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| **MENN VETERAN 35-39** | **531** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.9 | Rolv-Eirik Nyheim | 47 | Årnes | 28.08.1985 |
| 8.5 | Rolf Fredagsvik | 42 | Haga | 16.06.1988 |
| 8.6 | Lasse Halvor Johannesen | 79 | Jessheim | 27.09.2018 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 11.75 | Terje Grime | 59 | Jessheim | 20.06.1994 |
| 12.03 | Jørn Jevne | 64 | Oslo/St | 07.08.2002 |
| 12.32 | Frank Øines | 68 | Jessheim | 18.09.2003 |
| 13.75 | Lasse Halvor Johannesen | 79 | Jessheim | 11.08.2018 |

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| **100m M** |  |

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| 11.7 | Rolv-Eirik Nyheim | 47 | Lørenfallet | 19.06.1982 |
| 11.8 | Jørn Jevne | 64 | Jessheim | 03.08.2000 |
| 11.9 | Terje Grime | 59 | Jessheim | 29.05.1997 |
| 12.1 | Magne Haave | 12 | Oslo/Jo | 07.09.1947 |
| 12.3 | Ivar Opsahl | 46 | Årnes | 26.06.1984 |
| 12.7 | Ingar Indredavik | 45 | Lørenfallet | 21.06.1980 |
| 12.8 | Erling Støverud | 08 | Jessheim | 10.06.1934 |
| 12.9 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |

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| **150m E** |  |

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| --- | --- | --- | --- | --- |
| 18.06 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |

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| --- | --- |
| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.97 | Terje Grime | 59 | Bismo | 12.08.1995 |
| 24.62 | Jørn Jevne | 64 | Oslo/Bi | 28.07.2001 |
| 25.08 | Frank Øines | 68 | Jessheim | 25.09.2003 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.7 | Rolv-Eirik Nyheim | 47 | Lillehammer/Ss | 20.08.1983 |
| 23.7 | Jørn Jevne | 64 | Jessheim | 03.08.2000 |
| 24.1 | Terje Grime | 59 | Ski | 15.06.1994 |
| 26.0 | Ivar Opsahl | 47 | Årnes | 26.06.1984 |
| 29.6 | Lasse Halvor Johannesen | 79 | Oslo/St | 30.05.2018 |

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 41.0 | Jørn Jevne | 64 | Jessheim | 15.04.2002 |

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| **MENN VETERAN 35-39** | **532** |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 53.99 | Jørn Jevne | 64 | Oslo/St | 16.08.2001 |
| 56.09 | Ståle Nilsen | 65 | Stjørdal | 01.08.2003 |
| 63.75 | Lasse Halvor Johannesen | 79 | Jessheim | 11.08.2018 |

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| --- | --- |
| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 53.4 | Rolv-Eirik Nyheim | 47 | Lillehammer/Ss | 21.08.1983 |
| 55.5 | Odd Mikkelsen | 37 | Jessheim | 06.10.1972 |
| 57.6 | Knut Tørum | 45 | Årnes | 02.06.1984 |
| 63.8 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |

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| **600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:31.24 | Jørn Jevne | 64 | Jessheim | 01.05.2000 |
| 1:31.72 | Trygve Stanger | 62 | Jessheim | 22.05.2000 |
| 1:40.25 | Ole Fredrik Mørch | 62 | Jessheim | 22.05.2000 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:00.7 | Odd Harstad | 44 | Oslo/St | 21.06.1983 |
| 2:03.25 | Inge Nessiøy | 57 | Jessheim | 12.06.1983 |
| 2:03.4 | Rolv-Eirik Nyheim | 47 | Oslo/La | 97.06.1984 |
| 2:05.61 | Ståle Nilsen | 65 | Stjørdal | 02.08.2003 |
| 2:05.8 | Arne Luke | 44 | Kirkenær | 07.09.1980 |
| 2:07.7 | Frank Finstad | 48 | Lørenfallet | 25.06.1983 |
| 2:09.24 | Ole Skolt | 53 | Jessheim | 27.06.1992 |
| 2:11.3 | Arve Bogstad | 41 | Oslo/St | 28.06.1976 |
| 2:12.5 | Erik Lerdahl | 10 | Oslo/Jo | 07.09.1947 |
| 2:12.7 | Trygve Stanger | 62 | Hurdal | 07.06.2000 |
| 2:14.60 | Hans Jørgen Borgen | 70 | Oslo/St | 09.08.2006 |
| 2:14.7 | Ole Fredrik Mørch | 62 | Hurdal | 07.06.2000 |
| 2:15.39 | Ivar Skedsmo | 55 | Jessheim | 27.06.1992 |
| 2:16.0 | Knut Rimstad | 49 | Jessheim | 29.08.1994 |
| 2:16.2 | Claus Nerhagen | 59 | Jessheim | 14.08.1995 |
| 2:17.8 | Tore Østvang | 52 | Jessheim | 17.08.1998 |
| 2:17.9 | Erik Gustovson | 59 | Jessheim | 22.09.2007 |
| 2:18.7 | Frank Øines | 68 | Jessheim | 20.09.2004 |
| 2:19.5 | Ståle Murud | 69 | Jessheim | 01.10.2005 |
| 2:20.15 | Kjell Frostelid | 60 | Jessheim | 27.05.1999 |
| 2:27.79 | Lasse Halvor Johannesen | 79 | Jessheim | 27.09.2018 |
| 2:38.6 | Harald Furuseth | 69 | Lørenfallet | 10.06.2008 |
| 2:47.6 | Molvin Knudsen | 62 | Jessheim | 14.08.2000 |

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| **MENN VETERAN 35-39** | **533** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:05.9 | Leif Erling Aronsveen | 52 | Jessheim | 15.06.1992 |
| 4:08.23 | Odd Kinnsbekken | 48 | Oslo/Bi | 18.07.1983 |
| 4:08.5 | Odd Harstad | 44 | Jessheim | 10.06.1983 |
| 4:08.7 | Inge Nessiøy | 57 | Jessheim | 16.06.1983 |
| 4:09.85 | Kristian Monsen | 77 | Jessheim | 05.06.2014 |
| 4:13.57 | Bjørn Dæhlie | 67 | Jessheim | 20.06.2002 |
| 4:15.8 | Ole Johan Garli | 56 | Jessheim | 13.06.1993 |
| 4:15.9 | Tommy Torgersen | 70 | Jessheim | 09.06.2005 |
| 4:19.5 | Bjørn Rommen | 43 | Jessheim | 12.06.1978 |
| 4:21.3 | Ole Skolt | 53 | Jessheim | 19.06.1992 |
| 4:23.45 | Ståle Nilsen | 65 | Stjørdal | 03.08.2003 |
| 4:24.5 | Knut Kristiansen | 44 | Jessheim | 09.06.1980 |
| 4:24.5 | Frank Finstad | 48 | Jessheim | 10.06.1983 |
| 4:25.0 | Jan Rustad | 40 | Jessheim | 12.06.1978 |
| 4:27.6 | Erik Lerdahl | 10 | Lillestrøm/Vi | 14.08.1949 |
| 4:27.6 | Arne Luke | 44 | Jessheim | 10.06.1983 |
| 4:28.3 | Dag Sand | 45 | Jessheim | 08.06.1984 |
| 4:29.3 | Rolv-Eirik Nyheim | 47 | Jessheim | 14.06.1982 |
| 4:29.6 | Egil Ødemark | 41 | Jessheim | 11.06.1979 |
| 4:30.0 | Trygve Stanger | 62 | Jessheim | 14.06.2001 |
| 4:31.0 | Ole Fredrik Mørch | 62 | Jessheim | 15.06.2000 |
| 4:32.0 | Svein Olsen | 47 | Jessheim | 14.06.1982 |
| 4:32.4 | Torgeir Sørum | 45 | Jessheim | 14.06.1982 |
| 4:33.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 16.06.1993 |
| 4:34.7 | Ingar Indredavik | 45 | Jessheim | 14.06.1982 |
| 4:34.8 | Knut Tørum | 45 | Jessheim | 08.06.1984 |
| 4:35.3 | Arne Gulbrandsen | 44 | Jessheim | 09.06.1980 |
| 4:37.7 | Kristian Langbakk | 39 | Jessheim | 13.06.1977 |
| 4:38.6 | Jan Erik Bøhnsdalen | 52 | Jessheim | 13.06.1990 |
| 4:38,6 | Tore Ragnar Olsen | 46 | Jessheim | 13.06.1990 |
| 4:39.8 | Øystein Frilseth | 48 | Årnes | 26.08.1987 |
| 4:40.1 | Kjell Østhus | 42 | Jessheim | 11.06.1979 |
| 4:41.6 | Ståle Murud | 69 | Jessheim | 14.06.2007 |
| 4:44.0 | Kjell Carlsson | 44 | Jessheim | 09.06.1980 |
| 4:46.3 | Eirik Horverak | 73 | Jessheim | 15.06.1992 |
| 4:46.9 | Johnny Røsåsen | 44 | Jessheim | 14.06.1982 |
| 4:47.2 | Svein Rustad | 44 | Jessheim | 14.06.1982 |
| 4:47.3 | Trygve Bårde | 48 | Jessheim | 10.06.1987 |
| 4:47.5 | Kjell Aarflot | 44 | Jessheim | 10.06.1983 |
| 4:47.9 | Arve Bogstad | 41 | Jessheim | 13.06.1977 |
| 4:49.7 | Oddvar Hallingstad | 45 | Jessheim | 12.06.1981 |
| 4:52.3 | Ivar Skedsmo | 55 | Jessheim | 15.06.1992 |
| 4:53.0 | Frank Øines | 68 | Jessheim | 09.06.2005 |

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| **MENN VETERAN 35-39** | **534** |

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| **1500m forts.** |  |

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| 4:53.5 | Geir Asphaug | 65 | Jessheim | 15.06.2000 |
| 4:53.6 | Ola Haugset | 43 | Jessheim | 14.06.1982 |
| 4:54.2 | Per Ekker | 51 | Jessheim | 13.06.1986 |
| 4:54.3 | Anders Jellum | 48 | Jessheim | 10.06.1983 |
| 4:54.5 | Lasse Andersen | 47 | Jessheim | 10.06.1983 |
| 4:54.9 | Torbjørn Johansen | 45 | Jessheim | 12.06.1981 |
| 4:55.9 | Rune Tunhøvd | 59 | Jessheim | 13.06.1994 |
| 4:56.0 | Thor Martin Furuseth | 41 | Jessheim | 09.06.1980 |
| 4:57.2 | Svein Saksvik | 45 | Jessheim | 12.06.1981 |
| 4:58.1 | Stig Harald Øveraas | 48 | Jessheim | 10.06.1983 |
| 4:58.2 | Claus Nerhagen | 59 | Jessheim | 12.06.1995 |
| 4:58.5 | Hans-Petter Samuelsen | 45 | Jessheim | 12.06.1981 |
| 4:58.7 | Ole Arnegård | 44 | Jessheim | 12.06.1981 |
| 4:59.8 | Arne Rognerud | 41 | Jessheim | 11.06.1979 |
| 5:01.0 | Helge Ullerud | 42 | Jessheim | 11.06.1979 |
| 5:01.1 | Sigmund Syversen | 49 | Jessheim | 10.06.1987 |
| 5:01.3 | Kåre Hofskelrud | 39 | Jessheim | 13.06.1977 |
| 5:01.6 | Ivar Skedsmo | 55 | Jessheim | 10.06.1991 |
| 5:01.8 | Ingar Halvorsen | 46 | Jessheim | 12.06.1981 |
| 5:02.1 | Terje Olsen | 42 | Jessheim | 13.06.1977 |
| 5:04.2 | Stein Bringeland | 54 | Jessheim | 15.06.1992 |
| 5:06.1 | Magne Kråbøl | 43 | Jessheim | 21.06.1981 |
| 5:06.3 | Per Olav Bjørnås | 40 | Jessheim | 11.06.1979 |
| 5:06.5 | Tor Halvor Rønning | 43 | Jessheim | 14.06.1982 |
| 5:08.7 | Rune Høgaas | 52 | Jessheim | 13.06.1988 |
| 5:09.1 | Georg Johnsen | 55 | Jessheim | 13.06.1990 |
| 5:09.2 | Svein Røtterud | 42 | Jessheim | 09.06.1980 |
| 5:09.5 | Jens Mathiesen | 47 | Jessheim | 13.06.1986 |
| 5:10.0 | Marcel Borlet | 46 | Jessheim | 08.06.1984 |
| 5:10.2 | Arve Bogstad | 41 | Jessheim | 13.06.1986 |
| 5:11.1 | Ragnar Bakken | 48 | Jessheim | 10.06.1987 |
| 5:11.3 | Torger Ringen | 45 | Jessheim | 10.06.1983 |
| 5:13.6 | Harald Sydtangen | 44 | Jessheim | 14.06.1982 |
| 5:14.9 | Øystein Jørgensen | 47 | Jessheim | 13.06.1986 |
| 5:15.1 | Håvard Uhlen | 39 | Jessheim | 13.06.1977 |
| 5:15.6 | Ole Kristian Wiig | 45 | Jessheim | 08.06.1984 |
| 5:15.8 | Eirik Løvgaard | 77 | Jessheim | 02.06.2016 |
| 5:16.2 | Tore Jensen | 45 | Jessheim | 10.06.1982 |
| 5:18.2 | Olav Rutle | 45 | Jessheim | 08.06.1984 |
| 5:19.6 | Jan Grønlien | 49 | Jessheim | 10.06.1987 |
| 5:20.3 | Helge Velure | 50 | Jessheim | 12.06.1989 |
| 5:20.6 | Holger Winstad | 46 | Jessheim | 14.06.1982 |
| 5:21.2 | Bjørn Wærø Heggelund | 47 | Jessheim | 08.06.1984 |
| 5:22.0 | Thorbjørn Næss | 68 | Jessheim | 09.06.2005 |

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| **MENN VETERAN 35-39** | **535** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:22.9 | Trond Boger | 45 | Jessheim | 09.06.1980 |
| 5:22.9 | Bjørn Fløtaker | 46 | Jessheim | 08.06.1984 |
| 5:23.1 | Ingar Halvorsen | 46 | Jessheim | 14.06.1982 |
| 5:23.2 | Kåre Støverud | 52 | Jessheim | 10.06.1987 |
| 5:23.3 | Rune Fjeldstad | 48 | Jessheim | 10.06.1983 |
| 5:24.6 | Holger Winstad | 47 | Jessheim | 10.06.1983 |
| 5:25.9 | Bjørn Grønlien | 44 | Jessheim | 11.06.1979 |
| 5:27.8 | Geir Sander | 45 | Jessheim | 12.06.1981 |
| 5:28.2 | Tron Erik Hovind | 56 | Jessheim | 13.06.1994 |
| 5:29.1 | Steinar Ørum | 46 | Jessheim | 08.06.1984 |
| 5:30.1 | Amund Gulbrandsen | 47 | Jessheim | 13.06.1986 |
| 5:30.3 | Harald Furuseth | 69 | Jessheim | 12.06.2008 |
| 5:32.3 | Øivind Haugerud | 39 | Jessheim | 13.06.1977 |
| 5:34.0 | Hans Jørgen Borgen | 70 | Jessheim | 09.06.2005 |
| 5:36.3 | Martin Hansen | 48 | Jessheim | 08.06.1984 |
| 5:39.0 | Terje Grime | 59 | Jessheim | 02.06.1996 |
| 5:39.21 | Lasse Johannesen | 79 | Jessheim | 31.05.2018 |
| 5:41.1 | Øyvind Mangerud | 48 | Jessheim | 10.06.1983 |
| 5:43.1 | Finn Johannessen | 45 | Jessheim | 12.06.1981 |
| 5:50.0 | Thor Lasse(Johansen) Løland | 63 | Jessheim | 14.06.2001 |
| 5:52.3 | Halvor Bogstad | 46 | Jessheim | 10.06.1983 |
| 5:57.4 | Bjørn Sverre Melbye | 48 | Jessheim | 13.06.1986 |
| 5:57.7 | Martin Hansen | 48 | Jessheim | 09.09.1985 |
| 5:58.3 | Dag Schøyen | 45 | Jessheim | 10.06.1983 |

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| **1 mile 1609m** |  |

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| --- | --- | --- | --- | --- |
| 4:41.52 | Ole Fredrik Mørck | 62 | Jessheim | 23.08.1999 |

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| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 6:28.18 | Kristian Monsen | 77 | Jessheim | 02.09.2014 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 8:38.47 | Kristian Monsen | 77 | Oslo/Bi | 18.08.2013 |
| 8:45.3 | Odd Kinnsbekken | 48 | Oslo/St | 25.07.1983 |
| 8:45.73 | Odd Harstad | 44 | Oslo/St | 20.06.1983 |
| 9:04.6 | Leif Erling Aronsveen | 57 | Jessheim | 17.08.1992 |
| 9:14.4 | Ole Johan Garli | 56 | Jessheim | 17.08.1992 |
| 9:15.3 | Ole Fredrik Mørck | 62 | Jessheim | 29.05.1996 |
| 9:16.99 | Tommy Torgersen | 70 | Lillehammer/Ss | 25.06.2005 |
| 9:36.4 | Erik Lerdahl | 10 | Oslo/Jo | 07.09.1947 |

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| **MENN VETERAN 35-39** | **536** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 9:46.6 | Trygve Stanger | 62 | Jessheim | 14.06.2000 |
| 9:55.5 | Asgeir Steinsvik | 53 | Jessheim | 17.08.1992 |
| 10:00.2 | Ståle Murud | 69 | Jessheim | 04.06.2007 |
| 10:06.5 | Jan Erik Bøhnsdalen | 52 | Jessheim | 21.08.1989 |
| 10:08.7 | Geir Håkon Bjørnstad | 56 | Jessheim | 18.08.1993 |
| 10:28.1 | Rune Tunhøvd | 59 | Jessheim | 31.08.1994 |
| 10:50.2 | Ivar Skedsmo | 55 | Jessheim | 22.08.1990 |
| 11:18.5 | Sigmund Syversen | 49 | Jessheim | 19.08.1988 |
| 11:32.9 | Stein Bringeland | 54 | Jessheim | 19.08.1991 |
| 11:40.1 | Helge Velure | 50 | Jessheim | 21.08.1989 |
| 11:54.0 | Ivar Skedsmo | 55 | Jessheim | 17.08.1992 |
| 12:17.0 | Harald Furuseth | 69 | Lørenfallet | 09.09.2008 |
| 12:22.9 | Georg Johansen | 55 | Jessheim | 22.08.1990 |

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| **5000m** |  |

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| 15:23.00 | Kristian Monsen | 77 | Kristiansand | 24.08.2012 |
| 15:29.3 | Odd Kinnsbekken | 48 | Hvidovre, DEN | 29.07.1983 |
| 15:43.81 | Tommy Torgersen | 70 | Oslo/Bi | 18.05.2006 |
| 16:09.4 | Ole Fredrik Mørch | 62 | Jessheim | 11.08.1997 |
| 16:18.48 | Ole Johan Garli | 56 | Jessheim | 12.06.1993 |
| 16:41.0 | Erik Lerdahl | 10 | Hauerseter | 21.08.1949 |
| 16:42.4 | Thorstein Gystad | 67 | Aalborg, DEN | 10.08.2002 |
| 17:00.3 | Knut Kristiansen | 44 | Lørenfallet | 21.06.1980 |
| 17:06.4 | Egil Ødemark | 41 | Jessheim | 18.06.1976 |
| 17:51.2 | Håvard Uhlen | 39 | Jessheim | 12.06.1974 |
| 17:58.4 | Kristen Langbakk | 39 | Jessheim | 18.06.1975 |
| 18:25.6 | Arve Bogstad | 41 | Jessheim | 18.06.1976 |
| 18:37.6 | Kristoffer Stanger | 33 | Jessheim | 16.06.1972 |
| 18:40.0 | Håvard Uhlen | 39 | Jessheim | 18.06.1975 |
| 19:02.2 | Helge Sydtangen | 37 | Jessheim | 18.06.1976 |
| 19:27.0 | Kåre Hofskelrud | 39 | Jessheim | 18.06.1976 |
| 19:38.2 | Per Neskleiv | 36 | Jessheim | 16.06.1973 |
| 21:05.6 | Martin Molnes | 39 | Jessheim | 18.06.1975 |

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| **10000m** |  |

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| 31:30.24 | Kristian Monsen | 77 | Jessheim | 24.08.2014 |
| 31:52.3 | Odd Kinnsbekken | 48 | Oslo/St | 28.09.1983 |
| 32:29.16 | Tommy Torgersen | 70 | Oslo/La | 14.06.2005 |
| 32:29.92 | Kristian Karlsen | 82 | Kristiansand | 10.06.2017 |
| 33:52.6 | Arne Luke | 44 | Lørenskog/Ro | 04.10.1979 |

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| **MENN VETERAN 35-39** | **537** |

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

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| 19.8 | Nils Kristen Wiig | 43 | Rolvsrud | 15.08.1978 |
| 20.0 | Kai Hole | 42 | Lillestrøm | 12.06.1977 |

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

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| --- | --- | --- | --- | --- |
| 29.50 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |

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

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| --- | --- | --- | --- | --- |
| 30.6 | Ivar Opsahl | 47 | Rolvsrud | 31.08.1982 |
| 31.2 | Lasse Andersen | 47 | Årnes | 31.08.1983 |

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

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| 62.4 | Rolv-Eirik Nyheim | 47 | Lørenfallet | 03.09.1983 |

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

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| --- | --- | --- | --- | --- |
| 9:52.0 | Odd Kinnsbekken | 48 | Årnes | 06.07.1983 |
| 10:00.60 | Ole Skolt | 53 | Bjørkelangen | 14.06.1991 |
| 10:13.9 | Stein Roar Ulseth | 52 | Jessheim | 21.08.1989 |
| 10:17.7 | Knut Kristiansen | 44 | Jessheim | 18.08.1980 |
| 10:31.6 | Bjørn Rommen | 43 | Jessheim | 21.08.1978 |
| 10:44.2 | Arne Luke | 44 | Jessheim | 19.08.1983 |
| 10:47.3 | Dag Sand | 45 | Jessheim | 19.08.1983 |
| 10:48.8 | Egil Ødemark | 41 | Jessheim | 25.08.1976 |
| 10:55.6 | Arne Nyland | 36 | Jessheim | 28.08.1971 |
| 10:57.8 | Ingar Indredavik | 45 | Jessheim | 18.08.1980 |
| 11:07.3 | Svein Olsen | 47 | Jessheim | 19.08.1983 |
| 11:14.3 | Rolv-Eirik Nyheim | 47 | Jessheim | 19.08.1983 |
| 11:17.5 | Geir Håkon Bjørnstad | 56 | Jessheim | 14.08.1995 |
| 11:21.3 | Arne Gulbrandsen | 44 | Jessheim | 18.08.1980 |
| 11:26.9 | Peter Ekker | 51 | Jessheim | 15.08.1986 |
| 11:27.4 | Jan Bøhnsdalen | 52 | Jessheim | 19.08.1988 |
| 11:27.6 | Kjell Østhus | 42 | Jessheim | 18.08.1980 |
| 11:28.5 | Kristen Langbakk | 39 | Jessheim | 21.08.1978 |
| 11:29.0 | Kristoffer Stanger | 33 | Jessheim | 28.08.1971 |
| 11:33.2 | Torgeir Sørum | 45 | Jessheim | 20.08.1982 |
| 11:35.5 | Torstein Gjelsvik | 42 | Jessheim | 20.08.1979 |
| 11:41.3 | Arne Marthinussen | 50 | Jessheim | 15.08.1986 |
| 11:46.0 | Kjell Aarflot | 44 | Jessheim | 19.08.1983 |
| 11:48.8 | Ola Haugset | 43 | Jessheim | 20.08.1982 |
| 11:55.1 | Svein Saksvik | 45 | Jessheim | 21.08.1981 |
| 11:55.4 | Svein Rustad | 44 | Jessheim | 20.08.1982 |

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| **MENN VETERAN 35-39** | **538** |

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

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| --- | --- | --- | --- | --- |
| 11:59.0 | Kåre Hofskelrud | 39 | Jessheim | 21.08.1978 |
| 11:59.8 | Anders Jellum | 48 | Jessheim | 19.08.1983 |
| 12:02.1 | Terje Olsen | 42 | Jessheim | 20.08.1982 |
| 12:11.9 | Knut Tørum | 45 | Jessheim | 21.08.1981 |
| 12:19.0 | Henning Høgheim | 39 | Lillestrøm | 27.09.1967 |
| 12:19.1 | Ole Arnegård | 44 | Jessheim | 21.08.1981 |
| 12:20.4 | Tor Halvor Rønning | 43 | Jessheim | 20.08.1982 |
| 12:24.8 | Lasse Andersen | 47 | Jessheim | 19.08.1983 |
| 12:26.9 | Jens Mathiesen | 47 | Jessheim | 17.08.1984 |
| 12:29.5 | Jan Grønlien | 49 | Jessheim | 15.08.1986 |
| 12:31.3 | Øystein Jørgensen | 47 | Jessheim | 15.08.1986 |
| 12:31.9 | Jens Jørgensen | 45 | Jessheim | 18.08.1980 |
| 12:33.4 | Per Neskleiv | 36 | Jessheim | 25.08.1973 |
| 12:33.9 | Helge Ullerud | 42 | Jessheim | 20.08.1979 |
| 12:35.5 | Per Bjørnæs | 42 | Jessheim | 20.08.1979 |
| 12:44.1 | Trond Boger | 45 | Jessheim | 21.08.1981 |
| 12:47.2 | Bjørn Fløtaker | 46 | Jessheim | 19.08.1983 |
| 12:47.6 | Harald Sydtangen | 44 | Jessheim | 18.08.1980 |
| 12:47.9 | Børre Fjeldstad | 47 | Jessheim | 19.08.1983 |
| 12:57.7 | Per Christian Bjørnæs | 42 | Jessheim | 21.08.1978 |
| 13:05.5 | Stig Harald Øveraas | 48 | Jessheim | 17.08.1984 |
| 13:05.6 | Torger Ringen | 45 | Jessheim | 20.08.1982 |
| 13:13.3 | Ole Kristian Wiig | 45 | Jessheim | 21.08.1981 |
| 13:27.8 | Kåre Støverud | 52 | Jessheim | 21.08.1987 |
| 13:29.4 | Svein Røtterud | 42 | Jessheim | 18.08.1980 |
| 13:36.2 | Steinar Ulsaker | 47 | Jessheim | 20.08.1982 |
| 13:41.0 | Torger Ringen | 45 | Jessheim | 19.08.1983 |
| 13:42.8 | Johan Gabrielsen | 35 | Jessheim | 22.08.1977 |
| 13:46.9 | Bjørn Wærø Heggelund | 47 | Jessheim | 19.08.1983 |
| 13:47.7 | Holger Windstad | 47 | Jessheim | 15.08.1986 |
| 13:49.9 | Martin Hansen | 48 | Jessheim | 19.08.1983 |
| 13:55.1 | Hans-Petter Samuelsen | 45 | Jessheim | 21.08.1981 |
| 14:01.2 | Oddmund Teigen | 35 | Jessheim | 23.08.1974 |
| 14:03.4 | Øyvind Mangerud | 48 | Jessheim | 19.08.1983 |
| 14:13.8 | Martin Molnes | 35 | Jessheim | 23.08.1974 |
| 14:29.4 | Oddvar Hallingstad | 45 | Jessheim | 19.08.1983 |
| 14:41.5 | Bjørn Grønlien | 44 | Jessheim | 19.08.1983 |
| 14:42.2 | Knut Korsmo | 46 | Jessheim | 21.08.1981 |
| 14:43.8 | Finn Johannessen | 39 | Jessheim | 18.08.1980 |
| 14:55.9 | Dag Schøyen | 45 | Jessheim | 21.08.1981 |

