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| **JENTER 22** | **191** |

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| **60m M** |  |

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| 8.6 | Astrid Sundby | 42 | Jessheim | 29.09.1964 |
| 8.9 | Tove Dønnum | 40 | Jessheim | 06.10.1962 |
| 9.0 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |

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| **100m E** |  |

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| 13.43 | Marthe Sand | 98 | Lillehammer/Ss | 16.06.2020 |

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| **100m M** |  |

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| 13.8 | Astrid Sundby | 42 | Jessheim | 20.06.1964 |
| 14.0 | Tove Dønnum | 40 | Jessheim | 05.08.1962 |
| 14.9 | Åshild Sørum | 39 | Råholt | 11.06.1961 |
| 15.0 | Kari Mo | 38 | Jessheim | 24.09.1960 |

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| **200m E** |  |

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| 27.89 | Marthe Sand | 98 | Jessheim | 04.06.2020 |

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| **200m M** |  |

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| 28.2 | Berit Dønnum | 41 | Lillestrøm | 24.08.1963 |
| 29.2 | Åshild Sørum | 39 | Jessheim | 05.07.1961 |
| 29.2 | Tove Dønnum | 40 | Strømmen | 23.09.1962 |
| 29.2 | Astrid Sundby | 42 | Strømmen | 08.09.1964 |

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| **400m M** |  |

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| 62.2 | Berit Dønnum | 41 | Sandvika/Ka | 31.08.1963 |
| 68.0 | Åshild Sørum | 39 | Jessheim | 19.05.1961 |
| 71.2 | Tove Dønnum | 40 | Strømmen | 16.09.1962 |

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| **600m** |  |

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| 1:33.50 | Amalie Sæten | 97 | Bergen/Fa | 22.05.2019 |
| 1:55.1 | Elisabeth Langrusten | 86 | Jessheim | 31.07.2008 |

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| **JENTER 22** | **192** |

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

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| --- | --- | --- | --- | --- |
| 2:06.84 | Amalie Sæten | 97 | Oslo/Bi | 17.07.2019 |
| 2:15.22 | Pia Bålsrud | 95 | Karlstad, SWE | 25.07.2017 |
| 2:20.3 | Berit Dønnum | 40 | Oslo/Bi | 21.08.1963 |
| 2:30.53 | Nina Holm | 64 | Oslo/Bi | 12.06.1986 |
| 2:36.5 | Elisabeth Langrusten | 86 | Jessheim | 20.09.2008 |
| 2:42.0 | Åshild Sørum | 39 | Råholt | 15.07.1961 |
| 2:54.0 | Hilde Gustavson | 87 | Jessheim | 19.09.2009 |
| 2:57.0 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |
| 2:57.2 | Marianne Opsahl | 73 | Jessheim | 14.08.1995 |

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| **1500m**  |  |

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| 4:16.63 | Amalie Sæten | 97 | Huizingen, BEL | 24.08.2019 |
| 4:43.04 | Pia Bålsrud | 95 | Jessheim | 01.06.2017 |
| 4:55.4 | Nina Holm | 63 | Oslo/La | 11.06.1985 |
| 4:58.8 | Gunn Vilberg | 66 | Jessheim | 13.06.1988 |
| 5:10.2 | Hege Melby | 68 | Jessheim | 13.06.1990 |
| 5:39.4 | Bente Tenold | 62 | Jessheim | 08.06.1984 |
| 5:47.6 | Inger Johanne Haugen | 60 | Jessheim | 16.06.1982 |
| 5:58.7 | Grethe Marie Hansen | 64 | Jessheim | 13.06.1986 |
| 6:08.2 | Marianne Opsahl | 73 | Jessheim | 12.06.1995 |
| 6:12.1 | Inger Helene Olsen | 68 | Jessheim | 13.06.1990 |
| 6:13.3 | Bente Iren Solberg | 61 | Jessheim | 10.06.1983 |
| 6:22.8 | Berit Trøgstad | 62 | Jessheim | 08.06.1984 |
| 6:23.6 | Mari Hilde Vilberg | 59 | Jessheim | 12.06.1981 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:35.6 | Hege Melby | 68 | Jessheim | 22.08.1990 |
| 11:21.0 | Ingjerd Vestengen | 65 | Jessheim | 21.08.1987 |
| 11:34.4 | Gunn Vilberg | 66 | Jessheim | 19.08.1988 |
| 11:42.6 | Nina Holm | 64 | Jessheim | 15.08.1986 |
| 11:43.3 | Bente Tenold | 62 | Jessheim | 17.08.1984 |
| 13:03.9 | Inger Johanne Haugen | 60 | Jessheim | 20.08.1982 |
| 13:46.1 | Rita Steinsvik | 73 | Jessheim | 14.08.1995 |
| 13:56.3 | Inger Helene Olsen | 68 | Jessheim | 22.08.1990 |
| 14:38.7 | Berit Trøgstad | 62 | Jessheim | 17.08.1984 |
| 13:48.8 | Bente Iren Solberg | 61 | Jessheim | 19.08.1983 |
| 14:59.3 | Mari Hilde Vilberg | 59 | Jessheim | 21.08.1981 |

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

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| 13.4 | Astrid Sundby | 42 | Jessheim | 29.09.1964 |
| 14.9 | Tove Dønnum | 40 | Strømmen | 22.09.1962 |
| 18.3 | Marie Belsvik | 36 | Nadderud | 29.05.1958 |
| **JENTER 22** | **193** |

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| **400m hekk 76.2 cm E** |  |

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| 68.29 | Summer Steinsrud | 01 | Fullerton, USA | 11.03.2023 |

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| **5 km veiløp** |  |

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| --- | --- | --- | --- | --- |
| 29:16 | Solveig Daae Wiig | 00 | Jessheim | 01.10.2022 |

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| **10 km veiløp** |  |

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| 39:01 | Mathilde Hagen | 00 | Sand | 22.05.2022 |
| 42:10 | Bente Tenold | 62 | Jessheim | 17.08.1984 |
| 47:02 | Grethe Marie Hansen | 64 | Jessheim | 12.10.1986 |
| 54:46 | Anna Sofie Rutle | 96 | Jessheim | 18.11.2019 |

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| **Halvmaraton 21098 m** |  |

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| 1:43:45 | Andrea Furuseth | 94 | Jessheim | 06.11.2016 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.58 | Tove Dønnum | 40 | Drammen/Ma | 17.08.1962 |
| 1.45 | Astrid Sundby | 42 | Jessheim | 26.06.1964 |
| 1.30 | Kari Mo | 38 | Jessheim | 20.06.1960 |
| 1.22 | Åshild Sørum | 39 | Jessheim | 24.09.1961 |

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| **Lengde** |  |

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| 5.09 | Tove Dønnum | 40 | Strømmen | 17.09.1962 |
| 4.58 | Astrid Sundby | 42 | Strømmen | 08.09.1964 |
| 4.55 | Marie Belsvik | 36 | Årnes | 17.08.1958 |
| 4.34 | Åshild Sørum | 39 | Jessheim | 07.08.1961 |

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| **Kule 4 kg** |  |

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| 11.23 | Astrid Sundby | 42 | Oslo/Fr | 17.08.1968 |
| 10.09 | Tove Dønnum | 40 | Jessheim | 16.09.1962 |
|  9.84 | Ingvei Sæter | 38 | Kløfta | 05.09.1960 |
|  9.49 | Berit Wethal | 34 | Jessheim | 12.08.1956 |
|  9.25 | Åshild Sørum | 39 | Oslo/Bi | 12.06.1961 |
|  7.07 | Ragnhild Sundby  | 44 | Råholt | 12.08.1966 |

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| **JENTER 22** | **194** |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 34.98 | Astrid Sundby | 42 | Gjøvik | 22.08.1964 |
| 30.37 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |
| 30.09 | Tove Dønnum | 40 | Jessheim | 26.08.1962 |
| 18.51 | Berit Wethal | 34 | Jessheim | 21.05.1956 |

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| **Spyd 600 g Gammel type tom. 1998** |  |

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| --- | --- | --- | --- | --- |
| 34.00 | Astrid Sundby | 42 | Oslo/Fr | 17.08.1984 |
| 29.60 | Ragnhild Sundby | 44 | Råholt | 13.08.1966 |
| 26.50 | Åshild Sørum | 39 | Råholt | 26.08.1961 |

