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| **KVINNER SENIOR** | **85** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 7.85 | Linn Helene Bakke | 91 | Karlstad, SWE | 27.01.2008 |
| 8.01 | Tonje Moen | 00 | Rud | 20.01.2018 |
| 8.02 | Birgitte Kjuus | 99 | Hvam | 14.01.2017 |
| 8.03 | Betina Nilssen | 92 | Oslo/Ek | 06.12.2008 |
| 8.08 | Summer Steinsrud | 01 | Hvam | 25.01.2020 |
| 8.13 | Inger Birgitte Reppe | 68 | Askim | 31.01.1987 |
| 8.16 | Vår Åsheim | 99 | Lillestrøm | 30.01.2016 |
| 8.18 | Lene Kristin Nyland | 74 | Oslo/Ek | 10.03.1990 |
| 8.19 | Liv Anita Mikkelborg | 80 | Lillestrøm | 19.02.1995 |
| 8.20 | Lena Opaker | 69 | Lillestrøm | 19.02.1995 |
| 8.22 | Linnea Bratteng | 07 | Sandnes | 09.03.2024 |
| 8.25 | Kirsten Andersen | 70 | Askim | 01.02.1986 |
| 8.26 | Evelyn Svanøe | 10 | Rud | 09.02.2025 |
| 8.27 | Linnea Sjøstrøm Johansen | 06 | Hvam | 04.02.2023 |
| 8.31 | Astrid Helene Walstad | 11 | Stange | 22.03.2025 |
| 8.33 | Charlotte Grasmoe | 96 | Steinkjer | 09.03.2013 |
| 8.34 | Tone Lauritzen | 76 | Stange | 18.03.1995 |
| 8.38 | Emilie Hov Andreassen | 00 | Rud | 05.12.2015 |
| 8.38 | Kari Ingelin Sjøstrøm Johnsen | 03 | Stange | 22.03.2019 |
| 8.39 | Frida Rimstad | 07 | Hvam | 03.02.2024 |
| 8.41 | Victoria Hillveg | 86 | Oslo/Ek | 02.12.2000 |
| 8.44 | Elèn Linchausen Skar | 06 | Hvam | 22.01.2022 |
| 8.47 | Lilly Sivertsen | 10 | Rud | 08.02.2025 |
| 8.52 | Frida Kristine Forberg | 92 | Lillestrøm | 29.03.2009 |
| 8.52 | Solveig Emilie Johansen | 03 | Hvam | 10.12.2016 |
| 8.61 | Ebba Beyer | 98 | Stange | 16.03.2013 |
| 8.62 | Munda Mkanda | 94 | Lillestrøm | 26.01.2008 |
| 8.68 | Lisa Kazonza | 95 | Stange | 16.03.2013 |
| 8.69 | Oda Rognstad | 05 | Hvam | 26.01.2019 |
| 8.70 | Mari Solbrekken | 87 | Stange | 13.03.2004 |
| 8.70 | Silje Disserud | 91 | Lillestrøm | 17.02.2007 |
| 8.72 | Sunniva Murberg | 99 | Stange | 16.03.2013 |
| 8.74 | Kari Robøle | 86 | Stange | 16.03.2002 |
| 8.74 | Hanna Rimstad | 10 | Rud | 25.11.2023 |
| 8.75 | Elisabeth Langrusten | 86 | Stange | 15.03.2003 |
| 8.76 | Sofie Schancke Krauss | 98 | Stange | 04.02.2012 |
| 8.78 | Susann Bakke | 92 | Stange | 08.03.2008 |
| 8.79 | Hanna Nyheim | 79 | Lillestrøm | 19.02.1995 |
| 8.79 | Rikke Gustavson | 93 | Trondheim/Ra | 12.03.2011 |
| 8.81 | Tonje Oliversen | 91 | Stange | 13.03.2004 |
| 8.84 | Hedda Algarheim Tverås | 01 | Lillestrøm | 31.01.2015 |
| 8.85 | Camilla Høynestøl | 12 | Stange | 22.03.2025 |
| 8.90 | Sara Isabella Bertheussen | 07 | Hvam | 03.12.2022 |

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| **KVINNER SENIOR** | **86** |

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| **INNENDØRS** |  |

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

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| 8.90 | Karoline Hjelm Bakkerud | 06 | Hvam | 04.02.2023 |
| 8.91 | Liv Kristina Holter | 97 | Lillestrøm | 23.01.2010 |
| 8.95 | Inger Lise Sundheim | 55 | Stange | 03.03.1996 |
| 8.95 | Bettina Berg Julsrud | 12 | Rud | 15.02.2025 |
| 8.97 | Silje Scheie Bråthen | 91 | Stange | 13.03.2004 |
| 8.97 | Natalie Jøransen | 07 | Hvam | 04.02.2023 |
| 8.98 | Heidi Stubbs Holdal | 92 | Stange | 05.03.2005 |
| 9.05 | Tonje Berg | 85 | Stange | 19.02.2000 |
| 9.06 | Charlotte Oliversen | 91 | Stange | 05.03.2005 |
| 9.06 | Kathrine Hoff | 91 | Stange | 17.03.2007 |
| 9.07 | Erle Tangestuen | 07 | Stange | 16.03.2024 |
| 9.13 | Elena Teresa Haugen-Teixeira | 06 | Hvam | 25.01.2020 |
| 9.14 | Ingrid Maudal | 82 | Stange | 16.03.1996 |
| 9.14 | Nikoline Håndstad | 01 | Rud | 08.02.2014 |
| 9.15 | Vilde Langaas-Pedersen | 11 | Hvam | 25.01.2025 |
| 9.16 | Stine Bøe Karlsen | 90 | Stange | 18.03.2006 |
| 9.20 | Victoria Grøva | 07 | Hvam | 07.12.2019 |
| 9.21 | Anna Jørgensen | 11 | Rud | 13.02.2022 |
| 9.22 | Vilde Svardahl | 01 | Stange | 22.03.2014 |
| 9.23 | Rikke Gustavson | 93 | Lillestrøm | 29.03.2009 |
| 9.23 | Sophie Mannion | 05 | Hvam | 26.01.2019 |
| 9.23 | Ylva Granberg | 11 | Stange | 22.03.20251 |
| 9.26 | Ida Johanne Folsland | 02 | Hvam | 10.12.2016 |
| 9.28 | Haddyjatau Jobe | 98 | Stange | 04.02.2012 |
| 9.28 | Amanda Johanne Ekren | 05 | Hvam | 07.12.2019 |
| 9.32 | Hilde Gustavson | 87 | Drammen | 02.02.2002 |
| 9.32 | Amalie Westby Liestøl | 02 | Rud | 08.02.2014 |
| 9.37 | Synne Rognstad | 03 | Hvam | 16.01.2016 |
| 9.41 | Hermine Opsahl Torgersen | 10 | Rud | 12.02.2022 |
| 9.45 | Ida Tonhaugen | 95 | Trondheim/Ra | 12.03.2011 |
| 9.46 | Mathilde Solberg | 99 | Lillestrøm | 28.01.2012 |
| 9.49 | Heidi Huse | 89 | Lillestrøm | 02.03.2002 |
| 9.50 | Helena Seland Myhre | 97 | Lillestrøm | 26.03.2011 |
| 9.53 | Anna Baginski | 81 | Hvam | 03.02.2024 |
| 9.54 | Marte Mikkelsen | 94 | Stange | 19.03.2006 |
| 9.55 | Silje Christine Berg-Knutsen | 05 | Stange | 17.03.2018 |
| 9.55 | Britt Helen Lye | 77 | Hvam | 10.03.2019 |
| 9.58 | Katrine Hoff | 91 | Stange | 05.03.2005 |
| 9.58 | Andrea Christensen | 01 | Lillestrøm | 26.01.2013 |
| 9.69 | Kajsa Marie Ellevold | 08 | Hvam | 07.12.2019 |
| 9.72 | Sofie Rostad | 94 | Stange | 08.03.2008 |
| 9.73 | Emma Kristine Nilsen | 04 | Stange | 22.03.2015 |
| 9.73 | Solveig Rosalie Evers | 12 | Hvam | 07.12.2024 |
| 9.74 | Anne Sofie Østby | 99 | Oslo/Ek | 03.12.2011 |

