessheim | 30.05.1989 |
| 12.3 | Sverre Einarsen | 02 | Jessheim | 18.09.1921 |
| 12.3 | Kjell Arne Johansen | 44 | Råholt | 23.06.1963 |
| 12.3 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.1993 |
| 12.4 | Lars Stokstad | 18 | Jessheim | 11.07.1937 |
| 12.4 | Harald Jahren | 33 | Løken | 06.07.1952 |
| 12.4 | Tore Østvang | 52 | Lørenfallet | 01.06.1971 |
| 12.4 | Frode Nygård | 69 | Jessheim | 30.05.1988 |
| 12.5 | Paul Trøgstad | 32 | Kløfta | 09.06.1951 |
| 13.0 | Anders Grønlien | 29 | Jessheim | 31.07.1948 |

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| **200m E** |  |

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| 22.42 | Andreas Roth | 93 | Karlstad, SWE | 19.07.2012 |
| 22.85 | Marius Mellum | 96 | Asker/Fø | 06.06.2015 |
| 22.87 | Thomas Roth | 91 | Lillestrøm | 30.05.2010 |
| **GUTTER 19** | | **309** | | |

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

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| 23.10 | Marius Fuglerud | 87 | Nadderud | 18.06.2006 |
| 23.36 | Emil Nordal | 03 | Trondheim/St | 13.08.2022 |
| 23.45 | Ola Nerhagen | 71 | Overhalla | 27.07.1990 |
| 23.50 | Hans Jørgen Borgen | 70 | Jessheim | 08.08.1989 |
| 23.91 | Andrew Stevens | 81 | Jessheim | 08.06.2000 |
| 23.93 | Håvard Hildeskor | 92 | Oslo/Bi | 26.07.2011 |
| 23.98 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 23.06.2017 |
| 24.01 | Martin Lundemo Syversen | 92 | Lillehammer/Ss | 24.06.2011 |
| 24.15 | Njord Erlend Wiker | 91 | Oslo/Bi | 28.08.2010 |
| 24.58 | Vetle Aasland | 91 | Arvika, SWE | 01.08.2010 |
| 24.63 | Jørgen Opaker | 97 | Lillehammer/Ss | 17.06.2016 |
| 24.88 | Bjørnar Bjørnstad | 93 | Lillehammer/Ss | 22.06.2012 |
| 25.26 | Eirik Johansen | 84 | Jessheim | 18.08.2003 |
| 25.50 | Carl Jørgen Owre | 82 | Jessheim | 28.05.2001 |
| 25.66 | Halvor Marius Mangerud | 81 | Jessheim | 22.05.2000 |
| 25.82 | Sander Steen Myrvang | 00 | Jessheim | 07.09.2019 |
| 25.91 | Frode Nygård | 69 | Oslo/Bi | 06.06.1988 |
| 26.90 | Tor Eilert Navestad | 81 | Jessheim | 22.05.2000 |
| 28.21 | Lars Lysbakken | 80 | Jessheim | 21.06.1999 |

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| **200m M** |  |

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| 23.6 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 21.08.1985 |
| 23.7 | Hans Jørgen Borgen | 70 | Bjørkelangen | 10.09.1989 |
| 23.9 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 23.9 | Finn Ugletveit | 49 | Råholt | 06.10.1968 |
| 24.5 | Hans Kristian Hansen | 41 | Lillestrøm | 28.08.1960 |
| 24.7 | Finn Ugletveit | 49 | Råholt | 23.06.1968 |
| 24.9 | Tore Østvang | 52 | Strømmen | 05.09.1971 |
| 25.0 | Thorstein Gystad | 67 | Oslo/La | 10.06.1986 |
| 25.4 | Hans Georg Haug | 67 | Jessheim | 29.09.1986 |
| 26.2 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 27.0 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |

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| **300m E** |  |

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| 34.88 | Andreas Roth | 93 | Nadderud | 03.05.2012 |

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| **400m E** |  |

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| 47.77 | Andreas Roth | 93 | Oslo/Bi | 07.06.2012 |
| 48.24 | Markus Einan | 97 | Brandbu | 06.08.2016 |
| 48.58 | Thomas Roth | 91 | Nadderud | 13.06.2000 |
| 50.34 | Hans Jørgen Borgen | 70 | Sofiemyr | 11.06.1989 |
| 50.66 | Sverre Blom Breivik | 96 | Lillestrøm | 11.09.2015 |

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| **GUTTER 19** | **310** |

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

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| --- | --- | --- | --- | --- |
| 50.87 | Håvard Hildeskor | 92 | Lisleby | 26.08.2011 |
| 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 |
| 51.57 | Dag Håkon Eriksen | 73 | Sofiemyr | 13.06.1992 |
| 51.67 | Emil Nordal | 03 | Jessheim | 06.08.2022 |
| 52.37 | Njord Erlend Wiker | 91 | Oslo/Bi | 15.08.2010 |
| 53.17 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 21.06.2008 |
| 53.32 | Jonas Krossøy | 95 | Oslo/Bi | 17.09.2014 |
| 53.40 | Andrew Stevens | 81 | Fredrikstad | 07.07.2000 |
| 53.45 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01.08.1987 |
| 53.67 | Jørgen Opaker | 97 | Nittedal | 16.05.2016 |
| 53.83 | Sondre Opaker Øines | 98 | Asker/Fø | 11.06.2017 |
| 54.94 | Henrik Hanssen | 97 | Lillehammer/Ss | 18.06.2016 |
| 55.02 | Martin Lundemo Syvertsen | 92 | Lillehammer/Ss | 25.06.2011 |
| 56.11 | Rune Skinnerlien | 69 | Oslo/Bi | 18.08.1988 |
| 56.28 | Henrik Schultze Toverud | 03 | Jessheim | 06.08.2022 |

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| **400m M** |  |

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| 51.0 | Bjørn Tore Ottersen | 66 | Romedal | 26.05.1985 |
| 51.8 | Hans Jørgen Borgen | 70 | Jessheim | 30.04.1989 |
| 51.9 | Einar Hellum | 47 | Oslo/Bi | 08.07.1966 |
| 53.1 | Thorstein Gystad | 67 | Jessheim | 01.08.1986 |
| 54.4 | Finn Ugletveit | 49 | Jessheim | 20.06.1968 |
| 54.4 | Fred Arild Kjernli | 64 | Oslo/St | 28.06.1983 |
| 54.5 | Hans Georg Haug | 67 | Jessheim | 24.07.1986 |
| 55.0 | Tore Østvang | 52 | Strømmen | 04.09.1971 |
| 55.9 | Frode Nygård | 69 | Jessheim | 11.06.1988 |
| 56.9 | Paul Trøgstad | 32 | Jessheim | 11.07.1951 |
| 57.2 | Lars Stokstad | 18 | Jessheim | 11.07.1937 |
| 57.8 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 58.0 | Harald Furuseth | 07 | Jessheim | 19.09.1926 |
| 58.4 | Erik Lerdahl | 10 | Jessheim | 01.09.1929 |
| 58.6 | Gunnar Thoresen | 13 | Kløfta | 21.09.1932 |
| 59.9 | Gunnar Ruud | 17 | Jessheim | 11.06.1936 |
| 61.1 | Petter Ørvik | 48 | Råholt | 16.08.1967 |
| 64.0 | Karl Syversen | 16 | Jessheim | 07.07.1935 |

