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| **GUTTER 10** | **507** |

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| **40m E** |  |

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| 6.79 | Ivar Løvgaard Faksvåg | 09 | Kongsvinger | 05.06.2019 |
| 7.18 | Nils Ivar Skiaker | 81 | Jessheim | 28.05.1991 |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 6.4 | Kenneth Warming | 82 | Jessheim | 08.08.1992 |

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| **60m E** |  |

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|  9.43 | Iver Løvgaard Faksvåg | 09 | Oslo/St | 18.08.2019 |
|  9.44 | Christian-Olaus Sween | 06 | Lillestrøm | 28.05.2016 |
|  9.48 | Anthony Davies | 92 | Jessheim | 23.09.2002 |
|  9.52 | Kenneth Warming | 82 | Lillehammer/Ss | 27.06.1992 |
|  9.61 | Ola Sandvær Aamodt | 95 | Jessheim | 13.06.2005 |
|  9.66 | Thomas Løland | 95 | Jessheim | 18.08.2005 |
|  9.70 | Joakim Kolobekken | 09 | Jessheim | 10.08.2019 |
|  9.77 | Henrik Næss | 95 | Jessheim | 13.05.2005 |
|  9.84 | Espen Nyhus | 89 | Jessheim | 23.08.1999 |
|  9.90 | Theo Aleksander Thoresen | 11 | Jessheim | 30.08.2021 |
| 10.01 | Mats Sjøli Tømmerberg | 01 | Jessheim | 04.06.2011 |
| 10.05 | Filip Bjerke-Selnes | 05 | Jessheim | 04.06.2015 |
| 10.08 | Mikal Ådland Gulliksen | 98 | Jessheim | 12.06.2008 |
| 10.11 | Iver Laake | 01 | Jessheim | 04.06.2011 |
| 10.18 | Eirik Kamstrup Hovind | 90 | Jessheim | 14.09.2000 |
| 10.19 | Marcus Fosserud | 01 | Jessheim | 04.06.2011 |
| 10.20 | Henrik Lenberg | 97 | Jessheim | 14.06.2007 |
| 10.22 | Claver Reggie | 00 | Jessheim | 15.06.2010 |
| 10.23 | Tobias Ottesen | 01 | Jessheim | 04.06.2011 |
| 10.27 | Oliver Nøvik | 98 | Jessheim | 02.06.2008 |
| 10.27 | Leo Elias Rise | 07 | Jessheim | 23.05.2017 |
| 10.37 | Emil Strøm | 90 | Jessheim | 14.09.2000 |
| 10.40 | Oskar Kjos | 01 | Jessheim | 04.06.2011 |
| 10.56 | Vetle Ruud Bråten | 90 | Jessheim | 14.09.2000 |
| 10.57 | Sondre Opaker Øines | 98 | Jessheim | 12.06.2008 |
| 10.64 | Ole Eriksen | 91 | Jessheim | 17.09.2001 |
| 10.64 | Christian Løland | 97 | Jessheim | 21.08.2007 |
| 10.82 | Trygve Stuve Dahl | 07 | Lillehammer/Ss | 24.06.2017 |
| 10.83 | Olav Juvik | 95 | Jessheim | 18.08.2005 |
| 10.83 | Iver Laake | 00 | Jessheim | 25.05.2010 |
| 10.84 | Mads Mathiesen | 01 | Jessheim | 04.06.2011 |
| 10.85 | Amadeus Solheim | 11 | Jessheim | 07.08.2021 |
| 10.85 | Konrad Vibekken | 13 | Jessheim | 12.08.2023 |
| 10.94 | Eirik Westby Liestøl | 06 | Jessheim | 02.06.2016 |
| 10.98 | Erik Alexander Brønn | 08 | Jessheim | 31.05.2018 |

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| **GUTTER 10** | **508** |

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

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| --- | --- | --- | --- | --- |
| 11.01 | Tobias Gabrielsen | 01 | Jessheim | 04.06.2011 |
| 11.12 | Sander Hasselberg | 98 | Jessheim | 20.09.2008 |
| 11.20 | Clever Amaladas | 98 | Jessheim | 18.08.2008 |
| 11.27 | Simen Hasselberg | 98 | Jessheim | 19.09.2008 |
| 11.29 | Jens Andersen | 97 | Jessheim | 14.06.2007 |
| 11.33 | Jon Erik Marijathas | 00 | Jessheim | 15.06.2010 |
| 11.36 | Elias Rønneberg | 07 | Jessheim | 23.05.2017 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
|  9.0 | Morten Knutsen | 70 | Lillestrøm | 25.08.1980 |
|  9.1 | Claus Nerhagen | 59 | Strømmen | 06.09.1969 |
|  9.3 | Ingar Ingerø | 49 | Jessheim | 06.08.1959 |
|  9.4 | Thomas Løland | 95 | Jessheim | 09.06.2005 |
|  9.5 | Kenneth Warming | 82 | Jessheim | 18.05.1992 |
|  9.6 | Måns Schoning Lie | 96 | Jessheim | 23.09.2006 |
|  9.7 | Kurt Tjessem | 56 | Lillestrøm | 04.09.1966 |
|  9.7 | Anthony Davies | 97 | Strømmen | 14.09.2002 |
|  9.9 | Arve Alstad | 52 | Råholt | 12.09.1962 |
|  9.3 | Håvard Granheim | 53 | Råholt | 22.09.1963 |
|  9.5 | Ola Sandvær Aamodt | 95 | Oslo/La | 18.05.2005 |
|  9.6 | Ingar Ørum | 77 | Bjørkelangen | 12.09.1987 |
|  9.7 | Jon Arne Skiaker | 79 | Jessheim | 25.09.1989 |
|  9.7 | Thor Kværner | 82 | Jessheim | 18.05.1992 |
|  9.8 | Jørgen Opaker | 97 | Årnes | 27.06.2007 |
|  9.9 | Svein Bjørn Fallås | 60 | Råholt | 19.09.1970 |
|  9.9 | Rino Johansen | 60 | Råholt | 19.09.1970 |
| 10.0 | Martin Bratfos | 46 | Jessheim | 10.08.1957 |
| 10.0 | Trond Algarheim | 60 | Råholt | 19.09.1970 |
| 10.0 | Tom Frode Andersen | 61 | Nannestad | 11.09.1971 |
| 10.2 | Cato Strømberg | 50 | Råholt | 20.08.1960 |
| 10.2 | Arne Gismervik | 61 | Blaker/Br | 20.06.1971 |
| 10.2 | Sven Nordby Andersen | 59 | Jessheim | 24.06.1969 |
| 10.2 | Vetle Eriksen | 96 | Jessheim | 15.06.2006 |
| 10.2 | Christian Løland | 97 | Jessheim | 04.06.2007 |
| 10.2 | Eivind Myhre | 02 | Jessheim | 12.06.2012 |
| 10.3 | Jan Børge Kristiansen | 61 | Blaker/Br | 20.06.1971 |
| 10.4 | Eivind Skolt | 83 | Jessheim | 01.06.1993 |
| 10.5 | Nils Ivar Skiaker | 81 | Strømmen | 15.06.1991 |
| 10.5 | Ådne Opaker Øines | 02 | Jessheim | 12.06.2012 |
| 10.6 | Kneight Mkanda | 96 | Jessheim | 15.06.2006 |
| 10.6 | Erling Myhre | 02 | Jessheim | 12.06.2012 |
| 10.6 | Eirik Bjørk Halvorsen | 04 | Jessheim | 05.06.2014 |

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| **GUTTER 10** | **509** |

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

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| --- | --- | --- | --- | --- |
| 10.7 | Arvid Sletta | 46 | Jessheim | 21.05.1956 |
| 10.7 | Ove Knutsen | 56 | Lillestrøm | 04.09.1966 |
| 10.7 | Magnus Mundal | 96 | Jessheim | 15.06.2006 |
| 10.8 | Abinash Sondaranathan | 97 | Jessheim | 04.06.2007 |

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| **100m E** |  |

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| 15.57 | Iver Løvgaard Faksvåg | 09 | Nittedal | 15.05.2019 |
| 16.04 | Bjørnar Braathen | 04 | Jessheim | 08.05.2014 |

