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| **GUTTER 14** | **433** |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 5.8 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 19.05.1988 |
| 6.2 | Stian Kraabøl | 74 | Jessheim | 19.05.1988 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.75 | Lars Georg Aas | 92 | Lillehammer/Ss | 24.06.2006 |
| 7.90 | Gudmund Bjotveit | 77 | Jessheim | 26.09.1991 |
| 7.91 | Jonathan Joo | 91 | Asker/Fø | 28.05.2005 |
| 7.95 | Jonas Nødtvedt Wenger | 99 | Jessheim | 01.09.2013 |
| 7.95 | Ådne Opaker Øines | 02 | Lillestrøm | 17.09.2016 |
| 7.98 | Emil Nordal | 03 | Lillehammer/Ss | 24.06.2017 |
| 7.99 | Audun Sjøstrøm Johansen | 09 | Jessheim | 13.08.2023 |
| 8.01 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 22.06.2013 |
| 8.07 | Fredrick Flåte | 11 | Nittedal | 27.04.2025 |
| 8.05 | Erlend Morthen | 92 | Nadderud | 10.06.2006 |
| 8.14 | Christer Amundsen | 92 | Jessheim | 19.08.2006 |
| 8.14 | Martin Opaker | 94 | Lillestrøm | 24.08.2008 |
| 8.33 | Atle Skaugen | 77 | Jessheim | 26.09.1991 |
| 8.36 | Espen Nyhus | 89 | Jessheim | 25.09.2003 |
| 8.40 | Sondre Opaker Øines | 98 | Nadderud | 16.06.2012 |
| 8.45 | Ali Fredriksen Yetim | 94 | Asker/Fø | 31.05.2008 |
| 8.45 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 08.09.2023 |
| 8.46 | Kristoffer Kvilten | 90 | Jessheim | 12.07.2004 |
| 8.49 | Iver Laake | 01 | Oslo/Bi | 08.08.2015 |
| 8.55 | Lasse Bjørn | 84 | Jessheim | 26.09.1998 |
| 8.59 | Ole Eriksen | 91 | Jessheim | 18.08.2005 |
| 8.63 | Per Kristian Aarstad | 86 | Jessheim | 08.06.2000 |
| 8.67 | Shoveyb Ghanizadeh | 93 | Jessheim | 22.09.2007 |
| 8.68 | Jørgen Opaker | 97 | Jessheim | 04.06.2011 |
| 8.70 | Martin Fald Gården | 90 | Jessheim | 12.07.2004 |
| 8.79 | Nils Luke | 90 | Jessheim | 12.07.2004 |
| 8.85 | Ingar Ørum | 77 | Jessheim | 28.05.1991 |
| 9.03 | Gaute Messel Nafstad | 94 | Jessheim | 12.06.2008 |
| 9.08 | Morten Halseth | 97 | Jessheim | 04.06.2011 |
| 9.16 | Hans Marius Hansen | 94 | Jessheim | 02.06.2008 |
| 9.20 | Andreas Løland | 90 | Lillehammer/Ss | 26.06.2004 |
| 9.72 | Martin Tingvold | 86 | Jessheim | 08.06.2000 |
| 9.72 | Kristian Algerheim | 10 | Jessheim | 24.05.2024 |

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| **GUTTER 14** | **434** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.6 | Gudmund Bjotveit | 77 | Lillehammer/Ss | 29.06.1991 |
| 7.7 | Ola Nerhagen | 71 | Jessheim | 23.09.1985 |
| 7.8 | Pål Korsmo | 71 | Jessheim | 23.09.1985 |
| 7.9 | Morten Knutsen | 70 | Oslo/Bi | 04.06.1984 |
| 7.9 | Jonathan Joo | 91 | Jessheim | 09.06.2005 |
| 7.9 | Lars Georg Aas | 92 | Jessheim | 12.06.2006 |
| 8.0 | Stein Vik-Strandli | 58 | Lørenfallet | 13.06.1972 |
| 8.0 | Roger Rønning | 71 | Oslo/La | 16.05.1985 |
| 8.1 | Willy Laumo | 41 | Eidsvoll | 07.08.1955 |
| 8.1 | Frode Liland | 65 | Lillestrøm | 28.08.1979 |
| 8.1 | Ole Eriksen | 91 | Jessheim | 09.06.2005 |
| 8.2 | Einar Hellum | 47 | Jessheim | 17.08.1961 |
| 8.2 | Claus Nerhagen | 59 | Oslo/Bi | 24.05.1973 |
| 8.2 | Frode Bekken | 59 | Oslo/Bi | 08.06.1973 |
| 8.2 | Trond Ørbech | 62 | Årnes | 01.09.1976 |
| 8.2 | Espen Nyhus | 89 | Jessheim | 20.05.2003 |
| 8.2 | Bjørn Flatby | 79 | Jessheim | 01.06.1993 |
| 8.2 | Christer Amundsen | 92 | Oslo/Bi | 23.08.2006 |
| 8.3 | Martin Brofos | 47 | Nannestad | 20.06.1961 |
| 8.3 | Ørnulf Brekke | 67 | Nannestad | 12.09.1981 |
| 8.3 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03.10.1988 |
| 8.3 | Sondre Opaker Øines | 98 | Jessheim | 12.05.2012 |
| 8.4 | Kåre Gismervik | 57 | Lillestrøm | 18.09.1971 |
| 8.4 | Kåre Svensson | 61 | Strømmen | 11.06.1975 |
| 8.4 | Jarle Sæthermoen | 70 | Hakadal/El | 19.08.1984 |
| 8.5 | Halvor Bogstad | 46 | Råholt | 20.08.1960 |
| 8.5 | Bjørn Hellum | 48 | Råholt | 19.08.1962 |
| 8.5 | Kjell Åge Moslet | 56 | Jessheim | 10.06.1970 |
| 8.5 | Øyvind Arnegård | 75 | Jessheim | 17.09.1989 |
| 8.6 | Knut Larsen | 23 | Årnes | 26.09.1937 |
| 8.6 | Sigurd Majorsæter | 44 | Eidsvoll/My | 03.08.1958 |
| 8.6 | Martin Fald Gården | 90 | Jessheim | 09.09.2004 |
| 8.6 | Jon Martinsen | 47 | Nannestad | 20.05.1961 |
| 8.6 | Kåre Laake | 64 | Rolvsrud | 23.09.1978 |
| 8.7 | Jonas Haarborg Bolgen | 96 | Jessheim | 10.06.2010 |
| 8.8 | Hans Kristian Hansen | 41 | Jessheim | 04.06.1955 |
| 8.8 | Kjell Arne Johansen | 58 | Lørenfallet | 13.06.1972 |
| 8.8 | Åge Mangelrød | 65 | Strømmen | 02.06.1979 |
| 8.8 | Bjørn Tore Ottersen | 66 | Lillestrøm | 25.08.1980 |
| 8.8 | Morten Korslund | 89 | Jessheim | 20.05.2003 |
| 8.8 | Anders Sunde | 89 | Jessheim | 20.05.2003 |
| 8.8 | Andreas Løland | 90 | Jessheim | 24.05.2004 |
| 8.9 | Roger Norbech | 42 | Strømmen | 26.08.1956 |
| 8.9 | Jan Aas | 44 | Lillestrøm | 15.06.1958 |

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| **GUTTER 14** | **435** |

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| **60m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 9.0 | Pål Finstad | 75 | Jessheim | 05.06.1989 |
| 9.0 | Nils Luke | 90 | Jessheim | 23.05.2004 |
| 9.1 | Andreas Johansen | 88 | Jessheim | 12.09.2002 |
| 9.2 | Arvid Martinsen | 43 | Jessheim | 10.08.1957 |
| 9.2 | Erik Bonesvold | 74 | Jessheim | 08.06.1988 |
| 9.3 | Bør Nordby | 23 | Årnes | 26.09.1937 |
| 9.3 | Anders Grønlien | 24 | Årnes | 25.09.1938 |
| 9.3 | Atle Bekken | 90 | Jessheim | 27.05.2004 |
| 9.4 | Tore Haugen | 45 | Råholt | 14.06.1959 |
| 9.5 | Odd Lindahl | 57 | Jessheim | 06.06.1971 |
| 9.5 | Øyvind Gismervik | 90 | Jessheim | 09.09.2004 |
| 9.8 | Arne Nygård | 16 | Jessheim | 20.09.1930 |
| 9.8 | Stian Skafle | 88 | Jessheim | 21.05.2002 |
| 9.9 | Christer Larsen | 88 | Jessheim | 12.09.2002 |

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| **80m E** |  |

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| --- | --- | --- | --- | --- |
| 11.14 | Even Ragnhildsbakken | 08 | Arvika, SWE | 23.07.2022 |

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| **80m M** |  |

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| --- | --- | --- | --- | --- |
| 10.8 | Bjørn Flatby | 79 | Jessheim | 29.07.1993 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 12.43 | Gudmund Bjotveit | 77 | Jessheim | 07.09.1991 |
| 12.61 | Emil Nordal | 03 | Lillehammer/Ss | 25.06.2017 |
| 12.80 | Ådne Opaker Øines | 02 | Lillestrøm | 28.05.2016 |
| 12.83 | Pål Korsmo | 71 | Nadderud | 23.06.1985 |
| 13.04 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 23.06.2013 |
| 13.05 | Erlend Morthen | 92 | Lillehammer/Ss | 25.06.2006 |
| 13.48 | Atle Skaugen | 77 | Jessheim | 28.05.1991 |
| 13.50 | Sondre Opaker Øines | 98 | Ski | 11.08.2012 |
| 13.52 | Espen Nyhus | 89 | Jessheim | 18.08.2003 |
| 13.75 | Iver Laake | 01 | Lillestrøm | 30.05.2015 |
| 14.09 | Sheveyb Ghanizadeh | 93 | Jessheim | 22.09.2007 |
| 14.12 | Ingar Ørum | 77 | Jessheim | 28.05.1991 |
| 14.48 | Jørgen Opaker | 97 | Lillehammer/Ss | 26.06.2011 |
| 15.10 | Tor Håkon Mangerud | 84 | Jessheim | 24.08.1998 |
| 15.29 | Anders Knudsen | 77 | Jessheim | 28.05.1991 |

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| **GUTTER 14** | **436** |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 12.4 | Morten Knutsen | 70 | Oslo/St | 06.07.1984 |
| 12.7 | Ola Nerhagen | 71 | Strømmen | 01.06.1985 |
| 12.7 | Pål Korsmo | 71 | Nadderud | 23.06.1985 |
| 12.8 | Claus Nerhagen | 59 | Strømmen | 17.06.1973 |
| 12.8 | Lars Georg Aas | 92 | Hurdal | 19.06.2006 |
| 12.9 | Erlend Morthen | 92 | Jessheim | 12.06.2006 |
| 13.1 | Stein Vik-Strandli | 58 | Strømmen | 17.06.1972 |
| 13.1 | Frode Bekken | 59 | Lillestrøm | 22.06.1973 |
| 13-1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 30.05.1988 |
| 13.2 | Einar Hellum | 47 | Jessheim | 17.08.1961 |
| 13.2 | Martin Bratfos | 47 | Jessheim | 10.09.1961 |
| 13.2 | Kåre Svensson | 61 | Årnes | 07.09.1975 |
| 13.3 | Øyvind Arnegård | 75 | Bjørkelangen | 09.09.1989 |
| 13.4 | Kjell Åge Moslet | 56 | Råholt | 20.09.1970 |
| 13.4 | Frode Liland | 65 | Skotterud | 24.06.1979 |
| 13.4 | Kåre Gismervik | 57 | Lillestrøm | 19.09.1971 |
| 13.5 | Ørnulf Brekke | 67 | Årjäng, SWE | 19.07.1981 |
| 13.6 | Bjørn Tore Ottersen | 66 | Blaker/Br | 28.06.1980 |
| 13.6 | Bjørn Flatby | 79 | Jessheim | 01.06.1993 |
| 13.8 | Arne Hansen | 65 | Skotterud | 24.06.1979 |
| 13.9 | Kjell Arild Johansen | 58 | Strømmen | 17.06.1972 |
| 14.2 | Per Jota | 59 | Lillestrøm | 22.06.1973 |
| 14.2 | Kåre Laake | 64 | Gardermoen | 11.09.1978 |
| 14.2 | Per Kristian Aarstad | 86 | Jessheim | 13.06.2000 |
| 14.5 | Ole Semming Wiig | 69 | Skotterud | 03.07.1983 |
| 14.5 | Morten Skafle | 86 | Jessheim | 13.06.2000 |
| 14.6 | Dag Brokke | 62 | Strømmen | 25.06.1976 |
| 14.7 | Odd Arne Urnes | 73 | Jessheim | 18.05.1987 |
| 14.9 | Bård Lundahl | 57 | Jessheim | 06.06.1971 |
| 15.2 | Roger Bjerke | 76 | Kongsvinger/Gj | 12.09.1990 |
| 15.3 | Pål Nygård | 75 | Nannestad | 14.06.1989 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 25.05 | Fredrick Flåte | 11 | Nittedal | 27.04.2025 |
| 25.09 | Emil Nordal | 03 | Lillehammer/Ss | 22.06.2017 |
| 25.73 | Vegard Løberg Gjelsvik | 92 | Nadderud | 09.09.2006 |
| 26.05 | Jonas Nødtvedt Wenger | 99 | Jessheim | 31.08.2013 |
| 26.13 | Ådne Opaker Øines | 02 | Jessheim | 27.08.2016 |
| 26.18 | Erlend Morthen | 92 | Nadderud | 09.09.2006 |
| 26.37 | Jonathan Joo | 91 | Asker/Fø | 29.05.2005 |
| 26.49 | Lars Georg Aas | 92 | Nadderud | 09.09.2006 |
| 26.70 | Martin Opaker | 94 | Nadderud | 06.09.2008 |
| 26.75 | Christer Amundsen | 92 | Nadderud | 09.09.2006 |
| 26.81 | Michael Løland | 92 | Jessheim | 17.08.2006 |

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| **GUTTER 14** | **437** |

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

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| --- | --- | --- | --- | --- |
| 27.11 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 21.06.2012 |
| 27.16 | Lasse Bjørn | 83 | Oslo/St | 05.09.1998 |
| 27.36 | Iver Laake | 01 | Lillestrøm | 31.05.2015 |
| 27.47 | Kristoffer Kvilten | 90 | Lillehammer/Ss | 24.06.2004 |
| 27.97 | Ali Fredriksen Yetim | 94 | Lillestrøm | 15.06.2008 |
| 28.29 | Espen Nyhus | 89 | Lillehammer/Ss | 26.06.2004 |
| 28.54 | Simen Lye Smistad | 07 | Jessheim | 06.08.2021 |
| 28.58 | Martin Fald Gården | 90 | Lillehammer/Ss | 24.06.2004 |
| 29.00 | Jørgen Opaker | 97 | Lillestrøm | 03.09.2011 |
| 29.30 | Morten Halseth | 97 | Asker/Fø | 31.05.2011 |
| 29.61 | Morten Sigvartsen | 83 | Oslo/St | 05.09.1998 |
| 29.72 | Nils Luke | 90 | Lillehammer/Ss | 24.06.2004 |
| 30.53 | Thomas Løland | 95 | Jessheim | 03.09.2009 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 26.1 | Claus Nerhagen | 59 | Lillestrøm | 26.08.1973 |
| 26.1 | Jonathan Joo | 91 | Jessheim | 23.04.2005 |
| 27.6 | Kåre Svensson | 61 | Lillestrøm | 25.08.1975 |
| 27.7 | Jonas Wenger | 99 | Jessheim | 30.05.2013 |
| 27.8 | Bjørn Tore Ottersen | 66 | Blaker/Br | 26.08.1980 |
| 28.1 | Arne Berntsen | 49 | Råholt | 22.09.1963 |
| 28.2 | Kjell Åge Moslet | 56 | Råholt | 19.09.1970 |
| 28.4 | Jon Martinsen | 47 | Strømmen | 18.08.1961 |
| 28.4 | Frode Grøndahl | 69 | Hauerseter | 14.06.1983 |
| 28.4 | Ali Fredriksen Yetim | 94 | Jessheim | 04.09.2008 |
| 28.6 | Arne Hansen | 65 | Oslo/Bi | 30.08.1979 |
| 28.6 | Per Kristian Aarstad | 86 | Jessheim | 09.09.2000 |
| 29.0 | Erik Sand Vestengen | 99 | Jessheim | 30.05.2013 |
| 29.5 | Bjørn Hellum | 47 | Råholt | 12.09.1962 |
| 29.7 | Jonas Haarborg Bolgen | 96 | Jessheim | 03.09.2010 |
| 30.8 | Hans Marius Hansen | 94 | Jessheim | 04.09.2008 |
| 30.9 | Ole Eriksen | 91 | Jessheim | 23.04.2005 |
| 32.1 | Sindre Bjørnstad | 97 | Jessheim | 03.09.2011 |
| 37.0 | Sverre Sørensen | 12 | Jessheim | 13.07.1926 |

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 43.3 | Kåre Gismervik | 57 | Lillestrøm | 18.09.1971 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 55.76 | Iver Løvgaard Faksvåg | 09 | Jessheim | 12.08.2023 |
| 60.95 | Sondre Opaker Øines | 98 | Fredrikstad/Li | 01.07.2012 |
| 70.72 | Sindre Bjørnstad | 97 | Lillehammer/Ss | 25.06.2011 |

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| **GUTTER 14** | **438** |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 56.9 | Claus Nerhagen | 59 | Oslo/Bi | 09.06.1973 |
| 59.4 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 06.08.1988 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:30.25 | Vegard Løberg Gjelsvik | 92 | Nadderud | 09.09.2006 |
| 1:30.4 | John Backe-Bogstad | 61 | Oslo/Bi | 28.08.1975 |
| 1:31.5 | Claus Nerhagen | 59 | Arendal | 08.07.1973 |
| 1:31.66 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 09.09.2023 |
| 1:33.37 | Kristoffer Kvilten | 90 | Nadderud | 11.06.2004 |
| 1:36.4 | Kåre Svensson | 61 | Lillestrøm | 25.07.1975 |
| 1:36.47 | Erlend Morthen | 92 | Nadderud | 09.09.2006 |
| 1:37.19 | Henrik Schultze Toverud | 04 | Lillestrøm | 26.05.2018 |
| 1:37.93 | Andreas Børve | 99 | Nadderud | 14.06.2013 |
| 1:38.75 | Sondre Opaker Øines | 98 | Jessheim | 23.08.2012 |
| 1:39.25 | Fredrik Fyksen Aas | 08 | Oslo/St | 10.09.2022 |
| 1:39.50 | Thomas Løland | 95 | Lillestrøm | 30.05.2009 |
| 1:40.5 | Kåre Gismervik | 57 | Lørenfallet | 19.09.1971 |
| 1:41.15 | Oliver Finstad Nystrøm | 05 | Jessheim | 10.08.2019 |
| 1:42.70 | Sondre Olsson | 93 | Nadderud | 16.06.2007 |
| 1:42.86 | Morten Halseth | 97 | Lillestrøm | 03.09.2011 |
| 1:44.1 | Jon Henriksen | 60 | Strømmen | 11.09.1974 |
| 1:44.7 | Geir Austberg | 59 | Oslo/Bi | 24.05.1973 |
| 1:44.81 | Andreas Løland | 90 | Nadderud | 11.06.2004 |
| 1:45.09 | Eivind Tronsli | 90 | Nadderud | 11.06.2004 |
| 1:45.6 | Christer Amundsen | 92 | Oslo/Bi | 24.08.2006 |
| 1:45.85 | Michael Løland | 92 | Nadderud | 16.06.2006 |
| 1:45.9 | Stein Vik-Strandli | 58 | Lørenfallet | 13.06.1972 |
| 1:46.27 | Sondre Westby Liestøl | 99 | Jessheim | 31.08.2013 |
| 1:47.05 | Ole Eriksen | 91 | Jessheim | 22.08.2005 |
| 1:47.89 | Nils Luke | 90 | Nadderud | 11.06.2004 |
| 1.48.26 | Andreas Fyksen Aas | 08 | Nadderud | 10.06.2022 |
| 1:48.85 | Jonas Haarborg Bolgen | 96 | Jessheim | 25.05.2010 |
| 1.51.44 | Aldric Keurlikdjian | 08 | Jessheim | 06.08.2022 |
| 1:52.3 | Kjell Arild Johansen | 58 | Råholt | 10.09.1972 |
| 1:53.5 | Jonathan Joo | 91 | Oslo/La | 18.05.2005 |
| 1:53.96 | Sindre Bjørnstad | 97 | Lillestrøm | 03.09.2011 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:03.56 | Iver Løvgaard Faksvåg | 09 | Gøteborg, SWE | 01.07.2023 |
| 2:05.02 | Vegard Løberg Gjelsvik | 92 | Göteborg, SWE | 08.07.2006 |
| 2:07.0 | John Backe-Bogstad | 61 | Hønefoss | 14.09.1975 |
| 2:10.32 | Fabian Vibekken | 09 | Gøteborg, SWE | 01.07.2023 |

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| **GUTTER 14** | **439** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:11.32 | Kristoffer Kvilten | 90 | Lillehammer/Ss | 27.06.2004 |
| 2:13.2 | Sigurd Fjeldbo | 82 | Jessheim | 14.09.1996 |
| 2:14.0 | Carl Jørgen Owre | 82 | Jessheim | 14.09.1996 |
| 2:14.4 | Thomas Lundring | 75 | Bjørkelangen | 10.09.1989 |
| 2:14.8 | Pål Korsmo | 71 | Raufoss | 18.08.1985 |
| 2:14.9 | Torbjørn Næss | 68 | Nadderud | 18.06.1982 |
| 2:16.3 | Frode Liland | 65 | Skotterud | 24.06.1979 |
| 2:16.39 | Erlend Morthen | 92 | Bjørkelangen | 10.06.2006 |
| 2:17.1 | Steinar Pleym Hoel | 83 | Jessheim | 18.08.1997 |
| 2:17.9 | Bjørn Tore Ottersen | 66 | Lillestrøm | 26.08.1980 |
| 2:18.1 | Ola Nerhagen | 71 | Jessheim | 23.09.1985 |
| 2:18.68 | Thomas Løland | 95 | Lillehammer/Ss | 21.06.2009 |
| 2:18.7 | Jørgen Hjelm Bakkerud | 74 | Årnes | 24.06.1988 |
| 2:18.91 | Henrik Schultze Toverud | 04 | Lillehammer/Ss | 24.06.2018 |
| 2:20.69 | Michael Løland | 92 | Lillehammer/Ss | 25.06.2006 |
| 2:21.12 | Vetle Christiansen | 95 | Nesodden | 15.08.2009 |
| 2:21.67 | Sondre Opaker Øines | 98 | Oslo/Bi | 19.08.2012 |
| 2:22.12 | Fredrik Fyksen Aas | 08 | Oslo/St | 15.05.2022 |
| 2:22.7 | Frode Grøndahl | 69 | Fetsund | 21.06.1983 |
| 2:24.53 | Espen Nyhus | 89 | Lillehammer/Ss | 29.06.2003 |
| 2:25.66 | Andreas Løland | 90 | Lillehammer/Ss | 27.06.2004 |
| 2:29.14 | Per Kristian Aarstad | 86 | Lillehammer/Ss | 02.07.2000 |
| 2:29.44 | Andreas Fyksen Aas | 08 | Brandbu | 22.06.2022 |
| 2:29.54 | Nils Luke | 90 | Lillehammer/Ss | 27.06.2004 |
| 2:29.55 | Martin Fald Gården | 90 | Lillehammer/Ss | 27.06.2004 |
| 2:30.9 | Arne Hansen | 65 | Skotterud | 24.06.1979 |
| 2:31.12 | Sven Inge Bråthen | 76 | Jessheim | 21.05.1990 |
| 2:31.61 | Sondre Opaker Øines | 00 | Ski | 01.08.2013 |
| 2:32.3 | Morten Halseth | 97 | Jessheim | 19.09.2011 |
| 2:33.0 | Andreas Johansen | 88 | Jessheim | 21.06.2002 |
| 2:34.4 | Christian Iversen | 05 | Jessheim | 26.09.2019 |
| 2:34.7 | Eirik Kamstrup Hovind | 90 | Jessheim | 24.09.2004 |
| 2:42.1 | Eivind Skolt | 83 | Jessheim | 18.08.1997 |
| 2:44.0 | Stian Skafle | 88 | Jessheim | 13.06.2002 |
| 2:44.5 | Tor Håkon Mangerud | 84 | Jessheim | 17.08.1998 |
| 2:44.8 | Pål Nygaard | 75 | Jessheim | 05.06.1989 |
| 2:50.0 | Emil Strøm | 90 | Jessheim | 10.06.2004 |
| 2:51.7 | Jonas Wenger | 99 | Jessheim | 28.09.2013 |
| 2:51.9 | Jonathan Joo | 91 | Jessheim | 01.10.2005 |
| 2:52.6 | Per Olav Ramstad | 74 | Jessheim | 22.08.1988 |
| 2:56.4 | Svein Anders Skolt | 80 | Jessheim | 29.08.1994 |
| 2:56.4 | Morten Korslund | 89 | Jessheim | 12.06.2003 |
| 2:58.0 | Anders Gustavson | 88 | Jessheim | 13.06.2002 |

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| **GUTTER 14** | **440** |

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| **1000m** |  |

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| 2:45.4 | John Backe Bogstad | 61 | Arvika, SWE | 20.07.1975 |
| 3:07.05 | Fredrik Fyksen Aas | 08 | Oslo/Sp | 07.05.2022 |
| 3.10.21 | Andreas Fyksen Aas | 08 | Oslo/So | 07.05.2022 |
| 3:23.0 | Pål Nygaard | 75 | Nannestad | 14.06.1989 |

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| **1500m** |  |

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| 4:15.98 | Vegard Løberg Gjelsvik | 92 | Nadderud | 10.09.2006 |
| 4:20.75 | Iver Løvgaard Faksvåg | 09 | Nittedal | 19.08.2023 |
| 4:39.1 | Thorbjørn Næss | 68 | Oslo/Bi | 23.08.1982 |
| 4:40.16 | Vetle Kristiansen | 95 | Oslo/Bi | 23.09.2009 |
| 4:46.9 | Thomas Lundring | 75 | Jessheim | 13.09.1989 |
| 4:47.39 | Andreas Fyksen Aas | 08 | Nadderud | 12.06.2022 |
| 4:53.00 | Fredrik Fyksen Aas | 08 | Nadderud | 12.06.2022 |
| 4:55.3 | Rene Fredheim Larsen | 97 | Jessheim | 14.06.2011 |
| 4:57.69 | Michael Løland | 92 | Nadderud | 18.06.2006 |
| 4:59.1 | Sigurd Fjeldbo | 82 | Jessheim | 17.06.1996 |
| 4:59.75 | Erlend Morthen | 92 | Jessheim | 21.08.2006 |
| 5:00.2 | Steinar Pleym Hoel | 83 | Jessheim | 16.06.1997 |
| 5:03.34 | Sondre Westby Liestøl | 99 | Asker/Fø | 01.06.2013 |
| 5:04.75 | Sondre Opaker Øines | 98 | Asker/Fø | 02.06.2012 |
| 5:08.3 | Eivind Skolt | 83 | Jessheim | 16.06.1997 |
| 5:05.40 | Marius Myren | 08 | Rjukan | 04.05.2022 |
| 5:11.8 | Jørgen Bakkerud | 74 | Jessheim | 13.06.1988 |
| 5.17.04 | Thomas Løland | 95 | Nadderud | 14.06.2009 |
| 5:31.2 | Jarle Fredagsvik | 79 | Jessheim | 14.06.1993 |
| 5:32.3 | Bjørn Flatby | 79 | Jessheim | 14.06.1993 |
| 5:32.7 | Tor Håkon Mangerud | 84 | Jessheim | 17.06.1998 |
| 5:43.4 | Per Olav Ramstad | 74 | Jessheim | 13.06.1988 |
| 5:45.9 | Trond Erik Bakkerud | 77 | Jessheim | 10.06.1991 |

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| **2000m** |  |

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| 5:52.88 | Vegard Løberg Gjelsvik | 92 | Oslo/Bi | 20.08.2006 |
| 6:04.34 | Iver Løvgaard Faksvåg | 09 | Gøteborg, SWE | 02.07.2023 |
| 6:06.87 | Fabian Vibekken | 09 | Gøteborg, SWE | 02.07.2023 |
| 6:29.8 | Vetle Kristiansen | 95 | Sofiemyr | 25.08.2009 |
| 6:30.64 | Oliver Finstad Nystuen | 05 | Jessheim | 11.08.2019 |
| 6:40.10 | Fredrik Fyksen Aas | 08 | Jessheim | 07.08.2022 |
| 6:47.26 | Michael Løland | 92 | Oslo/Bi | 20.08.2006 |
| 6:49.78 | Andreas Fyksen Aas | 08 | Jessheim | 07.08.2022 |

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| **1000m gang** |  |

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| 5:32.42 | Ådne Opaker Øines | 02 | Nadderud | 12.06.2016 |
| 6:12.31 | Ardlic Kenarlikdijan | 09 | Rjukan | 02.09.2023 |

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| **GUTTER 14** | **441** |

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| **60m hekk 76.2 cm M** |  |

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| 9.7 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1988 |

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| **80m hekk 76.2 cm E** |  |

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| 12.31 | Jørgen Hjelm Bakkerud | 74 | Kongsberg | 10.08.1988 |

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| **80m hekk 84 cm E** |  |

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| --- | --- | --- | --- | --- |
| 12.48 | Marcus Theodor Moen | 99 | Oslo/Bi | 25.09.2013 |

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| **80m hekk 76.2 cm M** |  |

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| 12.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 18.09.1988 |
| 12.2 | Jo Henning Hals Nilssen | 68 | Herlev, DEN | 19.06.1982 |
| 12.4 | Morten Knutsen | 70 | Oslo/St | 06.07.1984 |
| 13.8 | Frode Myrvang | 67 | Oslo/Bi | 02.06.1981 |
| 14.6 | Odd Arne Urnes | 73 | Jessheim | 04.06.1987 |
| 15.3 | Paal Raastad | 73 | Jessheim | 04.06.1987 |
| 15.7 | Trond Ørbech | 62 | Årnes | 01.09.1976 |
| 17.7 | Pål Nygård | 75 | Fetsund/Fe | 14.08.1989 |

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| **80m hekk 84 cm E** |  |

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| --- | --- | --- | --- | --- |
| 13.63 | Jonathan Joo | 91 | Bjørkelangen | 04.06.2005 |

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| **80m hekk 84 cm M** |  |

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| 13.5 | Jonathan Joo | 91 | Nadderud | 11.09.2005 |

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| **800m hinder 50 cm** | **5 hindere – vanngrav 15cm** |

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| 2:43.81 | Marius Myren | 08 | Jessheim | 05.08.2022 |

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| **3km landevei** |  |

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| 13:39 | Kristian Algarheim | 10 | Jessheim | 13.04.2024 |

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| **5km landevei** |  |

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| 16:29 | Oliver Finstad Nystrøm | 05 | Jessheim | 05.10.2019 |
| 16:29 | Iver Løvgaard Faksvåg | 09 | Jessheim | 30.09.2023 |
| 17:05 | Fabian Vibekken | 09 | Oslo | 17.06.2023 |
| 18:49 | Marcel Kosel | 10 | Jessheim | 28.09.2024 |
| 23:00 | Koby Staszowski | 10 | Jessheim | 28.09.2024 |

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| **GUTTER 14** | **442** |

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| **10km landevei** |  |

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| 38:20 | Iver Løvgaard Faksvåg | 09 | Oslo | 14.10.2023 |
| 38:28 | Oliver Finstad Nystrøm | 05 | Jessheim | 05.10.2019 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Frode Myrvang | 67 | Kongsberg | 06.09.1981 |
| 1.70 | Marcus Theodor Moen | 99 | Nadderud | 16.06.2013 |
| 1.68 | Morten Halseth | 97 | Nadderud | 24.09.2011 |

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| **Høyde forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.68 | Emil Nordal | 03 | Nittedal | 19.08.2017 |
| 1.65 | Even Ranghildsbakken | 08 | Jessheim | 07.08.2022 |
| 1.60 | Torbjørn Strand | 76 | Jessheim | 19.05.1990 |
| 1.58 | Frode Liland | 65 | Jessheim | 19.08.1979 |
| 1.58 | Roger Rønning | 71 | Oslo/So | 29.05.1985 |
| 1.55 | John Backe-Bogstad | 61 | Årnes | 07.09.1975 |
| 1.52 | Jonathan Joo | 91 | Asker/Fø | 29.05.2005 |
| 1.50 | Claus Nerhagen | 59 | Lillestrøm | 22.06.1973 |
| 1.50 | Pål Korsmo | 71 | Kirkenær | 26.05.1985 |
| 1.50 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 19.05.1988 |
| 1.50 | Christer Amundsen | 92 | Oslo/Bi | 19.08.2006 |
| 1.48 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 09.09.2023 |
| 1.46 | Kristen Nygård | 45 | Råholt | 14.06.1959 |
| 1.45 | Einar Hellum | 47 | Jessheim | 10.09.1961 |
| 1.45 | Bård Hole | 65 | Jessheim | 02.09.1981 |
| 1.45 | Jarle Sæthermoen | 70 | Jessheim | 18.09.1984 |
| 1.45 | Henrik Jakobsen | 01 | Lillestrøm | 30.05.2015 |
| 1.41 | Aldric Kenarlikdijan | 09 | Rjukan | 03.09.2023 |
| 1.36 | Sigurd Majorsæter | 44 | Råholt | 28.06.1958 |
| 1.35 | Ola Johansen | 40 | Strømmen | 02.10.1954 |
| 1.35 | Frode Grøndahl | 69 | Jessheim | 14.08.1983 |
| 1.31 | Martin Bratfos | 47 | Jessheim | 10.09.1961 |
| 1.30 | Terje Finnebråten | 48 | Jessheim | 06.09.1962 |
| 1.30 | Kåre Svensson | 61 | Årnes | 07.09.1975 |
| 1.30 | Dag Brokke | 62 | Nannestad | 15.08.1976 |
| 1.30 | Ole Semming Wiig | 69 | Skotterud | 03.07.1983 |
| 1.30 | Paal Raastad | 73 | Jessheim | 04.06.1987 |
| 1.30 | Victor Rosenlind | 00 | Lillestrøm | 24.05.2014 |
| 1.29 | Bør Nordby | 23 | Årnes | 26.09.1937 |
| 1.27 | Kjell Molstad | 42 | Strømmen | 26.08.1956 |
| 1.26 | Jan Aas | 44 | Råholt | 28.06.1958 |
| 1.25 | Geir Austberg | 59 | Lillestrøm | 18.06.1973 |

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| **GUTTER 14** | **443** |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.25 | Atle Bakken | 90 | Jessheim | 27.05.2004 |
| 1.24 | Odd Martinsen | 24 | Årnes | 25.09.1938 |
| 1.20 | Roger Norbach | 42 | Jessheim | 30.09.1956 |

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| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.55 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 02.10.1988 |
| 2.40 | Marcus Theodor Moen | 99 | Nadderud | 15.06.2013 |
| 2.20 | Odd Arne Urnes | 73 | Jessheim | 23.09.1987 |