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| **GUTTER 19** | **311** |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:18.43 | Markus Einan | 97 | Jessheim | 27.08.2016 |
| 1:18.8 | Thomas Roth | 91 | Trondheim/St | 29.04.2010 |
| 1:21.17 | Sigurd Blom Breivik | 96 | Nadderud | 04.05.2015 |
| 1:22.2 | Vetle Aasland | 91 | Trondheim/St | 29.04.2010 |
| 1:22.61 | Trym Fjøsne Hexeberg | 03 | Nesodden | 01.09.2022 |
| 1:23.9 | Njord Erlend Wiker | 91 | Trondheim/St | 29.04.2010 |
| 1:24.85 | Ole Kristian Kværner | 05 | Oslo/Bi | 28.04.2024 |
| 1:26.34 | Jonas Krossøy | 95 | Nittedal | 20.09.2014 |
| 1:26.97 | Henrik Hanssen | 97 | Nadderud | 03.05.2016 |
| 1:27.25 | Benjamin Olsen | 04 | Rud | 04.05.2023 |
| 1:27.59 | Jørgen Opaker | 97 | Nadderud | 03.05.2016 |
| 1:27.9 | Jostein Sætra Schefte | 96 | Bjørkelangen | 07.05.2015 |
| 1:28.84 | Markus Høgne | 98 | Oslo/Be | 07.05.2017 |
| 1:29.64 | Sondre Opaker Øines | 98 | Oslo/Be | 07.05.2017 |
| 1:29.83 | Nana Kjuli | 01 | Jessheim | 23.05.2020 |
| 1:32.2 | Halvor Marius Mangerud | 81 | Jessheim | 24.04.2000 |
| 1:43.4 | Stian Fredriksen | 81 | Jessheim | 24.04.2000 |

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| **800m** |  |

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| 1:48.16 | Thomas Roth | 91 | Oslo/Bi | 19.05.2010 |
| 1:48.93 | Markus Einan | 97 | Oslo/Bi | 24.06.2016 |
| 1:50.85 | Andreas Fjeld Halvorsen | 05 | Nittedal | 17.08.2024 |
| 1:51.07 | Andreas Roth | 93 | Prestfoss | 29.07.2012 |
| 1:51.40 | Sigurd Blom Breivik | 96 | Oslo/Bi | 11.06.2015 |
| 1:52.39 | Vetle Aasland | 91 | Sollentuna, SWE | 01.07.2010 |
| 1:52.61 | Hans Jørgen Borgen | 70 | Raufoss | 27.06.1989 |
| 1:52.61 | Håvard Hildeskor | 92 | Nadderud | 18.06.2011 |
| 1:53.11 | Sverre Blom Breivik | 96 | Espoo, FIN | 29.08.2015 |
| 1:54.95 | Vegard Løberg Gjelsvik | 92 | Byrkjelo | 12.08.2011 |
| 1:55.43 | Jørgen Frost Bø | 94 | Oslo/Bi | 17.08.2013 |
| 1:56.85 | Trym Fjøsne-Hexeberg | 03 | Rud | 27.08.2022 |
| 1:57.34 | Njord Erlend Wiker | 91 | Göteborg, SWE | 04.07.2010 |
| 1:57.39 | Eirik Richenberg | 94 | Brandbu | 22.05.2013 |
| 1:57.7 | Einar Hellum | 47 | Råholt | 28.08.1966 |
| 1:58.14 | Henrik Hanssen | 97 | Oslo/Bi | 13.08.2016 |
| 1:58.17 | Erlend Magnus Homble | 04 | Sandnes | 26.08.2023 |
| 1:59.05 | Ole-Kristian Lindebø Kværner | 05 | Rud | 15.06.2024 |
| 1:59.4 | Harald Lindstrøm | 54 | Oslo/Bi | 07.06.1973 |
| 1:59.6 | Thorstein Gystad | 67 | Oslo/Bi | 14.08.1986 |
| 1:59.61 | Emil Nordal | 03 | Trondheim/St | 14.08.2022 |
| 1:59.7 | Bjørn Tore Ottersen | 66 | Oslo/St | 12.06.1985 |
| 1:59.8 | Hans Georg Haug | 67 | Jessheim | 01.08.1986 |
| 1:59.80 | Carl Jørgen Owre | 82 | Nadderud | 17.06.2001 |