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| **100m M** |  |

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| 15.4 | Morten Knutsen | 70 | Blaker/Br | 28.06.1980 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 32.92 | Iver Løvgaard Faksvåg | 09 | Nittedal | 15.05.2019 |
| 33.41 | Christian-Olaus Sween | 06 | Jessheim | 25.06.2016 |
| 36.11 | Christian Løland | 97 | Jessheim | 16.08.2007 |
| 36.28 | Amadeus Solheim | 11 | Oslo/St | 15.08.2021 |
| 37.38 | Vetle Eriksen | 96 | Jessheim | 17.08.2006 |
| 37.39 | Magnus Maudal | 96 | Jessheim | 17.08.2006 |
| 38.09 | Johannes Nisja | 11 | Oslo/St | 15.08.2021 |
| 38.63 | Henrik Liland | 96 | Jessheim | 17.08.2006 |
| 39.55 | Fredrik Mundal | 96 | Jessheim | 17.08.2006 |

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| **200m M** |  |

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| 31.7 | Thomas Løland | 95 | Jessheim | 23.04.2005 |
| 34.0 | Ola Sandvær Aamodt | 95 | Jessheim | 23.04.2005 |
| 34.2 | Iver Laake | 01 | Jessheim | 03.09.2011 |
| 36.2 | Oskar Kjos | 01 | Jessheim | 03.09.2011 |
| 36.2 | Kristoffer Romstad | 01 | Jessheim | 03.09.2011 |
| 36.3 | Andre Hellne Rasen | 00 | Jessheim | 03.09.2000 |
| 36.5 | Markus Ådland Gulliksen | 00 | Jessheim | 03.09.2010 |
| 37.8 | Simen Hasselberg | 98 | Jessheim | 04.09.2008 |
| 38.2 | Sander Hasselberg | 98 | Jessheim | 04.09.2008 |
| 38.3 | Tobias Gabrielsen | 01 | Jessheim | 03.09.2011 |
| 39.7 | Sondre Opaker Øines | 98 | Jessheim | 04.09.1988 |
| 40.6 | Lars Henrik Tvedt | 01 | Jessheim | 03.09.2011 |

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| **GUTTER 10** | **510** |

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| **600m** |  |

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| 1:51.92 | Thomas Løland | 95 | Oslo/Bi | 28.08.2005 |
| 1:53.78 | Iver Løvgaard Faksvåg | 09 | Geithus | 14.09.2019 |
| 1:54.57 | Christian-Olaus Sween | 06 | Lillehammer/Ss | 19.06.2016 |
| 1:59.8 | Jan Børge Kvamme | 61 | Lillestrøm | 19.09.1971 |
| 2:02.51 | Nikolai Nøvik | 98 | Nadderud | 08.06.2008 |
| 2:05.51 | Christian Løland | 97 | Nadderud | 17.06.2007 |
| 2:06.46 | Nicolai Nøvik | 98 | Lillestrøm | 23.08.2008 |
| 2:09.25 | Joakim Kolobekken | 09 | Jessheim | 10.08.2019 |
| 2:10.7 | Ola Sandvær Aamodt | 95 | Oslo/La | 18.05.2005 |
| 2:12.58 | Amadeus Solheim | 11 | Oslo/St | 15.08.2021 |
| 2:12.80 | Henrik Næss | 95 | Jessheim | 13.06.2005 |
| 2:12.80 | Konrad Vibekken | 13 | Jessheim | 12.08.2023 |
| 2:16.2 | Jørgen Opaker | 97 | Jessheim | 04.06.2007 |
| 2:17.90 | Andre Hellne Rasen | 00 | Jessheim | 25.05.2010 |
| 2:21.63 | Ådne Opaker Øines | 02 | Jessheim | 23.08.2012 |
| 2:23.58 | Leo Elias Rise | 07 | Jessheim | 23.05.2017 |
| 2:24.86 | Johannes Nisja | 11 | Oslo/St | 15.08.2021 |
| 2:25.09 | William Hjeltnes | 07 | Jessheim | 23.05.2017 |
| 2:27.19 | Erik Alexander Brønn | 08 | Jessheim | 11.08.2018 |
| 2:29.37 | Simen Hasselberg | 98 | Jessheim | 18.08.2008 |
| 2:30.53 | Sondre Opaker Øines | 98 | Jessheim | 18.08.2008 |
| 2:31.61 | Eirik Magnus Holter | 99 | Jessheim | 16.06.2009 |

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| **800m** |  |

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| 2:39.5 | Iver Løvgaard Faksvåg | 09 | Jessheim | 26.09.2019 |
| 2:40.0 | Thomas Løland | 95 | Jessheim | 01.10.2005 |
| 2:41.5 | Thomas Lundring | 76 | Jessheim | 28.06.1986 |
| 2:50.1 | Espen Lilleengen | 01 | Jessheim | 01.10.2011 |
| 2:52.2 | Magnus Smedsrud | 06 | Jessheim | 15.10.2016 |
| 2:52.36 | Oliver Rustad Ørvik | 08 | Jessheim | 27.09.2018 |
| 2:57.52 | Nils Ivar Skiaker | 81 | Hønefoss | 31.08.1991 |
| 2:58.1 | Joakim Kolobekken | 09 | Jessheim | 26.09.2019 |
| 3:04.6 | Henrik Næss | 96 | Jessheim | 23.09.2006 |
| 3:06.6 | Filip Da Silva | 03 | Jessheim | 28.09.2013 |
| 3:08.5 | Iver Laake | 01 | Jessheim | 19.09.2011 |
| 3:11.6 | Vetle Rotseth | 03 | Jessheim | 28.09.2013 |
| 3:12.2 | Anders Flåten Børve | 99 | Jessheim | 19.09.2009 |
| 3:12.9 | Emil Nordal | 03 | Jessheim | 28.09.2013 |
| 3:13.3 | Henrik Liland | 96 | Jessheim | 23.09.2006 |
| 3:13.4 | Vegard Stenvoll | 04 | Jessheim | 04.10.2014 |
| 3:13.8 | Jonathan Nygaard | 03 | Jessheim | 28.09.2013 |
| 3.16.5 | Simen Hasselberg | 98 | Jessheim | 20.09.2008 |
| 3:17.0 | Sander Hasselberg | 98 | Jessheim | 20.09.2008 |

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| **GUTTER 10** | **511** |

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| **800m forts.** |  |

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| 3:23.3 | Kneight Mkanda | 96 | Jessheim | 23.09.2006 |
| 3:29.3 | Sondre Westby Liestøl | 99 | Jessheim | 19.09.2009 |
| 3:33.8 | Sondre Opaker Øines | 98 | Jessheim | 20.09.2008 |
| 3:47.60 | Samuel Laget | 10 | Jessheim | 17.09.2020 |

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| **10km landevei** |  |

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| 54:23 | Axel Søndenaa | 09 | Jessheim | 17.11.2019 |

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

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| 11.59 | Iver Løvgaard Faksvåg | 09 | Geithus | 14.09.2019 |
| 12.34 | Christian-Olaus Sween | 06 | Lillestrøm | 29.05.2016 |
| 12.74 | Ola Sandvær Aamodt | 95 | Bjørkelangen | 04.06.2005 |
| 14.47 | William Hjeltnes | 07 | Lillestrøm | 28.05.2017 |

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| **80m hinder 50 cm** | **5 hindre – vanngrav 15 cm** |

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| 3:19.38 | Konrad Vibekken | 13 | Jessheim | 11.08.2023 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.30 | Ola Sandvær Aamodt | 95 | Oslo/Bi | 27.08.2005 |
| 1.22 | Iver Løvgaard Faksvåg | 09 | Lillestrøm | 25.05.2019 |
| 1.20 | Jon Arne Skiaker | 79 | Jessheim | 28.09.1989 |
| 1.10 | Eivind Skolt | 83 | Jessheim | 29.07.1993 |
| 1.10 | Christian-Olaus Sween | 06 | Jessheim | 25.06.2016 |
| 1.05 | Kenneth Warming | 82 | Jessheim | 08.08.1992 |
| 1.05 | Eirik Magnus Holter | 99 | Jessheim | 16.06.2009 |
| 1.05 | Claver Reggie | 00 | Jessheim | 15.06.2010 |
| 1.05 | Jørgen Stuve Dahl | 07 | Lillehammer/Ss | 24.06.2017 |
| 1.03 | Ingar Ingerø | 49 | Jessheim | 13.09.1959 |
| 0.95 | Knut Tjessem | 56 | Lillestrøm | 11.09.1966 |
| 0.95 | Jon Erik Marijathas | 00 | Jessheim | 15.06.2010 |