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

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| 39.86 | Tove Dønnum | 40 | Jessheim | 02.07.1962 |
| 39.62 | Astrid Sundby | 42 | Jessheim | 13.09.1964 |
| 37.80 | Berit Wethal | 34 | Raufoss | 91.07.1956 |
| 36.69 | Ingvei Sæter | 38 | Jessheim | 25.09.1960 |
| 33.94 | Åshild Sørum | 39 | Jessheim | 07.10.1961 |

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| **3-kamp M 100m-Diskos-Høyde** |  |

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| 2048 | Tove Dønnum | 40 | Jessheim | 05.08.1962 |
| 14.0-28.67-1.52 |

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| 2026 | Astrid Sundby | 42 | Jessheim | 26.06.1964 |
| ? |

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| **5-kamp 80mh-Kule-Høyde/Lengde-200m M** |  |

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| 3499 | Astrid Sundby | 42 | Tønsberg | 07-08.09.1963 |
| 13.7-10.46-1.45/4.68-29.5 |

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| --- | --- | --- | --- | --- |
| 3198 | Tove Dønnum | 40 | Strømmen | 22-23.09.1962 |
| 14.9-7.58-1.50/4.90-29.2 |

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| **JENTER 22** | **195** |

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| **INNENDØRS** |  |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 62.94 | Caroline Foss Høistad | 98 | Rud | 08.02.2020 |

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| **600m** |  |

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| 1:45.82 | Caroline Foss Høistad | 98 | Hvam | 25.01.2020 |

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| **800m** |  |

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| 2:36.82 | Caroline Foss Høistad | 98 | Rud | 09.02.2020 |

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| **1500m** |  |

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| 4:28.01 | Amalie Sæten | 97 | Rud | 10.02.2019 |

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| **Høyde**  |  |

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| --- | --- | --- | --- | --- |
| 1.42 | Astrid Sundby | 42 | Oslo/Hu | 04.04.1964 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
|  1.05 | Tove Dønnum | 40 | Strømmen | 08.04.1962 |

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| **Lengde uten tilløp** |  |

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| 2.30 | Tove Dønnum | 40 | Strømmen | 08.04.1962 |
| 2.19 | Ingvei Sæter | 38 | Jessheim | 03.04.1960 |
| 2.13 | Berit Haug | 38 | Jessheim | 15.02.1959 |

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| **Kule 4 kg** |  |

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| 10.27 | Astrid Sundby | 42 | Oslo/Hu | 04.04.1964 |

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| **JENTER 21** | **196** |

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| **60m M** |  |

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| 8.2 | Astrid Sundby | 42 | Jessheim | 21.09.1963 |
| 8.8 | Åshild Sørum | 39 | Gjøvik | 12.09.1960 |
| 9.0 | Tove Dønnum | 40 | Jessheim | 07.08.1961 |

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| **100m E** |  |

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| 13.94 | Ann Kristin Aslakrud | 94 | Nadderud | 14.06.2015 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 13.4 | Astrid Sundby | 42 | Strømmen | 21.09.1963 |
| 14.0 | Tove Dønnum | 40 | KIøfta | 21.06.1961 |
| 14.1 | Berit Dønnum | 41 | Oslo/Bi | 30.09.1962 |
| 15.0 | Åshild Sørum | 39 | Jessheim | 22.06.1960 |

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| **200m M** |  |

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| 29.0 | Berit Dønnum | 41 | Lillestrøm | 11.09.1962 |
| 29.0 | Astrid Sundby | 42 | Råholt | 31.08.1963 |
| 29.2 | Tove Dønnum | 40 | Jessheim | 10.09.1961 |
| 29.7 | Åshild Sørum | 39 | Lillestrøm | 19.06.1960 |

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| **400m E** |  |

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| 59.72 | Liv Anita Mikkelborg | 80 | Oslo/Bi | 29.05.2001 |
| 60.75 | Veronica Undseth | 94 | Lillehammer/Ss | 20.06.2015 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 62.8 | Berit Dønnum | 41 | Lillestrøm | 11.09.1962 |

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

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| --- | --- | --- | --- | --- |
| 2:04.80 | Amalie Sæten | 97 | Oslo/Bi | 07.06.2018 |
| 2:12.87 | Veronica Undseth | 94 | Oslo/Bi | 28.06.2015 |
| 2:14.31 | Pia Bålsrud | 95 | Oslo/Bi | 24.06.2016 |
| 2:17.72 | Liv Anita Mikkelborg | 80 | Oslo/Bi | 22.05.2001 |
| 2:22.0 | Berit Dønnum | 41 | Oslo/Fr | 03.08.1962 |
| 2:23.5 | Line Røen | 66 | Jessheim | 31.07.1987 |
| 2:24.9 | Kristin Bogstad | 64 | Jessheim | 22.09.1985 |
| 2:26.4 | Kamilla Bråthen | 77 | Jessheim | 17.08.1998 |
| 2:28.6 | Gunn Vilberg | 66 | Jessheim | 31.07.1987 |
| 2:43.8 | Åshild Sørum | 39 | Jessheim | 25.09.1960 |
| 2:52.1 | Vibeke Aarflot | 69 | Jessheim | 22.08.1990 |
| 2:53.4 | Benedicte Sand | 73 | Jessheim | 29.08.1994 |

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| **JENTER 21** | **197** |

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

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| --- | --- | --- | --- | --- |
| 4:18.62 | Amalie Sæten | 97 | Jessheim | 31.05.2018 |
| 4:37.69 | Veronica Undseth | 94 | Jessheim | 04.06.2015 |
| 4:41.89 | Silje Ekroll Jahren | 88 | Oslo/Bi | 14.07.2009 |
| 4:55.5 | Kamilla Bråthen | 77 | Jessheim | 17.06.1998 |
| 5:01.5 | Line Røen | 66 | Jessheim | 10.06.1987 |
| 5:09.6 | Liv Anita Mikkelborg | 80 | Jessheim | 14.06.2001 |
| 5:12.6 | Ingjerd Vestengen | 65 | Jessheim | 13.06.1986 |
| 5:15.47 | Ann-Kristin Ullerud | 66 | Grimstad | 20.06.1987 |
| 5:23.8 | Kristin Bogstad | 64 | Jessheim | 09.09.1985 |
| 5:28.7 | Torbjørg Muri | 62 | Jessheim | 10.06.1983 |
| 5:35.9 | Siw Vestengen | 72 | Jessheim | 14.06.1993 |
| 5:42.4 | Marit Skolt | 56 | Jessheim | 09.06.1977 |
| 5:47.7 | Vibeke Aarflot | 69 | Jessheim | 13.06.1990 |
| 5:48.2 | Benedicte Sand | 73 | Jessheim | 13.06.1994 |
| 5:53.6 | Bente Iren Solberg | 61 | Jessheim | 16.06.1982 |
| 5:57.3 | Mari Jellum | 79 | Jessheim | 13.06.2000 |
| 6:02.9 | Inger Marie Olsen | 68 | Jessheim | 12.06.1989 |
| 6:16.3 | Grethe Hansen | 64 | Jessheim | 09.09.1985 |
| 6:17.0 | Britt Heidi Ottersen | 63 | Jessheim | 08.06.1984 |
| 6:19.3 | Berit Trøgstad | 62 | Jessheim | 10.06.1983 |
| 6:28.6 | Laila Engen | 65 | Jessheim | 13.06.1986 |
| 6:33.0 | Mari Hilde Vilberg | 59 | Jessheim | 09.06.1980 |
| 6:40.3 | Kjersti Kjensli | 68 | Jessheim | 12.06.1989 |
| 6:41.6 | Dagrun Rommen | 76 | Jessheim | 16.06.1997 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:26.36 | Kamilla Bråthen | 77 | Jessheim | 24.08.1998 |
| 10:56.5 | Line Røen | 66 | Jessheim | 21.08.1987 |
| 10:58.8 | Bente Aarflot | 72 | Jessheim | 20.08.1993 |
| 10:59.4 | Ingjerd Vestengen | 65 | Jessheim | 15.08.1986 |
| 11:15.0 | Bente Tenold | 62 | Jessheim | 19.08.1983 |
| 11:35.8 | Hilde Rustad | 66 | Jessheim | 21.08.1987 |
| 12:09.8 | Inger Lise Borgen | 64 | Løken | 20.08.1983 |
| 12:10.8 | Berit Bamrud | 55 | Jessheim | 25.08.1976 |
| 12:37.6 | Marit Skolt | 56 | Jessheim | 13.06.1977 |
| 14:16.2 | Berit Trøgstad | 62 | Jessheim | 19.08.1983 |
| 14:24.4 | Tone Nordby Lauten | 55 | Jessheim | 25.08.1976 |
| 14:31.1 | Mari-Hilde Vilberg | 59 | Jessheim | 18.08.1980 |
| 14:48.6 | Britt Heidi Ottersen | 63 | Jessheim | 17.08.1984 |