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| **KVINNER SENIOR** | **87** |

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| **INNENDØRS** |  |

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

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| --- | --- | --- | --- | --- |
| 9.77 | Norina Vestre | 11 | Hvam | 03.12.2022 |
| 9.81 | June Laake | 04 | Stange | 22.03.2015 |
| 9.83 | Andrea Jødahl | 01 | Stange | 17.03.2013 |
| 9.84 | Silje Svendsen | 01 | Stange | 17.03.2013 |
| 9.91 | Ida Berg Hansen | 92 | Stange | 18.03.2006 |
| 9.93 | Selma Kvam | 04 | Hvam | 02.03.2016 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.9 | Inger Birgitte Reppe | 68 | Lillestrøm | 16.03.1986 |
| 8.1 | Kirsten Andersen | 70 | Lillestrøm | 16.03.1986 |
| 8.2 | Tone Lauritzen | 76 | Lillestrøm | 03.03.1991 |
| 8.3 | Lene Kristin Nyland | 74 | Lillestrøm | 15.03.1987 |
| 8.3 | Lene Opaker | 69 | Lillestrøm | 07.02.1993 |
| 8.3 | Liv Anita Mikkelborg | 80 | Lillestrøm | 06.03.1994 |
| 8.7 | Kristin Urnes | 75 | Lillestrøm | 22.01.1989 |
| 9.0 | Hege Rustad | 70 | Oslo/Ek | 04.02.1984 |
| 9.3 | Claire Phytian | 73 | Oslo/Ek | 21.01.2025 |
| 9.4 | Astrid Mathisen | 76 | Lillestrøm | 22.01.1989 |
| 9.5 | Siri Fjeldberg | 71 | Oslo/Ek | 04.02.1984 |
| 9.5 | Ingrid Maudal | 82 | Lillestrøm | 06.03.1994 |
| 9.6 | Ann Cathrin Wilford | 71 | Oslo/Ek | 04.02.1984 |
| 9.6 | Marie Sølvberg | 76 | Lillestrøm | 22.01.1989 |

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| **100m E** |  |

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| 12.43 | Linn Helene Bakke | 92 | Drammen | 03.02.2008 |
| 12.67 | Inger Birgitte Reppe | 68 | Drammen | 12.02.2006 |
| 12.96 | Summer Steinsrud | 01 | Drammen | 05.01.2020 |
| 13.01 | Betina Nilssen | 92 | Drammen | 03.02.2008 |
| 13.15 | Evelyn Svanøe | 10 | Rud | 27.02.2025 |

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| **100m M** |  |

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| 12.0 | Inger Birgitte Reppe | 68 | Drammen | 17.01.1988 |

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| **KVINNER SENIOR** | **88** |

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| **INNENDØRS** |  |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 25.54 | Betina Nilssen | 92 | Stange | 09.03.2008 |
| 25.55 | Vår Åsheim | 99 | Rud | 09.02.2019 |
| 25.74 | Linn Helene Bakke | 91 | Stange | 19.03.2006 |
| 25.91 | Summer Steinsrud | 01 | Rud | 08.03.2020 |
| 26.30 | Lene Opaker | 69 | Stange | 12.02.1995 |
| 26.59 | Kari Ingelin Sjøstrøm Johnsen | 03 | Stange | 24.03.2019 |
| 26.79 | Liv Anita Mikkelborg | 80 | Stange | 18.03.1995 |
| 26.86 | Tonje Moen | 00 | Steinkjer | 28.02.2016 |
| 26.86 | Elèn Linchausen Skar | 06 | Sandnes | 10.03.2024 |
| 26.89 | Solveig Emilie Johansen | 03 | Rud | 11.02.2018 |
| 26.98 | Emilie Hov Andreassen | 00 | Rud | 05.02.2015 |
| 27.11 | Evelyn Svanøe | 10 | Rud | 14.02.2025 |
| 27.24 | Frida Rimstad | 07 | Rud | 10.02.2024 |
| 27.39 | Natalie Norbech Jøransen | 07 | Rud | 14.02.2025 |
| 27.65 | Astrid Helene Walstad | 11 | Hvam | 26.01.2025 |
| 27.79 | Frida Kristine Forberg | 92 | Stange | 09.03.2008 |
| 27.83 | Charlotte Grasmoe | 96 | Stange | 17.03.2013 |
| 28.09 | Tuva Forsbacka | 09 | Stange | 17.03.2024 |
| 28.14 | Sara Isabella Bertheussen | 07 | Hvam | 07.12.2024 |
| 28.25 | Mina Finsveen | 07 | Rud | 10.02.2024 |
| 28.48 | Lene Kristin Nyland | 74 | Oslo/Ek | 10.03.1990 |
| 28.50 | Linnea Sjøstrøm Johansen | 06 | Stange | 13.03.2022 |
| 28.58 | Hanna Rimstad | 10 | Rud | 25.11.2023 |
| 28.69 | Mari Solbrekken | 87 | Stange | 14.03.2004 |
| 28.70 | Tonje Oliversen | 91 | Stange | 19.03.2006 |
| 28.80 | Munda Mkanda | 92 | Stange | 09.03.2008 |
| 28.81 | Sofie Schancke Krauss | 98 | Stange | 17.03.2013 |
| 28.90 | Lisa Kazonza | 95 | Stange | 17.03.2013 |
| 29.02 | Oda Rognstad | 05 | Hvam | 26.01.2019 |
| 29.08 | Hermine Opsahl Torgersen | 10 | Rud | 09.02.2024 |
| 29.33 | Linnea Lacomte | 07 | Hvam | 04.02.2024 |
| 29.29 | Victoria Hillveg | 86 | Oslo/Ek | 15.01.2000 |
| 29.66 | Linnea Børresen Lacomte | 07 | Hvam | 02.12.2023 |
| 29.69 | Bettina Berg Julsrud | 12 | Rud | 15.02.2025 |
| 29.74 | Heidi Stubbs Holdal | 92 | Stange | 19.03.2006 |
| 29.79 | Hedda Algarheim Tverås | 01 | Stange | 22.03.2015 |
| 29.83 | Silje Disserud | 91 | Stange | 19.03.2006 |
| 29.86 | Erle Tangestuen | 07 | Hvam | 17.03.2024 |
| 29.88 | Camilla Høynesdal | 12 | Stange | 23.03.2025 |
| 29.90 | Hilde Gustavson | 87 | Stange | 16.03.2003 |
| 30.03 | Rikke Gustavson | 93 | Stange | 20.03.2011 |
| 30.04 | Anne Lillegård | 73 | Stange | 06.03.2005 |
| 30.09 | Julie Hammer | 04 | Hvam | 09.12.2017 |

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| **KVINNER SENIOR** | **89** |