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

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| --- | --- | --- | --- | --- |
| 4.33 s | Morten Knutsen | 70 | Jessheim | 24.08.1980 |
| 4.09 s | Ola Sandvær Aamodt | 95 | Nadderud | 18.06.2005 |
| 3.92 s | Kenneth Warming | 82 | Jessheim | 18.05.1992 |
| 3.91 s | Sondre Opaker Øines | 98 | Lillestrøm | 14.06.2008 |
| 3.89 s | Iver Løvgaard Faksvåg | 09 | Nadderud | 15.06.2019 |
| 3.87 | Claus Nerhagen | 59 | Blaker/Br | 28.09.1969 |
| 3.80 s | Thor Kværner | 82 | Jessheim | 18.06.1992 |

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| **GUTTER 10** | **512** |

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

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| --- | --- | --- | --- | --- |
| 3.70 s | Jon Arne Skiaker | 79 | Jessheim | 25.09.1989 |
| 3.70 s | Christian-Olaus Sween | 06 | Lillestrøm | 28.05.2016 |
| 3.65 s | Thomas Løland | 95 | Oslo/La | 18.05.2005 |
| 3.65 s | Måns Schoning Lie | 96 | Jessheim | 23.09.2006 |
| 3.61 s | Eirik Kamstrup Hovind | 90 | Jessheim | 14.09.2000 |
| 3.59 s | Ingar Ørum | 77 | Bjørkelangen | 12.09.1987 |
| 3.56 s | Emil Strøm | 90 | Jessheim | 14.09.2000 |
| 3.56 s | Claver Reggie | 00 | Jessheim | 15.06.2010 |
| 3.50 s | Ådne Opaker Øines | 02 | Jessheim | 23.08.2012 |
| 3.49 | Ingar Ingerø | 49 | Jessheim | 13.09.1959 |
| 3.48 s | Nils Ivar Skiaker | 81 | Strømmen | 15.06.1991 |
| 3.40 s | Nicolai Mørk | 98 | Lillestrøm | 24.08.2008 |
| 3.33 s | Ole Eriksen | 91 | Jessheim | 17.09.2001 |
| 3.29 s | Vetle Ruud Bråten | 90 | Jessheim | 14.09.2000 |
| 3.26 | Håvard Granheim | 53 | Blaker/Br | 15.09.1963 |
| 3.25 | Kurt Tjessem | 56 | Lillestrøm | 10.09.1966 |
| 3.24 s | Eivind Skolt | 83 | Ski | 13.06.1993 |
| 3.24 s | Eirik Magnus Holter | 99 | Jessheim | 16.06.2009 |
| 3.23 s | Anthony Davies | 92 | Jessheim | 23.09.2002 |
| 3.19 s | Christian Løland | 97 | Jessheim | 04.06.2007 |
| 3.18 | Cato Strømberg | 50 | Råholt | 20.08.1960 |
| 3.15 s | Clever Amanlas | 98 | Jessheim | 18.08.2008 |
| 3.12 s | William Hjeltnes | 07 | Jessheim | 23.05.2017 |
| 3.11 s | Jon Erik Marijathas | 00 | Jessheim | 15.06.2010 |
| 3.09 s | Magnus Janson | 82 | Jessheim | 18.05.1992 |
| 3.05 s | Theo Aleksander Thoresen | 11 | Jessheim | 30ø.08.2021 |
| 2.98 s | Elias Rønneberg | 07 | Jessheim | 23.05.2017 |
| 2.95 s | Konrad Vibekken | 13 | Jessheim | 12.08.2023 |
| 2.98 s | Jørgen Stuve Dahl | 07 | Lillehammer/Ss | 25.06.2017 |
| 2.75 s | Sander Hasselberg | 98 | Jessheim | 20.09.2008 |

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| **Kule 1 kg** |  |

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| 7.48 | Nils Ivar Skiaker | 81 | Strømmen | 15.06.1991 |

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| **Kule 2 kg** |  |

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| 7.05 | Ola Sandvær Aamodt | 95 | Jessheim | 22.08.2005 |
| 6.40 | Konrad Vibekken | 13 | Jessheim | 12.08.2023 |
| 6.25 | Christian Løland | 97 | Jessheim | 04.06.2007 |
| 6.13 | Eivind Skolt | 83 | Jessheim | 20.09.1993 |
| 6.05 | Andre Hellne Rasen | 00 | Jessheim | 25.05.2010 |
| 5.96 | Marcus Hauge Sollie | 09 | Lillestrøm | 20.05.2019 |
| 5.85 | Magnus Kråbøl | 98 | Jessheim | 18.08.2008 |
| 5.71 | William Hjeltnes | 07 | Lillestrøm | 28.05.2017 |

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| **GUTTER 10** | **513** |

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

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| 5.63 | Christian-Olaus Sween | 06 | Lillestrøm | 29.05.2016 |
| 5.53 | Iver Løvgaard Faksvåg | 09 | Kongsvinger | 05.06.2019 |
| 5.35 | Ådne Opaker Øines | 02 | Jessheim | 23.08.2012 |
| 5.21 | Jonas Karlsen | 98 | Jessheim | 18.08.2008 |
| 5.06 | Hans-Jørgen Holter | 07 | Jessheim | 23.05.2017 |
| 5.03 | Henrik Næss | 95 | Jessheim | 22.08.2005 |

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| **Kule 3 kg** |  |

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| 7.88 | Morten Knutsen | 70 | Jessheim | 08.06.1980 |
| 6.40 | Tor Ivar Bøe | 88 | Jessheim | 24.08.1998 |

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| **Diskos 600 g** |  |

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| 13.62 | Christian Løland | 97 | Jessheim | 21.08.2007 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 16.90 | Morten Knutsen | 70 | Lørenfallet | 22.09.1980 |

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| **Spyd 400 g**  |  |

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| --- | --- | --- | --- | --- |
| 20.99 | Christian Løland | 97 | Årnes | 12.09.2007 |
| 14.40 | Christian-Olaus Sween  | 06 | Jessheim | 25.06.2016 |
| 13.24 | Henrik Næss | 95 | Jessheim | 13.06.2005 |
|  6.47 | Erik Westby Liestøl | 04 | Jessheim | 02.09.2014 |

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| **Slengball 1 kg** |  |

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| 17.74 | Marcus Hauge Sollie | 09 | Lillestrøm | 20.05.2019 |

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| **Liten ball 80 g** |  |

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| 50.04 | Ola Sandvær Aamodt | 95 | Nadderud | 19.06.2005 |
| 36.56 | Nicolai Nøvik | 98 | Nadderud | 08.06.2008 |
| 33.70 | Espen Nyhus | 89 | Jessheim | 21.06.1999 |
| 33.48 | Christian Løland | 97 | Bjørkelangen | 10.06.2007 |
| 30.45 | Thomas Løland | 95 | Oslo/La | 18.05.2005 |
| 29.05 | Ole Eriksen | 91 | Jessheim | 28.05.2001 |
| 26.18 | Eivind Skolt | 83 | Jessheim | 20.09.1993 |