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| **5 km landevei** |  |

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| 17:55 | Grzegorz Kosel | 82 | Sand | 27.06.2021 |

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| **MENN VETERAN 35-39** | **539** |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 31:55 | Kristian Monsen | 77 | Modum | 12.10.2013 |
| 36:59 | Grzegorz Kosel | 82 | Gardermoen | 31.10.2021 |
| 40:25 | Thom-Arne Norheim | 78 | Jessheim | 02.09.2017 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:07:42 | Odd Kinnsbekken | 48 | Jessheim | 09.10.1983 |
| 1:12.17 | Bjørn Rommen | 43 | Jessheim | 08.10.1978 |
| 1:12:31 | Dag Sand | 45 | Jessheim | 11.10.1981 |
| 1:12:47 | Arne Luke | 44 | Jessheim | 09.10.1983 |
| 1:13:51 | Jan Rustad | 40 | Jessheim | 07.10.1979 |
| 1:14:04 | Arne Gulbrandsen | 44 | Jessheim | 11.10.1981 |
| 1:18:01 | Kristen Langbakk | 39 | Jessheim | 13.10.1974 |
| 1:18:39 | Johnny Røsåsen | 44 | Jessheim | 10.10.1982 |
| 1:18:44 | Egil Ødemark | 41 | Jessheim | 10.10.1976 |
| 1:19:09 | Terje Svendsen | 48 | Jessheim | 09.10.1983 |
| 1:19:30 | Arne Nyland | 36 | Jessheim | 02.10.1971 |
| 1:20:07 | Johnny Røsåsen | 44 | Jessheim | 09.10.1983 |
| 1:20:34 | Kjell Aarflot | 44 | Jessheim | 10.10.1982 |
| 1:22:56 | Knut Tørum | 45 | Jessheim | 10.10.1982 |
| 1:23:53 | Ole Arnegård | 44 | Jessheim | 11.10.1981 |
| 1:23:55 | Svein Saksvik | 45 | Jessheim | 10.10.1982 |
| 1:24:34 | Torbjørn Johansen | 39 | Jessheim | 09.10.1977 |
| 1:24:45 | Arve Bogstad | 41 | Jessheim | 10.10.1976 |
| 1:25.13 | Kjell Carlson | 44 | Jessheim | 05.10.1980 |
| 1:25:47 | Helge Ullerud | 42 | Jessheim | 05.10.1980 |
| 1:26:14 | Rolv-Eirik Nyheim | 47 | Jessheim | 10.10.1982 |
| 1:27:23 | Kristoffer Stanger | 33 | Jessheim | 02.10.1971 |
| 1:27:30 | Terje Olsen | 42 | Jessheim | 09.10.1977 |
| 1:27:48 | Rune Fjeldstad | 48 | Jessheim | 09.10.1983 |
| 1:28:00 | Håvard Uhlen | 39 | Jessheim | 10.10.1976 |
| 1:28:59 | Jens Jørgensen | 45 | Jessheim | 05.10.1980 |
| 1:29:08 | Trond Boger | 45 | Jessheim | 05.10.1980 |
| 1:29:34 | Per Bjørnås | 40 | Jessheim | 07.10.1979 |
| 1:29:54 | Jens Mathisen | 47 | Jessheim | 09.10.1983 |
| 1:30:24 | Holger Winstad | 47 | Jessheim | 10.10.1982 |
| 1:31:13 | Torgeir Sørum | 45 | Jessheim | 10.10.1982 |
| 1:31:46 | John Mikalsen | 42 | Jessheim | 11.10.1981 |
| 1:31:51 | Tore Jensen | 43 | Jessheim | 09.10.1983 |
| 1:31:57 | Per Neskleiv | 36 | Jessheim | 14.10.1973 |
| 1:32:49 | Ole Kristen Wiig | 45 | Jessheim | 11.10.1981 |
| 1:33:20 | Håvard Uhlen | 39 | Jessheim | 12.10.1975 |
| 1:33:35 | Olav Rutle | 45 | Jessheim | 10.10.1982 |
| 1:33:55 | Bjørn Fløtaker | 46 | Jessheim | 10.10.1982 |

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| **MENN VETERAN 35-39** | **540** |

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| **Halvmaraton 21098m** |  |

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| 1:35:16 | Arne Rognerud | 41 | Jessheim | 05.10.1980 |
| 1:35:51 | Trond Boger | 45 | Jessheim | 10.10.1982 |
| 1:36:36 | Oddvar Hallingstad | 45 | Jessheim | 10.10.1982 |
| 1:36:54 | Bjørn Tore Jensen | 43 | Jessheim | 11.10.1981 |
| 1:38:30 | Per Christian Bjørnæs | 42 | Jessheim | 07.10.1979 |
| 1:39:49 | Steinar Ørum | 46 | Jessheim | 09.10.1983 |
| 1:11:29 | Ole Johan Garli | 56 | Hokksund | 03.04.1993 |
| 1:12:30 | Kristian Karlsen | 82 | Bergen | 21.01.2017 |
| 1:14:05 | Kristian Monsen | 77 | Lørenskog | 30.10.2016 |
| 1:14:16 | Tommy Torgersen | 70 | Drammen | 03.09.2005 |
| 1:15:38 | Ole Fredrik Mørch | 62 | Jessheim | 21.11.1999 |
| 1:16.08 | Odd Kinnsbekken | 48 | Jessheim | 07.10.1984 |
| 1:17:08 | Ole Skolt | 53 | Jessheim | 17.11.1991 |
| 1:18:07 | Leif Erling Aronsveen | 57 | Jessheim | 01.10.1995 |
| 1:19:07 | Arne Luke | 44 | Sørum | 15.10.1983 |
| 1:21:36 | Jan Blakkisrud | 43 | Sørum | 16.10.1982 |
| 1:25:06 | Trygve Bårde | 48 | Jessheim | 11.10.1987 |
| 1:27:09 | Eirik Tenold | 39 | Sørum | 15.10.1983 |
| 1:28:45 | Geir Asphaug | 65 | Jessheim | 19.11.2000 |
| 1:28:59 | Ivar Sekdsmo | 55 | Jessheim | 06.10.1991 |
| 1:30:09 | Tore Ragnar Olsen | 46 | Lillestrøm | 27.09.1983 |
| 1:30:26 | Kjell Aarflot | 44 | Sørum | 16.10.1982 |
| 1:31:35 | Helge Velure | 50 | Moelv | 29.07.1989 |
| 1:36:29 | Knut Tørum | 45 | Jessheim | 07.10.1984 |
| 1:37:18 | Sigmund Syversen | 49 | Jessheim | 12.10.1986 |
| 1:37.41 | Asgeir Steinsvik | 53 | Jessheim | 04.10.1992 |
| 1:40:31 | Steinar Ørum | 46 | Jessheim | 07.10.1984 |
| 1:42:10 | Rune Fjeldstad | 48 | Jessheim | 07.10.1984 |
| 1:46:22 | Thorleif Maudal | 47 | Jessheim | 12.10.1986 |
| 1:46:07 | Bjørn Wærø Heggelund | 47 | Jessheim | 07.10.1984 |
| 1:48:53 | Sigmund Syversen | 49 | Jessheim | 11.10.1987 |
| 1:53:22 | Olav Rutle | 45 | Jessheim | 07.10.1984 |
| 1:54:27 | Bjørnar Lindholt | 80 | Jessheim | 19.11.2017 |
| 2:10:46 | Martin Hansen | 48 | Jessheim | 07.10.1984 |

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| **Maraton 42195m** |  |

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| 2:28:47 | Kristian Karlsen | 82 | Sevilla, ESP | 19.02.2017 |
| 2:39:43 | Kristian Monsen | 77 | Jessheim | 17.11.2013 |
| 2:56:50 | Jahn Thomas Lind | 77 | Oslo | 17.09.2016 |
| 3:00:52 | Svein Olsen | 47 | Oslo | 01.09.1984 |
| 3:02:55 | Dag Sand | 45 | Oslo | 27.08.1983 |
| 3:17:50 | Helge Velure | 50 | Oslo | 13.09.1986 |
| 3:31:54 | Trond Boger | 45 | Oslo | 03.07.1982 |
| 3:37:35 | Ragnar Bakken | 48 | Jessheim | 22.11.1987 |

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| **MENN VETERAN 35-39** | **541** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.75 | Frode Myrvang | 67 | Jessheim | 12.06.2006 |
| 1.70 | Ivar Opsahl | 47 | Årnes | 31.08.1983 |
| 1.65 | Wilhelm Løken | 01 | Årnes | 07.08.1938 |
| 1.65 | Lasse Andersen | 47 | Jessheim | 11.08.1986 |
| 1.61 | Terje Grime | 59 | Oslo/Tr | 21.08.1996 |
| 1.60 | Kai Hole | 42 | Lillestrøm | 26.08.1978 |
| 1.55 | Ole H. Wethal | 02 | Jessheim | 18.07.1939 |
| 1.55 | Renè Beyer | 73 | Lillestrøm | 27.09.2008 |

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| **Stav** |  |

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| 3.15 | Kai Hole | 42 | Lillestrøm | 20.08.1977 |
| 2.90 | Ivar Opsahl | 47 | Jessheim | 02.08.1986 |

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| **Lengde** |  |

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| 6.50 | Terje Grime | 59 | Bismo | 11.08.1995 |
| 5.72 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |
| 5.72 | Ivar Opsahl | 47 | Lørenfallet | 16.06.1984 |
| 5.53 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |
| 5.40 | Andor Hansen | 92 | Jessheim | 07.08.1927 |
| 5.23 | Lasse Andersen | 47 | Lørenfallet | 25.06.1983 |
| 5.23 | Frode Myrvang | 67 | Årnes | 28.06.2006 |
| 5.18 | Frank Øines | 68 | Jessheim | 20.09.2004 |
| 5.15 | Rene Beyer | 73 | Lillestrøm | 27.09.2008 |
| 4.04 | Lasse Halvor Johannesen | 79 | Oslo/St | 30.05.2018 |

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| **Tresteg** |  |

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| 13.18 | Terje Grime | 59 | Sofiemyr | 21.07.1995 |
| 12.03 | Kai Hole | 42 | Nannestad | 20.08.1978 |
| 11.12 | Hans Petter Samuelsen | 45 | Rolvsrud | 31.08.1982 |

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| **Kule 7.26 kg** |  |

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| 13.28 | Kai Hole | 42 | Lillestrøm | 20.08.1977 |
| 12.29 | Ole H. Wethal | 02 | Gjøvik | 04.09.1938 |
| 11.53 | Magne Haave | 12 | Hauerseter | 20.08.1949 |
| 11.49 | Bjørn Wærø Heggelund | 47 | Strømmen | 22.08.1984 |
| 11.48 | Magnus Røe | 96 | Ås | 04.09.1932 |
| 11.19 | Frode Myrvang | 67 | Årnes | 28.06.2006 |
| 10.92 | Bjørn Askeland | 42 | Gardermoen | 26.08.1978 |
| 10.79 | Ivar Opsahl | 47 | Lørenfallet | 25.06.1983 |
| 10.63 | Molvin Knutsen | 62 | Rolvsrud | 21.09.2000 |

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| **MENN VETERAN 35-39** | **542** |

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

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| 10.37 | Olaf Eriksen | 08 | Kløfta | 19.08.1945 |
| 9.73 | Andor Hansen | 92 | Jessheim | 07.08.1927 |
| 9.40 | Terje Grime | 59 | Oslo/Tr | 21.08.1996 |
| 9.04 | Arne Nyland | 36 | Jessheim | 02.07.1971 |

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| **Diskos 2 kg** |  |

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| 44.80 | Kai Hole | 42 | Ski | 07.10.1978 |
| 40.30 | Bjørn Wærø Heggelund | 47 | Strømmen | 22.08.1984 |
| 36.82 | Magnus Røe | 96 | Jessheim | 27.08.1933 |
| 31.77 | Ole H. Wethal | 02 | Jessheim | 18.08.1938 |
| 31.16 | Bjørn Askeland | 42 | Lillestrøm | 21.08.1977 |
| 30.53 | Magne Haave | 12 | Oslo/Jo | 07.09.1947 |
| 27.84 | Ivar Opsahl | 47 | Årnes | 27.08.1986 |
| 26.72 | Rene Beyer | 73 | Lillestrøm | 27.09.2008 |
| 26.64 | Molvin Knutsen | 62 | Jessheim | 23.08.1999 |
| 23.06 | Terje Grime | 59 | Jessheim | 02.06.1996 |
| 19.17 | Lasse Halvor Johannesen | 79 | Jessheim | 11.08.2018 |

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| **Slegge 7.26 kg** |  |

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| 37.54 | Kai Hole | 42 | Strømmen | 18.09.1978 |

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

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| --- | --- | --- | --- | --- |
| 45.96 | Ivar Skedsmo | 55 | Jessheim | 12.06.1993 |
| 44.66 | Terje Grime | 59 | Oslo/La | 27.05.1995 |
| 41.41 | Molvin Knudsen | 62 | Jessheim | 23.08.1999 |
| 41.30 | Frode Myrvang | 67 | Årnes | 28.06.2006 |
| 36.61 | Rene Beyer | 73 | Lillestrøm | 29.05.2011 |
| 25.21 | Jørn Jevne | 64 | Jessheim | 23.08.1999 |

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

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| --- | --- | --- | --- | --- |
| 47.83 | Magnus Røe | 96 | Jessheim | 14.08.1931 |
| 41.98 | Kai Hole | 42 | Rolvsrud | 07.08.1977 |
| 42.42 | Einar HaugenaugenH | 03 | Jessheim | 18.07.1939 |
| 41.50 | Sigurd Jensen | 90 | Jessheim | 23.08.1925 |
| 40.32 | Bjarne Ruud | 95 | Oslo/Be | 02.09.1934 |
| 38.53 | Magne Lindholt | 22 | Jessheim | 28.08.1957 |
| 33.74 | Ole H. Wethal | 02 | Jessheim | 18.07.1939 |

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| **MENN VETERAN 35-39** | **543** |

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

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| --- | --- | --- | --- | --- |
| 4829 | Kai Hole | 42 | Lillestrøm | 11-12.06.1977 |
| 12.9-5.72-12.78-1.55-63.8/29.0-40.50-3.10-41.24-5:31.6 | | | |

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

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| 2854 | Terje Grime | 59 | Jessheim | 02.06.1996 |
| 6.12-39.98-24.4-23.06-5:39.0 | | | |

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| **4x400m** |  |

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

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| **3x800m** |  |

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| 6:58.00 | MV |  | Jessheim | 27.05.2002 |
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| 7:09.14 | MV |  | Jessheim | 27.05.2002 |
| ? | | | |

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| **MENN VETERAN 35-39** | **544** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.55 | Terje Grime | 59 | Stange | 05.03.1995 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 12.14 | Terje Grime | 59 | Drammen | 29.01.1995 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 24.30 | Terje Grime | 59 | Stange | 04.03.1995 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:35.94 | Hans Jørgen Borgen | 70 | Stange | 18.03.2006 |
| 1:42.81 | Ståle Murud | 69 | Stange | 18.03.2006 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:07.63 | Inge Nessiøy | 57 | Stange | 06.02.1994 |
| 2:19.60 | Geir Håkon Bjørnstad | 56 | Stange | 06.02.1994 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:27.97 | Tommy Torgersen | 70 | Stange | 15.01.2005 |
| 4:55.92 | Ståle Murud | 69 | Stange | 13.01.2007 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 9:07.53 | Ole Johan Garli | 56 | Stange | 06.02.1994 |
| 9:19.37 | Tommy Torgersen | 70 | Stange | 13.02.2005 |

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

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| 12.56 | Rene Beyer | 73 | Lillestrøm | 31.01.2009 |

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| **Høyde** |  |

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| 1.55 | Rene Beyer | 73 | Lillestrøm | 29.03.2009 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 6.18 | Terje Grime | 59 | Stange | 05.02.1994 |

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| **MENN VETERAN 35-39** | **545** |

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| **INNENDØRS** |  |

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| **Tresteg** |  |

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| 13.21 | Terje Grime | 59 | Stange | 02.03.1997 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.56 | Kai Hole | 42 | Skedsmo/ST | 04.03.1978 |
| 1.35 | Ivar Opsahl | 47 | Jessheim/Je | 13.03.1984 |

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| **Lengde uten tilløp** |  |

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| 2.77 | Ivar Opsahl | 47 | Jessheim/Je | 13.03.1984 |
| 2.71 | Kai Hole | 42 | Skedsmo/ST | 04.03.1978 |
| 2.52 | Hans Jørgen Borgen | 70 | Jessheim/No | 14.03.2005 |

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| **Kule 7.26 kg** |  |

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| 9.77 | Rene Beyer | 73 | Lillestrøm | 29.03.2009 |

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| **MENN VETERAN 40-44** | **546** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.86 | Martin Hjeltnes | 75 | Jessheim | 02.07.2015 |

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| **60m M** |  |

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| 7.8 | Ivar Opsahl | 47 | Jessheim | 25.09.1989 |

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| **100m E** |  |

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| 12.52 | Jørn Jevne | 64 | Jessheim | 20.09.2004 |
| 12.61 | Terje Grime | 59 | Jessheim | 18.08.2001 |
| 12.80 | Frank Øines | 68 | Jessheim | 18.08.2008 |
| 13.29 | Bjørn Arne Kristiansen | 68 | Drammen/Ma | 09.09.2011 |
| 13.97 | Lasse Halvor Johannesen | 79 | Ski | 12.06.2019 |

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| **100m M** |  |

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| 12.4 | Jørn Jevne | 64 | Jessheim | 16.08.2004 |
| 12.7 | Terje Grime | 59 | Oslo/St | 05.06.2000 |
| 12.9 | Ivar Opsahl | 47 | Jessheim | 28.09.1989 |
| 12.8 | Jan Rustad | 40 | Lørenfallet | 21.06.1980 |
| 13.1 | Helge Sydtangen | 37 | Rolvsrud | 12.09.1978 |
| 13.1 | Knut Tørum | 45 | Jessheim | 30.05.1989 |

|  |  |
| --- | --- |
| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.54 | Terje Grime | 59 | Steinkjer/Gu | 03.07.1999 |
| 25.72 | Frank Øines | 68 | Jessheim | 19.09.2009 |

|  |  |
| --- | --- |
| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 56.66 | Jørn Jevne | 64 | Jessheim | 20.09.2004 |
| 65.71 | Lasse Halvor Johannesen | 79 | Jessheim | 10.08.2019 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.8 | Knut Tørum | 45 | Jessheim | 30.05.1989 |
| 64.2 | Lasse Halvor Johannesen | 79 | Oslo/St | 12.08.2019 |

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| --- | --- |
| **600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:40.87 | Ole Johan Garli | 56 | Jessheim | 22.05.2000 |

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| --- | --- |
| **MENN VETERAN 40-44** | **547** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:00.3 | Odd Harstad | 44 | Bergen/Fa | 28.07.1984 |
| 2:04.87 | Janis Arsenikove | 83 | Brandbu | 23.09.2023 |
| 2:10.1 | Jan Rustad | 40 | Lørenfallet | 21.06.1980 |
| 2:10.3 | Steinar Gressløs | 53 | Lørenfallet | 07.06.1994 |
| 2:10.65 | Ole Skolt | 53 | Jessheim | 12.06.1993 |
| 2:12.82 | Grzegorz Kosel | 82 | Oslo/Bi | 04.06.2023 |
| 2:12.9 | Knut Tørum | 45 | Jessheim | 15.06.1989 |
| 2:14.33 | Ronny Opaker | 66 | Lillestrøm | 29.05.2010 |
| 2:14.8 | Trygve Stanger | 62 | Jessheim | 25.09.2003 |
| 2:15.1 | Leif Erling Aronsveen | 57 | Hurdal | 07.06.2000 |
| 2:16.8 | Vidar Birkelund | 56 | Hurdal | 05.06.2000 |
| 2:16.87 | Ole Johan Garli | 56 | Jessheim | 27.05.1999 |
| 2:16.9 | Lars Øyre | 54 | Jessheim | 23.08.1996 |
| 2:19.1 | Frank Øines | 68 | Jessheim | 01.10.2011 |
| 2:22.3 | Rolf-Eirik Nyheim | 47 | Jessheim | 22.08.1988 |
| 2:22.47 | Ståle Nilsen | 65 | Jessheim | 22.08.2005 |
| 2:25.30 | Lasse Johannesen | 79 | Jessheim | 17.09.2020 |
| 2:29.5 | Rolf Halseth | 65 | Jessheim | 19.09.2009 |
| 2:32.1 | Jan Erik Bøhnsdalen | 52 | Lørenfallet | 09.06.1992 |
| 2:32.9 | Ivar Skedsmo | 55 | Jessheim | 14.08.1995 |
| 2:35.4 | Torger Ringen | 45 | Jessheim | 21.08.1989 |
| 2:37.8 | Eirik Løvgaard | 77 | Jessheim | 26.09.2019 |
| 2:40.1 | Olav Werner Ruud | 55 | Jessheim | 16.08.1999 |
| 2:47.15 | Stig Gunleiksrud | 69 | Jessheim | 07.09.2023 |
| 2:48.4 | Helge Velure | 50 | Jessheim | 16.08.1993 |
| 2:55.7 | Torleif Bjotveit | 47 | Jessheim | 22.08.1988 |
| 2:58.7 | Molvin Knutsen | 62 | Jessheim | 24.09.2004 |
| 2:59.6 | Per Ramstad | 47 | Jessheim | 22.08.1988 |
| 3:01.9 | Trond Kaasin | 53 | Jessheim | 19.08.1996 |
| 3:08.0 | Ole Kristen Wiig | 45 | Jessheim | 22.08.1988 |

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| --- | --- |
| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:03.86 | Odd Harstad | 44 | Oslo/Bi | 30.07.1985 |
| 4:05.2 | Øystein Syversen | 52 | Kongsvinger/Gj | 23.05.1992 |
| 4:07.11 | Janis Arsenikovs | 83 | Oslo/Bi | 29.08.2023 |
| 4:12.5 | Steinar Gressløs | 53 | Jessheim | 16.06.1993 |
| 4:24.4 | Ole Skolt | 53 | Jessheim | 16.06.1993 |
| 4:24.6 | Kolbjørn Skjerve | 37 | Jessheim | 12.06.1981 |
| 4:25.8 | Ole Johan Garli | 56 | Jessheim | 16.06.1997 |
| 4:26.57 | Trygve Stanger | 62 | Jessheim | 20.06.2002 |
| 4:27.3 | Jan Rustad | 40 | Jessheim | 09.06.1980 |
| 4:27.5 | Knut Kristiansen | 44 | Jessheim | 08.06.1984 |
| 4:27.5 | Lars Øyre | 54 | Jessheim | 16.06.1997 |
| 4:28.07 | Ole Fredrik Mørch | 62 | Jessheim | 20.06.2002 |

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| **MENN VETERAN 40-44** | **548** |

|  |  |
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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:28.5 | Arne Luke | 44 | Jessheim | 08.06.1984 |
| 4:28.6 | Øystein Frilseth | 48 | Jessheim | 13.06.1990 |
| 4:30.4 | Petter Stensby | 52 | Jessheim | 16.06.1993 |
| 4:30.5 | Hans Nordhagen | 38 | Jessheim | 12.06.1981 |
| 4:31.0 | Erik Gustavsen | 59 | Jessheim | 13.06.2002 |
| 4:32.1 | Itri Amizig | 70 | Jessheim | 27.05.2004 |
| 4:32.4 | Bjørn Rommen | 43 | Jessheim | 08.06.1984 |
| 4:33.3 | Odd Kinnsbekken | 48 | Jessheim | 13.06.1988 |
| 4:33.43 | Grzegorz Kosel | 82 | Jessheim | 08.06.2023 |
| 4:35.1 | Tore Ragnar Olsen | 46 | Jessheim | 13.06.1988 |
| 4:36.4 | Kristen Langbakk | 39 | Jessheim | 10.06.1983 |
| 4:38.1 | Knut Tørum | 45 | Jessheim | 09.09.1985 |
| 4:39.8 | Ingar Indredavik | 45 | Jessheim | 09.09.1985 |
| 4:41.5 | Torbjørn Johansen | 45 | Jessheim | 12.06.1989 |
| 4:44.0 | Lasse Sandstone | 40 | Jessheim | 12.06.1981 |
| 4:44.1 | Ståle Nilsen | 65 | Jessheim | 09.06.2005 |
| 4:44.5 | Kjell Østhus | 42 | Jessheim | 14.06.1982 |
| 4:46.0 | Asgeir Steinsvik | 53 | Jessheim | 16.06.1997 |
| 4:46.3 | Johnny Røsåsen | 44 | Jessheim | 08.06.1984 |
| 4:47.2 | Thor Martin Furuseth | 41 | Jessheim | 14.06.1982 |
| 4:47.8 | Geir Håkon Bjørnstad | 56 | Jessheim | 17.06.1996 |
| 4:48.3 | Kjell Carlsson | 44 | Jessheim | 13.06.1988 |
| 4:49.5 | Tommy Torgersen | 70 | Jessheim | 14.06.2011 |
| 4:49.7 | Rolv-Eirik Nyheim | 47 | Jessheim | 13.06.1988 |
| 4:49.8 | Sigmund Syversen | 49 | Jessheim | 13.06.1990 |
| 4:50.0 | Kjell Aarflot | 44 | Jessheim | 08.06.1984 |
| 4:51.4 | Henning Høgheim | 39 | Jessheim | 10.06.1983 |
| 4:52.0 | John Mikalsen | 60 | Jessheim | 13.06.1986 |
| 4:52.2 | Stein Torstveit | 44 | Jessheim | 08.06.1984 |
| 4:53.0 | Olav Bogstad | 35 | Jessheim | 11.06.1979 |
| 4:53.0 | Trygve Bårde | 48 | Jessheim | 12.06.1989 |
| 4:53.6 | Ragnar Bakken | 48 | Jessheim | 13.06.1988 |
| 4:53.8 | Helge Sydtangen | 37 | Jessheim | 09.06.1980 |
| 4:53.9 | Egil Ødemark | 41 | Jessheim | 12.06.1981 |
| 4:54.4 | Arve Bogstad | 41 | Jessheim | 12.06.1981 |
| 4:54.4 | Svein Rustad | 44 | Jessheim | 08.06.1984 |
| 4:55.2 | Ole Arnegård | 44 | Jessheim | 13.06.1986 |
| 4:55.6 | Ola Haugset | 43 | Jessheim | 08.06.1984 |
| 4:55.6 | Ronny Opaker | 66 | Jessheim | 12.06.2008 |
| 4:56.3 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 14.06.1982 |
| 4:56.6 | Tore Eriksen | 37 | Jessheim | 12.06.1981 |
| 4:57.8 | Hans Kristian Hansen | 41 | Jessheim | 10.06.1983 |
| 4:58.4 | Geir Håkon Bjørnstad | 56 | Jessheim | 15.06.1998 |
| 4:58.7 | Oddvar Ormstad | 41 | Jessheim | 08.06.1984 |