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| **INNENDØRS** |  |

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

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| --- | --- | --- | --- | --- |
| 30.15 | Victoria Børresen | 98 | Karlstad, SWE | 22.01.2012 |
| 30.20 | Hanna Schultze Toverud | 96 | Trondheim/Ra | 20.03.2011 |
| 30.35 | Heidi Bogstad | 67 | Oslo/Ek | 22.01.1983 |
| 30.42 | Marthe Skau | 98 | Stange | 17.03.2003 |
| 30.50 | Elena Teresa Haugen-Teixeira | 07 | Rud | 09.02.2020 |
| 30.59 | Amalie Westby Liestøl | 02 | Stange | 22.03.2015 |
| 30.59 | Sophie Mannion | 05 | Hvam | 26.01.2019 |
| 30.66 | Tonje Berg | 85 | Stange | 05.03.2000 |
| 30.95 | Tuva Isabella Bertheussen | 09 | Hvam | 05.02.2023 |
| 30.96 | Stine Karlsen | 90 | Stange | 19.03.2006 |
| 31.03 | Ylva Granberg | 11 | Rud | 08.02.2025 |
| 31.24 | Charlotte Oliversen | 91 | Oslo/Ek | 06.03.2004 |
| 31.25 | Anna Jørgensen | 11 | Rud | 13.02.2022 |
| 31.38 | Silje Scheie Bråthen | 91 | Oslo/Ek | 06.03.2004 |
| 31.45 | Andrea Jødahl | 01 | Rud | 09.02.2014 |
| 31.57 | Lena Kisel | 13 | Hvam | 26.01.2025 |
| 31.60 | Helena Seland Myhre | 97 | Stange | 20.03.2011 |
| 31.60 | Tiril Gustavsen | 98 | Stange | 17.03.2013 |
| 31.83 | Nikoline Handstad | 01 | Rud | 09.02.2014 |
| 31.88 | Marie Tømmerberg | 91 | Oslo/Ek | 02.12.2006 |
| 31.97 | Synne Rognstad | 03 | Hvam | 16.01.2016 |
| 32.14 | Silje Svendsen | 01 | Rud | 09.02.2014 |
| 32.27 | Madeleine Kristiansen | 06 | Hvam | 07.12.2019 |
| 32.29 | Ebba Beyer | 98 | Stange | 02.03.2003 |
| 32.39 | Hanna Rimstad | 10 | Hvam | 23.01.2022 |
| 32.61 | Silje Christine Berg-Knutsen | 05 | Hvam | 25.03.2017 |
| 32.71 | Ida Johanne Folsland | 02 | Hvam | 16.01.2016 |
| 32.81 | Brit Helen Lye | 77 | Hvam | 09.03.2019 |
| 32.83 | Malene Gulbrandsen Høe | 05 | Stange | 19.03.2017 |
| 32.89 | June Laake | 04 | Stange | 22.03.2015 |
| 32.97 | Karoline Hjelm Bakkerud | 06 | Stange | 18.03.2018 |
| 32.98 | Haddyjatou Jobe | 98 | Stange | 05.02.2012 |
| 33.16 | Silje Svendsen | 01 | Stange | 17.03.2013 |
| 33.18 | Vie Rudi Lund | 09 | Hvam | 26.01.2020 |
| 33.31 | Brit Helen Lye | 77 | Hvam | 08.12.2018 |
| 33.45 | Pernille Nilsen | 04 | Hvam | 16.01.2016 |
| 33.51 | Oda Rognstad | 05 | Hvam | 16.01.2016 |
| 33.61 | Karoline Ødemark Hov | 93 | Stange | 15.03.2009 |

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| **300m E** |  |

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| 40.18 | Vår Åsheim | 99 | Hvam | 26.01.2019 |

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| **KVINNER SENIOR** | **90** |

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| **INNENDØRS** |  |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 56.84 | Vår Åsheim | 99 | Rud | 10.02.2018 |
| 58.19 | Summer Steinsrud | 98 | Rud | 08.02.2020 |
| 59.01 | Josefine Heier | 96 | Rud | 18.02.2023 |
| 59.96 | Emilie Hov Andreassen | 00 | Hvam | 16.01.2016 |
| 60.58 | Caroline Foss Høistad | 98 | Rud | 29.01.2022 |
| 61.37 | Tuva Isabella Forsbacka | 09 | Hvam | 07.12.2024 |
| 61.76 | Natalie Norbech Jøransen | 07 | Rud | 08.02.2025 |
| 62.62 | Pia Bålsrud | 95 | Rud | 11.01.2015 |
| 63.04 | Elisabeth Langrusten | 86 | Stange | 29.03.2003 |
| 64.42 | Anne Lillegård | 73 | Stange | 15.01.2005 |
| 64.74 | Kari Fjeldberg | 68 | Askim | 10.02.1985 |
| 65.51 | Sofie Skancke Krauss | 98 | Rud | 11.01.2015 |
| 66.12 | Sara Isabella Bertheussen | 07 | Hvam | 25.01.2025 |
| 67.10 | Helena Seland Myhre | 97 | Rud | 11.01.2015 |
| 68.76 | Hege Rustad | 70 | Askim | 10.02.1985 |
| 70.50 | Unn Hoel | 69 | Askim | 10.02.1985 |

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| **KVINNER SENIOR** | **91** |

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| **INNENDØRS** |  |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:33.31 | Emilie Hov Andreassen | 00 | Rud | 05.12.2015 |
| 1:36.43 | Caroline Høistad Foss | 98 | Hvam | 14.01.2017 |
| 1:38.30 | Wilma Torbjørnsspn | 06 | Hvam | 04.12.2021 |
| 1:43.35 | Julie Hammer | 04 | Hvam | 09.12.2017 |
| 1:44.06 | Kari Ingelin Sjøstrøm Johansen | 03 | Hvam | 25.01.2020 |
| 1:44.67 | Tuva Isabella Forsbacka | 97 | Stange | 16.03.2024 |
| 1:44.95 | Anne Lillegård | 73 | Stange | 05.03.2005 |
| 1:46.14 | Natalie Norbech Jøransen | 07 | Stange | 16.03.2024 |
| 1:47.36 | Vilde Svardahl | 01 | Stange | 21.04.2015 |
| 1:48.41 | Hilde Gustavson | 87 | Stange | 13.03.2006 |
| 1:48.66 | Hermine Opsahl Torgersen | 10 | Rud | 11.02.2023 |
| 1:50.49 | Victoria Børresen | 98 | Stange | 04.02.2012 |
| 1:50.50 | Helena Seland Myhre | 97 | Jessheim | 06.12.2014 |
| 1:50.60 | Amalie Westby Liestøl | 02 | Stange | 21.03.2015 |
| 1:51.03 | Malene Fjellestad | 97 | Stange | 16.03.2013 |
| 1:51.78 | Hanna Rimstad | 10 | Rud | 15.02.2025 |
| 1:52.25 | Tonje Oliversen | 91 | Stange | 13.03.2004 |
| 1:53.28 | Ida Berg Hansen | 92 | Stange | 17.03.2007 |
| 1:53.42 | Hedda Algarheim Tverås | 01 | Stange | 22.03.2014 |
| 1:53.56 | Heidi Kristine Halling | 97 | Stange | 17.03.2012 |
| 1:54.76 | Victoria Børresen | 98 | Stange | 16.03.2013 |
| 1:57.21 | Solveig Emilie Johansen | 03 | Stange | 21.03.2015 |
| 1:57.33 | Charlotte Oliversen | 91 | Stange | 13.03.2004 |
| 1:57.37 | Mia Jenny Østreng | 03 | Hvam | 10.12.2016 |
| 1:57.46 | Silje Christine Berg-Knutsen | 05 | Stange | 17.03.2018 |
| 1:58.62 | Tonje Berg | 85 | Stange | 04.03.2000 |
| 1:58.71 | Sofie Rostad | 94 | Oslo/Ek | 01.12.2007 |
| 1:59.85 | June Laake | 04 | Rud | 05.12.2015 |
| 2:00.35 | Oline Soma Slåstad | 07 | Hvam | 06.03.2021 |
| 2:00.35 | Madeleine Kristiansen | 06 | Hvam | 06.03.2021 |
| 2:00.46 | Malene Fjellestad | 97 | Stange | 17.03.2012 |
| 2:01.81 | Norun Elise Bamrud | 92 | Stange | 17.03.2007 |
| 2:02.95 | Maren Eriksen Skappel | 96 | Stange | 19.03.2011 |
| 2:03.43 | Malene Gulbrandsen Høe | 05 | Lillestrøm | 28.01.2017 |
| 2:05.32 | Anna Jørgensen | 11 | Rud | 12.02.2022 |
| 2:09.44 | Synne Rognstad | 03 | Hvam | 16.01.2016 |
| 2:09.45 | Andrea Liestøl | 02 | Stange | 16.03.2013 |
| 2:10.70 | Frøydis Åsheim | 02 | Rud | 09.02.2014 |

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| **KVINNER SENIOR** | **92** |