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| **GUTTER 10** | **514** |

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| **Liten ball 150 g** |  |

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| --- | --- | --- | --- | --- |
| 51.62 | Morten Knutsen | 70 | Jessheim | 01.09.1980 |
| 45.80 | Claus Nerhagen | 59 | Blaker/Br | 28.09.1969 |
| 38.80 | Håvard Mathisen | 77 | Bjørkelangen | 12.09.1987 |
| 37.90 | Ingar Ørum | 77 | Bjørkelangen | 12.09.1967 |
| 31.53 | William Hjeltnes | 07 | Jessheim | 23.05.2017 |
| 31.40 | Iver Løvgaard Faksvåg | 09 | Kongsvinger | 05.06.2019 |
| 28.74 | Leo Elias Rise | 07 | Jessheim | 23.05.2017 |
| 28.05 | Håvard Granheim | 53 | Blaker/Br | 15.09.1963 |
| 27.55 | Christian-Olaus Sween | 06 | Lillestrøm | 28.05.2016 |
| 21.09 | Hans-Jørgen Holter | 07 | Jessheim | 23.05.2017 |
| 19.39 | Elias Rønneberg | 07 | Jessheim | 23.05.2017 |

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| **3-kamp M 60m-Lengde-Liten ball 150g** |  |

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| --- | --- | --- | --- | --- |
| 2579 | Claus Nerhagen | 59 | Blaker/Br | 28.09.1969 |
| 9.8-3.87-45.80 |
| 1680 | Haavard Granheim | 53 | Blaker/Br | 15.09.1963 |
| 10.1-3.26-28.05 |

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

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| --- | --- | --- | --- | --- |
| 3363 | Morten Knutsen | 80 | Rolvsrud | 14.09.1980 |
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| **4-kamp M 60m-Lengde-Liten ball-600m** |  |

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| --- | --- | --- | --- | --- |
| 2900 | Ola Sandvær Aamodt | 95 | Oslo/La | 18.05.2005 |
| 9.5-3.69-38.10-2:10.7 |

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| --- | --- | --- | --- | --- |
| 2864 | Thomas Løland | 95 | Oslo/La | 18.05.2005 |
| 9.9-3.65-30.45-1:58.6 |

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| **GUTTER 10** | **515** |

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| **INNENDØRS** |  |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 7.4 | Nils Ivar Skiaker | 81 | Lillestrøm | 20.01.1991 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
|  9.27 | Jonas Bergli | 08 | Hvam | 08.12.2018 |
|  9.29 | Iver Løvgaard Faksvæg | 09 | Hvam | 07.12.2019 |
|  9.33 | Christian-Olaus Sween | 05 | Rud | 03.12.2016 |
|  9.41 | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
|  9.56 | Markus Fosserud | 01 | Oslo/Ek | 03.12.2011 |
|  9.65 | Ludvig Sjøstrøm-Johansen | 09 | Hvam | 07.12.2019 |
|  9.75 | Ola Sandvær Aamodt | 95 | Lillestrøm | 09.04.2005 |
|  9.92 | Iver Laake | 01 | Oslo/Ek | 03.12.2011 |
|  9.98 | Isac Hallingstad Holsæter | 08 | Hvam | 08.12.2018 |
| 10.04 | Trygve Stuve Dahl | 07 | Hvam | 09.12.2017 |
| 10.19 | Thomas Løland | 95 | Lillestrøm | 09.04.2005 |
| 10.30 | Adam Rami Saadah | 08 | Hvam | 08.12.2018 |
| 10.50 | Henrik Hjelm Bakkerud | 08 | Hvam | 08.12.2018 |
| 10.61 | Axel Søndenaa | 09 | Hvam | 07.12.2019 |
| 10.90 | Carl Magnus Jensen | 11 | Hvam | 04.12.2021 |
| 11.05 | Niklas Kristiansen | 07 | Hvam | 09.12.2017 |
| 11.17 | Sondre Opaker Øines | 98 | Lillestrøm | 26.01.2008 |
| 11.25 | Heine Frilseth | 07 | Stange | 19.03.2017 |
| 11.35 | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 11.49 | Elias Rønneberg | 07 | Hvam | 14.01.2017 |
| 11.57 | Jesper Aasen Fredriksen | 07 | Hvam | 09.12.2017 |
| 11.75 | Oskar Johansen Solli | 07 | Stange | 19.03.2017 |

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| **60m M** |  |

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|  9.5 | Kenneth Warming | 82 | Lillestrøm | 22.02.1992 |
|  9.7 | Ola Sandvær Aamodt | 95 | Stange | 06.03.2005 |
| 11.2 | Eivind Skolt | 83 | Jessheim | 18.05.1992 |

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| **200m E** |  |

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| 30.69 | Iver Løvgaard Faksvåg | 09 | Hvam | 07.12.2019 |
| 31.60 | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
| 31.66 | Jonas Bergli | 08 | Hvam | 08.12.2018 |
| 34.61 | Isac Hallingstad Holsæter | 08 | Hvam | 08.12.2018 |
| 35.65 | Børge Mæhla Hoel | 12 | Hvam | 03.12.2022 |
| 36.07 | Edwin Kvisler-Nermo | 12 | Hvam | 03.12.2022 |
| 36.31 | Erik Alexander Brønn | 08 | Hvam | 08.12.2018 |
| 36.68 | Axel Søndenaa | 09 | Hvam | 07.12.2019 |

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| **GUTTER 10** | **516** |

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| **INNENDØRS** |  |

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| **200m E** |  |

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| 40.60 | Elias Rønneberg | 07 | Hvam | 14.01.2017 |
| 40.81 | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 42.94 | Oskar Johansen Solli | 07 | Hvam | 14.01.2017 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:49.24 | Chriistian-Olaus Sween | 06 | Rud | 03.12.2016 |
| 2:02.97 | Thomas Løland | 95 | Lillestrøm | 09.04.2005 |
| 2:07.98 | Hannes Fjellestad | 02 | Oslo/Ek | 02.12.2012 |
| 2:15.75 | Christian Løland | 97 | Stange | 17.03.2007 |
| 2:17.8 | Eirik Magnus Holter | 99 | Oslo/Ek | 05.12.2009 |
| 2:19.84 | Ola Sandvær Aamodt | 95 | Stange | 05.03.2005 |
| 2:26.88 | Patrik Steinsvik Nilsen | 05 | Stange | 21.03.2015 |
| 2:29.53 | Philip Storaker Bruu | 12 | Stange | 12.03.2022 |
| 2:27.60 | Sondre Opaker Øines | 98 | Lillestrøm | 26.01.2009 |
| 2:39.49 | Heine Frilseth | 07 | Stange | 18.03.2017 |
| 2:59.57 | Kasper Steinsvik | 05 | Stange | 21.03.2015 |

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

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| 11.32 | Iver Løvgaard Faksvåg | 09 | Hvam | 07.12.2019 |
| 11.80 | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
| 12.77 | Adam Rami Saadah | 08 | Hvam | 08.12.2018 |
| 13.28 | Isac Hallingstad Holsæter | 08 | Hvam | 08.12.2018 |
| 13.59 | Axel Søndenaa | 09 | Hvam | 07.12.2019 |
| 14.08 | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 14.28 | Hannes Fjellestad | 02 | Lillestrøm | 28.01.2012 |
| 16.64 | Benjamin Haaland | 00 | Lillestrøm | 30.01.2010 |

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

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| 12.51 | Ola Sandvær Aamodt | 95 | Lillestrøm | 09.04.2005 |
| 13.92 | Martin Myrberg | 98 | Lillestrøm | 05.04.2008 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.25 | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
| 1.23 | Iver Øvgaard Faksvåg | 09 | Hvam | 07.12.2019 |
| 1.20 | Ola Sandvær Aamodt | 95 | Lillestrøm | 29.01.2005 |
| 1.20 | Eirik Magnus Holter | 98 | Oslo/Ek | 05.12.2009 |
| 1.05 | Heine Frilseth | 07 | Hvam | 09.12.2017 |
| 1.05 | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 1.05 | Adam Rami Saadah | 08 | Hvam | 08.12.2018 |

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| **GUTTER 10** | **517** |

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| **INNENDØRS** |  |

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| **Høyde forts.** |  |

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| 1.05 | Erik Alexander Brønn | 08 | Hvam | 08.12.2018 |
| 1.05 | Axel Søndenaa | 09 | Hvam | 07.12.2019 |
| 1.00 | Eivind Skolt | 83 | Jessheim | 08.08.1992 |
| 1.00 | Trygve Stuve Dahl | 07 | Hvam | 09.12.2017 |
| 1.00 | Isac Hallingstad Holsæter | 08 | Hvam | 08.12.2018 |
| 1.00 | Børge Mæhla Hoel | 12 | Hvam | 03.12.2022 |
| 0.90 | Nils Kristiansen | 07 | Hvam | 09.12.2017 |
| 0.85 | Oskar Johansen Solli | 07 | Hvam | 14.01.2017 |
| 0.75 | Jesper Aasen Fredriksen | 07 | Hvam | 14.01.2017 |