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| **5000m** |  |

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| 18:58.9 | Line Røen | 66 | Jessheim | 03.09.1987 |

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| **JENTER 21** | **198** |

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

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| 13.5 | Astrid Sundby | 42 | Oslo/Bi | 01.10.1963 |
| 16.3 | Åshild Sørum | 39 | Kløfta | 04.09.1960 |

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| **10 km veiløp** |  |

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| 38:16 | Mathilde Hagen | 00 | Oslo | 28.08.2021 |
| 53:03 | Berit Trøgstad | 62 | Jessheim | 09.10.1983 |

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| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:24:52 | Mathilde Hagen | 00 | Sand | 27.06.2021 |
| 1:26:53 | Stine Elisabeth Rajala | 92 | Fucha, ESP  | 03.02.2013 |
| 1:30:06 | Bente Tenold | 62 | Oslo | 27.08.1983 |
| 1:33:38 | Line Røen | 66 | Oslo | 12.09.1987 |
| 1:53:40 | Ann-Kristin Ullerud | 66 | Oslo | 12.09.1987 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.55 | Tove Dønnum | 40 | Moss/Me | 06.06.1961 |
| 1.47 | Astrid Sundby | 42 | Strømmen | 21.09.1963 |
| 1.40 | Kristin Bogstad | 64 | Rolvsrud | 15.06.1985 |
| 1.29 | Berit Dønnum | 41 | Jessheim | 06.10.1962 |
| 1.28 | Åshild Sørum | 39 | Kløfta | 03.09.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.84 | Astrid Sundby | 42 | Kongsvinger/Gj | 09.06.1963 |
| 4.75 | Tove Dønnum | 40 | Råholt | 26.08.1961 |
| 4.55 | Marie Belsvik | 36 | Jessheim | 05.06.1957 |
| 4.21 | Åshild Sørum | 39 | Kløfta | 04.09.1960 |

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| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.00 | Astrid Sundby | 42 | Sandvika/Ka | 07.10.1963 |
|  9.19 | Åshild Sørum | 39 | Jessheim | 24.09.1960 |
|  7.72 | Berit Haug | 38 | Hønefoss | 20.06.1959 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.97 | Astrid Sundby | 42 | Jessheim | 16.08.1963 |
| 28.62 | Tove Dønnum | 40 | Jessheim | 07.08.1961 |
| 25.62 | Åshild Sørum | 39 | Skotterud | 24.07.1960 |

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| **JENTER 21** | **199** |

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| **Spyd 600 g Gammel type tom. 1998** |  |

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| 35.26 | Ragnhild Sundby | 44 | Råholt | 17.08.1965 |
| 32.97 | Astrid Sundby | 42 | Jessheim | 15.09.1963 |
| 22.47 | Åshild Sørum | 39 | Lillestrøm | 29.06.1960 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 42.33 | Astrid Sundby | 42 | Jessheim | 06.10.1963 |
| 39.34 | Tove Dønnum | 40 | Jessheim | 07.10.1961 |
| 35.86 | Åshild Sørum | 39 | Lillestrøm | 29.06.1960 |

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| **3-kamp M 100m-Diskos-Høyde** |  |

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| 2094 | Astrid Sundby | 42 | Strømmen | 21.09.1963 |
| 13.4-28.67-1.47 |

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| 1879 | Tove Dønnum | 40 | Kløfta | 21.06.1961 |
| 14.0-29.28-1.34 |

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| **5-kamp M 80mh-Kule-Høyde/Lengde-200m**  |  |

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| 3401 | Astrid Sundby | 42 | Råholt  | 30-31.08.1963 |
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| 2759 | Åshild Sørum | 39 | Kløfta | 03-04.09.1960 |
| 9.07-1.28-29.9/16.3-4.21 |

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| **4x400m** |  |

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| 3:54.74 | K21 |  | Nesodden | 19.05.2018 |
| Vår Åsheim99-Amalie Sæten97-Emilie Hov Andreassen00-Caroline Foss Høistad98 |

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| 4:02.04 | K21 |  | Larvik/Lo | 30.05.2015 |
| Veronica Undseth94-Vår Åsheim99-Pia Bålsrud95-Emilie Hov Andreassen00 |

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| **4x800m** |  |

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| 9:22.33 | K21 |  | Larvik/Lo | 31.05.2015 |
| Pia Bålsrud95-Caroline Foss Høistad98-Veronica Undseth94-Emilie Hov Andreassen00 |

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| **1000m** |  |

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| 2:15.10 | K21 |  | Byrkjelo | 19.08.2018 |
| Tonje Moen00-Birgitte Kjuus99-Vår Åsheim99-Amalie Sæten97 |

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| **JENTER 21** | **200** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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|  8.67 | Lena Opaker | 69 | Oslo/Ek | 18.02.1990 |

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| **800m** |  |

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| 2:09.02 | Amalie Sæten | 97 | Rud | 11.02.2018 |
| 2:16.44 | Veronica Undseth | 94 | Ulsteinvik | 07.03.2015 |

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| **3000m** |  |

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|  11:35.42 | Ingeborg Nordaune | 97 | Rud | 10.02.2018 |

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| **Stav** |  |

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| 3.80 | Birgitte kjuus | 99 | Rud | 01.02.2020 |

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| **Lengde uten tilløp** |  |

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| 2.36 | Astrid Sundby | 42 | Lillestrøm/Vi | 30.03.1963 |
| 2.23 | Åshild Sørum | 39 | Jessheim | 03.04.1960 |
| 2.20 | Tove Dønnum | 40 | Jessheim | 24.03.1961 |
| 2.13 | Berit Haug | 38 | Jessheim | 15.02.1959 |

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| **JENTER 20** | **201** |

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| **60m M** |  |

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| 8.5 | Marie Belsvik | 36 | Oslo/Bi | 09.09.1956 |

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| **100m E** |  |

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| 13.65 | Tone Lauritzen | 76 | Jessheim | 20.08.1996 |
| 14.57 | Tonje Berg | 85 | Jessheim | 2605.2005 |

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| **100m M** |  |

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| 12.8 | Inger Birgitte Reppe | 68 | Oslo/Bi | 21.07.1988 |
| 14.0 | Marie Belsvik | 36 | Raufoss | 01.07.1956 |
| 14.0 | Tove Dønnum | 40 | Jessheim | 02.10.1960 |
| 14.2 | Astrid Sundby | 42 | Jessheim | 05.08.1962 |
| 14.4 | Åshild Sørum | 39 | Jessheim | 01.08.1959 |
| 14.7 | Kari Mo | 38 | Jessheim | 28.05.1958 |

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| **200m E** |  |

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| 27.07 | Summer Steinsrud | 01 | San Marcos, USA | 27.03.2021 |
| 30.23 | Tonje Berg | 85 | Bjørkelangen | 05.06.2005 |

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| **200m M** |  |

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| 29.0 | Tove Dønnum | 40 | Kløfta | 03.09.1960 |
| 29.2 | Astrid Sundby | 42 | Strømmen | 23.09.1962 |
| 29.6 | Berit Dønnum | 41 | Rpholt | 27.08.1961 |
| 31.0 | Marie Belsvik | 36 | Råholt | 25.07.1956 |
| 31.4 | Åshild Sørum | 39 | Nannestad | 05.09.1959 |
| 31.6 | Ingrid Sundby | 39 | Kløfta | 14.08.1957 |

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| **300m E** |  |

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| 42.00 | Inger Birgitte Reppe | 68 | Oslo/La | 07.05.1988 |

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| **400m E** |  |

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| 76.97 | Siw Vestengen | 72 | Sofiemyr | 05.08.1992 |

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| **400m M** |  |

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| 65.7 | Berit Dønnum | 41 | Jessheim | 09.09.1961 |
| 67.9 | Tove Dønnum | 40 | Jessheim | 24.09.1960 |
| 70.4 | Åshild Sørum | 39 | Jessheim | 19.09.1959 |
| 70.5 | Marit Wiig | 49 | Råholt | 23.08.1969 |