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| **Lengde S: Sats i satsfelt** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.94 s | Morten Knutsen | 70 | Øvre Årdal | 19.09.1984 |
| 5.73 s | Ola Nerhagen | 71 | Kongsberg | 31.08.1985 |
| 5.59 s | Gudmund Bjotveit | 77 | Kongsberg | 24.08.1991 |
| 5.55 s | Roger Rønning | 71 | Oslo/La | 16.05.1985 |
| 5.51 | Marcus Theodor Moen | 99 | Oslo/Sp | 06.09.2013 |
| 5.38 | Claus Nerhagen | 59 | Lørenfallet | 30.09.1973 |
| 5.36 s | Pål Korsmo | 71 | Jessheim | 23.09.1985 |
| 5.21 s | Erlend Morthen | 92 | Jessheim | 09.09.2006 |
| 5.19 | Even Ranghildsbakken | 08 | Rjukan | 03.09.2022 |
| 5.12 s | Christer Amundsen | 92 | Oslo/Bi | 23.08.2006 |
| 5.12 | Iver Løvgaard Faksvåg | 09 | Jessheim | 12.08.2023 |
| 5.11s | Ørnulf Brekke | 67 | Kirkenær | 31.05.1981 |
| 5.08 | Emil Nordal | 03 | Jessheim | 16.09.2017 |
| 5.04s | Frode Myrvang | 67 | Kirkenær | 31.05.1981 |
| 5.01s | Bjørn Tore Ottersen | 66 | Lillestrøm | 25.08.1980 |
| 4.98 | Einar Hellum | 47 | Strømmen | 03.09.1961 |
| 4.92 s | Jørgen Hjelm Bakkerud | 74 | Jessheim | 06.06.1988 |
| 4.90 s | Espen Nyhus | 89 | Jessheim | 19.06.2003 |
| 4.89 | Ådne Opaker Øines | 02 | Lillestrøm | 17.09.2016 |
| 4.86 s | Jonathan Joo | 91 | Nadderud | 11.09.2005 |
| 4.83 s | Øivind Arnegård | 75 | Bjørkelangen | 09.09.1989 |
| 4.82 | Stein Vik-Strandli | 58 | Råholt | 09.09.1972 |
| 4.80 | Erik Sand Vestengen | 99 | Jessheim | 30.05.2013 |
| 4.77 | Martin Bratfos | 47 | Jessheim | 07.08.1961 |
| 4.77 | Ingar Ørum | 77 | Jessheim | 26.09.1991 |
| 4.74 | Kjell Åge Moslet | 56 | Råholt | 19.09.1970 |
| 4.74s | Frode Liland | 65 | Jessheim | 19.08.1979 |
| 4.68s | Bård Hole | 67 | Kløfta | 20.09.1981 |
| 4.57 | Trond Ørbech | 62 | Årnes | 01.09.1976 |
| 4.53s | Arne Hansen | 65 | Jessheim | 19.08.1979 |
| 4.52 | Kjell Arild Johansen | 58 | Jessheim | 01.10.1972 |
| 4.47 s | Hans Marius Hansen | 94 | Jessheim | 02.06.2008 |

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| **GUTTER 14** | **444** |

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| **Lengde S: Sats i satsfelt forts..** |  |

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| --- | --- | --- | --- | --- |
| 4.44 | Bjørn Hellum | 48 | Råholt | 19.08.1962 |
| 4.43 | Bård Lundahl | 57 | Jessheim | 06.06.1971 |
| 4.42 | Victor Rosenlind | 00 | Jessheim | 02.09.2014 |
| 4.38 | Jon Martinsen | 47 | Nannestad | 20.06.1961 |
| 4.32 | Sondre Opaker Øines | 98 | Fredrikstad | 01.07.2012 |
| 4.22 | Iver Laake | 01 | Lillestrøm | 31.05.2015 |
| 4.17 s | Odd Arne Urnes | 73 | Jessheim | 18.05.1987 |
| 4.15 | Kåre Svensson | 61 | Lillestrøm | 25.08.1975 |
| 4.09 | Sigurd Majorsæter | 44 | Råholt | 28.06.1958 |
| 3.98 s | Pål Nygaard | 75 | Jessheim | 05.06.1989 |
| 3.90 | Bør Nordby | 23 | Årnes | 26.09.1937 |
| 3.90 | Jan Aas | 44 | Råholt | 28.06.1958 |
| 3.84 | Arvid Martinsen | 43 | Jessheim | 10.08.1957 |
| 3.83 | Roger Nordbech | 42 | Jessheim | 30.09.1956 |
| 3.83 | Morten Sigvartsen | 84 | Jessheim | 26.09.1998 |
| 3.52 | Jan Erik Martinsen | 40 | Sand | 20.06.1954 |
| 3.50 | Torgeir Hagen | 45 | Råholt | 14.06.1959 |

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| **Lengde uten tilløp** |  |

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| 2.09 | Jørgen Stuve Dahl | 04 | Jessheim | 18.10.2018 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 11.13 | Marcus Theodor Moen | 99 | Oslo/Bi | 19.09.2013 |
| 10.75 s | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 14.08.1988 |
| 10.38 | Even Ragnhildsbakken | 08 | Rjukan | 04.09.2022 |
| 9.49 | Kjell Åge Moslet | 56 | Råholt | 20.09.1970 |
| 9.10 s | Odd Arne Urnes | 73 | Jessheim | 20.09.1987 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 16.95 | Morten Knutsen | 70 | Ulsteinvik | 11.08.1984 |
| 13.04 | Ingar Ørum | 77 | Jessheim | 02.09.1991 |
| 12.76 | Bård Hole | 67 | Nesodden | 25.08.1981 |
| 12.58 | Roger Rønning | 71 | Oslo/So | 29.05.1985 |
| 11.86 | Ola Nerhagen | 71 | Jessheim | 23.09.1985 |
| 11.67 | Håvard Mathisen | 77 | Jessheim | 02.09.1991 |
| 11.25 | Frode Liland | 65 | Lillestrøm | 21.08.1979 |
| 11.04 | Pål Korsmo | 71 | Jessheim | 23.09.1985 |
| 10.88 | Bjørn Tore Ottersen | 66 | Jessheim | 17.08.1980 |
| 10.45 | Per Aamo | 67 | Lørenfallet | 25.06.1981 |
| 10.33 | Dag Brokke | 62 | Nannestad | 15.08.1976 |
| 10.26 | Jørgen Hjelm Bakkerud | 74 | Årnes | 25.06.1988 |

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| **GUTTER 14** | **445** |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.04 | Henning Forsland | 80 | Nadderud | 18.06.1994 |
| 9.67 | Bjørn Flatby | 79 | Jessheim | 29.07.1993 |
| 9.48 | Stein Vik-Strandli | 58 | Jessheim | 28.06.1972 |
| 9.33 | Roger Bjerke | 76 | Kongsvinger/Gj | 12.09.1990 |
| 8.35 | Per Agnar Grønnvoll | 87 | Jessheim | 17.09.2001 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 15.50 | Morten Knutsen | 70 | Lillestrøm | 30.06.1984 |
| 12.22 | Terje Finnebråten | 48 | Råholt | 23.09.1962 |
| 11.88 | Marcus Theodor Moen | 99 | Oslo/Bi | 06.09.2013 |
| 11.19 | Morten Halseth | 97 | Lillestrøm | 03.09.2011 |
| 10.90 | Jonathan Joo | 91 | Jessheim | 21.08.2006 |
| 10.72 | Claus Nerhagen | 59 | Lillestrøm | 14.09.1973 |

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| **Kule 4 kg forts.** |  |

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| --- | --- | --- | --- | --- |
| 10.65 | Ardlic Kenarlikdjian | 09 | Jessheim | 12.08.2023 |
| 10.22 | Kjell Åge Moslet | 56 | Råholt | 20.09.1970 |
| 9.96 | Halvor Bogstad | 46 | Råholt | 20.08.1960 |
| 9.82 | Sturla Martinsen | 48 | Råholt | 23.09.1962 |
| 9.60 | Even Ragnhildsbakken | 08 | Rjukan | 03.09.2022 |
| 9.31 | Jørgen Stuve Dahl | 04 | Jessheim | 11.08.2018 |
| 9.15 | Asbjørn Grønlien | 24 | Årnes | 16.07.1938 |
| 9.06 | Bjørn Tore Ottersen | 66 | Jessheim | 17.08.1980 |
| 8.81 | Martin Hansen | 47 | Jessheim | 06.09.1962 |
| 8.67 | Jonathan Joo | 91 | Oslo/La | 19.05.2005 |
| 8.67 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 10.09.2023 |
| 8.48 | Stein Vik-Strandli | 58 | Jessheim | 25.06.1972 |
| 8.28 | Ådne Opaker Øines | 02 | Oslo/Bi | 14.08.2016 |
| 7.95 | Paal Nygaard | 75 | Jessheim | 13.09.1989 |
| 7.91 | Marius Johansen | 05 | Hamar | 31.08.2019 |
| 7.51 | Odd Martinsen | 23 | Jessheim | 22.08.1937 |
| 7.18 | Kjell Kleiven | 65 | Jessheim | 27.06.1979 |
| 7.08 | Jan Erik Martinsen | 40 | Sand | 20.06.1954 |
| 6.85 | Jan Aas | 44 | Råholt | 28.06.1958 |
| 6.89 | Victor Rosenlind | 00 | Lillestrøm | 24.05.2014 |
| 6.28 | Bjørn Hellum | 48 | Råholt | 19.08.1962 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.86 | Morten Knutsen | 70 | Jessheim | 29.09.1984 |

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| **GUTTER 14** | **446** |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 47.06 | Morten Knutsen | 70 | Jessheim | 01.10.1984 |
| 35.17 | Marius Johansen | 05 | Göteborg, SWE | 30.05.2019 |
| 33.34 | Ingar Ørum | 77 | Sofiemyr | 18.08.1991 |
| 32.50 | Terje Finnebråten | 48 | Råholt | 23.09.1962 |
| 29.88 | Roger Rønning | 71 | Oslo/So | 28.05.1985 |
| 28.75 | Sturla Martinsen | 48 | Råholt | 23.09.1962 |
| 28.75 | Jørgen Stuve Dahl | 04 | Nittedal | 15.09.2018 |
| 28.60 | Jørgen Hjelm Bakkerud | 74 | Hakadal/El | 05.06.1988 |
| 28.48 | Marcus Theodor Moen | 99 | Oslo/Bi | 19.09.2013 |
| 27.92 | Håvard Mathisen | 77 | Sofiemyr | 18.08.1991 |
| 25.74 | Kjell Åge Moslet | 56 | Råholt | 19.09.1970 |
| 25.43 | Christer Amundsen | 92 | Nadderud | 18.06.2006 |
| 20.50 | Martin Hansen | 48 | Råholt | 12.09.1962 |
| 18.87 | Victor Rosenlind | 00 | Jessheim | 14.09.2014 |
| 18.63 | Per Andre Grønnvoll | 87 | Jessheim | 17.09.2001 |

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| **Diskos 2 kg** |  |

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| 17.62 | Jørgen Stuve Dahl | 04 | Jessheim | 18.10.2018 |

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| **Spyd 600 g Ny type fra og med 1999** |  |

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| --- | --- | --- | --- | --- |
| 38.57 | Marcus Theodor Moen | 99 | Lillestrøm | 26.05.2013 |
| 31.35 | Aldric Kenarlikdjian | 09 | Rjukan | 03.09.2023 |
| 27.06 | Henrik Jacobsen | 01 | Jessheim | 06.09.2015 |

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| **Spyd 600 g Gammel type til og med 1998** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20.81 | Victor Rosenlind | 00 | Nadderud | 13.06.2014 |
| 19.13 | Erik Sand Vestengen | 99 | Jessheim | 30.05.2013 |
| 44.80 | Morten Knutsen | 70 | Jessheim | 29.09.1984 |
| 42.34 | Ingar Ørum | 77 | Lillehammer/Ss | 28.06.1991 |
| 39.34 | Frode Myrvang | 67 | Nannestad | 12.09.1967 |
| 39.14 | Håvard Mathisen | 77 | Jessheim | 26.09.1991 |
| 38.44 | Terje Finnebråten | 48 | Jessheim | 07.09.1962 |
| 34.58 | Kjell Åge Moslet | 56 | Råholt | 20.09.1970 |
| 33.68 | Bård Hole | 67 | Drammen/Ma | 13.09.1981 |
| 32.90 | Claus Nerhagen | 59 | Lillestrøm | 22.06.1973 |
| 29.64 | Odd Arne Urnes | 73 | Jessheim | 04.06.1987 |
| 29.15 | Martin Hansen | 48 | Jessheim | 07.09.1962 |
| 29.04 | Ørnulf Brekke | 67 | Nannestad | 12.09.1981 |
| 28.86 | Kjell Kleiven | 65 | Rolvsrud | 08.09.1979 |
| 28.76 | Bård Hole | 67 | Uddevalla, SWE | 26.07.1981 |
| 28.64 | Stian Kråbøl | 74 | Jessheim | 18.09.1988 |

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| **GUTTER 14** | **447** |

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| **Spyd 600 g Gammel type til og med 1998** |  |

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| --- | --- | --- | --- | --- |
| 28.44 | Per Aamo | 67 | Jessheim | 02.09.1981 |
| 25.20 | Atle Skaugen | 77 | Jessheim | 26.09.1991 |
| 25.00 | Gudmund Bjotveit | 77 | Jessheim | 26.09.1991 |
| 23.18 | Bjørn Flatby | 79 | Jessheim | 23.09.1993 |
| 22.16 | Frode Myrvang | 67 | Oslo/Bi | 02.06.1981 |
| 22.10 | Ørnulf Brekke | 67 | Oslo/Bi | 02.06.1981 |
| 21.02 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03.10.1988 |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 47.00 | Jon Martinsen | 47 | Nannestad | 20.06.1961 |

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| **Liten ball 150 g** |  |

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| 61.05 | Morten Halseth | 97 | Nadderud | 19.06.2011 |
| 53.46 | Marcus Theodor Moen | 99 | Nadderud | 16.06.2013 |
| 49.72 | Bjørn Flatby | 79 | Jessheim | 20.09.1993 |
| 41.20 | Øyvind Arnegård | 75 | Nannestad | 14.06.1989 |

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| **3-kamp 60m-Lengde-Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 1672 | Bjørn Hellum | 48 | Jessheim | 10.08.1962 |
| ? | | | |
| **3-kamp M 60m-Lengde-Kule 3** | |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1758 | Stein Vik-Strandli | 58 | Jessheim | 28.06.1972 |
| ? | | | |

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| --- | --- |
| **3kamp M 60m-Lengde-Kule 4** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1958 | Einar Hellum | 47 | Oslo/Fr | 24.09.1961 |
| 8.3-4.75-? | | | |
| 1893 | Martin Bratfos | 37 | Oslo/Fr | 24.09.1961 |
| 8.3-4.39-? | | | |

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| --- | --- |
| **4 kamp M 60m-Lengde-Kule 3-800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3420 | Ola Nerhagen | 71 | Jessheim | 23.09.1985 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 3335 | Pål Korsmo | 71 | Jessheim | 23.09.1985 |
| ? | | | |

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| **GUTTER 14** | **448** |

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| --- | --- |
| **4 kamp M 60m-Lengde-Kule 3-800m** |  |

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| --- | --- | --- | --- | --- |
| 2790 | Bård Hole | 67 | Kløfta | 20.09.1981 |
| ? | | | |

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| **6 kamp M 60m-Lengde-Kule 3kg** | **80m hekk-Høyde-600m** |

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| --- | --- | --- | --- | --- |
| 4375 | Christer Amundsen | 92 | Oslo/Bi | 23-24.08.2006 |
| 8.2-5.12-9.63/14.9-1.50-1:45.6 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4085 | Jonathan Joo | 91 | Oslo/La | 18-19.05.2005 |
| 8.1-4.64-8.67/14.3-1.50-1:53.5 | | | |

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| **6 kamp M 60m-Lengde-Kule 3** | **80m hekk-Høyde-800m** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4785 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03-10.10.1988 |
| 8.3-4.88-10.00/12.2-1.49-2:19.8 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4512 | Iver Løvgaard Faksvåg | 09 | Oslo/Sp | 08-09.09.2023 |
| 8.45(0.8)-5.00(+1.1)-8.67(4)/16.09(0.0)-1.48-1:31.66 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **8-kamp M** | |  | | |
| 4040 | Morten Knutsen | 70 | Florø | 15-16.09.1984 |
| 14.2-41.58-3.10-53.44/5.96-12.47-1.77-3:07.4 | | | |

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| --- | --- |
| **4x60m E** |  |

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| --- | --- | --- | --- | --- |
| 31.04 | G14 |  | Nadderud | 17.06.2006 |
| Lars Georg Aas92-Christier Amundsen92-Erlend Mortehn92-Anthony Davies92 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 33.22 | G14 |  | Jessheim | 26.05.2003 |
| Espen Nyhus89-Erik Hovind91-Andreas Løland90-Morten Gården90 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.98 | G14 |  | Asker/Fø | 06.06.2010 |
| Jørgen Opaker97-Jonas Bolgen96-Morten Halseth97-Christian Løland97 | | | |

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| **4x60m E** |  |

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| 37.32 | G14 |  | Jessheim | 27.05.2002 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 39.77 | G14 |  | Nadderud | 12.06.2010 |
| Sondre Liestøl99-Claver Reggie00-Andreas Flåten Børve99-Magnus Kråbøl98 | | | |

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| **GUTTER 14** | **449** |

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| --- | --- |
| **4x60m M** |  |

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| --- | --- | --- | --- | --- |
| 34.6 | G14 |  | Jessheim | 20.09.2004 |
| Martin Gården90-Kristoffer Kvilten90-Emilio Dunne93-Christopher Aadna92 | | | |

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| --- | --- | --- | --- | --- |
| 38.8 | G13-14 år |  | Årnes | 25.09.1938 |
| ? | | | |

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| --- | --- |
| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 54.5 | G13-14 |  | Løken | 16.06.1972 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 54.7 | G13-14 |  | Strømmen | 06.09.1979 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 55.5 | G13-14 |  | Strømmen | 25.08.1971 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 58.8 | G13-14 |  | Jessheim | 07.06.1974 |
| ? | | | |

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| --- | --- |
| **3x600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:21.51 | G14 |  | Asker/Fø | 06.06.2010 |
| Jonas Bolgen96-Christian Løland96-Morten Halseth97 | | | |

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| --- | --- | --- | --- | --- |
| 5:23.41 | G14 |  | Asker/Fø | 20.05.2006 |
| Michael Løland92-Erlend Morthen92-Sondre Olsson93 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:30.57 | G14 |  | Asker/Fø | 12.06.2011 |
| Sindre Bjørnstad97-Sondre Opaker Øines98-Jørgen Opaker97 | | | |

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| **3x800m** |  |

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

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| --- | --- | --- | --- | --- |
| 8:38.76 | G13-14 ?? |  | Jessheim | 27.05.2002 |

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| **GUTTER 14** | **450** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.47 | Frederik Elias Flåte | 11 | Rud | 08.02.2025 |
| 7.70 | Lars Georg Aas | 92 | Drammen | 17.12.2006 |
| 7.90 | Ådne Opaker Øines | 02 | Hvam | 10.12.2016 |
| 7.93 | Audun Sjøstrøm Johansen | 09 | Hvam | 02.12.2023 |
| 8.01 | Emil Nordal | 03 | Rud | 10.02.2017 |
| 8.16 | Jonas Wenger | 99 | Stange | 02.02.2013 |
| 8.17 | Christer Amundsen | 92 | Stange | 18.03.2006 |
| 8.22 | Christian Iversen | 05 | Hvam | 07.12.2019 |
| 8.27 | Jonathan Joo | 91 | Stange | 05.03.2005 |
| 8.34 | Erlend Morthen | 92 | Stange | 18.03.2006 |
| 8.36 | Iver Laake | 01 | Rud | 05.12.2015 |
| 8.38 | Marcus Theodor Moen | 99 | Oslo/Ek | 02.03.2013 |
| 8.40 | Anthony Davies | 92 | Stange | 18.03.2006 |
| 8.44 | Christian Iversen | 05 | Hvam | 26.01.2019 |
| 8.47 | Kristoffer Kvilten | 90 | Stange | 13.03.2004 |
| 8.71 | Edward Sander Wilberg | 11 | Hvam | 25.01.2025 |
| 8.78 | Sondre Opaker Øines | 98 | Stange | 17.03.2012 |
| 8.87 | Per Kristian Aarstad | 86 | Lillestrøm | 14.03.2000 |
| 8.55 | Shoveyb Ghanizadek | 93 | Oslo/Ek | 01.12.2007 |
| 8.65 | Ali Fredriksen Yetim | 94 | Lillestrøm | 26.01.2008 |
| 8.78 | Jørgen Opaker | 97 | Lillestrøm | 26.03.2011 |
| 8.99 | Henrik Jakobsen | 01 | Stange | 21.03.2015 |
| 9.09 | Nils Luke | 90 | Stange | 14.03.2004 |
| 9.20 | Marcus Grønli | 97 | Stange | 19.03.2011 |

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| --- | --- |
| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.9 | Gudmund Bjotveit | 77 | Lillestrøm | 20.01.1991 |
| 8.3 | Jarle Sæthermoen | 70 | Oslo/Ek | 04.02.1984 |
| 8.3 | Anthony Davies | 92 | Oslo/Ek | 02.12.2006 |
| 8.5 | Martin Opaker | 94 | Stange | 08.03.2008 |
| 8.6 | Henning Forsland | 80 | Lillestrøm | 06.04.1994 |
| 8.9 | Øyvind Arnegård | 75 | Lillestrøm | 22.01.1989 |
| 9.0 | Tor Enderud | 77 | Lillestrøm | 20.01.1991 |
| 9.0 | Tor Arne Borgersen | 77 | Lillestrøm | 20.11.1991 |

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| **100m E** |  |

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| 11.78 | Fredrrick Elias Flåte | 11 | Rud | 27.02.2025 |

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| **GUTTER 14** | **451** |

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| **INNENDØRS** |  |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 23.27 | Frederik Elias Flåte | 11 | Rud | 15.02.2025 |
| 24.91 | Emil Nordal | 03 | Hvam | 09.12.2017 |
| 25.72 | Ådne Opaker Øines | 02 | Hvam | 10.12.2016 |
| 25.89 | Emil Nordal | 03 | Stange | 19.03.2017 |
| 26.32 | Iver Laake | 01 | Rud | 05.12.2015 |
| 26.55 | Jonas Nødtvedt Wenger | 99 | Stange | 03.02.2013 |
| 26.77 | Christian Iversen | 05 | Hvam | 07.12.2019 |
| 26.90 | Christer Amundsen | 92 | Stange | 19.03.2006 |
| 27.04 | Aldric Kenarlikdjian | 09 | Hvam | 05.02.2023 |
| 27.57 | Anthony Davies | 92 | Oslo/Ek | 02.12.2006 |
| 27.21 | Andreas Roth | 93 | Oslo/Ek | 01.12.2007 |
| 28.07 | Shoveyb Ghanizadek | 93 | Oslo/Ek | 01.12.2007 |
| 28.19 | Christian Iversen | 05 | Stange | 25.03.2019 |
| 28.47 | Sondre Opaker Øines | 98 | Stange | 18.03.2012 |
| 28.83 | Edward Sander Vilberg | 11 | Stange | 23.03.2025 |
| 31.57 | Sondre Westby Liestøl | 99 | Stange | 17.03.2013 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:33.96 | Fabian Vibekken | 09 | Rud | 11.02.2023 |
| 1:34.04 | Iver Løvgaard Faksvåg | 09 | Rud | 11.02.2023 |
| 1:36.17 | Henrik Schultze Toverød | 04 | Hvam | 08.12.2018 |
| 1:40.97 | Erlend Morthen | 92 | Stange | 09.12.2006 |
| 1:41.34 | Thomas Løland | 95 | Stange | 14.03.2009 |
| 1:41.43 | Christian Borgen | 95 | Oslo/Ek | 05.12.2009 |
| 1:42.27 | Oliver Kårstad Solberg | 11 | Rud | 08.02.2025 |
| 1:42.30 | Andreas Roth | 93 | Oslo/Ek | 01.12.2007 |
| 1:43.68 | Sondre Opaker Øines | 98 | Stange | 01.12.2012 |
| 1.44.61 | Marius Myren | 08 | Hvam | 03.12.2022 |
| 1:46.09 | Andreas Børve | 99 | Stange | 16.03.2013 |
| 1:47.33 | Marcus Theodor Moen | 99 | Stange | 16.03.2013 |
| 1:49.14 | Andreas Løland | 90 | Stange | 14.03.2004 |
| 1:50.28 | Adisak Sween | 98 | Oslo/Ek | 01.12.2012 |
| 1:50.91 | Sondre Westby Liestøl | 99 | Stange | 16.03.2013 |
| 1:52.65 | Sindre Bjørnstad | 97 | Stange | 19.03.2011 |
| 1:54.67 | Ådne Opaker Øines | 02 | Stange | 12.03.2016 |
| 1:55.89 | Jørgen Opaker | 97 | Lillestrøm | 26.03.2011 |

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| --- | --- |
| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:08.67 | Vegard Løberg Gjelsvik | 92 | Drammen | 17.12.2006 |
| 2:10.62 | Fabian Vibekken | 09 | Hvam | 05.02.2023 |
| 2:33.00 | Per Kristian Aarstad | 86 | Stange | 19.02.2000 |
| 2:47.3 | Svein Skolt | 80 | Lillestrøm | 06.03.1994 |

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| **GUTTER 14** | **452** |

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| **INNENDØRS** |  |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:50.51 | Iver Løvgaard Faksvåg | 09 | Rud | 14.01.2023 |

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| **60m hekk 84 cm E** |  |

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| --- | --- | --- | --- | --- |
| 9.62 | Marcus Theodor Moen | 99 | Stange | 02.02.2013 |

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| **60m hekk 84 cm M** |  |

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| --- | --- | --- | --- | --- |
| 12.6 | Henning Forsland | 80 | Lillestrøm | 06.03.1994 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.80 | Even Jakob Ragnhildsløkken | 08 | Hvam | 03.12.2022 |
| 1.66 | Marcus Theodor Moen | 99 | Stange | 03.02.2013 |
| 1.55 | Emil Nordal | 03 | Hvam | 09.12.2017 |
| 1.55 | Aldric Kenarikdijan | 09 | Hvam | 02.12.2023 |
| 1.50 | Christer Amundsen | 92 | Karlstad, SWE | 18.02.2006 |
| 1.50 | Henrik Jacobsen | 01 | Stange | 22.03.2015 |
| 1.35 | Henning Forsland | 80 | Lillestrøm | 06.03.1994 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.31 s | Anthony Davies | 92 | Oslo/Ek | 02.12.2006 |
| 5.16 s | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 24.01.1988 |
| 5.16 | Anthony Davies | 92 | Drammen | 17.12.2006 |
| 5.16 | Frederick Elias Flåte | 11 | Stange | 22.03.2025 |
| 5.12 s | Gudmund Bjotveit | 77 | Oslo/Ek | 03.03.1991 |
| 4.92 | Christer Amundsen | 92 | Stange | 18.03.2006 |
| 4.84 s | Jonathan Joo | 91 | Lillestrøm | 29.01.2005 |
| 4.79 | Even Jakob Ragnhildsløkken | 08 | Hvam | 03.12.2022 |
| 4.67 | Marcus Theodor Moen | 99 | Stange | 02.02.2013 |
| 4.46 | Jonas Wenger | 99 | Stange | 02.02.2013 |
| 4.23 | Sondre Opaker Øines | 98 | Lillestrøm | 28.01.2012 |
| 4.19 | Henrik Jakobsen | 01 | Stange | 21.03.2015 |
| 4.08 | Kjell Åge Moslet | 56 | Lillestrøm/Pl | 15.02.1970 |
| 4.02 | Simen Eliassen | 00 | Lillestrøm | 25.01.2014 |
| 3.49 | Iver Laake | 01 | Stange | 21.04.2015 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.40 | Even Ragnhildsløkken | 08 | Hvam | 22.12.2022 |
| 1.28 | Lars Georg Aas | 92 | Jessheim/No | 13.03.2006 |
| 1.20 | Odd Arne Urnes | 73 | Jessheim/Je | 10.03.1987 |
| 1.20 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 10.03.1988 |

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| **GUTTER 14** | **453** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.20 | Stig Erik Larsen | 75 | Jessheim/Je | 16.03.1989 |
| 1.15 | Frode Myrvang | 67 | Fetsund/Øs | 28.03.1981 |
| 1.13 | Christer Amundsen | 92 | Jessheim/No | 13.03.2006 |
| 1.10 | Erlend Morthen | 92 | Jessheim/No | 13.03.2006 |
| 1.05 | Jan-Olav Arnegård | 71 | Jessheim/Je | 12.03.1985 |
| 1.05 | Erik Bonesvold | 74 | Jessheim/Je | 10.03.1988 |
| 1.00 | Stian Kraabøl | 74 | Jessheim/Je | 10.03.1988 |
| 0.98 | Jonathan Joo | 91 | Jessheim/No | 14.03.2005 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.70 | Ola Nerhagen | 71 | Jessheim/Je | 12.03.1985 |
| 2.61 | Jonathan Joo | 91 | Jessheim/No | 14.03.2005 |
| 2.55 | Roger Rønning | 71 | Jessheim/Je | 12.03.1985 |
| 2.54 | Even Ragnhildsløkken | 08 | Hvam | 31.12.2022 |
| 2.51 | Lars Georg Aas | 92 | Jessheim/No | 13.03.2006 |
| 2.47 | Terje Finnebråten | 48 | Lillestrøm/Vi | 21.02.1962 |
| 2.47 | Odd Arne Urnes | 73 | Jessheim/Je | 10.03.1987 |
| 2.47 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 10.03.1988 |
| 2.45 | Erlend Morthen | 92 | Jessheim/No | 13.02.2006 |
| 2.32 | Frode Myrvang | 67 | FetsundØs | 28.03.1981 |
| 2.32 | Ørnulf Brekke | 67 | Fetsund/Øs | 28.03.1981 |
| 2.32 | Christer Amundsen | 92 | Jessheim/No | 16.01.2006 |
| 2.26 | Jan-Olav Arnegård | 71 | Jessheim/Je | 12.03.1985 |
| 2.22 | Stian Kraabøl | 74 | Jessheim/Je | 10.03.1988 |
| 2.17 | Lars Wilhelmsen | 71 | Jessheim/Je | 12.03.1985 |
| 2.13 | Øyvind Arnegård | 75 | Årnes/Ne | 10.02.1989 |
| 2.10 | Åsmund Wennemo | 94 | Jessheim | 03.03.2008 |
| 2.07 | Arne Hansen | 65 | Skårer/Kj | 25.03.1979 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 15.89 | Morten Knutsen | 70 | Oslo/Ek | 04.02.1984 |
| 11.40 | Ingar Ørum | 77 | Oslo/Ek | 03.03.1991 |
| 10.51 | Håvard Mathisen | 77 | Lillestrøm | 20.02.1991 |
| 9.67 | Roger Bjerke | 76 | Lillestrøm | 15.12.1990 |

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| **GUTTER 14** | **454** |

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| **INNENDØRS** |  |

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| **Kule 4 kg** |  |

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| 10.94 | Lars Georg Aas | 92 | Drammen | 17.12.2006 |
| 10.54 | Aldric Kenarikdjian | 09 | Hvam | 02.12.2023 |
| 10.51 | Marcus Theodor Moen | 99 | Stange | 17.03.2013 |
| 10.51 | Even Jakob Ragnhildsløkken | 08 | Hvam | 03.12.2022 |
| 10.25 | Morten Halseth | 97 | Stange | 20.03.2011 |
| 10.38 | Christer Amundsen | 92 | Lillestrøm | 25.03.2006 |
| 9.23 | Jørgen Stuve Dahl | 04 | Hvam | 13.01.2018 |
| 8.70 | Emil Nordal | 03 | Stange | 19.03.2017 |
| 7.62 | Marcus Grønli | 97 | Lillestrøm | 26.03.2011 |
| 7.11 | Ådne Opaker Øines | 02 | Hvam | 02.03.2016 |
| 6.56 | Sondre Westby Liestøl | 99 | Stange | 17.03.2013 |
| 6.50 | Mika Baumgartner | 11 | Hvam | 25.01.2025 |
| 6.13 | Jørgen Opaker | 97 | Lillestrøm | 26.03.2011 |

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| **4x100m E** |  |

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

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

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

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

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| **GUTTER 13** | **455** |

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| --- | --- |
| **40m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.90 | Gudmund Bjotveit | 77 | Jessheim | 21.05.1990 |
| 6.71 | Ingar Ørum | 77 | Jessheim | 21.05.1990 |
| 6.75 | Atle Skaugen | 77 | Jessheim | 21.05.1990 |
| 6.76 | Per Kristiansen | 77 | Jessheim | 21.05.1990 |
| 6.84 | Stig Arne Bjerkestuen | 77 | Jessheim | 21.05.1990 |
| 6.85 | Tor Borgersen | 77 | Jessheim | 21.05.1990 |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 5.9 | Anders Huuse | 75 | Jessheim | 30.05.1988 |
| 6.1 | Øivind Arnegård | 75 | Jessheim | 30.05.1988 |
| 6.4 | Roland Davies | 75 | Jessheim | 19.05.1988 |
| 6.4 | Christian Mathisen | 75 | Jessheim | 30.05.1988 |
| 6.5 | Sven Inge Bråten | 76 | Jessheim | 30.09.1989 |

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| --- | --- |
| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.91 | Fredrick Elias Flåte | 11 | Rjukan | 08.09.2024 |
| 7.97 | Sugel Dieguez Jaime | 91 | Lillehammer/Ss | 26.06.2004 |
| 8.17 | Emil Nordal | 03 | Lillehammer/Ss | 18.05.2016 |
| 8.19 | Hans Kærsgaard | 92 | Nadderud | 11.09.2005 |
| 8.24 | Ausun Sjøstrøm Johansen | 09 | Jessheim | 07.08.2022 |
| 8.32 | Erlend Morthen | 92 | Nadderud | 11.09.2005 |
| 8.35 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 23.06.2012 |
| 8.43 | Gudmund Bjotveit | 77 | Lillehammer/Ss | 23.06.1990 |
| 8.46 | Anthony Davies | 92 | Lillehammer/Ss | 25.06.2005 |
| 8.50 | Jon Arne Skiaker | 79 | Jessheim | 13.09.1992 |
| 8.50 | Christer Amundsen | 92 | Nadderud | 18.06.2005 |
| 8.59 | Ali Fredriksen Yetin | 94 | Jessheim | 22.09.2007 |
| 8.66 | Ole Eriksen | 91 | Nadderud | 12.06.2004 |
| 8.67 | Kristoffer Kvilten | 90 | Asker/Fø | 23.08.2003 |
| 8.69 | Aldric Kenarlikdjian | 09 | Rjukan | 04.09.2022 |
| 8.76 | Espen Nyhus | 89 | Lillehammer/Ss | 29.06.2002 |
| 8.81 | Sondre Opaker Øines | 98 | Nadderud | 24.09.2011 |
| 8.82 | Marius Nyeggen | 94 | Nadderud | 09.09.2007 |
| 8.84 | Ådne Opaker Øines | 02 | Göteborg, SWE | 04.07.2015 |
| 8.91 | Jørgen Opaker | 97 | Nesodden | 11.09.2010 |
| 8.93 | Bjørn Flatby | 79 | Jessheim | 12.09.1992 |
| 8.98 | Sander Hasselberg | 98 | Oslo/Bi | 20.08.2011 |
| 9.01 | Iver Løvgaard Faksvæg | 13 | Jessheim | 07.08.2022 |
| 9.03 | Simen Hasselberg | 98 | Ski | 13.08.2011 |
| 9.05 | Andreas Løland | 90 | Lillehammer/Ss | 28.06.2003 |
| 9.06 | Ola Sandvær Aamodt | 95 | Asker/Fø | 31.05.2008 |
| 9.08 | Thomas Løland | 95 | Lillestrøm | 24.08.2008 |

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| **GUTTER 13** | **456** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.10 | Kristian Mellum | 99 | Lillehammer/Ss | 23.06.2012 |
| 9.12 | Iver Laake | 01 | Nadderud | 14.06.2014 |
| 9.19 | Nils Luke | 90 | Lillehammer/Ss | 28.06.2003 |
| 9.23 | Tor Borgersen | 77 | Jessheim | 27.09.1990 |
| 9.31 | Martin Fald Gården | 90 | Lillehammer/Ss | 28.06.2003 |
| 9.33 | Ola Tobias Bjerke | 99 | Jessheim | 20.05.2012 |
| 9.34 | Henrik Jakobsen | 01 | Sofiemyr | 31.08.2014 |
| 9.37 | Åsmund Wennemo | 94 | Jessheim | 14.06.2007 |
| 9.38 | Guate Messel Nafstad | 94 | Jessheim | 21.08.2007 |
| 9.41 | Martin Andre Enebakk | 06 | Jessheim | 06.06.2019 |
| 9.43 | Marius Myren | 08 | Rjukan | 12.09.2021 |
| 9.44 | Audun Knudsen | 77 | Jessheim | 27.09.1990 |
| 9.44 | Morten Halseth | 97 | Jessheim | 15.06.2010 |
| 9.46 | Ingar Ørum | 77 | Jessheim | 27.09.1990 |
| 9.48 | Christian Løland | 97 | Jessheim | 25.05.2010 |
| 9.58 | Rene Fredheim Larsen | 97 | Jessheim | 25.05.2010 |
| 9.70 | Andreas Iversen | 03 | Jessheim | 02.06.2016 |
| 9.80 | Tobias Gabrielsen | 01 | Jessheim | 05.06.2014 |
| 9.80 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 24.06.2017 |
| 9.80 | Mika Baumgartner | 11 | Rud | 15.06.2024 |
| 9.82 | Riley Strøm Chapin | 08 | Jessheim | 03.06.2021 |
| 9.85 | Sebastian Lundsten Strand | 08 | Jessheim | 03.06.2021 |
| 9.87 | Mikael Gulliksen | 98 | Jessheim | 04.06.2011 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.1 | Hans Kærsgaard | 92 | Jessheim | 29.05.2005 |
| 8.2 | Gudmund Bjotveit | 77 | Bjørkelangen | 09.06.1990 |
| 8.2 | Jon Arne Skiaker | 79 | Nadderud | 28.08.1992 |
| 8.3 | Martin Bratfos | 47 | Råholt | 20.08.1960 |
| 8.3 | Kåre Gismervik | 57 | Jessheim | 10.06.1970 |
| 8.3 | Frode Bekken | 59 | Jessheim | 28.06.1972 |
| 8.3 | Claus Nerhagen | 59 | Råholt | 09.09.1972 |
| 8.3 | Sugel Dieguez Jaime | 91 | Jessheim | 27.05.2004 |
| 8.4 | Frode Grøndahl | 69 | Rolvsrud | 19.09.1982 |
| 8.4 | Ola Nerhagen | 71 | Oslo/Bi | 12.06.1984 |
| 8.5 | Arne Hansen | 65 | Rolvsrud | 23.09.1978 |
| 8.5 | Jarle Sæthermoen | 70 | Kløfta | 22.09.1983 |
| 8.5 | Ole Eriksen | 91 | Jessheim | 24.05.2004 |
| 8.5 | Jonathan Joo | 91 | Jessheim | 24.05.2004 |
| 8.5 | Erlend Morthen | 92 | Årnes | 29.06.2005 |
| 8.5 | Anders Huuse | 75 | Bjørkelangen | 30.08.1988 |
| 8.6 | Einar Hellum | 47 | Råholt | 20.08.1960 |
| 8.6 | Bjørn Hellum | 48 | Jessheim | 17.08.1961 |