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| **GUTTER 19** | **312** |

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| **800m forts.** |  |

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| 2:00.14 | Dag Håkon Eriksen | 73 | Sofiemyr | 14.06.1992 |
| 2:00.34 | Jonas Krossøy | 95 | Jessheim | 27.05.2014 |
| 2:00.37 | Mats Morgan Langøy | 01 | Oslo/Bi | 14.06.2020 |
| 2:00.55 | Fredrik Fuglerud | 89 | Oslo/Bi | 15.05.2008 |
| 2:00.8 | Torgeir Sørum | 45 | Oslo/Bi | 06.07.1964 |
| 2:01.24 | Gard Smevik Tørum | 03 | Oslo/St | 28.05.2022 |
| 2:02.37 | Jørgen Opaker | 97 | Karlstad, SWE | 27.07.2016 |
| 2:02.5 | Frode Nygård | 69 | Jessheim | 22.08.1988 |
| 2:02.5 | Rune Skinnerlien | 69 | Jessheim | 14.09.1988 |
| 2:03.65 | Khalid Ahmed | 05 | Nittedal | 17.08.2024 |
| 2:04.13 | Nana Kula | 01 | Nittedal | 21.06.2020 |
| 2:04.46 | Bjørnar Bjørnstad | 93 | Oslo/Bi | 24.07.2012 |
| 2:05.63 | Halvor Marius Mangerud | 81 | Nadderud | 18.06.2000 |
| 2:06.18 | Sondre Opaker Øines | 98 | Nadderud | 18.06.2017 |
| 2:07.56 | Stian Aaserud | 81 | Oslo/Bi | 24.06.2000 |
| 2:08.5 | Fred Arild Kjernli | 64 | Lillestrøm | 29.05.1983 |
| 2:09.6 | Alf Roger Holme | 77 | Jessheim | 19.08.1996 |
| 2:11.0 | Erik Horverak | 73 | Jessheim | 17.08.1992 |
| 2:11.67 | Henrik Schultze Toverud | 04 | Jessheim | 11.08.2023 |
| 2:12.4 | Leif Nicolaysen | 76 | Jessheim | 14.08.1995 |
| 2:13.71 | Gullbrand Julius Aas | 87 | Jessheim | 22.05.2006 |
| 2:13.89 | Jonas Kveen | 03 | Lillestrøm | 22.05.2022 |
| 2:14.4 | Halvard Bålsrud | 29 | Hauerseter | 07.07.1948 |
| 2:16.4 | Paul Trøgstad | 32 | Jessheim | 18.08.1951 |
| 2:16.4 | Martin Lundemo Syversen | 92 | Jessheim | 19.09.2011 |
| 2:17.6 | Sverre Einarsen | 02 | Jessheim | 07.08.1921 |
| 2:18.3 | Alfred Skedsmo | 30 | Hauerseter | 06.08.1949 |
| 2:21.77 | Tor Håkon Mangerud | 84 | Jessheim | 26.05.2003 |
| 2:23.0 | Kristoffer Stanger | 33 | Jessheim | 18.08.1951 |
| 2:23.2 | Kristian Finstad | 76 | Jessheim | 14.08.1995 |
| 2:25.8 | Thorleif Næss | 02 | Jessheim | 07.08.1921 |

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| **1000m** |  |

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| 2:41.3 | Hans Georg Haug | 67 | Jessheim | 27.09.1986 |
| 2.43.26 | Gard Smevik Tørum | 03 | Oslo/Sp | 07.05.2022 |
| 2:50.99 | Jonas Kveen | 03 | Oslo/Sp | 07.05.2022 |

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| **GUTTER 19** | **313** |

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| **1500m** |  |

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| 3:38.32 | Andreas Fjeld Halvorsen | 05 | Jessheim | 24.05.2024 |
| 3:47.77 | Sigurd Blom Breivik | 96 | Stretford, GBR | 16.05.2015 |
| 3:50.64 | Eirik Richenberg | 94 | Oslo/Bi | 13.06.2013 |
| 3:52.41 | Jørgen Frost Bø | 94 | Oslo/Bi | 29.08.2013 |
| 3:55.18 | Vetle Aasland | 91 | Göteborg, SWE | 03.07.2000 |
| 3:57.38 | Håvard Hildeskor | 92 | Lillehammer/Ss | 23.06.2011 |
| 3:57.94 | Vegard Løberg Gjelsvik | 92 | Lillehamer/Ss | 23.06.2011 |
| 3:58.07 | Henrik Hanssen | 97 | Oslo/Bi | 12.08.2016 |
| 3.59.79 | Trym Fjøsne Hexeberg | 03 | Moelv | 10.09.2022 |
| 4:03.83 | Njord Erlend Wiker | 91 | Oslo/Bi | 20.07.2010 |
| 4:04.67 | Stian Klungland | 93 | Oslo/Bi | 13.09.2012 |
| 4:04.76 | Ole-Kristian Kværner | 05 | Jessheim | 24.05.2024 |
| 4:05.97 | Erlend Magnus Homble | 04 | Sandnes | 25.08.2023 |
| 4:06.1 | Torgeir Sørum | 45 | Oslo/Bi | 15.07.1964 |
| 4:06.10 | Gard Smevik Tørum | 03 | Jessheim | 02.06.2022 |
| 4:06.4 | Einar Hellum | 47 | Oslo/Bi | 02.09.1966 |
| 4:07.8 | Bjørn Dæhlie | 67 | Jessheim | 02.08.1986 |
| 4:08.12 | Andreas Ullern Tonning | 04 | Sandnes | 25.08.2023 |
| 4:10.01 | Mats Margan Langøy | 01 | Jessheim | 04.06.2020 |
| 4:10.8 | Bjørn Ingvar Jensen | 66 | Jessheim | 09.09.1985 |
| 4:10.87 | Bjørnar Bjørnstad | 93 | Lillehammer/Ss | 21.06.2012 |
| 4:10.90 | Hans Jørgen Borgen | 70 | Oslo/Bi | 15.08.1989 |
| 4:11.8 | Christopher Wiig | 73 | Jessheim | 15.06.1992 |
| 4.13.7 | Hans Georg Haug | 67 | Jessheim | 29.05.1986 |
| 4:13.8 | Trygve Stanger | 62 | Jessheim | 12.06.1981 |
| 4:14.06 | Carl Jørgen Owre | 82 | Oslo/Bi | 24.07.2001 |
| 4:15.45 | Jonas Krossøy | 95 | Oslo/Bi | 17.07.2014 |
| 4:15.9 | Rune Skinnerlien | 69 | Jessheim | 17.06.1988 |
| 4:16.0 | Harald Lindstrøm | 54 | Rolvsrud | 08.09.1973 |
| 4:17.96 | Gullbrand Julius Aas | 87 | Lillehammer/Ss | 22.06.2006 |
| 4:18.9 | Arne Gulbrandsen | 44 | Oslo/Bi | 21.08.1963 |
| 4:19.0 | Kjell Frostelid | 61 | Jessheim | 09.06.1980 |
| 4:19.20 | Eivind Vaage | 04 | Jessheim | 12.08.2023 |
| 4:19.9 | Knut Harald Pedersen | 69 | Jessheim | 17.06.1988 |
| 4:22.10 | Nana Kuli | 01 | Oslo/Bi | 15.07.2020 |
| 4:22.5 | Jan Erik Viholmen | 49 | Råholt | 05.10.1968 |
| 4:24.4 | Ole Kristian Westby | 66 | Jessheim | 09.09.1985 |
| 4:26.5 | Erlend Skare | 73 | Jessheim | 15.06.1992 |
| 4:27.33 | Stian Aaserud | 81 | Lillehammer/Ss | 29.06.2000 |
| 4:28.24 | Jonas Kveen | 03 | Nittedal | 20.08.2022 |
| 4:28.37 | Fredrik Fuglerud | 89 | Lillehammer/Ss | 19.06.2008 |
| 4:29.3 | Bjørn Tore Ottersen | 66 | Jessheim | 09.09.1985 |
| 4:29.3 | Lars Anders Tenold | 93 | Jessheim | 12.06.2012 |
| 4:29.77 | Peder Holm | 92 | Kristiansand | 05.08.2011 |