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| **MENN VETERAN 40-44** | **549** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:00.1 | Torgeir Sørum | 45 | Jessheim | 13.06.1986 |
| 5:00.3 | Lars Bårde | 48 | Jessheim | 10.06.1991 |
| 5:00.5 | Arne Rognerud | 41 | Jessheim | 12.06.1981 |
| 5.01.0 | Geir Asphaug | 65 | Jessheim | 09.06.2005 |
| 5:01.4 | Nils Sæthermoen | 40 | Jessheim | 09.06.1980 |
| 5:01.75 | Kristian Hammer | 76 | Jessheim | 31.05.2018 |
| 5:01.8 | Sverre Murud | 38 | Jessheim | 10.06.1983 |
| 5:02.0 | Asbjørn Hoel | 43 | Jessheim | 09.09.1985 |
| 5:02.9 | Sigmund Syversen | 49 | Jessheim | 16.06.1993 |
| 5:03.2 | Torbjørn Johansen | 45 | Jessheim | 13.06.1986 |
| 5:04.6 | Arne Hvattum | 36 | Jessheim | 09.06.1980 |
| 5:04.8 | Kåre Hofskelrud | 39 | Jessheim | 10.06.1983 |
| 5:05.3 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 15.06.1992 |
| 5:05.5 | Eirik Tenold | 39 | Jessheim | 10.06.1983 |
| 5:05.5 | Helge Ullerud | 42 | Jessheim | 13.06.1986 |
| 5:06.0 | Jan Blakkisrud | 42 | Jessheim | 10.06.1983 |
| 5:06.4 | Arve Bogstad | 41 | Jessheim | 10.06.1983 |
| 5:06.6 | Rolf Halseth | 65 | Jessheim | 04.06.2009 |
| 5:06.9 | Sigurd Bendiksen | 39 | Jessheim | 10.06.1983 |
| 5:07.0 | Jens Mathiesen | 47 | Jessheim | 13.06.1988 |
| 5:07.5 | Arvid Johansen | 67 | Jessheim | 14.06.2007 |
| 5:07.6 | Kjell Østhus | 42 | Jessheim | 13.06.1988 |
| 5:07.9 | Per Bjørnås | 40 | Jessheim | 09.06.1980 |
| 5:08.1 | Anton Furuseth | 43 | Jessheim | 10.06.1983 |
| 5:10.2 | Frank Øines | 68 | Jessheim | 14.06.2011 |
| 5:10.5 | Harald Furuseth | 69 | Jessheim | 04.06.2009 |
| 5:11.3 | Jens Jørgensen | 45 | Jessheim | 13.06.1986 |
| 5:11.4 | Ragnar Bakken | 48 | Jessheim | 15.06.1992 |
| 5:12.1 | Tron Erik Hovind | 56 | Jessheim | 16.06.1997 |
| 5:13.3 | Kristoffer Stanger | 33 | Jessheim | 13.06.1977 |
| 5:13.6 | Øystein Jørgensen | 47 | Jessheim | 10.06.1988 |
| 5:16.4 | Kåre Andresen | 38 | Jessheim | 12.06.1978 |
| 5:16.86 | Eirik Løvgaard | 77 | Jessheim | 31.05.2018 |
| 5:16.9 | Amund Gulbrandsen | 47 | Jessheim | 08.06.1984 |
| 5:18.0 | Per Neskleiv | 36 | Jessheim | 09.06.1980 |
| 5:18.1 | Bjørn Fløtaker | 46 | Jessheim | 12.06.1989 |
| 5:18.7 | Frode Liland | 65 | Jessheim | 14.06.2007 |
| 5:21.1 | Tore Østvang | 52 | Jessheim | 09.06.2005 |
| 5:22.1 | Olav Bjerkeli | 33 | Jessheim | 13.06.1977 |
| 5:26.0 | Kåre Andresen | 38 | Jessheim | 09.06.1980 |
| 5:26.8 | Håvard Uhlen | 39 | Jessheim | 14.06.1981 |
| 5:27.4 | Torger Ringen | 45 | Jessheim | 09.09.1985 |
| 5:27.4 | Lasse Andersen | 47 | Jessheim | 10.06.1987 |
| 5:27.6 | Helge Velure | 50 | Jessheim | 13.06.1990 |

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| **MENN VETERAN 40-44** | **550** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:29.0 | Ole Kristian Wiig | 45 | Jessheim | 13.06.1986 |
| 5:30.1 | Oddvar Hallingstad | 45 | Jessheim | 09.09.1985 |
| 5:31.6 | Kai Hole | 42 | Lillestrøm | 12.06.1977 |
| 5:33.03 | Lasse Halvor Johannesen | 79 | Jessheim | 06.06.2019 |
| 5:34.4 | Johan Gabrielsen | 35 | Jessheim | 13.06.1977 |
| 5:37.7 | Olav Rutle | 45 | Jessheim | 10.06.1987 |
| 5:44.2 | Steinar Ørum | 46 | Jessheim | 10.06.1987 |
| 5:44.7 | Konrad Svensson | 34 | Jessheim | 12.06.1978 |
| 5:45.0 | Ingar Indredavik | 45 | Jessheim | 12.06.1989 |
| 5:45.0 | Molvin Knutsen | 62 | Jessheim | 13.06.2002 |
| 5:46.5 | Steinar Ørum | 46 | Jessheim | 13.06.1990 |
| 5:46.6 | Jørgen Torstveit | 40 | Jessheim | 09.09.1985 |
| 5:49.11 | Lasse Kverum | 79 | Jessheim | 02.06.2022 |
| 5:51.0 | Jan Grønlien | 49 | Jessheim | 12.06.1989 |
| 5:54.0 | Halvor Bogstad | 46 | Jessheim | 13.06.1986 |
| 5:55.4 | Finn Johannessen | 43 | Jessheim | 10.06.1983 |
| 5:57.3 | Geir Sander | 45 | Jessheim | 13.06.1988 |
| 5:57.4 | Tore Jensen | 43 | Jessheim | 09.09.1985 |

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| --- | --- |
| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:41.80 | Øystein Syversen | 52 | Oslo/Bi | 04.06.1992 |
| 8:53.0 | Odd Harstad | 44 | Oslo/St | 27.06.1984 |
| 9:07.13 | Janis Arsenikovs | 83 | Nittedal | 20.08.2023 |
| 9:17.7 | Sigmund Syversen | 49 | Jessheim | 17.08.1992 |
| 9:22.6 | Ole Johan Garli | 56 | Jessheim | 23.08.1996 |
| 9:25.9 | Lars Øyre | 54 | Jessheim | 14.08.1995 |
| 9:28.2 | Ole Skolt | 53 | Jessheim | 18.08.1993 |
| 9:30.8 | Arne Luke | 44 | Lørenfallet | 22.08.1984 |
| 9:43.0 | Erik Lerdahl | 10 | Jessheim | 29.07.1951 |
| 9:46.0 | Odd Kinnsbekken | 48 | Jessheim | 21.08.1992 |
| 9:47.7 | Steinar Gressløs | 53 | Lørenfallet | 03.09.1996 |
| 9:48.4 | Petter Stensby | 52 | Jessheim | 31.08.1994 |
| 9:55.8 | Erik Gustavsen | 59 | Jessheim | 17.09.2001 |
| 10:01.2 | Tore Ragnar Olsen | 46 | Jessheim | 22.08.1990 |
| 10:13.0 | Øystein Frilseth | 48 | Jessheim | 19.08.1988 |
| 10:13.0 | Asgeir Steinsvik | 53 | Jessheim | 14.08.1995 |
| 10:24.3 | Trygve Bårde | 48 | Jessheim | 22.08.1990 |
| 10:38.0 | Kjell Carlson | 44 | Jessheim | 19.08.1988 |
| 10:46.7 | Johnny Røsåsen | 44 | Jessheim | 19.08.1988 |
| 10:47.9 | Rolv-Eirik Nyheim | 47 | Jessheim | 19.08.1988 |
| 10:57.7 | Ragnar Bakken | 48 | Jessheim | 19.08.1988 |
| 11:09.7 | Jan-Erik Bøhnsdalen | 52 | Jessheim | 16.08.1993 |
| 11:11.3 | Geir Håkon Bjørnstad | 56 | Jessheim | 17.08.1998 |

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| **MENN VETERAN 40-44** | **551** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 11:31.8 | Ingar Indredavik | 45 | Jessheim | 21.08.1989 |
| 11:37.8 | Jens Mathiesen | 47 | Jessheim | 22.08.1990 |
| 11:42.6 | Helge Velure | 50 | Jessheim | 22.08.1990 |
| 11:42.9 | Frank Johansen | 48 | Jessheim | 19.08.1988 |
| 12:02.7 | Torger Ringen | 45 | Jessheim | 19.08.1988 |
| 12:09.2 | Tron Erik Hovind | 56 | Jessheim | 19.08.1996 |
| 12:09.3 | Svein Rustad | 44 | Jessheim | 19.08.1988 |
| 12:14.6 | Øystein Jørgensen | 47 | Jessheim | 21.08.1989 |
| 12:17.9 | Steinar Ørum | 46 | Jessheim | 21.08.1989 |
| 12:36.5 | Kjell Aarflot | 44 | Jessheim | 19.08.1988 |
| 12:42.2 | Geir Sander | 45 | Jessheim | 21.08.1989 |
| 12:43.6 | Jan Grønlien | 49 | Jessheim | 21.08.1989 |
| 12:44.9 | Bjørn Fløtaker | 46 | Jessheim | 22.08.1990 |
| 12:47.1 | Jens Jørgensen | 45 | Jessheim | 19.08.1988 |
| 12:49.4 | Amund Gulbrandsen | 47 | Jessheim | 19.08.1988 |
| 12:55.7 | Olav Rutle | 45 | Jessheim | 19.08.1988 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 15:06.18 | Øystein Syversen | 52 | Nesbyen | 29.09.1992 |
| 16:53.67 | Ole Fredrik Mørch | 62 | Jessheim | 22.08.2005 |
| 17:02.0 | Erik Lerdahl | 10 | Jessheim | 18.08.1951 |
| 17:05.69 | Trygve Stanger | 62 | Jessheim | 22.05.2005 |
| 18:26.0 | Kristoffer Stanger | 33 | Jessheim | 16.06.1973 |
| 18:29.2 | Dag Fostvedt | 27 | Jessheim | 13.06.1970 |
| 18:56.0 | Sten Melbye | 31 | Jessheim | 16.06.1973 |
| 19:21.6 | Magne Engen | 33 | Jessheim | 18.06.1975 |
| 20:12.6 | Kristen Nygaard | 26 | Jessheim | 12.06.1971 |
| 20:27.2 | Per Neskleiv | 36 | Jessheim | 18.06.1976 |
| 20:23.6 | Olav Bjerkeli | 33 | Jessheim | 18.06.1976 |
| 21:06.2 | Johan Gabrielsen | 35 | Jessheim | 18.06.1976 |
| 22:10.6 | Oddmund Teigen | 35 | Jessheim | 18.06.1976 |
| 22:12.4 | Martin Molnes | 35 | Jessheim | 18.06.1976 |
| 23:02.0 | Harald Svarstad | 27 | Jessheim | 13.06.1970 |

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| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 31:34.50 | Øystein Syversen | 52 | Bjørkelangen | 09.08.1992 |
| 35:33.4 | Erik Lerdahl | 10 | Jessheim | 22.08.1951 |
| 36:07.0 | Arne Luke | 44 | Jessheim | 29.09.1988 |

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| **MENN VETERAN 40-44** | **552** |

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

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| --- | --- | --- | --- | --- |
| 10:10.7 | Steinar Gressløs | 53 | Jessheim | 13.08.1993 |
| 10:25.6 | Knut Kristiansen | 44 | Jessheim | 17.08.1984 |
| 10:25.7 | Odd Harstad | 44 | Jessheim | 17.08.1984 |
| 10:31.6 | Ole Skolt | 53 | Jessheim | 16.08.1995 |
| 10:39.0 | Jan Rustad | 40 | Jessheim | 21.08.1981 |
| 10:34.1 | Kristen Langbakk | 39 | Jessheim | 18.08.1980 |
| 10:51.5 | Arne Luke | 44 | Jessheim | 17.08.1984 |
| 10:52.0 | Bjørn Rommen | 43 | Jessheim | 19.08.1983 |
| 11:16.6 | Tore Ragnar Olsen | 46 | Jessheim | 15.08.1986 |
| 11:33.7 | Hans Nordhagen | 38 | Jessheim | 21.08.1981 |
| 11:34.2 | Kristoffer Stanger | 33 | Jessheim | 25.08.1973 |
| 11:35.8 | Kolbjørn Skjerve | 37 | Jessheim | 21.08.1978 |
| 11:37.5 | Kjell Østhus | 42 | Jessheim | 20.08.1982 |
| 11:41.1 | Jan Blakkisrud | 42 | Jessheim | 19.09.1983 |
| 11:43.1 | Ingar Indredavik | 45 | Jessheim | 21.08.1987 |
| 11:45.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 23.08.1996 |
| 11:45.8 | Kjell Aarflot | 44 | Jessheim | 20.08.1982 |
| 11:52.2 | Sten Melbye | 31 | Jessheim | 25.08.1973 |
| 11:27.1 | Torbjørn Johansen | 45 | Jessheim | 18.08.1997 |
| 11:57.4 | Torbjørn Johansen | 39 | Jessheim | 18.08.1980 |
| 12:00.4 | Arne Hvattum | 36 | Jessheim | 21.08.1978 |
| 12:02.8 | Henning Høgheim | 39 | Jessheim | 20.08.1982 |
| 12:04.7 | Olav Bogstad | 35 | Jessheim | 20.08.1979 |
| 12:13.2 | Sverre Murud | 38 | Jessheim | 21.08.1981 |
| 12:14.6 | Knut Tørum | 45 | Jessheim | 24.08.1989 |
| 12:15.1 | Kåre Hofskjelrud | 39 | Jessheim | 19.08.1983 |
| 12:16.5 | Tore Eriksen | 37 | Jessheim | 21.08.1981 |
| 12:18.1 | Johnny Røsåsen | 44 | Jessheim | 21.08.1987 |
| 12:22.4 | Nils Sæthermoen | 40 | Jessheim | 19.08.1983 |
| 12:22.6 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 18.08.1980 |
| 12:24.7 | Per Bjørnås | 40 | Jessheim | 18.08.1980 |
| 12:27.2 | Helge Ullerud | 42 | Jessheim | 20.08.1982 |
| 12:27.2 | Ola Haugset | 43 | Jessheim | 19.08.1983 |
| 12:30.6 | Torgeir Sørum | 45 | Jessheim | 15.08.1986 |
| 12:32.0 | Hans Kristian Hansen | 41 | Jessheim | 19.08.1983 |
| 12:36.0 | Ole Arnegård | 44 | Jessheim | 17.08.1984 |
| 12:36.3 | Anders Moen | 36 | Jessheim | 19.08.1983 |
| 12:37.7 | Terje Olsen | 44 | Jessheim | 19.08.1983 |
| 12:40.3 | John Birkelund | 32 | Jessheim | 21.08.1978 |
| 12:42.5 | Jens Mathiesen | 47 | Jessheim | 19.08.1988 |
| 12:45.0 | Magne Engen | 33 | Jessheim | 17.08.1975 |
| 12:46.1 | Ole Arnegård | 44 | Jessheim | 15.08.1986 |
| 12:47.2 | Kåre Andresen | 38 | Jessheim | 21.08.1978 |
| 12:48.0 | Helge Sydtangen | 37 | Jessheim | 22.08.1977 |

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| **MENN VETERAN 40-44** | **553** |

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

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| --- | --- | --- | --- | --- |
| 12:50.7 | Bjørn Fløtaker | 46 | Jessheim | 19.08.1988 |
| 12:59.4 | Per Neskleiv | 36 | Jessheim | 25.08.1976 |
| 13:04.3 | Ivar Skedsmo | 55 | Jessheim | 21.08.1989 |
| 13:05.0 | Oddmund Teigen | 35 | Jessheim | 25.08.1976 |
| 13:10.2 | Geir Sander | 45 | Jessheim | 19.08.1988 |
| 13:18.4 | Olav Bjerkeli | 33 | Jessheim | 25.08.1974 |
| 13:20.2 | Øystein Jørgensen | 47 | Jessheim | 21.08.1987 |
| 13:22.6 | Anton Furuseth | 43 | Jessheim | 19.08.1983 |
| 13:23.2 | Asbjørn Hoel | 43 | Jessheim | 21.08.1987 |
| 13:31.6 | Johan Gabrielsen | 35 | Jessheim | 21.08.1978 |
| 13:36.0 | Lasse Andersen | 47 | Jessheim | 21.08.1987 |
| 13:42.9 | Ole Kristian Wiig | 45 | Jessheim | 15.08.1986 |
| 13:49.8 | Jens Jørgensen | 45 | Jessheim | 21.08.1987 |
| 13:53.9 | Georg Johnsen | 55 | Jessheim | 21.08.1989 |
| 14:00.5 | Nils Kristen Wiig | 43 | Jessheim | 22.08.1990 |
| 14:16.9 | Konrad Svensson | 34 | Jessheim | 21.08.1978 |
| 15:00.0 | Harald Svarstad | 27 | Jessheim | 28.08.1970 |
| 15:18.9 | Trond Boger | 45 | Jessheim | 15.08.1986 |
| 15:57.4 | Ragnar Langbakk | 37 | Jessheim | 21.08.1978 |
| 16:01.9 | Jørgen Torstveit | 40 | Jessheim | 18.08.1980 |

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| **3 km landevei** |  |

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| 9.11 | Janis Arsenikovs | 83 | Jessheim | 04.06.2023 |

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| **5 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 15:49 | Janis Arsenikovs | 83 | Lier | 15.10.2023 |
| 16:17 | Kristian Monsen | 77 | Jessheim | 02.09.2018 |
| 17:37 | Grzegors Kozmol | 82 | Sand | 30.10.2022 |
| 20:05 | Lasse Kverum | 79 | Jessheim | 30.09.2023 |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 32:54 | Juri Arsenikovs | 83 | Oslo | 16.09.2023 |
| 33:50 | Kristian Monsen | 77 | Jessheim | 05.10.2019 |
| 34:40 | Roger Sannerud | 75 | Oslo | 21.09.2019 |
| 34:55 | Clemet Haugerud | 68 | Jessheim | 02.10.2021 |
| 35:11 | Eivind Gjøystdal | 79 | Hole | 23.10.2022 |
| 36:49 | Grzegorz Kosel | 82 | Hole | 23.10.2022 |
| 37:13 | Jahn Thomas Lind | 77 | Jessheim | 02.09.2017 |
| 39:19 | Kristian Hammer | 76 | Jessheim | 02.09.2017 |
| 41:50 | Harald Furuseth | 69 | Haga | 04.02.2023 |
| 44:59 | Lasse Kverum | 79 | Jessheim | 14.11.2021 |

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| **MENN VETERAN 40-44** | **554** |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:09:41 | Kolbjørn Skjerve | 37 | Jessheim | 11.10.1981 |
| 1:15:49 | Kristen Langbakk | 39 | Jessheim | 11.10.1981 |
| 1:16:01 | Henning Høgheim | 39 | Jessheim | 10.10.1982 |
| 1:16:18 | Torbjørn Johansen | 39 | Jessheim | 11.10.1981 |
| 1:17:45 | Kristian Monsen | 77 | Jessheim | 17.11.2019 |
| 1:18:47 | Thor Martin Furuseth | 41 | Jessheim | 10.10.1982 |
| 1:20:52 | Eirik Tenold | 39 | Jessheim | 09.10.1983 |
| 1:22:33 | Tore Eriksen | 37 | Jessheim | 11.10.1981 |
| 1:24:12 | Arne Hvattum | 36 | Jessheim | 05.10.1980 |
| 1:23:53 | Nils Sæthermoen | 40 | Jessheim | 09.10.1983 |
| 1:25:23 | Olav Bogstad | 35 | Jessheim | 08.10.1978 |
| 1:26:05 | Per Bjørnås | 40 | Jessheim | 11.10.1981 |
| 1:26:15 | Kåre Andresen | 38 | Jessheim | 08.10.1978 |
| 1:26:36 | Arve Bogstad | 41 | Jessheim | 11.10.1981 |
| 1:26:39 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 05.10.1980 |
| 1:27:41 | Arne Hvattum | 36 | Jessheim | 08.10.1978 |
| 1:28:43 | Sverre Murud | 38 | Jessheim | 05.10.1980 |
| 1:29:25 | Kåre Andresen | 38 | Jessheim | 07.10.1979 |
| 1:29:55 | Helge Sydtangen | 37 | Jessheim | 09.10.1977 |
| 1:32:52 | Kristoffer Stanger | 33 | Jessheim | 12.10.1975 |
| 1:34:00 | Håvard Uhlen | 39 | Jessheim | 05.10.1980 |
| 1:34:54 | Kjell Østhus | 42 | Jessheim | 09.10.1983 |
| 1:38:49 | Per Neskleiv | 36 | Jessheim | 10.10.1976 |
| 1:39:15 | Lasse Sandstone | 40 | Jessheim | 05.10.1980 |
| 1:40:46 | Arne Rognerud | 41 | Jessheim | 11.10.1981 |
| 1:46:21 | Jørgen Thorstveit | 40 | Jessheim | 11.10.1981 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:09:11 | Øystein Syversen | 52 | Drammen | 04.10.1992 |
| 1:15:44 | Runar Sannerud | 75 | Holmestrand | 06.04.2019 |
| 1:19:00 | Ole Skolt | 53 | Jessheim | 21.11.1993 |
| 1:19:06 | Ole Fredrik Mørch | 62 | Jessheim | 21.11.2004 |
| 1:19:45 | Arne Luke | 44 | Jessheim | 07.10.1984 |
| 1:20.02 | Lars Øyre | 54 | Jessheim | 01.10.1995 |
| 1:20:24 | Jan Blakkisrud | 42 | Drammen | 05.10.1986 |
| 1:21:02 | Bjørn Rommen | 43 | Jessheim | 06.10.1985 |
| 1:21:23 | Eivind Gjøystdal | 79 | Gardermoen | 31.10.2021 |
| 1:22:20 | Ole Johan Garli | 56 | Jessheim | 17.11.1996 |
| 1:22:58 | Torbjørn Liestøl | 73 | Jessheim | 15.11.2015 |
| 1:23:21 | Henning Høgheim | 39 | Sørum | 16.10.1982 |
| 1:23:24 | Odd Harstad | 44 | Jessheim | 12.10.1986 |
| 1:24:53 | Tore Ragnar Olsen | 46 | Jessheim | 11.10.1987 |
| 1:25:53 | Trygve Bårde | 38 | Jessheim | 07.10.1990 |

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| **MENN VETERAN 40-44** | **555** |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:25.59 | Tommy Torgersen | 70 | Jessheim | 18.11.2012 |
| 1:26.25 | Harald Furuseth | 69 | Jessheim | 17.11.2013 |
| 1:27:09 | Eirik Tenold | 39 | Sørum | 15.10.1983 |
| 1:28:52 | Torbjørn Johansen | 44 | Jessheim | 06.10.1985 |
| 1:29:58 | Sigmund Syversen | 49 | Jessheim | 06.10.1991 |
| 1:30:50 | Lasse Sandstone | 40 | Jessheim | 07.10.1984 |
| 1:31:25 | Thom-Arne Norheim | 78 | Oslo | 15.08.2018 |
| 1:31:36 | Frode Liland | 65 | Lørenskog | 07.11.2009 |
| 1:32:19 | Ingar Indredavik | 45 | Jessheim | 11.10.1987 |
| 1:34:42 | Nils Sæthermoen | 40 | Jessheim | 07.10.1984 |
| 1:37:22 | Arve Bogstad | 41 | Jessheim | 06.10.1985 |
| 1:37:23 | Ragnar Bakken | 48 | Jessheim | 08.10.1989 |
| 1:37:36 | Steinar Ørum | 46 | Jessheim | 12.10.1986 |
| 1:38:22 | Svein Rustad | 44 | Jessheim | 11.10.1987 |
| 1:41:02 | Helge Velure | 50 | Jessheim | 06.10.1991 |
| 1:43:49 | Trond Boger | 45 | Jessheim | 06.10.1985 |
| 1:43:49 | Bjørn Fløtaker | 46 | Jessheim | 11.10.1987 |
| 1:44:39 | Lasse Kverum | 79 | Jessheim | 13.11.2022 |
| 1:49:57 | Geir Sander | 45 | Jessheim | 08.10.1989 |
| 1:50:00 | Tore Jensen | 43 | Jessheim | 07.10.1984 |
| 1:57:56 | Oddbjørn Ødegård | 43 | Jessheim | 06.10.1985 |

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| **Maraton 42195m** |  |

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| 2:39:30 | Runar Sannerud | 75 | Berlin, GER | 29.09.2019 |
| 2:45:45 | Jan Blakkisrud | 43 | London, GBR | 08.05.1983 |
| 2:49:49 | Eivind Gjøystdal | 79 | Jessheim | 14.11.2021 |
| 2:50:09 | Jahn Thomas Lind | 77 | Berlin, GER | 25.09.2022 |
| 2:53:38 | Henning Høgheim | 39 | Drammen | 03.10.1982 |
| 3:25:13 | Lasse Sandstone | 40 | Haga | 30.05.1981 |
| 3:44:22 | Ragnar Bakken | 48 | Jessheim | 19.11.1989 |
| 3:44:34 | Frode Myrvang | 67 | Jessheim | 16.11.2008 |
| 4:12:55 | Carl Axel Søndenaa | 79 | Jessheim | 17.11.2019 |

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| **Høyde** |  |

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| 1.88 | Ansgar Gulbrandsen | 44 | Jessheim | 29.05.1986 |
| 1.60 | Harald Furuseth | 06 | Oslo/Jo | 07.09.1947 |
| 1.55 | Ivar Opsahl | 47 | Jessheim | 28.09.1989 |
| 1.53 | Terje Grime | 59 | Oslo/St | 05.06.2000 |

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| **MENN VETERAN 40-44** | **556** |

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| **Stav** |  |

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| 2.90 | Ivar Opsahl | 47 | Jessheim | 03.09.1987 |
| 2.80 | Kai Hole | 42 | Jessheim | 27.09.1986 |
| 2.60 | Ansgar Gulbrandsen | 44 | Jessheim | 27.09.1986 |

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| **Lengde** |  |

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| 5.97 | Terje Grime | 59 | Ravnanger | 30.06.2000 |
| 5.49 | Harald Furuseth | 06 | Oslo/Jo | 07.09.1947 |
| 5.27 | Frank Øines | 68 | Jessheim | 20.09.2008 |
| 4.97 | Truls Schøning Lie | 67 | Årnes | 27.06.2007 |
| 4.65 | Bjørn Arne Kristiansen | 685 | Oslo/St | 31.08.2011 |
| 4.36 | Eirik Løvgaard | 77 | Geithus | 23.06.2023 |
| 4.29 | Lasse Halvor Johannesen | 79 | Oslo/St | 12.08.2019 |

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| **Lengde uten tilløp** |  |

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| 2.67 | Martin Hjeltnes | 75 | Jessheim | 18.10.2018 |

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| **Tresteg** |  |

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| 12.65 | Terje Grime | 59 | Steinkjer/Gu | 04.07.1999 |
| 8.84 | Lasse Halvor Johannesen | 79 | Geithus | 23.06.2019 |

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| **Kule 6 kg** |  |

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| 10.10 | Terje Aastorp | 56 | Jessheim | 22.06.1998 |

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| **Kule 7.26 kg** |  |

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| 12.63 | Vidar Rasmussen | 67 | Drammen/Ma | 26.08.2011 |
| 12.45 | Kai Hole | 42 | Lørenfallet | 08.06.1982 |
| 11.04 | Sten Melbye | 31 | Jessheim | 02.07.1971 |
| 10.21 | Ivar Opsahl | 47 | Jessheim | 25.09.1989 |
| 10.15 | Terje Aastorp | 56 | Jessheim | 28.09.1997 |
| 10.11 | Martin Hjeltnes | 75 | Jessheim | 12.08.2018 |
| 9.85 | Hans Disserud | 62 | Jessheim | 22.05.2006 |
| 9.35 | Bjørn Arne Kristiansen | 68 | Drammen/Ma | 10.09.2011 |
| 8.87 | Molvin Knutsen | 62 | Jessheim | 20.09.2004 |
| 8.83 | Frank Øines | 68 | Jessheim | 25.05.2010 |
| 7.65 | Lasse Halvor Johannesen | 79 | Ski | 12.06.2019 |
| 7.24 | Mats Lundstrøm | 65 | Asker/Fø | 27.09.2009 |