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| **GUTTER 13** | **457** |

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| **60m M forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.6 | Ørnulf Brekke | 67 | Jessheim | 01.09.1980 |
| 8.6 | Christer Amundsen | 92 | Oslo/La | 18.05.2005 |
| 8.6 | Espen Nyhus | 89 | Jessheim | 21.05.2002 |
| 8.6 | Jørgen Opaker | 97 | Jessheim | 10.06.2010 |
| 8.7 | Stein Vik-Strandli | 58 | Jessheim | 06.06.1971 |
| 8.7 | Kristoffer Kvilten | 90 | Jessheim | 20.05.2003 |
| 8.8 | Willy Laumo | 41 | Strømmen | 02.10.1954 |
| 8.8 | Jon Henriksen | 60 | Lillestrøm | 18.06.1973 |
| 8.8 | Jørgen Hjelm Bakkerud | 74 | Halden | 10.05.1987 |
| 8.8 | Bjørn Flatby | 79 | Jessheim | 24.09.1992 |
| 8.8 | Henning Forsland | 80 | Jessheim | 23.09.1983 |
| 8.8 | Eirik Kamstrup Hovind | 90 | Jessheim | 20.05.2003 |
| 8.9 | Jan Manglerød | 65 | Rolvsrud | 26.08.1978 |
| 8.9 | Martin Fald Gården | 90 | Jessheim | 20.05.2003 |
| 8.9 | Andreas Løland | 90 | Bjørkelangen | 31.05.2003 |
| 8.9 | Ole Jacobsen | 92 | Jessheim | 09.06.2005 |
| 9.0 | Per Olsen | 62 | Lillestrøm | 25.08.1975 |
| 9.0 | Ole Semming Wiig | 69 | Rolvsrud | 27.05.1982 |
| 9.0 | Øyvind Bekken | 89 | Jessheim | 21.05.2002 |
| 9.1 | Nils Kristen Wiig | 43 | Strømmen | 26.08.1956 |
| 9.1 | Jan Aas | 33 | Jessheim | 10.08.1957 |
| 9.1 | Lorang Fjelly | 48 | Oslo/Fr | 04.06.1961 |
| 9.1 | Ken Andre Hauge | 75 | Jessheim | 08.06.1988 |
| 9.1 | Sven Inge Bråten | 76 | Jessheim | 05.06.1989 |
| 9.1 | Iver Laake | 01 | Jessheim | 05.06.2014 |
| 9.2 | Ole Kristian Wiig | 45 | Jessheim | 01.08.1958 |
| 9.2 | Jan Eriksen | 44 | Jessheim | 10.08.1957 |
| 9.2 | Dag Brokke | 62 | Strømmen | 11.06.1975 |
| 9.2 | Jon Andersen | 73 | Årnes | 03.09.1986 |
| 9.2 | Andreas Johansen | 88 | Jessheim | 15.09.2001 |
| 9.2 | Jonas Haarborg Bolgen | 96 | Jessheim | 04.06.2009 |
| 9.3 | Hans Kristian Hansen | 41 | Jessheim | 30.06.1954 |
| 9.3 | Tore Hagen | 45 | Råholt | 28.06.1958 |
| 9.3 | Nils Luke | 90 | Jessheim | 20.05.2003 |
| 9.3 | Kneight Mkanda | 96 | Jessheim | 04.06.2009 |
| 9.4 | Per Arne Kristiansen | 77 | Bjørkelangen | 09.06.1990 |
| 9.4 | Anders Knudsen | 77 | Bjørkelangen | 09.06.1990 |
| 9.5 | Hans Gystad | 10 | Jessheim | 13.08.1923 |
| 9.5 | Odd Martinsen | 24 | Jessheim | 22.08.1937 |
| 9.5 | Finn Ugletveit | 49 | Råholt | 12.09.1962 |
| 9.5 | Kjell Åge Moslet | 56 | Blaker/Br | 28.09.1969 |
| 9.5 | Pål Råstad | 73 | Årnes | 03.09.1986 |
| 9.5 | Anders Gustavson | 89 | Jessheim | 12.09.2002 |
| 9.6 | Bjørn Kleven | 41 | Jessheim | 02.08.1954 |

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| **GUTTER 13** | **458** |

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| **60m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 9.6 | Arvid Martinsen | 43 | Strømmen | 26.08.1956 |
| 9.6 | Atle Skaugen | 77 | Bjørkelangen | 09.06.1990 |
| 9.6 | Tor Arne Bergersen | 77 | Bjørkelangen | 09.06.1990 |
| 9.7 | Rolf Sletvold | 36 | Nannestad | 10.07.1949 |
| 9.7 | Chris Holm | 80 | Jessheim | 01.06.1993 |
| 9.8 | Stian Skafle | 88 | Nannestad | 21.05.2001 |
| 9.8 | Christopher Aanda | 92 | Jessheim | 27.05.2004 |
| 9.8 | Jonas Gabrielsen | 01 | Jessheim | 05.06.2014 |
| 9.9 | Sverre Sørensen | 12 | Jessheim | 13.07.1926 |
| 9.9 | Sindre Tofthagen | 88 | Jessheim | 21.05.2001 |
| 9.9 | Ingar Stokstad | 89 | Jessheim | 12.09.2002 |
| 9.9 | Christian Løland | 97 | Jessheim | 10.06.2010 |

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| **80m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.00 | Audun Sjøstrøm Johansen | 09 | Ås | 01.05.2022 |
| 12.31 | Nils Luke | 90 | Göteborg, SWE | 05.07.2003 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.20 | Fredrick Elias Flåte | 11 | Nittedal | 21.09.2024 |
| 12.91 | Sugel Diegeuz Jaime | 91 | Lillehammer/Ss | 27.06.2004 |
| 13.13 | Emil Nordal | 03 | Lillehammer/Ss | 19.06.2016 |
| 13.28 | Anders Huuse | 75 | Nadderud | 18.06.1988 |
| 13.33 | Morten Knutsen | 70 | Kirkenær | 23.05.1983 |
| 13.40 | Gudmund Bjotveit | 77 | Kongsvinger/Gj | 01.09.1990 |
| 13.43 | Jon Arne Skiaker | 79 | Nadderud | 20.06.1992 |
| 13.45 | Hans Kærsgaard | 92 | Jessheim | 13.06.2005 |
| 13.58 | Erlend Morthen | 92 | Lillehammer/Ss | 25.06.2005 |
| 13.74 | Ole Eriksen | 91 | Jessheim | 14.06.2004 |
| 13.75 | Anthony Davies | 92 | Lillehammer/Ss | 26.06.2005 |
| 13.75 | Christer Amundsen | 92 | Lillehammer/Ss | 26.06.2005 |
| 13.88 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 24.06.2012 |
| 14.00 | Roger Rønning | 71 | Kirkenær | 19.05.1984 |
| 14.12 | Sondre Opaker Øines | 98 | Lillestrøm | 28.05.2011 |
| 14.18 | Ali Fredriksen Yetim | 94 | Jessheim | 22.09.2007 |
| 14.20 | Ådne Opaker Øines | 02 | Lillestrøm | 21.06.2015 |
| 14.31 | Jarle Sæthermoen | 70 | Kirkenær | 23.05.1983 |
| 14.31 | Marius Nyeggen | 94 | Lillehammer/Ss | 24.06.2007 |
| 14.32 | Iver Laake | 01 | Lillestrøm | 24.05.2014 |
| 14.74 | Henrik Jakobsen | 01 | Nesøya | 06.09.2014 |
| 14.83 | Kristian Mellum | 99 | Lillehammer/Ss | 24.06.2012 |
| 14.85 | Ole Tobias Bjerke | 99 | Lillehammer/Ss | 26.05.2012 |
| 14.97 | Ola Sandvær Aamodt | 95 | Lillestrøm | 14.06.2008 |

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| **GUTTER 13** | **459** |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.99 | Martin Fald Gården | 90 | Jessheim | 18.08.2003 |
| 15.00 | Bjørn Flatby | 79 | Jessheim | 28.05.1992 |
| 15.07 | Tor Enderud | 77 | Jessheim | 29.09.1990 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.0 | Morten Knutsen | 70 | Kirkenær | 23.05.1983 |
| 13.0 | Sugel Diegeus Jaime | 91 | Jessheim | 20.09.2004 |
| 13.1 | Ola Nerhagen | 71 | Strømmen | 10.06.1984 |
| 13.3 | Claus Nerhagen | 59 | Strømmen | 27.06.1972 |
| 13.3 | Anders Huuse | 75 | Nadderud | 18.06.1988 |
| 13.4 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.09.1987 |
| 13.4 | Gudmund Bjotveit | 77 | Bjørkelangen | 08.08.1990 |
| 13.4 | Jonathan Joo | 91 | Jessheim | 20.09.2004 |
| 13.5 | Frode Bekken | 59 | Strømmen | 27.06.1972 |
| 13.6 | Ørnulf Brekke | 67 | Blaker/Br | 28.06.1980 |
| 13.8 | Stein Vik-Strandli | 58 | Lillestrøm | 19.09.1971 |
| 13.8 | Christer Amundsen | 92 | Jessheim | 01.10.2005 |
| 14.0 | Kåre Gismervik | 57 | Fjellhamar | 30.08.1970 |
| 14.0 | Nikolai Wilhelmsen | 71 | Strømmen | 10.06.1984 |
| 14.1 | John Backe-Bogstad | 61 | Dombås | 31.07.1974 |
| 14.2 | Jon Henriksen | 60 | Lørenfallet | 30.09.1973 |
| 14.3 | Øyvind Arnegård | 75 | Jessheim | 30.05.1988 |
| 14.8 | Pål Vik-Strandli | 62 | Arendal | 01.07.1975 |
| 14.8 | Ole Semming Wiig | 69 | Jessheim | 15.08.1982 |
| 14.8 | Jarle Sæthermoen | 70 | Skotterud | 03.07.1983 |
| 14.8 | Ingar Ørum | 77 | Kongsvinger/Gj | 12.09.1990 |
| 14.9 | Sven Inge Bråten | 76 | Bjørkelangen | 10.08.1989 |
| 15.0 | Kjell Arild Johansen | 58 | Lillestrøm | 18.09.1971 |
| 15.0 | Jon Andersen | 73 | Jessheim | 28.06.1986 |
| 15.2 | Stein Vik Strandli | 57 | Råholt | 20.09.1970 |
| 15.2 | Arne Gismervik | 61 | Lillestrøm | 05.08.1974 |
| 15.8 | Stian Kraabøl | 74 | Jessheim | 18.05.1987 |
| 15.8 | Tor Andre Borgersen | 77 | Årnes | 20.06.1990 |
| 16.2 | Chris Holm | 80 | Jessheim | 01.06.1993 |
| 16.3 | Atle Skaugen | 77 | Årnes | 20.06.1990 |
| 16.3 | Håvard Mathisen | 77 | Kongsvinger/Gj | 12.09.1990 |
| 16.4 | Daniel Hirch | 76 | Nannestad | 14.06.1989 |
| 16.7 | Pål Christian Torvund | 76 | Nannestad | 14.06.1989 |

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| **GUTTER 13** | **460** |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 24.83 | Fredrick Elias Flåte | 11 | Rjukan | 07.09.2024 |
| 26.23 | Hans Kærsgaard | 92 | Nadderud | 19.06.2005 |
| 26.88 | Emil Nordal | 03 | Jessheim | 27.08.2016 |
| 27.07 | Audun Sjøstrøm Johansen | 09 | Rjukan | 02.09.2022 |
| 27.28 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 15.05.2022 |
| 27.65 | Sugel Diegeus Jaime | 91 | Lillehammer/Ss | 24.06.2004 |
| 27.86 | Jonathan Joo | 91 | Jessheim | 20.09.2004 |
| 27.90 | Aldric Kenarlikdjian | 09 | Rjukan | 03.09.2022 |
| 28.02 | Christer Amundsen | 92 | Nadderud | 19.06.2005 |
| 28.18 | Anthony Davies | 92 | Adderud | 19.06.2005 |
| 28.40 | Kristoffer Kvilten | 90 | Bergen/Le | 14.09.2003 |
| 28.41 | Erlend Morthen | 92 | Lillehammer/Ss | 23.06.2005 |
| 28.90 | Marius Nyeggen | 94 | Lillehammer/Ss | 22.06.2007 |
| 29.10 | Sondre Opaker Øines | 98 | Lillestrøm | 29.05.2011 |
| 29.20 | Iver Laake | 01 | Lillestrøm | 24.05.2014 |
| 29.31 | Sander Hasselberg | 98 | Lillestrøm | 03.09.2011 |
| 29.34 | Ådne Opaker Øines | 02 | Jessheim | 05.09.2015 |
| 29.51 | Christian Iversen | 05 | Nadderud | 17.06.2018 |
| 29.74 | Morten Halseth | 97 | Lillestrøm | 30.05.2010 |
| 29.86 | Jørgen Opaker | 97 | Lillestrøm | 28.08.2010 |
| 29.90 | Thomas Løland | 95 | Lillestrøm | 15.06.2008 |
| 30.03 | Martin Fald Gården | 90 | Lillehammer/Ss | 26.06.2003 |
| 30.13 | Andreas Løland | 90 | Lillehammer/Ss | 26.06.2003 |
| 30.18 | Kristoffer Barengdal | 91 | Jessheim | 20.09.2004 |
| 30.41 | Gaute Messel Nafstad | 94 | Jessheim | 16.08.2007 |
| 30.53 | Nils Luke | 90 | Lillehammer/Ss | 26.06.2003 |
| 30.84 | Jonas Haarborg Bolgen | 96 | Jessheim | 03.09.2009 |
| 30.99 | Christian Løland | 97 | Lillestrøm | 30.05.2010 |
| 31.01 | Henrik Jakobsen | 01 | Nadderud | 15.06.2014 |
| 31.55 | Kneight Mkanda | 96 | Jessheim | 03.09.2009 |
| 32.29 | Sondre Westby Liestøl | 99 | Lillestrøm | 27.05.2012 |
| 33.01 | Sindre Bjørnstad | 97 | Jessheim | 03.09.2010 |
| 35.53 | Chris Holm | 80 | Bjørkelangen | 15.05.1993 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 28.1 | Erlend Morthen | 92 | Jessheim | 23.04.2005 |
| 28.7 | Sandre Hasselberg | 98 | Jessheim | 03.09.2011 |
| 28.8 | Sondre Opaker Øines | 98 | Jessheim | 03.09.2011 |
| 29.8 | Maichael Løland | 92 | Jessheim | 29.04.2005 |
| 30.0 | Morten Halseth | 97 | Jessheim | 03.09.2010 |
| 30.1 | Anthony Davies | 92 | Jessheim | 23.04.2005 |
| 30.8 | Kåre Gismervik | 57 | Råholt | 19.09.1970 |
| 30.8 | Jørgen Opaker | 97 | Lillestrøm | 29.08.2010 |
| 33.8 | Victor Rosenlind | 00 | Jessheim | 30.05.2013 |

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| **GUTTER 13** | **461** |

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| **300m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46.5 | Kåre Gismervik | 57 | Råholt | 19.09.1970 |
| 49.0 | Kjell Arild Johansen | 58 | Lillestrøm | 18.09.1971 |
| 53.4 | Espen Nyhus | 89 | Jessheim | 15.04.2002 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 59.2 | Claus Nerhagen | 59 | Råholt | 19.09.1970 |
| 60.4 | John Backe-Bogstad | 51 | Oslo/Bi | 04.09.1974 |

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| **600m** | |  | | |
| 1:31.01 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 10.09.2022 |
| 1:33.6 | John Backe-Bogstad | 61 | Oslo/Bi | 31.08.1964 |
| 1:34.7 | Claus Nerhagen | 59 | Bergen/Fa | 20.08.1972 |
| 1:38.88 | Fabian Vibekken | 09 | Nittedal | 06.06.2022 |
| 1:40.01 | Kristoffer Kvilten | 90 | Göteborg, SWE | 04.07.2003 |
| 1:41.45 | Erlend Morthen | 92 | Oslo/Bi | 28.08.2005 |
| 1:41.53 | Hans Kærsgaard | 92 | Nadderud | 10.09.2005 |
| 1:43.28 | Sander Hasselberg | 98 | Ski | 13.08.2011 |
| 1:44.0 | Jon Henriksen | 60 | Lillestrøm | 22.06.1973 |
| 1:44.07 | Simen Hasselberg | 98 | Oslo/Bi | 21.08.2011 |
| 1:45.06 | Michael Løland | 92 | Nadderud | 10.09.2005 |
| 1:45.11 | Thomas Løland | 95 | Nadderud | 06.09.2008 |
| 1:45.15 | Morten Halseth | 97 | Lillestrøm | 28.10.2010 |
| 1:45.88 | Jørgen Gundersen | 95 | Asker/Fø | 01.06.2008 |
| 1:46.24 | Sondre Opaker Øines | 98 | Oslo/Bi | 21.08.2011 |
| 1:46.52 | Rene Fredheim Larsen | 97 | Lillestrøm | 29.05.2010 |
| 1:47.02 | Christian Løland | 97 | Lillestrøm | 29.05.2010 |
| 1:47.80 | Andreas Løland | 90 | Göteborg, SWE | 04.06.2003 |
| 1:48.7 | Arne Gismervik | 61 | Strømmen | 11.09.1974 |
| 1:50.2 | Frode Bekken | 59 | Råholt | 10.09.1972 |
| 1:50.41 | Sondre Westby Liestøl | 99 | Oslo/Bi | 19.08.2012 |
| 1:50.45 | Marius Myren | 09 | Jessheim | 06.08.2022 |
| 1:51.60 | Nils Luke | 90 | Göteborg, SWE | 04.07.2003 |
| 1:52.65 | Peder Børtnes | 01 | Lillestrøm | 24.05.2014 |
| 1:53.7 | Andre Rasen | 00 | Jessheim | 30.05.2013 |
| 1:54.68 | Sverre Gjesteby | 00 | Midsund | 10.08.2013 |
| 1:56.4 | Christer Amundsen | 92 | Oslo/La | 19.05.2005 |
| 1:57.07 | Magnus Myren | 08 | Rjukan | 11.09.2021 |
| 2:00.50 | Ole Tobias Bjerke | 99 | Lillehammer/Ss | 26.05.2012 |
| 2:02.57 | Ådne Opaker Øines | 02 | Göteborg, SWE | 03.07.2015 |
| 2:09.96 | Sindre Bjørnstad | 97 | Jessheim | 25.05.2010 |

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| **GUTTER 13** | **462** |

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| **800m** |  |

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| 2:11.20 | Iver Løvgaard Faksvåg | 09 | Oslo/Bi | 29.05.2022 |
| 2:12.2 | John Backe-Bogstad | 61 | Oslo/Bi | 19.09.1974 |
| 2:17.50 | Kristoffer Kvilten | 90 | Oslo/Bi | 22.06.2003 |
| 2:21.93 | Erlend Morthen | 92 | Lillehammer/Ss | 26.06.2005 |
| 2:23.6 | Frode Grøndahl | 69 | Oslo/Bi | 07.06.1982 |
| 2:24.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 15.08.1987 |
| 2:24.21 | Thomas Løland | 95 | Lillehammer/Ss | 22.06.2008 |
| 2:27.01 | Vetle Christiansen | 95 | Ås | 28.05.2008 |
| 2:27.1 | Torbjørn Næss | 58 | Jessheim | 16.08.1981 |
| 2:30.1 | Thomas Lundring | 75 | Årnes | 24.06.1988 |
| 2:30.3 | Jon Andersen | 73 | Jessheim | 29.06.1986 |
| 2:31.7 | Stig Atle Bjerkestuen | 77 | Bjørkelangen | 09.06.1990 |
| 2:32.12 | Andreas Løland | 90 | Nadderud | 13.06.2003 |
| 2:32.60 | Espen Nyhus | 89 | Lillehammer/Ss | 30.06.2002 |
| 2:32.8 | Sondre Opaker Øines | 98 | Jessheim | 19.09.2011 |
| 2:33.44 | Nils Luke | 90 | Oslo/Bi | 22.06.2003 |
| 2:34.0 | Martin Andre Enebakk | 06 | Jessheim | 26.09.2019 |
| 2:34.09 | Sondre Westby Liestøl | 99 | Lillehammer/Ss | 24.06.2012 |
| 2:34.37 | Martin Fald Gården | 90 | Lillehammer/Ss | 29.06.2003 |
| 2:34.86 | Morten Halseth | 97 | Oslo/Bi | 05.06.2010 |
| 2:35.0 | Eirik Kamstrup Hovind | 90 | Jessheim | 26.05.2003 |
| 2:35.45 | Eivind Tronsli | 90 | Jessheim | 18.08.2003 |
| 2:35.7 | Emil Nordal | 03 | Jessheim | 15.10.2016 |
| 2:37.1 | Per Arne Kristiansen | 77 | Bjørkelangen | 09.06.1990 |
| 2:40.41 | Christian Iversen | 05 | Jessheim | 27.09.2018 |
| 2:40.9 | Eirik Bjørk Halvorsen | 04 | Jessheim | 30.09.2017 |
| 2:41.7 | Marius Nyeggen | 94 | Jessheim | 22.09.2007 |
| 2:42.1 | Jon Arne Skiaker | 79 | Lena | 29.08.1992 |
| 2:44.1 | Morten Skafle | 86 | Jessheim | 16.08.1999 |
| 2:44.32 | Trym Algarheim Tverås | 99 | Lillehammer/Ss | 24.06.2012 |
| 2:45.0 | Peder Børtnes | 00 | Jessheim | 28.09.2013 |
| 2:46.0 | Fredrik Liland | 94 | Jessheim | 22.09.2007 |
| 2:46.5 | Svein Anders Skolt | 80 | Jessheim | 29.07.1993 |
| 2:47.8 | Sven Inge Bråthen | 76 | Jessheim | 05.06.1989 |
| 2:49.3 | Trond-Erik Bakkerud | 76 | Bjørkelangen | 10.09.1989 |
| 2:49.8 | Kristian Finstad | 79 | Jessheim | 17.08.1992 |
| 2:51.10 | Gudmund Bjotveit | 77 | Jessheim | 21.05.1990 |
| 2:51.35 | Ingar Ørum | 77 | Jessheim | 21.05.1990 |
| 2:52.20 | Tor Arne Bergersen | 77 | Jessheim | 21.05.1990 |
| 2:52.78 | Anders Knudsen | 77 | Jessheim | 21.05.1990 |
| 2:53.6 | Andreas Johansen | 88 | Jessheim | 14.06.2001 |
| 2:54.35 | Krtistian Algarheim | 10 | Jessheim | 10.09.2023 |
| 3:00.5 | Sindre Tofthagen | 88 | Jessheim | 14.06.2001 |
| 3:00.52 | Lars Sutterud | 90 | Jessheim | 19.06.2003 |

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| **GUTTER 13** | **463** |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 3:00.9 | Stian Skafle | 88 | Jessheim | 14.06.2001 |
| 3:02.8 | Eivind Skolt | 83 | Jessheim | 19.08.1996 |
| 3:03.8 | Magnus Nermo | 88 | Jessheim | 14.06.2001 |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:54.6 | John Backe-Bogstad | 61 | Jessheim | 06.10.1974 |
| 3:07.0 | Frode Grøndahl | 69 | Uddevalla, SWE | 25.07.1982 |
| 3:20.2 | Jon Andersen | 73 | Fetsund/Fe | 09.06.1986 |

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| **1500m** |  |

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| 4:31.81 | Iver Løvgaard Faksvåg | 09 | Rjukan | 04.09.2022 |
| 4:42.85 | Fabian Vibekken | 09 | Rjukan | 04.09.2022 |
| 4:48.56 | Vetle Christiansen | 95 | Nadderud | 07.09.2008 |
| 4:55.86 | Oliver Solberg Kårstad | 11 | Rjukan | 08.09.2024 |
| 4:57.08 | Jørgen Gundersen | 95 | Nadderud | 08.06.2008 |
| 4:57.24 | Michael Løland | 92 | Nadderud | 11.09.2005 |
| 5:01.81 | Thomas Løland | 95 | Nadderud | 07.09.2008 |
| 5:02.4 | Frode Grøndahl | 69 | Jessheim | 14.06.1982 |
| 5:05.08 | Rene Fredheim Larsen | 97 | Nadderud | 13.06.2010 |
| 5:09.0 | Jørgen Hjelm Bakkerud | 74 | Larvik/Lo | 29.08.1987 |
| 5:09.3 | Øyvind Arnegård | 75 | Jessheim | 13.06.1988 |
| 5:10.9 | Stig Atle Bjerkestuen | 77 | Bjørkelangen | 10.06.1990 |
| 5:14.5 | Sondre Westby Liestøl | 99 | Nesodden | 15.09.2012 |
| 5:18.64 | Marius Myren | 08 | Rjukan | 12.09.2021 |
| 5:22.91 | Andreas Løland | 90 | Göteborg, SWE | 03.07.2003 |
| 5:25.75 | Sondre Norheim | 05 | Jessheim | 31.05.2018 |
| 5:40.0 | Kristian Finstad | 79 | Jessheim | 15.06.1992 |
| 5:46.6 | Finn Thorer Kjos | 66 | Jessheim | 11.06.1979 |
| 5:47.9 | Svein Anders Skolt | 80 | Jessheim | 14.06.1993 |
| 5:53.1 | Daniel Hirch | 76 | Jessheim | 13.09.1989 |
| 6:26.9 | Bård Fredagsvik | 78 | Jessheim | 10.06.1991 |
| 6:40.5 | Eivind Skolt | 83 | Jessheim | 17.06.1996 |

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| **3000m** |  |

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| 10:32.2 | Vetle Christiansen | 95 | Sofiemyr | 20.08.2008 |

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| **GUTTER 13** | **464** |

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| **60m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 9.79 | Marcus Theodor Moen | 99 | Lillestrøm | 08.09.2012 |
| 10.38 | Sverre Gjesteby | 00 | Jessheim | 31.08.2013 |
| 10.66 | Ola Sandvær Aamodt | 95 | Lillehammer/Ss | 20.06.2008 |
| 11.24 | Sondre Opaker Øines | 98 | Nadderud | 24.09.2011 |
| 11.85 | Henrik Jakobsen | 01 | Jessheim | 27.05.2014 |
| 12.03 | Even Ragnhildsbakken | 08 | Rjukan | 11.09.2021 |
| 13.44 | Iver Laake | 01 | Jessheim | 27.05.2014 |

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| --- | --- |
| **60m hekk 76.2 cm M** |  |

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| --- | --- | --- | --- | --- |
| 9.5 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.1987 |
| 11.7 | Christer Amundsen | 92 | Oslo/La | 19.05.2005 |

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| **80m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 12.74 | Jørgen Hjelm Bakkerud | 74 | Larvik/Lo | 29.08.1987 |

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| **80m hekk 76.2 cm M** |  |

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| --- | --- | --- | --- | --- |
| 12.5 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.1987 |
| 12.9 | Anders Huuse | 75 | Jessheim | 18.09.1988 |
| 12.9 | Trond Erik Bakkerud | 77 | Lillestrøm | 08.09.1990 |
| 14.9 | Claus Nerhagen | 59 | Råholt | 09.09.1972 |
| 17.1 | Erik Bonesvoll | 74 | Jessheim | 04.06.1987 |

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| **200m hekk 68 cm E** |  |

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| 32.03 | Marcus Theodor Moen | 99 | Lillestrøm | 09.09.2012 |
| 33.56 | Sverre Gjesteby | 00 | Jessheim | 01.09.2013 |

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

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| --- | --- | --- | --- | --- |
| 31.2 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.1987 |
| 32.2 | Claus Nerhagen | 59 | Råholt | 10.09.1972 |

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

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| --- | --- | --- | --- | --- |
| 13:46.7 | Finn-Thorer Kjos f.01.09.1966 | 66 | Jessheim | 20.08.1979 |

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| **3km landevei** |  |

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| --- | --- | --- | --- | --- |
| 11.06 | Oliver Solberg Kårstad | 11 | Jessheim | 09.06.2024 |
| 13:54 | Carl Bauck Jensen | 11 | Jessheim | 13.04.2024 |

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| **GUTTER 13** | **465** |

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| **5km landevei** |  |

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| 16:43 | Iver Løvgaard Faksvåg | 09 | Jessheim | 01.10.2022 |
| 16:56 | Fabian Vibekken | 09 | Jessheim | 01.10.2022 |
| 18:46 | Oliver Kårstad | 11 | Jessheim | 28.09.2024 |
| 19:35 | Marius Myren | 09 | Jessheim | 01.10.2022 |
| 22:53 | Carl Magnus Jensen | 11 | Jessheim | 28.09.2024 |
| 23:57 | Kristian Algerheim | 10 | Jessheim | 28.10.2023 |

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| **10km landevei** |  |

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| 39:10 | Sondre Norheim | 05 | Oslo | 15.09.2018 |
| 51:16 | Kristian Algarheim | 10 | Jessheim | 30.04.2023 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Marcus Theodor Moen | 99 | Oslo/Bi | 24.09.2012 |
| 1.55 | Morten Halseth | 97 | Jessheim | 18.09.2010 |
| 1.50 | John Backe-Bogstad | 61 | Strømmen | 11.09.1974 |
| 1.50 | Emil Nordal | 03 | Nadderud | 12.06.2016 |
| 1.48 | Sverre Gjesteby | 00 | Midsund | 10.08.2013 |
| 1.48 | Henrik Jakobsen | 01 | Nesøya | 06.09.2014 |
| 1.46 | Even Ragnhildsbakken | 08 | Rjuka n | 12.09.2021 |
| 1.45 | Torbjørn Strand | 76 | Bjørkelangen | 24.08.1989 |
| 1.45 | Jon Arne Skiaker | 79 | Lillehammer/Ss | 26.06.1992 |
| 1.45 | Christer Amundsen | 92 | Oslo/La | 19.05.2005 |
| 1.41 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.05.1987 |
| 1.40 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 24.05.2008 |
| 1.40 | Iver Løvgaard Faksvåg | 09 | Jessheim | 07.08.2022 |
| 1.35 | Frode Liland | 65 | Gardermoen | 11.09.1978 |
| 1.35 | Jarle Sæthermoen | 70 | Årnes | 24.08.1983 |
| 1.35 | Jon Andersen | 73 | Løken | 31.05.1986 |
| 1.35 | Bjørn Flatby | 69 | Bjørkelangen | 26.08.1992 |
| 1.30 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 24.06.2017 |
| 1.31 | Einar Hellum | 47 | Jessheim | 05.07.1960 |
| 1.30 | Kåre Gismervik | 57 | Råholt | 20.09.1970 |
| 1.30 | Dag Brokke | 62 | Årnes | 07.09.1975 |
| 1.30 | Per Olsen | 62 | Årnes | 07.09.1975 |
| 1.30 | Nicolas Reklev | 07 | Jessheim | 22.05.2020 |
| 1.25 | Bård Lundahl | 57 | Råholt | 20.09.1970 |
| 1.25 | Per Arne Kristiansen | 77 | Jessheim | 19.09.1990 |
| 1.22 | Kåre Norum | 24 | Årnes | 26.09.1937 |
| 1.22 | Nils Kristen Wiig | 43 | Strømmen | 26.08.1956 |
| 1.21 | Tore Haugen | 45 | Råholt | 28.06.1958 |
| 1.21 | Ole Kristian Wiig | 45 | Råholt | 28.06.1958 |
| 1.20 | Reidar Larsen | 10 | Jessheim | 13.08.1923 |
| 1.20 | Jon Martinsen | 47 | Råholt | 20.08.1960 |

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| **GUTTER 13** | **466** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.20 | Chris Holm | 80 | Jessheim | 29.07.1993 |
| 1.19 | Tor Nordby | 18 | Jessheim | 26.09.1931 |
| 1.17 | Reidar Enerud | 43 | Strømmen | 26.08.1956 |
| 1.17 | Bjørn Hellum | 48 | Strømmen | 03.09.1961 |
| 1.15 | Reidar Hansen | 45 | Jessheim | 23.07.1958 |
| 1.15 | Mika Baumgartner | 11 | Jessheim | 11.08.2024 |
| 1.12 | Reidar Enerud | 43 | Jessheim | 30.09.1956 |
| 1.12 | Arvid Martinsen | 43 | Jessheim | 30.09.1956 |
| 1.10 | Svein Anders Skolt | 80 | Jessheim | 29.07.1993 |
| 1.05 | Ingolf Karlsen | 10 | Jessheim | 13.08.1923 |
| 1.05 | Phittaya Phaefung | 88 | Jessheim | 17.09.2001 |

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| --- | --- |
| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Geir Espen Johansen | 81 | Jessheim | 26.09.1994 |
| 1.50 | Mika Baumgartner | 11 | Rud | 15.06.2024 |

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| **Lengde S: Sats i satsfelt** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.33 s | Ola Nerhagen | 71 | Jessheim | 17.06.1984 |
| 5.30 s | Morten Knutsen | 70 | Kirkenær | 23.05.1983 |
| 5.27 s | Sugel Dieguez Jaime | 91 | Nadderud | 04.09.2004 |
| 5.10 | Claus Nerhagen | 59 | Nadderud | 02.07.1972 |

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| **Lengde S: Sats i satsfelt forts.** |  |

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| --- | --- | --- | --- | --- |
| 4.97 s | Gudmund Bjotveit | 77 | Bjørkelangen | 09.06.1990 |
| 4.83 s | Aldric Keyarlikdjian | 09 | Jessheim | 06.08.2022 |
| 4.78 s | Erlend Morthen | 92 | Nadderud | 11.09.2005 |
| 4.74 s | Marcus Theodor Moen | 99 | Lillehammer/Ss | 24.06.2012 |
| 4.73 s | Ørnulf Brekke | 67 | Jessheim | 24.08.1970 |
| 4.72 s | Daniel Hirch | 76 | Jessheim | 17.09.1989 |
| 4.69 s | Frode Grøndahl | 69 | Strømmen | 16.06.1982 |
| 4.63 s | Anders Huuse | 75 | Jessheim | 18.09.1988 |
| 4.61 s | Christer Amundsen | 92 | Lillehammer/Ss | 26.06.2005 |
| 4.58 s | Iver Løvgaard Faksvåg | 09 | Nadderud | 11.06.2022 |
| 4.57 | John Backe-Bogstad | 61 | Lillestrøm | 11.08.1974 |
| 4.57 s | Jarle Sæthermoen | 70 | Kløfta | 22.09.1983 |
| 4.56 s | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.09.1987 |
| 4.54 s | Thomas Løland | 95 | Lillestrøm | 23.08.2008 |
| 4.52 | Frode Bekken | 59 | Nannestad | 07.07.1972 |
| 4.48 s | Ola Sandvær Aamodt | 95 | Lillestrøm | 23.08.2008 |
| 4.47 s | Anthony Davies | 92 | Jessheim | 26.06.2005 |
| 4.46 s | Bjørn Flatby | 79 | Jessheim | 12.09.1992 |