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| **JENTER 20** | **202** |

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| **800m**  |  |

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| 2:16.32 | Pia Bålsrud | 95 | Oslo/Bi | 28.06.2015 |
| 2:20.7 | Liv Anita Mikkelborg | 80 | Jessheim | 14.08.2000 |
| 2:22.8 | Line Røen | 66 | Jessheim | 01.08.1986 |
| 2:26.8 | Berit Dønnum | 41 | Råholt | 15.07.1961 |
| 2:42.4 | Vibeke Aarflot | 69 | Jessheim | 21.08.1969 |
| 2:44.67 | Stine Rajala Granerud | 92 | Lillehammer/Ss | 24.06.2012 |
| 2:45.0 | Sissel Dønnum | 43 | Lillestrøm | 24.08.1963 |
| 2:46.7 | Benedicte Sand | 73 | Jessheim | 16.08.1993 |
| 3:01.2 | Unn Hoel | 69 | Jessheim | 21.08.1989 |
| 3:08.4 | Dagrun Rommen | 76 | Lørenfallet | 04.06.1996 |
| 3:08.4 | Berit Holå Johannessen | 76 | Lørenfallet | 04.06.1996 |

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| **1500m**  |  |

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| 4:43.68 | Nina Holm | 64 | Oslo/Bi | 29.07.1984 |
| 4:53.68 | Kamilla Bråthen | 77 | Oslo/Bi | 19.06.1997 |
| 5:01.8 | Torbjørg Muri | 62 | Jessheim | 16.06.1982 |
| 5:09.9 | Bente Aarflot | 72 | Jessheim | 15.06.1992 |
| 5:11.6 | Inger Johanne Haugen | 60 | Jessheim | 09.06.1980 |
| 5:14.6 | Ann Kristin Halvorsen | 63 | Jessheim | 10.06.1983 |
| 5:18.4 | Bente Tenold | 62 | Jessheim | 16.06.1982 |
| 5.18.73 | Mathilde Hagen | 00 | Oslol/Bi | 15.07.2020 |
| 5:20.53 | Caroline Foss Høistad | 98 | Jessheim | 11.08.2018 |
| 5:21.9 | Kristin Bogstad | 64 | Jessheim | 08.06.1984 |
| 5:27.8 | Stine Rajala Granerud | 92 | Jessheim | 12.06.2012 |
| 5:35.6 | Bente Iren Solberg | 61 | Jessheim | 12.06.1981 |
| 5:36.4 | Vibeke Arflot | 69 | Jessheim | 12.06.1989 |
| 5:44.5 | Randi Sydtangen | 67 | Jessheim | 10.06.1987 |
| 5:48.5 | Inger Helene Olsen | 68 | Jessheim | 13.06.1988 |
| 5:49.4 | Benedicte Sand | 73 | Jessheim | 14.06.1993 |
| 6:07.0 | Grethe Hansen | 64 | Jessheim | 08.06.1984 |
| 6:13.9 | Laila Engen | 65 | Jessheim | 08.06.1984 |
| 6:14.1 | Tone Rustad | 67 | Jessheim | 10.06.1987 |
| 6:30.0 | May Skolt | 59 | Jessheim | 11.06.1979 |
| 6:54.5 | Dagrun Rommen | 76 | Jessheim | 17.06.1996 |
| 7:09.5 | Merete Kvaal | 67 | Jessheim | 10.06.1987 |
| 7:14.4 | Laila Engen | 65 | Jessheim | 09.09.1985 |

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| **3000m**  |  |

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| 10:24.5 | Kamilla Bråthen | 77 | Jessheim | 18.08.1997 |
| 10:35.29 | Nina Holm | 64 | Oslo/Bi | 09.08.1984 |
| 10:51.0 | Line Røen | 66 | Jessheim | 15.08.1986 |
| 10:56.1 | Hege Lundring | 69 | Jessheim | 21.08.1989 |
| 11:06.1 | Bente Aarflot | 72 | Jessheim | 21.08.1992 |

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| **JENTER 20** | **203** |

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| **3000m forts.** |  |

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| 11:13.2 | Hanne Sørensen | 63 | Jessheim | 19.08.1983 |
| 11:14.9 | Kristin Bogstad | 64 | Jessheim | 07.09.1984 |
| 11:31.70 | Stine Rajala Granerud | 92 | Oslo/Bi | 17.08.2012 |
| 11:45.4 | Hilde Rustad | 66 | Jessheim | 15.08.1986 |
| 11:45.5 | Ann Kristin Ullerud | 66 | Jessheim | 15.08.1986 |
| 12:23.6 | Bente Iren Solberg | 61 | Jessheim | 21.08.1981 |
| 13:04.0 | Marit Skolt | 56 | Jessheim | 25.08.1976 |
| 13:21.3 | Randi Sydtangen | 67 | Jessheim | 21.08.1987 |
| 13:31.45 | Grete Frank | 83 | Oslo/Bi | 25.08.2003 |
| 14:27.2 | Tone Rustad | 67 | Jessheim | 21.08.1987 |
| 14:45.5 | May Skolt | 59 | Jessheim | 20.08.1979 |

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| **5000m** |  |

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| 20:03.2 | Stine Elisabeth Rajala  | 92 | Ås | 10.10.2012 |

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

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| 13.9 | Astrid Sundby | 42 | Strømmen | 16.09.1962 |
| 15.2 | Tove Dønnum | 40 | Kløfta | 05.09.1960 |
| 15.7 | Åshild Sørum | 39 | Nannestad | 06.09.1959 |
| 16.0 | Ragnhild Sundby | 44 | Jessheim | 29.09.1964 |

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

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| 14.34 | Inger Birgitte Reppe | 68 | Grimstad | 25.06.1988 |
| 15.88 | Summer Steinsrud | 01 | San Diego, USA | 07.04.2021 |

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

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| 14.3 | Inger Birgitte Reppe | 68 | Grimstad | 25.06.1988 |

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| **400m hekk 76.2 cm E** |  |

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| 65.56 | Summer Steinsrud | 01 | San Diego, USA | 07.03.2021 |

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| **400m hekk 76.2 cm M** |  |

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| 74.3 | Kristin Bogstad | 64 | Lørenfallet | 01.09.1984 |

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| **5 km landevei** |  |

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| 23:021 | Marie Næss | 00 | Jessheim | 03.10.2020 |

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| **JENTER 20** | **204** |

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| **10 km landevei** |  |

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| 39:28 | Mathilde Hagen | 00 | Jessheim | 03.10.2020 |
| 41:31 | Line Røen | 66 | Jessheim | 12.10.1986 |
| 44:45 | Marit Skolt | 56 | Jessheim | 10.10.1976 |
| 45:03 | Hilde Rustad | 66 | Jessheim | 12.10.1986 |
| 48:18 | Elisabeth Maum | 67 | Jessheim | 11.10.1987 |
| 51:33 | Anne Karin Halvorsen | 63 | Jessheim | 09.10.1983 |

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| **Maraton 42195m** |  |

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| 3:21:26 | Bente Tenold | 62 | Oslo | 03.07.1982 |

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| **Høyde** |  |

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| 1.54 | Tove Dønnum | 40 | Sandvika/Ka | 17.09.1960 |
| 1.39 | Astrid Sundby | 42 | Strømmen | 22.09.1962 |
| 1.35 | Åshild Sørum | 39 | Nannestad | 05.06.1959 |
| 1.27 | Marie Belsvik | 36 | Jessheim | 27.05.1956 |

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| **Stav** |  |

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| 4.13 | Birgitte Kjuus | 99 | Göteborg, SWE | 28.06.2019 |

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| **Lengde** |  |

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| 5.66 | Birgitte Kjuus | 99 | Oslo/Bi | 17.07.2019 |
| 5.05 | Tone Lauritzen | 76 | Jessheim | 20.08.1996 |
| 5.00 | Tove Dønnum | 40 | Gjøvik | 12.09.1960 |
| 4.91 | Marie Belsvik | 36 | Raufoss | 01.07.1956 |
| 4.58 | Astrid Sundby | 42 | Strømmen | 23.09.1962 |
| 4.43 | Anne Marie Fridland | 40 | Jessheim | 24.09.1960 |
| 4.41 | Åshild Sørum | 39 | Jessheim | 20.09.1959 |

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| **Kule 4 kg** |  |

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| 10.76 | Astrid Sundby | 42 | Strømmen | 16.09.1962 |
|  9.64 | Runa Nordahl | 56 | Rolvsrud | 04.05.1976 |
|  8.77 | Anne Lise Aas | 41 | Kløfta | 05.09.1960 |
|  8.59 | Åshild Sørum | 39 | Jessheim | 15.09.1959 |
|  8.51 | Winnie Lindner | 44 | Jessheim | 05.06.1964 |
|  8.19 | Tonje Berg | 85 | Bjørkelangen | 05.06.2005 |
|  7.70 | Tove Dønnum | 40 | Kløfta | 05.09.1960 |