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| **INNENDØRS** |  |

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| **600m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:10.80 | Astrid Marie Jensen | 09 | Hvam | 04.02.2023 |
| 2:10.97 | Karoline Hertzenberg | 89 | Stange | 10.03.2002 |
| 2:11.03 | Linn Helene Bakke | 91 | Lillestrøm | 01.02.2003 |
| 2:11.58 | Oda Gladheim | 05 | Stange | 12.03.2016 |
| 2:11.74 | Marie Næss | 00 | Stange | 20.03.2011 |
| 2:12.13 | Sophie Mannion | 05 | Stange | 18.03.2017 |

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| **KVINNER SENIOR** | **93** |

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| **INNENDØRS** |  |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:06.81 | Marte Hovland | 05 | Espoo, FIN | 09.02.2025 |
| 2:07.50 | Amalie Sæten | 97 | Ulsteinvik | 28.02.2020 |
| 2:10.58 | Josefine Heier | 96 | Rud | 19.02.2023 |
| 2:12.97 | Wilma Anna Torbjørnsson | 07 | Hvam | 02.12.2023 |
| 2:16.44 | Veronica Undseth | 94 | Ulsteinvik | 07.03.2015 |
| 2:17.92 | Caroline Høistad Foss | 98 | Hvam | 06.02.2016 |
| 2:19.43 | Tuva Forsbacka | 09 | Sandnes | 09.03.2024 |
| 2:19.6 | Nina Holm | 64 | Oslo/Ek | 03.03.1984 |
| 2:19.67 | Emilie Hov Andreassen | 00 | Rud | 15.02.2015 |
| 2:23.27 | Tuva Isabella Forsbacka | 09 | Hvam | 26.01.2025 |
| 2:24.07 | Venus Teffera | 08 | Sandnes | 09.03.2024 |
| 2:25.9 | Inger Birgitte Reppe | 68 | Drammen | 10.02.1985 |
| 2:26.2 | Guri Fjeldberg | 69 | Drammen | 10.02.1985 |
| 2:27.13 | Hermine Opsahl Torgersen | 10 | Rud | 08.02.2025 |
| 2:28.08 | Elisabeth Langrusten | 86 | Stange | 16.03.2003 |
| 2:28.08 | Anne Lillegård | 73 | Stange | 16.01.2005 |
| 2:30.12 | Sina Sandholt | 92 | Drammen | 17.12.2006 |
| 2:30.3 | Liv Anita Mikkelborg | 80 | Oslo/Ek | 15.01.1994 |
| 2:31.69 | Andrea Furuseth | 96 | Ulsteinvik | 07.03.2015 |
| 2:32.93 | Malene Fjellestad | 97 | Steinkjer | 09.03.2013 |
| 2:36.09 | Maren Skappel Eriksen | 967 | Steinkjer | 09.03.2013 |
| 2:36.10 | Hilde Gustavson | 86 | Drammen | 11.12.2006 |
| 2:36.26 | Silje Gundersen | 92 | Drammen | 17.12.2006 |
| 2:37.43 | Heidi Kristine Halling | 97 | Sandnes | 10.03.2012 |
| 2:39.16 | Tonje Berg | 85 | Stange | 26.01.2002 |
| 2:39.60 | Jennie Evelina Lätt | 09 | Hvam | 26.01.2025 |
| 2:41.24 | Victoria Børresen | 98 | Steinkjer | 09.03.2013 |
| 2:42.02 | Elèn Linchausen Skar | 06 | Rud | 09.02.2025 |
| 2:44.69 | Marie Tømmerberg | 91 | Drammen | 17.12.2006 |
| 2:45.81 | Linn-Kristin Vibekken | 81 | Stange | 28.01.2024 |
| 2:47.29 | Tonje Oliversen | 91 | Stange | 24.01.2004 |
| 2:56.18 | Hedda Algarheim Tverås | 01 | Rud | 11.01.2014 |
| 3:00.5 | Katrine Finstad | 75 | Drammen | 07.12.1988 |

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| **KVINNER SENIOR** | **94** |

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| **INNENDØRS** |  |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 3:11:43 | Hermine Opsahl Torgersen | 10 | Gøteborg, SWE | 01.12.2024 |
| 3:19.33 | Emilie Hov Andreassen | 00 | Rud | 11.01.2014 |
| 3:25.70 | Victoria Børresen | 98 | Karlstad, SWE | 21.02.2012 |
| 3:38.28 | Malene Fjellestad | 97 | Karlstad, SWE | 22.01.2012 |

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

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| --- | --- | --- | --- | --- |
| 4:16.46 | Wilma Anna Torbjørnsson | 07 | Ostrava, CZE | 13.02.2025 |
| 4:17.46 | Amalie Sæten | 97 | Ulsteinvik | 02.02.2023 |
| 4:19.66 | Marte Hovland | 05 | Rud | 22.02.2025 |
| 4:22.50 | Venus Taffera | 08 | Göteborg, SWE | 18.01.2025 |
| 4:24.17 | Marte Hovland | 05 | Hvam | 25.01.2025 |
| 4:51.33 | Caroline Høistad Foss | 98 | Hvam | 16.01.2016 |
| 4:55.71 | Tina Moen | 00 | Hvam | 16.01.2016 |
| 4:56.3 | Nina Holm | 64 | Oslo/Ek | 21.01.1984 |
| 5:05.14 | Tuva Forsbacka | 09 | Uddevalla, SWE | 11.01.2025 |
| 5:10.97 | Hermine Opsahl Torgersen | 10 | Ulsteinvik | 31.01.2025 |
| 5:17.01 | Helena Seland Myhre | 98 | Hvam | 16.01.2016 |
| 5:17.58 | Frida Forberg | 92 | Karlstad, SWE | 16.02.2008 |
| 5:19.71 | Marianne Opsahl | 73 | Stange | 15.01.2005 |
| 5:21.93 | Anne Lillegård | 73 | Stange | 04.02.2004 |
| 5:25.2 | Malene Fjellestad | 97 | Rud | 11.01.2015 |
| 5:26.20 | Heidi Kristine Halling | 97 | Sandnes | 09.03.2012 |
| 5:32.49 | Linn-Kristin Vibekken | 81 | Hvam | 16.02.2025 |
| 5:32.74 | Hanna Blom Breivik | 69 | Hvam | 16.02.2025 |
| 5:44.19 | Elise Eggum | 06 | Hvam | 04.02.2023 |
| 5:55.06 | Marie Tømmerberg | 91 | Stange | 13.01.2007 |

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| **3000m** |  |

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| 9:01.85 | Wilma Torbjørnsson | 07 | Espoo, FIN | 09.02.2025 |
| 9:11.91 | Amalie Sæten | 97 | Mancester, GBR | 28.01.2023 |
| 9:26.77 | Venus Taffera | 08 | Hvam | 26.01.2025 |
| 9:54.31 | Hanne Mjøen Maridal | 96 | Rud | 01.02.2020 |
| 10:33.16 | Silje Ekroll Jahren | 88 | Rud | 06.03.2016 |
| 11:25.93 | Marianne Opsahl | 73 | Stange | 13.02.2005 |
| 11:34.02 | Linn-Kristin Vibekken | 81 | Stange | 28.01.2024 |
| 11:35.42 | Ingeborg Nordaune | 97 | Rud | 10.02.2018 |
| 11:55.13 | Hanna Blom Breivik | 69 | Hvam | 15.02.2025 |
| 12:19.15 | Magdolna Takats | 74 | Hvam | 13.03.2016 |

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| **KVINNER SENIOR** | **95** |

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

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| 8.75 | Inger Birgitte Reppe | 68 | Askim | 21.02.1988 |
| 8.81 | Tonje Moen | 00 | Rud | 20.01.2018 |
| 9.15 | Vår Åsheim | 99 | Rud | 03.03.2017 |
| 10.38 | Marit Rogstad | 67 | Oslo/Ek | 22.01.1983 |
| 11.34 | Tonje Berg | 85 | Karlstad, SWE | 17.02.2002 |

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| **60m hekk 84 cm M** | |  | | |
| 10.2 | Kristin Urnes | 75 | Lillestrøm | 22.02.1992 |