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| **GUTTER 19** | **314** |

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| **1500m forts.** |  |

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| 4:31.6 | Thorstein Gystad | 67 | Jessheim | 13.06.1986 |
| 4:32.05 | Jørgen Opaker | 97 | Jessheim | 02.06.2016 |
| 4:32.3 | Ole Pedersen | 69 | Jessheim | 13.06.1988 |
| 4:32.4 | Thomas Vole Olsen | 73 | Jessheim | 15.06.1992 |
| 4:32.6 | Claus Nerhagen | 59 | Jessheim | 12.06.1978 |
| 4:33.0 | Terje Mikalsen | 43 | Råholt | 22.06.1962 |
| 4:33.8 | Paal Raastad | 73 | Jessheim | 15.06.1992 |
| 4:33.9 | Dag Olav Holter | 75 | Jessheim | 15.06.1994 |
| 4:35.3 | Sondre Olsson | 91 | Jessheim | 10.06.2010 |
| 4:35.5 | Halvor Marius Mangerud | 81 | Jessheim | 13.06.2000 |
| 4:35.8 | Ole Johan Pedersen | 67 | Jessheim | 13.06.1986 |
| 4:36.2 | Asbjørn Støverud | 19 | Nannestad | 31.07.1938 |
| 4:38.0 | Halvard Bålsrud | 29 | Jessheim | 01.08.1948 |
| 4:38.5 | Fred Arild Kjernli | 64 | Jessheim | 10.06.1983 |
| 4:39.7 | Knut Kjelskau | 66 | Jessheim | 09.09.1985 |
| 4:45.3 | John-Vidar Halvorsen | 67 | Jessheim | 13.06.1986 |
| 4:45.8 | Finn Ugletveit | 49 | Strømmen | 06.09.1968 |
| 4:46.3 | Eirik Hovnerak | 73 | Jessheim | 15.06.1992 |
| 4:46.5 | Kåre-Christian Olsen | 64 | Jessheim | 10.06.1983 |
| 4:49.0 | Tor Håkon Mangerud | 84 | Jessheim | 15.06.2003 |
| 4:49.0 | Eirik Kamstrup Hovind | 86 | Jessheim | 09.06.2005 |
| 4:49.1 | Erik Næss | 61 | Jessheim | 09.06.1980 |
| 4:49.3 | Harald Rutle | 68 | Jessheim | 10.06.1987 |
| 4:51.0 | Audun Kjos | 71 | Jessheim | 13.06.1990 |
| 4:51.1 | Molvin Knutsen | 62 | Jessheim | 12.06.1981 |
| 4:53.8 | Trym Rostad | 91 | Jessheim | 10.06.2010 |
| 4:53.9 | Stian Torstveit | 66 | Jessheim | 09.09.1985 |
| 4:54.5 | Øivind Holm | 65 | Jessheim | 08.06.1984 |
| 4:55.3 | Lauritz Lund | 06 | Jessheim | 04.10.1925 |
| 4:55.8 | Pål Simonsen | 60 | Jessheim | 11.06.1979 |
| 4:56.3 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 4:57.68 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 02.08.1987 |
| 4:59.93 | Marius Fuglerud | 87 | Trondheim/St | 23.09.2006 |
| 5:01.1 | Jon Petter Wium | 65 | Jessheim | 08.06.1984 |
| 5:04.5 | Svein Anders Skolt | 80 | Jessheim | 14.06.1999 |
| 5:05.0 | Erik Lerdahl | 10 | Jessheim | 15.09.1929 |
| 5:07.3 | Kristian Finstad | 76 | Jessheim | 12.06.1995 |
| 5:08.9 | Geir Asphaug | 65 | Jessheim | 08.06.1984 |
| 5:10.7 | Kristian Finstad | 79 | Jessheim | 17.06.1998 |
| 5:11.9 | Harald Rutle | 63 | Jessheim | 10.06.1983 |
| 5:14.0 | Jon Øyvind Bendiksen | 66 | Jessheim | 09.09.1985 |
| 5:15.2 | Rune Høgås | 66 | Jessheim | 09.09.1985 |
| 5:19.2 | Bjørn Kvaal | 64 | Jessheim | 10.06.1983 |
| 5:20.1 | Rune Bonesvold | 64 | Jessheim | 10.06.1983 |

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| **GUTTER 19** | **315** |

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| **1500m forts.** |  |

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| 5:24.6 | Per Arne Østerud | 81 | Jessheim | 13.06.2000 |
| 5:25.2 | Faran Hassan | 97 | Jessheim | 02.06.2016 |
| 5:27.0 | Dag Indredavik | 70 | Jessheim | 12.06.1989 |
| 5:40.2 | Aleksander Jørgensen | 71 | Jessheim | 13.06.1990 |
| 5:45.7 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |

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| **1 mile 1609m** |  |

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| 4:20.47 | Trym Fjøsne hexeberg | 03 | Moelv | 10.09.2022 |
| 4:52.23 | Jonas Kveen | 03 | Moelv | 10.09.2022 |

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| **3000m** |  |

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| 7:51.43 | Andreas Fjeld Halvorsen | 05 | Nembro, ITA | 19.06.2024 |
| 8:30.48 | Jørgen Frost Bø | 94 | Nadderud | 14.06.2013 |
| 8:38.86 | Henrik Hanssen | 97 | Sandnes | 02.09.2016 |
| 8:40.46 | Andreas Ullern Tonning | 04 | Jessheim | 11.08.2023 |
| 8:41.94 | Vegard Løberg Gjelsvik | 92 | Nadderud | 17.06.2011 |
| 8:48.80 | Ole Kristian Lindebø Kværner | 05 | Rud | 14.06.2024 |
| 8:54.52 | Stian Klungland | 93 | Ravnanger | 31.08.2012 |
| 8:57.3 | Ole Kristian Westby | 66 | Oslo/St | 05.06.1985 |
| 8:58.85 | Erlend Magnus Homble | 04 | Bergen/Fa | 08.09.2023 |
| 8:59.44 | Gard Smevik Tørum | 03 | Nadderud | 10.06.2022 |
| 9:05.9 | Torgeir Sørum | 45 | Moss/Me | 07.06.1964 |
| 9:16.93 | Eivind Duelien Vaaje | 04 | Rud | 16.06.2023 |
| 9:20.4 | Chriatopher Wiig | 73 | Jessheim | 17.08.1992 |
| 9:20.9 | Rune Skinnerlien | 69 | Jessheim | 19.08.1988 |
| 9.22.6 | Jan Erik Viholmen | 49 | Jessheim | 20.06.1968 |
| 9:26.3 | Thorbjørn Næss | 68 | Jessheim | 19.08.1987 |
| 9:26.80 | Peder Holm | 92 | Nadderud | 17.06.2011 |
| 9:28.6 | Knut Pedersen | 69 | Jessheim | 19.08.1988 |
| 9:32.8 | Paal Raastad | 73 | Jessheim | 17.08.1992 |
| 9:37.8 | John Stormoen | 65 | Jessheim | 17.08.1984 |
| 9:38.3 | Dag Olav Holter | 75 | Jessheim | 31.08.1994 |
| 9:39.7 | Thorstein Gystad | 67 | Jessheim | 15.08.1986 |
| 9:45.2 | Arne Gulbrandsen | 44 | Råholt | 22.06.1963 |
| 9:49.8 | Erlend Skåre | 73 | Jessheim | 17.08.1992 |
| 9.54.8 | John Vidar Halvorsen | 67 | Jessheim | 15.08.1986 |
| 9:54.8 | Thomas Lundring | 75 | Jessheim | 02.09.1994 |
| 10:07.7 | Thomas Vole Olsen | 73 | Jessheim | 17.08.1992 |
| 10:19.1 | Runar Kristiansen | 67 | Jessheim | 15.08.1986 |
| 10:23.7 | Martin Carlson | 68 | Jessheim | 19.08.1987 |
| 10:40.9 | Kåre-Christian Olsen | 64 | Jessheim | 19.08.1983 |
| 10:44.3 | Rune Murud | 65 | Jessheim | 17.08.1984 |