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| **JENTER 20** | **205** |

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| **Diskos 1 kg** |  |

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| 31.74 | Astrid Sundby | 42 | Jessheim | 06.09.1962 |
| 31.46 | Tove Dønnum | 40 | Ski | 25.06.1960 |
| 29.79 | Ingrid Sundby | 36 | Raufoss | 01.07.1956 |
| 27.38 | Runa Nordahl | 56 | Hvam | 22.05.1976 |
| 22.87 | Tonje Berg | 85 | Bjørkelangen | 05.06.2005 |

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| **Slegge 4 kg** |  |

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| 32.08 | Runa Nordahl | 56 | Strømmen | 18.06.1976 |

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

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| 26.23 | Tonje Berg | 85 | Jessheim | 13.06.2005 |

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| **Spyd 600g Gammel type tom. 1998** |  |

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| 45.62 | Runa Nordahl | 56 | Jessheim | 09.06.1976 |
| 30.80 | Astrid Sundby | 42 | Jessheim | 14.06.1962 |
| 29.68 | Eva Cathrine Torvund | 69 | Jessheim | 03.07.1989 |
| 28.82 | Ingrid Sundby | 39 | Råholt | 20.09.1959 |
| 27.37 | Ragnhild Sundby | 44 | Jessheim | 13.09.1964 |
| 24.90 | Åshild Sørum | 39 | Jessheim | 20.09.1959 |
| 22.02 | Grethe Uhlen | 49 | Strømmen | 21.08.1969 |

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

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| 41.10 | Astrid Sundby | 42 | Jessheim | 02.07.1962 |
| 37.58 | Tove Dønnum | 40 | Jessheim | 25.09.1960 |
| 33.65 | Anne Marie Fridland | 40 | Jessheim | 25.09.1960 |
| 31.75 | Berit Dønnum | 41 | Jessheim | 07.10.1961 |
| 29.67 | Åshild Sørum | 39 | Jessheim | 15.09.1959 |

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| **3-kamp M 100m M-Diskos-Høyde** |  |

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| 2083 | Tove Dønnum | 40 | Jessheim | 02.10.1960 |
| 14.0-29.95-1.54 |

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| 1865 | Astrid Sundby | 42 | Jessheim | 05.08.1962 |
| 14.2-31.33-1.34 |

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| **JENTER 20** | **206** |

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| **5-kamp M 80mh-Kule-Høyde/Lengde-200m**  |  |

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| 3291 | Astrid Sundby | 42 | Strømmen | 22-23.09.1962 |
| 14.4-9.60-1.31/4.58-29.4 |

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| 3227 | Tove Dønnum | 40 | Kløfta | 03-04.09.1960 |
| 7.58-1.50-29.0/15.2-4.90 |

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| 2722 | Åshild Sørum | 39 | Nannestad | 05-06.09.1959 |
| 8.26-1.35-31.4/15.7-4.32 |

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| **4x100m E** |  |

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| 52.15 |  K20 |  | Jessheim | 20.05.2012 |
| Charlotte Grasmo96-Betina Nilssen92-Ann-Kristin Aslakrud95-Pia Bålsrud95 |

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| **4x800m** |  |

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| 9:43.42 | J20 |  | Nadderud | 07.07.1984 |
| Nina Holm64-Kari Fjeldberg68-Gunn Vilberg66-Line Røen66 |

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| 11:00.05 |  K20 |  | Jessheim | 20.05.2012 |
| Sofie Rostad94-Stine Granerud92-Anne Lillegård73-Hedda Alfarrustad96 |

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| **4x1500m** |  |

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| 21:18.9 | J20 |  | Jessheim | 23.08.1986 |
| Hege Melby68-Line Røen66-Ann Kristin Ullerud66-Gunn Vilberg66 |

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| **JENTER 20** | **207** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.28 | Betina Nilssen | 92 | Stange | 17.03.2012 |

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| **100m M** |  |

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| 12.8 | Inger Birgitte Reppe | 68 | Drammen | 17.01.1988 |

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| **200m E** |  |

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| 27.72 | Betina Nilssen | 92 | Stange | 18.03.2012 |

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| **300m E** |  |

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

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| **400m E** |  |

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| 57.13 | Vår Åsheim | 99 | Haugesund | 02.02.2019 |
| 61.74 | Caroline Foss Høistad | 98 | Steinkjer | 09.03.2018 |
| 62.62 | Pia Bålsrud | 95 | Rud | 11.01.2015 |

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

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| 2:19.6 | Nina Holm | 64 | Oslo/Ek | 03.03.1984 |

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| **1500m** |  |

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| 4:56.3 | Nina Holm | 64 | Oslo/Ek | 21.01.1984 |

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

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| 8.75 | Inger Birgitte Reppe | 68 | Askim | 21.02.1988 |

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| **Stav** |  |

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| 3.95 | Birgitte Kjuus | 99 | Rud | 10.02.2019 |

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| **Høyde uten tilløp** |  |

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| 1.15 | Guri Fjeldberg | 69 | Jessheim/Je | 16.03.1989 |
| 0.90 | Ingrid Sundby | 39 | Jessheim | 15.02.1959 |
| 0.85 | Åshild Sundby | 39 | Jessheim | 15.02.1959 |

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| **JENTER 20** | **208** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| 2.46 | Inger Birgitte Reppe | 68 | Jessheim/Je | 10.03.1988 |
| 2.38 | Tove Dønnum | 40 | Jessheim | 03.04.1960 |
| 2.31 | Guri Fjeldberg | 69 | Jessheim/Je | 16.03.1989 |
| 2.18 | Tonje Berg | 85 | Jessheim/No | 14.03.2005 |

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| **JENTER 19** | **209** |

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| **60m M** |  |

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| 8.2 | Kari Mo | 38 | Råholt | 20.09.1957 |
| 8.3 | Marie Belsvik | 36 | Lillestrøm | 03.09.1955 |
| 8.5 | Anne Lise Aas | 41 | Lillestrøm | 19.06.1960 |
| 8.5 | Astrid Sundby | 42 | Jessheim | 07.08.1961 |
| 8.5 | Winnie Lindner | 44 | Jessheim | 11.09.1963 |
| 8.8 | Ingrid Sundby | 39 | Årnes | 16.08.1958 |
| 8.8 | Eva Myrvang | 42 | Jessheim | 07.08.1961 |
| 9.0 | Åshild Sørum | 39 | Jessheim | 23.07.1958 |

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| **100m E** |  |

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| 12.59 | Vår Åsheim | 99 | Oslo/Bi | 18.07.2018 |
| 12.67 | Birgitte Kjuus | 99 | Oslo/Bi | 18.07.2018 |
| 12.70 | Summer Steinsrud | 01 | Nittedal | 13.06.2020 |
| 12.99 | Charlotte Grasmo | 96 | Lillehammer/Ss | 21.06.2015 |
| 13.04 | Inger Birgitte Reppe | 68 | Lillehammer/Ss | 28.05.1987 |
| 13.70 | Betina Nilssen | 92 | Jessheim | 26.05.2011 |
| 13.86 | Siri-Anne Lund | 69 | Oslo/Bi | 21.07.1988 |
| 15.01 | Kari Robøle | 86 | Jessheim | 13.06.2005 |

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| **100m M** |  |

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| 12.3 | Summer Steinsrud | 01 | Fagernes | 01.06.2020 |
| 12.5 | Inger Birgitte Reppe | 68 | Bjørkelangen | 30.08.1987 |
| 13.3 | Siri-Anne Lund  | 69 | Jessheim | 27.07.1988 |
| 13.5 | Marie Belsvik | 36 | Sandvika/Ka | 10.06.1955 |
| 13.5 | Anne Lise Aas | 41 | Lillestrøm | 03.07.1960 |
| 13.5 | Winnie Lindner | 44 | Jessheim | 06.10.1963 |
| 14.1 | Astrid Sundby | 42 | Jessheim | 07.08.1961 |
| 14.3 | Ingrid Sundby | 39 | Jessheim | 28.05.1958 |
| 14.8 | Kari Mo | 38 | Jessheim | 05.06.1957 |
| 14.8 | Tove Dønnum | 40 | Jessheim | 22.07.1959 |
| 14.8 | Tonje Berg | 85 | Jessheim | 27.05.2004 |
| 15.0 | Åshild Sørum | 39 | Jessheim | 23.07.1958 |
| 16.5 | Ellen Refsum | 41 | Jessheim | 22.06.1960 |