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| **MENN VETERAN 40-44** | **557** |

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| **Diskos 2 kg** |  |

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| 40.02 | Kai Hole | 42 | Oslo/Bi | 27.07.1984 |
| 35.29 | Bjørn Arne Kristiansen | 68 | Oslo/Bi | 26.05.2011 |
| 30.35 | Martin Hjeltnes | 75 | Jessheim | 18.10.2018 |
| 22.97 | Molvin Knutsen | 62 | Jessheim | 23.09.2002 |
| 22.47 | Kai Aastorp | 56 | Jessheim | 26.09.1998 |
| 20.40 | Terje Grime | 59 | Gjøvik | 19.06.1999 |
| 19.38 | Mats Lundstrøm | 65 | Asker/Fø | 27.09.2009 |
| 17.52 | Lasse Halvor Johannesen | 79 | Ski | 12.06.2019 |

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| **Slegge 7.26 kg** |  |

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| 34.74 | Kai Hole | 42 | Lørenfallet | 19.06.1982 |
| 22.85 | Martin Hjeltnes | 75 | Jessheim | 18.10.2018 |
| 19.64 | Mats Lundstrøm | 65 | Heggedal/Gj | 27.09.2009 |

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

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| 55.13 | Bjørn Arne Kristiansen | 68 | Oslo/Bi | 26.05.2011 |
| 37.20 | Molvin Knutsen | 62 | Jessheim | 23.09.2002 |
| 37.12 | Terje Grime | 59 | Gjøvik | 19.06.1999 |
| 32.96 | Terje Aastorp | 56 | Jessheim | 28.09.1997 |
| 31.56 | Ivar Opsahl | 47 | Jessheim | 25.09.1989 |
| 21.46 | Lasse Johannesen | 79 | Geithus | 23.06.2019 |

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

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| 40.44 | Harald Furuseth | 06 | Oslo/Jo | 07.09.1947 |
| 39.26 | Hans Kristian Hansen | 41 | Rolvsrud | 31.08.1982 |
| 39.02 | Ellef Halvorsen | 07 | Kløfta | 10.08.1947 |
| 35.72 | Kai Hole | 42 | Rolvsrud | 30.09.1983 |

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| **Vektkast 15.88 kg** |  |

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| 5.36 | Lasse Johannesen | 79 | Geithus | 23.06.2019 |

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

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| 2435 | Terje Grime | 59 | Gjøvik | 19.06.1999 |
| 5.90-37.12-26.02-20.40-6:12.57 | | | |

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| --- | --- | --- | --- | --- |
| 2197 | Ole Skolt | 53 | Jessheim | 01.06.1997 |
| 4.40-24.18-28.08-20.42-4:37.60 Veterantabell | | | |

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| **MENN VETERAN 40-44** | **558** |

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

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

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| **4x400m** |  |

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| --- | --- | --- | --- | --- |
| 4:08.82 | M40-44 |  | Jessheim | 19.05.2012 |
| Andre Børve68-Frank Øines68-Ottar Moum Larsen64-Lars Myhre64 | | | |

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| **MENN VETERAN 40-44** | **559** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.75 | Terje Grime | 59 | Stange | 21.03.1999 |
| 8.77 | Erik Ulvund Løvgaard | 77 | Hvam | 24.10.2021 |
| 8.81 | Lasse Halvor Johannesen | 79 | Hvam | 10.03.2019 |
| 9.03 | Lasse Kveum | 79 | Hvam | 24.10.2021 |
| 9.30 | Mats Lundstrøm | 65 | Stange | 08.03.2008 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.0 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 17.03.2011 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 13.20 | Terje Grime | 59 | Drammen | 06.04.2002 |

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| **200m E** |  |

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| 25.25 | Terje Grime | 59 | Stange | 20.03.1999 |
| 28.72 | Eirik Ulvund Løvgaard | 77 | Hvam | 23.10.2021 |
| 28.74 | Lasse Halvor Johannesen | 79 | Hvam | 09.03.2019 |
| 29.06 | Lasse Kveum | 79 | Hvam | 23.10.2021 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:39.65 | Ronny Opaker | 66 | Stange | 20.03.2010 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:05.36 | Janis Arsenikovs | 83 | Hvam | 02.12.2023 |
| 2:12.19 | Ole Skolt | 53 | Stange | 03.03.1996 |
| 2:13.41 | Grzegorz Kosel | 82 | Hvam | 05.02.2023 |
| 2:22.21 | Lasse Kveen | 79 | Stange | 29.01.2023 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 9:31.43 | Ole Johan Garli | 56 | Stange | 03.03.1996 |
| 9:39.01 | Lars Øyre | 54 | Stange | 03.03.1996 |
| 9:50.10 | Roger Sannerud | 75 | Hvam | 05.03.2017 |
| 9:50.38 | Petter Stensby | 52 | Stange | 06.02.1994 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.80 | Frode Myrvang | 67 | Lillestrøm | 17.01.2007 |

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| **MENN VETERAN 40-44** | **560** |

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| **INNENDØRS** |  |

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| **Lengde** |  |

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| 5.91 | Terje Grime | 59 | Stange | 20.03.1999 |

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| **Tresteg** |  |

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| 12.92 | Terje Grime | 59 | Stange | 21.03.1999 |
| 8.79 | Lasse Halvor Johannesen | 79 | Hvam | 10.03.2019 |

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| **Høyde uten tilløp** |  |

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| 1.43 | Kai Hole | 42 | Lørenskog/Sk | 28.03.1982 |
| 1.30 | Molvin Knutsen | 62 | Jessheim/No | 19.04.2004 |

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| **Lengde uten tilløp** |  |

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| 2.77 | Ansgar Gulbrandsen | 44 | Jessheim/Je | 10.03.1988 |
| 2.59 | Molvin Knutsen | 62 | Jessheim/No | 19.04.2004 |
| 2.38 | Lasse Johannesen | 79 | Hvam | 08.03.2019 |
| 2.29 | Eirik Ulvund Løvgaard | 77 | Hvam | 23.10.2021 |
| 2.12 | Lasse Kveum | 79 | Hvam | 23.10.2021 |

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| **Kule 7.26 kg** |  |

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| 13.60 | Vidar Rasmussen | 67 | Stange | 29.01.2011 |
| 10.54 | Bjørn Arne Kristiansen | 68 | Lillestrøm | 26.03.2011 |
| 7.92 | Lasse Johannesen | 79 | Hvam | 26.01.2019 |

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| **MENN VETERAN 45-49** | **561** |

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| **60m M** |  |

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| 8.1 | Kjell Larsen | 37 | Årnes | 28.08.1985 |
| 8.4 | Erik Løvgaard | 77 | Fetsund | 22.09.2022 |

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| **100m E** |  |

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| 13.64 | Ansgar Gulbrandsen | 44 | Sofiemyr | 02.09.1990 |

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| **100m M** |  |

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| 13.1 | Ivar Opsahl | 47 | Oslo/La | 23.08.1993 |
| 13.4 | Ansgar Gulbrandsen | 44 | Bjørkelangen | 09.09.1989 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 27.59 | Knut Rimstad | 49 | Jessheim | 26.06.1997 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 27.8 | Knut Rimstad | 49 | Rolvsrud | 19.09.1996 |
| 29.1 | Ole Skolt | 53 | Jessheim | 19.08.2002 |
| 29.2 | Ottar Moum Larsen | 64 | Jessheim | 30.05.2013 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 60.55 | Knut Rimstad | 49 | Jessheim | 26.06.1997 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 66.0 | John Arve Johansen | 36 | Lørenfallet | 19.06.1982 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:13.9 | Arne Luke | 44 | Lørenfallet | 14.06.1989 |
| 2:17.0 | Rolv-Eirik Nyheim | 47 | Jessheim | 21.08.1992 |
| 2:17.2 | Knut Rimstad | 49 | Jessheim | 14.08.1995 |
| 2:18.7 | Knut Johan Holter | 61 | Jessheim | 23.09.2006 |
| 2:21.9 | Steinar Gressløs | 53 | Hurdal | 07.06.2000 |
| 2:22.1 | Frank Øines | 68 | Jessheim | 04.10.2014 |
| 2:23.6 | Ole Skolt | 53 | Hurdal | 08.06.2001 |
| 2:24.3 | Kjell Carlson | 44 | Jessheim | 18.08.1993 |
| 2:24.4 | Ole Johan Garli | 56 | Hurdal | 08.06.2001 |
| 2:26.2 | Rolf Halseth | 65 | Jessheim | 18.09.2010 |
| 2:27.97 | Ørjan Rogne Rise | 73 | Jessheim | 17.09.2020 |
| 2:28.2 | Lars Petter Myhre | 64 | Jessheim | 28.09.2013 |

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| **MENN VETERAN 45-49** | **562** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:28.3 | Lars Øyre | 54 | Jessheim | 23.09.2002 |
| 2:28.4 | Rolf Fredagsvik | 42 | Jessheim | 21.08.1989 |
| 2:29.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 20.09.2004 |
| 2:29.5 | Vidar Birkelund | 56 | Hurdal | 08.06.2001 |
| 2:31.2 | Arne Luke | 44 | Lørenfallet | 09.06.1992 |
| 2:35.0 | Stein Roger Tofthagen | 51 | Jessheim | 14.08.2000 |
| 2:36.20 | Stig Gunleiksrud | 69 | Jessheim | 27.09.2018 |
| 2:44.0 | Lasse Andersen | 47 | Jessheim | 19.08.1996 |
| 2:45.0 | Ola Haugset | 43 | Jessheim | 21.08.1989 |
| 2:50.4 | Svein Rustad | 44 | Jessheim | 19.08.1991 |
| 2:50.6 | Helge Velure | 50 | Jessheim | 14.08.1995 |
| 2:51.5 | Svein Sander | 45 | Jessheim | 19.08.1991 |
| 2:53.5 | Anders Jellum | 48 | Jessheim | 19.08.1996 |
| 2:54.1 | Per Ramstad | 47 | Jessheim | 16.08.1993 |
| 2:55.8 | Ivar Opsahl | 47 | Jessheim | 16.08.1993 |
| 2:59.4 | Jan Erik Bøhnsdalen | 52 | Jessheim | 14.08.2000 |
| 3:03.5 | Molvin Knutsen | 62 | Jessheim | 22.09.2007 |
| 3:04.0 | Olav Werner Ruud | 55 | Jessheim | 14.08.2000 |
| 3:05.0 | Thue Holme | 52 | Jessheim | 17.08.1998 |
| 3:05.7 | Torleiv Bjotveit | 47 | Jessheim | 17.08.1992 |
| 3:11.5 | Tore Eriksen | 55 | Jessheim | 14.08.2000 |
| 3:12.8 | Ivar Opsahl | 47 | Jessheim | 29.08.1994 |
| 3:17.2 | Ole Kristian Wiig | 45 | Jessheim | 29.08.1994 |

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| --- | --- |
| **1000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:04.7 | Ole Skolt | 53 | Jessheim | 19.08.2002 |

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| --- | --- |
| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:23.3 | Kolbjørn Skjerve | 37 | Jessheim | 23.07.1983 |
| 4:27.35 | Inge Nessiøy | 57 | Jessheim | 20.06.2002 |
| 4:29.6 | Knut Kristiansen | 44 | Jessheim | 16.06.1989 |
| 4:32.2 | Odd Kinnsbekken | 48 | Jessheim | 16.06.1993 |
| 4:33.7 | Dag Amundsen | 51 | Jessheim | 16.06.1997 |
| 4:36.8 | Trygve Stanger | 62 | Jessheim | 14.06.2007 |
| 4:38.8 | Ole Johan Garli | 56 | Jessheim | 09.06.2005 |
| 4:38.9 | Erik Gustavson | 59 | Jessheim | 12.06.2008 |
| 4:39.3 | Arne Luke | 44 | Jessheim | 12.06.1989 |
| 4:41.5 | Tore Ragnar Olsen | 46 | Jessheim | 10.06.1991 |
| 4:41.7 | Ole Skolt | 53 | Jessheim | 15.08.1998 |
| 4:42.8 | Lars Øyre | 54 | Jessheim | 14.06.1999 |
| 4:43.0 | Steinar Gressløs | 53 | Jessheim | 13.06.2002 |
| 4:44.3 | Ole Fredrik Mørch | 62 | Jessheim | 12.06.2008 |

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| **MENN VETERAN 45-49** | **563** |

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| --- | --- |
| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:44.9 | Egil Ødemark | 41 | Jessheim | 13.06.1988 |
| 4:45.1 | Knut Tørum | 45 | Jessheim | 13.06.1990 |
| 4:46.2 | Georg Rosenberg | 33 | Jessheim | 14.06.1982 |
| 4:47.2 | Petter Stensby | 52 | Jessheim | 16.06.1997 |
| 4:47.5 | Rolv-Eirik Nyheim | 47 | Jessheim | 15.06.1992 |
| 4:47.7 | Knut Johan Holter | 61 | Jessheim | 04.06.2009 |
| 4:47.9 | Knut Rimstad | 49 | Jessheim | 16.06.1997 |
| 4:48.3 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 13.06.1986 |
| 4:48.9 | Tore Østvang | 52 | Jessheim | 17.06.1998 |
| 4:49.4 | Johnny Røsåsen | 44 | Jessheim | 12.06.1989 |
| 4:49.7 | Eirik Tenold | 39 | Jessheim | 08.06.1984 |
| 4:54.4 | Ronny Opaker | 66 | Jessheim | 14.06.2011 |
| 4:54.7 | Kristen Langbakk | 39 | Jessheim | 08.06.1984 |
| 4:55.7 | Simon Skibakk | 37 | Jessheim | 13.06.1986 |
| 4:56.4 | Henning Høgheim | 39 | Jessheim | 09.09.1985 |
| 4:56.5 | Kjell Carlsson | 44 | Jessheim | 12.06.1989 |
| 4:56.5 | Ottar Moum Larsen | 94 | Jessheim | 06.06.2013 |
| 4:57.3 | Bjørn Ottersen | 35 | Jessheim | 08.06.1984 |
| 4:57.8 | Arne Hvattum | 36 | Jessheim | 12.06.1981 |
| 4:58.1 | Asbjørn Hoel | 43 | Jessheim | 12.06.1989 |
| 4:58.5 | Torbjørn Johansen | 45 | Jessheim | 16.06.1993 |
| 4:58.6 | Olav Bogstad | 35 | Jessheim | 09.06.1980 |
| 4:58.9 | Anders Moen | 36 | Jessheim | 14.06.1982 |
| 4:59.5 | Kristoffer Stanger | 33 | Jessheim | 12.06.1978 |
| 4:59.5 | Kjell Aarflot | 44 | Jessheim | 12.06.1989 |
| 4:59.9 | Trygve Rommen | 31 | Jessheim | 12.06.1978 |
| 5:01.3 | Rolf Fredagsvik | 42 | Jessheim | 12.06.1989 |
| 5:01.6 | Sten Melbye | 31 | Jessheim | 09.06.1980 |
| 5:01.8 | Kjell Østhus | 42 | Jessheim | 18.06.1987 |
| 5:02.6 | Nils Sæthermoen | 40 | Jessheim | 13.06.1986 |
| 5:03.0 | Tore Eriksen | 37 | Jessheim | 14.06.1982 |
| 5:03.7 | Harald Sydtangen | 37 | Jessheim | 13.06.1986 |
| 5:04.4 | Geir Håkon Bjørnstad | 56 | Jessheim | 09.06.2005 |
| 5:04.9 | John Birkelund | 32 | Jessheim | 09.06.1980 |
| 5:07.2 | Fritz Mangelrød | 35 | Jessheim | 12.06.1981 |
| 5:07.4 | Einar Kristensen | 40 | Jessheim | 10.06.1987 |
| 5:11.0 | Sverre Murud | 38 | Jessheim | 10.06.1987 |
| 5:13.0 | Ole Arnegård | 44 | Jessheim | 12.06.1989 |
| 5:13.1 | Geir Asphaug | 65 | Jessheim | 10.06.2010 |
| 5:13.3 | Svein Roger Tofthagen | 51 | Jessheim | 13.06.2000 |
| 5:13.3 | Rolf Halseth | 65 | Jessheim | 14.04.2011 |
| 5:15.2 | Frode Liland | 65 | Jessheim | 10.06.2010 |
| 5:16.1 | Sigurd Bendiksen | 39 | Jessheim | 08.06.1984 |
| 5:16.3 | Arve Bogstad | 41 | Jessheim | 10.06.1987 |

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| **MENN VETERAN 45-49** | **564** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:17.4 | Sigmund Syversen | 49 | Jessheim | 13.06.1994 |
| 5:19.0 | Frank Øines | 68 | Jessheim | 04.06.2015 |
| 5:19.8 | Bjørn Lilleseth | 46 | Jessheim | 13.06.1994 |
| 5:20.1 | Anders Jellum | 48 | Jessheim | 14.06.1993 |
| 5:20.5 | Olav Bjerkeli | 33 | Jessheim | 11.06.1979 |
| 5:21.5 | Svein Rustad | 44 | Jessheim | 12.06.1989 |
| 5:24.5 | Finn Sandmo | 33 | Jessheim | 12.06.1978 |
| 5:25.2 | Jan Erik Bøhnsdalen | 52 | Jessheim | 16.06.1997 |
| 5:26.1 | Stig Gunleiksrud | 69 | Jessheim | 18.10.2018 |
| 5:27.7 | Magne Engen | 33 | Jessheim | 12.06.1978 |
| 5:29.2 | Ola Haugset | 43 | Jessheim | 12.06.1989 |
| 5:29.41 | Lasse kverum | 79 | Jessheim | 02.06.2022 |
| 5:31.6 | Bernt Reppe | 34 | Jessheim | 14.06.1982 |
| 5:32.2 | Jan Berge | 40 | Jessheim | 13.06.1988 |
| 5:33.3 | Geir Sander | 45 | Jessheim | 10.06.1991 |
| 5:33.4 | Tor Vegard Grytten | 69 | Jessheim | 18.10.2018 |
| 5:33.9 | Nils Kristen Wiig | 43 | Jessheim | 13.06.1990 |
| 5:37.5 | Helge Velure | 50 | Jessheim | 12.06.1995 |
| 5:37.8 | Jens Jørgensen | 45 | Jessheim | 13.06.1990 |
| 5:38.2 | Oddbjørn Wahl | 37 | Jessheim | 09.09.1985 |
| 5:38.3 | Øystein Jørgensen | 47 | Jessheim | 15.06.1992 |
| 5:39.8 | Trygve Nagell | 38 | Jessheim | 13.06.1986 |
| 5:40.03 | Harald Rutle | 68 | Jessheim | 31.05.2018 |
| 5:41.0 | Arne Aas | 29 | Jessheim | 12.06.1978 |
| 5:42.8 | Ragnar Bakken | 48 | Jessheim | 14.06.1993 |
| 5:43.0 | Helge Sydtangen | 37 | Jessheim | 09.09.1985 |
| 5:43.2 | Olav Rutle | 45 | Jessheim | 13.06.1990 |
| 5:48.9 | Jørgen Torstveit | 40 | Jessheim | 12.06.1989 |
| 5:49.9 | Trygve Flugstad | 33 | Jessheim | 14.06.1981 |
| 5:51.2 | Per Neskleiv | 36 | Jessheim | 08.06.1984 |
| 5:53.0 | Steinar Ørum | 46 | Jessheim | 10.06.1991 |
| 5:54.8 | Konrad Svensson | 34 | Jessheim | 11.06.1979 |
| 5:57.67 | Kjell Søderholm | 72 | Jessheim | 06.06.2019 |
| 6:00.9 | Oddbjørn Ødegård | 43 | Jessheim | 12.06.1989 |
| 6:02.4 | Håkon Håkonsen | 33 | Jessheim | 12.06.1978 |
| 6:04.2 | Per Ramstad | 47 | Jessheim | 13.06.1994 |
| 6:04.7 | Ivar Opsahl | 47 | Jessheim | 13.06.1994 |
| 6:04.9 | Finn Johannessen | 39 | Jessheim | 13.09.1986 |
| 6:05.8 | Bjørn Erik Thune | 59 | Jessheim | 12.06.2008 |

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| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 7:25.41 | Erik Gustavson | 59 | Jessheim | 08.08.2008 |

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| **MENN VETERAN 45-49** | **565** |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 9:43.6 | Knut Kristensen | 44 | Jessheim | 21.08.1989 |
| 9:48.3 | Dag Amundsen | 51 | Jessheim | 18.09.1997 |
| 9:51.7 | Odd Kinnsbekken | 48 | Jessheim | 18.08.1993 |
| 9:55.8 | Trygve Stanger | 62 | Jessheim | 16.08.1999 |
| 9:53.1 | Ole Fredrik Mørch | 62 | Jessheim | 02.06.2008 |
| 10:04.6 | Trygve Stanger | 62 | Jessheim | 04.06.2007 |
| 10:05.6 | Erik Gustavson | 59 | Jessheim | 04.06.2007 |
| 10:10.37 | Tore Ragnar Olsen | 46 | Jessheim | 21.08.1992 |
| 10:10.6 | Ole Skolt | 53 | Jessheim | 16.08.1999 |
| 10:12.6 | Arne Luke | 44 | Jessheim | 21.08.1989 |
| 10:19.0 | Steinar Gressløs | 53 | Lørenfallet | 05.09.2000 |
| 10:25.0 | Petter Stensby | 52 | Jessheim | 18.08.1997 |
| 10:29.8 | Egil Ødemark | 41 | Jessheim | 19.08.1988 |
| 10:35.0 | Kjell Carlson | 44 | Jessheim | 21.08.1989 |
| 10:39.2 | Knut Tørum | 45 | Jessheim | 22.08.1990 |
| 10:45.0 | Torbjørn Johansen | 45 | Jessheim | 18.08.1993 |
| 10:56.5 | Eirik Tenold | 39 | Lørenfallet | 22.08.1984 |
| 11:02.7 | Kjell Østhus | 42 | Jessheim | 19.08.1988 |
| 11:05.9 | Johnny Røsåsen | 44 | Jessheim | 21.08.1989 |
| 11:13.2 | Asbjørn Hoel | 43 | Jessheim | 21.08.1989 |
| 11:28.1 | Anders Jellum | 48 | Jessheim | 16.08.1993 |
| 11:30.5 | Stein Bringeland | 54 | Jessheim | 21.08.1989 |
| 11:34.4 | Kjell Aarflot | 44 | Jessheim | 22.08.1990 |
| 11:44.8 | Sigmund Syversen | 49 | Jessheim | 29.08.1994 |
| 11:54.0 | Ragnar Bakken | 48 | Jessheim | 16.08.1993 |
| 12:04.4 | Arve Bogstad | 41 | Jessheim | 21.08.1989 |
| 12:08.5 | Ole Arnegård | 44 | Jessheim | 22.08.1990 |
| 12:09.0 | Svein Rustad | 33 | Jessheim | 21.08.1989 |
| 12:12.5 | Geir Sander | 45 | Jessheim | 22.08.1990 |
| 12:13.9 | Jørgen Torstveit | 40 | Jessheim | 21.08.1989 |
| 12:18.6 | Ola Haugset | 43 | Jessheim | 19.08.1988 |
| 12:24.0 | Jens Jørgensen | 45 | Jessheim | 22.08.1990 |
| 12:30.0 | Asbjørn Hoel | 43 | Jessheim | 17.08.1992 |
| 12:32.0 | Jan Erik Bøhnsdalen | 52 | Jessheim | 17.08.1998 |
| 12:37.7 | Steinar Ørum | 46 | Jessheim | 19.08.1991 |
| 12:44.7 | Jan Berge | 40 | Jessheim | 21.08.1989 |
| 12:51.5 | Thorleif Maudal | 47 | Jessheim | 29.08.1994 |
| 12:57.0 | Olav Rutle | 45 | Jessheim | 17.08.1992 |
| 12:58.1 | Kristen Langbakk | 39 | Jessheim | 19.08.1988 |

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| **MENN VETERAN 45-49** | **566** |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 16:08.5 | Kolbjørn Skjerve | 37 | Lørenfallet | 25.06.1983 |
| 16:18.25 | Øystein Syversen | 52 | Lillehammer/Ss | 15.08.1997 |
| 16:47.93 | Trygve Stanger | 62 | Jessheim | 21.08.2007 |
| 16:57.26 | Ole Johan Garli | 56 | Jessheim | 22.08.2005 |
| 17:06.04 | Dag Amundsen | 51 | Lillehammer/Ss | 15.08.1997 |
| 17:07.94 | Ole Fredrik Mørch | 62 | Jessheim | 21.08.2007 |
| 18:21.6 | Svein Skolt | 25 | Jessheim | 16.06.1972 |
| 18:48.39 | Kjell Carlsson | 44 | Jessheim | 12.06.1993 |
| 19:18.0 | Sten Melbye | 31 | Jessheim | 18.06.1976 |
| 20:58.0 | Arne Aas | 29 | Jessheim | 18.06.1976 |

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| **10000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 36:55.0 | Arne Luke | 44 | Jessheim | 28.09.1989 |
| 37:08.0 | Knut Kristensen | 44 | Jessheim | 28.09.1989 |
| 39:51.74 | Frode Liland | 65 | Brumunddal | 05.08.2010 |
| 41:06.0 | Kristoffer Stanger | 33 | Rolvsrud | 26.06.1980 |

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

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| --- | --- | --- | --- | --- |
| 11:18.2 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 21.08.1987 |
| 11:52.6 | Kristoffer Stanger | 33 | Jessheim | 21.08.1978 |
| 11:56.0 | Svein Skolt | 25 | Jessheim | 20.09.1972 |
| 12:01.0 | Hans Nordhagen | 38 | Jessheim | 17.08.1984 |
| 12:07.2 | Sten Melbye | 31 | Jessheim | 25.08.1976 |
| 12:07.8 | Kristen Langbakk | 39 | Jessheim | 17.08.1984 |
| 12:09.7 | Kjell Aarflot | 44 | Jessheim | 24.08.1989 |
| 12:18.9 | Fritz Mangelrød | 35 | Jessheim | 21.08.1981 |
| 12:21.7 | Simen Skibakk | 37 | Jessheim | 15.08.1986 |
| 12:27.2 | Nils Sæthermoen | 40 | Jessheim | 15.08.1986 |
| 12:29.0 | Kristian Nygaard | 26 | Jessheim | 28.08.1971 |
| 12:30.3 | Torbjørn Johansen | 39 | Jessheim | 17.08.1984 |
| 12:51.1 | Henning Høgheim | 39 | Jessheim | 15.08.1986 |
| 12:54.1 | Kjell Østhus | 42 | Jessheim | 21.08.1987 |
| 12:57.7 | Arne Hvattum | 37 | Jessheim | 20.08.1982 |
| 13:07.1 | Tore Eriksen | 37 | Jessheim | 19.08.1983 |
| 13:11.7 | Olav Bjerkeli | 33 | Jessheim | 18.08.1980 |
| 13:13.8 | Olav Bogstad | 35 | Jessheim | 19.08.1983 |
| 13:23.62 | Stig Gunleiksrud | 69 | Jessheim | 19.06.2018 |
| 13:24.7 | Per Neskleiv | 36 | Jessheim | 21.08.1981 |
| 13:26.0 | Arne Aas | 29 | Jessheim | 23.08.1974 |
| 13:34.6 | Håkon Håkonsen | 33 | Jessheim | 21.06.1981 |
| 13:41.3 | Magne Engen | 33 | Jessheim | 20.08.1979 |
| 13:53.4 | Jan Berge | 40 | Jessheim | 15.08.1986 |
| 14:11.5 | Arne Kristian Aas | 29 | Jessheim | 21.08.1978 |