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| **Lengde** |  |

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| 4.31 s | Iver Løvgaard Faksvåg | 09 | Hvam | 07.12.2019 |
| 3.96 s | Christian-Olaus Sween | 06 | Rud | 03.12.2016 |
| 3.74 s | Joakim Kolobekken | 09 | Hvam | 07.12.2019 |
| 3.55 s | Benjamin Haaland | 00 | Lillestrøm | 30.03.2010 |
| 3.54 s | Kenneth Warming | 82 | Lillestrøm | 22.02.1992 |
| 3.51 s | Thomas Løland | 95 | Lillestrøm | 09.04.2005 |
| 3.48 s | Ola Sandvær Aamodt | 95 | Lillestrøm | 09.04.2005 |
| 3.41 s | Axel Søndenaa | 09 | Hvam | 07.12.2019 |
| 3.32 s | Iver Laake | 01 | Oslo/Ek | 03.12.2011 |
| 3.30 s | Erik Alexander Brønn | 08 | Hvam | 08.12.2018 |
| 3.28 s | Trygve Stuve Dahl | 07 | Hvam | 09.12.2017 |
| 3.26 s | Joakim Kolobekken | 09 | Hvam | 26.01.2019 |
| 3.25 s | Isac Hallingstad Holsæter | 08 | Hvam | 08.12.2018 |
| 3.22 s | Jan Erik Hagen | 81 | Liillestrøm | 20.01.1991 |
| 3.14 s | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 3.13 s | Sondre Opaker Øines | 98 | Lillestrøm | 26.01.2008 |
| 3.01 s | Nils Ivar Skiaker | 81 | Lillestrøm | 20.01.1991 |
| 3.00 s | Niklas Kristiansen | 07 | Hvam | 09.12.2017 |
| 2.95 s | Marcus Hauge Sollie | 09 | Hvam | 07.12.2019 |
| 2.94 s | Carl Magnus Jensen | 11 | Hvam | 04.12.2021 |
| 2.89 s | Edwin Kvisler-Nermo | 12 | Hvam | 03.12.2022 |
| 2.87 s | Adam Rami Saadah | 08 | Hvam | 08.12.2018 |
| 2.85 s | Philip Storaker Bruu | 12 | Stange | 12.03.2022 |
| 2.74 s | Kasper Steinsvik | 05 | Stange | 21.03.2015 |
| 2.70 s | Oskar Johansen Solli | 07 | Stange | 18.03.2017 |
| 2.60 s | Elias Rønneberg | 07 | Hvam | 14.01.2017 |
| 2.57 s | Patrik Steinsvik Nilsen | 05 | Stange | 21.03.2015 |
| 2.54 s | Jesper Aasen Fredriksen | 07 | Hvam | 09.12.2017 |
| 2.44 s | Heine Frilseth | 07 | Hvam | 14.01.2017 |

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| **GUTTER 10** | **518** |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 0.80 | Ola Sandvær Aamodt | 95 | Jessheim/No | 14.03.2005 |
| 0.75 | Magnus Kråbøl | 98 | Hurdal | 21.01.2008 |
| 0.75 | Sondre Opaker Øines | 98 | Hurdal | 21.01.2008 |
| 0.70 | Jonas Karlsen | 98 | Hurdal | 21.01.2008 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.92 | Bo Jørgensen Utendørs | 09 | Jessheim | 16.09.2019 |
| 1.63 | Daniel Blomli | 97 | Jessheim | 12.02.2007 |
| 1.74 | Sondre Opaker Øines | 98 | Hurdal | 21.01.2008 |
| 1.73 | Eivind Kråbøl | 98 | Hurdal | 21.01.2008 |
| 1.72 | Jonas Karlsen | 98 | Hurdal | 21.01.2008 |
| 1.60 | Axel Sødermann Utendørs | 09 | Jessheim | 16.09.2019 |
| 1.54 | Tristan Nielsen Utendørs | 09 | Jessheim | 16.09.2019 |
| 1.52 | Felix Othemais Utendørs | 09 | Jessheim | 16.09.2019 |
| 1.49 | Marcus Hauge Sollie Utendørs | 09 | Jessheim | 16.09.2019 |
| 1.47 | Magnus Møllebakke | 97 | Jessheim | 12.02.2007 |
| 1.37 | Leo Windedal Utendørs | 09 | Jessheim | 16.09.2019 |
| 1.37 | Ludvig Sjøstrøm Johansen Uten. | 09 | Jessheim | 16.09.2019 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.01 | Joakim Kolobekken | 09 | Hvam | 26.01.2019 |
| 6.95 | Marcus Hauge Sollie | 09 | Hvam | 07.12.2019 |
| 6.60 | Christian-Olaus Sween | 06 | Rud | 03.12.2016 |
| 6.48 | Kasper Steinsvik | 05 | Stange | 22.03.2015 |
| 6.48 | Børge Mæhle Hoel | 12 | Hvam | 03.12.2022 |
| 6.32 | William Hjeltnes | 07 | Hvam | 09.12.2017 |
| 6.31 | Markus Fosserud | 01 | Oslo/Ek | 03.12.2011 |
| 6.30 | Henrik Hjelm Bakkerud | 08 | Hvam | 08.12.2018 |
| 5.94 | Adam Rami Saadah | 08 | Hvam | 08.12.2018 |
| 5.58 | Oskar Johansen Solli | 07 | Stange | 19.03.2017 |
| 5.51 | Ivar Laake | 01 | Oslo/Ek | 03.12.2011 |
| 5.45 | Eirik Liestøl | 06 | Hvam | 16.01.2016 |
| 5.06 | Axel Søndenaa | 09 | Hvam | 07.12.2019 |
| 5.04 | Iver Løvgaard Faksvåg | 09 | Drammen | 06.01.2019 |
| 5.01 | Trygve Stuve Dahl | 07 | Stange | 19.03.2017 |
| 4.79 | Patrik Steinsvik Nilsen | 05 | Stange | 22.03.2015 |
| 4.39 | Heine Frilseth | 07 | Hvam | 14.01.2017 |

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| **GUTTER 10** | **519** |

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| **4x50m stafett** |  |
| 37.18 | G10 |  | Hvam | 07.12.2019 |
| Axel Søndenaa09-Joakim Kolobekken09-Carl Bauck Jensen11-Jørgen Kolobekken11 |

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| **400m stafett: 75-100-100-125m** |  |
| 1:22.12 | G10 |  | Hvam | 09.12.2017 |
| William Hjeltnes07-Heine Frilseth07-Niklas Kristiansen07-Joakim Kolobekken09 |