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| **150m E** |  |

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| 18.91 | Summer Steinsrud | 01 | Oslo/Bi | 07.06.2020 |

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| **JENTER 19** | **210** |

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| **200m E** |  |

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| 25.35 | Vår Åsheim | 99 | Oslo/Bi | 18.07.2018 |
| 25.72 | Summer Steinsrud | 01 | Nittedal | 13.05.2020 |
| 26.98 | Charlotte Grasmo | 96 | Brandbu | 27.06.2015 |
| 27.68 | Tone Lauritzen | 76 | Jessheim | 03.08.1995 |
| 28.04 | Liv Anita Mikkelborg | 80 | Jessheim | 21.06.1999 |

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| **200m M** |  |

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| 25.6 | Summer Steinsrud | 01 | Fagernes | 01.06.2020 |
| 28.4 | Inger Lise Borgen | 64 | Oslo/Bi | 28.08.1983 |
| 28.5 | Anne Lise Aas | 41 | Lillestrøm | 19.06.1960 |
| 30.2 | Marie Belsvik | 36 | Lillestrøm | 04.09.1955 |
| 30.3 | Åshild Sørum | 39 | Jessheim | 06.08.1958 |
| 30.3 | Astrid Sundby | 42 | Lillestrøm | 02.09.1961 |

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| **300m E** |  |

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| 40.90 | Summer Steinsrud | 01 | Oslo/Bi | 07.06.2020 |

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| **400m E** |  |

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| 55.75 | Vår Åsheim | 99 | Göteborg, SWE | 30.06.2018 |
| 59.20 | Caroline Foss Høistad | 98 | Oslo/Be | 19.08.2017 |
| 59.72 | Summer Steinsrud | 01 | Oslo/Bi | 15.07.2020 |
| 61.98 | Liv Anita Mikkelborg | 80 | Jessheim | 23.08.1999 |
| 62.39 | Inger Lise Borgen | 64 | Oslo/Bi | 11.08.1983 |
| 67.22 | Maren Fald Gården | 88 | Lillehammer/Ss | 23.06.2007 |

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| **400m M** |  |

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| 62.6 | Anne Kjersti Kvamme | 66 | Nadderud | 19.08.1985 |
| 69.5 | Åshild Sørum | 39 | Sandvika/Ka | 20.09.1958 |
| 69.5 | Anne Lise Aas | 41 | Jessheim | 24.09.1960 |
| 73.0 | Marit Wiig | 49 | Jessheim | 21.08.1968 |
| 72.3 | Berit Dønnum | 41 | Jessheim | 24.09.1960 |

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| **800m**  |  |

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| 2:19.72 | Caroline Foss Høistad | 98 | Nadderud | 18.06.2017 |
| 2:20:43 | Inger Lise Borgen | 64 | Oslo/Bi | 13.09.1983 |
| 2:22.8 | Liv Anita Mikkelborg | 80 | Jessheim | 16.08.1999 |
| 2:25.45 | Kamilla Bråthen | 77 | Jessheim | 25.06.1996 |
| 2:32.86 | Hilde Gustavson | 87 | Nadderud | 17.06.2006 |
| 2:33.90 | Maren Fald Gården | 88 | Nadderud | 16.06.2007 |

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| **JENTER 19** | **211** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:44.5 | Astrid Sundby | 42 | Jessheim | 10.09.1961 |
| 2:48.9 | Emilie Tømmerberg | 88 | Jessheim | 22.09.2007 |
| 2:52.5 | Åshild Sørum | 39 | Sandvika/Ka | 21.09.1958 |
| 2:54.19 | Stine Rajala Granerud | 92 | Jessheim | 26.05.2011 |
| 3:12.9 | Dagrun Rommen | 76 | Jessheim | 14.08.1995 |

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| **1500m**  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:49.1 | Nina Holm | 64 | Oslo/St | 28.09.1983 |
| 4:52.9 | Ann Kristin Halvorsen | 63 | Oslo/St | 07.06.1982 |
| 4:55.4 | Line Røen | 66 | Jessheim | 29.05.1986 |
| 4:57.0 | Kamilla Bråthen | 77 | Jessheim | 17.06.1996 |
| 4:58.6 | Hanne Sørensen | 63 | Jessheim | 11.06.1982 |
| 5:01.85 | Caroline Foss Høistad | 98 | Lillehammer/Ss | 22.06.2017 |
| 5:02.0 | Inger Lise Borgen | 64 | Jessheim | 10.06.1983 |
| 5:04.7 | Ingjerd Vestengen | 65 | Jessheim | 08.06.1984 |
| 5:09.8 | Liv Anita Mikkelborg | 80 | Jessheim | 14.06.1999 |
| 5:10.2 | Line Røen | 66 | Jessheim | 09.09.1985 |
| 5:13.1 | Torill Evensen | 67 | Herlev, DEN | 20.06.1986 |
| 5.13.2 | Hege Melby | 68 | Jessheim | 10.06.1987 |
| 5:17.7 | Torunn Larsen | 68 | Jessheim | 10.06.1987 |
| 5:18.2 | Bente Iren Solberg | 61 | Jessheim | 09.06.1980 |
| 5:19.3 | Torbjørg Muri | 62 | Jessheim | 12.06.1981 |
| 5:24.3 | Bente Tenold | 62 | Jessheim | 12.06.1981 |
| 5:25.8 | Ann Kristin Ullerud | 66 | Jessheim | 09.09.1985 |
| 5:29.5 | Hilde Gustavson | 87 | Jessheim | 15.06.2006 |
| 5:29.52 | June Røhne | 01 | Jessheim | 04.06.2020 |
| 5:30.9 | Wenche Moen | 65 | Jessheim | 08.06.1984 |
| 5:35.5 | Grethe Hansen | 64 | Jessheim | 10.06.1983 |
| 5:39.5 | Frida Kristine Forberg | 92 | Jessheim | 14.06.2011 |
| 5:48.4 | Benedicte Sand | 73 | Jessheim | 15.06.1992 |
| 5:48.3 | Vibeke Aarflot | 69 | Jessheim | 13.06.1988 |
| 5:51.1 | Katrine Finstad | 75 | Jessheim | 13.06.1994 |
| 6:00.8 | Inger Lise Hvattum | 62 | Jessheim | 12.06.1981 |
| 6:00.8 | Stine Rajala Granerud | 92 | Jessheim | 14.06.2011 |
| 6:01.9 | Inger Helene Olsen | 68 | Jessheim | 10.06.1987 |
| 6:13.1 | Randi Sydtangen | 67 | Jessheim | 13.06.1986 |
| 6:13.5 | Line Bjørnås | 67 | Jessheim | 13.06.1986 |
| 6:23.1 | Tone Rustad | 67 | Jessheim | 13.06.1986 |
| 6:27.4 | Randi Nagell | 62 | Jessheim | 12.06.1981 |
| 6:28.7 | Berit Trøgstad | 62 | Jessheim | 12.06.1981 |
| 6:32.0 | Mari Birkelund | 86 | Jessheim | 09.06.2005 |
| 6:42.6 | May Skolt | 59 | Jessheim | 12.06.1978 |
| 6:51.5 | Jorunn Nagell | 62 | Jessheim | 12.06.1981 |
| 6:52.5 | Dagny Rommen | 76 | Jessheim | 12.06.1995 |