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| **MENN VETERAN 45-49** | **567** |

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

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| --- | --- | --- | --- | --- |
| 14:30.9 | Nils Kristen Wiig | 43 | Jessheim | 19.08.1991 |
| 15:34.3 | Konrad Svensson | 34 | Jessheim | 20.08.1979 |

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| **5 km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:01 | Kristian Monsen | 77 | Jessheim | 30.04.2023 |
| 18:27 | Øyvind Kværner | 75 | Jessheim | 28.10.2023 |
| 22:17 | Anders Knudsen | 77 | Jessheim | 30.09.2023 |
| 22:32 | Thomas Randem | 71 | Jessheim | 03.10.2020 |
| 25:06 | Runar Sannerud | 75 | Jessheim | 30.09.2023 |

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| **10 km landevei** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35:21 | Jens Aas | 77 | Hole | 23.10.2022 |
| 35:40 | Jahn Thomas Lind | 77 | Hole | 23.10.2022 |
| 36:23 | Torbjørn Liestøl | 73 | Jessheim | 05.10.2019 |
| 38:12 | Ørjan Ragne Rise | 73 | Jessheim | 03.10.2020 |
| 38:37 | Harald Furuseth | 69 | Jessheim | 02.09.2017 |
| 38:54 | Øyvind Kværner | 75 | Hole | 21.10.2023 |
| 39:58 | Frode Hansen | 73 | Jessheim | 02.10.2021 |
| 41:06 | Stig Gunleiksrud | 69 | Jessheim | 01.09.2019 |
| 43:17 | Tor Vegard Grytten | 69 | Jessheim | 01.09.2018 |
| 47:37 | Thomas Edvin Randem | 71 | Jessheim | 17.11.2019 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:11:12 | Kolbjørn Skjerve | 37 | Jessheim | 09.10.1983 |
| 1:18:48 | Georg Rosenberg | 33 | Jessheim | 11.10.1981 |
| 1:21:35 | John Birkelund | 32 | Jessheim | 11.10.1981 |
| 1:22:51 | Trygve Rommen | 31 | Jessheim | 05.10.1980 |
| 1:23:43 | Fritz Mangelrød | 35 | Jessheim | 11.10.1981 |
| 1:25:55 | Kjell Østhus | 42 | Jessheim | 05.10.1980 |
| 1:26:15 | Henning Høgheim | 39 | Jessheim | 06.10.1985 |
| 1:26:35 | Sverre Murud | 38 | Jessheim | 09.10.1983 |
| 1:26:58 | Kristoffer Stanger | 33 | Jessheim | 05.10.1980 |
| 1:27:17 | Arve Bogstad | 41 | Jessheim | 10.10.1982 |
| 1:27:56 | Bjørn Ottersen | 35 | Jessheim | 09.10.1983 |
| 1:28:82 | Torbjørn Johansen | 39 | Jessheim | 06.10.1985 |
| 1:29:21 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 09.10.1983 |
| 1:30:17 | Olav Bjerkeli | 33 | Jessheim | 07.10.1979 |
| 1:32:12 | Håkon Håkonsen | 33 | Jessheim | 11.10.1981 |
| 1:34:16 | Nils Sæthermoen | 40 | Jessheim | 12.10.1986 |
| 1:34:38 | Kjell Carlsson | 44 | Jessheim | 04.10.1992 |
| 1:35:40 | Finn Sandmo | 33 | Jessheim | 08.10.1978 |
| 1:37:36 | Arne Aas | 29 | Jessheim | 13.10.1974 |

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| **MENN VETERAN 45-49** | **568** |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:40:08 | Trygve Flugstad | 33 | Jessheim | 10.10.1982 |
| 1:44:13 | Magne Engen | 33 | Jessheim | 10.10.1982 |
| 1:44:57 | Fritz Mangelrød | 35 | Jessheim | 09.10.1983 |
| 1:14:51 | Kolbjørn Skjerve | 37 | Haga | 28.05.1983 |
| 1:19:51 | Torbjørn Liestøl | 73 | København, DEN | 19.09.2021 |
| 1:24:07 | Harald Furuseth | 69 | Jessheim | 15.11.2015 |
| 1:24:23 | Knut Kristiansen | 44 | Jessheim | 08.10.1989 |
| 1:25:57 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 12.10.1986 |
| 1:26:04 | Henning Høgheim | 39 | Jessheim | 12.10.1986 |
| 1:28.00 | Kjell Carlsson | 44 | Jessheim | 08.10.1989 |
| 1:28:41 | Øyvind Kværner | 75 | Jessheim | 12.11.2023 |
| 1:28:57 | Stig Gunleiksrud | 69 | Jessheim | 18.11.2018 |
| 1:29:09 | Iver Narvestad | 74 | Jessheim | 03.10.2020 |
| 1:30:35 | Hans Nordhagen | 38 | Jessheim | 07.10.1984 |
| 1:31:29 | Simon Skibakk | 37 | Jessheim | 12.10.1986 |
| 1:32:44 | Eirik Tenold | 39 | Jessheim | 11.10.1987 |
| 1:33:00 | Atle Furuseth | 69 | Jessheim | 18.11.2018 |
| 1:34:12 | Nils Sæthermoen | 40 | Jessheim | 09.10.1988 |
| 1:34:42 | Frode Hansen | 73 | Jessheim | 14.11.2021 |
| 1:35:05 | Stein Terje Dahl | 55 | Jessheim | 19.11.2000 |
| 1:35:18 | Torbjørn Johansen | 44 | Jessheim | 08.10.1989 |
| 1:35:33 | Tor Vegard Grytten | 69 | Jessheim | 18.11.2018 |
| 1:36:47 | Sverre Murud | 38 | Jessheim | 11.10.1987 |
| 1:37:14 | Kjell Aarflot | 44 | Jessheim | 08.10.1989 |
| 1:37:30 | Asbjørn Hoel | 43 | Jessheim | 19.11.1989 |
| 1:38:45 | Jørgen Torstveit | 40 | Jessheim | 12.10.1986 |
| 1:39:40 | Ørjan Rogne Rise | 73 | Jessheim | 02.10.2021 |
| 1:40:37 | Arve Bogstad | 41 | Jessheim | 12.10.1986 |
| 1:41:17 | Ragnar Bakken | 48 | Jessheim | 11.10.1987 |
| 1:42:26 | Knut Tørum | 45 | Jessheim | 07.10.1990 |
| 1:44:39 | Geir Sander | 24 | Jessheim | 06.10.1991 |
| 1:47:50 | Thomas Frågåt | 74 | Jessheim | 03.10.2020 |
| 1:54:46 | Nils Kristen Wiig | 43 | Jessheim | 07.10.1990 |
| 1:57:06 | Holger Windstad | 47 | Jessheim | 06.10.1985 |
| 1:57:46 | Per Neskleiv | 36 | Jessheim | 06.10.1985 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:50:42 | Kolbjørn Skjerve | 37 | Oslo | 01.09.1984 |
| 2.54.13 | Jahn Thomas Lind | 77 | Stockholm, SWE | 04.06.2022 |
| 3:14:35 | Ayalew Mulgeta Kasa | 75 | Jessheim | 12.11.2023 |
| 3:31:46 | Henning Høgheim | 39 | Jessheim | 22.11.1988 |
| 3:39:18 | Per Einar Roth | 59 | Jessheim | 16.11.2008 |

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| **MENN VETERAN 45-49** | **569** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.80 | Ansgar Gulbrandsen | 44 | Frøystad | 04.06.1989 |
| 1.50 | Ivar Opsahl | 47 | Oslo/La | 23.08.1994 |

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

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| --- | --- | --- | --- | --- |
| 2.60 | Ivar Opsahl | 47 | Oslo/La | 29.08.1995 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.21 | John Arve Johansen | 36 | Lørenfallet | 20.06.1981 |
| 4.29 | Are Syversen | 70 | Geithus | 21.06.2019 |
| 4.14 | Kjell Carlsson | 44 | Jessheim | 25.09.1989 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.25 | Erik Løvgaard | 77 | Fetsund | 22.09.2022 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.18 | John Arve Johansen | 36 | Rolvsrud | 31.08.1982 |

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| --- | --- |
| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.94 | Kai Hole | 42 | Jessheim | 06.07.1987 |
| 10.74 | Bjørn Wærø Heggelund | 47 | Jessheim | 12.06.1993 |
| 9.86 | Hans Disserud | 62 | Jessheim | 21.08.2007 |
| 9.69 | Bjørn Arne Kristiansen | 68 | Oslo/St | 11.09.2013 |
| 9.27 | Ansgar Gulbrandsen | 44 | Bjørkelangen | 09.09.1989 |
| 8.83 | Ivar Opsahl | 47 | Oslo/La | 23.08.1994 |
| 8.38 | Mats Lundstrøm | 65 | Nadderud | 17.10.2010 |
| 8.05 | Steinar Ørum | 46 | Siggerud | 22.06.1992 |
| 7.01 | Erik Løvgaard | 77 | Fetsund | 22.09.2022 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 36.70 | Kai Hole | 42 | Jessheim | 28.05.1987 |
| 35.29 | Bjørn Arne Kristiansen | 68 | Harstad | 31.08.2013 |
| 35.00 | Bjørn Wærø Heggelund | 47 | Jessheim | 27.09.1993 |
| 29.03 | Mats Lundstrøm | 65 | Nadderud | 16.10.2011 |
| 20.02 | Steinar Ørum | 46 | Siggerud | 22.06.1992 |

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| **MENN VETERAN 45-49** | **570** |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 47.82 | Sverre Strandli | 25 | Ås | 31.08.1974 |
| 27.33 | Bjørn Arne Kristiansen | 68 | Heggedal/Ka | 29.09.2013 |
| 23.90 | Mats Lundstrøm | 65 | Nadderud | 16.10.2011 |

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| **Spyd 800 g Ny type fra og med 1985** |  |

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| --- | --- | --- | --- | --- |
| 55.21 | Bjørn Arne Kristiansen | 68 | Harstad | 31.08.2013 |
| 35.83 | Thor Lasse (Johansen) Løland | 63 | Jessheim | 02.06.2008 |
| 32.94 | Mats Lundstrøm | 65 | Nadderud | 16.10.2011 |
| 31.31 | Eirik Løvgaard | 77 | Modum | 25.05.2023 |
| 30.54 | Steinar Ørum | 46 | Siggerud | 22.06.1992 |

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| **Vektkast 15.88 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.94 | Bjørn Arne Kristiansen | 68 | Asker/Fø | 29.09.2013 |
| 7.78 | Mats Lundstrøm | 65 | Asker/Fø | 25.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2207 | Bjørn Kristiansen | 68 | Asker-Heggedal | 29.09.2013 |
| 25.57-10.22-34.93-42.43-8.81 | | | |

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| --- | --- | --- | --- | --- |
| 1472 | Mats Lundstrøm | 65 | Asker-Heggedal | 26.09.2010 |
| 17.69-8.00-23.08-30.46-7.51 | | | |

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| **MENN VETERAN 45-49** | **571** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.12 | Ivar Opsahl | 47 | Stange | 05.03.1995 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:38.86 | Dag Amundsen | 51 | Stange | 28.02.1998 |
| 4:49.11 | Petter Stensby | 52 | Stange | 01.03.1997 |

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| --- | --- |
| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:02.89 | Torbjørn Liestøl | 73 | Hvam | 10.03.2019 |
| 10:22.99 | Petter Stensby | 52 | Stange | 02.03.1997 |

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

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| --- | --- | --- | --- | --- |
| 10.22 | Ivar Opsahl | 47 | Stange | 04.03.1995 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.70 | Ivar Opsahl | 47 | Stange | 04.03.1995 |

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| --- | --- |
| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.70 | Ansgar Gulbrandsen | 44 | Stange | 28.02.1993 |
| 1.58 | Ivar Opsahl | 47 | Stange | 05.03.1995 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.36 | Kai Hole | 42 | Årnes/Ru | 27.02.1987 |
| 1.35 | Ansgar Gulbrandsen | 44 | Jessheim/Je | 16.03.1989 |
| 1.10 | Colin Walker | 66 | Råholt | 31.10.2004 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.75 | Ansgar Gulbrandsen | 44 | Jessheim/Je | 16.03.1989 |
| 2.72 | Knut Rune Hansen | 58 | Råholt | 31.10.2004 |
| 2.61 | Terje Grime | 59 | Lillestrøm | 05.03.2007 |
| 2.38 | Per Øivind Nordbye | 69 | Hvam | 04.03.2017 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.48 | Mats Lindstrøm | 65 | Stange | 20.03.2011 |

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| **MENN VETERAN 50-54** | **572** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.9 | Valter Berntsen | 39 | Jessheim | 25.09.1989 |

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| --- | --- |
| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.95 | Knut Rimstad | 49 | Jessheim | 22.05.2000 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.3 | Kristoffer Stanger | 33 | Årnes | 02.06.1984 |
| 15.3 | John Arve Johansen | 36 | Haga | 16.06.1988 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.8 | Knut Rimstad | 49 | Jessheim | 19.08.2002 |
| 29.1 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 25.09.1989 |
| 31.3 | Kristoffer Stanger | 33 | Årnes | 23.06.1984 |

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| --- | --- |
| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 60.51 | Knut Rimstad | 49 | Odense, DEN | 05.09.1999 |

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| --- | --- |
| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 59.6 | Knut Rimstad | 49 | Oslo/St | 05.06.2000 |
| 66.7 | Kristoffer Stanger | 33 | Årnes | 02.06.1984 |
| 69.4 | Knut Lein | 28 | Lørenfallet | 21.06.1980 |

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| **600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:40.00 | Knut Rimstad | 49 | Jessheim | 22.05.2000 |
| 1:49.3 | Frode Myrvang | 67 | Stjørdal | 15.07.2020 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:15.1 | Knut Rimstad | 49 | Jessheim | 16.08.1999 |
| 2:24.2 | Egil Ødemark | 41 | Jessheim | 20.05.1994 |
| 2:28.2 | Erik Gustavson | 59 | Jessheim | 18.09.2010 |
| 2:28.6 | Lars Øyre | 54 | Jessheim | 20.09.2004 |
| 2:28.8 | Steinar Gressløs | 53 | Lørenfallet | 08.06.2004 |
| 2:30.6 | Pål Berg-Knutsen | 64 | Jessheim | 15.10.2016 |
| 2:30.7 | Jan Erik Rybråten | 53 | Ski | 11.06.2007 |
| 2:31.0 | Sturla Throndsen | 60 | Jessheim | 19.05.2012 |
| 2:31.7 | Dag Amundsen | 51 | Jessheim | 01.10.2005 |
| 2:32.2 | Trygve Stanger | 62 | Jessheim | 15.10.2016 |

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| **MENN VETERAN 50-54** | **573** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:33.4 | Kristoffer Stanger | 33 | Lørenfallet | 16.06.1984 |
| 2:33.4 | Geir Håkon Bjørnstad | 56 | Jessheim | 22.09.2007 |
| 2:33.9 | Ole Arnegård | 44 | Jessheim | 29.08.1994 |
| 2:33.9 | Tore Østvang | 52 | Jessheim | 23.09.2006 |
| 2:34.7 | Lars Myhre | 64 | Jessheim | 04.10.2014 |
| 2:34.8 | Frode Myrvang | 67 | Jessheim | 26.09.2019 |
| 2:35.7 | Odd Kinnsbekken | 48 | Jessheim | 23.09.2002 |
| 2:37.0 | Kristen Langbakk | 39 | Jessheim | 19.08.2001 |
| 2:38.2 | Kjell Carlsson Hovde | 44 | Jessheim | 17.08.1998 |
| 2:43.0 | Lasse Andersen | 47 | Jessheim | 18.08.1997 |
| 2:46.3 | Tor Vegard Grytten | 69 | Jessheim | 26.09.2019 |
| 2:49.3 | Stig Gunleiksrud | 69 | Jessheim | 26.09.2019 |
| 2:56.5 | Anders Jellum | 48 | Jessheim | 17.08.1998 |
| 2:57.6 | Lasse Andersen | 47 | Jessheim | 14.08.2000 |
| 2:59.8 | Per Walter Boe | 42 | Jessheim | 29.08.1994 |
| 3:00.4 | Johnny Røsåsen | 44 | Jessheim | 29.08.1994 |
| 3:00.6 | Bjørn Ivar Thune | 59 | Jessheim | 19.09.2011 |
| 3:08.2 | Helge Velure | 50 | Jessheim | 20.09.2004 |
| 3:14.6 | Ivar Opsahl | 47 | Jessheim | 18.08.1997 |
| 3:17.2 | Olav Werner Ruud | 55 | Jessheim | 19.09.2009 |
| 3:18.1 | Kjell Fredagsvik | 45 | Jessheim | 14.08.1995 |
| 3:20.7 | Rolf Fredagsvik | 42 | Jessheim | 29.08.1994 |
| 3:21.4 | Finn Moe | 46 | Jessheim | 16.08.1999 |
| 3:40.2 | Trygve Nagell | 38 | Jessheim | 21.08.1989 |

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| --- | --- |
| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 3:08.8 | Knut Rimstad | 49 | Jessheim | 19.08.2002 |

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| --- | --- |
| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:35.3 | Ole Johan Garli | 56 | Jessheim | 15.06.2006 |
| 4:38.0 | Kolbjørn Skjerve | 37 | Jessheim | 13.06.1988 |
| 4:41.0 | Ole Skolt | 53 | Jessheim | 20.06.2003 |
| 4:46.5 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 13.08.1988 |
| 4:46.8 | Erik Gustavson | 59 | Jessheim | 04.06.2009 |
| 4:51.9 | Knut Kristiansen | 44 | Jessheim | 12.06.1995 |
| 4:52.4 | Knut Rimstad | 49 | Jessheim | 14.06.2001 |
| 4:52.5 | Egil Ødemark | 41 | Jessheim | 13.06.1994 |
| 4:53.0 | Dag Amundsen | 51 | Jessheim | 13.06.2002 |
| 4:53.8 | Georg Rosenberg | 33 | Jessheim | 08.06.1984 |
| 4:54.25 | Øystein Dahl | 70 | Jessheim | 08.06.2023 |
| 4:56.9 | Bjørn Ottersen | 35 | Jessheim | 09.09.1985 |
| 4:57.3 | Arne Luke | 44 | Jessheim | 15.06.1994 |
| 4:59.9 | Johnny Røsåsen | 44 | Jessheim | 16.06.1997 |

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| **MENN VETERAN 50-54** | **574** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:01.1 | Lars Myhre | 64 | Jessheim | 05.06.2014 |
| 5:01.8 | Kjell Carlsson | 44 | Jessheim | 12.06.1995 |
| 5:04.0 | John Birkelund | 32 | Jessheim | 14.06.1982 |
| 5:05.8 | Tore Ragnar Olsen | 46 | Jessheim | 17.06.1996 |
| 5:08.29 | Inge Schøyen | 71 | Jessheim | 08.06.2023 |
| 5:10.0 | Knut Lein | 28 | Jessheim | 13.06.1979 |
| 5:10.0 | Henning Høgheim | 39 | Jessheim | 19.06.1992 |
| 5:10.3 | Odd Kinnebekken | 48 | Jessheim | 14.06.1999 |
| 5:10.54 | Tommy Torgersen | 70 | Jessheim | 08.06.2023 |
| 5:12.2 | Arne Hvattum | 36 | Jessheim | 13.06.1986 |
| 5:14.87 | Jan Erik Rybråten | 53 | Ravnanger | 17.06.2007 |
| 5:14.9 | Geir Håkon Bjørnstad | 56 | Jessheim | 12.06.2008 |
| 5:15.7 | Knut Johan Holter | 61 | Jessheim | 14.06.2011 |
| 5:17.3 | Fritz Mangelrød | 35 | Jessheim | 10.06.1983 |
| 5:17.6 | Kristoffer Stanger | 33 | Jessheim | 10.06.1983 |
| 5:19.0 | Torbjørn Johansen | 45 | Jessheim | 12.06.1995 |
| 5:20.9 | Helge Sydtangen | 37 | Jessheim | 10.06.1991 |
| 5:24.2 | Kristen Langbakk | 39 | Jessheim | 13.06.1990 |
| 5:24.5 | Inge Holm | 32 | Jessheim | 13.06.1986 |
| 5:25.8 | Nils Sæthermoen | 40 | Jessheim | 15.06.1992 |
| 5.25.91 | Inge Schøyen | 71 | Jessheim | 02.06.2022 |
| 5:27.3 | Trygve Rommen | 31 | Jessheim | 10.06.1983 |
| 5:27.7 | Kjell Østhus | 42 | Jessheim | 15.06.1992 |
| 5:28.1 | Lars Øyre | 54 | Jessheim | 09.06.2004 |
| 5:29.1 | Ole Arnegård | 44 | Jessheim | 16.06.1997 |
| 5:29.28 | Stig Gunleiksrud | 69 | Jessheim | 06.06.2019 |
| 5:29.38 | Tor Vegard Grytten | 69 | Jessheim | 06.06.2019 |
| 5:31.4 | Håkon Amundstad | 24 | Jessheim | 09.06.1977 |
| 5:31.8 | Asbjørn Hoel | 43 | Jessheim | 13.06.1994 |
| 5:32.0 | Helge Velure | 50 | Jessheim | 10.06.2004 |
| 5:32.3 | Svein Skolt | 25 | Jessheim | 11.06.1979 |
| 5:33.1 | Jørgen Torstveit | 40 | Jessheim | 10.06.1991 |
| 5:34.6 | Kjell Aarflot | 44 | Jessheim | 13.06.1994 |
| 5:37.6 | Håkon Håkonsen | 33 | Jessheim | 10.06.1983 |
| 5:39.5 | Bernt Reppe | 34 | Jessheim | 13.06.1988 |
| 5:40.5 | Amund Gulbrandsen | 37 | Jessheim | 13.06.1988 |
| 5:40.9 | Tore Eriksen | 37 | Jessheim | 10.06.1991 |
| 5:43.8 | Per Pedersen | 32 | Jessheim | 13.06.1988 |
| 5:46.20 | Oddbjørn Wahl | 37 | Jessheim | 13.06.1990 |
| 5:50.6 | Arne Aas | 29 | Jessheim | 11.06.1979 |
| 5:53.7 | Magne Engen | 33 | Jessheim | 10.06.1987 |
| 5.54.4 | Per Neskleiv | 36 | Jessheim | 10.06.1987 |
| 5:54.9 | Ottar Gjestvang | 27 | Jessheim | 12.06.1978 |
| 5:56.3 | Karl Lødemel | 24 | Jessheim | 12.06.1978 |
| 5:58.1 | Per Pedersen | 37 | Jessheim | 10.06.1987 |

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| **MENN VETERAN 50-54** | **575** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:58.8 | Anders Jellum | 48 | Jessheim | 13.06.2000 |
| 6:04.5 | Jan Berge | 40 | Jessheim | 14.06.1993 |
| 6:09.4 | Reidar Melby | 27 | Jessheim | 11.06.1979 |
| 6:13.4 | Jan Molvin Knutsen | 31 | Jessheim | 10.06.1983 |
| 6:16.5 | Steinar Ørum | 46 | Jessheim | 17.06.1996 |
| 6:17.0 | Per Walter Bøe | 42 | Jessheim | 13.06.1994 |
| 6:17.0 | Bjørn Ivar Thune | 59 | Jessheim | 04.06.2009 |
| 6:19.6 | Lasse Andersen | 47 | Jessheim | 14.06.1999 |
| 6:25.8 | Øystein Jørgensen | 47 | Jessheim | 15.06.1998 |
| 6:28.0 | Paal Jørgensen | 50 | Jessheim | 10.06.2004 |
| 6:28.3 | Helge Velure | 50 | Jessheim | 13.06.2000 |
| 6:28.1 | Olav Werner Ruud | 55 | Jessheim | 12.06.2008 |

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| --- | --- |
| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:54.1 | Ole Johan Garli | 56 | Jessheim | 04.06.2007 |
| 9:57.7 | Kolbjørn Skjerve | 37 | Jessheim | 19.08.1987 |
| 10:23.5 | Knut Kristiansen | 44 | Jessheim | 15.06.1994 |
| 10:26.9 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 19.08.1988 |
| 10:32.9 | Arne Luke | 44 | Jessheim | 31.05.1994 |
| 10:37.7 | Bjørn Ottersen | 35 | Jessheim | 19.08.1987 |
| 10:40.3 | Egil Ødemark | 41 | Jessheim | 19.08.1991 |
| 10:58.6 | Sten Melbye | 31 | Jessheim | 19.08.1983 |
| 11:01.9 | Tore Ragnar Olsen | 46 | Jessheim | 23.08.1996 |
| 10:46.4 | Georg Rosenberg | 33 | Jessheim | 17.08.1984 |
| 11:06.0 | Steinar Gressløs | 53 | Lørenfallet | 09.09.2003 |
| 11:06.6 | Svein Skolt | 25 | Jessheim | 17.08.1975 |
| 11:07.3 | John Birkelund | 32 | Jessheim | 20.08.1982 |
| 11:11.5 | Odd Kinnsbekken | 48 | Jessheim | 16.08.1999 |
| 11:16.8 | Kjell Carlsson | 44 | Jessheim | 23.08.1996 |
| 11:20.1 | Nils Sæthermoen | 40 | Jessheim | 19.08.1991 |
| 11:23.3 | Kristoffer Stanger | 33 | Jessheim | 19.08.1933 |
| 11:24.7 | Trygve Rommen | 31 | Jessheim | 21.08.1981 |
| 11:27.1 | Torbjørn Johansen | 45 | Jessheim | 18.08.1997 |
| 11:27.3 | Knut Lein | 28 | Jessheim | 20.08.1982 |
| 11:37.2 | Håkon Amundstad | 24 | Jessheim | 22.08.1977 |
| 11:41.1 | Jan Erik Rybråten | 53 | Lørenfallet | 04.09.2007 |
| 11:43.6 | Kjell Østhus | 42 | Jessheim | 17.08.1992 |
| 11:45.1 | Kristen Langbakk | 39 | Jessheim | 22.08.1990 |
| 11:49.8 | Henning Høgheim | 39 | Jessheim | 06.09.1993 |
| 11:52.0 | Johnny Røsåsen | 44 | Jessheim | 18.08.1997 |
| 11:54.8 | Inge Holm | 32 | Jessheim | 15.08.1986 |
| 11:59.2 | Tore Eriksen | 37 | Jessheim | 22.08.1990 |
| 11:59.7 | Per Pedersen | 37 | Jessheim | 19.08.1988 |