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| **GUTTER 9** | **520** |

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| **40m E** |  |

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| 7.38 | Jacob Sundstrøm Wilberg | 12 | Jessheim | 03.06.2021 |
| 7.56 | Mikkel Finne | 06 | Lillehammer/Ss | 12.09.2015 |
| 7.66 | Vetle Sandven-Thrane | 12 | Jessheim | 03.06.2021 |
| 8.21 | Philip Bruu | 12 | Jessheim | 03.06.2021 |
| 8.30 | Emil Sandven-Thrane | 12 | Jessheim | 03.06.2021 |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 7.5 | Eivind Skolt | 83 | Jessheim | 08.08.1992 |
| 8.3 | Ole Eriksen | 91 | Årnes | 18.08.1999 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
|  9.87 | Iver Løvgaard Faksvæg | 09 | Geithus | 15.09.2018 |
| 10.20 | Marius Fosserud | 01 | Jessheim | 25.10.2010 |
| 10.28 | Elliot Nordin | 12 | Jessheim | 07.08.2021 |
| 10.40 | Espen Nyhus | 89 | Jessheim | 26.09.1998 |
| 10.40 | Ola Sandvær Aamodt | 95 | Jessheim | 20.09.2004 |
| 10.58 | Ole-Anders Bergersen | 99 | Jessheim | 20.09.1988 |
| 10.58 | Simon Lye Smistad | 07 | Jessheim | 25.06.2016 |
| 10.72 | August Fladby Ekås | 12 | Jessheim | 30.08.2021 |
| 10.76 | Marcus Theodor Moen | 99 | Jessheim | 20.09.2008 |
| 10.90 | Kristoffer Almenningen | 01 | Jessheim | 25.05.2010 |
| 11.03 | Jacob Sundstrøm Wilberg | 12 | Jessheim | 30.08.2021 |
| 11.10 | Sondre Opaker Øines | 98 | Jessheim | 21.08.2007 |
| 11.78 | Kristian Espeland | 12 | Jessheim | 30.08.2021 |
| 11.79 | Philip Brun | 12 | Jessheim | 07.08.2021 |
| 11.92 | Kristian Espeland | 12 | Jessheim | 07.08.2021 |
| 12.09 | William Hjeltnes | 07 | Lillestrøm | 28.05.2016 |
| 12.20 | Jesper Fredriksen | 07 | Jessheim | 25.06.2016 |
| 12.21 | Peder Faksvåg | 12 | Jessheim | 07.08.2021 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 10.1 | Ola Sandvær Aamodt | 95 | Jessheim | 27.05.2004 |
| 10.6 | Joyel Reggie | 00 | Jessheim | 16.06.2009 |
| 10.6 | Claver Reggie | 00 | Jessheim | 16.06.2009 |
| 10.7 | Lars Wilhelmsen | 71 | Lørenfallet | 22.09.1980 |
| 11.1 | Sondre Opaker Øines | 98 | Jessheim | 04.06.2007 |
| 11.7 | Arvid Haslie | 47 | Jessheim | 21.05.1956 |
| 12.1 | Jolheim Maritahas | 00 | Jessheim | 16.06.2009 |

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| **GUTTER 9** | **521** |

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| **600m** |  |

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| 2:19.80 | Marius Fosserud | 01 | Jessheim | 25.05.2010 |
| 2:22.86 | Jacob Sundstrøm Wilberg | 12 | Jessheim | 30.08.2021 |
| 2:37.4 | Marcus Hauge Sollie | 09 | Årnes | 05.09.2018 |
| 2:38.4 | Sondre Opaker Øines | 98 | Jessheim | 04.06.2007 |

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| **800m** |  |

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| 3:26.63 | Ole-Anders Bergersen | 99 | Jessheim | 20.09.2008 |
| 3:34.0 | Ola Sandvær Aamodt | 95 | Jessheim | 10.06.2004 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.15 | Ola Sandvær Aamodt | 95 | Jessheim | 20.09.2004 |
| 0.90 | Mikkel Finne | 06 | Lillehammer/Ss | 12.09.2015 |

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| **Lengde Sats i sone: s** |  |

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| 3.50 s | Ola Sandvær Aamodt | 95 | Jessheim | 20.09.2004 |
| 3.41 s | Christian Olaus Sween | 06 | Lillestrøm | 30.05.2015 |
| 3.29 s | Joakim Kolobekken | 09 | Jessheim | 11.08.2018 |
| 3.28 s | Elliot Nordin | 12 | Jessheim | 07.08.2021 |
| 3.25 s | Marcus Hauge Sollie | 09 | Jessheim | 11.08.2018 |
| 3.22 | Iver Løvgaard Faksvåg | 09 | Larvik/Lo | 26.08.2018 |
| 3.20 s | Espen Nyhus | 89 | Jessheim | 26.09.1998 |
| 3.18 s | Claver Reggie | 00 | Jessheim | 16.06.2009 |
| 3.08 s | Eivind Skolt | 83 | Jessheim | 18.05.1992 |
| 3.02 s | August Fladby Ekås | 12 | Jessheim | 30.08.2021 |
| 2.95 s | Marcus Theodor Moen | 99 | Jessheim | 20.09.2008 |
| 2.87 s | Ole-Andreas Bergersen | 99 | Jessheim | 20.09.2008 |
| 2.85 s | Vetle Sandven-Thrane | 12 | Jessheim | 03.06.2021 |
| 2.79 s | Harald Myhre | 00 | Jessheim | 19.09.2009 |
| 2.78 s | Sondre Opaker Øines | 98 | Årnes | 27.06.2007 |
| 2.78 s | Mikkel Finne | 06 | Lillehammer/Ss | 13.09.2015 |
| 2.72 s | Jacob Sundstrøm Wilberg | 12 | Jessheim | 30.08.2021 |
| 2.70 s | Kristian Espeland | 12 | Jessheim | 30.08.2021 |
| 2.65 s | William Hjeltnes | 07 | Lillestrøm | 28.05.2016 |
| 2.63 s | Jon Erik Mariathas | 00 | Jessheim | 16.06.2009 |
| 2.61 s | Simon Lye Smistad | 07 | Jessheim | 25.06.2016 |
| 2.61 s | Benjamin Anthi | 13 | Jessheim | 06.08.2022 |
| 2.60 s | Joyel Reggie | 00 | Jessheim | 16.06.2009 |

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| **GUTTER 9** | **522** |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 6.69 | Marcus Hauge Sollie | 09 | Årnes | 05.09.2018 |
| 6.25 | Joakim Kolobekken | 09 | Jessheim | 11.08.2018 |
| 5.78 | Eivind Skolt | 83 | Jessheim | 08.08.1992 |
| 5.51 | Iver Løvgaard Faksvåg | 09 | Jessheim | 11.08.2018 |
| 5.22 | Marcus Theodor Moen | 99 | Jessheim | 20.09.2008 |
| 4.86 | Harald Myhre | 00 | Jessheim | 19.09.2009 |
| 4.65 | Ole-Anders Bergersen | 99 | Jessheim | 20.09.2008 |
| 4.62 | Mikkel Finne | 06 | Lillehammer/Ss | 13.09.2015 |
| 4.55 | Jacob Sundstrøm Wilberg | 12 | Jessheim | 17.06.2021 |

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| **Slegge 2 kg** |  |

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| 10.28 | Marcus Hauge Sollie | 09 | Ski | 01.08.2018 |

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| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 15.90 | Marcus Fosserud | 01 | Jessheim | 25.05.2010 |

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| **Vekt 2.65 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.90 | Marcus Hauge Sollie | 09 | Greverud | 22.04.2018 |

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| **Liten ball 150g** |  |

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| --- | --- | --- | --- | --- |
| 35.53 | Joakim Kolobekken | 09 | Jessheim | 11.08.2018 |
| 34.23 | Ola Sandvær Aamodt | 95 | Jessheim | 20.09.2004 |
| 29.46 | Benjamin Anthi | 13 | Jessheim | 06.08.2022 |
| 28.08 | Iver Løvgaard Faksvæg | 09 | Jessheim | 11.08.2018 |
| 27.18 | Christian Olaus Sween | 06 | Lillestrøm | 30.05.2015 |
| 26.16 | Elliot Nordin | 12 | Jessheim | 07.08.2021 |
| 24.30 | Kristian Espeland | 12 | Jessheim | 07.08.2021 |
| 23.03 | Marcus Hauge Sollie | 09 | Jessheim | 11.08.2018 |
| 20.30 | Lars Wilhelmsen | 71 | Lørenfallet | 22.09.1980 |
| 18.51 | Mikkel Finne | 06 | Lillehammer/Ss | 12.09.2015 |