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| **GUTTER 19** | **316** |

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| **3000m** |  |

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| 10:45.0 | Arne Luke | 44 | Råholt | 22.06.1963 |
| 10:54.7 | Geir Asphaug | 65 | Jessheim | 17.08.1984 |
| 10:58.8 | Kjell Bråthen | 64 | Jessheim | 19.08.1983 |
| 11.00.9 | Jon Petter Wium | 65 | Jessheim | 17.08.1984 |
| 11:14.0 | Bjørn Neverlien | 65 | Jessheim | 17.08.1984 |
| 11:21.23 | Trym Rostad | 91 | Jessheim | 20.05.2010 |
| 11:31.8 | Rune Nordeide | 65 | Jessheim | 17.08.1984 |
| 11:45.7 | Dag Indredavik | 70 | Jessheim | 21.08.1989 |
| 11:47.6 | Øivind Holm | 65 | Jessheim | 17.08.1984 |
| 11:54.6 | Svein Anders Skolt | 80 | Jessheim | 16.08.1999 |
| 11:55.3 | Bjørn Kvaal | 64 | Jessheim | 19.08.1983 |
| 12:03.7 | Jan Åge Mangelrød | 65 | Jessheim | 17.08.1984 |
| 12:14.0 | Rune Bonesvold | 64 | Jessheim | 19.08.1983 |

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| **5000m** |  |

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| 15:15.94 | Andreas Ullern Tonning | 04 | Sandnes | 27.08.2023 |
| 16:05.0 | Ole Kristian Westby | 66 | Rolvsrud | 15.06.1985 |
| 16:21.6 | Arne Gulbrandsen | 44 | Råholt | 25.08.1963 |
| 16:32.1 | Thorbjørn Næss | 68 | Jessheim | 31.07.1987 |
| 16:47.66 | Peder Holm | 92 | Oslo/Bi | 30.06.2011 |
| 16:49.6 | Halvard Bålsrud | 29 | Lillestrøm/Vi | 08.08.1948 |
| 16:51.5 | Øivind Gulbrandsen | 51 | Jessheim | 13.06.1970 |
| 16:52.0 | Torgeir Sørum | 45 | Strømmen | 30.08.1964 |
| 16:55.6 | Jon Martin Samuelsen | 53 | Jessheim | 14.06.1972 |
| 16:57.8 | Jan Erik Viholmen | 49 | Råholt | 06.10.1968 |
| 17:16.2 | Vidar Birkelund | 56 | Jessheim | 18.06.1975 |
| 17:27.8 | Bjørn Egil Hytjan | 56 | Jessheim | 18.06.1975 |
| 17:32.4 | Ole Skolt | 53 | Jessheim | 16.06.1973 |
| 17:40.0 | Harald Lindstrøm | 54 | Jessheim | 16.06.1973 |
| 17:52.1 | Erik Lerdahl | 10 | Eidsvoll | 01.09.1929 |
| 20:05.0 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 20:50.6 | Sverre Lauten | 53 | Jessheim | 16.06.1972 |
| 22:58.72 | Eivind Stenhammer | 92 | Oslo/Bi | 30.06.2011 |

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| **10000m** |  |

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| 32:50.12 | Eskil Kinneberg | 92 | Stockholm, SWE | 04.10.2011 |
| 35:00.0 | Knut Kjellskau | 66 | Lillestrøm | 20.05.1985 |
| 35:03.5 | Erlend Skåre | 73 | Bjørkelangen | 19.09.1992 |

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| **GUTTER 19** | **317** |

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

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| 15.46 | Jo Henning Hals Nilssen | 68 | Nesbyen | 14.08.1987 |
| 22.39 | Marius Fuglerud | 87 | Trondheim/St | 23.09.2006 |

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

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| 15.2 | Jo Henning Hals Nilssen | 68 | Lillehammer/Ss | 17.07.1987 |
| 19.5 | Finn Ugletveit | 49 | Strømmen | 08.09.1968 |
| 20.8 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |

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

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| 25.9 | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |

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

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| 61.44 | Sondre Opaker Øines | 98 | Oslo/Bi | 19.07.2017 |

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

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| 54.9 | Andreas Roth | 93 | Oslo/Bi | 17.09.2012 |
| 59.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.09.1987 |

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

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| 4:36.4 | Einar Hellum | 47 | Jessheim | 09.10.1966 |

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

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| 6:00.29 | Vegard Løberg Gjelsvik | 92 | Kristiansand | 07.08.2011 |
| 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 |

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

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| 9:24.96 | Vegard Løberg Gjelsvik | 92 | København, DEN | 04.09.2011 |
| 9:56.7 | Trygve Stanger | 62 | Årnes | 09.09.1981 |
| 10:30.6 | John Martin Samuelsen | 53 | Jessheim | 20.09.1972 |
| 10:39.0 | Claus Nerhagen | 59 | Jessheim | 21.08.1978 |
| 10:40.2 | Harald Lindstrøm | 54 | Jessheim | 21.09.1973 |
| 10:47.0 | Vidar Birkelund | 56 | Jessheim | 22.08.1975 |
| 10:48.0 | Bjørn Egil Hytjan | 56 | Jessheim | 22.08.1975 |
| 11:12.0 | Jan Erik Viholmen | 49 | Jessheim | 30.08.1968 |