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| **JENTER 19** | **212** |

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| **3000m**  |  |

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| 10:08.2 | Kamilla Bråthen | 77 | Jessheim | 19.08.1996 |
| 10:42.4 | Ingjerd Vestengen | 65 | Oslo/St | 27.06.1984 |
| 10:45.8 | Anne Karin Halvorsen | 63 | Årnes | 26.05.1982 |
| 10:48.5 | Hanne Sørensen | 63 | Jessheim | 20.08.1982 |
| 10:59.4 | Nina Holm | 65 | Jessheim | 19.08.1983 |
| 11:12.4 | Line Røen | 66 | Rolvsrud | 15.06.1985 |
| 11:21.1 | Bente Iren Solberg | 61 | Jessheim | 18.08.1980 |
| 11:35.4 | Torbjørg Muri | 62 | Jessheim | 21.08.1981 |
| 11:52.3 | Bente Tenold | 62 | Jessheim | 21.08.1981 |
| 11:53.8 | Tone Rosenberg | 63 | Jessheim | 20.08.1982 |
| 12:03.8 | Wenche Moen | 65 | Jessheim | 17.08.1984 |
| 12:26.6 | Elisabeth Moum | 67 | Jessheim | 15.08.1986 |
| 12:37.2 | Kristin Bogstad | 64 | Jessheim | 19.08.1983 |
| 12.40.02 | Stine Granerud Rajala | 92 | Nadderud | 17.06.2011 |
| 12:51.8 | Inger Lise Hvattum | 62 | Jessheim | 21.08.1981 |
| 12:53.5 | Grethe Hansen | 64 | Jessheim | 19.08.1983 |
| 13:14.2 | Vibeke Aarflot | 69 | Jessheim | 19.08.1988 |
| 13:58.8 | Inger Helene Olsen | 68 | Jessheim | 21.08.1987 |
| 14:04.3 | Randi Sydtangen | 67 | Jessheim | 15.08.1986 |
| 14:07.4 | Tanja Lybæk | 62 | Jessheim | 21.08.1981 |
| 14:17.3 | Tone Rustad | 67 | Jessheim | 15.08.1098 |
| 14:22.6 | Berit Trøgstad | 62 | Jessheim | 21.08.1981 |
| 14:52.1 | Randi Nagell | 62 | Jessheim | 21.08.1981 |
| 15:10.9 | May Skolt | 59 | Jessheim | 21.08.1978 |
| 15:25.0 | Laila Engen | 65 | Jessheim | 17.08.1984 |
| 15:38.8 | Merete Kvaal | 67 | Jessheim | 15.08.1986 |

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| **5000m**  |  |

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| --- | --- | --- | --- | --- |
| 22:21.31 | Stine Granerud Rajala | 92 | Oslo/Bi | 30.06.2011 |

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

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| --- | --- | --- | --- | --- |
| 14.0 | Astrid Sundby | 42 | Jessheim | 09.09.1961 |
| 16.2 | Åshild Sørum | 39 | Jessheim | 06.08.1958 |

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

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| 14.55 | Inger Birgitte Reppe | 68 | Nesbyen | 14.08.1987 |

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

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| 43.29 | Vår Åsheim | 99 | Lillestrøm | 27.05.2018 |

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| **JENTER 19** | **213** |

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| **400m hekk 76.2 cm E** |  |

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| 60.14 | Vår Åsheim | 99 | Oslo/Bi | 05.07.2018 |

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| **10 km veiløp** |  |

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| 40:18 | Nina Holm | 64 | Jessheim | 09.10.1983 |
| 40:38 | Inger Lise Borgen | 64 | Jessheim | 09.10.1983 |
| 43:47 | Torunn Larsen | 67 | Jessheim | 12.10.1986 |
| 45:58 | Elisabeth Moum | 67 | Jessheim | 12.10.1986 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Tove Dønnum | 40 | Jessheim | 19.09.1959 |
| 1.38 | Ingrid Sundby | 39 | Sandvika/Ka | 20.09.1958 |
| 1.35 | Astrid Sundby | 42 | Jessheim | 17.08.1961 |
| 1.35 | Winnie Lindner | 44 | Jessheim | 06.10.1963 |
| 1.32 | Kari Mo | 38 | Råholt | 20.09.1957 |
| 1.30 | Åshild Sørum | 39 | Jessheim | 23.07.1958 |
| 1.26 | Eva Myrvang | 42 | Jessheim | 10.09.1961 |
| 1.25 | Berit Dønnum | 41 | Jessheim | 24.09.1960 |
| 1.21 | Marie Belsvik | 36 | Jessheim | 04.06.1955 |

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| **Stav** |  |

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| 4.00 | Birgitte Kjuus | 99 | Mannheim, GER | 23.06.2018 |
| 2.60 | Tonje Berg | 85 | Trondheim/St | 30.07.2004 |
| 2.05 | Kristin Urnes | 75 | Jessheim | 26.09.1994 |

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| **Lengde** |  |

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| 5.61 | Birgitte Kjuus | 99 | Oslo/Bi | 05.07.2018 |
| 5.12 | Tone Lauritzen | 76 | Lillehammer/Ss | 23.06.1995 |
| 5.02 | Ing2er Birgitte Reppe | 68 | Jessheim | 04.06.1987 |
| 4.97 | Marie Belsvik | 36 | Lillestrøm | 04.09.1955 |
| 4.40 | Tove Dønnum | 40 | Jessheim | 12.07.1959 |
| 4.39 | Guri Fjeldberg | 69 | Jessheim | 03.10.1988 |
| 4.32 | Astrid Sundby | 42 | Lillestrøm | 03.09.1961 |
| 4.24 | Åshild Sørum | 39 | Jessheim | 07.08.1958 |
| 4.16 | Ragnhild Sundby | 44 | Jessheim | 25.09.1963 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 10.74 | Tone Lauritzen | 76 | Oslo/Bi | 17.07.1995 |

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| **JENTER 19** | **214** |

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| **Kule 4 kg** |  |

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| 13.46 | Hanna Emilie Hjeltnes | 04 | Oslo/Bi | 23.07.2023 |
| 10.60 | Astrid Sundby | 42 | Lillestrøm | 02.09.1961 |
| 10.56 | Guri Fjeldberg | 69 | Jessheim | 26.09.1988 |
|  9.00 | Ebba Beyer | 98 | Fet | 14.09.2017 |
|  8.80 | Bente Honne | 43 | Strømmen | 16.09.1962 |
|  8.76 | Winnie Lindner | 44 | Jessheim | 25.09.1963 |
|  8.71 | Åshild Sørum | 39 | Sandvika/Ka | 20.09.1958 |
|  7.85 | Tone Sæthermoen | 69 | Jessheim | 26.09.1988 |
|  7.75 | Tove Dønnum | 40 | Jessheim | 12.07.1959 |
|  7.60 | Karin Lund | 41 | Jessheim | 22.06.1960 |
|  7.16 | Ragnhild Sundby | 44 | Jessheim | 25.09.1963 |
|  5.80 | Berit Dønnum | 41 | Jessheim | 05.07.1960 |

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| **Diskos 1 kg** |  |

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| 45.56 | Hanna Emilie Hjeltnes | 04 | Haderslev, DEN | 03.06.2023 |
| 32.62 | Astrid Sundby | 42 | Oslo/Bi | 30.08.1961 |
| 28.82 | Ingrid Sundby | 39 | Sandvika/Ka | 21.09.1958 |
| 28.26 | Tove Dønnum | 40 | Jessheim | 19.09.1959 |
| 27.84 | Tonje Berg | 85 | Jessheim | 14.06.2004 |
| 24.93 | Bente Honne | 43 | Strømmen | 16.09.1962 |
| 24.04 | Åshild Sørum | 39 | Jessheim | 24.08.1958 |
| 23.45 | Inger Lise Aas | 41 | Kløfta | 05.09.1960 |
| 22.82 | Runa Nordahl | 56 | Strømmen | 15.06.1975 |

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| **Slegge 4 kg** |  |

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| 33.16 | Hanna Emilie Hjeltnes | 04 | Jessheim | 02.09.2023 |
| 30.14 | Runa Nordahl | 56 | Løten | 11.10.1975 |

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

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| 36.96 | Hanna Emilie Hjeltnes | 04 | Bergen/Fa | 09.09.2023 |
| 28.01 | Tonje Berg | 85 | Bjørkelangen | 05.06.2004 |

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| **Spyd 600 g Gammel type tom. 1998** |  |

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| --- | --- | --- | --- | --- |
| 44.84 | Runa Nordahl | 56 | Sofiemyr | 26.06.1975 |
| 31.19 | Astrid Sundby | 42 | Jessheim | 09.09.1961 |
| 30.95 | Ragnhild Sundby | 44 | Lillestrøm | 24.08.1963 |
| 30.16 | Åshild Sørum | 39 | Årnes | 17.08.1958 |
| 29.14 | Kristin Urnes | 75 | Jessheim | 26.09.1994 |
| 28.26 | Tove Dønnum | 40 | Jessheim | 13.09.1959 |
| 27.38 | Winnie Lindner | 44 | Jessheim | 06.10.1963 |
| 25.55 | Ingrid Sundby | 39 | Jessheim | 28.05.1958 |
| 24.96 | Inger Birgitte Reppe | 68 | Jessheim | 04.06.1987 |
| **JENTER 19** | **215** |