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| **GUTTER 13** | **467** |

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| **Lengde S: Sats i satsfelt forts.** |  |

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| --- | --- | --- | --- | --- |
| 4.45 s | Ole Semming Wiig | 69 | Jessheim | 15.08.1982 |
| 4.43 s | Jon Andresen | 73 | Jessheim | 28.06.1986 |
| 4.40 s | Jon Arne Skiaker | 79 | Jessheim | 12.09.1992 |
| 4.40 s | Ole Tobias Bjerke | 99 | Sofiemyr | 26.08.2012 |
| 4.37 | Kjell Åge Moslet | 56 | Blaker/Br | 28.09.1969 |
| 4.32 s | Ådne Opaker Øines | 02 | Jessheim | 05.09.2015 |
| 4.29 s | Ingar Ørum | 77 | Kongsvinger/Gj | 12.09.1990 |
| 4.28 s | Henrik Jakobsen | 01 | Lillestrøm | 25.05.2014 |
| 4.26 | Kjell Arild Johansen | 58 | Jessheim | 06.06.1971 |
| 4.26 s | Øyvind Arnegård | 75 | Jessheim | 18.09.1988 |
| 4.23 | Hans Kristian Hansen | 41 | Sand | 20.06.1954 |
| 4.23 s | Sondre Opaker Øines | 98 | Asker/Fø | 11.06.2011 |
| 4.21 | Nils Kristen Wiig | 43 | Jessheim | 30.09.1956 |
| 4.18 s | Torbjørn Næss | 68 | Kløfta | 20.09.1981 |
| 4.16 | Kåre Gismervik | 57 | Nannestad | 14.06.1970 |
| 4.13 | Bjørn Hellum | 48 | Råholt | 17.09.1961 |
| 4.11 | Martin Bratfos | 47 | Jessheim | 05.07.1960 |
| 4.10 s | Even Ragnhildsbakken | 08 | Jessheim | 30.08.2021 |
| 4.09 | Einar Hellum | 47 | Jessheim | 05.07.1960 |
| 4.09 | Arne Hansen | 65 | Gardermoen | 26.08.1978 |
| 4.09 s | Henning Forsland | 90 | Jessheim | 23.09.1993 |
| 4.08 d | Iver Laake | 01 | Jessheim | 27.05.2014 |
| 4.06 s | Sondre Westby Liestøl | 99 | Nadderud | 16.06.2012 |
| 4.00 | Bjørn Kleven | 41 | Jessheim | 02.08.1954 |
| 3.97 s | Kristian Mellum | 99 | Jessheim | 20.05.2012 |
| 3.94 s | Stian Kraabøl | 74 | Jessheim | 18.05.1987 |
| 3.93 | Thor Enderud | 77 | Jessheim | 27.09.1990 |
| 3.92 | Ken Andre Hauge | 75 | Jessheim | 06.06.1988 |
| 3.91 | Per Olsen | 62 | Lillestrøm | 25.08.1975 |
| 3.91 s | Stig Arne Bjerkestuen | 77 | Bjørkelangen | 09.06.1990 |
| 3.91 s | Per Arne Kristiansen | 77 | Bjørkelangen | 09.06.1990 |
| 3.90 s | Pål Råstad | 73 | Årnes | 03.09.1986 |
| 3.87 | Finn Ugletveit | 49 | Råholt | 12.09.1962 |
| 3.84 s | Marius Myren | 08 | Rjukan | 11.09.2021 |
| 3.83 | Reidar Enerud | 43 | Jessheim | 30.09.1956 |
| 3.78 s | Lars Sutterud | 90 | Jessheim | 19.06.2003 |
| 3.77 | Lorang Fjelly | 48 | Jessheim | 07.08.1961 |
| 3.75 | Arvid Martinsen | 43 | Jessheim | 30.09.1956 |
| 3.71 | Jon Martinsen | 47 | Jessheim | 05.07.1960 |
| 3.71 s | Chris Holm | 80 | Jessheim | 29.07.1993 |
| 3.68 s | Martin Fald Gården | 90 | Jessheim | 18.08.2003 |
| 3.65 | Erik Lerdahl | 10 | Jessheim | 13.08.1923 |
| 3.65 | Dag Brokke | 62 | Strømmen | 11.06.1975 |
| 3.61 | Asbjørn Grønlien | 24 | Jessheim | 22.08.1937 |

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| **GUTTER 13** | **468** |

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| **Lengde S: Sats i satsfelt forts.** |  |

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| --- | --- | --- | --- | --- |
| 3.61 | Rolf Sletvold | 36 | Nannestad | 10.07.1949 |
| 3.56 | Sigurd Ruud | 10 | Jessheim | 13.08.1923 |
| 3.56 | Magne Furuseth | 41 | Jessheim | 02.08.1954 |
| 3.54 | Willy Laumo | 41 | Jessheim | 30.06.1954 |
| 3.53 | Tore Haugen | 45 | Råholt | 28.06.1958 |

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| **Tresteg S: Sats i sone** |  |

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| --- | --- | --- | --- | --- |
| 9.76 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 09.09.2022 |
| 9.45 s | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.09.1987 |
| 9.42 s | Even Ragnhildsbakken | 08 | Rjukan | 12.09.2021 |
| 8.58 s | Stian Kraabøl | 74 | Jessheim | 29.09.1987 |
| 7.12 s | Victor Rosenlind | 00 | Jessheim | 30.05.2013 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 15.72 | Morten Knutsen | 70 | Kongsberg | 03.09.1983 |
| 11.96 | Roger Rønning | 71 | Jessheim | 18.06.1984 |
| 11.83 | Christer Amundsen | 92 | Jessheim | 01.10.2005 |
| 11.22 | Marcus Theodor Moen | 99 | Oslo/Bi | 24.09.2012 |
| 11.10 | Claus Nerhagen | 59 | Råholt | 10.09.1972 |
| 11.08 | Ingar Ørum | 77 | Lillehammer/Ss | 24.06.1990 |
| 10.71 | Morten Halseth | 97 | Nadderud | 11.06.2010 |
| 10.69 | Lars Sutterud | 90 | Jessheim | 18.08.2003 |
| 10.59 | Roy Kenneth Hermansen | 83 | Sofiemyr | 24.08.1996 |
| 10.05 | Håvard Mathisen | 77 | Kongsvinger/Gj | 12.09.1990 |
| 9.89 | Emil Nordal | 03 | Jessheim | 27.08.2016 |
| 9.70 | Bård Hole | 67 | Jessheim | 17.08.1980 |
| 9.66 | Sugel Diegues Jaime | 91 | Jessheim | 20.09.2004 |
| 9.55 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 24.06.2017 |
| 9.53 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 15.08.1987 |
| 9.46 | Henning Forsland | 80 | Jessheim | 20.09.1993 |
| 9.42 | Even Ragnhildsbakken | 08 | Rjukan | 11.09.2021 |
| 9.41 | Ola Nerhagen | 71 | Oslo/Bi | 12.06.1984 |
| 9.22 | Jon Arne Skiaker | 79 | Lena | 29.08.1992 |
| 9.13 | Marius Johansen | 05 | Hamar | 08.09.2018 |
| 8.88 | Aldric Kenarlikdjian | 09 | Jessheim | 07.08.2022 |
| 8.78 | Frode Bekken | 59 | Jessheim | 28.06.1972 |
| 8.67 | Jonathan Joo | 91 | Jessheim | 20.09.2004 |
| 8.45 | Gudmund Bjotveit | 77 | Kongsvinger/Gj | 12.09.1990 |
| 8.31 | Espen Nyhus | 89 | Lillehammer/Ss | 29.06.2002 |
| 8.23 | Torbjørn Næss | 68 | Kløfta | 20.09.1981 |
| 8.20 | Per Olsen | 62 | Lillestrøm | 25.08.1975 |
| 8.15 | Ådne Opaker Øines | 02 | Oslo/Bi | 09.08.2015 |

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| **GUTTER 13** | **469** |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.05 | Odd Nilsen | 63 | Gardermoen | 17.06.1976 |
| 8.00 | John Backe-Bogstad | 61 | Nesodden | 01.07.1974 |
| 7.99 | Chrstian Løland | 97 | Lillestrøm | 29.05.2010 |
| 7.80 | Iver Repsjø Hognæs | 91 | Jessheim | 27.05.2004 |
| 7.58 | Jon Andersen | 73 | Jessheim | 29.06.1986 |
| 7.49 | Gaute Messel Nafstad | 94 | Jessheim | 21.08.2007 |
| 7.41 | Jon Henriksen | 60 | Jessheim | 29.06.1973 |
| 7.37 | Ole Tobias Bjerke | 99 | Jessheim | 23.08.2012 |
| 7.17 | Thomas Løland | 95 | Jessheim | 02.06.2008 |
| 6.90 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 25.06.2011 |
| 6.75 | Mika Baumgartner | 11 | Rud | 15.06.2024 |
| 6.72 | Torbjørn Strand | 76 | Bjørkelangen | 24.08.1989 |
| 6.52 | Phitthaya Phaefung | 88 | Jessheim | 17.09.2001 |
| 5.92 | Ove Bøe | 85 | Jessheim | 24.08.1998 |

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| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.89 | Morten Knutsen | 70 | Jessheim | 03.10.1983 |
| 10.40 | Terje Finnebråten | 48 | Råholt | 17.09.1961 |
| 8.81 | Bør Nordby | 24 | Årnes | 26.09.1937 |
| 8.80 | Kjell Åge Moslet | 56 | Blaker/Br | 27.09.1969 |
| 8.42 | Claus Nerhagen | 59 | Strømmen | 17.06.1972 |
| 7.65 | Bård Hole | 67 | Jessheim | 08.06.1980 |
| 6.86 | Frode Grøndahl | 69 | Uddevalla, SWE | 25.07.1982 |
| 5.99 | Jon Martinsen | 47 | Råholt | 20.08.1960 |
| 5.88 | Henrik Jakobsen | 01 | Årnes | 04.06.2014 |
| 5.81 | Steinar Strande | 47 | Råholt | 20.08.1960 |
| 5.68 | Martin Bratfos | 47 | Råholt | 20.09.1960 |

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| **Diskos 750 g** |  |

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| 26.06 | Ola Sandvær Aamodt | 95 | Lillestrøm | 14.06.2008 |
| 25.83 | Jørgen Stuve Dahl | 04 | Jessheim | 16.09.2017 |
| 25.74 | Marius Johansen | 05 | Hamar | 08.09.2018 |
| 23.12 | Christer Amundsen | 92 | Nadderud | 11.09.2005 |
| 20.33 | Christian Løland | 97 | Lillestrøm | 29.05.2010 |
| 19.15 | Gaute Messel Nafstad | 94 | Jessheim | 21.08.2007 |
| 17.88 | Mika Baumgartner | 11 | Rud | 15.06.2024 |
| 12.05 | Ådne Opaker Øines | 02 | Jessheim | 06.09.2015 |

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| **GUTTER 13** | **470** |

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| **Diskos 1 kg** |  |

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| 40.30 | Morten Knutsen | 70 | Jessheim | 03.10.1983 |
| 31.68 | Roger Rønning | 71 | Kløfta | 28.08.1984 |
| 28.42 | Trond Erik Bakkerud | 77 | Lillestrøm | 08.09.1990 |
| 28.14 | Lars Sutterud | 90 | Asker/Fø | 27.09.2003 |
| 27.34 | Frode Grøndahl | 69 | Rolvsrud | 19.09.1982 |
| 24.36 | Ingar Ørum | 77 | Jessheim | 19.05.1990 |
| 22.76 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.09.1987 |
| 22.76 | Håvard Mathisen | 77 | Rolvsrud | 18.09.1990 |
| 20.10 | Ørnulf Brekke | 67 | Råholt | 20.08.1970 |
| 18.31 | Jarle Sæthermoen | 70 | Kløfta | 22.09.1983 |

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| **Slegge 3 kg** |  |

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| 27.60 | Lars Sutterud | 90 | Heggedal/Gj | 28.09.2003 |
| 12.86 | Mika Baumgartner | 11 | Rud | 14.06.2024 |

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| **Slegge 4 kg** |  |

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| 22.58 | Trond Erik Bakkerud | 77 | Lillestrøm | 08.09.1990 |

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| **Spyd 400 g** |  |

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| 36.91 | Marcus Theodor Moen | 99 | Lillehammer/Ss | 22.06.2012 |
| 35.10 | Morten Halseth | 97 | Jessheim | 18.09.2010 |
| 34.76 | Christian Løland | 97 | Lillestrøm | 30.05.2010 |
| 34.31 | Kristian Flåten Børve | 01 | Nadderud | 15.06.2014 |
| 34.14 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 16.08.2008 |
| 32.66 | Henrik Jakobsen | 01 | Nesøya | 06.09.2014 |
| 23.58 | Trond Erik Bakkerud | 92 | Jessheim | 13.06.2005 |
| 22.02 | Ole Tobias Bjerke | 99 | Jessheim | 20.05.2012 |
| 21.68 | Jørgen Stuve Dahl | 04 | Nittedal | 04.09.2017 |
| 18.17 | Mika Baumgartner | 11 | Lillestrøm | 25.05.2024 |
| 18.67 | Aldric Kenarlikdjian | 09 | Rjukan | 04.09.2022 |
| 17.33 | Victor Rosenlind | 00 | Jessheim | 30.05.2013 |
| 15.37 | Kristian Mellum | 99 | Jessheim | 20.05.2012 |
| 15.21 | Sondre Opaker Øines | 98 | Lillestrøm | 29.05.2011 |

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| **Spyd 600 g Ny type fra og med 1999** |  |

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| 33.55 | Lars Sutterud | 90 | Bergen/Le | 13.09.2003 |

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| **GUTTER 13** | **471** |

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| **Spyd 600 g Gammel type til og med 1998** |  |

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| --- | --- | --- | --- | --- |
| 42.40 | Morten Knutsen | 70 | Halden | 08.05.1983 |
| 34.80 | Ingar Ørumr | 77 | Jessheim | 29.09.1990 |
| 29.98 | Håvard Mathisen | 77 | Jessheim | 22.06.1990 |
| 29.10 | Stian Kraabøl | 74 | Jessheim | 29.09.1987 |

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| **Spyd 600 g Gammel type til og med 1998** | **Forts.** |

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| --- | --- | --- | --- | --- |
| 27.08 | Henning Forsland | 80 | Jessheim | 20.09.1993 |
| 25.78 | Ørnulf Brekke | 67 | Jessheim | 01.09.1980 |
| 24.80 | Claus Nerhagen | 59 | Råholt | 10.09.1972 |
| 24.80 | Trond Erik Bakkerud | 77 | Rolvsrud | 18.09.1990 |
| 24.18 | Roy Kenneth Hermansen | 85 | Sofiemyr | 25.08.1996 |
| 23.64 | Gudmund Bjotveit | 77 | Jessheim | 29.09.1990 |
| 23.46 | Jon Arne Skiaker | 79 | Jessheim | 24.09.1992 |
| 22.08 | Finn Ugletveit | 49 | Jessheim | 07.09.1962 |
| 21.70 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.09.1987 |
| 20.64 | John Backe-Bogstad | 61 | Løken | 14.09.1974 |
| 20.32 | Anders Huuse | 75 | Jessheim | 06.06.1988 |

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| **Slengball 1 kg Kort reim** |  |

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| 34.22 | Lars Sutterud | 90 | Asker/Fø | 28.09.2003 |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 48.61 | Bjørn Kleven | 41 | Jessheim | 02.08.1954 |
| 45.09 | Bjørn Kleven | 41 | Jessheim | 02.08.1954 |

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| **Liten ball 150 g** |  |

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| 68.98 | Håvard Haga | 93 | Nadderud | 18.06.2006 |
| 68.54 | Morten Knutsen | 70 | Fetsund/Fe | 21.06.1983 |
| 58.48 | Ola Sandvær Aamodt | 95 | Nadderud | 08.06.2008 |
| 53.76 | Jon Andersen | 70 | Fetsund/Fe | 09.06.1986 |
| 52.62 | John Backe-Bogstad | 61 | Løken | 14.09.1974 |
| 51.90 | Marcus Theodor Moen | 99 | Nadderud | 17.06.2012 |
| 51.49 | Lars Sutterud | 90 | Nadderud | 15.06.2003 |
| 51.16 | Morten Halseth | 97 | Nadderud | 13.06.2010 |
| 42.15 | Henning Forsland | 80 | Jessheim | 20.09.1993 |
| 29.80 | Jørgen Opaker | 97 | Lillestrøm | 29.08.2010 |

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| **3-kamp M60m-Lengde-Kule 3** |  |

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| 2010 | Frode Bekken | 59 | Jessheim | 28.06.1972 |
| ? | | | |

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| **GUTTER 13** | **472** |

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| **3-kamp M 60m-Lengde-Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 1776 | Kjell Åge Moslet | 56 | Blaker/Br | 28.09.1969 |
| 9.5-4.37-? | | | |

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| **4-kamp M 100m-Lengde-Kule-800m** |  |

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| --- | --- | --- | --- | --- |
| 2893 | Jørgen Hjelm Bakkerud | 74 | Haga | 08.08.1987 |
| 9.1-4.31-8.93-2:30.7 | | | |

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| --- | --- | --- | --- | --- |
| 2752 | Torbjørn Næss | 68 | Kløfta | 20.09.1981 |
| ? | | | |

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| **6- kamp M 60m-Lengde-Kule 3kg** | **60m hekk-Høyde-600m** |

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| 4269 | Christer Amundsen | 92 | Oslo/La | 18-19.05.2005 |
| 8.6-4.63-10.24/11.7-1.45-1:56.4 | | | |

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

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| 3848 | Lars Sutterud | 90 | Asker-Heggedal | 28.09.2003 |
| 27.60-9.90-28.14-29.85-34.22 | | | |

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| **4x60m E** |  |

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| --- | --- | --- | --- | --- |
| 31.70 | G12 |  | Asker/Fø | 31.05.2008 |
| Morten Halseth97-Erland Berg97-Måns Lie96-Jonas Bolgen96 | | | |

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| --- | --- | --- | --- | --- |
| 33.06 | G13 |  | Asker/Fø | 28.05.2005 |
| Anthony Davies92-Christer Amundsen92-Erlend Morthen92-Hans Kjærsgaard92 | | | |

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| --- | --- | --- | --- | --- |
| 33.88 | G13 |  | Asker/Fø | 21.08.2004 |
| Jonathan Joo91-Anthony Davies92-Charister Amundsen92-Ole Eriksen91 | | | |

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| --- | --- | --- | --- | --- |
| 35.45 | G13 |  | Asker/Fø | 23.08.2003 |
| Nils Luke90-Eivind Tronsli90-Ole Eriksen90-Lars Sutterud90 | | | |

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| **4x60m M** |  |

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| 32.8 | G13 |  | Jessheim | 20.09.2004 |
| Jonathan Joo91-Sugel Jamine91-Anthony Davies92-Hans Kærsgård92 | | | |

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| **4x100m E** |  |

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

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| **GUTTER 13** | **473** |

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| **4x100m E** |  |

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

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| **3x600m** |  |

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| 5:54.76 | G13 |  | Asker/Fø | 21.08.2004 |
| Michael Løland92-Ole Eriksen91-Brage Jahren91 | | | |

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| **3x800m** |  |

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

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| **GUTTER 13** | **474** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.73 | Frederick Elias Flåte | 11 | Rud | 30.11.2024 |
| 8.04 | Emil Nordal | 03 | Hvam | 10.12.2016 |
| 8.39 | Anthony Davies | 92 | Karlstad, SWE | 20.02.2005 |
| 8.40 | Ludvig Sjøstrøm Johansen | 09 | Stange | 12.03.2022 |
| 8.43 | Ali Fredriksen Yetim | 94 | Oslo/Ek | 01.12.2007 |
| 8.58 | Gudmund Bjotveit | 77 | Oslo/Ek | 25.03.1990 |
| 8.63 | Iver Laake | 01 | Rud | 06.12.2014 |
| 8.66 | Iver Løvgaard Faksvåg | 09 | Hvam | 22.01.2022 |
| 8.69 | Christian Iversen | 05 | Hvam | 08.12.2018 |
| 8.71 | Morten Halseth | 97 | Oslo/Ek | 11.12.2010 |
| 8.74 | Erlend Borthen | 92 | Stange | 05.03.2005 |
| 8.75 | Leo Elias Rise | 07 | Hvam | 25.01.2020 |
| 8.79 | Christer Amundsen | 92 | Lillestrøm | 29.01.2005 |
| 8.86 | Kenneth Warming | 82 | Lillestrøm | 19.02.1995 |
| 8.91 | Eirik Kamstrup Hovind | 90 | Stange | 15.03.2003 |
| 9.07 | Kristoffer Kvilten | 90 | Stange | 15.03.2003 |
| 9.07 | Ådne Opaker Øines | 02 | Rud | 11.01.2015 |
| 9.16 | Jørgen Opaker | 97 | Lillestrøm | 23.01.2010 |
| 9.20 | Nils Luke | 90 | Stange | 15.03.1990 |
| 9.23 | Ola Sandvær Aamodt | 95 | Lillestrøm | 26.01.2008 |
| 9.25 | Andreas Løland | 90 | Stange | 15.03.2003 |
| 9.26 | Sondre Opaker Øines | 98 | Lillestrøm | 26.03.2011 |
| 9.29 | Oliver Jordalen Løkken | 06 | Hvam | 26.01.2019 |
| 9.30 | Fabian Vibekken | 09 | Stange | 12.03.2022 |
| 9.32 | Simen Hasselberg | 98 | Stange | 19.03.2011 |
| 9.32 | Henrik Jakobsen | 01 | Rud | 09.02.2014 |
| 9.33 | Jonas Haarborg Bolgen | 96 | Stange | 14.03.2009 |
| 9.47 | Anders Knudsen | 77 | Oslo/Ek | 25.03.1990 |
| 9.50 | Sander Hasselberg | 98 | Stange | 19.03.2011 |
| 9.55 | Jørgen Stuve Dahl | 04 | Hvam | 09.12.2017 |
| 9.76 | Simon Lye Smistad | 07 | Hvam | 26.01.2019 |
| 9.87 | Benjamin Andersen | 00 | Stange | 16.03.2013 |
| 9.90 | Tor Arne Borgersen | 77 | Oslo/Ek | 25.03.1990 |
| 9.93 | Ole Ruud | 82 | Lillestrøm | 19.02.1995 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.1 | Gudmund Bjotveit | 77 | Lillestrøm | 15.12.1990 |
| 8.5 | Ola Nerhagen | 71 | Oslo/Ek | 04.02.1984 |
| 8.5 | Jon Arne Skiaker | 79 | Lillestrøm | 11.01.1992 |
| 9.2 | Tor Arne Borgersen | 77 | Lillestrøm | 18.02.1990 |

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| **GUTTER 13** | **475** |

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| **INNENDØRS** |  |

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| **200m E** |  |

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| 24.75 | Frederick Elias Flåte | 11 | Rud | 30.11.2024 |
| 26.34 | Iver Løvgaard Faksvåg | 09 | Rud | 26.11.2022 |
| 26.79 | Aldric Kenarlikdjan | 09 | Hvam | 03.12.2022 |
| 27.00 | Emil Nordal | 03 | Hvam | 10.12.2016 |
| 27.65 | Ådne Opaker Øines | 02 | Rud | 05.12.2015 |
| 28.27 | Anthony Davies | 92 | Stange | 06.03.2005 |
| 28.28 | Christian Iversen | 05 | Hvam | 08.12.2018 |
| 29.26 | Christer Amundsen | 92 | Stange | 06.03.2005 |
| 29.29 | Marcus Theodor Moen | 99 | Stange | 05.02.2012 |
| 29.35 | Ludvig Sjøstrøm-Johansen | 09 | Stange | 13.03.2022 |
| 29.49 | Ali Fredriksen Yetim | 94 | Oslo/Ek | 01.12.2007 |
| 29.52 | Morten Halseth | 97 | Stange | 24.01.2010 |
| 29.94 | Torjus Svardahl | 03 | Hvam | 16.01.2016 |
| 30.21 | Iver Laake | 01 | Stange | 23.03.2014 |
| 30.35 | Fabian Vibekken | 09 | Hvam | 23.01.2022 |
| 31.26 | Oliver Jordalen Løkken | 06 | Hvam | 26.01.2019 |
| 31.71 | Sondre Westby Liestøl | 99 | Stange | 18.03.2012 |
| 31.97 | Henrik Jakobsen | 01 | Rud | 08.02.2014 |
| 33.12 | Benjamin Andersen | 00 | Stange | 17.03.2013 |

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| **600m** |  |

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| 1:37.27 | Iver Løvgaard Faksvåg | 09 | Rud | 12.02.2022 |
| 1:42.32 | Fabian Vibekken | 09 | Stange | 12.03.2022 |
| 1:45.38 | Oliver Solberg Kårstad | 11 | Hvam | 07.12.2024 |
| 1:45.51 | Jonas Haarborg Bolgen | 96 | Oslo/Ek | 05.12.2009 |
| 1:46.09 | Morten Halseth | 97 | Lillestrøm | 13.03.2010 |
| 1:46.30 | Thomas Løland | 95 | Lillestrøm | 05.04.2008 |
| 1:49.10 | Leo Elias Rise | 07 | Hvam | 25.01.2020 |
| 1:53.20 | Andreas Flåten Børve | 99 | Stange | 04.02.2012 |
| 1:53.60 | Andreas Løland | 90 | Stange | 29.03.2003 |
| 1:53.72 | Peder Børtnes | 01 | Stange | 22.03.2014 |
| 1:54.29 | Gaute Messel Nafstad | 94 | Lillestrøm | 17.02.2007 |
| 1:54.54 | Sondre Opaker Øines | 98 | Lillestrøm | 26.03.2011 |
| 1:55.22 | Michael Løland | 92 | Lillestrøm | 09.04.2005 |
| 1:59.19 | Sondre Westby Liestøl | 99 | Stange | 17.03.2012 |
| 2:00.35 | Simen Hasselberg | 98 | Stange | 19.03.2011 |
| 2:00.37 | Sander Hasselberg | 98 | Stange | 19.03.2011 |
| 2:01.93 | Ådne Opaker Øines | 02 | Stange | 21.03.2015 |
| 2:09.81 | Iver Laake | 01 | Stange | 22.03.2014 |
| 2:18.16 | Hallvard Huuse | 00 | Oslo/Ek | 07.12.2013 |

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| **GUTTER 13** | **476** |

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| **INNENDØRS** |  |

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| **800m** |  |

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| 2:32.29 | Kristoffer Kvilten | 90 | Stange | 16.03.2003 |
| 2:32.89 | Morten Halseth | 97 | Stange | 24.01.2010 |
| 2:33.20 | Andreas Løland | 90 | Stange | 16.03.2003 |
| 2:33.22 | Jonas Haarborg Bolgen | 96 | Karlstad, SWE | 21.02.2009 |
| 2:45.82 | Erik Hovind | 90 | Stange | 16.03.2003 |
| 2:46.03 | Nils Luke | 90 | Stange | 16.03.2003 |
| 2:57.2 | Bent Andersen | 79 | Lillestrøm | 22.02.1992 |

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| **1500m** |  |

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| 6:09.00 | Hans Skarelven Opperud | 08 | Hvam | 06.03.2021 |

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| **60m hekk 76.2 cm E** |  |

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| 10.34 | Marcus Theodor Moen | 99 | Uddevalla, SWE | 14.01.2012 |
| 10.65 | Ola Sandvær Aamodt | 95 | Lillestrøm | 26.01.2008 |
| 11.08 | Oliver Jordalen Løkken | 06 | Hvam | 26.01.2019 |
| 11.35 | Morten Halseth | 97 | Lillestrøm | 13.03.2010 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.61 | Morten Halseth | 97 | Oslo/Ek | 11.12.2010 |
| 1.53 | Christer Amundsen | 92 | Oslo/Ek | 02.12.2005 |
| 1.52 | Marcus Theodor Moen | 99 | Lillestrøm | 28.01.2012 |
| 1.50 | Torbjørn Strand | 76 | Lillestrøm | 02.12.1989 |
| 1.50 | Jon Arne Skiaker | 79 | Lillestrøm | 22.02.1992 |
| 1.45 | Emil Nordal | 03 | Stange | 13.03.2016 |
| 1.40 | Ola Sandvær Aamodt | 95 | Lillestrøm | 26.01.2008 |
| 1.40 | Iver Løvgaard Faksvåg | 09 | Rud | 26.11.2022 |
| 1.35 | Henrik Jakobsen | 01 | Rud | 08.02.2014 |
| 1.30 | Lars Sutterud | 90 | Lillestrøm | 01.02.2003 |
| 1.25 | Jørgen Stuve Dahl | 04 | Hvam | 14.01.2017 |
| 1.20 | Sondre Westby Liestøl | 99 | Lillestrøm | 28.01.2012 |
| 1.20 | Benjamin Andersen | 00 | Stange | 16.03.2013 |
| 1.10 | Magnus Kråbøl | 98 | Stange | 20.03.2011 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 1.40 | Mika Gaungartner | 11 | Hvam | 03.02.2024 |

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| **GUTTER 13** | **477** |

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| **INNENDØRS** |  |

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| --- | --- |
| **Lengde S: Sats i satsfelt** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.90 s | Gudmund Bjotveit | 77 | Oslo/Ek | 25.03.1990 |
| 4.84 s | Christer Amundsen | 92 | Oslo/Ek | 03.12.2005 |
| 4.80 s | Anthony Davies | 92 | Lillestrøm | 29.01.2005 |
| 4.70 s | Kenneth Warming | 82 | Jevnaker | 25.03.1995 |
| 4.70 s | Marcus Theodor Moen | 99 | Stange | 17.03.2012 |
| 4.69 s | Iver Løvgaard Faksvåg | 09 | Rud | 12.02.2022 |
| 4.67 s | Jon Arne Skiaker | 79 | Lillestrøm | 11.01.1992 |
| 4.65 s | Even Jakob Ragnhildsløkken | 08 | Hvam | 04.12.2021 |
| 4.53 s | Ola Sandvær Aamodt | 95 | Lillestrøm | 19.01.2008 |
| 4.21 s | Jonas Haarborg Bolgen | 96 | Lillestrøm | 31.01.2009 |
| 4.15 s | Sondre Opaker Øines | 98 | Lillestrøm | 26.03.2011 |
| 4.13 s | Jørgen Stuve Dahl | 04 | Hvam | 09.12.2017 |
| 4.10 s | Henrik Jakobsen | 01 | Ruud | 09.02.2014 |
| 3.91 s | Iver Laake | 01 | Fredrikstad | 02.02.2014 |
| 3.83 s | Ådne Opaker Øines | 02 | Stange | 21.03.2015 |
| 3.71 | Bård Lindahl | 57 | Lillestrøm/Pl | 15.02.1970 |
| 3.70 s | Sondre Westby Liestøl | 99 | Stange | 17.03.2012 |
| 3.48 s | Benjamin Andersen | 00 | Stange | 16.03.2013 |

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| **Tresteg S: Sats i satsfelt** |  |

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| --- | --- | --- | --- | --- |
| 9.58 s | Iver Løvgaard Faksvåg | 09 | Rud | 13.02.2022 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.19 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 10.03.1987 |
| 1.15 | Jarle Sæthermoen | 70 | Haga/Fr | 20.03.1983 |
| 1.15 | Torbjørn Strand | 76 | Jessheim/Je | 16.03.1989 |
| 0.91 | Knut Kongshaug | 94 | Jessheim | 12.02.2007 |
| 0.85 | Daniel Hirch | 76 | Jessheim/Je | 16.03.1989 |

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| --- | --- |
| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.53 | Morten Knutsen | 70 | Haga/Fr | 20.03.1983 |
| 2.49 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 10.03.1987 |
| 2.46 | Jon Arne Skiaker | 79 | Lillestrøm/Sk | 27.11.1992 |
| 2.31 | Martin Bratfos | 47 | Jessheim | 03.04.1960 |
| 2.25 | Christer Amundsen | 92 | Jessheim/No | 14.03.2005 |
| 2.18 | Hans Marius Hansen | 95 | Jessheim | 03.03.2008 |
| 2.17 | Thomas Løland | 95 | Jessheim | 11.02.2008 |
| 2.16 | Frode Bekken | 59 | Skjetten/St | 12.03.1972 |
| 2.14 | Finn Ugletveit | 49 | Lillestrøm/Vi | 21.02.1962 |

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| **GUTTER 13** | **478** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp forts.** |  |

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| --- | --- | --- | --- | --- |
| 2.13 | Pål Berg | 49 | Lillestrøm/Vi | 21.02.1962 |
| 2.13 | Daniel Horch | 76 | Jessheim/Je | 16.03.1989 |
| 2.12 | Ørnulf Brekke | 67 | Fetsund | 15.03.1980 |
| 2.11 | Jarle Sæthermoen | 70 | Haga/Fr | 20.03.1983 |
| 2.07 | Anthony Davies | 92 | Jessheim/No | 14.03.2005 |
| 2.05 | Øyvind Arnegård | 75 | Jessheim/Je | 10.03.1988 |
| 2.03 | Knut Kongshaug | 94 | Jessheim | 12.02.2007 |
| 1.95 | Ole Semming Wiig | 69 | Haga/Fr | 26.03.1982 |
| 1.95 | Pål Christian Torvund | 76 | Jessheim/Je | 16.03.1989 |
| 1.93 | Tron Wiig | 72 | Jessheim/Je | 12.03.1985 |
| 1.93 | Ronald Davies | 75 | Jessheim/Je | 10.03.1988 |
| 1.93 | Eivind Haukeland utendørs | 06 | Jessheim | 16.09.2019 |

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| **Kule 3** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.44 | Morten Halseth | 97 | Oslo/Ek | 11.12.2010 |
| 11.31 | Marcus Theodor Moen | 99 | Oslo/Ek | 01.12.2012 |
| 11.08 | Ingar Ørum | 77 | Lillestrøm | 15.12.1990 |
| 10.27 | Christer Amundsen | 92 | Oslo/Ek | 03.12.2005 |
| 10.50 | Jørgen Stuve Dahl | 04 | Hvam | 09.12.2017 |
| 10.19 | Håvard Mathisen | 77 | Oslo/Ek | 25.03.1990 |
| 9.96 | Lars Sutterud | 90 | Stange | 29.03.2003 |
| 9.25 | Emil Nordal | 03 | Stange | 13.03.2016 |
| 9.04 | Aldric Kenarlikdijan | 09 | Hvam | 03.12.2022 |
| 7.98 | Frode Bekken | 59 | Lillestrøm/Pl | 19.02.1972 |
| 7.20 | Kenneth Warming | 82 | Jevnaker | 25.03.1995 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 6.44 | Magnus Kråbøl | 98 | Stange | 20.03.2011 |

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| **4x100m E** |  |

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

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| **600m (70-100-200-230)** |  |

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| --- | --- | --- | --- | --- |
| 1:41.31 | G13 |  | Hvam | 03.12.2022 |
| Carl Jensen11-Edward Wilberg11-Brage Jansberg11-Andreas Nordgård09 | | | |

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| **GUTTER 12** | **479** |

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| **40m E** |  |

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| --- | --- | --- | --- | --- |
| 6.20 | Jon Arne Skiaker | 79 | Jessheim | 28.05.1991 |
| 6.83 | Kristian Finstad | 79 | Jessheim | 28.05.1991 |
| 7.06 | Tor Olav Hauge | 79 | Jessheim | 28.05.1991 |
| 7.07 | Georg Tanderø | 79 | Jessheim | 28.05.1991 |
| 7.41 | Erik Eriksen | 79 | Jessheim | 28.05.1991 |
| 7.91 | Kjetil Taraldlien | 79 | Jessheim | 28.05.1991 |