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| **GUTTER 19** | **318** |

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

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| 11:13.9 | Ole Pedersen | 69 | Jessheim | 19.08.1988 |
| 11:27.7 | Ole Fredrik Mørck | 62 | Jessheim | 21.08.1981 |
| 11:38.7 | Molvin Knutsen | 62 | Jessheim | 21.08.1981 |

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| **3 km landevei** |  |

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| 9:36 | Ole-Kristian Lindebo Kværner | 05 | Jessheim | 13.04.2024 |
| 9:46 | Jonas Kveen | 03 | Fornebu | 24.05.2022 |

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| **5 km landevei** |  |

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| 15:32 | Andreas Lindebø Kværner | 05 | Jessheim | 28.09.2024 |
| 15:49 | Andreas Ullern Tonning | 04 | Jessheim | 30.09.2023 |
| 16:59 | Jonas Kveen | 03 | Jessheim | 01.10.2022 |
| 17:33 | Nani Kuli | 01 | Jessheim | 03.10.2020 |
| 17:33 | Jacob Bjorå | 05 | Jessheim | 28.09.2024 |

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| **10 km landevei** |  |

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| 31:48 | Andreas Ullern Tonning | 04 | Hole | 21.10.2023 |
| 36:24 | Mads Huken Mathiesen | 01 | Jessheim | 03.10.2020 |

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| **20 km landevei** |  |

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| 1:21:36 | Erik Næss | 61 | Jessheim | 05.10.1980 |
| 1:23:51 | Harald Lindstrøm | 54 | Jessheim | 14.10.1973 |
| 1:24:23 | Kjell Frostlid | 61 | Jessheim | 05.10.1980 |
| 1:25:00 | Claus Nerhagen | 59 | Jessheim | 08.10.1978 |
| 1:25:32 | Ole Fredrik Mørck | 62 | Jessheim | 11.10.1984 |

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| **Halvmaraton 21098m** |  |

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| 1:15:08 | Bjørn Ingvar Jensen | 66 | Oslo | 31.08.1985 |
| 1:15:34 | Finn Gjøstein | 01 | Jessheim | 03.10.2020 |

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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 |
| 1.84 | Jo Henning Hals Nilssen | 68 | Byrjkjelo | 01.09.1987 |
| 1.75 | Henning Enger | 46 | Strømmen | 29.09.1965 |
| 1.75 | Andreas Roth | 93 | Oslo/Bi | 20.09.2012 |
| 1.67.5 | Mathis Bogstad | 10 | Jessheim | 25.08.1929 |
| 1.64 | Torgeir Sørum | 45 | Råholt | 14.06.1964 |

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| **GUTTER 19** | **319** |

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| **Høyde** |  |

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| 1.62 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 1.60 | Petter Ørvik | 48 | Råholt | 16.08.1967 |
| 1.60 | Arvid Bårdslistuen | 55 | Årnes | 09.06.1974 |
| 1.56 | Finn Ugletveit | 49 | Strømmen | 07.09.1968 |
| 1.55 | Gunnar Ruud | 17 | Jessheim | 11.06.1936 |
| 1.50.5 | Nils Heggem | 18 | Jessheim | 11.07.1937 |
| 1.50.5 | Nils Skogseth | 18 | Jessheim | 11.07.1937 |
| 1.49 | Johan Olsen | 19 | Jessheim | 03.07.1938 |
| 1.45 | Karl Syversen | 16 | Jessheim | 07.07.1935 |
| 1.40 | Marius Fuglerud | 87 | Trondheim/St | 22.09.2006 |
| 1.35 | Odd Skagset | 18 | Hauerseter | 13.06.1937 |

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| **Stav** |  |

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| 4.00 | Jan Andresen | 70 | Jessheim | 40.09.1989 |
| 3.80 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 02.08.1987 |
| 2.81 | Jens Andersen | 19 | Kløfta | 28.08.1938 |

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| **Lengde** |  |

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| 6.68 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01.08.1987 |
| 6.45 | Andrè Haaland | 75 | Nadderud | 18.06.1994 |
| 5.77 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |
| 5.72 | Frode Myrvang | 67 | Jessheim | 02.08.1986 |
| 5.60 | Thomas Roth | 91 | Jessheim | 18.09.2010 |
| 5.57 | Harald Jahren | 33 | Løken | 06.07.1952 |
| 5.56 | Lars Stokstad | 18 | Jessheim | 11.07.1937 |
| 5.55 | Gunnar Ruud | 17 | Jessheim | 11.06.1936 |
| 5.55 | Finn Ugletveit | 49 | Strømmen | 07.09.1968 |
| 5.44 | Marius Fuglerud | 87 | Trondheim/St | 22.09.2006 |
| 5.43 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 5.39 | Finn Ugletveit | 49 | Jessheim | 20.06.1968 |
| 5.36 | Mathis Bogstad | 10 | Jessheim | 15.09.1929 |
| 5.25 | Tore Strømberg | 31 | Sand | 19.08.1950 |
| 5.22 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |
| 5.14 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.1993 |
| 5.08 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |

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| **Tresteg** |  |

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| 12.39 | Frode Myrvang | 67 | Jessheim | 01.08.1986 |
| 12.38 | Mathis Bogstad | 10 | Eidsvoll | 28.07.1929 |
| 11.99 | Gunnar Ruud | 17 | Jessheim | 11.06.1936 |
| 11.48 | Tore Strømberg | 31 | Sand | 20.08.1950 |
| 11.06 | Torgeir Sørum | 45 | Råholt | 14.06.1964 |
| 10.92 | Sverre Einarsen | 02 | Jessheim | 21.08.1921 |

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| **GUTTER 19** | **320** |

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| **Kule 7.26 kg** |  |

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| 11.16 | Jo Henning Hals Nilssen | 68 | Jessheim | 06.07.1987 |
| 10.91 | Gunnar Ruud | 17 | Jessheim | 11.06.1936 |
| 10.21 | Nils Skogseth | 18 | Jessheim | 11.07.1937 |
| 9.84 | Johan Olsen | 19 | Jessheim | 03.07.1938 |
| 8.30 | Finn Ugletveit | 49 | Strømmen | 07.09.1968 |
| 7.52 | Shaun Matheson | 43 | Strømmen | 22.09.1962 |

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| **Diskos 2 kg** |  |

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| 39.12 | Jo Henning Hals Nilssen | 68 | Jessheim | 06.07.1987 |
| 36.58 | Morten Gaarder | 60 | Lørenfallet | 21.09.1979 |
| 31.35 | Rolf Nordberg | 32 | Jessheim | 29.07.1951 |
| 25.65 | Shaun Matheson | 43 | Strømmen | 23.09.1962 |
| 23.57 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |
| 22.16 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 22.02 | Finn Ugletveit | 49 | Råholt | 23.06.1968 |
| 21.12 | Arne Luke | 44 | Strømmen | 21.09.1963 |