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

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| 15.0 | Inger Birgitte Reppe | 68 | Drammen | 10.01.1987 |

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| **KVINNER SENIOR** | **96** |

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| **INNENDØRS** |  |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.68 | Hanna Rimstad | 10 | Ulsteinvik | 02.02.2025 |
| 1.65 | Kristin Urnes | 75 | Lillestrøm | 11.01.1992 |
| 1.65 | Anita Dale | 76 | Askim | 05.03.1994 |
| 1.65 | Linn Helene Bakke | 91 | Stange | 05.03.2005 |
| 1.65 | Lilly Sivertsen | 10 | Rud | 09.02.2025 |
| 1.60 | Guri Fjeldberg | 69 | Lillestrøm | 12.01.1985 |
| 1.58 | Anne Mette Olsen | 54 | Fredrikstad/Ko | 22.01.1972 |
| 1.56 | Siv Anita Engh | 85 | Stange | 10.02.2002 |
| 1.55 | Ebba Beyer | 98 | Rud | 11.01.2014 |
| 1.55 | Mari Steen Myrvang | 06 | Hvam | 26.01.2019 |
| 1.55 | Frida Rimstad | 07 | Ulsteinvik | 05.03.2023 |
| 1.50 | Kari Fjeldberg | 68 | Lillestrøm | 19.01.1986 |
| 1.50 | Victoria Hillveg | 86 | Karlstad, SWE | 06.02.2000 |
| 1.50 | Astrid Helene Walstad | 11 | Stange | 22.03.2025 |
| 1.47 | Inger Birgitte Reppe | 68 | Drammen | 09.02.1985 |
| 1.45 | Tove Dønnum Jensen | 40 | Oslo/Hu | 19.03.1966 |
| 1.45 | Astrid Sundby | 42 | Oslo/Hu | 04.04.1964 |
| 1.43 | Inger Lise Sundheim | 55 | Stange | 25.03.2000 |
| 1.43 | Ella Hjeltnes | 11 | Hvam | 07.12.2024 |
| 1.40 | Tonje Berg | 85 | Lillestrøm | 25.02.2001 |
| 1.40 | Linnea Bratteng | 07 | Stange | 12.02.2022 |
| 1.35 | Tone Lauritzen | 76 | Lillestrøm | 18.02.1990 |
| 1.35 | Ingrid Maudal | 82 | Lillestrøm | 03.03.1996 |
| 1.34 | Lise Mette Holme | 83 | Jevnaker | 25.03.1995 |
| 1.30 | Kirsten Ladegård | 56 | Lillestrøm/Pl | 15.02.1970 |
| 1.30 | Karoline Hertzenberg | 89 | Stange | 16.03.2002 |
| 1.30 | Vår Åsheim | 99 | Lillestrøm | 28.01.2012 |
| 1.25 | Inger Anne Nerhagen | 57 | Lillestrøm/Pl | 15.02.1970 |
| 1.25 | Heidi Huse | 89 | Lillestrøm | 02.03.2002 |
| 1.25 | Sofie Rostad | 94 | Stange | 08.03.2008 |
| 1.25 | Natalie Norbech Jøransen | 07 | Hvam | 26.01.2019 |
| 1.24 | Ylva Sophie Granberg | 11 | Hvam | 26.02.2025 |
| 1.20 | Malena Gulbrandsen Høe | 05 | Lillestrøm | 28.01.2017 |
| 1.20 | Christine Henriksen | 07 | Hvam | 26.01.2019 |

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| **KVINNER SENIOR** | **97** |

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| **INNENDØRS** |  |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 3.95 | Birgitte Kjuus | 99 | Rud | 01.12.2018 |
| 3.50 | Sara Bålsrud | 99 | Hvam | 12.02.2016 |
| 3.10 | Sofie Skancke Krauss | 98 | Ulsteinvik | 08.03.2015 |
| 3.10 | Hanne Rimstad | 10 | Ulsteinvik | 27.02.2025 |
| 2.70 | Tonje Berg | 85 | Stange | 08.02.2003 |
| 2.70 | Marie Øverli | 08 | Hvam | 02.12.2023 |
| 2.50 | Kristin Urnes | 75 | Lillestrøm | 22.02.1992 |
| 2.30 | Siv Anita Engh | 85 | Karlstad, SWE | 17.02.2002 |
| 2.20 | Hermine Opsahl Torgersen | 10 | Gøteborg, SWE | 03.12.2023 |
| 2.00 | Lilly Sivertsen | 10 | Ulsteinvik | 02.02.2025 |

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| **KVINNER SENIOR** | **98** |

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| **INNENDØRS** |  |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.52 | Inger Birgitte Reppe | 68 | Lillestrøm | 16.03.1986 |
| 5.48 | Guri Fjeldberg | 69 | Drammen | 10.02.1985 |
| 5.29 | Frida Rimstad | 07 | Ulsteinvik | 04.03.2023 |
| 5.22 | Tone Lauritzen | 76 | Stange | 28.02.1995 |
| 5.14 | Hanna Rimstad | 10 | Ulsteinvik | 01.02.2025 |
| 5.11 | Tone Sæthermoen | 69 | Oslo/Ek | 04.02.1984 |
| 5.07 | Lene Kristin Nyland | 74 | Oslo/Ek | 25.03.1990 |
| 5.00 | Birgitte Kjuus | 99 | Rud | 03.12.2016 |
| 4.98 | Astrid Helen Walstad | 11 | Rud | 08.02.2025 |
| 4.97 | Anne Mette Olsen | 54 | Lillestrøm/Pl | 29.03.1971 |
| 4.80 | Mari Solbrekken | 87 | Oslo/Ek | 06.03.2004 |
| 4.80 | Silje Disserud | 91 | Lillestrøm | 26.01.2008 |
| 4.79 | Frida Kristine Forberg | 92 | Lillestrøm | 29.03.2009 |
| 4.78 | Victoria Hillveg | 86 | Jevnaker | 01.04.2000 |
| 4.76 | Marit Rogstad | 67 | Oslo/Ek | 04.02.1984 |
| 4.75 | Inger Lise Sundheim | 55 | Stange | 20.03.1999 |
| 4.72 | Kari Fjeldberg | 68 | Oslo/Ek | 04.02.1984 |
| 4.70 | Tonje Berg | 85 | Lillestrøm | 12.03.2000 |
| 4.63 | May Britt Mehlen | 57 | Lillestrøm/Pl | 29.03.1971 |
| 4.63 | Anita Melbye | 58 | Lillestrøm/Pl | 29.03.1971 |
| 4.60 | Grethe Arnegård | 69 | Oslo/Ek | 04.02.1984 |
| 4.60 | Summer Steinsrud | 01 | Hvam | 16.01.2016 |
| 4.47 | Vår Åsheim | 99 | Lillestrøm | 26.01.2013 |
| 4.45 | Hanne Nyheim | 79 | Lillestrøm | 19.02.1995 |
| 4.41 | Kari Wang | 56 | Lillestrøm/Pl | 15.02.1970 |
| 4.41 | Hilde Gustavson | 87 | Lillestrøm | 02.03.2002 |
| 4.29 | Elèn Linchausen Skar | 06 | Hvam | 26.01.2025 |
| 4.19 | Ingrid Maudal | 82 | Lillestrøm | 03.03.1996 |
| 4.18 | Ebba Beyer | 98 | Rud | 06.12.2014 |
| 4.15 | Sofie Skancke Krauss | 99 | Rud | 08.03.2014 |
| 3.89 | Ylva Sophie Granberg | 11 | Hvam | 26.01.2025 |
| 3.70 | Natalie Norbech Jøransen | 07 | Hvam | 23.01.2022 |
| 3.62 | Tina Moen | 00 | Lillestrøm | 25.01.2014 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 10.94 | Frida Rimstad | 07 | Steinkjer | 04.03.2022 |
| 10.48 | Kristin Urnes | 75 | Oslo/Ek | 09.02.1992 |
| 9.47 | Inger Lise Sundheim | 55 | Stange | 25.03.2000 |
| 8.85 | Natalie Norbech Jøransen | 07 | Rud | 13.02.2022 |