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| **40m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.1 | Gudmund Bjotveit | 77 | Jessheim | 30.09.1989 |
| 6.4 | Kristopher Matheson | 76 | Jessheim | 30.05.1988 |
| 6.6 | Atle Skauen | 77 | Jessheim | 30.05.1989 |
| 6.7 | Sven Inge Bråten | 76 | Jessheim | 30.05.1988 |
| 6.8 | Lars Gjerdalen | 76 | Jessheim | 30.05.1988 |
| 6.9 | Pål Christian Torvund | 76 | Jessheim | 19.05.1988 |
| 6.9 | Anders Knudsen | 77 | Jessheim | 30.05.1989 |
| 7.2 | Kristian Hauge | 76 | Jessheim | 19.05.1988 |
| 7.2 | Fredrik Hansen | 77 | Jessheim | 30.05.1989 |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.58 | Jon Arne Skiaker | 79 | Sofiemyr | 28.05.1991 |
| 8.65 | Anthony Davies | 92 | Lillehammer/Ss | 26.06.2004 |
| 8.67 | Gudmund Bjotveit | 77 | Grimstad | 08.07.1989 |
| 8.78 | Audun Sjøstrøm Johansen | 09 | Jessheim | 30.09.2021 |
| 8.80 | Iver Frigaard Faksvåg | 09 | Drammen/Ma | 22.08.2021 |
| 8.82 | Hans Kærsgaard | 92 | Jessheim | 14.06.2004 |
| 9.02 | Eirik Kamstrup Hovind | 90 | Jessheim | 20.06.2002 |
| 9.02 | Thomas Roth | 91 | Asker/Fø | 23.08.2003 |
| 9.04 | Martin Anthonisen | 87 | Jessheim | 24.09.1999 |
| 9.06 | Christer Amundsen | 92 | Lillehammer/Ss | 26.06.2004 |
| 9.06 | Leo Elias Rise | 07 | Jessheim | 10.08.2019 |
| 9.13 | Ole Eriksen | 91 | Nadderud | 15.06.2003 |
| 9.17 | Marius Nyeggen | 94 | Lillehammer/Ss | 24.06.2006 |
| 9.18 | Ola Sandvær Aamodt | 95 | Asker/Fø | 02.06.2007 |
| 9.18 | Jens Andersen | 96 | Jessheim | 12.06.2008 |
| 9.22 | Iver Laake | 01 | Ski | 10.08.2013 |
| 9.24 | Jørgen Opaker | 97 | Asker/Fø | 06.06.2009 |
| 9.24 | Sverre Gjesteby | 00 | Lillestrøm | 26.05.2012 |
| 9.30 | Andreas Løland | 90 | Jessheim | 20.06.2002 |
| 9.35 | Jonas Haarborg Bolgen | 96 | Asker/Fø | 31.05.2008 |
| 9.36 | Morten Halseth | 97 | Oslo/Bi | 18.09.2009 |
| 9.40 | Nils Luke | 90 | Lillehammer/Ss | 29.06.2002 |
| 9.41 | Johan Hillveg | 88 | Jessheim | 31.08.2000 |

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| **GUTTER 12** | **480** |

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

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| --- | --- | --- | --- | --- |
| 9.45 | Oscar Nystuen | 09 | Jessheim | 30.08.2021 |
| 9.48 | Måns Schøning Lie | 96 | Asker/Fø | 31.05.2008 |
| 9.49 | Espen Nyhus | 89 | Jessheim | 28.05.2001 |
| 9.51 | Per Sindre Wolden | 97 | Jessheim | 19.09.2009 |
| 9.54 | Henrik Jakobsen | 01 | Lillestrøm | 25.05.2013 |
| 9.55 | Martin Fald Gården | 90 | Jessheim | 20.06.2002 |
| 9.56 | Mathias Forsmo Judre | 03 | Jessheim | 04.06.2015 |
| 9.56 | Emil Nordal | 03 | Lillehammer/Ss | 20.06.2015 |
| 9.64 | Simon Lye Smistad | 07 | Jessheim | 06.06.2019 |
| 9.70 | Lars Sutterud | 90 | Jessheim | 20.06.2002 |
| 9.71 | Michael Løland | 92 | Lillehammer/Ss | 26.06.2004 |
| 9.71 | Christian Løland | 97 | Lillehammer/Ss | 20.06.2009 |
| 9.72 | Kristoffer Kvilten | 90 | Jessheim | 20.06.2002 |
| 9.72 | Ådne Opaker Øines | 02 | Göteborg, SWE | 28.06.2014 |
| 9.73 | Morten Melby Dahl | 96 | Jessheim | 02.06.2008 |
| 9.76 | Anders Gustavsen | 89 | Jessheim | 19.08.2001 |
| 9.81 | Hannes Fjellestad | 02 | Jessheim | 05.05.2014 |
| 9.84 | Erik Magnus Holter | 99 | Lillehammer/Ss | 25.06.2011 |
| 9.89 | Andreas Børve | 99 | Jessheim | 04.06.2011 |
| 9.98 | Kristian Finstad | 79 | Jessheim | 28.05.1991 |
| 9.98 | Gaute Messel Nafstad | 94 | Jessheim | 21.08.2006 |
| 10.00 | Sondre Westby Liestøl | 99 | Jessheim | 04.06.2011 |
| 10.01 | Tor Olav Hauge | 79 | Jessheim | 28.05.1991 |
| 10.01 | Sondre Opaker Øines | 98 | Lillehammer/Ss | 19.06.2010 |
| 10.05 | Kristian Hov | 97 | Nadderud | 13.06.2009 |
| 10.05 | Peder Børtnes | 01 | Ski | 10.08.2013 |
| 10.06 | Victor Rosenlind | 00 | Jessheim | 20.05.2012 |
| 10.08 | Christopher Aanda | 92 | Asker/Fø | 21.04.2004 |
| 10.21 | Georg Tanderø | 79 | Jessheim | 28.06.1991 |
| 10.28 | Sindre Tofthagen | 88 | Jessheim | 22.05.2000 |
| 10.31 | Eirik Bjørk Halvorsen | 04 | Jessheim | 02.06.2016 |
| 10.39 | Andreas Iversen | 03 | Jessheim | 04.06.2015 |
| 10.44 | Joakim Halvorsen | 92 | Lillehammer/Ss | 26.06.2004 |
| 10.51 | Henrik Næss | 96 | Jessheim | 12.06.2008 |
| 10.55 | Erlend Berg | 96 | Jessheim | 02.06.2008 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Martin Bratfos | 47 | Oslo/Jo | 10.06.1959 |
| 8.3 | Ingar Ingerø | 49 | Jessheim | 17.08.1961 |
| 8.4 | Morten Knutsen | 70 | Lillestrøm | 12.09.1982 |
| 8.5 | Frode Bekken | 59 | Jessheim | 06.06.1971 |
| 8.5 | Trond Ørbeck | 62 | Lørenfallet | 03.09.1974 |

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| **GUTTER 12** | **481** |

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| **60m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 8.5 | Ørnulf Brekke | 67 | Strømmen | 02.06.1979 |
| 8.5 | Ola Sandvær Aamodt | 95 | Jessheim | 04.06.2007 |
| 8.6 | Einar Hellum | 47 | Jessheim | 19.08.1959 |
| 8.6 | Gunnar Aarø | 49 | Oslo/Fr | 04.06.1961 |
| 8.6 | Jarle Sæthermoen | 70 | Rolvsrud | 19.09.1982 |
| 8.6 | Gudmund Bjotveit | 77 | Bjørkelangen | 09.09.1989 |
| 8.7 | Ole Eriksen | 91 | Jessheim | 18.08.2003 |
| 8.8 | Øivind Nilsen | 46 | Råholt | 28.06.1958 |
| 8.8 | Claus Nerhagen | 59 | Lillestrøm | 18.09.1971 |
| 8.8 | Jon Arne Skiaker | 79 | Strømmen | 15.06.1991 |
| 8.8 | Christer Amundsen | 92 | Jessheim | 12.07.2004 |
| 8.9 | Bjørn Hellum | 48 | Råholt | 20.08.1960 |
| 8.9 | Jon Martinsen | 48 | Jessheim | 05.07.1960 |
| 8.9 | Per Nafstad | 50 | Jessheim | 07.09.1962 |
| 8.9 | Jon Henriksen | 60 | Nannestad | 07.07.1972 |
| 8.9 | Frode Grøndahl | 69 | Nannestad | 12.09.1981 |
| 8.9 | Ola Nerhagen | 71 | Jessheim | 04.08.1983 |
| 8.9 | Roger Rønning | 71 | Jessheim | 22.09.1983 |
| 8.9 | Sverre Gjesteby | 00 | Jessheim | 12.06.2012 |
| 9.0 | Jan Kopperud | 46 | Råholt | 28.06.1958 |
| 9.0 | Øyvind Arnegård | 76 | Jessheim | 06.08.1988 |
| 9.0 | Eirik Kamstrup Hovind | 90 | Jessheim | 12.09.2002 |
| 9.1 | Nils Kristen Wiig | 43 | Eidsvoll | 07.08.1955 |
| 9.1 | Espen Nyhus | 89 | Jessheim | 21.05.2001 |
| 9.1 | Andreas Løland | 90 | Jessheim | 21.05.2002 |
| 9.1 | Marius Nyeggen | 94 | Jessheim | 15.06.2006 |
| 9.2 | Torbjørn Næss | 68 | Lillestrøm | 25.08.1980 |
| 9.2 | Michael Løland | 92 | Jessheim | 09.09.2004 |
| 9.2 | Arne August Søgaard | 94 | Jessheim | 12.06.2006 |
| 9.2 | Gaute Messel Nafstad | 94 | Jessheim | 12.06.2006 |
| 9.2 | Jørgen Opaker | 97 | Jessheim | 04.06.2009 |
| 9.3 | Lorang Fjelly | 48 | Råholt | 20.08.1960 |
| 9.3 | Finn Ugletveit | 49 | Råholt | 17.09.1961 |
| 9.3 | Eirik Kamstrup Hovind | 89 | Jessheim | 21.05.2001 |
| 9.4 | Jan Eriksen | 44 | Strømmen | 26.08.1956 |
| 9.4 | Øivind Kjørmo | 56 | Råholt | 31.08.1968 |
| 9.4 | Bent Jørgensen | 75 | Jessheim | 23.09.1987 |
| 9.4 | Anders Knudsen | 77 | Jessheim | 05.06.1989 |
| 9.4 | Ingar Ørum | 77 | Jessheim | 25.09.1989 |
| 9.4 | Martin Fald Gården | 90 | Jessheim | 21.05.2002 |
| 9.4 | Morten Halseth | 97 | Jessheim | 04.06.2009 |
| 9.4 | Christian Løland | 97 | Jessheim | 04.06.2009 |
| 9.5 | Arild Holum | 63 | Strømmen | 11.06.1975 |

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| **GUTTER 12** | **482** |

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| **60m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 9.5 | Nils Luke | 90 | Årnes | 03.07.2002 |
| 9.5 | Kristoffer Kvilten | 90 | Jessheim | 12.09.2002 |
| 9.5 | Harald Tronsli | 91 | Jessheim | 18.08.2003 |
| 9.6 | Jan Aas | 44 | Jessheim | 30.09.1956 |
| 9.6 | Jon Martinsen | 47 | Jessheim | 19.08.1959 |
| 9.6 | Harald Heggelund | 80 | Jessheim | 08.08.1992 |
| 9.6 | Ole Jacobsen | 91 | Jessheim | 20.05.2003 |
| 9.6 | Benjamin Andersen | 00 | Jessheim | 12.06.2012 |
| 9.7 | Rolf Sletvold | 36 | Nannestad | 10.07.1949 |
| 9.7 | Sven Jensen | 44 | Jessheim | 20.09.1956 |
| 9.7 | Hans Bratfos | 49 | Nannestad | 20.06.1961 |
| 9.7 | Tor Andre Borgersen | 77 | Jessheim | 25.09.1989 |
| 9.7 | Trond Erik Bakkerud | 77 | Jessheim | 25.09.1989 |
| 9.7 | Bjørn Olav Andersen | 81 | Jessheim | 01.06.1993 |
| 9.7 | Andre Rasen | 00 | Jessheim | 12.06.2012 |
| 9.8 | Svend Magnussen | 44 | Jessheim | 30.09.1956 |
| 9.8 | Finn Larsen | 50 | Jessheim | 07.09.1962 |
| 9.8 | Jan Erik Hagen | 56 | Råholt | 31.08.1968 |
| 9.8 | Christopher Aanda | 92 | Jessheim | 27.05.2004 |
| 9.8 | Sondre Opaker Øines | 98 | Lillestrøm | 29.05.2010 |
| 9.8 | Hannes Fjellestad | 02 | Jessheim | 05.06.2014 |
| 9.9 | Thor Gystad | 19 | Jessheim | 26.09.1931 |

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| **80m E** |  |

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| --- | --- | --- | --- | --- |
| 11.52 | Anthony Davies | 92 | Göteborg, SWE | 03.07.2004 |

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| **80m M** |  |

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| --- | --- | --- | --- | --- |
| 11.9 | Gudmund Bjotveit | 77 | Årnes | 21.06.1989 |
| 12.4 | Terje Brodshaug | 51 | Råholt | 22.09.1963 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 14.36 | Iver Faksvåg Løvgaard | 09 | Jessheim | 29.05.2021 |
| 16.34 | Ådne Opaker Øines | 02 | Jessheim | 08.05.2014 |

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| **GUTTER 12** | **483** |

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| --- | --- |
| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 13.9 | Ørnulf Brekke | 67 | Jessheim | 30.06.1979 |
| 13.9 | Morten Knutsen | 70 | Jessheim | 26.08.1982 |
| 14.1 | Frode Bekken | 59 | Nadderud | 27.06.1971 |
| 14.1 | Claus Nerhagen | 59 | Lillestrøm | 19.09.1971 |
| 14.4 | John Backe-Bogstad | 61 | Lillestrøm | 22.06.1973 |
| 14.5 | Ole Semming Wiig | 69 | Strømmen | 18.05.1981 |
| 14.5 | Gudmund Bjotveit | 77 | Nannestad | 14.06.1989 |
| 14.8 | Jon Henriksen | 60 | Nannestad | 07.07.1972 |
| 15.0 | Torbjørn Næss | 68 | Blaker/Br | 28.06.1980 |
| 15.3 | Torbjørn Wiig | 77 | Nannestad | 14.06.1989 |
| 15.3 | Atle Skaugen | 77 | Jessheim | 28.09.1989 |
| 15.5 | Tor Arne Borgersen | 77 | Nannestad | 24.06.1989 |
| 15.8 | Anders Knutsen | 77 | Jessheim | 28.09.1989 |
| 15.9 | Kjell Arild Johansen | 58 | Råholt | 20.09.1970 |
| 16.3 | Hans Bålsrud | 57 | Jessheim | 24.06.1969 |
| 16.5 | Ingar Ørum | 77 | Nannestad | 14.06.1989 |
| 16.7 | Trond Erik Bakkerud | 77 | Nannestad | 14.06.1989 |
| 17.0 | Christian Tollerud | 77 | Nannestad | 14.06.1989 |
| 17.0 | Håvard Mathisen | 77 | Jessheim | 14.06.1989 |
| 17.4 | Fredrik Hansen | 77 | Nannestad | 14.06.1989 |

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| **150m E** |  |

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| --- | --- | --- | --- | --- |
| 21.73 | Ivar Frigaard Faksvåg | 09 | Lillehammer/Ss | 26.06.2021 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 27.74 | Iver Løvgaard Faksvåg | 09 | Nadderud | 19.09.2021 |
| 28.80 | Hans Kærsgaard | 92 | Jessheim | 20.09.2004 |
| 29.36 | Anthony Davies | 92 | Nadderud | 13.06.2004 |
| 30.30 | Leo Elias Rise | 07 | Jessheim | 10.08.2019 |
| 30.48 | Morten Halseth | 97 | Jessheim | 03.09.2009 |
| 30.86 | Jonas Haarborg Bolgen | 96 | Lillehammer/Ss | 19.06.2008 |
| 30.94 | Sverre Gjesteby | 00 | Sofiemyr | 26.08.2012 |
| 31.03 | Iver Laake | 01 | Sofiemyr | 25.08.2013 |
| 31.50 | Christer Amundsen | 92 | Nadderud | 13.06.2004 |
| 31.62 | Harald Tronsli | 92 | Nadderud | 13.06.2004 |
| 31.66 | Eivind Damstuen | 92 | Nadderud | 13.06.2004 |
| 31.90 | Christian Løland | 97 | Jessheim | 03.09.2009 |
| 32.54 | Oliver Jordalen Løkken | 06 | Jessheim | 12.08.2018 |
| 32.61 | Per Sindre Wolden | 97 | Jessheim | 19.09.2009 |
| 34.10 | Ådne Opaker Øines | 02 | Jessheim | 27.05.2012 |
| 35.47 | Petter Dammen | 95 | Jessheim | 16.08.2007 |
| 36.22 | Henrik Næss | 94 | Jessheim | 17.08.2006 |

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| **GUTTER 12** | **484** |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 31.5 | Jonas Haarborg Bolgen | 96 | Jessheim | 04.09.2008 |
| 32.3 | Henrik Jakobsen | 01 | Jessheim | 30.05.2013 |
| 32.5 | Karsten Rognerud | 98 | Jessheim | 03.09.2010 |
| 32.7 | Kneight Mkanda | 96 | Jessheim | 04.09.2008 |
| 32.8 | Sondre Westby Liestøl | 99 | Jessheim | 03.09.2011 |
| 33.0 | Vetle Grønvold Eriksen | 96 | Jessheim | 04.09.2008 |
| 33.1 | Andreas Børve | 99 | Jessheim | 03.09.2011 |
| 33.1 | Peder Børtnes | 01 | Jessheim | 30.05.2013 |
| 34.4 | Lars Erik Aas | 71 | Hauerseter | 14.06.1983 |
| 34.6 | Mikael Ådland Gulliksen | 98 | Jessheim | 03.09.2010 |
| 34.8 | Henrik Liland | 96 | Jessheim | 04.09.2008 |

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| **300m E** |  |

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| 44.23 | Iver Løvgaard Faksvåg | 09 | Drammen/Ma | 22.08.2021 |

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 49.0 | Kjell Arild Johansen | 59 | Lillestrøm | 19.09.1971 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 61.8 | Claus Nerhagen | 59 | Roskilde, DEN | 28.08.1971 |
| 60.9 | Roger Rønning | 71 | Kirkenær | 23.05.1983 |

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| **600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:36.5 | Claus Nerhagen | 59 | Hønefoss | 26.09.1971 |
| 1:37.04 | Iver Løvgaard Faksvåg | 09 | Nadderud | 18.09.2021 |
| 1:41.86 | Jonas Haaborg Bolgen | 96 | Nadderud | 07.06.2008 |
| 1:46.16 | Morten Halseth | 97 | Lillehammer/Ss | 21.06.2009 |
| 1:49.35 | Michael Løland | 92 | Nadderud | 11.06.2004 |
| 1:49.7 | Jon Henriksen | 60 | Lørenfallet | 27.06.1972 |
| 1:50.5 | Kåre Svensson | 62 | Strømmen | 11.09.1974 |
| 1:52.07 | Jørgen Gundersen | 95 | Stavanger | 15.06.2007 |
| 1:52.20 | Christian Løland | 97 | Oslo/Bi | 23.05.2009 |
| 1:53.27 | Åsmund Wennemo | 94 | Oslo/Bi | 18.08.2006 |
| 1:54.3 | Jon Ranklev Hansen | 60 | Råholt | 10.09.1972 |
| 1:54.45 | Leo Elias Rise | 07 | Jessheim | 10.08.2019 |
| 1:55.55 | Sondre Westby Liestøl | 99 | Lillestrøm | 29.05.2011 |
| 1:55.93 | Emil Nordal | 03 | Lillehammer/Ss | 21.06.2015 |
| 1:57.36 | Peder Børtnes | 01 | Ski | 10.08.2013 |
| 1:58.24 | Andrè Rasen | 00 | Oslo/Bi | 08.06.2012 |
| 1:58.39 | Sverre Gjesteby | 00 | Lillestrøm | 27.05.2012 |
| 1:59.27 | Marius Nyeggen | 94 | Bjørkelangen | 10.06.2006 |
| 2:01.51 | Henrik Liland | 96 | Lillestrøm | 14.06.2008 |
| **GUTTER 12** | | **485** | | |

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| **600m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:01.7 | Iver Laake | 01 | Jessheim | 30.05.2013 |
| 2:02.1 | Per Børtnes | 01 | Jessheim | 30.05.2013 |
| 2:02.43 | Jonas Haarborg Bolgen | 96 | Jessheim | 02.06.2008 |
| 2:04.11 | Erik Magnus Holter | 99 | Lillehammer/Ss | 26.06.2011 |
| 2:04.60 | Henrik Jakobsen | 01 | Lillehammer/Ss | 23.06.2013 |
| 2:05.51 | Vetle Christiansen | 95 | Jessheim | 04.06.2007 |
| 2:07.95 | Henrik Liland | 96 | Jessheim | 02.06.2008 |
| 2:08.36 | Marcus Pettersen | 12 | Jessheim | 10.08.2024 |
| 2:11.41 | Erlend Berg | 96 | Jessheim | 18.08.2008 |
| 2:16.11 | Carl Bauck Jensen | 11 | Jessheim | 12.08.2023 |
| 2:26.4 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 27.08.2007 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:28.5 | Torbjørn Næss | 68 | Jessheim | 19.08.1980 |
| 2:31.9 | Frode Grøndahl | 69 | Drammen/Ma | 13.09.1981 |
| 2:33.6 | Karl Johan Nyquist | 91 | Jessheim | 25.09.2003 |
| 2:37.20 | Kristoffer Kvilten | 90 | Lillehammer/Ss | 30.06.2002 |
| 2:37.14 | Andreas Løland | 90 | Jessheim | 21.06.2002 |
| 2:34.2 | Morten Knutsen | 70 | Lillestrøm | 12.09.1982 |
| 2:37.9 | Tomas Lundring | 75 | Jessheim | 15.08.1987 |
| 2:40.2 | Michael Løland | 92 | Jessheim | 16.08.2004 |
| 2:40.4 | Morten Halseth | 97 | Jessheim | 19.09.2009 |
| 2:40.64 | Nils Luke | 90 | Lillehammer/Ss | 30.06.2002 |
| 2:42.14 | Martin Andre Enebakk | 06 | Jessheim | 27.09.2018 |
| 2:42.8 | Eivind Skolt | 83 | Jessheim | 14.08.1995 |
| 2:43.0 | Eirik Kamstrup Hovind | 90 | Jessheim | 21.06.2002 |
| 2:43.47 | Hans Kærsgaard | 92 | Jessheim | 14.06.2004 |
| 2:43.7 | Sondre Westby Liestøl | 99 | Jessheim | 19.09.2011 |
| 2:44.36 | Jon Arne Skiaker | 79 | Hønefoss | 31.08.1991 |
| 2:45.0 | Brage Ekroll Jahren | 91 | Jessheim | 25.09.2003 |
| 2:45.21 | Espen Nyhus | 89 | Jessheim | 18.08.2001 |
| 2:45.3 | Gaute Messel Nafstad | 94 | Jessheim | 23.09.2006 |
| 2:46.76 | Martin Fald Gården | 90 | Lillehammer/Ss | 30.06.2002 |
| 2:47.04 | Sverre Gjesteby | 00 | Sofiemyr | 26.08.2012 |
| 2:48.46 | Jonas Teksum | 06 | Jessheim | 27.09.2018 |
| 2:50.3 | Ole Eriksen | 91 | Jessheim | 25.09.2003 |
| 2:53.14 | Stian Skafle | 88 | Jessheim | 31.08.2000 |
| 2:53.82 | Sindre Tofthagen | 88 | Jessheim | 31.08.2000 |
| 2:58.0 | Kristian Fredheim | 89 | Jessheim | 04.07.2001 |
| 2:58.3 | Eirik Bjørk Halvorsen | 04 | Jessheim | 15.10.2016 |
| 3:02.1 | Tomm Fredagsvik | 76 | Jessheim | 22.08.1988 |
| 3:02.3 | Kristian Finstad | 79 | Jessheim | 19.08.1991 |
| 3:02.7 | Kristian Hansen | 86 | Jessheim | 17.08.1998 |

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| **GUTTER 12** | **486** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 3:06.9 | Bjørn Andersen | 81 | Jessheim | 20.09.1993 |
| 3:07.4 | Simon Lye Smistad | 07 | Jessheim | 26.09.2019 |
| 3:07.7 | Jakob Antti Sveen | 04 | Jessheim | 15.10.2016 |
| 3:09.31 | Oliver Løkken | 06 | Jessheim | 27.09.2018 |
| 3:09.4 | Kristian Hauge | 76 | Jessheim | 19.05.1988 |
| 3:09.5 | Pål Christian Torvund | 76 | Jessheim | 19.05.1988 |
| 3:10.0 | Henrik Liland | 95 | Jessheim | 22.09.2007 |
| 3:13.6 | Jarle Fredagsvik | 79 | Jessheim | 19.09.1991 |
| 3:13.9 | Vetle Grønvold Eriksen | 96 | Jessheim | 20.09.2008 |

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| **1000m** |  |

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| 3:12.8 | Torbjørn Næss | 68 | Bohus, SWE | 26.07.1980 |
| 3:14.0 | Frode Grøndahl | 69 | Uddevalla, SWE | 26.07.1981 |
| 3:45.3 | Thorbjørn Wiig | 77 | Nannestad | 14.06.1989 |
| 4:13.0 | Ror-Andre Bergersen | 77 | Nannestad | 14.06.1989 |
| 4:17.0 | Håvard Mathisen | 77 | Nannestad | 14.06.1989 |
| 4:33.0 | Fredrik Hansen | 77 | Nannestad | 14.06.1989 |
| 4:46.2 | Trond-Erik Bakkerud | 77 | Nannestad | 14.06.1989 |
| 4:52.0 | Christian Tollerud | 77 | Nannestad | 14.06.1989 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:54.70 | Iver Løvgaard Faksvåg | 09 | Oslo/Bi | 09.06.2021 |
| 5:27.8 | Eivind Skolt | 83 | Jessheim | 12.06.1995 |
| 5:48.6 | Ola Nerhagen | 71 | Jessheim | 03.10.1983 |
| 5:49.0 | Lars Wilhelmsen | 71 | Jessheim | 03.10.1983 |
| 6:18.9 | Tomm Fredagsvik | 76 | Jessheim | 13.06.1988 |
| 6:24.60 | Carl Bauck Jensen | 11 | Jessheim | 08.06.2023 |
| 6:27.5 | Kristian Finstad | 79 | Jessheim | 10.06.1991 |
| 6:49.2 | Anders Knudsen | 77 | Jessheim | 25.09.1988 |
| 6:51.1 | Jarle Fredagsvik | 79 | Jessheim | 10.06.1991 |
| 7:00.7 | Håvard Mathisen | 77 | Jessheim | 25.09.1989 |

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| **5km veiløp** |  |

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| 26:18 | Carl Magnus Jensen | 11 | Jessheim | 30.09.2023 |

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| **60m hekk 68 cm E** |  |

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| 10.96 | Ola Sandvær Aamodt | 95 | Jessheim | 18.06.2006 |

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| **GUTTER 12** | **487** |

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| **60m hekk 76.2 cm E** |  |

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| 10.43 | Marcus Theodor Moen | 99 | Oslo/Bi | 18.08.2011 |
| 11.10 | Sverre Gjesteby | 00 | Nadderud | 17.06.2012 |
| 11.11 | Ola Sandvær Aamodt | 95 | Nadderud | 17.06.2007 |
| 11.26 | Morten Halseth | 97 | Asker/Fø | 07.06.2009 |
| 12.76 | Lars Sutterud | 90 | Bjørkelangen | 01.06.2002 |
| 13.49 | Kristian Hov | 97 | Asker/Fø | 97.06.2009 |
| 10.1 | Morten Knutsen | 70 | Larvik/Lo | 04.09.1982 |
| 11.4 | Jarle Sæthermoen | 70 | Larvik/Lo | 04.09.1982 |
| 12.6 | Fredrik Hansen | 77 | Bjørkelangen | 10.09.1989 |
| 12.8 | Tomas Lundring | 75 | Jessheim | 15.08.1987 |
| 12.9 | Bent Jørgensen | 75 | Jessheim | 23.09.1987 |
| 13.5 | Torbjørn Wiig | 77 | Fetsund/Fe | 14.08.1989 |
| 14.2 | Ingar Ørum | 77 | Fetsund/Fe | 14.08.1989 |
| 15.9 | Richard Mack | 77 | Fetsund/Fe | 14.08.1989 |
| 16.1 | Anders Knudsen | 77 | Fetsund/Fe | 14.08.1989 |

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| **200m hekk 68 E** |  |

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| 35.04 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 14.09.2021 |

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| **5 km landevei** |  |

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| 18:11 | Iver Løvgaard Faksvåg | 09 | Jessheim | 02.10.2021 |
| 21:10 | Marius Myren | 09 | Jessheim | 02.10.2021 |
| 26.58 | Carl Magnus Jensen | 11 | Jessheim | 30.04.2023 |

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| **10 km landevei** |  |

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| 40:15 | Sondre Norheim | 05 | Oslo | 16.09.2017 |
| 51:44 | Kristian Algarheim | 10 | Jessheim | 13.11.2022 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Ola Sandvær Aamodt | 95 | Nadderud | 09.06.2007 |
| 1.46 | Morten Halseth | 97 | Lisleby | 29.08.2009 |
| 1.45 | Marcus Theodor Moen | 99 | Nadderud | 24.09.2011 |
| 1.40 | Sverre Gjesteby | 00 | Lillestrøm | 26.05.2012 |
| 1.35 | Anthony Davies | 92 | Nadderud | 13.06.2004 |
| 1.35 | Emil Nordal | 03 | Lillestrøm | 20.06.2015 |
| 1.35 | Iver Løvgaard Faksvåg | 09 | Jessheim | 29.05.2021 |
| 1.30 | Dan Brokke | 62 | Strømmen | 11.09.1974 |
| 1.30 | Lars Sutterud | 90 | Bjørkelangen | 01.06.2002 |
| 1.30 | Erik Magnus Holter | 99 | Nadderud | 24.09.2011 |
| 1.30 | Adrian Lind | 00 | Jessheim | 23.08.2012 |

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| **GUTTER 12** | **488** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.28 | Gunnar Aarø | 49 | Jessheim | 17.08.1961 |
| 1.28 | Ingar Ingerø | 49 | Jessheim | 10.09.1961 |
| 1.28 | Måns Schønning Lie | 96 | Jessheim | 02.06.2008 |
| 1.25 | Finn Ugletveit | 49 | Strømmen | 03.09.1961 |
| 1.25 | Per Nafstad | 50 | Råholt | 12.09.1962 |
| 1.25 | Frode Bekken | 59 | Lillestrøm | 18.09.1971 |
| 1.25 | John Backe-Bogstad | 61 | Lillestrøm | 18.06.1973 |
| 1.25 | Eivind Damstuen | 92 | Nadderud | 13.06.2004 |
| 1.25 | Christer Amundsen | 92 | Nadderud | 13.06.2004 |
| 1.25 | Henrik Jakobsen | 01 | Lillestrøm | 25.05.2013 |
| 1.24 | Nils Kristen Wiig | 43 | Jessheim | 28.08.1955 |
| 1.23 | Einar Hellum | 47 | Jessheim | 13.09.1959 |
| 1.20 | Jon Ranklev Hansen | 60 | Råholt | 10.09.1972 |
| 1.20 | Trond Erik Bakkerud | 77 | Bjørkelangen | 24.08.1989 |
| 1.20 | Bård Hole | 67 | Jessheim | 19.08.1979 |
| 1.20 | Ingar Ørum | 77 | Bjørkelangen | 24.08.1989 |
| 1.20 | Christopher Aanda | 92 | Oslo/La | 18.06.2004 |
| 1.20 | Benjamin Andersen | 00 | Jessheim | 23.08.2012 |
| 1.18 | Martin Bratfos | 47 | Jessheim | 13.09.1959 |
| 1.15 | Bjørn Hellum | 48 | Jessheim | 05.07.1960 |
| 1.15 | Ole Semming Wiig | 69 | Jessheim | 26.09.1981 |
| 1.15 | Lars Gjerdalen | 76 | Jessheim | 19.05.1988 |
| 1.15 | Atle Skaugen | 77 | Bjørkelangen | 24.08.1989 |
| 1.15 | Fredrik Hansen | 77 | Bjørkelangen | 24.08.1989 |
| 1.15 | Sindre Tofthagen | 88 | Jessheim | 31.08.2000 |
| 1.12 | Sven Jensen | 44 | Jessheim | 30.09.1956 |
| 1.10 | Svend Magnussen | 44 | Jessheim | 30.09.1956 |
| 1.10 | Jan Aas | 44 | Jessheim | 30.09.1956 |
| 1.10 | Lorang Fjelly | 48 | Råholt | 20.08.1960 |
| 1.10 | Gudmund Bjotveit | 77 | Bjørkelangen | 24.08.1980 |
| 1.10 | Håvard Mathisen | 77 | Bjørkelangen | 24.08.1989 |
| 1.05 | Kristopher Matheson | 76 | Jessheim | 19.05.1988 |
| 1.05 | Erlend Berg | 96 | Jessheim | 02.06.2008 |
| 1.05 | Victor Rosenlind | 00 | Jessheim | 23.08.2012 |
| 1.00 | Richard Mack | 77 | Bjørkelangen | 24.08.1989 |

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| **Lengde S: Sats i satsfelt** |  |

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| --- | --- | --- | --- | --- |
| 5.28 s | Morten Knutsen | 70 | Lillestrøm | 12.09.1982 |
| 4.99 | Claus Nerhagen | 59 | Oslo/Bi | 28.06.1971 |
| 4.65 s | Jon Arne Skiaker | 79 | Nadderud | 22.06.1991 |
| 4.57 | Ingar Ingerø | 49 | Strømmen | 03.09.1961 |
| 4.55 s | Ola Sandvær Aamodt | 95 | Lillehammer/Ss | 24.06.2007 |

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| **GUTTER 12** | **489** |

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| **Lengde S: Sats i satsfelt forts.** |  |

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| --- | --- | --- | --- | --- |
| 4.54 s | Iver Løvgaard Faksvåg | 09 | Oslo/St | 14.08.2021 |
| 4.52 s | Ørnulf Brekke | 67 | Lillestrøm | 28.08.1979 |
| 4.50 s | Anthony Davies | 92 | Lillehammer/Ss | 27.06.2004 |
| 4.43 s | Christer Amundsen | 92 | Jessheim | 06.06.2004 |
| 4.42 s | Roger Rønning | 71 | Kirkenær | 23.05.1983 |
| 4.41 s | Ola Nerhagen | 71 | Kløfta | 22.09.1983 |
| 4.40 | Gunnar Aarø | 49 | Strømmen | 03.09.1961 |
| 4.39 | John Backe-Bogstad | 61 | Jessheim | 29.06.1973 |
| 4.35 s | Gudmund Bjotveit | 77 | Bjørkelangen | 09.09.1989 |
| 4.32 s | Morten Halseth | 97 | Jessheim | 19.09.2009 |
| 4.31 | Arvid Ranklev Hansen | 60 | Råholt | 09.09.1972 |
| 4.29 s | Marcus Theodor Moen | 99 | Nadderud | 23.09.2011 |
| 4.26 s | Frode Grøndahl | 69 | Jessheim | 02.09.1981 |
| 4.23 | Frode Bekken | 59 | Lillestrøm | 20.09.1971 |
| 4.23 | Jon Henriksen | 60 | Nannestad | 07.07.1972 |
| 4.20 s | Torbjørn Næss | 68 | Jessheim | 24.08.1970 |
| 4.16 s | Ole Semming Wiig | 68 | Kløfta | 20.09.1981 |
| 4.13 | Halvor Bogstad | 46 | Råholt | 20.08.1960 |
| 4.13 s | Måns Schøning Lie | 96 | Lillestrøm | 14.06.2009 |
| 4.13 s | Bent Jørgensen | 75 | Jessheim | 28.09.1987 |
| 4.11 s | Eivind Damstuen | 92 | Nadderud | 13.06.2004 |
| 4.06 | Finn Ugletveit | 49 | Strømmen | 03.09.1961 |
| 4.04 s | Ingar Ørum | 77 | Jessheim | 25.09.1989 |
| 4.02 s | Espen Nyhus | 89 | Jessheim | 21.06.2001 |
| 4.02 s | Ole Eriksen | 91 | Jessheim | 25.09.2003 |
| 3.99 s | Henrik Jakobsen | 01 | Lillestrøm | 25.05.2013 |
| 3.95 | Per Nafstad | 50 | Jessheim | 07.09.1962 |
| 3.94 | Nils Kristen Wiig | 43 | Jessheim | 28.08.1955 |
| 3.90 s | Joyel Amaladas | 02 | Jessheim | 02.09.2014 |
| 3.88 | Kjell Arild Johansen | 58 | Råholt | 19.09.1970 |
| 3.87 s | Ådne Opaker Øines | 02 | Oslo/Bi | 16.08.2014 |
| 3.86 | Martin Bratfos | 47 | Jessheim | 30.08.1959 |
| 3.86 s | Stian Kråbøl | 74 | Jessheim | 03.09.1986 |
| 3.85 | Einar Hellum | 47 | Jessheim | 30.08.1959 |
| 3.85 s | Arian Lind | 00 | Jessheim | 23.08.2012 |
| 3.81 s | Jonas Haarborg Bolgen | 96 | Lillehammer/Ss | 22.06.2008 |
| 3.80 s | Torbjørn Wiig | 77 | Bjørkelangen | 09.09.1989 |
| 3.84 | Jan Erik Hagen | 56 | Råholt | 31.08.1968 |
| 3.78 s | Martin Anthonisen | 87 | Jessheim | 24.09.1999 |
| 3.76 s | Arne Skaugen | 77 | Jessheim | 25.09.1989 |
| 3.76 s | Audun Sjøstrøm Johansen | 09 | Jessheim | 30.08.2021 |
| 3.75 | Bjørn Hellum | 48 | Råholt | 20.08.1960 |
| 3.75 | Hans Bålsrud | 57 | Jessheim | 24.06.1969 |
| 3.75 | Roar Vinjum | 62 | Gardermoen | 14.06.1974 |