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

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| 59.50 | Axel Kozlowski | 98 | Kongsvinger | 03.05.2017 |
| 58.96 | Bjørn Egil Ludvigsen | 67 | Haugesund | 26.07.1986 |
| 52.02 | Vetle Aasland | 91 | Ravnanger | 08.08.2010 |
| 42.82 | Frode Myrvang | 67 | Jessheim | 25.09.1986 |
| 48.56 | Jo Henning Hals Nilssen | 68 | Søgne | 19.06.1987 |

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

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| 46.95 | Johan Olsen | 19 | Jessheim | 11.09.1938 |
| 46.11 | Hans Kristian Hansen | 41 | Lillestrøm | 28.08.1960 |
| 40.08 | Karl Larsen | 04 | Jessheim | 09.09.1923 |
| 39.88 | Finn Ugletveit | 49 | Råholt | 23.06.1968 |
| 37.22 | Lauritz Lund | 06 | Jessheim | 04.10.1925 |
| 35.98 | Shaun Matheson | 43 | Strømmen | 23.09.1962 |
| 34.68 | Einar Hellum | 47 | Råholt | 12.06.1966 |
| 29.59 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 26.27 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |

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| **GUTTER 19** | **321** |

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| **5-kamp M Lengde-Spyd-200m-Diskos-500m** |  |

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| 2475 | Einar Hellum | 49 | Råholt | 12.06.1966 |
| 5.43-34.68-23.9-22.16-4:20.3 | | | |

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| 2229 | Finn Ugletveit | 49 | Råholt | 23.06.1968 |
| 5.52-39.88-24.7-22.02-5:01.6 | | | |

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| 1461 | Arne Luke | 44 | Strømmen | 21.09.1963 |
| 4.79-29.59-26.2-21.12-4:56.3 | | | |

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| 1017 | Nils Kristen Wiig | 43 | Jessheim | 05.08.1962 |
| 5.08-26.27-27.0-23.57-5:45.7 | | | |

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

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| 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 | | | |

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| 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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| 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 | | | |

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| 2849 | Shaun Matheson | 43 | Strømmen | 22-23.09.1962 |
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| **4x100m E** |  |

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

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

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| **GUTTER 19** | **322** |

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| **4x100m M** |  |

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| 45.8 | G19 |  | Jessheim | 20.09.1987 |
| Ola Nerhagen71-Jo Henning Hals Nilssen68-Edward Hughes71-Thorstein Gystad67 | | | |

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| **4x400m** |  |

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

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

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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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| **4x400m forts.** |  |

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

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| 3:41.4 | G19 |  | Jessheim | 20.09.1987 |
| Jo Henning Hals Nilssen68-Jan Olav Arnegård71-Frode Nygård69-Ola Nerhagen71 | | | |

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| **4x800m** |  |

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

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| **4x1500m** |  |

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| 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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| **GUTTER 19** | **323** |

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| **4x1500m** |  |

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

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

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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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| 17:41.38 | M19 |  | Ås | 05.06.2022 |
| Jonas Kveen03-Gard Tørum03-Ole-Kristian Kværner05-Erlend Homble04 | | | |

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

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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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| **1000m** |  |

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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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| 1:58.63 | 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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| 1:59.35 | M19 |  | Lillestrøm | 13.09.2015 |
| Jørgen Opaker97-Marcus Theodor Moen99-Sverre Blom Breivik96-Markus Einan97 | | | |

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| 1:59.46 | M19 |  | Oslo/Bi | 01.09.2024 |
| Michael Reklev05-Chris Aulibråten07-Sander Rustad-Johansen06-Sondre Lehmann07 | | | |
| **GUTTER 19** | | **324** | | |

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| **1000m** |  |

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| 2:00.76 | M19 |  | 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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| 2:03.18 | M19 |  | 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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| 2:04.03 | M19 |  | Oslo/Bi | 28.08.2010 |
| Håvard Hildeskor92-Peder Holm92-Njord Wiker91-Vetle Aasland91 | | | |

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| 2:04.7 | G19 |  | Bjørkelangen | 10.09.1989 |
| Frode Nygård69-Runar Homble72-Ola Nerhagne71-Hans Jørgen Borgen70 | | | |

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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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| **GUTTER 19** | **325** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.25 | Marcus Theodor Moen | 99 | Bergen/Le | 21.01.2018 |
| 7.37 | Michael Chen Reklev | 05 | Hvam | 07.12.2024 |
| 7.38 | Sander Steen Myrvang | 00 | Hvam | 26.01.2019 |
| 7.55 | Andrew Stevens | 81 | Stange | 04.03.2000 |
| 7.59 | Fredrik Fuglerud | 87 | Stange | 18.03.2006 |
| 7.67 | Emil Nordal | 03 | Rud | 29.01.2022 |
| 7.76 | Jan-Olav Arnegård | 71 | Oslo/Ek | 18.02.1990 |
| 7.80 | Andrè Haaland | 75 | Oslo/Ek | 15.01.1994 |
| 7.88 | Per Arne Østerud | 81 | Stange | 18.03.2000 |
| 8.15 | Frode Nygård | 69 | Oslo/Ek | 23.01.1988 |

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| **60m M** |  |

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| 7.3 | Ola Nerhagen | 71 | Lillestrøm | 31.03.1990 |
| 7.4 | Andrè Haaland | 75 | Lillestrøm | 06.03.1994 |

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| **100m E** |  |

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| 12.06 | Marius Fuglerud | 87 | Drammen | 12.02.2006 |

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| **200m E** |  |

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| 22.68 | Andreas Roth | 93 | Sandnes | 10.03.2012 |
| 23.17 | Emil Nordal | 03 | Steinkjer | 06.03.2022 |
| 23.26 | Thomas Roth | 91 | Stange | 24.01.2010 |
| 23.80 | Andrew Stevens | 81 | Stange | 19.02.2000 |
| 23.95 | Fredrik Fuglerud | 87 | Stange | 19.03.2006 |
| 24.48 | Stian Fredriksen | 81 | Stange | 05.03.2000 |
| 24.75 | Sondre Opaker Øines | 98 | Hvam | 09.12.2017 |
| 25.45 | Per Arne Østerud | 81 | Stange | 05.03.2000 |
| 25.65 | Espen Hofoss | 76 | Stange | 15.01.1995 |