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| **MENN VETERAN 50-54** | **576** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 12:04.7 | Bernt Reppe | 34 | Jessheim | 15.08.1986 |
| 12:06.0 | Håkon Håkonsen | 33 | Jessheim | 19.08.1983 |
| 12:15.1 | Helge Sydtangen | 37 | Jessheim | 22.08.1990 |
| 12:18.6 | Oddbjørn Wahl | 37 | Jessheim | 19.08.1988 |
| 12:23.5 | Jørgen Torstveit | 40 | Jessheim | 22.08.1990 |
| 12:27.9 | Karl Lødemel | 24 | Jessheim | 21.08.1978 |
| 12:35.3 | Arne Aas | 29 | Jessheim | 21.08.1981 |
| 12:42.2 | Per Neskleiv | 36 | Jessheim | 15.08.1986 |
| 12:46.3 | Kjell Aarflot | 44 | Jessheim | 29.08.1994 |
| 12:46.8 | Jan Berge | 40 | Jessheim | 22.08.1990 |
| 12:47.1 | Magne Engen | 33 | Jessheim | 19.08.1983 |
| 12:52.8 | Asbjørn Hoel | 43 | Jessheim | 29.08.1994 |
| 12:58.7 | Per Pedersen | 32 | Jessheim | 15.08.1986 |
| 13:13.4 | Reidar Melby | 27 | Jessheim | 21.08.1981 |
| 13:16.5 | Ottar Gjestvang | 27 | Jessheim | 20.08.1979 |
| 13:33.4 | Steinar Ørum | 46 | Jessheim | 19.08.1986 |
| 13:41.7 | Rolf Marthinussen | 24 | Jessheim | 21.08.1978 |

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| --- | --- |
| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 18:59.8 | Svein Skolt | 25 | Jessheim | 19.06.1975 |
| 20:02.2 | Håkon Amundstad | 24 | Jessheim | 18.06.1975 |
| 23:37.0 | Rolf Marthinussen | 24 | Jessheim | 18.06.1976 |

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

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| 13:31.64 | Lars Myhre | 64 | Jessheim | 19.06.2018 |

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| **5 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 18:45 | Øystein Dahl | 70 | Jessheim | 28.10.2023 |
| 19:23 | Tommy Torgersen | 70 | Jessheim | 03.10.2020 |
| 19:51 | Stig Gunleiksrud | 69 | Sørum | 07.11.2020 |
| 21:02 | Inge Schøyen | 71 | Jessheim | 11.05.2022 |
| 22:22 | Tor Vegard Grytten | 69 | Jessheim | 30.09.2023 |
| 22:22 | Roy Nordal | 71 | Jessheim | 30.09.2023 |

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| **10 km landevei** |  |

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| 39:16 | Øystein Dahl | 70 | Hole | 21.10.2023 |
| 39:57 | Tor Vegard Grytten | 69 | Jessheim | 05.10.2019 |
| 40:35 | Lars Myhre | 64 | Jessheim | 02.09.2017 |
| 41:50 | Harald Furuseth | 69 | Haga | 04.02.2023 |
| 42:15 | Stig Gunleiksrud | 69 | Jessheim | 30.10.2022 |
| 42:19 | Tor Sigurd Breivik | 65 | Jessheim | 02.09.2017 |
| 42:40 | Kjell Østhus | 71 | Jessheim | 30.09.2023 |
| **MENN VETERAN 50-54** | | **577** | | |

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| **10 km landevei forts.** |  |

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| 44:12 | Kjell Søderholm | 73 | Jessheim | 24.09.2023 |
| 44:32 | Frank Øines | 68 | Jessheim | 05.10.2019 |
| 54:41 | Kjell Søderholm | 72 | Jessheim | 01.10.2022 |
| 54:46 | Harald Rutle | 68 | Jessheim | 18.11.2018 |
| 55:00 | Roy Nordal | 71 | Jessheim | 14.11.2021 |

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| **20 km landevei** |  |

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| 1:24:59 | John Birkelund | 32 | Jessheim | 09.10.1983 |
| 1:26:55 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 09.10.1988 |
| 1:29:53 | Knut Lein | 28 | Jessheim | 07.10.1979 |
| 1:31:52 | Håkon Amundstad | 24 | Jessheim | 13.10.1974 |
| 1:37:09 | Arne Aas | 29 | Jessheim | 11.10.1981 |
| 1:38:47 | Svein Skolt | 25 | Jessheim | 08.10.1978 |
| 1:48:28 | Reidar Melby | 27 | Jessheim | 11.10.1981 |
| 1:58:05 | Ottar Gjestvang | 27 | Jessheim | 05.10.1980 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:17:50 | Kolbjørn Skjerve | 37 | Jessheim | 19.11.1989 |
| 1:19:10 | Ole Johan Garli | 56 | Jessheim | 19.11.2006 |
| 1:22:21 | Steinar Gressløs | 53 | Lørenfallet | 07.10.1995 |
| 1.25:55 | Clemet Haugerud | 68 | Jessheim | 03.10.2020 |
| 1:26:17 | Sturla Throndsen | 60 | Jessheim | 18.11.2012 |
| 1:27:28 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 08.10.1989 |
| 1:29:32 | Odd Hanich | 70 | Jessheim | 03.10.2020 |
| 1:29:53 | Ørjan Rogne Rise | 73 | Jessheim | 12.11.2023 |
| 1:32:28 | Bjørn Ottersen | 35 | Jessheim | 11.10.1987 |
| 1:33:02 | Henning Høgheim | 39 | Jessheim | 04.10.1992 |
| 1:33:15 | Stig Gunleiksrud | 69 | Jessheim | 14.11.2021 |
| 1:33:45 | Torbjørn Johansen | 45 | Jessheim | 01.10.1995 |
| 1:33:46 | Tor Vegard Grytten | 69 | Jessheim | 17.11.2019 |
| 1:34:01 | Stig Gunleiksrud | 69 | Jessheim | 03.10.2020 |
| 1:34:25 | John Birkelund | 32 | Jessheim | 06.10.1985 |
| 1:35:42 | Nils Sæthermoen | 40 | Jessheim | 06.10.1991 |
| 1:40:59 | Stein Terje Dahl | 55 | Jessheim | 16.11.2008 |
| 1:51:32 | Inge Holm | 32 | Jessheim | 07.10.1984 |
| 1:59:07 | Dag Haugan | 66 | Jessheim | 06.11.2016 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:54:23 | Kolbjørn Skjerve | 37 | Oslo | 03.09.1988 |
| 3:15:33 | Inge Schøyen | 71 | Oslo | 17.09.2022 |
| 3:24:56 | Lars Myhre | 64 | Jessheim | 06.11.2016 |

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| **MENN VETERAN 50-54** | **578** |

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| **Stav** |  |

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| 3.05 | Trygve Andresen | 34 | Jessheim | 05.09.1988 |

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| **Høyde** |  |

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| 1.71 | Ansgar Gulbrandsen | 44 | Bismo | 12.08.1995 |
| 1.55 | Frode Myrvang | 67 | Ski | 16.08.2017 |

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| **Lengde** |  |

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| 4.82 | Frode Myrvang | 67 | Stjørdal | 24.08.2018 |
| 4.80 | John Arve Johansen | 36 | Haga | 16.06.1988 |
| 4.07 | Oler Jørgen Bjørnsveen | 38 | Jessheim | 25.09.1989 |

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| **Lengde uten tilløp** |  |

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| 2.29 | Frode Myrvang | 67 | Jessheim | 18.10.2018 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.01 | John Arne Johansen | 36 | Årnes | 26.08.1987 |
| 9.92 | Frode Myrvang | 67 | Knarvik | 25.06.2017 |

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| **Kule 6 kg** |  |

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| 13.96 | Vidar Mossige Rasmussen | 67 | Ski | 06.06.2018 |
| 11.19 | Bjørn Wærø Heggelund | 47 | Steinkjer/Gu | 04.07.1999 |
| 9.99 | Frode Myrvang | 67 | Ski | 07.06.2017 |
| 9.75 | John Arne Johansen | 36 | Haga | 16.06.1988 |
| 9.66 | Bjørn Arne Kristiansen | 68 | Oslo/St | 20.09.2022 |
| 7.59 | Øystein Løvli | 69 | Jessheim | 16.09.2019 |

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| **Kule 7.26 kg** |  |

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| 9.49 | Frode Myrvang | 67 | Ås | 01.05.2018 |

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| **Diskos 1.5 kg** |  |

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| 41.26 | Vidar Mossige Rasmussen | 67 | Stjørdal | 25.08.2018 |
| 38.78 | Bjørn Wærø Heggelund | 47 | Steinkjer/Gu | 03.07.1999 |
| 37.44 | Bjørn Arne Kristiansen | 68 | Oslo/St | 20.09.2022 |
| 21.00 | Frode Myrvang | 67 | Ski | 07.06.2017 |

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| **Slegge 6 kg** |  |

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| 30.78 | Bjørn Arne Kristiansen | 68 | Tønsberg/Gr | 10.09.2022 |

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| **MENN VETERAN 50-54** | **579** |

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| **Spyd 700 g** |  |

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| 43.86 | Bjørn Arne Kristiansen | 68 | Tønsberg/Gr | 22.09.2022 |
| 37.08 | Frode Myrvang | 67 | Årnes | 06.09.2017 |

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

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| 40.50 | Frode Myrvang | 67 | Hønefoss | 09.09.2017 |

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| **Vekt 11.34 kg** |  |

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| 11.39 | Bjørn Arne Kristiansen | 68 | Tønsberg/Gr | 22.09.2022 |

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| **5-kamp kast** |  |

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| 2220 | Bjørn Arne Kristiansen | 68 | Oslo/St | 20.09.2022 |
| 0-9.66-37.44-36.10-10.71 | | | |

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| **MENN VETERAN 50-54** | **580** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.00 | Johnny Brenna | 64 | Rud | 07.03.2015 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 26.12 | Johnny Brenna | 64 | Hvam | 16.01.2016 |
| 30.79 | Bjørn Hytjanstorp | 66 | Hvam | 12.03.2016 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:19.53 | Knut Rimstad | 49 | Stange | 26.03.2000 |
| 2:32.98 | Jan Erik Rybråten | 53 | Oslo/Ek | 25.02.2007 |
| 2:56.87 | Bjørn Hytjanstorp | 66 | Hvam | 13.03.2016 |

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| **1000m** |  |

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| 3:22.56 | Frode Myrvang | 67 | Hvam | 18.01.2020 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 5:12.72 | Jan Erik Rybråten | 53 | Stange | 27.03.2004 |
| 5:19.77 | Stig Gunleiksrud | 69 | Hvam | 09.03.2019 |

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| --- | --- |
| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:14.59 | Dag Amundsen | 51 | Stange | 25.03.2001 |

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| **60m hekk 91.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 12.44 | Frode Myrvang | 67 | Hvam | 18.01.2020 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.70 | Ansgar Gulbrandsen | 44 | Stange | 05.03.1995 |
| 1.62 | Frode Myrvang | 67 | Hvam | 05.03.2017 |
| 1.27 | Bjørn Hytjanstorp | 66 | Hvam | 13.03.2016 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.25 | Frode Myrvang | 67 | Hvam | 18.01.2020 |
| 3.29 | Bjørn Hytjanstorp | 66 | Hvam | 12.03.2016 |

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| **MENN VETERAN 50-54** | **581** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
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| 1.25 | Ansgar Gulbrandsen | 44 | Nittedal | 09.03.1996 |
| 1.25 | Frode Myrvang | 67 | Ski | 14.03.2017 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.59 | Ansgar Gulbrandsen | 44 | Nittedal | 09.03.1996 |

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| **Kule 6 kg** |  |

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| --- | --- | --- | --- | --- |
| 14.06 | Vidar Rasmussen | 67 | Hvam | 05.03.2017 |
| 10.02 | Frode Myrvang | 67 | Ski | 14.03.2017 |

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| **Kule 7.26 kg** |  |

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| 10.00 | Frode Myrvang | 67 | Hvam | 09.12.2017 |

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| **5-kamp** |  |

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| 2643 | Frode Myrvang | 67 | Hvam | 18.01.2020 |
| 60mh:12.44-Høyde:1.55-Kule 6:9.44-Lengde:4.25-1000m:3:22.56 | | | |

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| **MENN VETERAN 55-59** | **582** |

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| **60m M** |  |

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| 8.3 | Trygve Andresen | 34 | Jessheim | 25.09.1989 |
| 10.1 | Bjørn Kristiansen | 68 | Fet/Fe | 30.05.2023 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 13.96 | Trygve Andresen | 34 | Jessheim | 29.05.1990 |
| 14.72 | Øystein Gjerdrum | 52 | Drammen/Ma | 26.08.2011 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 13.6 | Ivar Opsahl | 47 | Ski | 29.05.2006 |
| 13.8 | Trygve Andresen | 34 | Jessheim | 28.09.1989 |
| 15.1 | Bjørn Kristiansen | 68 | Oslo/St | 09.05.2023 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 29.02 | Knut Rimstad | 49 | Jessheim | 22.05.2006 |
| 30.60 | Øystein Gjerdrum | 52 | Drammen/Ma | 27.08.2011 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 27.6 | Knut Rimstad | 49 | Jessheim | 27.05.2004 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 60.61 | Knut Rimstad | 49 | Kristiansand | 25.06.2004 |
| 77.64 | Øystein Gjerdrum | 52 | Drammen/Ma | 28.08.2011 |

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| --- | --- |
| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 61.2 | Knut Rimstad | 49 | Oslo/St | 14.06.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:22.34 | Knut Rimstad | 49 | Kristiansand | 26.06.2004 |
| 2:34.9 | Jan Erik Rybråten | 53 | Jessheim | 20.09.2008 |
| 2:35.2 | Tore Østvang | 52 | Jessheim | 18.09.2010 |
| 2:36.5 | Odd Kinnsbekken | 48 | Jessheim | 25.09.2003 |
| 2:36.9 | Tore Østvang | 52 | Jessheim | 19.09.2009 |
| 2:37.79 | Frode Liland | 65 | Jessheim | 07.09.2023 |
| 2.43.87 | Lars Myhre | 64 | Jessheim | 17.09.2020 |
| 2:38.8 | Dag Amundsen | 51 | Jessheim | 20.09.2008 |
| 2:39.0 | Ole Arnegård | 44 | Jessheim | 14.08.2000 |
| 2:43.2 | Sturla Throndsen | 60 | Jessheim | 30.09.2017 |

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| **MENN VETERAN 55-59** | **583** |

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| **800m forets.** |  |

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| --- | --- | --- | --- | --- |
| 2:46.6 | John Birkelund | 32 | Jessheim | 22.08.1988 |
| 2:50.5 | Helge Sydtangen | 37 | Jessheim | 29.08.1994 |
| 2:55.1 | Trygve Rommen | 31 | Lørenfallet | 05.06.1990 |
| 3:07.0 | Anders Jellum | 48 | Jessheim | 24.09.2004 |
| 3:17.7 | Helge Velure | 50 | Jessheim | 22.09.2007 |
| 3:21.9 | Kristen Langbakk | 39 | Jessheim | 18.08.1997 |
| 3:22.0 | Lasse Andersen | 47 | Jessheim | 01.10.2005 |
| 3:37.0 | Finn Moe | 46 | Jessheim | 23.09.2002 |

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| --- | --- |
| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:49.0 | Knut Kristiansen | 44 | Jessheim | 13.06.2002 |
| 4:57.7 | Egil Ødemark | 41 | Jessheim | 16.06.1997 |
| 5:00.2 | Knut Rimstad | 49 | Jessheim | 27.05.2004 |
| 5:02.4 | Kolbjørn Skjerve | 37 | Jessheim | 19.06.1992 |
| 5:04.4 | Dag Amundsen | 51 | Jessheim | 15.06.2006 |
| 5:05.11 | Pål Berg-Knutsen | 64 | Jessheim | 06.06.2019 |
| 5:11.3 | Knut Kristiansen | 44 | Jessheim | 14.06.1999 |
| 5:19.3 | Bjørn Ottersen | 35 | Jessheim | 10.06.1991 |
| 5:19.4 | Per Neskleiv | 36 | Jessheim | 12.06.1995 |
| 5:20.2 | Odd Kinnsbekken | 48 | Jessheim | 10.06.2004 |
| 5:21.8 | John Birkelund | 32 | Jessheim | 16.06.1989 |
| 5:23.88 | Lars Myhre | 64 | Jessheim | 06.06.2019 |
| 5:24.7 | Karl Lødemel | 24 | Jessheim | 14.06.1982 |
| 5:25.9 | Tore Østvgang | 52 | Jessheim | 14.06.2011 |
| 5:24.96 | Frode Liland | 65 | Jessheim | 08.06.2023 |
| 5:27.0 | Inge Holm | 32 | Jessheim | 10.06.1987 |
| 5:29.6 | Oddvar Leivestad | 45 | Jessheim | 10.06.2004 |
| 5:30.1 | Svein Skolt | 25 | Jessheim | 09.06.1980 |
| 5:31.68 | Jan Erik Rybråten | 53 | Florø | 15.08.2010 |
| 5:32.4 | Torbjørn Johansen | 45 | Jessheim | 15.06.2000 |
| 5:33.2 | Helge Sydtangen | 37 | Jessheim | 15.06.1992 |
| 5:34.0 | Kristen Langbakk | 39 | Jessheim | 13.06.1994 |
| 5:37.1 | Bernt Reppe | 34 | Jessheim | 13.06.1990 |
| 5:40.0 | Kristoffer Stanger | 33 | Jessheim | 13.06.1988 |
| 5:40.5 | Arne Johannessen | 25 | Jesheim | 10.06.1983 |
| 5:42.8 | Ole Arnegård | 44 | Jessheim | 13.06.2000 |
| 5:45.1 | Nils Sæthermoen | 40 | Jessheim | 16.06.1997 |
| 5:47.2 | Arne Luke | 44 | Jessheim | 13.06.2000 |
| 5:47.6 | Håkon Amundstad | 24 | Jessheim | 12.06.1981 |
| 5:52.0 | Tore Ragnar Olsen | 46 | Jessheim | 13.06.2002 |
| 5:53.0 | Anders Jellum | 48 | Jessheim | 15.06.2003 |
| 5:55.90 | Frode Liland | 65 | Jessheim | 09.06.2020 |
| 5:57.5 | Per Hellestuen | 33 | Jessheim | 12.06.1989 |

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| **MENN VETERAN 55-59** | **584** |

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| **1500m forts.** | |  | | |
| 5:59.3 | Arne Aas | 29 | Jessheim | 08.06.1984 |
| 6:01.0 | Håkon Håkonsen | 33 | Jessheim | 13.06.1990 |
| 6:03.5 | Reidar Melby | 27 | Jessheim | 14.06.1982 |
| 6:03.5 | Hallvard Evensen | 53 | Jessheim | 10.06.2010 |
| 6:05.2 | Tore Eriksen | 37 | Jessheim | 17.06.1996 |
| 6:08.9 | Magne Engen | 33 | Jessheim | 13.06.1988 |
| 6:13.2 | Jørgen Torstvedt | 40 | Jessheim | 12.06.1995 |
| 6:22.2 | Valter Berntsen | 39 | Jessheim | 12.06.1995 |
| 6:33.0 | Jan Berge | 40 | Jessheim | 16.06.1997 |

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| **3000m** |  |

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| 10:46.5 | Bjørn Ottersen | 35 | Jessheim | 22.08.1990 |
| 10:507 | Knut Kristiansen | 44 | Jessheim | 16.08.1999 |
| 10:51.6 | Kolbjørn Skjerve | 37 | Jessheim | 31.08.1994 |
| 11:08.5 | Egil Ødemark | 41 | Jessheim | 23.08.1996 |
| 11:26.5 | Karl Lødemel | 24 | Jessheim | 20.08.1982 |
| 11:32.4 | John Birkelund | 32 | Jessheim | 19.08.1987 |
| 11:39.0 | Svein Skolt | 25 | Jessheim | 18.08.1980 |
| 11:29.6 | John Birkelund | 32 | Jessheim | 19.08.1988 |
| 11:33.1 | Nils Sæthermoen | 40 | Jessheim | 17.08.1998 |
| 11:56.3 | Håkon Amundstad | 24 | Jessheim | 18.08.1980 |
| 11:57.1 | Kjell Carlsson Hovde | 44 | Jessheim | 16.08.1999 |
| 12:00.9 | Kristen Langbakk | 39 | Jessheim | 29.08.1994 |
| 12:13.0 | Bernt Reppe | 34 | Jessheim | 21.08.1989 |
| 12:16.9 | Arne Luke | 44 | Jessheim | 16.08.1999 |
| 12:26.0 | Jan Erik Rybråten | 53 | Jessheim | 09.09.2008 |
| 12:26.6 | Kristoffer Stanger | 33 | Jessheim | 19.08.1988 |
| 12:30.6 | Trygve Rommen | 31 | Jessheim | 15.08.1986 |
| 12:35.2 | Henning Høgheim | 39 | Lørenfallet | 06.09.1994 |
| 12:37.3 | Torsbjøn Johansen | 45 | Jessheim | 14.08.2000 |
| 12:41.6 | Håkon Håkonsen | 33 | Jessheim | 22.08.1990 |
| 12:51.8 | Per Hellestuen | 33 | Jessheim | 21.08.1989 |
| 12:53.8 | Arne Aas | 29 | Jessheim | 17.08.1984 |
| 12:59.5 | Bernt Reppe | 34 | Jessheim | 17.08.1992 |
| 13:06.5 | Tore Eriksen | 37 | Jessheim | 23.08.1996 |
| 13:07.3 | Helge Sydtangen | 37 | Jessheim | 17.08.1992 |
| 13:20.6 | Magne Engen | 33 | Jessheim | 19.08.1988 |
| 13:23.0 | Jan Berge | 40 | Jessheim | 14.08.1995 |
| 13:25.5 | Reidar Melby | 27 | Jessheim | 20.08.1982 |
| 13:52.0 | Kristoffer Stanger | 33 | Jessheim | 21.08.1989 |

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| **5000m** |  |

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| 18:23.68 | Dag Amundsen | 51 | Geithus | 30.06.2006 |

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| **MENN VETERAN 55-59** | **585** |

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| **5 km landevei** |  |

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| 19:35 | Frode Liland | 65 | Jessheim | 08.07.2023 |

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| **10 km landevei** |  |

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| 41:29 | Frode Liland | 65 | Jessheim | 21.05.2023 |
| 45:46 | Arild Hansen | 62 | Jessheim | 05.10.2019 |

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| **20 km landevei** |  |

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| 1:31:12 | Kolbjørn Skjerve | 37 | Jessheim | 20.11.1994 |
| 1:34:28 | Håkon Amundstad | 24 | Jessheim | 09.10.1983 |
| 1:35.06 | Karl Lødemel | 24 | Jessheim | 09.10.1983 |
| 1:36:55 | Arne Johannessen | 25 | Jessheim | 09.10.1983 |

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| **Halvmaraton 21098m** |  |

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| 1:26:02 | Bjørn Ottersen | 35 | Jessheim | 07.10.1990 |
| 1:27:18 | Sturla Trondsen | 60 | Jessheim | 15.11.2015 |
| 1:28.57 | Arne Johansen | 48 | Jessheim | 18.11.2007 |
| 1:35:02 | Per østreng | 64 | Jessheim | 03.10.2020 |
| 1:37:12 | Nils Sæthermoen | 40 | Jessheim | 01.10.1995 |
| 1:40:03 | Frode Liland | 65 | Lørenskog | 29.10.2022 |
| 1:46:58 | Willy Kvilten | 63 | Jessheim | 13.11.2022 |
| 1:48:48 | Stein Terje Dahl | 55 | Lørenskog | 27.10.2012 |
| 1:47:27 | Kolbjørn Skjerve | 37 | Jessheim | 21.11.1993 |
| 1:58.44 | Arne Aas | 29 | Jessheim | 06.10.1985 |
| 2:07:28 | Håkon Amundstad | 24 | Jessheim | 06.10.1991 |
| 2:09:39 | Dejan Savic | 67 | Jessheim | 12.11.2023 |

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| **Maraton 42195m** |  |

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| 3:23:28 | Olav Engen | 50 | Oslo | 30.09.2007 |
| 3:35:34 | Lars Myhre | 64 | Jessheim | 17.11.2019 |
| 3:38:55 | Frode Liland | 65 | Sand | 19.09.2021 |

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| **100m hekk 91.4 M** |  |

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| 20.1 | Ivar Opsahl | 47 | Oslo/Tr | 14.06.2006 |

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| **110m hekk 100 cm M** |  |

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| 19.9 | Ivar Opsahl | 47 | Oslo/Tr | 22.08.1995 |

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

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| 13:15.60 | Knut Johan Holter | 61 | Jessheim | 20.06.2017 |
| **MENN VETERAN 55-59** | | **586** | | |

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| **Høyde** |  |

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| 1.65 | Ansgar Gulbrandsen | 44 | Oslo/St | 31.05.1999 |
| 1.45 | Ivar Opsahl | 47 | Oslo/Tr | 14.06.2006 |
| 1.40 | Knut Rimstad | 49 | Oslo/St | 14.06.2004 |

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| **Stav** |  |

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| 3.10 | Trygve Andresen | 34 | Jessheim | 23.05.1990 |
| 2.60 | Ivar Opsahl | 47 | Ski | 29.05.2006 |

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| **Lengde** |  |

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| 5.89 | Stein Tore Klungland | 58 | Tønsberg/Gr | 01.06.2013 |

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| **Tresteg** |  |

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| 11.69 | Stein Tore Klungland | 58 | Torino, ITA | 08.08.2013 |

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| **Tresteg uten tilløp** |  |

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| 6.15 | Bjørn Arne Kristiansen | 68 | Fetsund/Fe | 30.05.2023 |

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| **Kule 6 kg** |  |

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| 10.14 | Ivar Opsahl | 47 | Ski | 29.05.2006 |
| 10.05 | Bjørn Arne Kristiansen | 68 | Fet/Fe | 30.05.2023 |

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| **Diskos 1.5 kg** |  |

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| 37.11 | Bjørn Kristiansen | 68 | Oslo/St | 06.06.2023 |
| 26.72 | Ivar Opsahl | 47 | Jessheim | 29.05.2006 |

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| **Slegge 6 kg** |  |

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| 31.14 | Bjørn Kristiansen | 68 | Modum | 23.06.2023 |

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| **Spyd 700 g** |  |

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| 43.18 | Bjørn Kristiansen | 68 | Oslo/St | 12.09.2023 |
| 28.33 | Ivar Opsahl | 47 | Oslo/Tr | 14.06.2006 |

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| **Vekt 11.34 kg** |  |

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| 12.36 | Bjørn Kristiansen | 68 | Oslo/St | 06.06.2023 |

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| 2860 | Bjørn Kristiansen | 68 | Oslo/St | 12.09.2023 |
| 29.69-9.92-34.66-43.189.35 | | | |
| **MENN VETERAN 55-59** | | **587** | | |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.35 | Johnny Brenna | 64 | Hvam | 10.03.2019 |
| 9.50 | Øystein Gjerdrum | 52 | Stange | 29.01.2011 |

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| **60m M** |  |

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| 8.8 | Øystein Gjerdrum | 52 | Drammen | 08.03.2009 |
| 9.3 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 18.04.2023 |

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| **100m M** |  |

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| 14.1 | Øystein Gjerdrum | 52 | Drammen | 07.03.2009 |

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| **400m E** |  |

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| 61.62 | Knut Rimstad | 49 | Drammen | 19.03.2004 |

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| **800m** |  |

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| 2:25.18 | Knut Rimstad | 49 | Drammen | 19.03.2004 |
| 2:38.02 | Kjell Carlsson Hovde | 44 | Stange | 21.03.1999 |
| 2:39.2 | Jan Erik Rybråten | 53 | Drammen | 08.03.2009 |

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| **1500m** |  |

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| 5:33.7 | Jan Erik Rybråten | 53 | Drammen | 07.03.2009 |

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| **3000m** |  |

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| 10:16.49 | Dag Amundsen | 51 | Stange | 26.03.2000 |

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| **Høyde** |  |

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| 1.60 | Ansgar Gulbrandsen | 44 | Stange | 21.03.1999 |

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| **Lengde** |  |

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| 6.00 | Stein Tore Klungland | 58 | Drammen | 13.01.2013 |