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| **GUTTER 9** | **523** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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|  9.59 | Christian Olaus Sween | 06 | Rud | 05.12.2015 |
|  9.63 | Joakim Kolobekken | 09 | Hvam | 08.12.2018 |
|  9.96 | Iver Løvgaard Faksvåg | 09 | Hvam | 10.12.2018 |
| 10.00 | Lars Ove Lye Smistad | 10 | Hvam | 26.01.20191 |
| 10.65 | Marcus Hauge Sollie | 09 | Hvam | 13.01.2018 |
| 10.73 | Ådne Opaker Øines | 92 | Lillestrøm | 26.03.2011 |
| 10.73 | Ludvig Sjøstrøm-Johnsen | 09 | Hvam | 13.01.2018 |
| 11.00 | Michael Grøholt | 07 | Hvam | 16.01.2016 |
| 11.03 | Trygve Stuve Dahl | 07 | Hvam | 10.12.2016 |
| 11.10 | Kristoffer Rødø Bråthen | 10 | Hvam | 26.01.2019 |
| 11.17 | Jørgen Kolobekken | 11 | Hvam | 25.01.2020 |
| 11.43 | Birk Haugen | 14 | Hvam | 02.12.2023 |
| 11.65 | Heine Frilseth | 07 | Hvam | 10.12.2016 |
| 12.05 | William Hjeltnes | 07 | Hvam | 10.12.2016 |
| 12.09 | Jesper Aasen Fredriksen | 07 | Hvam | 10.12.2016 |
| 12.14 | Axel Flatner Hansen | 01 | Lillestrøm | 23.01.2010 |
| 12.20 | Oscar Johansen Solli | 07 | Hvam | 10.12.2016 |
| 12.38 | Johannes Børven-Ellingsdalen | 09 | Hvam | 08.12.2018 |

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| **200m E**  |  |

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| 38.43 | Marcus Hauge Sollie | 09 | Rud | 20.01.2018 |

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| **600m**  |  |

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| 2:00.55 | Christian-Olaus Sween | 06 | Rud | 05.12.2015 |

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| **Høyde** |  |

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| 0.86 | Joakim Kolobekken | 09 | Hvam | 13.01.2018 |

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| **Lengde**  |  |

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| --- | --- | --- | --- | --- |
| 3.85 s | Christian-Olaus Sween | 06 | Rud | 05.12.2015 |
| 3.26 s | Joakim Kolobekken | 09 | Hvam | 08.12.2018 |
| 3.23 s | Marcus Hauge Sollie | 09 | Hvam | 08.12.2018 |
| 2.99 s | Ådne Opaker Øines | 02 | Lillestrøm | 26.03.2011 |
| 2.99 s | Michael Grøholt | 07 | Hvam | 16.01.2016 |
| 2.90 s | William Hjeltnes | 07 | Hvam | 10.12.2016 |
| 2.76 s | Trygve Stuve Dahl | 07 | Hvam | 10.12.2016 |
| 2.75 s | Oskar Johansen Solli | 07 | Hvam | 10.12.2016 |
| 2.71 s | Lars Ove Lye Smistad | 10 | Hvam | 26.01.2019 |
| 2.69 s | Maximillan Ophus | 09 | Hvam | 08.12.2018 |

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| **GUTTER 9** | **524** |

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| **Lengde forts.** |  |

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| 2.32 s | Johannes Børven-Ellingsdalen | 09 | Hvam | 08.12.2018 |
| 2.20 s | Heine Frilseth | 07 | Hvam | 10.12.2016 |
| 2.18 s | Jesper Fredriksen | 07 | Hvam | 10.12.2016 |

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| **Høyde uten tilløp** |  |

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| 0.70 | Carl Walker | 95 | Råholt | 31.10.2004 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.82 | Ola Sandvær Aamodt | 95 | Jessheim/Je | 08.03.2004 |
| 1.67 | Truls Norbeck | 98 | Jessheim | 12.02.2007 |
| 1.58 | Sondre Opaker Øines | 98 | Jessheim | 12.02.2007 |
| 1.53 | Mats Myhre | 98 | Jessheim | 12.02.2007 |
| 1.43 | Eivind Grønning | 99 | Hurdal | 21.01.2008 |

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| **Kule 2 kg** |  |

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| 6.93 | Joakim Kolobekken | 09 | Hvam | 08.12.2018 |
| 6.07 | Marcus Hauge Sollie | 09 | Hvam | 08.12.2018 |
| 5.44 | Christian-Olaus Sween  | 06 | Rud | 05.12.2015 |
| 5.35 | Iver Løvgaard Faksvåg | 09 | Hvam | 08.12.2018 |
| 5.25 | Oscar Johansen Solli | 07 | Hvam | 10.12.2016 |
| 4.94 | William Hjeltnes | 07 | Hvam | 10.12.2016 |
| 4.83 | Trygve Stuve Dahl | 07 | Hvam | 10.12.2016 |
| 4.41 | William Hjeltnes | 07 | Hvam | 16.01.2016 |
| 3.67 | Heine Frilseth | 07 | Hvam | 10.12.2016 |
| 3.56 | Jørgen Kolobekken | 11 | Hvam | 26.01.2020 |
| 3.45 | Jesper Aasen Fredriksen | 07 | Hvam | 10.12.2016 |

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| **GUTTER 8** | **525** |

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| **40m E** |  |

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| 10.256 | Casipan Alstad Brandsnes | 13 | Jessheim | 03.06.2021 |

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| **60m E** |  |

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| 10.78 | Vemund Gunleiksrud | 15 | Jessheim | 12.08.2023 |
| 10.96 | Ola Sandvær Aamodt | 95 | Jessheim | 25.09.2003 |
| 11.27 | Ådne Opaker Øines | 02 | Lillestrøm | 29.05.2010 |
| 11.39 | Nikolai Frogner | 13 | Jessheim | 06.08.2022 |
| 12.11 | Henrik Toverud | 04 | Jessheim | 20.05.2012 |

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| **60m M** |  |

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| 10.9 | Marcus Hauge Sollie | 09 | Årnes | 10.05.2017 |
| 11.0 | Lars Wilhelmsen | 72 | Lørenfallet | 22.09.1980 |
| 12.1 | Simen Myre | 12 | Jessheim | 16.09.2019 |

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| **100m E** |  |

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| 16.80 | Kenneth Warming | 82 | Jessheim | 29.09.1990 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.00 | Ola Sandvær Aamodt | 95 | Jessheim | 25.09.2003 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 3.04 | Bør Nordby | 23 | Jessheim | 26.09.1931 |
| 3.00 s | Marcus Hauge Sollie | 09 | Fet | 14.09.2017 |
| 2.97 s | Ola Sandvær Aamodt | 95 | Jessheim | 25.09.2004 |
| 2.82 s | Ole Eriksen | 91 | Årnes | 18.08.1999 |
| 2.63 s | Anderas Jacobsen | 04 | Jessheim | 23.08.2012 |
| 2.63 s | Christer Lukas | 09 | Jessheim | 23.05.2017 |
| 2.60 | William Hjeltnes | 07 | Jessheim | 02.07.2015 |
| 2.38 s | Sondre Opaker Øines | 02 | Lillestrøm | 29.05.2000 |
| 2.28 s | Benjamin Anthi | 13 | Jessheim | 07.08.2021 |

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| **Kule 1 kg** |  |

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| 5.22 | Marcus Hauge Sollie | 09 | Fet | 14.09.2017 |

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| **Kule 2 kg** |  |

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| 4.63 | Anders Jacobsen | 04 | Jessheim | 23.08.2012 |
| 3.90 | William Hjeltnes | 07 | Jessheim | 02.07.2015 |
| 3.51 | Marcus Hauge Sollie | 09 | Årnes | 10.05.2017 |

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| **GUTTER 8** | **526** |

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| **Liten ball 150 g** |  |

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| 22.75 | William Hjeltnes | 07 | Jessheim | 02.07.2015 |
| 22.29 | Benjamin Anthi | 13 | Jessheim | 07.08.2021 |
| 18.35 | Vemund Gunleiksrud | 15 | Jessheim | 12.08.2023 |
| 13.89 | Marcus Hauge Sollie | 09 | Lillestrøm | 27.05.2017 |