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| **KVINNER SENIOR** | **99** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| 1.36 | Inger Birgitte Reppe | 68 | Sørum/Ve | 27.02.1984 |
| 1.33 | Inger Lise Sundheim | 55 | Stange | 02.03.1996 |
| 1.31 | Guri Fjeldberg | 69 | Jessheim/Je | 13.03.1984 |
| 1.28 | Tone Sæthermoen | 69 | Jessheim/Je | 13.03.1984 |
| 1.26 | Linn Helene Bakke | 91 | Jessheim | 12.02.2007 |
| 1.25 | Unn Hoel | 69 | Skårer | 02.03.1985 |
| 1.25 | Kristin Urnes | 75 | Årnes/Ne | 10.02.1989 |
| 1.23 | Marit Rogstad | 67 | Skårer | 20.03.1983 |
| 1.21 | Hanna Rimstad | 10 | Hvam | 31.12.2024 |
| 1.21 | Frida Rimstad | 07 | Hvam | 31.12.2024 |
| 1.17 | Marianne Borgen | 62 | Skedsmo/ST | 04.03.1978 |
| 1.15 | Tove Dønnum | 40 | Strømmen | 08.04.1962 |
| 1.15 | Randi Sydtangen | 67 | Jessheim/Je | 13.03.1984 |
| 1.15 | Mari Steen Myrvang | 06 | Hvam | 10.12.2020 |
| 1.13 | Eli Jensen | 62 | Årnes/Fj | 19.03.1976 |
| 1.12 | Munda Mkanda | 94 | Jessheim | 11.02.2008 |
| 1.11 | Kari Fjeldberg | 68 | Skårer | 20.03.1983 |
| 1.10 | Siri Fjeldberg | 71 | Fetsund/Øs | 26.03.1982 |
| 1.10 | Vibeke Aarfloth | 69 | Skårer | 20.03.1983 |
| 1.10 | Hanna Rimstad | 10 | Hvam | 22.12.2022 |
| 1.10 | Claire Phttian | 73 | Oslo/Ek | 21.01.2025 |
| 1.07 | Sofie Rostad | 94 | Jessheim | 03.03.2008 |
| 1.07 | Betina Nilssen | 92 | Jessheim | 03.03.2008 |
| 1.06 | Katrine Hoff | 91 | Jessheim | 12.02.2007 |
| 1.05 | Gro Verpe | 62 | Fetsund | 15.03.1975 |
| 1.05 | Eli Jensen | 62 | Fetsund | 15.03.1975 |
| 1.05 | Cecilie Laake | 66 | Skedsmo/ST | 04.03.1978 |
| 1.05 | Hege Rustad | 70 | Jessheim/Je | 12.03.1985 |
| 1.03 | Astrid Sundby | 42 | Lillestrøm/Vi | 16.03.1958 |
| 1.01 | Liv Jensen | 40 | Lillestrøm/Vi | 16.03.1958 |
| 1.00 | Kari Mo | 38 | Eidsvoll/Ås | 10.03.1957 |
| 1.00 | Wenche Johannessen | 56 | Skårer/Kj | 14.02.1969 |
| 1.00 | Gro Skålerud | 75 | Årnes/Ne | 10.02.1989 |
| 1.00 | Astrid Huitfeldt | 77 | Jessheim/Je | 16.03.1989 |
| 1.00 | Ida Berg Hansen | 92 | Råholt | 31.10.2004 |
| 0.98 | Christine Høgbakken | 91 | Jessheim/No | 08.03.2004 |
| 0.95 | Åshild Sørum | 39 | Lillestrøm/Vi | 04.03.1956 |
| 0.95 | Eva Myrvang | 42 | Jessheim | 15.02.1959 |
| 0.95 | Gro Skålerud | 75 | Jessheim/Je | 16.03.1989 |
| 0.95 | Pernille Haslie | 91 | Jessheim/No | 08.03.2004 |
| 0.95 | Mari Solbrekken | 87 | Råholt | 31.10.2004 |
| 0.95 | Hilde Gustavson | 87 | Råholt | 31.10.2004 |
| 0.95 | Tonje Oliversen | 91 | Jessheim | 14.03.2005 |

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| **KVINNER SENIOR** | **100** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp forts.** |  |

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| --- | --- | --- | --- | --- |
| 0.95 | Munda Mkanda | 94 | Jessheim/No | 13.02.2006 |
| 0.95 | Celine Anseth Skeie | 95 | Nittedal | 26.03.2006 |
| 0.93 | Sissel Sommerfeldt | 43 | Jessheim | 03.04.1960 |
| 0.93 | Mona Benmalek | 92 | Jessheim/No | 14.03.2005 |
| 0.93 | Kirsten Daae Wiig | 97 | Jessheim | 11.02.2008 |
| 0.90 | Ingrid Sundby | 39 | Jessheim | 15.02.1959 |
| 0.90 | Ragnhild Sundby | 44 | Jessheim | 24.03.1961 |
| 0.90 | Astrid Mathisen | 76 | Jessheim/Je | 10.03.1988 |
| 0.90 | Heidi Stubs Holdal | 92 | Jessheim/No | 14.03.2005 |
| 0.89 | Marie Tømmerberg | 91 | Jessheim/No | 08.03.2004 |
| 0.89 | Charlotte Oliversen | 91 | Jessheim/No | 08.03.2004 |
| 0.85 | Inge Sand | 43 | Eidsvoll/Ås | 10.03.1957 |
| 0.85 | Kari Furuseth | 45 | Strømmen | 08.04.1962 |
| 0.85 | Anita Melby | 58 | Skårer/Kj | 14.02.1969 |
| 0.85 | Birgitte Reppe | 68 | Skedsmo/ST | 06.03.1978 |
| 0.85 | Turid Brendløkken | 76 | Jessheim/Je | 10.03.1987 |
| 0.85 | Nina Kristin Nyheim | 74 | Jessheim/Je | 10.03.1987 |
| 0.85 | Katrine Finstad | 75 | Jessheim/Je | 10.03.1988 |
| 0.85 | Maria Sølvberg | 76 | Jessheim/Je | 16.03.1989 |
| 0.85 | Ida Berg Hansen | 92 | Jessheim/No | 13.03.2005 |
| 0.85 | Mari Steen Myrvang | 06 | Ski/Ih | 14.03.2017 |
| 0.80 | Irene Belsvik | 42 | Lillestrøm/Vi | 04.03.1936 |
| 0.80 | May Britt Mehren | 57 | Skårer/Kj | 14.02.1969 |
| 0.80 | Karianne Kverneggen | 75 | Jessheim/Je | 10.03.1988 |