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| **GUTTER 12** | **490** |

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| **Lengde S: Sats i satsfelt forts.** |  |

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| --- | --- | --- | --- | --- |
| 3.74 | Dag Brokke | 62 | Gardermoen | 14.06.1974 |
| 3.74 s | Lars Sutterud | 90 | Årnes | 03.07.2002 |
| 3.73 | Ivar Laake | 01 | Lillestrøm | 25.05.2013 |
| 3.67 | Øivind Nielsen | 46 | Råholt | 28.06.1958 |
| 3.62 | Svend Magnussen | 44 | Jessheim | 30.09.1956 |
| 3.61 | Øivind Kjørmo | 56 | Råholt | 31.08.1968 |
| 3.61 s | Peder Børtnes | 01 | Lillehammer/Ss | 23.06.2013 |
| 3.61 s | Oscar Nystuen | 09 | Jessheim | 30.08.2021 |
| 3.60 | Jan Aas | 44 | Jessheim | 30.09.1956 |
| 3.60 s | Trond Erik Bakkerud | 77 | Jessheim | 25.09.1989 |
| 3.59 s | Peder børtnes | 01 | Jessheim | 30.05.2013 |
| 3.56 s | Anders Knudsen | 77 | Jessheim | 13.09.1988 |
| 3.57 | Sven Jensen | 44 | Jessheim | 30.09.1956 |
| 3.56 s | Emil Nordal | 03 | Lillehammer/Ss | 21.06.2015 |
| 3.55 s | Sondre Opaker Øines | 98 | Lillestrøm | 29.05.2010 |
| 3.51 s | Torbjørn Wiig | 77 | Fetsund/Fe | 14.08.1989 |
| 3.51 s | Morten Melby Dahl | 96 | Jessheim | 02.06.2008 |
| 3.46 s | Ronald Davies | 75 | Jessheim | 18.05.1987 |
| 3.46 s | Christopher Aanda | 92 | Lillehammer/Ss | 27.06.2004 |
| 3.46 s | Benjamin Andersen | 00 | Jessheim | 23.08.2012 |
| 3.40 s | Erlend Berg | 96 | Jessheim | 02.06.2008 |
| 3.37 s | Joakim Halvorsen | 92 | Lillehammer/Ss | 27.06.2004 |
| 3.35 s | Arne August Søgaard | 94 | Jessheim | 12.06.2006 |
| 3.33 | Finn Larsen | 50 | Jessheim | 07.09.1962 |
| 3.30 s | Kristopher Matheson | 76 | Jessheim | 06.06.1988 |
| 3.25 s | Victor Rosenlind | 00 | Jessheim | 23.08.2012 |
| 3.23 s | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 19.06.2016 |
| 3.20 | Jan Kopperud | 46 | Råholt | 28.06.1958 |
| 3.20 s | Jarle Sæthermoen | 70 | Rolvsrud | 19.09.1982 |
| 3.18 | Lorang Fjelly | 48 | Råholt | 20.08.1960 |
| 3.15 s | Kristian Hauge | 76 | Jessheim | 06.06.1988 |
| 3.08 s | Magnus Kråbøl | 98 | Jessheim | 25.05.2010 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.72 | Iver Laake | 01 | Jessheim | 28.09.2013 |

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| **GUTTER 12** | **491** |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.15 | Roger Rønning | 71 | Jessheim | 22.09.1983 |
| 11.44 | Ingar Ørum | 77 | Jessheim | 17.09.1989 |
| 11.27 | Håvard Mathisen | 77 | Jessheim | 17.09.1988 |
| 11.01 | Christer Amundsen | 92 | Jessheim | 12.07.2004 |
| 10.97 | Lars Sutterud | 90 | Oslo/Bi | 22.06.2002 |
| 9.86 | Trond Erik Bakkerud | 77 | Jessheim | 17.09.1989 |
| 9.33 | Jon Arne Skiaker | 79 | Hønefoss | 31.08.1991 |
| 9.09 | Gudmund Bjotveit | 77 | Jessheim | 25.09.1989 |
| 8.88 | Kristian Fredheim | 89 | Årnes | 04.07.2001 |
| 8.66 | Christian Tollerud | 77 | Jessheim | 25.09.1989 |
| 8.65 | Atle Skaugen | 77 | Jessheim | 05.06.1989 |
| 8.55 | Espen Nyhus | 89 | Jessheim | 19.08.2001 |
| 8.42 | Christer Aas | 92 | Jessheim | 27.05.2004 |
| 8.09 | Pål Christian Torvund | 76 | Jessheim | 18.09.1988 |
| 7.72 | Stian Kraabøl | 74 | Jessheim | 29.06.1986 |
| 5.83 | Sondre Opaker Øines | 98 | Jessheim | 25.05.2010 |
| 5.82 | Magnus Kråbøl | 98 | Jessheim | 25.05.2010 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.98 | Morten Knutsen | 70 | Larvik/Lo | 03.09.1982 |
| 10.82 | Lars Sutterud | 90 | Jessheim | 23.09.1992 |
| 9.51 | Morten Halseth | 97 | Jessheim | 19.09.2009 |
| 9.45 | Claus Nerhagen | 59 | Lillestrøm | 11.09.1971 |
| 9.42 | Håvard Mathisen | 77 | Bjørkelangen | 24.08.1989 |
| 9.32 | Ingar Ørum | 77 | Bjørkelangen | 24.08.1989 |
| 8.78 | Christer Amundsen | 92 | Asker/Fø | 22.09.2004 |
| 8.58 | Christian Tollerud | 77 | Bjørkelangen | 24.08.1989 |
| 8.56 | Trond Erik Bakkerud | 77 | Bjørkelangen | 24.08.1989 |
| 8.37 | Marcus Theodor Moen | 99 | Nadderud | 24.09.2011 |
| 8.14 | Gudmund Bjotveit | 77 | Bjørkelangen | 24.08.1989 |
| 7.99 | Jørgen Stuve Dahl | 04 | Lillehammer/Ss | 19.06.2016 |
| 7.84 | Arne Skaugen | 77 | Bjørkelangen | 24.08.1989 |
| 7.72 | John Backe Bogstad | 61 | Lillestrøm | 18.06.1973 |
| 7.68 | Frode Bekken | 59 | Lillestrøm | 19.09.1971 |
| 7.37 | Arvid Ranklev Hansen | 60 | Jessheim | 25.06.1972 |
| 7.21 | Iver Løvgaard Faksvåg | 09 | Jessheim | 08.08.2021 |
| 7.15 | Christian Løland | 97 | Lillestrøm | 31.05.2009 |
| 6.97 | Bård Hole | 67 | Jessheim | 19.08.1979 |
| 6.84 | Ørnulf Brekke | 67 | Lørenfallet | 22.09.1979 |
| 6.88 | Jonas Haarborg Bolgen | 96 | Jessheim | 02.06.2008 |
| 6.82 | Emil Nordal | 03 | Lillehammer/Ss | 21.06.2015 |
| 6.53 | Stig Alfredsen | 64 | Gardermoen | 17.06.1976 |
| 6.50 | Marius Johansen | 05 | Lillehammer/Ss | 25.06.2017 |

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| **GUTTER 12** | **492** |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 6.15 | Jarle Sæthermoen | 70 | Lillestrøm | 12.09.1982 |
| 5.94 | Anders Knutsen | 77 | Bjørkelangen | 24.08.1989 |
| 5.91 | Ole Semming Wiig | 69 | Jessheim | 26.09.1981 |
| 5.74 | Fredrik Hansen | 77 | Bjørkelangen | 24.08.1989 |
| 5.55 | Morten Melby Dahl | 96 | Jessheim | 18.08.2008 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.52 | Ingar Ingerø | 49 | Jessheim | 10.09.1961 |
| 8.40 | Håvard Mathisen | 77 | Jessheim | 13.09.1989 |

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| **Diskos 600 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.44 | Lars Sutterud | 90 | Asker/Fø | 17.08.2002 |
| 25.68 | Trond Erik Bakkerud | 77 | Lillestrøm | 25.08.1989 |
| 24.96 | Ingar Ørum | 77 | Lillestrøm | 25.08.1989 |
| 24.48 | Håvard Mathisen | 77 | Lillestrøm | 25.08.1989 |
| 22.91 | Martin Anthonisen | 87 | Jessheim | 24.09.1999 |

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| **Diskos 750 g** |  |

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| --- | --- | --- | --- | --- |
| 19.73 | Ola Sandvær Aamodt | 95 | Jessheim | 21.08.2007 |
| 19.21 | Morten Halseth | 97 | Steinkjer/Gu | 13.07.2009 |
| 16.22 | Christian Løland | 97 | Asker/Fø | 06.06.2009 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 23.88 | Trond Erik Bakkerud | 77 | Sofiemyr | 19.09.1989 |
| 22.16 | Ingar Ørum | 77 | Sofiemyr | 19.09.1989 |
| 21.46 | Håvard Mathisen | 77 | Sofiemyr | 19.09.1989 |

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| **Slegge 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 29.57 | Lars Sutterud | 90 | Heggedal/Gj | 29.09.2002 |

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| **Slegge 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 15.59 | Morten Halseth | 97 | Steinkjer/Gu | 13.07.2009 |

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| **GUTTER 12** | **493** |

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| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 42.64 | Morten Knutsen | 70 | Jessheim | 16.09.1982 |
| 36.00 | Christian Løland | 97 | Lillestrøm | 05.07.2009 |
| 34.38 | Marcus Theodor Moen | 99 | Nadderud | 23.09.2011 |
| 33.72 | Roy Kenneth Herrmansen | 83 | Jessheim | 21.09.1995 |
| 31.13 | Lars Sutterud | 90 | Lillehammer/Ss | 27.06.2002 |
| 30.70 | Ingar Ørum | 77 | Jessheim | 28.09.1989 |
| 29.55 | Ola Sandvær Aamodt | 95 | Sofiemyr | 16.09.2007 |
| 27.32 | Trond Erik Bakkerud | 77 | Bjørkelangen | 09.09.1989 |
| 26.68 | Iver Løvgaard Faksvåg | 09 | Jessheim | 30.08.2021 |
| 25.92 | Håvard Mathisen | 77 | Jessheim | 28.09.1989 |
| 25.42 | Harald Heggelund | 80 | Jessheim | 08.08.1992 |
| 24.92 | Henrik Jakobsen | 01 | Lillehammer/Ss | 20.06.2013 |
| 23.88 | Morten Halseth | 97 | Steinkjer/Gu | 13.07.2009 |
| 22.54 | Atle Skaugen | 77 | Jessheim | 28.09.1989 |
| 21.08 | Pål Christian Torvund | 76 | Jessheim | 03.10.1988 |
| 21.00 | Jonas Haarborg Bolgen | 96 | Lillehammer/Ss | 19.06.2008 |
| 20.19 | Oscar Nystuen | 09 | Jessheim | 30.08.2021 |
| 18.72 | Magnus Kråbøl | 98 | Jessheim | 25.05.2010 |
| 14.40 | Victor Rosenlind | 00 | Jessheim | 20.05.2012 |
| 14.35 | Sondre Opaker Øines | 98 | Oslo/Bi | 05.06.2010 |
| 12.84 | Ådne Opaker Øines | 02 | Jessheim | 27.05.2014 |
| 11.00 | Peder Børtnes | 01 | Jessheim | 30.05.2013 |

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| **Spyd 600 g Ny type fra og med 1999** |  |

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| 19.41 | Lars Sutterud | 90 | Jessheim | 20.06.2002 |

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| **Slengball 1 kg Kort reim** |  |

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| 29.36 | Lars Sutterud | 90 | Asker/Fø | 29.09.2002 |
| 21.44 | Christer Amundsen | 92 | Jessheim | 14.06.2004 |
| 21.28 | Jon Arne Skiaker | 79 | Strømmen | 15.06.1991 |
| 18.03 | Kjetil Taraldsen | 79 | Strømmen | 15.06.1991 |
| 17.33 | Erik Eriksen | 79 | Strømmen | 15.06.1991 |
| 16.42 | Joakim Halvorsen | 92 | Jessheim | 14.06.2004 |
| 15.72 | Eivind Damstuen | 92 | Jessheim | 14.06.2002 |

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| **Slengball 1 kg Lang reim** |  |

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| --- | --- | --- | --- | --- |
| 32.23 | Finn Ugletveit | 49 | Råholt | 17.09.1961 |
| 29.00 | Trond Ørbeck | 62 | Gardermoen | 14.06.1974 |
| 26.00 | Karl Morten Nygård | 62 | Gardermoen | 14.06.1974 |
| 25.33 | Lorang Fjelly | 48 | Råholt | 21.08.1960 |
| 23.81 | Hans Bratfos | 49 | Råholt | 17.09.1961 |

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| **GUTTER 12** | **494** |

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| **Liten ball 80 g** |  |

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| 22.00 | Per Arne Olsen | 62 | Gardermoen | 14.06.1974 |
| 20.91 | Bjørn Hellum | 48 | Råholt | 21.08.1960 |
| 18.81 | Finn Larsen | 50 | Jessheim | 06.09.1962 |
| 18.50 | Johan Lauritsen | 62 | Gardermoen | 14.06.1974 |
| 18.05 | Per Nafstad | 50 | Jessheim | 06.09.1962 |
| 17.00 | Roar Vinjum | 62 | Gardermoen | 14.06.1974 |
| 59.97 | Lars Sutterud | 90 | Nadderud | 15.06.2002 |
| 49.50 | Ingar Ingerø | 49 | Strømmen | 03.09.1961 |
| 44.44 | Morten Halseth | 97 | Jessheim | 16.06.2009 |
| 43.40 | Martin Fald Gården | 90 | Jessheim | 23.09.2002 |
| 43.35 | Hans Bratfos | 49 | Nannestad | 20.06.1961 |
| 25.31 | Svein Skolt | 80 | Jessheim | 12.09.1992 |

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| **Liten ball 150 g** |  |

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| 65.74 | Morten Knutsen | 70 | Blaker/Br | 26.08.1982 |
| 60.90 | Ola Sandvær Aamodt | 95 | Lillestrøm | 28.07.2007 |
| 57.25 | Ingar Ørum | 77 | Jessheim | 13.09.1989 |
| 55.20 | Trond Ørbeck | 62 | Løken | 14.09.1974 |
| 50.00 | Morten Halseth | 97 | Nesodden | 16.08.2009 |
| 49.76 | Stian Kraabøl | 74 | Fetsund/Fe | 09.06.1986 |
| 47.90 | Håvard Mathisen | 77 | Nannestad | 14.06.1989 |
| 47.42 | Torbjørn Næss | 68 | Jessheim | 26.08.1980 |
| 44.86 | Terje Brodshaug | 51 | Råholt | 22.09.1963 |
| 44.60 | Per Nafstad | 50 | Råholt | 19.08.1962 |
| 44.30 | Ola Nerhagen | 71 | Fetsund/Fe | 21.06.1983 |
| 42.63 | Anthony Davies | 92 | Bjørkelangen | 06.06.2004 |
| 42.40 | Thorbjørn Wiig | 77 | Nannestad | 14.06.1989 |
| 42.12 | Jon Arne Skiaker | 79 | Jessheim | 03.06.1991 |
| 42.08 | Arvid Ranklev Hansen | 60 | Råholt | 10.09.1972 |
| 41.71 | Christer Amundsen | 92 | Nadderud | 12.06.2004 |
| 40.98 | Ørnulf Brekke | 67 | Rolvsrud | 08.09.1979 |
| 40.90 | Trond Erik Bakkerud | 77 | Nannestad | 14.06.1989 |
| 39.20 | Stig Alfredsen | 64 | Årnes | 01.09.1976 |
| 38.12 | Christopher Aanda | 92 | Nadderud | 12.06.2004 |
| 37.70 | Fredrik Hansen | 77 | Nannestad | 14.06.1989 |
| 37.58 | Jon Henriksen | 60 | Råholt | 10.09.1972 |
| 37.40 | Gudmund Bjotveit | 77 | Nannestad | 14.06.1989 |
| 37.40 | Christian Tollerud | 77 | Nannestad | 14.06.1989 |
| 36.75 | Christian Løland | 97 | Lillestrøm | 04.07.2009 |
| 36.19 | Sverre Gjesteby | 00 | Lillestrøm | 26.05.2012 |
| 34.68 | Kristian Finstad | 79 | Jessheim | 03.06.1991 |
| 34.60 | Anders Knudsen | 77 | Nannestad | 14.06.1989 |

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| **GUTTER 12** | **495** |

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| **Liten ball 150 g** |  |

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| 34.50 | Bjørn Flatby | 79 | Jessheim | 03.06.1991 |
| 33.60 | Atle Skaugen | 77 | Nannestad | 14.06.1989 |
| 32.60 | Kjetil Taraldsen | 79 | Jessheim | 03.06.1991 |
| 30.96 | Erik Eriksen | 79 | Jessheim | 03.06.1991 |
| 30.88 | Sondre Opaker Øines | 98 | Lillestrøm | 29.05.2010 |

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| **3-kamp M 60m-Lengde-Liten ball 80** |  |

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| --- | --- | --- | --- | --- |
| 2083 | Per Nafstad | 50 | Jessheim | 10.08.1962 |
| ? | | | |

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| **3-kamp M 60m-Lengde-Kule 3** |  |

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| --- | --- | --- | --- | --- |
| 2544 | Claus Nerhagen | 59 | Lørenfallet | 15.08.1971 |
| 8.9-4.48-9.14 | | | |

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| 2524 | Frode Bekken | 59 | Lørenfallet | 15.08.1971 |
| ? | | | |

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| **4-kamp M 60m-Lengde-Kule 3-800m** |  |

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| --- | --- | --- | --- | --- |
| 3820 | Morten Knutsen | 70 | Lillestrøm | 12.09.1982 |
| 8.4-5.28-11.28-2:34.2 | | | |

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| --- | --- | --- | --- | --- |
| 2914 | Jarle Sæthermoen | 70 | Lillestrøm | 12.09.1982 |
| ? | | | |

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| 2669 | Ørnulf Brekke | 68 | Rolvsrud | 14.09.1980 |
| ? | | | |

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| 2999 | Frode Grøndahl | 69 | Kløfta | 20.09.1981 |
| ? | | | |

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| 2975 | Roger Rønning | 71 | Strømmen | 20.09.1983 |
| ? | | | |

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| 2131 | Paal Raastad | 73 | Jessheim | 23.09.1985 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 1718 | Magnus Løkeberg | 73 | Jessheim | 23.09.1985 |
| ? | | | |

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| **GUTTER 12** | **496** |

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| **4-kamp M 60m-Lengde-Liten ball 150-600m** |  |

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| --- | --- | --- | --- | --- |
| 2230 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 27.08.2007 |
| 9.5-4.16-51.70-2:26.4 | | | |

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| --- | --- |
| **4-kamp E 60m-Kule3-Høyde-600m** |  |

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| --- | --- | --- | --- | --- |
| 3158 | Morten Halseth | 97 | Oslo/Bi | 18.09.2009 |
| 9.36-9.42-1.40-1:52.19 | | | |

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

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| --- | --- | --- | --- | --- |
| 3996 | Lars Sutterud | 90 | Asker-Heggedal | 29.09.2002 |
| 29.57sl2-10.60k2-25.23d600-30.03sp400-29.36sb1 | | | |

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| **4x60m E** |  |

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| --- | --- | --- | --- | --- |
| 34.94 | G12 |  | Nadderud | 15.06.2001 |
| Ole Eriksen91-Andreas Løland90-Eirik Kamstrup Hovind90-Lars Sutterud90 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36.14 | G12 |  | Jessheim | 26.05.2003 |
| Anthony Davies92-Christer Amundsen92-Ole Eriksen91-Michael Løland | | | |

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| --- | --- | --- | --- | --- |
| 36.40 | G12-1.lag |  | Jessheim | 27.05.2002 |
| AndersLøland90-Ole Eriksen91-Erik Hovind90-Lars Sutterud90 | | | |

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| --- | --- | --- | --- | --- |
| 36.54 | G12 |  | Asker/Fø | 06.06.2009 |
| Morten Halseth97-Christian Løland97-Sondre Opaker Øines98-Jørgen Opaker97 | | | |

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| 36.55 | G12 |  | Jessheim | 16.06.1991 |
| Harald Heggelund80-Nils Ivar Skaaker81-Erlend Bråten79-Jon Arne Skiaker79 | | | |

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| 37.19 | G12 |  | Asker/Fø | 21.08.2004 |
| Hans Kærsgaard92-Emilio Dunne93-Michael Løland92-Christopher Aadna92 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.51 | G12 |  | Asker/Fø | 20.05.2006 |
| Magnus Nyeggen94-Thomas Løland95-Axel Trelsgård95-Vetle Christiansen95 | | | |

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| 39.06 | G12- 2.lag |  | Jessheim | 27.05.2002 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 39.96 | G12 |  | Jessheim | 26.05.2003 |
| Eivind Damstuen92-Eirik Tuft92Fredrik Gulbrandsen92-Bjørn Nilsen92 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 41.12 | G12 |  | Lillestrøm | 29.05.2010 |
| Sondre Opaker Øines98-Sondre Liestøl99-Sindre Hasselberg98-Simen Hasselberg98 | | | |

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| **GUTTER 12** | **497** |

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| **4x60m E** |  |

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| 42.70 | GJ 12 |  | Jessheim | 10.08.2019 |
| Joakim Kolobekken09-Kristina Solhaug10-Elida Hembre09-Leo Elias Rise07 | | | |

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| **4x60m M** |  |

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| 34.4 | G11-12 |  | Lillestrøm | 08.09.1981 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 35.1 | G12 |  | Jessheim | 19.09.1983 |
| Lars Wilhelmsen71-Roger Rønning71-Ola Nerhagen71-Tron Wiig72 | | | |

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| --- | --- | --- | --- | --- |
| 35.5 | G11-12 |  | Strømmen | 25.08.1971 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 35.2 | G11-12 |  | Rolvsrud | 09.09.1980 |
| ? | | | |

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| 36.3 | G11-12 |  | Lillestrøm | 24.08.1970 |
| ? | | | |

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| 42.4 | G11-12 |  | Jessheim | 07.06.1974 |
| ? | | | |

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| **3x600m** |  |

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| --- | --- | --- | --- | --- |
| 5:51.46 | G12 |  | Asker/Fø | 20.05.2006 |
| Thomas Løland95-Marius Nyeggen94-Vetle Christiansen95 | | | |

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| **3x800m** |  |

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

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| --- | --- | --- | --- | --- |
| 9:27.15 | G11-12-2.lag |  | Jessheim | 27.05.2002 |
| ? | | | |

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| **GUTTER 12** | **498** |

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| **INNENDØRS** |  |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 6.1 | Anthony Davies | 92 | Råholt | 31.10.2004 |
| 6.9 | Christopher Aadna | 92 | Råholt | 31.10.2004 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.64 | Anthony Davies | 92 | Oslo/Ek | 04.12.2004 |
| 8.74 | Iver Løvgaard Faksvåg | 09 | Rud | 27.11.2021 |
| 8.98 | Christian Iversen | 05 | Hvam | 09.12.2017 |
| 9.04 | Jon Arne Skiaker | 79 | Oslo/Ek | 03.03.1991 |
| 9.04 | Eivind Hjelle | 84 | Stange | 16.03.1996 |
| 9.13 | Christer Amundsen | 92 | Lillestrøm | 07.02.2004 |
| 9.16 | Audun Sjøstrøm Johansen | 09 | Hvam | 06.03.2021 |
| 9.13 | Håvard Aleksander Strøm | 10 | Stange | 13.03.2022 |
| 9.19 | Emil Nordal | 03 | Stange | 22.03.2015 |
| 9.20 | Leo Elias Rise | 07 | Hvam | 26.01.2019 |
| 9.21 | Oliver Jordalen Løkken | 06 | Hvam | 08.12.2018 |
| 9.24 | Kenneth Warming | 82 | Lillestrøm | 12.03.1994 |
| 9.32 | Ola Sandvær Aamodt | 95 | Stange | 18.03.2007 |
| 9.33 | Sverre Gjesteby | 00 | Stange | 18.03.2012 |
| 9.42 | Iver Laake | 01 | Lillestrøm | 26.01.2013 |
| 9.51 | Kneight Mkanda | 96 | Lillestrøm | 26.11.2008 |
| 9.57 | Henrik Jakobsen | 01 | Stange | 17.03.2013 |
| 9.59 | Jørgen Opaker | 97 | Oslo/Ek | 10.01.2009 |
| 9.76 | Simon Lye Smistad | 07 | Hvam | 26.01.2019 |
| 9.60 | Truls Gundersen Henriksen | 11 | Stange | 12.03.2023 |
| 9.80 | Morten Dahl | 96 | Lillestrøm | 26.01.2008 |
| 9.81 | Benjamin Andersen | 00 | Stange | 18.03.2012 |
| 9.85 | Edward Sander Wiberg | 11 | Hvam | 04.02.2023 |
| 9.88 | Lars Sutterud | 90 | Lillestrøm | 02.03.2002 |
| 9.95 | Kristian Ødemark Hov | 97 | Lillestrøm | 31.01.2009 |
| 9.96 | Konrad Vibekken | 13 | Stange | 23.03.2025 |
| 10.00 | Sondre Opaker Øines | 98 | Lillestrøm | 30.01.2010 |
| 10.01 | Joakim Halvorsen | 92 | Lillestrøm | 21.02.2004 |
| 10.08 | Christopher Aanda | 92 | Stange | 14.03.2004 |
| 10.10 | Marius Johansen | 05 | Rud | 10.02.2017 |
| 10.11 | Chris Lundegaard | 84 | Stange | 16.03.1996 |
| 10.15 | Eivind Damstuen | 92 | Lillestrøm | 21.02.2004 |
| 10.25 | Mika Baumgartner | 11 | Hvam | 02.12.2023 |
| 10.29 | NiklasKristiansen | 07 | Hvam | 26.01.2019 |
| 10.32 | Jørgen Stuve Dahl | 04 | Hvam | 10.12.2016 |
| 10.54 | Peder Børtnes | 01 | Lillestrøm | 26.01.2013 |
| 10.55 | Carl Bauck Jensen | 11 | Hvam | 04.02.2023 |
| 10.73 | Eivind Hjelle | 84 | Stange | 16.03.1996 |

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| **GUTTER 12** | **499** |

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| **INNENDØRS** |  |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.5 | Gudmund Bjotveit | 77 | Lillestrøm | 02.12.1989 |
| 8.5 | Kenneth Warming | 82 | Lillestrøm | 06.03.1994 |
| 8.6 | Morten Knutsen | 70 | Drammen | 16.01.1982 |
| 8.7 | Jon Arne Skiaker | 79 | Drammen | 24.11.1991 |
| 8.8 | Ola Sandvær Aamodt | 92 | Bjørkelangen | 31.05.2003 |
| 9.4 | Arle Skaugen | 77 | Lillestrøm | 22.01.1989 |
| 9.4 | Harald Heggelund | 80 | Lillestrøm | 11.01.1992 |
| 9.5 | Thorbjørn Wiig | 77 | Lillestrøm | 22.01.1989 |
| 9.7 | Håvard Mathisen | 77 | Lillestrøm | 22.01.1989 |
| 9.7 | Anders Knudsen | 77 | Lillestrøm | 22.01.1989 |
| 9.9 | Trond Erik Bakkerud | 77 | Lillestrøm | 12.03.1989 |

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| **200m E** |  |

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| 28.11 | Iver Løvgaard Faksvåg | 09 | Hvam | 04.12.2021 |
| 29.85 | Christian Iversen | 05 | Hvam | 09.12.2017 |
| 30.04 | Anthony Davies | 92 | Stange | 14.03.2004 |
| 30.32 | Sverre Gjesteby | 00 | Stange | 18.03.2012 |
| 30.32 | Emil Nordal | 03 | Stange | 22.03.2015 |
| 30.36 | Oliver Jordalen Løkken | 06 | Hvam | 08.12.2018 |
| 31.25 | Christer Amundsen | 92 | Stange | 14.03.2004 |
| 31.61 | Truls Gundersen Henriksen | 11 | Stange | 12.03.2023 |
| 31.82 | Leo Elias Rise | 07 | Hvam | 26.01.2019 |
| 31.82 | Theo Thoresen Sandaker | 11 | Hvam | 05.02.2023 |
| 32.43 | Morten Halseth | 97 | Stange | 15.03.2009 |
| 32.61 | Iver Laake | 01 | Stange | 17.03.2013 |
| 32.75 | Henrik Jakobsen | 01 | Stange | 16.03.2013 |
| 33.31 | Benjamin Andersen | 00 | Stange | 18.03.2012 |
| 33.68 | Emil Nordseth | 08 | Hvam | 26.01.2020 |
| 33.74 | Konrad Vibekken | 13 | Hvam | 23.03.2025 |
| 33.95 | Kristian Ødemark Hov | 97 | Stange | 15.03.2009 |
| 34.00 | Niklas Kristiansen | 07 | Hvam | 26.01.2019 |

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| **600m** |  |

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| 1.43.72 | Iver Løvgaard Faksvåg | 09 | Rud | 27.11.2021 |
| 1:46.49 | Morten Halseth | 97 | Oslo/Ek | 05.12.2009 |
| 1:47.66 | Torjus Svardal | 02 | Rud | 05.12.2015 |
| 1:56.02 | Emil Nordal | 03 | Stange | 21.03.2015 |
| 1:57.48 | Konrad Vibekken | 13 | Stange | 22.03.2025 |
| 1:58.45 | Sverre Gjesteby | 00 | Stange | 17.03.2012 |
| 1:59.12 | Oliver Jordalen Løkken | 06 | Stange | 17.03.2018 |
| 1:59.97 | Eivind Damstuen | 92 | Stange | 14.03.2004 |

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| **GUTTER 12** | **500** |

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| **INNENDØRS** |  |

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| **600m forts.** |  |

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| 2:03.20 | Hannes Fjellestad | 02 | Stange | 22.03.2014 |
| 2:09.3 | Iver Laake | 01 | Lillestrøm | 26.01.2013 |
| 2:09.6 | Peder Børtnes | 01 | Lillestrøm | 26.01.2013 |
| 2:11.41 | Truls Henriksen | 11 | Stange | 11.03.2023 |
| 2:13.03 | Sondre Opaker Øines | 98 | Stange | 20.03.2010 |
| 2:14.14 | Edward Sander Wilberg | 11 | Hvam | 04.02.2023 |
| 2:16.77 | Carl Bauck Jensen | 11 | Hvam | 04.02.2023 |
| 2:17.38 | Kristian Ødemark Hov | 97 | Lillestrøm | 31.01.2009 |
| 2:22.52 | Joakim Halvorsen | 92 | Stange | 14.03.2004 |
| 2:22.57 | Andreas Trana Hauglid | 04 | Stange | 12.01.2016 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:49.2 | Eivind Skolt | 83 | Lillestrøm | 19.02.1995 |

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| **60m hekk 68.6 cm E** |  |

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| 11.20 | Ola Sandvær Aamodt | 95 | Lillestrøm | 17.02.2007 |
| 12.38 | Eivind Damstuen | 92 | Lillestrøm | 07.02.2004 |
| 14.17 | Morten Dahl | 96 | Lillestrøm | 26.01.2008 |
| 14.84 | Emil Nordseth | 08 | Hvam | 26.01.2020 |

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| **60m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 11.70 | Morten Halseth | 97 | Lillestrøm | 29.03.2009 |
| 11.93 | Kenneth Warming | 82 | Lillestrøm | 19.02.1995 |
| 12.33 | Eivind Damstuen | 92 | Lillestrøm | 21.02.2004 |
| 12.44 | Ole Ruud | 82 | Lillestrøm | 19.02.1995 |
| 13.44 | Mika Baumgartner | 11 | Hvam | 02.12.2023 |
| 14.68 | Christian Løland | 97 | Lillestrøm | 29.03.2009 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.40 | Morten Halseth | 97 | Lillestrøm | 29.03.2009 |
| 1.37 | Iver Løvgaard Faksvæg | 09 | Hvam | 04.12.2021 |
| 1.31 | Claus Nerhagen | 59 | Lillestrøm/Pl | 29.03.1971 |
| 1.30 | Kenneth Warming | 82 | Lillestrøm | 06.03.1994 |
| 1.30 | Anthony Davies | 92 | Oslo/Ek | 06.03.2004 |
| 1.30 | Christer Amundsen | 92 | Oslo/Ek | 06.03.2004 |
| 1.30 | Ola Sandvær Aamodt | 95 | Lillestrøm | 17.02.2007 |
| 1.25 | Jon Arne Skiaker | 79 | Oslo/Ek | 03.03.1991 |
| 1.25 | Lars Sutterud | 90 | Lillestrøm | 02.03.2002 |
| 1.20 | Eivind Damstuen | 92 | Drammen | 19.03.2004 |

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| **GUTTER 12** | **501** |

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| **INNENDØRS** |  |

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| **Høyde forts.** |  |

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| --- | --- | --- | --- | --- |
| 1.20 | Trygve Stuve Dahl | 07 | Hvam | 26.01.2019 |
| 1.15 | Henrik Jakobsen | 01 | Lillestrøm | 26.01.2013 |
| 1.15 | Simon Lye Smistad | 07 | Hvam | 26.01.2019 |
| 1.15 | William Hjeltnes | 07 | Hvam | 26.01.2019 |
| 1.10 | Christian Løland | 97 | Lillestrøm | 29.03.2009 |
| 1.05 | Jørgen Stuve Dahl | 04 | Hvam | 16.01.2016 |

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| **Lengde S: Sats i satsfelt** |  |

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| --- | --- | --- | --- | --- |
| 4.79 s | Anthony Davies | 92 | Oslo/Ek | 04.12.2004 |
| 4.66 s | Jon Arne Skiaker | 79 | Drammen | 24.11.1991 |
| 4.61 s | Christer Amundsen | 92 | Lillestrøm | 07.02.2004 |
| 4.51 s | Iver Løvgaard Faksvåg | 09 | Rud | 27.11.2021 |
| 4.38 s | Morten Halseth | 97 | Oslo/Ek | 05.12.2009 |
| 4.32 s | Henrik Jakobsen | 01 | Oslo/Ek | 07.12.2013 |
| 4.27 s | Ola Sandvær Aamodt | 95 | Lillestrøm | 20.01.2007 |
| 4.24 s | Kenneth Warming | 82 | Lillestrøm | 06.03.1994 |
| 4.02 | Jon Henriksen | 60 | Lillestrøm/Pl | 19.02.1972 |
| 3.93 s | Sondre Opaker Øines | 98 | Lillestrøm | 30.01.2010 |
| 3.91 s | Eivind Damstuen | 92 | Stange | 13.03.2004 |
| 3.91 s | Peder Børtnes | 01 | Oslo/Ek | 07.12.2013 |
| 3.90 s | Kneight Mkanda | 96 | Lillestrøm | 26.01.2008 |
| 3.82 | Arvid Hansen | 60 | Lillestrøm/Pl | 19.02.1972 |
| 3.82 s | Sverre Gjesteby | 00 | Stange | 17.03.2012 |
| 3.76 s | Lars Sutterud | 90 | Lillestrøm | 02.03.2000 |
| 3.72 s | Emil Nordal | 03 | Stange | 21.03.2015 |
| 3.65 s | Jørgen Stuve Dahl | 04 | Hvam | 10.12.2016 |
| 3.63 s | Joakim Strand | 83 | Jevnaker | 25.03.1995 |
| 3.57 s | Ådne Opaker Øines | 02 | Stange | 22.03.2014 |
| 3.56 s | Harald Heggelund | 80 | Lillestrøm | 11.01.1992 |
| 3.56 s | Emil Nordseth | 08 | Hvam | 26.01.2020 |
| 3.55 s | Kristian Finstad | 79 | Drammen | 24.11.2001 |
| 3.52 s | William Hjeltnes | 07 | Hvam | 26.01.2019 |
| 3.48 s | Konrad Vibekken | 13 | Stange | 22.03.2025 |
| 3.46 s | Joakim Halvorsen | 92 | Lillestrøm | 21.02.2004 |
| 3.39 s | Trygve Stuve Dahl | 07 | Hvam | 26.01.2019 |
| 3.34 s | Christopher Aanda | 92 | Stange | 13.03.2004 |
| 3.24 s | Mika Baumgartner | 11 | Hvam | 02.12.2023 |
| 3.12 s | Simen Lye Smistad | 07 | Hvam | 26.01.2019 |
| 3.11 s | Andreas Trana Hauglid | 04 | Hvam | 16.01.2016 |
| 3.06 s | Werner Storhaug | 83 | Jevnaker | 25.03.1995 |
| 3.06 s | Niklas Kristiansen | 07 | Hvam | 26.01.2019 |