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| **GUTTER 8** | **527** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 10.04 | Joakim Kolobekken | 10 | Hvam | 09.12.2017 |
| 10.64 | Marcus Hauge Sollie | 09 | Hvam | 09.12.2017 |
| 10.95 | Lars Ove Lye-Smestad | 10 | Hvam | 13.01.2018 |
| 10.95 | Thomas Fredvang | 15 | Hvam | 02.12.2023 |
| 11.02 | Simen Maximillan Myhre | 11 | Hvam | 07.12.2019 |
| 11.07 | Lars Erik Smistad | 10 | Hvam | 03.03.2018 |
| 11.10 | Ådne Opaker Øines | 02 | Lillestrøm | 30.01.2010 |
| 11.15 | Vemund Gunleiksrud | 15 | Hvam | 02.12.2023 |
| 11.40 | Jørgen Kolobekken | 11 | Hvam | 07.12.2019 |
| 11.52 | Vemund Gunleiksrud | 15 | Hvam | 94.02.2023 |
| 11.61 | Didrik Bækkevar Semb | 14 | Hvam | 03.12.2022 |
| 11.64 | Carl Bauck Jensen | 11 | Hvam | 07.12.2019 |
| 12.13 | Filip Opheim | 15 | Hvam | 02.12.2023 |
| 12.62 | Christopher Bruu | 15 | Hvam | 02.12.2023 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 0.93 | Joakim Kolobakken | 10 | Hvam | 14.01.2017 |
| 0.70 | Marcus Hauge Sollie | 09 | Hvam | 14.01.2017 |

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| **Lengde uten tilløp** |  |

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| 1.37 | Simen Myhre Utendørs | 11 | Jessheim | 16.09.2019 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 3.23 s | Vemund Gunleiksrud | 15 | Hvam | 02.12.2023 |
| 2.94 s | Joakim Kolobakken | 09 | Hvam | 09.12.2017 |
| 2.83 s | Sondre Opaker Øines | 02 | Lillestrøm | 30.01.2010 |
| 2.78 s | Marcus Hauge Sollie | 09 | Hvam | 09.12.2017 |
| 2.57 s | Didrik Bækkevar Semb | 14 | Hvam | 03.12.2022 |
| 2.57 | Thomas Fredvang | 15 | Hvam | 02.12.2023 |
| 2.44 s | Mads Skar Hellerud | 15 | Hvam | 04.02.2023 |
| 2.44 | Mads Skar Hellerud | 15 | Hvam | 02.12.2023 |
| 2.42 s | Simen maximillan Myhre | 11 | Hvam | 07.12.2019 |
| 2.41 s | Lars Ove Smistad | 10 | Hvam | 03.03.2018 |
| 2.35 s | Jørgen Kolobekken | 11 | Hvam | 07.12.2019 |
| 2.31 s | Carl Bauck Jensen | 11 | Hvam | 07.12.2019 |

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| **GUTTER 8** | **528** |

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| **INNENDØRS** |  |

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| **Kule 2 kg** |  |

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| 5.67 | Joakim Kolobakken | 09 | Hvam | 09.12.2017 |
| 5.32 | Marcus Hauge Sollie | 09 | Hvam | 09.12.2017 |
| 4.92 | Vedmund Gunleiksrud | 15 | Hvam | 02.12.2023 |
| 4.84 | Didrik Bækkevar Semb | 14 | Hvam | 03.12.2022 |
| 4.01 | Thomas Fearnley | 15 | Hvam | 02.12.2023 |
| 3.82 | Carl Bauck Jensen | 11 | Hvam | 07.12.2019 |
| 3.51 | Filip Opheim | 15 | Hvam | 02.12.2023 |
| 3.20 | Jørgen Kolobekken | 11 | Hvam | 07.12.2019 |
| 2.99 | Simen Maximillan Myhre | 11 | Hvam | 07.12.2019 |

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| **GUTTER 7** | **529** |

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| **40m E** |  |

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| 8.87 | Ådne Sandven-Thrane | 14 | Jessheim | 03.06.2021 |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 8.9 | Markus Lindvall | 97 | Råholt | 31.10.2004 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 11.55 | Lucas Carister | 09 | Lillestrøm | 17.09.2016 |
| 11.86 | Pantelius Ionnidis | 14 | Jessheim | 07.08.2021 |
| 11.86 | Vemund Gunleiksrud | 15 | Jessheim | 06.08.2022 |
| 12.25 | Ådne Opaker Øines | 02 | Lillestrøm | 30.05.2009 |
| 12.44 | Birk Haugan | 14 | Jessheim | 07.08.2021 |
| 12.90 | Thomas Fredvang | 15 | Oslo/Bi | 29.05.2022 |

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| **60m M** |  |

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| 16.5 | Andreas Bergseth | 12 | Jessheim | 16.09.2019 |

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| **200m E** |  |

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| 40.93 | Lucas Carister | 09 | Jessheim | 25.06.2016 |

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| **Lengde** |  |

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| 2.62 s | Lucas Carister | 09 | Lillestrøm | 17.09.2016 |
| 2.44 s | Thomas Fredvang | 15 | Oslo/Bi | 29.05.2022 |
| 2.31 s | Pantelius Ionnidas | 14 | Jessheim | 07.08.2021 |
| 2.30 s | Vemund Gunleiksrud | 15 | Jessheim | 06.08.2022 |
| 2.15 s | Sigurd Bergheim | 14 | Jessheim | 07.08.2021 |

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| **Kule 2** |  |

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| 2.45 | Lucas Carister | 09 | Jessheim | 25.06.2016 |

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| **Liten ball 150 g** |  |

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| 17.08 | Birk Haugen | 14 | Jessheim | 07.08.2021 |
| 14.06 | Vumund Gunleiksrud | 15 | Nittedal | 21.08.2022 |
| 11.00 | Lucas Carister | 09 | Lillestrøm | 17.09.2016 |
| 10.89 | Pantelius Ionnidis | 14 | Jessheim | 07.08.2021 |
|  9.40 | Thomas Fredvang | 15 | Oslo/Bi | 29.05.2022 |

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| **GUTTER 7** | **530** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 11.11 | Joakim Kolobekken | 10 | Hvam | 10.12.2016 |
| 11.91 | Kasper Einan | 11 | Hvam | 08.12.2018 |
| 11.98 | Christian Nistad | 16 | Hvam | 02.12.2023 |
| 12.20 | Trym Tveraa | 01 | Lillestrøm | 26.01.2008 |
| 12.80 | Kristian Espelund | 12 | Hvam | 26.01.2019 |
| 12.91 | Ådne Opaker Øines | 02 | Lillestrøm | 31.01.2009 |
| 13.29 | Axel Flatner Hansen | 01 | Lillestrøm | 26.01.2008 |
| 13.93 | Thomas Fredvang | 15 | Hvam | 22.01.2022 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 3.18 s | Joakim Kolobakken | 10 | Hvam | 10.12.2016 |
| 3.12 s | Tyrm Tveraa | 01 | Lillestrøm | 26.01.2008 |
| 2.51 s | Kasper Einan | 11 | Hvam | 08.12.2018 |
| 1.67 s | Axel Flatner Olsen | 01 | Lillestrøm | 26.01.2008 |
| 1.66 s | Kristian Espelund | 12 | Hvam | 26.01.2019 |
| 1.59 s | Thomas Fredvang | 15 | Hvam | 22.02.2022 |

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| **Høyde uten tilløp** |  |

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| 0.70 | Paul Walker | 97 | Råholt | 31.10.2004 |

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| **Lengde uten tilløp** |  |

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| 1.04 | Anders Bergseth Utendørs | 12 | Jessheim | 16.09.2019 |

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| **Kule 2 kg** |  |

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| 4.12 | Joakim Kolobakken | 09 | Hvam | 10.12.2016 |
| 3.72 | Kasper Einan | 11 | Hvam | 08.12.2018 |

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| **GUTTER 6** |  |

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| **60m E** |  |

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| 16.12 | Carl Magnus Bauck Jensen | 11 | Jessheim | 23.05.2017 |

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| **Lengde** |  |

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| 1.53 s | Carl Magnus Bauck Jensen | 11 | Jessheim | 23.05.2017 |

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| **Liten ball 150g** |  |

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| 6.37 | Carl Magnus Bauck Jensen | 11 | Jessheim | 23.05.2017 |

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| **GUTTER 5** |  |

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| **UTENDØRS** |  |

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| **40m E** |  |

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| 10.10 | Narve Sandven-Thrane | 16 | Jessheim | 03.06.2021 |