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| **KVINNER SENIOR** | **101** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.64 | Inger Birgitte Reppe | 68 | Jessheim/Je | 13.03.1984 |
| 2.60 | Inger Lise Sundheim | 55 | Stange | 20.03.1999 |
| 2.49 | Tone Sæthermoen | 69 | Jessheim/Je | 13.03.1984 |
| 2.49 | Silje Disserud | 91 | Jessheim | 11.02.2008 |
| 2:48 | Linn Helene Bakke | 91 | Jessheim | 12.02.2007 |
| 2.45 | Marit Rogstad | 67 | Jessheim/Je | 13.03.1984 |
| 2.45 | Guri Fjeldberg | 69 | Jessheim/Je | 10.03.1987 |
| 2.42 | Tove Dønnum Jensen | 40 | Jessheim | 26.02.1966 |
| 2.42 | Cecilie Laake | 66 | Skårer/Kj | 25.03.1979 |
| 2.41 | Betina Nilssen | 92 | Jessheim | 03.03.2008 |
| 2.39 | Tone Lauritzen | 76 | Ås/GG | 21.03.1992 |
| 2.39 | Mari Solbrekken | 87 | Råholt | 31.10.2004 |
| 2.36 | Kari Furuseth | 45 | Strømmen | 08.04.1962 |
| 2.36 | Astrid Sundby | 42 | Lillestrøm/Vi | 30.03.1963 |
| 2.36 | Unn Hoel | 69 | Jessheim/Je | 13.03.1984 |
| 2.35 | Eva Myrvang | 42 | Jessheim | 15.02.1959 |
| 2.34 | Hilde Verpe | 63 | Fetsund/Ho | 12.03.1977 |
| 2.34 | Hege Rustad | 70 | Jessheim/Je | 12.03.1985 |
| 2.31 | Mari Steen Myrvang | 06 | Rud | 02.04.2019 |
| 2.30 | Liv Jensen | 40 | Eidsvoll/Ås | 10.03.1957 |
| 2.30 | Ingvei Sæter | 38 | Jessheim | 24.03.1961 |
| 2.29 | Cora Halsan | 47 | Lillestrøm/Vi | 30.03.1963 |
| 2.29 | Kristin Urnes | 75 | Lillestrøm/Sk | 27.11.1992 |
| 2.28 | Åshild Sørum | 39 | Lillestrøm/Vi | 04.03.1956 |
| 2.28 | Siri Fjeldberg | 71 | Jessheim/Je | 12.03.1985 |
| 2.27 | Gro Verpe | 62 | Fetsund | 15.03.1975 |
| 2.27 | Hege Rustad | 70 | Jessheim | 13.03.1984 |
| 2.27 | Grethe Arnegård | 69 | Jessheim/Je | 12.03.1985 |
| 2.26 | Mabel Owren | 51 | Sørumsand | 06.03.1966 |
| 2.26 | Hege Bjørndal | 73 | Jessheim/Je | 12.03.1985 |
| 2.25 | Kari Mo | 38 | Eidsvoll/Ås | 10.03.1957 |
| 2.25 | Borghild Hansen | 45 | Jessheim | 15.02.1959 |
| 2.25 | Eva Cathrine Torvund | 69 | Jessheim | 12.03.1985 |
| 2.25 | Lene Kristin Nyland | 74 | Jessheim/Je | 10.03.1988 |
| 2.24 | Ragnhild Sundby | 44 | Jessheim | 03.04.1960 |
| 2.24 | Heidi Bogstad | 67 | Jessheim/Je | 13.03.1984 |
| 2.24 | Ann-Catrin Willersrud | 71 | Jessheim/Je | 12.03.1985 |
| 2.24 | Anne Støverud | 69 | Jessheim/Je | 12.03.1985 |
| 2.23 | Vibeke Aarflot | 69 | Jessheim/Je | 10.03.1987 |
| 2.22 | Ann Catrin Wilford | 71 | Jessheim/Je | 13.03.1984 |
| 2.22 | Tonje Oliversen | 91 | Jessheim/No | 14.03.2005 |
| 2.21 | Guri Anne Øverby | 45 | Jessheim | 15.02.1959 |

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| **KVINNER SENIOR** | **102** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp forts.** |  |

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| --- | --- | --- | --- | --- |
| 2.18 | Ingrid Sundby | 39 | Jessheim | 06.03.1955 |
| 2.18 | Hilde Gustavson | 87 | Råholt | 31.10.2004 |
| 2.18 | Charlotte Oliversen | 91 | Jessheim/No | 14.03.2005 |
| 2.18 | Tonje Berg | 85 | Jessheim/No | 14.03.2005 |
| 2.18 | Ida Berg Hansen | 92 | Jessheim | 03.03.2008 |
| 2.18 | Frida Kristine Forberg | 92 | Jessheim | 03.03.2008 |
| 2.17 | Marie Belsvik | 39 | Jessheim | 06.03.1955 |
| 2.17 | Anita Melbye | 58 | Skjetten/St | 13.03.1971 |
| 2.16 | Munda Mkanda | 94 | Jessheim | 03.03.2008 |
| 2.15 | Marit Ørvik | 50 | Sørumsand | 06.03.1966 |
| 2.15 | Anne Gro Digerud | 52 | Sørumsand | 06.03.1966 |
| 2.14 | Brit Helen Lye | 77 | Hvam | 09.03.2019 |
| 2.14 | Hanna Rimstad | 10 | Hvam | 31.12.2022 |
| 2.13 | Berit Haug | 38 | Jessheim | 15.02.1959 |
| 2.13 | Inger Torill Granheim | 52 | Strømmen | 03.03.1964 |
| 2.13 | Ann Kristin Palm | 66 | Lørenskog | 26.03.1980 |
| 2.12 | Irene Belsvik | 42 | Lillestrøm/Vi | 04.03.1956 |
| 2.12 | Kristin Bogstad | 64 | Fetsund | 10.03.1979 |
| 2.11 | Inge Sand | 43 | Eidsvoll/Ås | 10.03.1957 |
| 2.11 | Kristin Brekke | 65 | Fetsund | 10.03.1979 |
| 2.11 | Silje Gundersen | 92 | Jessheim | 03.03.2008 |
| 2.11 | Hannah Lindtorp Utendørs | 02 | Jessheim | 16.09.2019 |
| 2.09 | Britt Scheie | 64 | Årnes/Fj | 19.03.1976 |
| 2.09 | Kaja Brekke Utendørs | 03 | Jessheim | 16.09.2019 |
| 2.07 | Hege Johannesen | 75 | Jessheim/Je | 16.03.1989 |
| 2.07 | Katrine Hoff | 91 | Jessheim | 12.02.2007 |
| 2.06 | Karianne Kverneggen | 75 | Jessheim/Je | 10.03.1988 |
| 2.05 | Kari Jørgensen | 44 | Lillestrøm/Vi | 16.03.1958 |
| 2.05 | Astrid Mathisen | 76 | Jessheim/Je | 16.03.1989 |
| 2.05 | Sofie Rostad | 94 | Jessheim | 11.02.2008 |
| 2.04 | Inger Marie Trønnes | 40 | Lillestrøm/Vi | 16.03.1958 |
| 2.04 | Randi Sydtangen | 67 | Jessheim/Je | 12.03.1985 |
| 2.03 | Nina Wætthen | 46 | Jessheim | 15.02.1959 |
| 2.03 | Liv Knutsen | 52 | Sørumsand | 06.03.1966 |
| 2.02 | Unn Henriksen | 42 | Lillestrøm/Vi | 04.03.1956 |
| 2.02 | Mette Borgen | 46 | Strømmen | 08.04.1962 |
| 2.02 | Ann Sørensen | 64 | Årnes/Fj | 19.03.1976 |
| 2.01 | Nina Næss | 51 | Sørumsand | 06.03.1966 |
| 2.01 | Heidi Stubbs Holdal | 92 | Jessheim/No | 13.02.2006 |
| 2.01 | Ida Berg Hansen | 92 | Jessheim | 12.02.2007 |
| 1.98 | Tove Johansen | 41 | Jessheim | 06.03.1955 |
| 1.98 | Kari Johansen | 51 | Lillestrøm/Vi | 30.03.1963 |
| 1.98 | Anne Mæhlen | 68 | Haga/Fr | 17.02.1980 |

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| **KVINNER SENIOR** | **103** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp forts.** |  |