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

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| --- | --- | --- | --- | --- |
| 42.42 | Astrid Sundby | 42 | Trondheim | 16.09.1961 |
| 37.61 | Ingrid Sundby | 39 | Sandvika/Ka | 21.09.1958 |
| 37.53 | Tove Dønnum | 40 | Jessheim | 19.08.1959 |
| 34.13 | Anne Lise Aas | 41 | Lillestrøm | 29.06.1960 |
| 33.60 | Eva Myrvang | 42 | Jessheim | 07.10.1961 |
| 30.70 | Marie Belsvik | 36 | Lillestrøm | 03.09.1955 |
| 31.68 | Berit Dønnum | 41 | Lillestrøm | 25.09.1960 |
| 29.63 | Winnie Lindner | 44 | Jessheim | 06.10.1963 |
| 27.50 | Karin Lund | 41 | Jessheim | 20.06.1960 |

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| **Liten ball 80 g** |  |

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| 51.15 | Tove Dønnum | 40 | Oslo/Jo | 12.09.1959 |

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| **3-kamp M 100m-Diskos-Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1833 | Astrid Sundby | 42 | Kløfta | 21.06.1961 |
| 14.1-29.28-1.34 |

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| 1688 | Tove Dønnum | 40 | Jessheim | 22.07.1959 |
| 14.9-24.98-1.40 |

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| **5-kamp M 80m hekk-Kule-Høyde/** | **Lengde-200m** |

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| 3101 | Astrid Sundby | 42 | Lillestrøm | 02-03.09.1961 |
| 10.60-1.30-30.3/14.1-4.32 |
| 2636 | Åshild Sørum | 39 | Jessheim | 06-07.08.1958 |
| 30.3-16.2-1.26/4.06-8.56 |

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| **4x60m M** |  |

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| 33.2 |  J19 |   | Oslo/Jo | 17.06.1955 |
| Kari Mo38-Åshild Sørum39-Marie Belsvik36-Ingrid Sundby39 |

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| **4x100m E** |  |

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| 54.72 | J19 Finale |  | Jessheim | 19.05.2012 |
| Charlotte Grasmo96-Rikke Gustavson93-Ann-Kristin Aslakrud94-Ida Tonhaugen95 |

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| 55.34 | J19 Forsøk |  | Jessheim | 19.05.2012 |
| Charlotte Grasmo96-Rikke Gustavson93-Ann-Kristin Aslakrud94-Ida Tonhaugen95 |

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| **JENTER 19** | **216** |

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| **4x100m** |  |

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| 53.1 |  J19 |   | Oslo/Bi | 14.08.1955 |
| Kari Mo38-Åshild Sørum39-Marie Belsvik36-Ingrid Sundby39 |

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| --- | --- | --- | --- | --- |
| 53.1 | J19 |  | Jessheim | 20.09.1987 |
| Eva Cathrine Torvund69-Inger Birgitte Reppe 68-Kristin Jensen70-Lena Nyland74 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.2 |  J19 |   | Gjøvik | 05.06.1955 |
| Kari Mo38-Åshild Sørum39-Marie Belsvik36-Ingrid Sundby39 |

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| **4x400m** |  |

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| 4:02.88 | K19 |  | Larvik/Lo | 31.05.2015 |
| Vår Åsheim99-Emilie Hov Andreassen00-Caroline Foss Høistad98-Charlotte Grasmo96 |

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| 4:04.08 | K19 |  | Nesodden | 19.05.2018 |
| Vår Åsheim99-Emilie Hov Andreassen00-Solveig E. Johansen03-Summer Steinsrud01 |

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| 4:23.3 | J19 |  | Lørenfallet | 01.09.1981 |
| Bente Krakeli62-Anne Karin Halvorsen63-Inger Birgitte Reppe68-Torbjørg Muri62 |

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| **3x800m** |  |

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| 7:38.2 | J19 |  | Årnes | 09.09.1981 |
| Torbjørg Muri62-Inger Lise Borgen64-Ann Karin Halvorsen63 |

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| **4x800m** |  |

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| 10:34.65 | J19 |  | Jessheim | 19.05.2012 |
| Ingrid Hannestad93-Sofie Rostad93-Vilde Alfarrustad96-Heidi Halling97 |

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| **4x1500m** |  |

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| 22:09.7 |  J19 |  | Jessheim | 17.09.1985 |
| Line Røen66-Elisabeth Moum67-Ann Kristin Ullerud66-Kristen Jensen70 |

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| **1000m** |  |

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| 2:17.67 | J19 |  | Bergen/Fa | 03.09.2017 |
| Tonje Moen00-Summer Steinsrud01-Vår Åsheim99-Caroline Foss Høistade98 |

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| 2:21.65 | K19 |  | Oslo/Bi | 26.08.2018 |
| Tonje Moen00-Summer Steinsrud01-Solveig Johansen03-Vår Åsheim99 |

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| 2:34.42 | J19 |  | Jessheim | 08.09.2019 |
| Tonje Moen00-Rayana Yangulbaeva04-Kari Ingelin Johansen03-Hannah Lindtorp02 |

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| **JENTER 19** | **217** |

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| **1000m forts.** |  |

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| 2:36.04 | J19 |  | Trondheim | 01.08.2004 |
| Mari Solbrekken87-Tonje Berg85-Hilde Gustavsen87-Elisabeth Langrusten86 |

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| 2:37.66 | J19 |  | Fagernes | 15.08.2004 |
| Hilde Gustavsen87-Tonje Berg85-Mari Solbrekken87Elisabeth Langrusten86 |

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| **JENTER 19** | **218** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| 8.08 | Summer Steinsrud | 01 | Hvam | 25.01.2020 |
| 8.13 | Inger Birgitte Reppe | 68 | Askim | 31.01.1987 |
| 8.24 | Betina Nilssen | 92 | Stange | 19.03.2011 |
| 8.34 | Tone Lauritzen | 76 | Stange | 18.03.1995 |

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| **100m E** |  |

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| 12.96 | Summer Steinsrud | 01 | Drammen | 05.01.2020 |

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| **200m E** |  |

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| 25.91 | Summer Steinsrud | 01 | Rud | 08.03.2020 |
| 27.58 | Betina Nilssen | 92 | Stange | 20.03.2011 |
| 28.85 | Frida Kristine Forberg | 92 | Stange | 20.03.2011 |

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| **400m E** |  |

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| 56.84 | Vår Åsheim | 99 | Rud | 10.02.2018 |
| 58.19 | Summer Steinsrud | 01 | Rud | 08.02.2020 |

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| **600m** |  |

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| 1:36.43 | Caroline Foss Høistad | 98 | Hvam | 14.01.2017 |
| 1:48.41 | Hilde Gustavson | 87 | Stange | 13.03.2006 |

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| **800m** |  |

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| 2:31.69 | Andrea Furuseth | 96 | Ulsteinvik | 07.03.2015 |
| 2:36.10 | Hilde Gustavson | 87 | Drammen | 11.12.2006 |

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| **1500m** |  |

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| 5:17.01 | Helena Seland Myhre | 97 | Hvam | 16.01.2016 |
| 5:30.21 | Heidi Kristine Halling | 97 | Hvam | 16.01.2016 |

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

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| 8.92 | Inger Birgitte Reppe | 68 | Askim | 01.02.1987 |
| 9.18 | Vår Åsheim | 99 | Rud | 20.01.2018 |

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

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

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| **JENTER 19** | **219** |

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| **INNENDØRS** |  |

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| **Høyde** |  |

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| 1.50 | Kari Fjeldberg | 68 | Lillestrøm | 19.01.1987 |

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| **Stav** |  |

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| 3.95 | Birgitte Kjuus | 99 | Rud | 01.12.2018 |
| 3.50 | Sara Bålsrud | 97 | Hvam | 12.02.2016 |

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| **Lengde** |  |

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| 5.22 | Tone Lauritzen | 76 | Stange | 28.02.1995 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.00 | Kari Mo | 38 | Eidsvoll | 10.03.1957 |
| 0.95 | Astrid Sundby | 42 | Jessheim | 24.03.1961 |

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| **Lengde uten tilløp** |  |

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| 2.32 | Tone Lauritzen | 76 | Hurdal | 12.03.1995 |
| 2.25 | Kari Mo | 38 | Eidsvoll | 10.03.1957 |
| 2.19 | Astrid Sundby | 42 | Jessheim | 24.03.1961 |
| 2.00 | Hilde Gustavson | 87 | Jessheim/No | 13.02.2006 |

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| **Kule 4 kg** |  |

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| 13.56 | Hanna Emilie Hjeltnes | 04 | Hvam | 02.12.2023 |
|  9.40 | Ebba Beyer | 98 | Rud | 10.02.2017 |

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| **4x200m** |  |

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