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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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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 48.35 | Andreas Roth | 93 | Sandnes | 09.03.2012 |
| 48.58 | Markusd Einan | 97 | Rud | 06.02.2016 |
| 49.90 | Thomas Roth | 91 | Stange | 23.01.2010 |
| 53.02 | Andrew Stevens | 81 | Stange | 04.03.2000 |

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| **GUTTER 19** | **326** |

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| **INNENDØRS** |  |

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

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| 53.81 | Dag Håkon Eriksen | 73 | Oslo/Ek | 09.02.1992 |
| 54.56 | Jon Gunnar Alfsen | 97 | Hvam | 16.01.2016 |
| 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 |
| 56.11 | Sondre Opaker Øines | 98 | Hvam | 16.02.2017 |
| 56.71 | Frode Nygård | 69 | Oslo/Ek | 21.01.1988 |

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| **600m** |  |

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| 1:20.19 | Thomas Roth | 91 | Oslo/Ek | 11.12.2010 |
| 1:22.69 | Sverre Blom Breivik | 96 | Rud | 05.12.2015 |
| 1:23.49 | Vetle Aasland | 91 | Stange | 20.03.2010 |
| 1:26.65 | Njord Erland Wiker | 91 | Oslo/Ek | 11.12.2010 |
| 1:26.82 | Jonas Krossøy | 95 | Stange | 22.04.2014 |
| 1:28.99 | Nani Kula | 01 | Hvam | 25.01.2020 |
| 1:29.44 | Anders Buraas | 92 | Stange | 19.03.2011 |
| 1:30.23 | Espen Hofoss | 76 | Stange | 18.02.1995 |
| 1:30.28 | Sondre Opaker Øines | 98 | Hvam | 14.01.2017 |
| 1:30.81 | UJørgen Opaker | 97 | Stange | 12.03.2016 |
| 1:31.62 | Henrik Schultze Toverud | 04 | Hvam | 04.02.2023 |

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| **800m** |  |

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| 1:49.85 | Thomas Roth | 91 | Stockholm, SWE | 10.02.2010 |
| 1:49.87 | Markus Einan | 97 | Göteborg, SWE | 30.01.2016 |
| 1:52.47 | Andreas Fjeld Halvorsen | 05 | Sandnes | 09.02.2024 |
| 1:55.44 | Sverre Blom Breivik | 96 | Steinkjer | 08.02.2015 |
| 1:55.50 | Kristian Bråthen Børve | 06 | Rud | 09.02.2025 |
| 1:56.39 | Vetle Aasland | 91 | Trondheim/Ra | 18.12.2010 |
| 1:56.80 | Håvard Hildeskor | 92 | Trondheim/Ra | 12.03.2011 |
| 1:57.66 | Hans Jørgen Borgen | 70 | Oslo/Ek | 05.02.1989 |
| 1.58.54 | Ole-Kristian Lindebo Kværner | 05 | Sandnes | 09.03.2024 |
| 2:02.03 | Peder Holm | 92 | Trondheim/Ra | 12.03.2011 |
| 2:04.35 | Emil Nordal | 03 | Rud | 13.02.2022 |
| 2:08.80 | Jacob Breivik | 04 | Hvam | 05.02.2023 |
| 2:09.26 | Nani Kula | 01 | Rud | 09.02.2020 |
| 2:11.2 | Rune Murud | 65 | Oslo/Ek | 21.01.1984 |
| 2:11.91 | Stian Aaserud | 81 | Stange | 05.03.2000 |
| 2:12.15 | Tore Klungland | 97 | Hvam | 10.12.2016 |

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| **GUTTER 19** | **327** |

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| **INNENDØRS** |  |

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| **1500m** |  |

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| 3:41.77 | Andreas Fjeld Halvorsen | 05 | Rud | 11.02.2024 |
| 3:54.92 | Vegard Løberg Gjelsvik | 92 | Trondheim/Ra | 12.02.2011 |
| 3:55.06 | Kristian Bråthen Børve | 06 | Hvam | 25.01.2025 |
| 4:01.69 | Sigurd Blom Breivik | 96 | Steinkjer | 07.02.2015 |
| 4:04.77 | Ole-Kristian Lindebo Kværner | 05 | Sandnes | 08.03.2024 |
| 4:05.98 | Stian Klungland | 93 | Karlstad, SWE | 22.01.2012 |
| 4:08.37 | Henrik Hanssen | 97 | Hvam | 06.02.2016 |
| 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 |
| 4:17.07 | Peder Holm | 92 | Trondheim/Ra | 13.03.2011 |
| 4:23.12 | Jonas Krossøy | 95 | Stange | 01.02.2014 |
| 4:28.15 | Åsmund Wennemo | 94 | Steinkjer | 10.03.2013 |
| 4:29.76 | Stian Aaserud | 81 | Stange | 18.03.2000 |

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| **3000m** |  |

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| 8:49.43 | Markus Høgne | 98 | Rud | 10.02.2017 |
| 9:37.50 | Peder Holm | 92 | Trondheim/Ra | 13.02.2011 |

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| **60m hekk 100 cm E** |  |

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| 8.07 | Marcus Theodor Moen | 99 | Bergen/Le | 20.01.2018 |

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

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| 8.11 | Marcus Theodor Moen | 99 | Rud | 04.02.2018 |
| 8.69 | Jo Henning Hals Nilssen | 68 | Askim | 01.02.1987 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 2.00 | Michael Chen Reklev | 05 | Sandnes | 10.03.2024 |
| 1.90 | Frode Myrvang | 67 | Askim | 02.02.1986 |
| 1.75 | Vetle Aasland | 91 | Askim | 24.01.2010 |

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| **Høyde uten tilløp** |  |

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| 1.48 | Jo Henning Hals Nilssen | 68 | Årnes/Ne | 27.02.1987 |
| 1.35 | Einar Hellum | 47 | Jessheim | 26.02.1966 |
| 1.30 | Jon Martinsen | 47 | Jessheim | 26.02.1966 |

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| **Lengde** |  |

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| 6.92 | Michael Chen Reklev | 05 | Hvam | 07.12.2024 |

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| **GUTTER 19** | **328** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| 2.92 | Jo Henning Hals Nilssen | 68 | Årnes/Ne | 27.02.1987 |
| 2.91 | Sander Steen Myrvang | 00 | Rud | 02.04.2019 |
| 2.68 | Marius Fuglerud | 87 | Jessheim/No | 13.02.2006 |
| 2.47 | Fritz Lundby | 42 | Gardermoen | 25.02.1961 |

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| **Kule 7.26 kg** |  |

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| 11.12 | Michael Chen Reklev | 05 | Hvam | 07.12.2024 |

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| **4x200m** |  |

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

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| **1000m** |  |

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

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