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| **Tresteg** |  |

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| 12.16 | Stein Tore Klungland | 58 | Budapest, HUN | 27.03.2014 |

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| **MENN VETERAN 55-59** | **588** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| 2.68 | Johnny Brenna | 64 | Hvam | 09.03.2019 |
| 2.30 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 18.04.2023 |
| 1.86 | Bjørn Hytjanstorp | 66 | Hvam | 11.03.2023 |

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| **Kule 6 kg** |  |

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| 8.34 | Bjørn Arne Kristiansen | 68 | Oslo/Ek | 18.04.2023 |

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| **MENN VETERAN 60-64** | **589** |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 15.87 | Øistein Gjerdrum | 52 | Ski | 08.06.2016 |
| 16.50 | Ove Aastorp | 56 | Ski | 12.06.2019 |

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| **100m M** |  |

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| 14.1 | Ivar Opsahl | 47 | Ski | 03.06.2009 |
| 15.6 | Karl Lødemel | 24 | Lørenfallet | 22.06.1985 |

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| **200m E** |  |

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| 33.71 | Ove Aastorp | 56 | Ålesund | 02.09.2018 |

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| **400m M** |  |

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| 78.8 | John Arve Johansen | 36 | Moss/Me | 23.08.1997 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:41.2 | Karl Lødemel | 24 | Lørenfallet | 19.06.1986 |
| 2:42.2 | Odd Kinnsbekken | 48 | Jessheim | 20.09.2008 |
| 2:45.6 | Dag Amundsen | 51 | Jessheim | 19.05.2012 |
| 2:45.8 | Knut Kristiansen | 44 | Jessheim | 22.09.2007 |
| 2:51.1 | Oddvar Leivestad | 45 | Jessheim | 22.09.2007 |
| 2:54.4 | Henning Høgheim | 39 | Jessheim | 25.09.2003 |
| 2:56.2 | Arne Johansen | 48 | Jessheim | 19.05.2012 |
| 2:58.2 | Ove Aastorp | 56 | Jessheim | 26.09.2019 |
| 2:59.2 | Ole Arnegård | 44 | Jessheim | 20.09.2004 |
| 2:59.9 | Tore Ragnar Olsen | 46 | Jessheim | 19.09.2009 |
| 3:08.0 | Tore Eriksen | 37 | Jessheim | 16.08.1999 |
| 3:09.9 | Arne Luke | 44 | Jessheim | 23.09.2006 |
| 3:24.8 | John Arve Johansen | 36 | Jessheim | 18.09.1997 |
| 3:35.4 | Helge Velure | 50 | Jessheim | 18.09.2010 |
| 3:36.2 | Halvard Evensen | 53 | Jessheim | 15.10.2016 |
| 3:36.6 | Valter Berntsen | 39 | Jessheim | 16.08.1999 |
| 3:39.6 | Per Walter Bøe | 42 | Jessheim | 24.09.2004 |
| 3:56.0 | Bjørn-Ivar Thune | 59 | Jessheim | 26.09.2019 |

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| **1500m** |  |

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| 5:24.8 | Arne Johansen | 48 | Jessheim | 10.06.2010 |
| 5:26.5 | Johannes Bjørnland | 17 | Jessheim | 13.06.1977 |
| 5:28.9 | Karl Lødemel | 24 | Jessheim | 09.09.1985 |
| 5:32.9 | Odd Kinnsbekken | 48 | Jessheim | 12.06.2008 |
| 5:33.0 | Knut Kristiansen | 44 | Jessheim | 10.06.2004 |

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| **MENN VETERAN 60-64** | **590** |

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| **1500m forts.** |  |

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| 5:34.6 | John Birkelund | 32 | Jessheim | 19.06.1992 |
| 5:39.9 | Oddvar Leivestad | 45 | Jessheim | 12.06.2008 |
| 5:53.6 | Nils Sæthermoen | 40 | Jessheim | 15.06.2000 |
| 5:57.4 | Svein Skolt | 25 | Jessheim | 09.09.1985 |
| 6:04.1 | Ove Aastorp | 56 | Oslo/St | 12.08.2019 |
| 6:07.0 | Tore Eriksen | 37 | Jessheim | 13.06.2000 |
| 6:07.1 | Ole Arnegård | 44 | Jessheim | 09.06.2005 |
| 6:12.5 | Håkon Amundstad | 24 | Jessheim | 13.06.1986 |
| 6:13.2 | Tore Ragnar Olsen | 46 | Jessheim | 04.06.2009 |
| 6:20.0 | Arne Luke | 44 | Jessheim | 09.06.2005 |
| 6:21.8 | Henning Høgheim | 39 | Jessheim | 14.06.2001 |
| 6:31.3 | Arne Aas | 29 | Jessheim | 13.06.1990 |
| 6:41.6 | Reidar Melby | 27 | Jessheim | 10.06.1987 |
| 7:11.3 | Steinar Ulsaker | 47 | Jessheim | 14.06.2011 |
| 7:13.5 | John Arve Johansen | 36 | Moss/Me | 23.08.1997 |

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| **3000m** |  |

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| 11:54.7 | Karl Lødemel | 24 | Jessheim | 15.08.1986 |
| 12:20.0 | John Birkelund | 32 | Jessheim | 17.08.1992 |
| 12:20.8 | Nils Sæthermoen | 40 | Jessheim | 14.08.2000 |
| 12:47.2 | Johannes Bjørnland | 17 | Jessheim | 22.08.1977 |
| 12:53.4 | Håkon Amundstad | 24 | Jessheim | 17.08.1984 |
| 12:57.9 | Svein Skolt | 25 | Jessheim | 15.08.1986 |
| 13:00.4 | Trygve Rommen | 31 | Jessheim | 19.08.1991 |
| 13:11.0 | Henning Høgheim | 39 | Lørenfallet | 09.09.2003 |
| 13:24.8 | Hans Ruud | 18 | Jessheim | 21.08.1978 |
| 13:32.7 | Arne Aas | 29 | Jessheim | 22.08.1990 |
| 13:34.07 | Ove Aastorp | 56 | Geithus | 21.06.2019 |
| 14:42.2 | Jan Berge | 40 | Jessheim | 14.08.2000 |
| 14:57.6 | Reidar Melby | 27 | Jessheim | 19.08.1987 |

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| **5000m** |  |

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| 23:38.31 | Ove Aastorp | 56 | Oslo/Bi | 26.09.2020 |

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| **100m hekk 84 cm M** |  |

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| 21.3 | John Arve Johansen | 36 | Moss/Me | 24.08.1997 |

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| **5 km landevei** |  |

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| 23:55 | Ove Aastorp | 56 | Sørum | 07.11.2020 |

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| **MENN VETERAN 60-64** | **591** |

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| **10 km landevei** |  |

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| 38:27 | Ole Fredrik Mørck | 62 | Jessheim | 01.10.2022 |
| 39:47 | Trygve Stanger | 62 | Jessheim | 01.10.2022 |
| 47:47 | Ove Aastorp | 56 | Jessheim | 05.10.2019 |

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| **20 km landevei** |  |

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| 1:33:02 | Håkon Amundstad | 21 | Jessheim | 10.10.1982 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:28:47 | Arne Johansen | 48 | Oslo | 28.09.2008 |
| 1:34:36 | Håkon Amundstad | 24 | Jessheim | 12.10.1986 |
| 1:40:21 | Oddvar Leivestad | 45 | Lørenskog | 03.11.2007 |
| 1:46:51 | Tor Nyhus | 47 | Jessheim | 15.11.2009 |
| 1:55:33 | Ove Aastorp | 56 | Lørenskog | 26.10.2019 |
| 1:58:01 | Arne Aas | 29 | Jessheim | 08.10.1989 |

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| **Høyde** |  |

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| 1.45 | Ivar Opsahl | 47 | Ski | 03.06.2009 |
| 1.28 | John Arve Johansen | 36 | Oslo/St | 05.06.2000 |

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| **Stav** |  |

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| 2.48 | Ivar Opsahl | 47 | Ski | 03.06.2009 |
| 2.32 | John Arve Johansen | 36 | Jessheim | 28.09.1997 |

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| **Lengde** |  |

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| 4.89 | Stein Tore Klungland | 58 | Malaga, ESP | 10.09.2018 |
| 4.28 | John Arve Johansen | 36 | Jessheim | 01.06.1987 |
| 3.38 | Ove Aastorp | 56 | Ålesund | 02.09.2018 |

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| **Tresteg** |  |

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| 11.38 | Stein Tore Klungland | 58 | Malaga, ESP | 15.09.2018 |
| 8.93 | John Arve Johansen | 36 | Oslo/St | 05.06.2000 |

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| **MENN VETERAN 60-64** | **592** |

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| **Kule 5 kg** |  |

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| 11.22 | Thor Lasse Løland | 63 | Modum | 24.06.2023 |
| 10.84 | Bjarne Guneriussen | 34 | Jessheim | 28.09.1997 |
| 10.62 | Ivar Opsahl | 47 | Jessheim | 25.05.2010 |
| 10.42 | Terje Aastorp | 56 | Tønsberg/Gr | 03.10.2020 |
| 9.69 | Ove Aastorp | 56 | Heggedal/Ka | 31.08.2017 |
| 9.45 | John Arve Johansen | 36 | Jessheim | 08.06.2000 |

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| **Kule 7.26 kg** |  |

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| 9.01 | Terje Aastorp | 56 | Ski | 12.06.2019 |
| 8.21 | Ove Aastorp | 56 | Oslo/Be | 19.08.2017 |

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| **Diskos 1 kg** |  |

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| 34.69 | Terje Aastorp | 56 | Spikkestad | 17.10.2020 |
| 32.59 | Ivar Opsahl | 47 | Ski | 03.06.2009 |
| 32.37 | Ove Aastorp | 56 | Lillestrøm | 16.08.2018 |
| 29.30 | John Arve Johansen | 36 | Jessheim | 08.06.2000 |

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| **Diskos 2 kg** |  |

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| 27.69 | Terje Aastorp | 56 | Nittedal | 07.09.2020 |
| 23.12 | Ove Aastorp | 56 | Nittedal | 04.05.2018 |

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| **Slegge 5 kg** |  |

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| 27.94 | Terje Aastorp | 56 | Heggedal/Ka | 03.09.2020 |
| 20.72 | Ove Aastorp | 56 | Lillestrøm | 12.09.2019 |

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| **Slegge 7.26 kg** |  |

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| 18.57 | Terje Aastorp | 56 | Brandbu | 13.09.2020 |

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| **Vekt 9.08 kg** |  |

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| 10.46 | Ove Aastorp | 56 | Lillestrøm | 12.09.2019 |
| 10.37 | Terje Aastorp | 56 | Sandefjord | 25.07.2020 |

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| **Spyd 500 g** |  |

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| 34.98 | Thor Lasse Løland | 63 | Modum | 25.06.2023 |

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| **MENN VETERAN 60-64** | **593** |

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

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| 30.75 | John Arve Johansen | 36 | Jessheim | 22.05.2000 |
| 28.96 | Ove Aastorp | 56 | Stjørdal | 26.08.2018 |
| 21.73 | Terje Aastorp | 56 | Ski | 19.08.2020 |

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| **Spyd 800 g Ny type fra og med 1999** |  |

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| 24.66 | Ove Aastorp | 56 | Nittedal | 05.08.2019 |

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

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| **5-kamp kast** |  |

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| --- | --- | --- | --- | --- |
| 2283 | Terje Aastorp | 56 | Tønsberg/Gr | 12.09.2020 |
| 25.49-10.07-33.30-20.32-8.46 | | | |

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

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| 2185 | Ove Aastorp | 56 | Ålesund | 02.09.2018 |
| 3.38+1.5-25.28-33.71+1.0-29.69-6:08.52 | | | |

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| **MENN VETERAN 60-64** | **594** |

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| **INNENDØRS** |  |

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| **60m M** |  |

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| 10.04 | Ove Aastorp | 56 | Grimstad | 10.03.2018 |

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| **60m M** |  |

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| 10.4 | Ivar Opsahl | 47 | Drammen | 08.03.2009 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.6 | Ivar Opsahl | 47 | Drammen | 07.03.2009 |

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

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| --- | --- | --- | --- | --- |
| 2:56.79 | Ove Aastorp | 56 | Hvam | 05.03.2017 |

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

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| --- | --- | --- | --- | --- |
| 10.7 | Ivar Opsahl | 47 | Drammen | 07.03.2009 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.40 | Ivar Opsahl | 47 | Drammen | 08.03.2009 |

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

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| --- | --- | --- | --- | --- |
| 2.00 | Ivar Opsahl | 47 | Drammen | 07.03.2009 |

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| --- | --- |
| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.06 | Stein Tore Klungland | 58 | Grimstad | 26.03.2022 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.05 | Stein Tore Klungland | 58 | Hvam | 10.03.2019 |
| 7.14 | Ove Aastorp | 56 | Bergen/Le | 01.03.2020 |

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| **Lengde uten tilløp** |  |

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| 2.27 | Ove Aastorp | 56 | Rud | 04.04.2017 |

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| **MENN VETERAN 60-64** | **595** |

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| **INNENDØRS** |  |

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| **Kule 5 kg** |  |

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| 11.27 | Thor Lasse Løland | 63 | Stange | 29.01.2023 |
| 11.01 | Ivar Opsahl | 47 | Drammen | 08.03.2009 |
| 10.19 | Terje Aastorp | 56 | Hvam | 05.03.2017 |
| 9.73 | Ove Aastorp | 56 | Hvam | 05.03.2017 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.78 | Terje Aastorp | 56 | Hvam | 25.01.2020 |
| 8.15 | Ove Aastorp | 56 | Hvam | 10.12.2016 |

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| --- | --- |
| **Vektkast 9.08 kg** |  |

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| 8.38 | Ove Aastorp | 56 | Bergen/Le | 28.02.2020 |

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| **MENN VETERAN 65-69** | **596** |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 15.04 | Øystein Gjerdrum | 52 | Knarvik | 23.06.2017 |
| 15.38 | Ivar Opsahl | 47 | Ski | 04.06.2014 |
| 15.99 | Håvard Lund | 24 | Bjørkelangen | 09.08.1992 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15.8 | John Arve Johansen | 36 | Jessheim | 01.10.2005 |
| 16.3 | Håvard Lund | 24 | Oslo/Bi | 18.09.1993 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.96 | Øystein Gjerdrum | 52 | Knarvik | 24.06.2017 |
| 34.54 | Håvard Lund | 24 | Søgne | 01.07.1992 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:45.0 | Knut Kristiansen | 44 | Jessheim | 19.09.2009 |
| 2:55.7 | Henning Høgheim | 39 | Jessheim | 23.09.2006 |
| 2:56.5 | Arne Johansen | 48 | Jessheim | 04.10.2014 |
| 2:58.6 | Ole Arnegård | 44 | Jessheim | 19.09.2009 |
| 3:01.2 | Oddvar Leivestad | 45 | Jessheim | 14.06.2011 |
| 3:06.9 | John Birkelund | 32 | Jessheim | 17.08.1998 |
| 3:15.42 | Ove Aastorp | 56 | Jessheim | 08.09.2022 |
| 3:20.4 | Arne Luke | 44 | Jessheim | 19.09.2009 |
| 3:26.0 | Tore Ragnar Olsen | 46 | Jessheim | 19.05.2012 |
| 3:54.20 | Halvard Evensen (Merli) | 53 | Jessheim | 17.09.2020 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:28.8 | Knut Kristiansen | 44 | Jessheim | 12.06.2012 |
| 5:46.9 | Vemund Wemundstad | 40 | Jessheim | 14.06.2007 |
| 5:47.6 | Oddvar Leivestad | 45 | Jessheim | 10.06.2010 |
| 5:47.58 | Arne Johansen | 48 | Jessheim | 06.06.2013 |
| 5:54.0 | Johannes Bjørnland | 17 | Jessheim | 10.06.1983 |
| 6:00.8 | Odd Kinnsbekken | 48 | Jessheim | 01.06.2017 |
| 6:05.2 | Nils Sæthermoen | 40 | Jessheim | 09.06.2005 |
| 6:06.73 | John Birkelund | 32 | Jessheim | 14.06.1999 |
| 6:09.0 | Karl Lødemel | 24 | Jessheim | 13.06.1990 |
| 6:14.9 | Henning Høgheim | 39 | Jessheim | 14.06.2007 |
| 6:19.1 | Tore Ragnar Olsen | 46 | Jessheim | 14.06.2011 |
| 6:23.0 | Svein Skolt | 25 | Jessheim | 13.06.1990 |
| 6:29.32 | Ove Aastorp | 56 | Tromsø | 21.08.2022 |
| 6:30.0 | Tore Eriksen | 37 | Jessheim | 13.06.2002 |
| 6:41.0 | Håkon Amundstad | 24 | Jessheim | 13.06.1990 |

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| **MENN VETERAN 65-69** | **597** |

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| **1500m forts.** |  |

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| 6:57.5 | Ole Arnegård | 44 | Jessheim | 12.06.2012 |
| 6:58.7 | Arne Luke | 44 | Jessheim | 14.06.2011 |
| 7:02.2 | Anders Jellum | 48 | Jessheim | 05.06.2014 |
| 7:16.6 | Steinar Ulsaker | 47 | Jessheim | 12.06.2012 |
| 7:26.0 | Frank Finstad | 48 | Jessheim | 05.06.2014 |
| 8:05.71 | Håvard Lund | 24 | Søgne | 01.07.1992 |

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| --- | --- |
| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:57.6 | Karl Lødemel | 24 | Jessheim | 21.08.1989 |
| 13:13.2 | John Birkelund | 32 | Jessheim | 16.06.1999 |
| 13:34.0 | Johannes Bjørnland | 17 | Jessheim | 19.08.1983 |
| 13:41.2 | Håkon Amundstad | 24 | Jessheim | 21.08.1989 |
| 13:49.1 | Henning Høgheim | 39 | Lørenfallet | 06.09.2005 |
| 14:21.4 | Svein Skolt | 25 | Jessheim | 19.08.1991 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 20:55.18 | Vemund Wemundstad | 40 | Tønsberg/Gr | 17.08.2008 |

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| **100m hekk 84 cm E** |  |

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| 20.50 | Håvard Lund | 24 | Bjørkelangen | 08.08.1992 |

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| **300m hekk 76.2 cm E** |  |

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| 60.21 | Håvard Lund | 24 | Bjørkelangen | 09.08.1992 |

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| **5km landevei** |  |

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| --- | --- | --- | --- | --- |
| 23:54 | Ove Aastrop | 56 | Sørum | 06.11.2021 |

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| **Halvmaraton 21098m** |  |

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| 1:32:05 | Vemund Wemundstad | 40 | Fredrikstad | 06.04.2008 |
| 1:36:11 | Håkon Amundstad | 24 | Jessheim | 08.10.1989 |
| 1:47:43 | Henning Høgheim | 39 | Drammen | 03.10.2005 |
| 2:08:55 | Ove Aastorp | 56 | Jessheim | 14.11.2021 |

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| **Stav** |  |

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| 2.45 | Ivar Opsahl | 47 | Ski | 04.06.2014 |
| 2.00 | Håvard Lund | 24 | Bjørkelangen | 07.08.1992 |

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| **MENN VETERAN 65-69** | **598** |

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| **Høyde** |  |

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| 1.36 | John Arve Johansen | 36 | Jessheim | 20.09.2004 |
| 1.34 | Håvard Lund | 24 | Oslo/Bi | 15.06.1992 |
| 1.30 | Ivar Opsahl | 47 | Ski | 04.06.2014 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.98 | Stein Tore Klungland | 58 | Modum | 23.06.2023 |
| 4.53 | John Arve Johansen | 36 | Jessheim | 26.08.2004 |
| 3.69 | Håvard Lund | 24 | Oslo/Bi | 13.06.1992 |

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| **Tresteg** |  |

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| 11.11 | Stein Tore Klungland | 58 | Modum | 25.06.2023 |
| 9.00 | John Arve Johansen | 36 | Jessheim | 20.09.2004 |
| 7.72 | Håvard Lund | 24 | Overhalla | 07.08.1993 |
| 7.60 | Bjarne Guneriussen | 34 | Oslo/St | 05.06.2000 |

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| **Kule 4 kg** |  |

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| 11.09 | Bjarne Guneriussen | 34 | Årnes | 25.06.2003 |

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| **Kule 5 kg** |  |

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| 10.10 | Bjarne Guneriussen | 34 | Jessheim | 14.09.2000 |
| 9.89 | Håvard Lund | 24 | Jessheim | 18.05.1992 |
| 9.83 | Ivar Opsahl | 47 | Jessheim | 23.08.2012 |
| 9.77 | Terje Aastorp | 56 | Tromsø | 20.08.2022 |
| 9.38 | John Arve Johansen | 36 | Jessheim | 25.09.2003 |
| 9.15 | Ove Aastorp | 56 | Tønsberg/Gr | 08.10.2022 |

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| **Kule 5.5 kg** |  |

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| 9.75 | Håvard Lund | 24 | Rolvsrud | 26.08.1993 |

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| **Kule 7.26 kg** |  |

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| 8.20 | Terje Aastorp | 56 | Jessheim | 07.08.2022 |
| 7.26 | Ove Aastorp | 56 | Lillestrøm | 21.05.2022 |

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| **Diskos 1 kg** |  |

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| 35.72 | Terje Aastorp | 56 | Spikkestad | 31.07.2022 |
| 35.32 | Håvard Lund | 24 | Rolvsrud | 09.09.1993 |
| 32.85 | Ivar Opsahl | 47 | Ski | 04.06.2014 |
| 31.40 | Ove Aastorp | 56 | Spikkestad | 07.05.2023 |
| 29.14 | John Arve Johansen | 36 | Jessheim | 20.09.2004 |

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| **MENN VETERAN 65-69** | **599** |

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| **Diskos 1.5 kg** |  |

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| 30.41 | Terje Aastorp | 56 | Lillestrøm | 17.06.2022 |

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| **Diskos 2 kg** |  |

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| 27.88 | Terje Aastorp | 56 | Jessheim | 07.08.2022 |
| 20.85 | Ove Aastorp | 56 | Jessheim | 07.06.2022 |

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| **Slegge 5 kg** |  |

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| 29.39 | Terje Aastorp | 56 | Lillestrøm | 13.06.2023 |
| 27.12 | Håvard Lund | 24 | Rolvsrud | 09.09.1993 |
| 25.05 | Ove Aastorp | 56 | Løten | 01.10.2022 |

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| **Slegge 7.26 kg** |  |

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| 20.15 | Terje Aastorp | 56 | Jessheim | 03.09.2022 |

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| **Spyd 500 g** |  |

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| 38.20 | Bjarne Guneriussen | 34 | Jessheim | 19.06.2003 |
| 30.08 | John Arve Johansen | 36 | Jessheim | 20.06.2002 |
| 26.10 | Ove Aastorp | 56 | Oslo/St | 31.08.2021 |
| 22.35 | Ivar Opsahl | 47 | Jessheim | 23.08.2012 |

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

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| 39.30 | Håvard Lund | 24 | Bjørkelangen | 27.09.1992 |
| 38.90 | Bjarne Guneriussen | 34 | Hurdal | 20.09.1997 |
| 25.99 | Ove Aastorp | 56 | Arvika, SWE | 24.07.2022 |
| 21.18 | Terje Aastorp | 56 | Tromsø | 21.08.2022 |
| 21.00 | John Arve Johansen | 36 | Moss/Me | 24.08.1997 |

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| **Spyd 800 g Ny type fra og med 1985** |  |

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| 37.56 | Håvard Lund | 24 | Bjørkelangen | 09.08.1992 |
| 32.07 | Bjarne Guneriussen | 34 | Jessheim | 21.06.2001 |
| 20.06 | Halvard Merlid | 53 | Jessheim | 16.09.2019 |

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| **Vektkast 7.26 kg** |  |

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| 13.78 | Håvard Lund | 24 | Rolvsrud | 24.09.1992 |

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| **MENN VETERAN 65-69** | **600** |

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| **Vektkast 9.08 kg** |  |

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| 11.85 | Håvard Lund | 24 | Rolvsrud | 23.09.1993 |
| 11.81 | Terje Aastorp | 56 | Løten | 01.10.2022 |
| 10.89 | Ove Aastorp | 56 | Løten | 09.10.2022 |
| 9.51 | John Arve Johansen | 36 | Jessheim | 27.08.2001 |
| 9.30 | Ivar Opsahl | 47 | Jessheim | 23.08.2012 |

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

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| --- | --- | --- | --- | --- |
| 2070 | John Arve Johansen | 36 | Jessheim | 01.06.1997 |
| 4.26-28.38-33.62-28.44-0 Veterantabell | | | |

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| --- | --- | --- | --- | --- |
| 2115 | Ove Aastorp | 56 | Tønsberg/Gr | 11.09.2022 |
| 2.91-23.93-35.78-28.65-6.35.61 Veterantabell | | | |

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

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| --- | --- | --- | --- | --- |
| 3897 | John Arve Johansen | 36 | Moss/Me | 23-24-09.1997 |
| 16.2-3.91-8.82-1.25-78.8/21.3(100m)-0-2.30-21.00-7:13.5 Veterantabell | | | |

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

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| --- | --- | --- | --- | --- |
| 3597 | Håvard Lund | 24 | Oslo/So | 27.09.1992 |
| 25.22-9.78-33.80-39.30-11.48 | | | |

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| --- | --- | --- | --- | --- |
| 2504 | Terje Aastorp | 56 | Tønsberg/Gr | 10.09.2022 |
| 25.77-9.08-28.34.41-16.84-9.63 | | | |

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| --- | --- | --- | --- | --- |
| 2453 | Ove Aastorp | 56 | Oslo/St | 20.09.2022 |
| 23.34-8.52-28.58-23.66-10.15 | | | |

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| **MENN VETERAN 65-69** | **601** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 9.45 | Ivar Opsahl | 47 | Hvam | 13.03.2016 |
| 10.55 | Ove Aastorp | 56 | Hvam | 24.10.2021 |

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

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| --- | --- | --- | --- | --- |
| 3:05.72 | Ove Aastorp | 56 | Hvam | 24.10.2021 |

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

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| --- | --- | --- | --- | --- |
| 12.36 | Ivar Opsahl | 47 | Hvam | 12.03.2016 |
| 12.64 | John Arve Johansen | 36 | Stange | 24.03.2001 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.30 | John Arve Johansen | 36 | Drammen | 06.02.2002 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.33 | John Arve Johansen | 36 | Stange | 27.02.2005 |
| 1.33 | Ivar Opsahl | 47 | Hvam | 13.03.2016 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.40 | John Arve Johansen | 36 | Stange | 26.02.2005 |
| 2.20 | Ivar Opsahl | 47 | Hvam | 12.03.2016 |

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| --- | --- |
| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.57 | John Arve Johansen | 36 | Drammen | 22.03.2003 |

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| **Tresteg** |  |

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| 9.12 | John Arve Johansen | 36 | Stange | 27.02.2005 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.17 | Håvard Lund | 24 | Jessheim/Je | 20.02.1992 |
| 1.10 | John Arve Johansen | 36 | Jessheim/No | 08.03.2004 |

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| **Lengde uten tilløp** |  |

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| 2.30 | Håvard Lund | 24 | Jessheim/Je | 20.02.1992 |
| 2.15 | John Arve Johansen | 36 | Jessheim/No | 08.03.2004 |

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| **MENN VETERAN 65-69** | **602** |

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| **INNENDØRS** |  |

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| **Kule 5 kg** |  |

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| 9.87 | Ivar Opsahl | 47 | Hvam | 13.03.2016 |
| 9.62 | Terje Aastorp | 56 | Stange | 29.01.2023 |
| 8.88 | Ove Aastorp | 56 | Reykjavik, ISL | 25.02.2023 |