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| **GUTTER 12** | **502** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.05 | Morten Knutsen | 70 | Haga/Fr | 26.03.1982 |
| 1.06 | Lars Georg Aas | 92 | Råholt | 31.01.2004 |
| 1.05 | Gudmund Bjotveit | 77 | Jessheim/Je | 16.03.1989 |
| 1.00 | Torbjørn Wiig | 77 | Jessheim/Je | 16.03.1989 |
| 0.95 | Øyvind Arnegård | 77 | Årnes/Ne | 10.02.1989 |
| 0.95 | Atle Skaugen | 77 | Jessheim/Je | 16.03.1989 |
| 0.90 | Steinar Hoel | 75 | Jessheim/Je | 10.03.1987 |
| 0.85 | Håvard Mathisen | 77 | Årnes/Ne | 10.02.1989 |
| 0.85 | Ingar Ørum | 77 | Årnes/Ne | 10.02.1989 |
| 0.85 | Morten Dahl | 96 | Hurdal | 21.01.2008 |
| 0.80 | Lars Furuseth | 77 | Jessheim/Je | 16.03.1989 |
| 0.80 | Håvard Mathisen | 77 | Jessheim/Je | 16.03.1989 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.29 | Ola Nerhagen | 71 | Haga/Fr | 20.03.1983 |
| 2.25 | Roger Rønning | 71 | Haga/Fr | 20.03.1983 |
| 2.25 | Morten Knutsen | 70 | Haga/Fr | 26.03.1982 |
| 2.21 | Martin Bratfos | 47 | Jessheim | 15.02.1959 |
| 2.19 | Claus Nerhagen | 59 | Skårer/Kj | 14.03.1971 |
| 2.19 | Gudmund Bjotveit | 77 | Jessheim/Je | 16.03.1989 |
| 2.16 | Torbjørn Wiig | 77 | Jessheim/Je | 16.03.1989 |
| 2.11 | Anthony Davies | 92 | Råholt | 31.10.2004 |
| 2.08 | Jon Henriksen | 60 | Skjetten/St | 12.03.1972 |
| 2.08 | Christer Amundsen | 92 | Jessheim/No | 08.03.2004 |
| 2.05 | Anders Knudsen | 77 | Jessheim/No | 16.03.1989 |
| 2.04 | Bjørn Hellum | 48 | Jessheim | 03.04.1960 |
| 2.01 | Ørnulf Brekke | 67 | Skårer/Kj | 25.03.1979 |
| 2.01 | Ingar Ørum | 77 | Jessheim/Je | 16.03.1989 |
| 1.99 | Bent Jørgensen | 75 | Jessheim/Je | 10.03.1987 |
| 1.96 | Arvid Hansen | 67 | Skjetten/St | 12.03.1972 |
| 1.95 | Eivind Damstuen | 92 | Jessheim/No | 08.03.2004 |
| 1.95 | Morten Dahl | 96 | Hurdal | 21.01.2008 |
| 1.94 | Harald Skjønsberg | 48 | Jessheim | 03.04.1960 |
| 1.93 | Atle Skaugen | 77 | Jessheim/Je | 16.03.1989 |
| 1.89 | Erling Hermansen | 96 | Jessheim | 03.03.2008 |
| 1.85 | Håvard Mathisen | 77 | Jessheim/Je | 16.03.1989 |
| 1.81 | Christopher Aanda | 92 | Råholt | 31.01.2004 |
| 1.78 | Leo Elias Rise Utendørs | 07 | Jessheim | 16.09.2019 |
| 1.62 | Joakim Halvorsen | 92 | Jessheim/No | 08.03.2004 |
| 1.59 | Richard Mack | 77 | Jessheim/Je | 16.03.1989 |

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| **GUTTER 12** | **503** |

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| **INNENDØRS** |  |

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| **Kule 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.51 | Ingar Ørum | 77 | Lillestrøm | 02.12.1989 |
| 11.39 | Lars Sutterud | 90 | Oslo/Ek | 07.12.2007 |
| 9.64 | Harald Vestgøte | 83 | Lillestrøm | 19.02.1995 |
| 9.63 | Håvard Mathisen | 77 | Lillestrøm | 12.03.1989 |
| 9.33 | Trond Erik Bakkerud | 77 | Lillestrøm | 12.03.1989 |
| 8.45 | Kenneth Warming | 82 | Lillestrøm | 06.03.1994 |
| 7.86 | Torbjørn Wiig | 77 | Lillestrøm | 22.01.1989 |
| 7.38 | Atle Skaugen | 77 | Lillestrøm | 22.01.1989 |
| 6.95 | Werner Storhaug | 83 | Jevnaker | 25.03.1995 |
| 6.95 | Ola Sandvær Aamodt | 95 | Lillestrøm | 17.02.2007 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.75 | Morten Halseth | 97 | Oslo/Ek | 05.12.2009 |
| 8.02 | Christer Amundsen | 92 | Lillestrøm | 21.02.2004 |
| 7.86 | Jørgen Stuve Dahl | 04 | Hvam | 10.12.2016 |
| 7.12 | Christian Løland | 97 | Lillestrøm | 29.03.2009 |
| 6.72 | Emil Nordal | 03 | Stange | 21.03.2015 |
| 6.71 | Mika Baumgartner | 11 | Hvam | 02.12.2023 |
| 6.57 | Marius Johansen | 05 | Hvam | 09.12.2017 |
| 6.22 | Edward Sander Wilberg | 11 | Stange | 12.03.2023 |
| 6.03 | William Hjeltnes | 07 | Hvam | 26.01.2019 |
| 5.91 | Konrad Vibekken | 13 | Stange | 23.03.2025 |
| 5.89 | Joakim Halvorsen | 92 | Lillestrøm | 21.02.2004 |
| 5.73 | Truls Henriksen | 11 | Stange | 12.03.2023 |
| 5.53 | Sverre Gjesteby | 00 | Stange | 17.03.2012 |
| 5.53 | Henrik Jakobsen | 01 | Lillestrøm | 26.01.2013 |
| 5.49 | Kristian Ødemark Hov | 97 | Lillestrøm | 31.01.2009 |
| 5.49 | Ådne Opaker Øines | 02 | Lillestrøm | 25.01.2014 |
| 5.18 | Andreas Trana Hauglid | 04 | Stange | 13.03.2016 |
| 4.48 | Iver Laake | 01 | Lillestrøm | 21.02.2013 |

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| **4x100m E** |  |

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

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| **GUTTER 11** | **504** |

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| **40m E** |  |

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| --- | --- | --- | --- | --- |
| 6.75 | Harald Heggelund | 80 | Jessheim | 20.05.1991 |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 6.4 | Gudmund Bjotveit | 77 | Jessheim | 30.05.1988 |
| 6.8 | Thomas Nielsen | 77 | Jessheim | 30.05.1988 |
| 6.9 | Trond Erik Bakkerud | 77 | Jessheim | 19.05.1988 |
| 6.9 | Ingar Ørum | 77 | Jessheim | 19.05.1988 |
| 7.0 | Thorbjørn Wiig | 77 | Jessheim | 19.05.1988 |
| 7.0 | Anders Knudsen | 77 | Jessheim | 19.05.1988 |
| 7.3 | Halvor Dahlen | 75 | Løken | 31.05.1986 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.98 | Anthony Davies | 92 | Lillehammer/Ss | 28.06.2003 |
| 8.98 | Emilio Dunne | 93 | Lillehammer/Ss | 26.06.2004 |
| 9.00 | Christian-Oalus Sween | 06 | Lillestrøm | 27.05.2017 |
| 9.03 | Jørgen Opaker | 97 | Jessheim | 12.06.2008 |
| 9.13 | Espen Berg Nyhus | 89 | Lillehammer/Ss | 01.07.2000 |
| 9.23 | Jonas Bergli | 08 | Nadderud | 16.06.2019 |
| 9.24 | Kenneth Warming | 82 | Kongsvinger/Gj | 18.09.1993 |
| 9.26 | Iver Løvgaard Faksvåg | 09 | Lillestrøm | 19.09.2020 |
| 9.30 | Christer Amundsen | 92 | Oslo/Bi | 22.06.2003 |
| 9.34 | Gudmund Bjotveit | 77 | Nadderud | 19.06.1988 |
| 9.36 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 20.08.2006 |
| 9.44 | Thomas Løland | 95 | Oslo/Bi | 20.08.2006 |
| 9.44 | Iver Laake | 01 | Lillestrøm | 26.05.2012 |
| 9.50 | Ådne Opaker Øines | 02 | Ski | 10.08.2013 |
| 9.52 | Marius Nyeggen | 94 | Jessheim | 22.08.2005 |
| 9.55 | Georg Holden | 94 | Jessheim | 13.06.2005 |
| 9.59 | Bjørnar Berg | 88 | Jessheim | 21.06.1999 |
| 9.59 | Marcus Fosserud | 01 | Jessheim | 20.05.2012 |
| 9.61 | Ole Eriksen | 91 | Nadderud | 16.06.2002 |
| 9.61 | Lars Ove Smistad | 10 | Jessheim | 08.08…2021 |
| 9.63 | Nila Ivar Skiaker | 81 | Nadderud | 20.06.1992 |
| 9.65 | Torbjørn Wiig | 77 | Nadderud | 19.06.1988 |
| 9.65 | Emil Nordal | 03 | Jessheim | 05.06.2014 |
| 9.69 | Andreas Løland | 90 | Jessheim | 19.08.2001 |
| 9.70 | Morten Halseth | 97 | Lillestrøm | 14.06.2008 |
| 9.71 | Harald Heggelund | 80 | Jessheim | 28.05.1991 |
| 9.72 | Michael Løland | 92 | Lillehammer/Ss | 28.06.2003 |
| 9.75 | Christian Iversen | 05 | Jessheim | 02.06.2016 |
| 9.84 | Eivind Damstuen | 92 | Lillehammer/Ss | 28.06.2003 |

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| **GUTTER 11** | **505** |

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

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| --- | --- | --- | --- | --- |
| 9.84 | Harald Tronsli | 92 | Asker/Fø | 23.08.2003 |
| 9.84 | Christian Løland | 97 | Lillestrøm | 24.08.2008 |
| 9.84 | Simen Lye Smistad | 07 | Jessheim | 31.05.2018 |
| 9.85 | Leo Elias Riise | 07 | Jessheim | 11.08.2018 |
| 9.88 | Johan Hillveg | 88 | Jessheim | 27.05.1999 |
| 9.92 | Måns Schøning Lie | 96 | Jessheim | 21.08.2007 |
| 9.94 | Michael Løland | 91 | Jessheim | 20.06.2001 |
| 9.96 | Marius Rognerud | 94 | Jessheim | 18.08.2005 |
| 10.02 | Sondre Westby Liestøl | 99 | Lillestrøm | 29.05.2010 |
| 10.03 | Ingar Ørum | 77 | Nadderud | 19.06.1988 |
| 10.05 | Kristian Hov | 97 | Jessheim | 02.06.2008 |
| 10.06 | Roy-Kenneth Hermansen | 83 | Lillehammer/Ss | 25.06.1994 |
| 10.09 | Sondre Opaker Øines | 98 | Jessheim | 19.09.2009 |
| 10.11 | Kristian Ødemark Hov | 97 | Asker/Fø | 31.05.2008 |
| 10.12 | Hannes Fjellestad | 02 | Lillehammer/Ss | 22.06.2013 |
| 10.13 | Lucas Kibret | 13 | Jessheim | 11.08.2024 |
| 10.17 | Vetle Grønvold Eriksen | 96 | Jessheim | 14.06.2007 |
| 10.20 | Lars Sutterud | 90 | Jessheim | 19.08.2001 |
| 10.27 | Fredrik Solberg Hernes | 06 | Jessheim | 23.05.2017 |
| 10.32 | Joakim Strand | 83 | Lillehammer/Ss | 25.06.1994 |
| 10.37 | Simon Sivertsen | 05 | Jessheim | 02.06.2016 |
| 10.45 | Håvard Mathisen | 77 | Nadderud | 19.06.1988 |
| 10.49 | Vegard Stensvoll | 04 | Jessheim | 04.06.2015 |
| 10.54 | Mateo Aas | 13 | Jessheim | 24.05.2024 |
| 10.60 | Axel Trelsgård | 95 | Asker/Fø | 20.05.2006 |
| 10.71 | Eirik Bjørk Halvorsen | 04 | Jessheim | 04.06.2015 |
| 10.76 | Thomas Reitan | 97 | Jessheim | 02.06.2008 |
| 10.86 | Erik Alexander Brønnars | 08 | Jessheim | 06.06.2019 |
| 10.89 | Pakalon Nirmalan | 05 | Jessheim | 02.06.2016 |
| 10.94 | Brevin Banister | 05 | Jessheim | 02.06.2016 |
| 10.95 | Magnus Hjelmeseth | 05 | Jessheim | 02.06.2016 |
| 10.95 | Sigve Sand | 05 | Jessheim | 02.06.2016 |
| 10.98 | Sander Forø | 00 | Jessheim | 04.06.2011 |
| 11.06 | Christoffer Holås Lohne | 07 | Jessheim | 31.05.2018 |
| 11.14 | Lars Martin Furuseth | 77 | Nadderud | 19.06.1988 |
| 11.14 | William Hjeltnes | 07 | Lillestrøm | 26.05.2018 |
| 11.17 | Andreas Flåten Børve | 99 | Lillehammer/Ss | 19.06.2010 |
| 11.19 | Fredrik Hultgren | 81 | Lillehammer/Ss | 27.06.1992 |
| 11.19 | Eirik Magnus Holter | 99 | Lillehammer/Ss | 19.06.2010 |
| 11.20 | Christopher Aanda | 92 | Jessheim | 25.09.2003 |
| 11.26 | Sondre Norheim | 05 | Jessheim | 02.06.2016 |

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| **GUTTER 11** | **506** |

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| **60m M** |  |

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| 8.7 | John Backe-Bogstad | 61 | Råholt | 09.09.1972 |
| 8.7 | Morten Knutsen | 70 | Nannestad | 12.09.1981 |
| 8.8 | Martin Bratfos | 47 | Jessheim | 23.08.1958 |
| 8.8 | Ingar Ingerø | 49 | Råholt | 20.08.1960 |
| 8.8 | Frode Bekken | 59 | Kongsberg | 12.09.1970 |
| 8.8 | Anthony Davies | 92 | Bjørkelangen | 31.05.2003 |
| 9.0 | Roger Rønning | 71 | Strømmen | 16.06.1982 |
| 9.0 | Kenneth Warming | 82 | Jessheim | 01.06.1993 |
| 9.0 | Espen Berg Nyhus | 89 | Jessheim | 09.09.2000 |
| 9.1 | Bjørn Hellum | 48 | Jessheim | 13.09.1959 |
| 9.1 | Claus Nerhagen | 59 | Fjellhamar | 30.08.1970 |
| 9.1 | Frode Grøndahl | 69 | Lillestrøm | 25.08.1980 |
| 9.1 | Jarle Sæthermoen | 70 | Nannestad | 12.09.1981 |
| 9.1 | Ola Sandvær Aamodt | 95 | Jessheim | 23.09.2006 |
| 9.2 | Per Nafstad | 50 | Jessheim | 10.09.1961 |
| 9.2 | Jon Henriksen | 60 | Nannestad | 11.09.1971 |
| 9.2 | Gudmund Bjotveit | 77 | Bjørkelangen | 30.08.1988 |
| 9.3 | Petter Hagen | 70 | Gjerdrum | 14.06.1981 |
| 9.3 | Ola Nerhagen | 71 | Rolvsrud | 19.09.1982 |
| 9.3 | Christer Amundsen | 92 | Bjørkelangen | 31.05.2003 |
| 9.3 | Marius Nyeggen | 94 | Jessheim | 09.06.2005 |
| 9.3 | Georg Holden | 94 | Jessheim | 09.06.2005 |
| 9.3 | Iver Laake | 01 | Jessheim | 12.06.2012 |
| 9.3 | Marcus Fosserud | 01 | Jessheim | 12.06.2012 |
| 9.4 | Andreas Løland | 90 | Jessheim | 21.05.2001 |
| 9.4 | Thomas Løland | 95 | Jessheim | 15.06.2006 |
| 9.4 | Måns Schøning Lie | 96 | Årnes | 27.06.2007 |
| 9.5 | Cato Strømberg | 50 | Jessheim | 10.09.1961 |
| 9.5 | Michael Løland | 92 | Bjørkelangen | 31.05.2003 |
| 9.6 | Henning Enger | 46 | Gardermoen | 28.09.1957 |
| 9.6 | Pål Vik-Strandli | 62 | Lillestrøm | 18.06.1973 |
| 8.6 | Emil Nordal | 03 | Jessheim | 05.06.2014 |
| 9.7 | Harald Ingebretsen | 55 | Lillestrøm | 04.09.1966 |
| 9.7 | Petter Hagen | 69 | Lørenfallet | 22.09.1980 |
| 9.7 | Nils Ivar Skiaker | 81 | Jessheim | 24.09.1992 |
| 9.7 | Ole Eriksen | 91 | Jessheim | 12.09.2002 |
| 9.7 | Marius Rognerud | 94 | Jessheim | 09.06.2005 |
| 9.8 | Olav Werner Ruud | 55 | Lillestrøm | 10.06.1966 |
| 9.8 | Arne Gismervik | 61 | Lørenfallet | 13.06.1972 |
| 9.8 | Nils Kristen Wiig | 43 | Jessheim | 02.08.1954 |
| 9.8 | Ingar Ørum | 77 | Jessheim | 06.06.1988 |
| 9.8 | Emil Borge | 78 | Jessheim | 13.09.1989 |
| 9.8 | Werner Lien Stahaug | 83 | Jessheim | 26.09.1994 |

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| **GUTTER 11** | **507** |

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| **60m M forts.** |  |

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| 9.8 | Espen Nyhus | 88 | Årnes | 18.08.1999 |
| 9.8 | Lars Sutterud | 90 | Årnes | 04.07.2001 |
| 9.8 | Brage Ekroll Jahren | 91 | Jessheim | 12.09.2002 |
| 9.9 | Jon Martinsen | 47 | Eidsvoll/My | 03.08.1958 |
| 10.1 | Jan Grinderud | 46 | Gardermoen | 28.09.1957 |
| 10.1 | Jørgen Aspen | 98 | Jessheim | 04.06.2009 |
| 10.1 | Sondre Opaker Øines | 98 | Oslo/Bi | 04.07.2009 |
| 10.1 | Andreas Flåten Børve | 99 | Jessheim | 10.06.2010 |
| 10.3 | Tom Brenni | 58 | Jessheim | 24.06.1969 |
| 10.3 | Axel Trelsgård | 95 | Jessheim | 12.06.2006 |
| 10.4 | Finn Lystad | 51 | Råholt | 23.09.1962 |
| 10.4 | Trond Wiig | 72 | Skotterud | 03.07.1983 |
| 10.4 | Erlend Berg | 96 | Jessheim | 04.06.2007 |
| 10.5 | Roger Kulleseid | 49 | Nannestad | 29.06.1960 |

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| **Tvilsom tid** | |  | | |
| 8.5 | Nils Kristen Wiig | 43 | Strømmen | 02.10.1954 |

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| **80m M** |  |

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| 11.5 | Frode Bekken | 59 | Nadderud | 28.06.1970 |
| 12.0 | Claus Nerhagen | 59 | Råholt | 20.09.1970 |
| 12.8 | Kenneth Warming | 82 | Strømmen | 11.09.1993 |

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| **100m E** |  |

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| 16.22 | Emil Nordal | 03 | Jessheim | 08.05.2014 |
| 16.45 | Martinius Aanestad-Pedersen | 03 | Jessheim | 08.05.2014 |
| 17.85 | Viktor Venger-Pedersen | 03 | Jessheim | 08.05.2014 |

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| **100m M** |  |

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| 14.2 | John Backe-Bogstad | 61 | Nannestad | 07.07.1972 |
| 14.2 | Morten Knutsen | 70 | Uddevalla, SWE | 25.07.1981 |
| 14.5 | Frode Bekken | 59 | Råholt | 20.09.1970 |
| 14.9 | Claus Nerhagen | 59 | Råholt | 20.09.1970 |
| 14.9 | Arve Gismervik | 61 | Nannestad | 07.07.1972 |
| 15.1 | Jon Henriksen | 60 | Lillestrøm | 19.09.1971 |
| 15.2 | Ola Nerhagen | 71 | Blaker/Br | 26.08.1982 |
| 15.5 | Jarle Sæthermoen | 70 | Jessheim | 26.06.1981 |
| 15.8 | Emil Borge | 78 | Jessheim | 30.09.1989 |
| 15.9 | Oskar Puckmann | 65 | Strømmen | 25.06.1976 |
| 16.2 | Arvid Ranklev Hansen | 60 | Lillestrøm | 19.09.1971 |

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| **GUTTER 11** | **508** |

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| **200m E** |  |

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| 30.20 | Jonas Bergli | 08 | Nadderud | 14.06.2019 |
| 30.42 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 16.08.2020 |
| 30.87 | Thomas Løland | 95 | Jessheim | 17.08.2006 |
| 31.87 | Jørgen Opaker | 97 | Nadderud | 08.06.2008 |
| 32.04 | Iver Laake | 01 | Sofiemyr | 26.08.2012 |
| 32.68 | Christian Løland | 97 | Nadderud | 08.06.2008 |
| 32.82 | Morten Halseth | 97 | Nadderud | 08.06.2008 |
| 32.82 | Lars Ove Smistad | 10 | Jessheim | 07.08.2021 |
| 34.39 | Leo Elias Riise | 07 | Jessheim | 12.08.2018 |
| 35.78 | Sondre Opaker Øines | 98 | Jessheim | 19.09.2009 |

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| **200m M** |  |

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| 30.1 | Marcus Fosserud | 01 | Jessheim | 06.09.2012 |
| 31.2 | Marius Nyeggen | 94 | Jessheim | 23.04.2005 |
| 31.4 | Gudmund Bjotveit | 77 | Jessheim | 26.09.1988 |
| 32.0 | Sverre Gjesteby | 00 | Jessheim | 03.09.2011 |
| 32.6 | Christian Løland | 97 | Jessheim | 04.09.2008 |
| 32.7 | Morten Halseth | 97 | Jessheim | 04.09.2008 |
| 34.5 | Ådne Opaker Øines | 02 | Jessheim | 30.05.2013 |
| 35.5 | Sondre Westby Liestøl | 99 | Jessheim | 03.09.2010 |
| 36.2 | Andreas Børve | 99 | Jessheim | 03.09.2010 |
| 37.1 | Jens Andersen | 97 | Jessheim | 04.09.2008 |

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| **600m** |  |

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| 1:42.10 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 12.09.2020 |
| 1:46.05 | Thomas Løland | 95 | Oslo/Bi | 18.08.2006 |
| 1:48.3 | Claus Nerhagen | 59 | Råholt | 19.09.1970 |
| 1:52.6 | Arne Gismervik | 61 | Lørenfallet | 27.06.1972 |
| 1:52.4 | Jon Henriksen | 60 | Lørenfallet | 03.10.1971 |
| 1:52.65 | Jørgen Gundersen | 95 | Nadderud | 16.06.2005 |
| 1:53.14 | Jonas Bergli | 08 | Nadderud | 16.06.2019 |
| 1:53.70 | Vetle Christiansen | 95 | Jessheim | 22.05.2006 |
| 1:57.1 | Jan Børge Kvamme | 61 | Lørenfallet | 13.06.1972 |
| 1:57.17 | Christian Løland | 97 | Lillestrøm | 14.06.2008 |
| 1:57.96 | Morten Halseth | 97 | Lillestrøm | 14.06.2008 |
| 2:00.4 | Frank Jåtten | 61 | Lørenfallet | 13.06.1972 |
| 2:00.40 | Nicolai Nøvik | 98 | Lillestrøm | 31.05.2009 |
| 2:01.4 | Jon Ranklev Hansen | 60 | Lillestrøm | 19.09.1971 |
| 2:02.3 | Sven Andersen | 59 | Råholt | 19.09.1970 |
| 2:03.33 | Emilio Dunne | 93 | Lillehammer/Ss | 24.06.2004 |
| 2:02.38 | Lucas Kibret | 13 | Jessheim | 10.08.2024 |

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| **GUTTER 11** | **509** |

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| **600m forts.** |  |

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| 2:05.18 | Iver Laake | 01 | Oslo/Bi | 17.08.2012 |
| 2:05.77 | Georg Holden | 94 | Bjørkelangen | 04.06.2005 |
| 2:06.38 | Jørgen Opaker | 97 | Jessheim | 18.08.2008 |
| 2:07.73 | Sondre Westby Liestøl | 99 | Jessheim | 15.06.2010 |
| 2:08.10 | Ola Sandvær Aamodt | 95 | Jessheim | 21.08.2006 |
| 2:08.22 | Hannes Fjellestad | 02 | Lillehammer/Ss | 23.06.2013 |
| 2:11.86 | Andreas Flåten Børve | 99 | Lillehammer/Ss | 20.06.2010 |
| 2:13.78 | Fredrik Solberg Hernes | 06 | Jessheim | 23.05.2017 |
| 2:14.66 | Kristian Hov | 97 | Jessheim | 02.06.2008 |
| 2:15.26 | Henrik Jakobsen | 01 | Jessheim | 23.08.2012 |
| 2:17.97 | Ådne Opaker Øines | 02 | Asker/Fø | 01.06.2013 |

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| **800m** |  |

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| 2:26.02 | Iver Løvgaard Faksvåg | 09 | Nittedal | 23.08.2020 |
| 2:32.1 | Thomas Løland | 95 | Jessheim | 23.09.2006 |
| 2:35.5 | Michael Løland | 92 | Bjørkelangen | 31.05.2003 |
| 2:36.2 | Vetle Christiansen | 95 | Jessheim | 23.09.2006 |
| 2:37.2 | Frode Grøndahl | 69 | Jessheim | 19.08.1980 |
| 2:38.8 | Christian-Olaus Sween | 06 | Jessheim | 30.09.2017 |
| 2:43.2 | Thorbjørn Wiig | 77 | Jessheim | 22.08.1988 |
| 2:44.05 | Andreas Løland | 90 | Jessheim | 18.08.2001 |
| 2:46.79 | Eivind Skolt | 83 | Sofiemyr | 05.06.1994 |
| 2:47.6 | Morten Knutsen | 70 | Jessheim | 26.06.1981 |
| 2:48.20 | Nils Ivar Skiaker | 81 | Nadderud | 20.06.1992 |
| 2:50.1 | Roger Rønning | 71 | Lillestrøm | 12.09.1982 |
| 2:50.2 | Jon Arne Skiaker | 79 | Bjørkelangen | 25.05.1990 |
| 2:51.11 | Espen Berg Nyhus | 89 | Jessheim | 31.08.2000 |
| 2:51.2 | Marius Nyeggen | 94 | Jessheim | 01.10.2005 |
| 2:52.4 | Emil Nordal | 03 | Jessheim | 04.10.2014 |
| 2:54.7 | Trond-Erik Bakkerud | 77 | Årnes | 24.06.1988 |
| 2:56.2 | Sverre Gjesteby | 00 | Jessheim | 19.09.2011 |
| 2:57.73 | Christian Løland | 97 | Jessheim | 08.08.2008 |
| 2:57.93 | Leo Elias Rise | 07 | Jessheim | 27.09.2018 |
| 2:58.2 | Eivind Skolt | 82 | Jessheim | 29.07.1993 |
| 2:59.67 | Kristian Finstad | 79 | Jessheim | 21.05.1990 |
| 3:01.05 | Michael Løland | 91 | Jessheim | 23.09.2002 |
| 3:01.39 | Bjørnar Berg | 88 | Jessheim | 21.05.1999 |
| 3:04.1 | Sondre Westby Liestøl | 99 | Jessheim | 19.09.2000 |
| 3:07.0 | Ole Eriksen | 91 | Jessheim | 13.06.2002 |
| 3:08.5 | Ådne Opaker Øines | 02 | Jessheim | 28.09.2013 |
| 3:12.5 | Kjell Audun Strand | 78 | Jessheim | 13.09.1989 |

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| **GUTTER 11** | **510** |

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| **800m** |  |

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| 3:15.4 | Kenneth Warming | 82 | Jessheim | 20.09.1993 |
| 3:19.15 | Simon Lye Smistad | 07 | Jessheim | 27.09.2018 |
| 3:19,6 | Lars Risebrobakken | 98 | Jessheim | 19.09.2009 |
| 3:20.7 | Stian Skafle | 88 | Jessheim | 16.08.1999 |

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| **1500m** |  |

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| 5:51.7 | Eivind Skolt | 83 | Jessheim | 13.06.1994 |
| 6:15.4 | Thorbjørn Wiig | 77 | Jessheim | 13.06.1988 |
| 6:39.6 | Håvard Mathisen | 77 | Haga | 07.09.1988 |

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| **5 km landevei** |  |

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| 18:39 | Iver Løvgaard Faksvåg | 09 | Jessheim | 03.10.2020 |
| 20:28 | Konrad Vibekken | 13 | Jessheim | 28.09.2024 |
| 21:22 | Lucas Kibret | 13 | Jessheim | 28.09.2024 |
| 25:36 | William Vanger Pedersen | 13 | Jessheim | 28.09.2024 |
| 25:40 | Thomas Fredvang | 13 | Jessheim | 28.09.2024 |
| 26:58 | Carl Magnus Jensen | 11 | Jessheim | 39.04.2023 |
| 27:28 | Sokrates Vasstrand | 13 | Jessheim | 14.04.2024 |

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| **60m hekk 68 cm E** |  |

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| 11.30 | Iver Løvgaard Faksvåg | 09 | Hønefoss | 13.09.2020 |
| 11.59 | Sverre Gjesteby | 00 | Nadderud | 24.09.2011 |
| 12.03 | Morten Halseth | 97 | Jessheim | 23.08.2008 |
| 12.57 | Kasper Falsen | 01 | Jessheim | 23.08.2012 |
| 13.09 | Henrik Jacobsen | 01 | Jessheim | 23.08.2012 |
| 13.84 | Konrad Vibekken | 13 | Jessheim | 10.08.2024 |
| 14.29 | Kristian Hov | 97 | Nadderud | 08.06.2008 |

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| **60m hekk 76.2 cm E** |  |

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| 13.29 | Roy Kenneth Hermansen | 83 | Lillehammer/Ss | 24.06.1994 |
| 13.81 | Lars Sutterud | 90 | Jessheim | 18.08.2001 |

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| **60m hekk 76.2 cm M** |  |

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| 12.7 | Morten Knutsen | 70 | Lørenfallet | 25.06.1981 |
| 12.9 | Kenneth Warming | 82 | Jessheim | 17.08.1993 |
| 13.1 | Trond-Erik Bakkerud | 71 | Hakadal/El | 05.06.1988 |
| 14.3 | Fredrik Hansen | 77 | Jessheim | 26.09.1988 |
| 14.7 | Lars Kristian Furuseth | 77 | Jessheim | 18.09.1988 |

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| **200m hekk 68 cm E** |  |

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| 40.44 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 15.08.2020 |
| **GUTTER 11** | | **511** | | |

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| **800m hinder 40 cm** | **5 hindere – vanngrav 15cm** |

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| 2:57.95 | Konrad Vibekken | 13 | Jessheim | 09.08.2024 |
| 3:06.51 | Lucas Kibret | 13 | Jessheim | 09.08.2024 |
| 3:15.63 | Amadeus Solheim | 10 | Jessheim | 06.08.2021 |

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| **5km veiløp** |  |

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| 27:28 | Sokrates Vasstrand | 13 | Jessheim | 14.04.2024 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.35 | Anthony Davies | 92 | Jessheim | 25.09.2003 |
| 1.35 | Ola Sandvær Aamodt | 95 | Nadderud | 17.06.2006 |
| 1.30 | Morten Knutsen | 70 | Jessheim | 26.06.1981 |
| 1.30 | Fredrik Risbø | 86 | Jessheim | 01.09.1997 |
| 1.30 | Morten Halseth | 97 | Lillestrøm | 27.09.2008 |
| 1.25 | Eirik Magnus Holter | 99 | Lillehammer/Ss | 19.06.2010 |
| 1.21 | Kjell Strand | 78 | Bjørkelangen | 10.09.1989 |
| 1.20 | Claus Nerhagen | 59 | Råholt | 19.09.1970 |
| 1.20 | Frode Bekken | 59 | Råholt | 20.09.1970 |
| 1.20 | Harald Rønåsen | 63 | Strømmen | 11.09.1974 |
| 1.20 | Nils Ivar Skiaker | 81 | Lillehammer/Ss | 27.06.1992 |
| 1.20 | Kenneth Warming | 82 | Strømmen | 11.09.1993 |
| 1.20 | Eivind Damstuen | 92 | Jessheim | 26.05.2003 |
| 1.20 | Christer Amundsen | 92 | Bjørkelangen | 01.06.2003 |
| 1.20 | Sverre Gjesteby | 00 | Nadderud | 24.09.2011 |
| 1.20 | Christian-Olaus Sween | 06 | Lillestrøm | 27.05.2017 |
| 1.16 | Lars Sutterud | 90 | Jessheim | 19.08.2001 |
| 1.15 | Jarle Sæthermoen | 70 | Jessheim | 18.05.1981 |
| 1.15 | Hannes Fjellestad | 02 | Lillehammer/Ss | 22.06.2014 |
| 1.10 | Sven Nordby Andersen | 59 | Råholt | 19.09.1970 |
| 1.10 | Thorbjørn Wiig | 77 | Jessheim | 19.05.1988 |
| 1.08 | Bjørn Hellum | 48 | Jessheim | 13.09.1959 |
| 1.05 | Henning Enger | 46 | Gardermoen | 28.09.1957 |
| 1.05 | Olav Werner Ruud | 55 | Lillestrøm | 11.09.1966 |
| 1.05 | Halvor Dahlen | 75 | Løken | 31.05.1986 |
| 1.05 | Trond-Erik Bakkerud | 77 | Årnes | 24.06.1988 |
| 1.05 | Thanwut Lamprom | 99 | Jessheim | 18.09.2010 |
| 1.05 | Roy Kenneth Halvorsen | 83 | Sofiemyr | 05.06.1994 |
| 1.05 | Iver Laake | 01 | Lillestrøm | 26.05.2012 |
| 1.05 | William Hjeltnes | 07 | Lillestrøm | 26.05.2018 |
| 1.00 | Harald Engebretsen | 55 | Lillestrøm | 11.09.1966 |
| 1.00 | Harald Vestgøte | 83 | Bjørkelangen | 28.05.1994 |
| 1.00 | Marius Rognerud | 94 | Jessheim | 22.09.2005 |

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| **GUTTER 11** | **512** |

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| **Lengde S: Sats i satsfelt** |  |