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| 1.98 | Astrid Huitfeldt | 77 | Jessheim/Je | 16.03.1989 |
| 1.98 | Christine Høgbakken | 91 | Jessheim/No | 08.03.2004 |
| 1.98 | Marie Tømmerberg | 91 | Jessheim/No | 14.03.2005 |
| 1.97 | Pernille Haslie | 91 | Jessheim/No | 08.03.2004 |
| 1.96 | Grete Vegel | 47 | Jessheim | 15.02.1959 |
| 1.96 | Kristin Finstad | 65 | Fetsund/Ho | 12.03.1977 |
| 1.96 | Kirsten Daae Wiig | 97 | Jessheim | 03.03.2008 |
| 1.96 | Christine Henriksen Utendørs | 07 | Jessheim | 16.09.2019 |
| 1.95 | Toril Granås | 46 | Jessheim | 15.02.1959 |
| 1.95 | Kari Brendsøy | 50 | Lillestrøm/Vi | 30.03.1963 |
| 1.94 | Liv Laache | 46 | Jessheim | 15.02.1959 |
| 1.94 | Hanne Frydenlund | 76 | Jessheim/Je | 16.03.1989 |
| 1.94 | Gro Skålerud | 75 | Jessheim/Je | 16.03.1989 |
| 1.93 | Katrine Finstad | 75 | Jessheim/Je | 10.03.1988 |
| 1.92 | Bjørg Opsahl | 66 | Fetsund/Ho | 12.03.1977 |
| 1.92 | Silje Berg Knutsen Utendørs | 05 | Jessheim | 16.09.2019 |
| 1.91 | Tonje Hansen | 92 | Råholt | 31.10.2004 |
| 1.91 | Stine Bøe Karlsen | 90 | Jessheim/No | 16.01.2006 |
| 1.91 | Julie Lindtorp Utendørs | 02 | Jessheim | 16.09.2019 |
| 1.91 | Line Løvstad Utendørs | 74 | Jessheim | 16.09.2019 |
| 1.90 | Wenche Thorbjørnsen | 53 | Strømmen | 03.03.1964 |
| 1.89 | Vera Martinsen | 47 | Jessheim | 03.04.1960 |
| 1.89 | Marte Aaserød Mikkelsen | 94 | Jessheim/No | 13.03.2006 |
| 1.87 | Britt Elton | 45 | Jessheim | 15.02.1959 |
| 1.87 | Mette Harstad | 51 | Strømmen | 03.03.1964 |
| 1.87 | Elena Haugen-Teixeira Utendørs | 07 | Jessheim | 16.09.2019 |
| 1.86 | Marianne Sundling | 52 | Strømmen | 03.03.1964 |
| 1.86 | Gunn Korsmo | 54 | Sørumsand | 06.03.1966 |
| 1.85 | Anne Majorsæter | 48 | Jessheim | 03.04.1960 |
| 1.85 | Tone Kari Fugleberg | 74 | Jessheim/Je | 10.03.1987 |
| 1.85 | Amanda Ekrem Utendørs | 05 | Jessheim | 16.09.2019 |
| 1.82 | Gro Lindbøl | 69 | Haga/Fr | 17.02.1980 |
| 1.82 | Natalie Jøransen Utendørs | 07 | Jessheim | 16.09.2019 |
| 1.81 | Nina Kristin Nyheim | 74 | Jessheim/Je | 10.03.1987 |
| 1.81 | Sara IsabellaBertheussen Utend. | 07 | Jessheim | 16.09.2019 |
| 1.80 | Ingrid Møinichen | 48 | Jessheim | 03.04.1960 |
| 1.80 | Anne-Lise Granheim | 51 | Lillestrøm/Vi | 30.03.1963 |
| 1.81 | June Laake Utendørs | 04 | Jessheim | 16.09.2019 |
| 1.80 | Victoria Grøva Utendørs | 07 | Jessheim | 16.09.2019 |
| 1.78 | Maria Sølvberg | 76 | Jessheim/Je | 16.03.1989 |
| 1.78 | Celine Anseth Skeie | 96 | Jessheim/No | 16.01.2006 |
| 1.77 | Lillian Hansen | 51 | Lillestrøm/Vi | 30.03.1963 |
| 1.76 | Guri Lunder | 66 | Fetsund/Fe | 12.03.1977 |

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| **KVINNER SENIOR** | **104** |

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| **INNENDØRS** |  |

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| **Kule 4 kg** |  |

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| 14.24 | Mariell Morken | 03 | Rud | 22.02.2025 |
| 13.83 | Hanna Emilie Hjeltnes | 04 | Hvam | 25.01.2025 |
| 12.05 | Else Opsahl | 32 | Skien | 02.03.1969 |
| 11.80 | Silje Disserud | 91 | Stange | 10.02.2007 |
| 11.35 | Guri Fjeldberg | 69 | Drammen | 10.01.1987 |
| 10.88 | Astrid Sundby | 42 | Oslo/Hu | 03.04.1965 |
| 10.26 | Linn Helene Bakke | 91 | Drammen | 02.03.2008 |
| 9.61 | Ebba Beyer | 98 | Rud | 06.02.2016 |
| 8.00 | Inger Birgitte Reppe | 68 | Drammen | 09.02.1985 |
| 7.75 | Anna Baginski | 81 | Hvam | 03.04.2024 |
| 7.71 | Norunn Elise Bamrud | 92 | Stange | 14.03.2009 |
| 7.18 | Anita Melbye | 58 | Jessheim | 02.02.1974 |
| 6.02 | Hilde Gustavson | 87 | Lillestrøm | 26.02.2005 |

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| **Diskos 1 kg** |  |

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| 46.95 | Hanna Emilie Hjeltnes | 04 | Oslo/Va | 07.03.2025 |

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| **Diskos 1 kg Uten rotering** |  |

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| --- | --- | --- | --- | --- |
| 36.10 | Else Opsahl | 32 | Oslo/Hu | 09.02.1967 |
| 34.17 | Astrid Willersrud | 42 | Oslo/Hu | 19.03.1966 |

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

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| 33.39 | Astrid Sundby | 32 | Oslo/Hu | 16.02.1967 |

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| **5-kamp M 100mh-Kule 4-Høyde/Lengde-800** |  |

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| 3170 | Inger Birgitte Reppe | 68 | Drammen | 09-10.02.1985 |
| 15.2(84)-8.00(4)1.47/5.34-2:25.9 | | | |

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| **4x100m E** |  |

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| 56.20 | J14 |  | Stange | 05.03.2005 |
| Linn Helene Bakke91-Charlotte Oliversen91-Tonje Oliversen91-Cathrine Hoff91 | | | |

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| 60.88 | J13 |  | Hvam | 10.12.2016 |
| Solveig Johansen03-Ida Johanne Folsland02-June Laake04-Mia Jenny Østreng03 | | | |

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| 61:63 | Ull/Kisa IL | 16 | Stange | 12.03.2022 |
| Hanna Hjeltnes11-Lea Hammer10-Hanna Rimstad10-Hermine Opsahl Torgersen10 | | | |

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| 66.25 | J11 |  | Stange | 12.03.2016 |
| Silje Berg-Knutsen05-Oda Gladheim05-Oda Rognstad05-Sophie Mannion05 | | | |

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| **KVINNER SENIOR** | **105** |

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| **INNENDØRS** |  |

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| **4x200m** |  |

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| 1:49.73 | K17 |  | Sandnes | 10.03.2024 |
| Linnea Bratteng07-Synne Markussen07-Natalie Jøransen07-Frida Rimstad07 | | | |

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| 1:52.59 | K16 |  | Steinkjer | 06.03.2022 |
| Elèn Linchausen Skar06-Natalie Jøransen07-Synne Markussen07-Linnea Johansen06 | | | |

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| 1:53.14 | K19 |  | Steinkjer | 10.03.2013 |
| Ann Aslaksen94-Charlotte Grasmoe96-Pia Bålsrud95-Sofie Schancke Krauss96 | | | |

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| 1:56.8 | J16 |  | Oslo/Ek | 22.01.1983 |
| Inger Birgitte Reppe68-Heidi Bogstad67-Marit Rogstad67-Kari Fjeldberg68 | | | |

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| **1000m** |  |

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| 2:38.86 | J15 |  | Stange | 19.03.2006 |
| Linn Helene Bakke91-Silje Disserud91-Mari Tømmerberg91-Tonje Oliversen91 | | | |

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| 2:40.21 | KS |  | Stange | 19.03.2006 |
| Charlotte Oliversen91-Stine Karlsen90-Hilde Gustovson87-Anne Lillegård73 | | | |

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| 2:40.33 | J16 |  | Trondheim/Ra | 12.03.2011 |
| Maren Grytbakk95-Ida Tonhaugen95-Pia Bålsrud95-Hanna Toverud96 | | | |

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| 2:50.47 | J18 |  | Stange | 01.02.2009 |
| Silje Disserud91-Betina Nilssen92-Ida Berg Hansen92-Frida Forberg92 | | | |