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| **Kule 7.26 kg** |  |

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| 8.07 | Terje Aastorp | 56 | Hvam | 03.12.2022 |
| 7.29 | Ove Aastorp | 56 | Hvam | 03.12.2022 |

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| **Vekt 9.08 kg** |  |

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| 9.79 | Ove Aastorp | 56 | Reykjavik, ISL | 26.02.2023 |
| 9.09 | Terje Aastorp | 56 | Reykjavik, ISL | 26.02.2023 |

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| **VETERAN 70-74** | **603** |

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| **60m M** |  |

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| 9.8 | Ivar Opsahl | 47 | Jessheim | 27.09.2018 |

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| **100m E** |  |

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| 16.39 | John Arve Johansen | 36 | Geithus | 30.06.2006 |
| 16.39 | Ivar Opsahl | 47 | Ski | 12.06.2019 |
| 16.92 | Håvard Lund | 24 | Stord | 07.08.1994 |

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| **200m E** |  |

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| 35.85 | Håvard Lund | 24 | Athen, HEL | 09.06.1994 |

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| **400m E** |  |

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| 86.35 | Håvard Lund | 24 | Bjørkelangen | 27.08.1994 |

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

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| --- | --- | --- | --- | --- |
| 2:58.76 | Odd Kinnsbekken | 48 | Jessheim | 27.09.2018 |
| 3:05.5 | Ole Arnegård | 44 | Jessheim | 04.10.2014 |
| 3:07.4 | Henning Høgheim | 39 | Jessheim | 19.09.2009 |
| 3:10.5 | Vemund Wemundstad | 40 | Jessheim | 18.09.2010 |
| 3:19.11 | Arne Johansen | 48 | Jessheim | 27.09.2018 |
| 3:54.40 | Tore Ragnar Olsen | 46 | Jessheim | 27.09.2018 |
| 4:02.30 | Øivind Mangerud | 438 | Jessheim | 27.09.2018 |
| 4:29.4 | Håkon Amundstad | 24 | Jessheim | 17.08.1998 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 5:59.52 | Odd Kinnsbekken | 48 | Jessheim | 06.06.2019 |
| 6:31.9 | Nils Sæthermoen | 40 | Jessheim | 10.06.2010 |
| 6:52.0 | Ole Arnegård | 44 | Jessheim | 04.06.2015 |
| 6:53.3 | Henning Høgheim | 39 | Jessheim | 04.06.2009 |
| 6:54.79 | Anders Jellum | 48 | Jessheim | 06.06.2019 |
| 6:58.86 | Vemund Wemundstad | 40 | Jessheim | 06.06.2013 |
| 6:57.0 | Tore Eriksen | 37 | Jessheim | 14.06.2007 |
| 7:19.0 | John Birkelund | 32 | Jessheim | 13.06.2002 |
| 7:38.3 | Håkon Amundstad | 24 | Jessheim | 13.06.1994 |
| 7:43.1 | Arne Luke | 44 | Jessheim | 05.06.2014 |
| 7:49.9 | Tore Ragnar Olsen | 46 | Jessheim | 01.06.2017 |
| 8:11.0 | Tore Bjerkan | 30 | Jessheim | 13.06.2002 |
| 8:54.0 | Knut Kristiansen | 44 | Jessheim | 04.06.2015 |

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| **MENN VETERAN 70-74** | **604** |

|  |  |
| --- | --- |
| **3000m** |  |

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| 15:05.2 | Henning Høgheim | 39 | Lørenfallet | 08.09.2009 |
| 15:29.5 | Håkon Amundstad | 24 | Jessheim | 31.08.1994 |

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

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| --- | --- | --- | --- | --- |
| 17.14 | Håvard Lund | 24 | Bjørkelangen | 28.08.1994 |

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

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| --- | --- | --- | --- | --- |
| 15.8 | Håvard Lund | 24 | Oslo/So | 25.06.1994 |
| 19.3 | Ivar Opsahl | 47 | Oslo/St | 30.06.2018 |

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| --- | --- |
| **100m hekk 91.4 cm M** |  |

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| --- | --- | --- | --- | --- |
| 19.5 | Håvard Lund | 24 | Larvik/Lo | 30.06.1989 |

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| **300m hekk 76.2 cm E** |  |

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| 65.61 | Håvard Lund | 24 | Stord | 07.08.1994 |

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| **5 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 22:20 | Odd Kinnsbekken | 48 | Jessheim | 03.10.2020 |

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| **Halvmaraton 21098m** |  |

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| 1:45.00 | Vemund Wemundstad | 40 | Lørenskog | 30.10.2010 |
| 1:54:32 | Henning Høgheim | 39 | Oslo | 27.09.2009 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.34 | Håvard Lund | 24 | Oslo/So | 25.06.1994 |
| 1.28 | John Arve Johansen | 36 | Geithus | 01.07.2006 |
| 1.25 | Ivar Opsahl | 47 | Ski | 12.06.2019 |

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| **Stav** |  |

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| 2.41 | John Arve Johansen | 36 | Geithus | 30.06.2006 |
| 2.00 | Håvard Lund | 24 | Bjørkelangen | 28.08.1994 |

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| **Lengde** |  |

|  |  |  |  |  |
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| 4.22 | John Arve Johansen | 36 | Jessheim | 23.09.2006 |
| 3.42 | Håvard Lund | 24 | Athen, HEL | 09.06.1994 |
| 3.06 | Ivar Opsahl | 47 | Jessheim | 27.09.2018 |

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| **MENN VETERAN 70-74** | **605** |

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| **Lengde uten tilløp** |  |

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| 1.94 | Ivar Opsahl | 47 | Jessheim | 18.10.2018 |

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| **Tresteg** |  |

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| 9.04 | John Arve Johansen | 36 | Jessheim | 23.09.2006 |
| 7.60 | Håvard Lund | 24 | Stord | 07.08.1994 |

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| **Kule 3 kg** |  |

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| 11.66 | Håvard Lund | 24 | Jessheim | 26.11.1994 |

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| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.26 | Håvard Lund | 24 | Rolvsrud | 22.09.1994 |
| 10.34 | Bjarne Guneriussen | 34 | Årnes | 30.06.2004 |
| 10.15 | John Arve Johansen | 36 | Jessheim | 23.09.2006 |
| 10.00 | Ivar Opsahl | 47 | Ski | 12.06.2019 |

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| **Kule 5 kg** |  |

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| 9.72 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |
| 9.04 | Håvard Lund | 24 | Jessheim | 26.11.1994 |

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| **Kule 6 kg** |  |

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| 8.13 | Håvard Lund | 24 | Jessheim | 26.11.1994 |

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| **Kule 7.26 kg** |  |

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| 7.15 | Håvard Lund | 24 | Jessheim | 26.11.1994 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 34.92 | Håvard Lund | 24 | Bjørkelangen | 28.08.1994 |
| 29.16 | Ivar Opsahl | 47 | Lillestrøm | 25.09.2018 |
| 27.84 | John Arve Johansen | 36 | Jessheim | 21.08.2007 |

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| **Slegge 4 kg** |  |

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| 31.66 | Håvard Lund | 24 | Rolvsrud | 10.12.1995 |
| 24.71 | Ivar Opsahl | 47 | Lillestrøm | 15.05.2018 |
| 24.53 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |

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| **MENN VETERAN 70-74** | **606** |

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| **Spyd 500 g** |  |

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| 39.35 | Bjarne Guneriussen | 34 | Jessheim | 13.06.2005 |
| 29.21 | John Arve Johansen | 36 | Jessheim | 03.10.2010 |
| 22.64 | Ivar Opsahl | 47 | Oslo/St | 30.05.2018 |

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

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| 39.56 | Håvard Lund | 24 | Jessheim | 03.08.2000 |

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

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| 31.12 | Håvard Lund | 24 | Jessheim | 07.10.1995 |

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| **Vektakst 5.45 kg** |  |

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| 14.07 | Håvard Lund | 24 | Jessheim | 20.10.1996 |

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| **Vektkast 7.26 kg** |  |

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| 14.23 | Håvard Lund | 24 | Heggedal/Gj | 13.05.1997 |
| 11.25 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |
| 9.40 | Ivar Opsahl | 47 | Lillestrøm | 25.09.2018 |

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| **Vektkast 9.08 kg** |  |

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| 11.74 | Håvard Lund | 24 | Rolvsrud | 17.12.1994 |

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| **Vektkast 11.34 kg** |  |

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| 10.24 | Håvard Lund | 24 | Rolvsrud | 17.12.1994 |

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| **Vektkast 15.88 kg** |  |

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| 8.60 | Håvard Lund | 24 | Rolvsrud | 17.12.1994 |

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

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| 2549 | Håvard Lund | 24 | Athen, HEL | 09.06.1994 |
| 3.42-35.82-35.85-29.80-0 | | | |

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| **MENN VETERAN 70-74** | **607** |

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

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| 3845 | Håvard Lund | 24 | Jessheim | 27.11.1994 |
| 29.50-32.26-11.00-33.72-13.28 | | | |

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| 2803 | John Arve Johansen | 36 | Jessheim | 03.06.2010 |
| 24.53-9.72-25.62-27.93-11.12 | | | |

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| --- | --- |
| **5-kamp kule 7.26-6-5-4-3 kg** |  |

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| 3487 | Håvard lund | 24 | Rolvsrud | 12.11.1995 |
| 7.21-8.15-9.18-11.02-12.15 | | | |

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| **10-kamp E 100m-lengde-kule-høyde-400m** | **110m/100m h-diskos-stav-spyd-1500m** |

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| --- | --- | --- | --- | --- |
| 5400 | Håvard Lund | 24 | Bjørkelangen | 27-28.08.1994 |
| 17.19-3.20-9.99-1.27-86.35/17.14-30.50-2.00-34.92-0 | | | |

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| **MENN VETERAN 70-74** | **60** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 9.89 | Ivar Opsahl | 47 | Hvam | 10.03.2019 |
| 10.51 | Håvard Lund | 24 | Stange | 06.02.1994 |

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

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| --- | --- | --- | --- | --- |
| 12.66 | Håvard Lund | 24 | Stange | 04.03.1995 |
| 13.06 | Ivar Opsahl | 47 | Hvam | 09.03.2019 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.34 | John Arve Johansen | 36 | Oslo/Ek | 25.02.2007 |
| 1.30 | Håvard Lund | 24 | Stange | 03.03.1996 |
| 1.21 | Ivar Opsahl | 47 | Hvam | 10.03.2019 |

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

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| 2.30 | John Arve Johansen | 36 | Stange | 01.04.2006 |
| 2.10 | Ivar Opsahl | 47 | Hvam | 09.03.2019 |

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| **Lengde** |  |

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| 4.33 | John Arve Johansen | 36 | Oslo/Ek | 24.02.2007 |
| 3.25 | Håvard Lund | 24 | Stange | 05.02.1904 |

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| **Tresteg** |  |

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| 8.98 | John Arve Johansen | 36 | Oslo/Ek | 25.02.2007 |
| 7.21 | Håvard Lund | 24 | Stange | 06.02.1994 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.13 | Håvard Lund | 24 | Stange | 04.03.1995 |
| 1.09 | Kristoffer Stanger | 33 | Jessheim/No | 20.02.2003 |
| 1.06 | Ivar Opsahl | 47 | Hvam | 09.03.2019 |
| 1.02 | John Arve Johansen | 36 | Jessheim/No | 16.01.2006 |

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| **Lengde uten tilløp** |  |

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| 2.22 | Håvard Lund | 24 | Kolbotn/In | 19.02.1994 |
| 2.09 | Kristoffer Stanger | 33 | Jessheim/No | 20.02.2003 |

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| **MENN VETERAN 70-74** | **609** |

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| **INNENDØRS** |  |

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| **Kule 4 kg** |  |

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| 11.15 | Håvard Lund | 24 | Stange | 06.02.1994 |
| 9.89 | Ivar Opsahl | 47 | Hvam | 10.03.2019 |

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| **MENN VETERAN 75-79** | **610** |

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| **100m E** |  |

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| 18.50 | Håvard Lund | 24 | Gateshead, GBR | 29.07.1999 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 17.2 | John Arve Johansen | 36 | Jessheim | 15.09.2011 |

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| --- | --- |
| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 40.66 | Håvard Lund | 24 | Gjøvik | 19.06.1999 |

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| --- | --- |
| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 42.6 | Håvard Lund | 24 | Oslo/St | 09.09.2000 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:12.74 | Odd Kinnsbekken | 48 | Jessheim | 07.09.2023 |
| 3:25.6 | Henning Høgheim | 39 | Jessheim | 04.10.2014 |
| 3:33.9 | Ole Arnegård | 44 | Jessheim | 26.09.2019 |
| 4:14.9 | Håkon Amundstad | 24 | Jessheim | 16.08.1999 |
| 4:20.9 | Johannes Bjørnland | 17 | Jessheim | 29.08.1994 |

|  |  |
| --- | --- |
| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:46.42 | Odd Kinnsbekken | 48 | Jessheim | 08.06.2023 |
| 7:27.2 | Johannes Bjørnland | 17 | Jessheim | 15.06.1992 |
| 7:38.9 | Henning Høgheim | 39 | Jessheim | 02.06.2016 |
| 8:21.6 | Håkon Amundstad | 24 | Jessheim | 14.06.1999 |

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| --- | --- |
| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:11.8 | Johannes Bjørnland | 17 | Jessheim | 17.08.1992 |

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

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| --- | --- | --- | --- | --- |
| 14.61 | Håvard Lund | 24 | Ravnanger | 30.06.2000 |

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

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| --- | --- | --- | --- | --- |
| 18.62 | Håvard Lund | 24 | Gateshead, GBR | 30.07.1999 |

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| --- | --- |
| **5km veiløp** |  |

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| 24;25 | Tor-Arne Stenhaug | 48 | Sørum | 11.11.2023 |
| 24:55 | Odd Kinnsbekken | 48 | Jessheim | 30.09.2023 |
| **MENN VETERAN 75-79** | | **611** | | |

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| **Halvmaraton 21098m** |  |

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| 2:06.16 | Henning Høgheim | 39 | Lørenskog | 25.10.2014 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.27 | Håvard Lund | 24 | Jessheim | 21.06.1999 |
| 1.27 | John Arve Johansen | 36 | Jessheim | 15.09.2011 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.10 | John Arve Johansen | 36 | Drammen/Ma | 26.08.2011 |
| 1.80 | Håvard Lund | 24 | Steinkjer/Gu | 02.07.1999 |

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| --- | --- |
| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.07 | John Arve Johansen | 36 | Jessheim | 15.09.2011 |
| 2.95 | Håvard Lund | 24 | Gjøvik | 19.06.1999 |

|  |  |
| --- | --- |
| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.45 | John Arve Johansen | 36 | Drammen/Ma | 25.08.2011 |
| 6.92 | Håvard Lund | 24 | Steinkjer/Gu | 04.07.1999 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.02 | John Arve Johansen | 36 | Jessheim | 22.09.2013 |

|  |  |
| --- | --- |
| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.28 | Håvard Lund | 24 | Rolvsrud | 27.09.1999 |
| 9.98 | John Arve Johansen | 36 | Jessheim | 26.05.2011 |
| 9.47 | Bjarne Guneriussen | 34 | Jessheim | 15.09.2009 |

|  |  |
| --- | --- |
| **Kule 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.58 | Håvard Lund | 24 | Rolvsrud | 14.11.1999 |

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| --- | --- |
| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 6.29 | Håvard Lund | 24 | Rolvsrud | 14.11.1999 |

|  |  |
| --- | --- |
| **Diskos 1 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.26 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |
| 27,76 | John Arve Johansen | 36 | Jessheim | 26.05.2011 |

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| **MENN VETERAN 75-79** | **612** |

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| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 23.54 | Håvard Lund | 24 | Rolvsrud | 04.12.1999 |

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| --- | --- |
| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 20.40 | Håvard Lund | 24 | Rolvsrud | 13.11.1999 |

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| --- | --- |
| **Slegge 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 30.66 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |
| 24.72 | John Arve Johansen | 36 | Jessheim | 26.05.2011 |

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| --- | --- |
| **Slegge 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.25 | Håvard Lund | 24 | Rolvsrud | 13.11.1999 |

|  |  |
| --- | --- |
| **Slegge 6 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 21.61 | Håvard Lund | 24 | Rolvsrud | 13.11.1999 |

|  |  |
| --- | --- |
| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 18.59 | Håvard Lund | 24 | Rolvsrud | 04.12.1999 |

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| **Spyd 500 g** |  |

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| --- | --- | --- | --- | --- |
| 33.72 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |
| 31.04 | Bjarne Guneriussen | 24 | Jessheim | 15.09.2009 |
| 29.46 | John Arve Johansen | 36 | Drammen/Ma | 28.08.2011 |

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

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| --- | --- | --- | --- | --- |
| 28.97 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |

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| --- | --- |
| **Vektkast 7.26 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.79 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |
| 10.84 | John Arve Johansen | 36 | Jessheim | 26.05.2011 |

|  |  |
| --- | --- |
| **Vektkast 9.08 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.49 | Håvard Lund | 24 | Rolvsrud | 14.11.1999 |

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| **Vektkast 11.34 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.73 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |

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| **MENN VETERAN 75-79** | **613** |

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| **Vektkast 15.88 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.04 | Håvard Lund | 24 | Rolvsrud | 04.12.1999 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2059 | Håvard Lund | 24 | Gjøvik | 19.06.1999 |
| 2.95-24.04-40.66-26.90-0 | | | |

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

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| --- | --- | --- | --- | --- |
| 4820 | Håvard Lund | 24 | Gateshead, GBR | 29-30.07.1999 |
| 18.50-2.91-9.00-1.24-0/18.62-27.00-1.80-25.10-0 | | | |

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

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| --- | --- | --- | --- | --- |
| 4034 | Håvard Lund | 24 | Rolvsrud | 20.07.1999 |
| 30.12-9.88-32.26-33.72-13.28 | | | |

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| --- | --- | --- | --- | --- |
| 3139 | John Arve Johansen | 36 | Jessheim | 26.05.2011 |
| 22.70-9.98-27.43-25.91-10.84 | | | |

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| **MENN VETERAN 75-79** | **614** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 11.31 | Håvard Lund | 24 | Stange | 21.03.1999 |

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

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| 4:01.59 | Henning Høgheim | 39 | Hvam | 05.03.2017 |

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

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| 13.85 | Håvard Lund | 24 | Stange | 20.03.1999 |

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| **Høyde** |  |

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| 1.26 | Håvard Lund | 24 | Stange | 21.03.1999 |

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| **Stav** |  |

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| 2.00 | John Arve Johansen | 36 | Stange | 29.01.2011 |
| 1.62 | Håvard Lund | 24 | Göteborg, SWE | 11.03.2000 |

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| **Tresteg** |  |

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| 6.88 | Håvard Lund | 24 | Stange | 21.03.1999 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.04 | Håvard Lund | 24 | Stange | 25.03.2000 |

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| **Lengde uten tilløp** |  |

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| 2.06 | Håvard Lund | 24 | Heggedal/Gj | 13.02.1999 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.27 | Håvard Lund | 24 | Stange | 25.03.2001 |

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| **MENN VETERAN 80-84** | **615** |

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| **60m M** |  |

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| 11.5 | John Arve Johansen | 36 | Årnes | 28.08.2019 |

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| **100m E** |  |

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| 19.80 | John Arve Johansen | 36 | Geithus | 21.06.2019 |
| 21.76 | Henning Høgheim | 39 | Geithus | 21.06.2019 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:58.00 | Henning Høgheim | 39 | Geithus | 22.06.2019 |
| 4:41.4 | Johannes Bjørnland | 17 | Jessheim | 18.08.1997 |

|  |  |
| --- | --- |
| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:40.15 | Henning Høgheim | 39 | Jessheim | 06.06.2019 |
| 9:29.3 | Johannes Bjørnland | 17 | Jessheim | 16.06.1997 |

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| --- | --- |
| **5000m** |  |

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| 30:31.76 | Henning Høgheim | 39 | Geithus | 23.06.2019 |

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| **10km landevei** |  |

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| 67:42 | Henning Høgheim | 39 | Jessheim | 05.10.2019 |

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| **Høyde** |  |

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| 1.20 | John Arve Johansen | 36 | Borås, SWE | 07.07.2018 |
| 1.15 | Håvard Lund | 24 | San Sebastian, ESP | 22.08.2005 |

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| **Stav** |  |

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| 2.05 | John Arve Johansen | 36 | Geithus | 21.06.2019 |

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| **Lengde** |  |

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| 3.49 | John Arve Johansen | 36 | Borås, SWE | 06.07.2018 |

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| **Tresteg** |  |

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| 7.86 | John Arve Johansen | 36 | Lillestrøm | 23.05.2018 |

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| **MENN VETERAN 80-84** | **616** |

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| **Kule 3 kg** |  |

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| 10.35 | John Arve Johansen | 36 | Årnes | 08.06.2016 |
| 9.44 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |

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| **Kule 4 kg** |  |

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| 8.14 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 24.44 | Håvard Lund | 24 | Heggedal/Gj | 21.08.2004 |
| 22.14 | John Arve Johansen | 36 | Lillestrøm | 11.08.2020 |

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| --- | --- |
| **Slegge 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 28.63 | Håvard Lund | 24 | Heggedal/Gj | 11.05.2005 |
| 23.09 | John Arve Johansen | 36 | Jessheim | 18.10.2018 |

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| --- | --- |
| **Slegge 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 25.90 | Håvard Lund | 24 | Heggedal/Gj | 05.06.2004 |

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| **Spyd 400 g** |  |

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| 29.54 | John Arve Johansen | 36 | Geithus | 14.08.2016 |
| 27.08 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |

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| **Vektkast 5.45 kg** |  |

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| 14.34 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |
| 11.45 | John Arve Johansen | 36 | Lillestrøm | 11.08.2020 |

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

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| 3906 | Håvard Lund | 24 | Heggedal/Gj | 11.06.2005 |
| 28.63-9.44-22.97-27.08-11.97 | | | |

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| 3094 | John Arve Johansen | 36 | Tønsberg/Gr | 12.09.2020 |
| 23.75-9.30-20.64-23.62-10.50 | | | |

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| **MENN VETERAN 80-84** | **617** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 12.54 | Henning Høgheim | 39 | Hvam | 10.03.2019 |
| 13.32 | Håvard Lund | 24 | Stange | 27.02.2005 |

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

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| 4:17.46 | Henning Høgheim | 39 | Bergen/Le | 01.03.2020 |

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| **3000m** |  |

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| 18:25.16 | Henning Høgheim | 39 | Hvam | 10.03.2019 |

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

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| 15.52 | John Arve Johansen | 36 | Hvam | 18.01.2020 |
| 16.41 | Håvard Lund | 24 | Drammen | 19.03.2004 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.20 | John Arve Johansen | 36 | Hvam | 24.04.2018 |
| 1.13 | Håvard Lund | 24 | Stange | 27.02.2005 |

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| **Stav** |  |

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| 2.20 | John Arve Johansen | 36 | Hvam | 12.03.2016 |

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| **Lengde** |  |

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| 3.52 | John Arve Johansen | 36 | Hvam | 04.03.2017 |

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| **Tresteg** |  |

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| 7.63 | John Arve Johansen | 36 | Hvam | 25.04.2017 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.00 | Håvard Lund | 24 | Jessheim/No | 19.04.2004 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.78 | Håvard Lund | 24 | Stange | 26.02.2005 |

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| **Kule 3 kg** |  |

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| 9.88 | John Arve Johansen | 36 | Hvam | 13.03.2016 |
| **MENN VETERAN 80-84** | | **618** | | |

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| **INNENDØRS** |  |

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| **Kule 4 kg** |  |

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| 7.74 | Håvard Lund | 24 | Drammen | 21.03.2004 |

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| **Vekt 5.45 kg** |  |

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| 13.80 | Håvard Lund | 24 | Sandbu | 26.02.2005 |

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| --- | --- |
| **5-kamp** |  |

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| --- | --- | --- | --- | --- |
| 2656 | John Arve Johansen | 36 | Hvam | 18.01.2020 |
| 60mh:15.52-Høyde:1.16-Kule 3:9.51-Lengde:3.24-1000m:- | | | |

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| **MENN VETERAN 85-89** | **619** |

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| **100m E** |  |

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| 20.75 | John Arve Johansen | 36 | Førde | 25.06.2021 |

|  |  |
| --- | --- |
| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 14:10.0 | Johannes Bjørnland | 17 | Jessheim | 13.06.2002 |

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| --- | --- |
| **Høyde** |  |

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| 1.09 | John Arve Johansen | 36 | Førde | 26…06.2021 |

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| **Stav** |  |

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| 1.60 | John Arve Johansen | 36 | Førde | 25.06.2021 |

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| **Lengde** |  |

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| 3.02 | John Arve Johansen | 36 | Førde | 25.06.2021 |

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| **Tresteg** |  |

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| 6.43 | John Arve Johansen | 36 | Førde | 27.06.2021 |

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| **Kule 3 kg** |  |

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| 9.45 | John Arve Johansen | 36 | Lillestrøm | 15.06.2021 |
| 6.65 | Håvard Lund | 24 | Jessheim | 15.06.2010 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 21.25 | John Arve Johansen | 56 | Lillestrøm | 15.06.2021 |
| 18.43 | Håvard Lund | 24 | Moss/Me | 22.08.2009 |

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| **Slegge 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 25.19 | John Arve Johansen | 36 | Lillestrøm | 15.06.2021 |
| 22.29 | Håvard Lund | 24 | Lillestrøm | 31.08.2009 |

|  |  |
| --- | --- |
| **Spyd 400 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.17 | John Arve Johansen | 36 | Førde | 27.06.2021 |
| 18.02 | Håvard Lund | 24 | Moss/Me | 23.08.2009 |

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| **MENN VETERAN 85-89** | **620** |

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| **Vektkast 5.45 kg** |  |

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| 11.00 | Håvard Lund | 24 | Heggedal/Ka | 17.06.2010 |
| 10.59 | John Arve Johansen | 36 | Lillestrøm | 14.09.2021 |

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

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| --- | --- | --- | --- | --- |
| 3701 | John Arve Johansen | 36 | Lillestrøm | 15.06.2021 |
| 25.19-9.28-21.25-22.39-10.51 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3363 | Håvard Lund | 24 | Oslo/La | 02.05.2009 |
| 20.24-6.31-17.50-17.55-9.57 | | | |

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| **MENN VETERAN 85-89** | **621** |

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| **INNENDØRS** |  |

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| **60m** |  |

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| 12.35 | John Arve Johansen | 36 | Hvam | 24.10.2021 |

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

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| 16.58 | John Arve Johansen | 36 | Hvam | 23.10.2021 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.11 | John Arve Johansen | 36 | Torun, POL | 26.03.2023 |

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

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| --- | --- | --- | --- | --- |
| 1.60 | John Arve Johansen | 36 | Stange | 29.01.2023 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 2.88 | John Arve Johansen | 36 | Torun | 29.03.2023 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 6.69 | John Arve Johansen | 36 | Hvam | 24.10.2021 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.78 | Håvard Lund | 24 | Ås/GG | 23.02.2009 |

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| **Kule 3** |  |

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| 8.73 | John Arve Johansen | 36 | Torun, POL | 29.03.2023 |

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| **5-kamp** |  |

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| 2316 | John Arve Johansen | 36 | Torun, POL | 29.03.2023 |
| 60mh: 16.11-Lengde: 2.88 – Kule 3: 8.73 – Høyde: 1.03-1000m:0 | | | |