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| --- | --- | --- | --- | --- |
| 4.80s | Morten Knutsen | 70 | Kirkenær | 31.05.1981 |
| 4.45 | Claus Nerhagen | 59 | Lillestrøm | 09.08.1970 |
| 4.45 | John Backe-Bogstad | 61 | Jessheim | 01.10.1972 |
| 4.37 s | Roger Rønning | 71 | Lillestrøm | 12.09.1982 |
| 4.32 s | Christian-Olaus Sween | 06 | Lillestrøm | 27.05.2017 |
| 4.31 s | Ola Sandvær Aamodt | 95 | Jessheim | 23.09.2006 |
| 4.23 s | Iver Løvgaard Faksvåg | 09 | Lillestrøm | 19.09.2020 |
| 4.21 s | Kenneth Warming | 82 | Ski | 13.06.1993 |
| 4.16 s | Emilio Dunne | 93 | Lillehammer/Ss | 27.06.2004 |
| 4.15 | Per Nafstad | 50 | Jessheim | 10.09.1961 |
| 4.04 s | Gudmund Bjotveit | 77 | Jessheim | 06.06.1988 |
| 3.98 | Frode Bekken | 59 | Råholt | 20.09.1970 |
| 3.97 | Arvid Ranklev Hansen | 60 | Lillestrøm | 19.09.1971 |
| 3.96 s | Frode Grøndahl | 69 | Jessheim | 24.08.1980 |
| 3.95 | Jon Henriksen | 60 | Lillestrøm | 19.09.1971 |
| 3.95 s | Jarle Sæthermoen | 70 | Jessheim | 18.05.1981 |
| 3.95 s | Ola Nerhagen | 71 | Rolvsrud | 19.09.1982 |
| 3.92 s | Georg Holden | 94 | Jessheim | 13.06.2005 |
| 3.88 | Nils Kristen Wiig | 43 | Strømmen | 02.10.1954 |
| 3.87 | Ingar Ingerø | 49 | Råholt | 20.08.1960 |
| 3.86 | Arne Gismervik | 61 | Nannestad | 07.07.1972 |
| 3.86 s | Ådne Opaker Øines | 02 | Askim | 18.05.2013 |
| 3.84 s | Ingar Ørum | 77 | Jessheim | 06.06.1988 |
| 3.84 s | Ole Eriksen | 91 | Jessheim | 19.08.2002 |
| 3.83 s | Trond-Erik Bakkerud | 77 | Bjørkelangen | 30.08.1988 |
| 3.82 s | Espen Berg Nyhus | 89 | Asker/Fø | 10.09.2000 |
| 3.82 s | Christian Løland | 97 | Lillestrøm | 24.08.2008 |
| 3.80 s | Christer Amundsen | 92 | Oslo/Bi | 21.06.2003 |
| 3.79 s | Måns Schøning Lie | 96 | Jessheim | 04.06.2007 |
| 3.79 s | Sondre Opaker Øines | 98 | Lillehammer/Ss | 21.06.2009 |
| 3.78 s | Ole Semming Wiig | 69 | Jessheim | 24.08.1980 |
| 3.78 s | Tron Wiig | 72 | Kløfta | 22.09.1983 |
| 3.78 s | Marius Rognerud | 94 | Jessheim | 22.08.2005 |
| 3.76 s | Thorbjørn Wiig | 77 | Bjørkelangen | 30.08.1988 |
| 3.74 s | Eivind Damstuen | 92 | Jessheim | 19.06.2003 |
| 3.73 s | Morten Halseth | 97 | Lillestrøm | 14.06.2008 |
| 3.72 s | Anthony Davies | 92 | Jessheim | 25.09.2003 |
| 3.71 | Cato Strømberg | 50 | Jessheim | 10.09.1961 |
| 3.69 | Henning Enger | 46 | Gardermoen | 28.09.1957 |
| 3.69 | Bjørn Hellum | 48 | Jessheim | 13.09.1959 |
| 3.68 s | Iver Laake | 01 | Fredrikstad | 01.07.2012 |
| 3.66 s | Nils Ivar Skiaker | 81 | Jessheim | 24.09.1992 |
| 3.65 s | Espen Nyhus | 88 | Årnes | 18.08.1999 |
| 3.65 s | Emil Nordal | 03 | Lillehammer/Ss | 22.06.2014 |
| 3.63 | Harald Engebretsen | 55 | Jessheim | 02.10.1966 |

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| **GUTTER 11** | **513** |

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| **Lengde S: Sats i satsfelt forts.** |  |

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| --- | --- | --- | --- | --- |
| 3.63 s | Emil Borge | 78 | Fetsund/Fe | 14.08.1989 |
| 3.61 s | Kjell Strand | 78 | Fetsund/Fe | 09.09.1989 |
| 3.55 | Martin Bratfos | 47 | Jessheim | 23.07.1958 |
| 3.55 | Tom Brenni | 58 | Jessheim | 24.06.1969 |
| 3.55 s | Kasper Falsen | 01 | Jessheim | 23.08.2012 |
| 3.53 s | Marcus Fosserud | 01 | Jessheim | 20.05.2012 |
| 3.52 | Olav Werner Ruud | 55 | Lillestrøm | 10.09.1966 |
| 3.52 s | Daniel Askeland | 85 | Jessheim | 26.09.1996 |
| 3.48 s | Andreas Flåten Børve | 99 | Lillehammer/Ss | 20.06.2010 |
| 3.48 s | Thanwut Lamprom | 99 | Jessheim | 18.09.2010 |
| 3.45 | Sven Inge Bråten | 76 | Jessheim | 18.05.1987 |
| 3.44 | Thorbjørn Wiig | 76 | Jessheim | 18.05.1987 |
| 3.43 s | Erlend Kristiansen | 96 | Jessheim | 04.06.2007 |
| 3.37 s | Johan Fredrik Hillveg | 88 | Bjørkelangen | 29.05.1999 |
| 3.37 s | Lars Sutterud | 90 | Årnes | 04.07.2001 |
| 3.37 s | Trygve Stuve Dahl | 07 | Lillehammer/Ss | 23.06.2018 |
| 3.35 s | Henrik Jacobsen | 01 | Jessheim | 23.08.2012 |
| 3.30 s | Stig Enderud | 79 | Jessheim | 27.09.1990 |
| 3.30 s | Axel Trelsgård | 95 | Jessheim | 22.05.2006 |
| 3.22 s | Mathias Stava | 96 | Jessheim | 04.06.2007 |
| 3.25 s | Konrad Vibekken | 13 | Jessheim | 10.08.2024 |
| 3.20 | Hans Bratfos | 49 | Råholt | 20.08.1960 |
| 3.16 s | Kristian Hov | 97 | Nadderud | 08.06.2008 |
| 3.10 | Sondre Westby Liestøl | 99 | Jessheim | 15.06.2010 |
| 3.08 | Sven Nordby Andersen | 59 | Fjellhamar | 30.08.1970 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.84 | Morten Halseth | 97 | Nadderud | 06.06.2008 |
| 9.57 | Håvard Mathisen | 77 | Jessheim | 18.09.1988 |
| 9.49 | Lars Sutterud | 90 | Jessheim | 19.08.2001 |
| 8.90 | Harald Vestgøte | 83 | Nadderud | 19.06.1994 |
| 8.54 | Christer Amundsen | 92 | Oslo/Bi | 21.06.2003 |
| 8.50 | Ingar Ørum | 77 | Haga | 07.09.1988 |
| 8.32 | Christian Løland | 97 | Lillestrøm | 23.08.2008 |
| 8.18 | Kjetil Audun Strand | 78 | Jessheim | 17.09.1989 |
| 8.05 | Thorbjørn Wiig | 77 | Nadderud | 17.06.1988 |
| 8.03 | Trond-Erik Bakkerud | 77 | Jessheim | 26.09.1988 |
| 7.83 | Ola Sandvær Aamodt | 95 | Jessheim | 23.09.2006 |
| 7.76 | Kenneth Warming | 82 | Jessheim | 20.09.1993 |
| 7.72 | Roy Kenneth Hermansen | 83 | Jessheim | 22.09.1994 |
| 7.69 | Thomas Løland | 95 | Jessheim | 21.08.2006 |
| 7.55 | Espen Berg Nyhus | 89 | Lillehammer/Ss | 01.07.2000 |
| 7.41 | Gudmund Bjotveit | 77 | Jessheim | 25.06.1988 |

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| **GUTTER 11** | **514** |

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| **Kule 2 kg forts.** |  |

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| --- | --- | --- | --- | --- |
| 7.07 | Johan Fredrik Hillveg | 88 | Jessheim | 27.05.1999 |
| 6.92 | Ådne Opaker Øines | 02 | Ski | 10.08.2013 |
| 6.88 | Mathias Stava | 96 | Jessheim | 04.06.2007 |
| 6.84 | Iver Løvgaard Faksvåg | 09 | Jessheim | 08.08.2020 |
| 6.77 | Nils Ivar Skiaker | 81 | Lena | 29.08.1992 |
| 6.71 | Anthony Davies | 92 | Bjørkelangen | 13.05.2003 |
| 6.70 | Kristian Finstad | 79 | Jessheim | 19.05.1990 |
| 6.64 | Jonas Bergli | 08 | Nadderud | 14.06.2019 |
| 6.50 | Ruben Hagen | 92 | Jessheim | 26.05.2003 |
| 6.41 | Kristian Ødemark Hov | 97 | Jessheim | 02.06.2008 |
| 6.24 | Sondre Opaker Øines | 98 | Jessheim | 19.09.2009 |
| 6.22 | Eivind Damstuen | 92 | Nadderud | 14.06.2003 |
| 5.96 | Sondre Westby Liestøl | 99 | Jessheim | 18.09.2010 |
| 5.95 | Thanwat Lamprom | 99 | Jessheim | 18.09.2010 |
| 5.86 | Henrik Jacobsen | 01 | Jessheim | 23.08.2012 |
| 5.71 | Fredrik Solberg Hernes | 06 | Jessheim | 23.05.2017 |
| 5.69 | Iver Laake | 01 | Jessheim | 23.08.2012 |
| 5.52 | Erlend Berg | 96 | Jessheim | 04.06.2007 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.30 | Morten Knutsen | 70 | Drammen/Ma | 13.09.1981 |
| 7.59 | Claus Nerhagen | 59 | Råholt | 19.09.1970 |
| 7.12 | Roger Rønning | 71 | Strømmen | 16.06.1982 |
| 6.50 | Frode Bakken | 59 | Råholt | 19.09.1970 |
| 6.43 | Ola Nerhagen | 71 | Rolvsrud | 19.09.1982 |
| 6.15 | Oskar Puckmann | 65 | Gardermoen | 17.06.1976 |
| 5.87 | Sven Nordby Andersen | 59 | Råholt | 19.09.1970 |
| 5.45 | Ole Semming Wiig | 60 | Lørenfallet | 22.09.1980 |

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| **Diskos 600 g** |  |

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| 22.98 | Harald Vestgøte | 83 | Sofiemyr | 05.06.1994 |
| 20.87 | Chrsitian Løland | 97 | Greverud | 14.09.2008 |
| 17.30 | Lars Sutterud | 90 | Jessheim | 19.08.2001 |
| 15.17 | Espen Nyhus | 88 | Jessheim | 24.09.1999 |
| 14.94 | Morten Halseth | 97 | Asker/Fø | 31.05.2008 |

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| **Diskos 1 kg** |  |

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| 14.36 | Ole Semming Wiig | 69 | Lørenfallet | 22.09.1980 |
| 10.72 | Pål Christian Torvund | 76 | Jessheim | 28.09.1987 |

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| **GUTTER 11** | **515** |

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| **Slegge 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 19.59 | Christian Løland | 97 | Lillestrøm | 23.08.2008 |

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| **Spyd 400 g** |  |

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| 28.29 | Christian Løland | 97 | Oslo/Bi | 25.05.2008 |
| 27.30 | Ingar Ørum | 77 | Jessheim | 03.10.1988 |
| 26.48 | Roy Kenneth Harmansen | 83 | Sofiemyr | 04.06.1994 |
| 23.47 | Kristian Flåthen Børve | 01 | Jessheim | 20.05.2012 |
| 23.16 | Ola Nerhagen | 71 | Jessheim | 16.09.1982 |
| 21.46 | Håvard Mathisen | 77 | Jessheim | 03.10.1988 |
| 20.76 | Harald Vestgøte | 83 | Lillehammer/Ss | 24.06.1994 |
| 20.60 | Morten Halseth | 97 | Lillehammer7Ss | 19.06.2008 |
| 20.24 | Hannes Fjellestad | 02 | Jessheim | 30.05.2013 |
| 20.22 | Trond-Erik Bakkerud | 77 | Jessheim | 03.10.1988 |
| 20.08 | Harald Heggelund | 80 | Jessheim | 26.09.1991 |
| 19.40 | Håvard Thorstensen | 65 | Gardermoen | 17.06.1976 |
| 19.36 | Marcus Fosserud | 01 | Jessheim | 20.05.2012 |
| 18.27 | Thanwut Lamprom | 99 | Jessheim | 18.09.2010 |
| 17.62 | Roger Bakke | 65 | Gardermoen | 17.06.1976 |
| 17.38 | Gudmund Bjotveit | 77 | Jessheim | 03.10.1988 |
| 16.02 | Oskar Puckmann | 65 | Gardermoen | 17.06.1976 |
| 12.88 | Nils Ivar Skiaker | 81 | Jessheim | 24.09.1992 |

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| **Spyd 600 g Gammel type til og med 1998** |  |

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| --- | --- | --- | --- | --- |
| 19.44 | Håvard Mathisen | 77 | Jessheim | 11.08.1988 |

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| **Slengball 700 g Lang reim** |  |

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| --- | --- | --- | --- | --- |
| 27.34 | Hans Bratfos | 49 | Råholt | 21.08.1960 |

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| **Slengball 1 kg Kort reim** |  |

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| 25.98 | Morten Halseth | 97 | Lillestrøm | 14.06.2008 |
| 20.71 | Kenneth Warming | 82 | Strømmen | 11.09.1993 |
| 20.34 | Harald Heggelund | 80 | Strømmen | 15.06.1991 |
| 19.29 | Trond-Erik Bakkerud | 77 | Hakadal/El | 05.06.1988 |
| 16.39 | Sondre Opaker Øines | 98 | Lillestrøm | 30.05.2009 |
| 11.10 | Simen Tunold | 88 | Jessheim | 24.09.1999 |

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| **GUTTER 11** | **516** |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 58.56 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 23.08.2006 |
| 49.20 | Christian Løland | 97 | Lillestrøm | 26.07.2008 |
| 47.09 | Morten Halseth | 97 | Nadderud | 07.06.2008 |
| 46.27 | Lars Sutterud | 90 | Jessheim | 19.08.2001 |
| 42.75 | Morten Melby Dahl | 97 | Lillestrøm | 24.08.2008 |
| 42.35 | Nils Kristen Wiig | 43 | Jessheim | 02.08.1954 |
| 42.20 | Henning Enger | 46 | Gardermoen | 28.09.1957 |
| 41.37 | Anthony Davies | 92 | Nadderud | 14.06.2003 |
| 39.58 | Eivind Damstuen | 92 | Nadderud | 14.06.2003 |
| 38.85 | Kenneth Warming | 82 | Jessheim | 20.09.1993 |
| 33.80 | Harald Vestgøte | 83 | Bjørkelangen | 28.05.1994 |
| 33.50 | Christer Amundsen | 92 | Nadderud | 14.06.2003 |
| 31.27 | Magnus Kraabøl | 98 | Jessheim | 16.06.2009 |
| 23.34 | Sondre Opaker Øines | 98 | Oslo/Bi | 04.07.2009 |
| 48.84 | Håvard Mathisen | 77 | Bjørkelangen | 30.08.1988 |
| 48.20 | Ingar Ørum | 77 | Bjørkelangen | 30.08.1988 |
| 45.65 | Håvard Thorstensen | 65 | Årnes | 01.09.1976 |
| 45.52 | Claus Nerhagen | 59 | Lillestrøm | 09.08.1970 |
| 39.46 | Ola Nerhagen | 71 | Blaker/Br | 26.08.1982 |
| 39.42 | Jan Børge Kvamme | 60 | Lillestrøm | 25.06.1971 |
| 38.56 | Trond-Erik Bakkerud | 77 | Bjørkelangen | 30.08.1988 |
| 38.50 | Arne Gismervik | 61 | Råholt | 10.09.1972 |
| 38.30 | Oskar Puckmann | 65 | Strømmen | 25.06.1976 |
| 37.67 | Emil Borge | 78 | Jessheim | 13.09.1989 |
| 37.45 | Roger Bakke | 65 | Strømmen | 25.06.1976 |
| 34.76 | Thorbjørn Wiig | 77 | Bjørkelangen | 30.08.1988 |
| 34.33 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 16.08.2020 |
| 32.50 | Pål Torvund | 76 | Bjørkelangen | 12.09.1987 |
| 30.48 | Fredrik Hansen | 77 | Bjørkelangen | 30.08.1988 |
| 30.21 | Ole Semming Wiig | 69 | Lørenfallet | 22.09.1980 |
| 21.99 | Ådne Opaker Øines | 02 | Lillestrøm | 25.05.2013 |

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| **3-kamp M 60m-Lengde-Kule 3 kg** |  |

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| 2314 | Claus Nerhagen | 59 | Lillestrøm | 09.08.1970 |
| 9.5-3.94-6.75 | | | |

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| **4-kamp M 100m-Lengde-Kule 3-800m** |  |

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| --- | --- | --- | --- | --- |
| 3689 | Morten Knutsen | 70 | Kløfta | 20.09.1981 |
| ? | | | |

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| 3284 | Frode Grøndahl | 69 | Rolvsrud | 14.09.1980 |
| ? | | | |

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| **GUTTER 11** | **517** |

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| **4-kamp M 100m-Lengde-Kule 3-800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 3223 | Roger Rønning | 71 | Lillestrøm | 12.09.1982 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 3014 | Ørnulf Brekke | 68 | Lørenfallet | 22.09.1979 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 2700 | Ole Semming Wiig | 69 | Rolvsrud | 14.09.1980 |
| ? | | | |

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| **3x600m** |  |

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| 6:23.15 | G11 |  | Asker/Fø | 21.08.2004 |
| Marius Nyeggen94-Thomas Løland95-Emilio Dunne93 | | | |

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| **GUTTER 11** | **518** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.96 | Anthony Davies | 92 | Lillestrøm | 29.03.2003 |
| 9.10 | Ola Sandvær Aamodt | 95 | Oslo/Ek | 02.12.2006 |
| 9.14 | Leo Elias Rise | 07 | Hvam | 08.12.2018 |
| 9.18 | Iver Løvgaard Faksvåg | 09 | Hvam | 25.01.2020 |
| 9.19 | Marcus Fosserud | 01 | Stange | 18.03.2012 |
| 9.27 | Kenneth Warming | 82 | Askim | 10.01.1993 |
| 9.28 | Joakim Kolobekken | 09 | Hvam | 25.01.2020 |
| 9.34 | Christer Amundsen | 92 | Lillestrøm | 29.03.2003 |
| 9.40 | Theo Thoresen-Sandaker | 11 | Hvam | 03.12.2022 |
| 9.41 | Jonas Bergli | 08 | Hvam | 26.01.2019 |
| 9.50 | Oliver Jordalen Løkken | 06 | Hvam | 09.12.2017 |
| 9.56 | Ådne Opaker Øines | 02 | Rud | 16.11.2013 |
| 9.79 | Audun Sjøstrøm-Johansen | 09 | Hvam | 25.01.2020 |
| 9.86 | Sander Rognstad Post | 14 | Stange | 23.03.2025 |
| 9.91 | Jørgen Opaker | 97 | Lillestrøm | 26.01.2008 |
| 9.92 | Sverre Gjesteby | 00 | Lillestrøm | 26.04.2011 |
| 9.92 | Simon Lye Smistad | 07 | Hvam | 13.01.2018 |
| 9.96 | Trygve Stuve Dahl | 07 | Hvam | 13.01.2018 |
| 9.99 | Daniel Nygård | 04 | Stange | 22.03.2015 |
| 10.02 | Michael Løland | 92 | Stange | 29.03.2003 |
| 10.03 | Christian Iversen | 05 | Hvam | 16.01.2016 |
| 10.05 | Morten Halseth | 97 | Lillestrøm | 26.01.2008 |
| 10.07 | Edward Sander Wilberg | 11 | Hvam | 03.12.2022 |
| 10.22 | Lucas Kibret | 13 | Hvam | 03.02.2024 |
| 10.28 | Eirik Magnus Holter | 99 | Lillestrøm | 23.01.2010 |
| 10.28 | Carl Magnu7s Jensen| | 11 | Hvam | 03.12.2022 |
| 10.30 | Eivind Damstuen | 92 | Lillestrøm | 29.03.2003 |
| 10.32 | Sondre Opaker Øines | 98 | Lillestrøm | 29.03.2009 |
| 10.33 | Erling Grøndahl | 96 | Lillestrøm | 20.02.2007 |
| 10.41 | Axel Søndenaa | 09 | Hvam | 25.01.2020 |
| 10.45 | Marius Johansen | 05 | Hvam | 10.12.2016 |
| 10.45 | Jonas Teksum | 06 | Hvam | 09.12.2017 |
| 10.49 | Børge Mæhle Hoel | 12 | Hvam | 04.02.2023 |
| 10.56 | Henrik Hjelm Bakkerud | 08 | Hvam | 26.01.2019 |
| 10.57 | Brage Martinius Jansberg | 11 | Hvam | 03.12.2022 |
| 10.79 | Konrad Vibekken | 11 | Hvam | 03.02.2024 |
| 10.95 | Oliver Aanestad Nymoen | 07 | Hvam | 13.01.2018 |
| 11.06 | Kristian Algarheim | 10 | Hvam | 04.12.2021 |
| 11.18 | Victor Rosenlind | 00 | Oslo/Ek | 03.12.2011 |
| 11.20 | Heine Frilseth | 07 | Hvam | 13.01.2018 |
| 11.24 | Werner Storhaug | 83 | Lillestrøm | 19.02.1995 |
| 11.27 | Andreas Hauglid | 04 | Stange | 22.03.2015 |

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| **GUTTER 11** | **519** |

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| **INNENDØRS** |  |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 9.1 | Ola Sandvær Aamodt | 95 | Oslo/Ek | 02.12.2007 |
| 9.7 | Nils Ivar Skiaker | 81 | Lillestrøm | 11.01.1992 |
| 11.2 | Erik Krogen Hagen | 85 | Lillestrøm | 03.03.1996 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 30.26 | Iver Løvgaard Faksvåg | 09 | Hvam | 26.01.2020 |
| 31.41 | Joakim Kolobekken | 09 | Hvam | 26.01.2020 |
| 31.43 | Leo Elias Rise | 07 | Hvam | 08.12.2018 |
| 32.71 | Oliver Jordalen Løkken | 06 | Hvam | 09.12.2017 |
| 33.67 | Lucas Kibret | 13 | Hvam | 04.02.2024 |
| 33.69 | Theo Thoresen-Sandaker | 11 | Hvam | 03.12.2022 |
| 34.15 | Sander Rognstad Post | 14 | Hvam | 26.01.2025 |
| 34.24 | Trygve Stuve Dahl | 07 | Hvam | 13.01.2018 |
| 35.04 | Edward Sander Wilberg | 11 | Hvam | 03.12.2022 |
| 35.06 | Jørgen Teksum | 06 | Hvam | 09.12.2017 |
| 35.28 | Carl Magnus Jensen | 11 | Hvam | 03.12.2022 |
| 35.36 | Brage Martinius Jansberg | 11 | Hvam | 03.12.2022 |
| 35.62 | Axel Søndenaa | 09 | Hvam | 26.01.2020 |
| 35.70 | Sander Lomeland Olsen | 06 | Hvam | 14.01.2017 |
| 35.71 | Simen Lye Smistad | 07 | Hvam | 13.01.2018 |
| 35.76 | Marcus Myrland Pettersen | 13 | Hvam | 07.12.2024 |
| 36.28 | Konrad Vibekken| | 13 | Hvam | 04.02.2024 |
| 36.90 | Edwin Narmo | 12 | Hvam | 05.02.2023 |
| 37.96 | Børge Mæhle Hoel | 12 | Hvam | 05.02.2023 |
| 38.11 | Oliver Aanesrud Nymoen | 07 | Hvam | 13.01.2018 |
| 39.74 | Heine Frilseth | 07 | Hvam | 13.01.2018 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:47.08 | Iver Løvgaard Faksvåg | 09 | Hvam | 08.02.2020 |
| 1:56.49 | Thomas Løland | 95 | Lillestrøm | 25.03.2006 |
| 2:00.21 | Joakim Kolobekken | 09 | Hvam | 25.01.2020 |
| 2:00.30 | Sander Rognstad Post | 14 | Stange | 22.03.2025 |
| 2:02.61 | Lucas Kibret | 13 | Hvam | 03.02.2024 |
| 2:03.45 | Christian Løland | 97 | Lillestrøm | 05.04.2008 |
| 2:06.16 | Michael Løland | 92 | Stange | 15.03.2003 |
| 2:05.66 | Leo Elias Rise | 07 | Stange | 17.03.2018 |
| 2:10.65 | Konrad Vibekken | 13 | Hvam | 03.02.2024 |
| 2:11.25 | Simen Hasselberg | 98 | Stange | 14.03.2009 |
| 2:13.30 | Iver Laake | 01 | Stange | 17.03.2012 |
| 2:13.49 | Marcus Fosserud | 01 | Stange | 17.03.2012 |
| 2:13.62 | Axel Søndenaa | 09 | Hvam | 25.01.2020 |

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| **GUTTER 11** | **520** |

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| **INNENDØRS** |  |

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| **600m forts.** |  |

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| 2:16.14 | Ådne Opaker Øines | 02 | Stange | 16.03.2013 |
| 2:17.44 | Sander Hasselberg | 98 | Stange | 14.03.2009 |
| 2:18.15 | Daniel Nygård | 04 | Stange | 21.03.2015 |
| 2:20.91 | Sondre Opaker Øines | 98 | Stange | 14.03.2009 |
| 2:21.71 | Edwin Kvisler Nermo | 12 | Hvam | 04.02.2023 |
| 2:23.10 | Bærge Mæhla Hoel | 12 | Stange | 11.03.2023 |
| 2:25.90 | Mattis Stava | 96 | Stange | 17.03.2007 |
| 2:26.52 | Andreas Hauglid | 04 | Stange | 21.03.2015 |

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| **800m** |  |

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| 2:47.7 | Eivind Skolt | 83 | Lillestrøm | 06.03.1994 |
| 2:50.1 | Nils Ivar Skiaker | 81 | Lillestrøm | 22.02.1992 |
| 3:10.92 | Erik Krogen Hagen | 85 | Lillestrøm | 03.03.1996 |

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| **60m hekk 68 cm E** |  |

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| --- | --- | --- | --- | --- |
| 11.08 | Iver Løvgaard Faksvåg | 09 | Hvam | 26.01.2020 |
| 11.57 | Christian Iversen | 05 | Hvam | 10.12.2016 |
| 11.59 | Ola Sandvær Aamodt | 95 | Lillestrøm | 25.03.2006 |
| 12.02 | Sverre Gjesteby | 00 | Lillestrøm | 26.03.2011 |
| 12.45 | Joakim Kolobekken | 09 | Hvam | 26.01.2020 |
| 12.86 | Morten Halseth | 97 | Lillestrøm | 26.01.2008 |
| 12.87 | Axel Søndenaa | 09 | Hvam | 26.01.2020 |
| 13.37 | Sander Rognstad Post | 14 | Hvam | 26.01.2025 |
| 13.85 | Edward Sander Wilberg | 11 | Hvam | 03.12.2022 |
| 14.06 | Jonas Teksum | 06 | Hvam | 09.12.2017 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.35 | Ola Sandvær Aamodt | 95 | Oslo/Ek | 02.12.2006 |
| 1.30 | Anthony Davies | 92 | Oslo/Ek | 08.03.2003 |
| 1.25 | Iver Løvgaard Faksvåg | 09 | Hvam | 25.01.2020 |
| 1.25 | Joakim Kolobekken | 09 | Hvam | 25.01.2020 |
| 1.20 | Eirik Magnus Holter | 99 | Lillestrøm | 23.01.2010 |
| 1.20 | Trygve Stuve Dahl | 07 | Hvam | 08.12.2018 |
| 1.20 | Håvard Aleksander Strøm | 10 | Hvam | 04.12.2021 |
| 1.18 | Morten Halseth | 97 | Lillestrøm | 05.04.2008 |
| 1.17 | Sander Rognstad Post | 14 | Rud | 08.02.2025 |
| 1.15 | Eivind Damstuen | 92 | Lillestrøm | 29.03.2003 |
| 1.15 | Sverre Gjesteby | 00 | Lillestrøm | 26.03.2011 |
| 1.15 | Brage Martinius Jansberg | 11 | Hvam | 03.12.2022 |
| 1.10 | Nils Ivar Skiaker | 81 | Lillestrøm | 22.02.1992 |

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| **GUTTER 11** | **521** |

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| **INNENDØRS** |  |

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| **Høyde forts.** |  |

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| 1.10 | Edward Sander Wilberg | 11 | Hvam | 03.12.2022 |
| 1.10 | Børge Mæhle Hoel | 12 | Hvam | 05.02.2023 |
| 1.10 | Konrad Vibekken | 13 | Hvam | 04.02.2024 |
| 1.05 | Benjamin Andersen | 00 | Oslo/Ek | 03.12.2011 |
| 1.00 | Victor Rosenlind | 00 | Oslo/Ek | 03.12.2011 |
| 1.00 | Iver Laake | 01 | Lillestrøm | 28.01.2012 |
| 1.00 | Heine Frilseth | 07 | Hvam | 13.01.2018 |
| 0.95 | Werner Storhaug | 83 | Jevnaker | 25.03.1995 |

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| **Lengde S: Sats i satsfelt** |  |

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| --- | --- | --- | --- | --- |
| 4.33 s | Ola Sandvær Aamodt | 95 | Lillestrøm | 12.02.2006 |
| 4.17 s | Iver Løvgaard Faksvåg | 09 | Drammen | 05.01.2020 |
| 4.16 | Claus Nerhagen | 59 | Lillestrøm/Pl | 15.02.1970 |
| 3.89 | Frode Bekken | 59 | Lillestrøm/Pl | 15.02.1970 |
| 3.86 s | Henrik Jacobsen | 01 | Oslo/Ek | 01.12.2012 |
| 3.83 s | Morten Halseth | 97 | Lillestrøm | 26.01.2008 |
| 3.81 s | Ådne Opaker Øines | 02 | Oslo/Ek | 02.03.2013 |
| 3.79 s | Anthony Davies | 92 | Lillestrøm | 29.03.2003 |
| 3.78 s | Christer Amundsen | 92 | Lillestrøm | 29.03.2003 |
| 3.77 s | Sverre Gjesteby | 00 | Lillestrøm | 26.01.2011 |
| 3.63 s | Marcus Fosserud | 01 | Stange | 17.03.2012 |
| 3.62 s | Trygve Stuve Dahl | 07 | Hvam | 08.12.2018 |
| 3.61 s | Nils Ivar Skiaker | 81 | Lillestrøm | 11.01.1992 |
| 3.61 s | Måns Schøning Lie | 96 | Stange | 17.03.2007 |
| 3.55 s | Sander Rognstad Post | 14 | Hvam | 25.01.2025 |
| 3.48 s | Sondre Opaker Øines | 98 | Stange | 14.03.2009 |
| 3.46 s | Eivind Damstuen | 92 | Lillestrøm | 01.02.2003 |
| 3.27 s | Sander Lomeland Olsen | 06 | Hvam | 14.01.2017 |
| 3.20 s | Haralsd Vestgøte | 83 | Lillestrøm | 06.03.1994 |
| 3.15 s | Axel Trelsgård | 95 | Stange | 18.03.2006 |
| 3.14 s | Konrad Vibekken | 13 | Sandnes | 16.03.2024 |
| 3.12 s | Erik Krogen Hagen | 85 | Lillestrøm | 03.03.1996 |
| 3.05 s | Iver Laake | 01 | Stange | 17.03.2012 |
| 2.85 s | Sander Hasselberg | 98 | Stange | 14.03.2009 |
| 2.83 s | Elias Rønneberg | 07 | Hvam | 13.01.2018 |
| 2.81 s | Edwin Narmoe | 12 | Hvam | 05.02.2023 |
| 2.79 s | Simen Hasselberg | 98 | Stange | 14.03.2009 |
| 2.78 s | Heine Frilseth | 07 | Hvam | 13.01.2018 |
| 2.73 s | Daniel Nygård | 04 | Stange | 21.03.2015 |
| 2.65 s | Anders Hauglid | 04 | Stange | 21.03.2015 |
| 2.58 s | Jørgen Dahl | 04 | Stange | 21.03.2015 |

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| **GUTTER 11** | **522** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 0.95 | Andrè Hammer | 69 | Haga/Fr | 17.02.1980 |
| 0.95 | Ola Sandvær Aamodt | 95 | Jessheim/No | 13.02.2006 |
| 0.90 | Anders Knudsen | 77 | Jessheim/Je | 10.03.1988 |
| 0.90 | Thorbjørn Wiig | 77 | Jessheim/Je | 10.03.1988 |
| 0.90 | Gudmund Bjotveit | 77 | Jessheim/Je | 10.03.1988 |
| 0.85 | Ingar Ørum | 77 | Jessheim/Je | 10.03.1988 |
| 0.85 | Axel Trelsgård | 95 | Jessheim/Jo | 13.03.2006 |
| 0.80 | Håvard Mathisen | 77 | Jessheim/Je | 10.03.1988 |
| 0.80 | Ketil Bjørke | 77 | Jessheim/Je | 10.03.1988 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.10 | Ola Sandvær Aamodt | 95 | Jessheim/No | 13.03.2006 |
| 2.06 | Iver Løvgaard Faksvåg | 09 | Drammen | 05.01.2020 |
| 2.01 | Thorbjørn Wiig | 77 | Jessheim/Je | 10.03.1988 |
| 1.98 | Jon Kvarme | 61 | Skjetten/St | 12.03.1972 |
| 1.98 | Christian Løland | 97 | Jessheim | 11.02.2008 |
| 1.91 | Trond-Erik Bakkerud | 77 | Jessheim/Je | 10.03.1988 |
| 1.91 | Ingar Ørum | 77 | Jessheim/Je | 10.03.1988 |
| 1.91 | Gunmund Bjotveit | 77 | Jessheim/Je | 10.03.1988 |
| 1.89 | Andrè Hammer | 69 | Haga/Fr | 17.02.1980 |
| 1.86 | Hans Bratfos | 49 | Jessheim | 03.04.1960 |
| 1.86 | Fredrik Hansen | 77 | Jessheim/Je | 10.03.1988 |
| 1.86 | Erling Grøndahl | 96 | Jessheim | 12.02.2007 |
| 1.84 | Axel Trelsgård | 95 | Jessheim/No | 13.03.2006 |
| 1.80 | Anders Knudsen | 77 | Jessheim/Je | 10.03.1988 |
| 1.80 | Tor Alfred Grøndahl | 77 | Jessheim/Je | 10.03.1988 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.36 | Morten Halseth | 97 | Stange | 09.03.2008 |
| 8.43 | Harald Vestgøte | 83 | Lillestrøm | 06.03.1994 |
| 7.92 | Christer Amundsen | 92 | Lillestrøm | 29.03.2003 |
| 7.61 | Sander Rognstad Post | 14 | Hvam | 25.01.2025 |
| 6.96 | Jørgen Dahl | 04 | Stange | 22.03.2015 |
| 6.89 | Erling Grøndahl | 96 | Lillestrøm | 17.02.2007 |
| 6.81 | Christian Løland | 97 | Lillestrøm | 05.04.2008 |
| 6.78 | Jonas Bergli | 08 | Hvam | 26.01.2019 |
| 6.73 | Marius Johansen | 05 | Hvam | 10.12.2016 |
| 6.65 | Ruben Haugen | 92 | Lillestrøm | 29.03.2003 |
| 6.58 | Henrik Jacobsen | 01 | Oslo/Ek | 01.12.2012 |
| 6.50 | Anthony Davies | 92 | Lillestrøm | 29.03.2003 |
| 6.43 | Elias Rønneberg | 07 | Hvam | 13.01.2018 |

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| **GUTTER 11** | **523** |

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| **INNENDØRS** |  |

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| **Kule 2 kg forts.** |  |

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| --- | --- | --- | --- | --- |
| 6.38 | Henrik Hjelm Bakkerud | 08 | Hvam | 26.01.2019 |
| 6.32 | Daniel Nygård | 04 | Stange | 22.03.2015 |
| 6.26 | Marcus Fosserud | 01 | Oslo/Ek | 01.12.2012 |
| 6.20 | Ådne Opaker Øines | 02 | Stange | 17.03.2013 |
| 6.13 | Ola Sandvær Aamodt | 95 | Lillestrøm | 25.03.2006 |
| 6.02 | Trym Normann | 04 | Stange | 22.03.2015 |
| 6.00 | Konrad Vibekken | 13 | Hvam | 03.02.2024 |
| 5.78 | Børge Mæhle Hoel | 12 | Hvam | 04.02.2023 |
| 5.37 | Eivind Damstuen | 92 | Lillestrøm | 29.03.2003 |
| 4.69 | Fredrik Ingolfsrud | 04 | Stange | 22.03.2015 |
| 4.61 | Filip Byrkjedal | 07 | Hvam | 03.03.2018 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.29 | Benjamin Andersen | 00 | Oslo/Ek | 03.12.2011 |
| 6.17 | Victor Rosenlind | 00 | Oslo/Ek | 03.12.2011 |

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| **4x100m E** |  |

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