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| **JENTER 18** | **220** |

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

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| --- | --- | --- | --- | --- |
| 8.0 | Winnie Lindner | 44 | Jessheim | 02.07.1962 |
| 8.1 | Ingrid Sundby | 39 | Stavanger/St | 14.09.1957 |
| 8.1 | Anne Lise Aas | 41 | Sandvika/Ka | 28.06.1959 |
| 8.6 | Åshild Sørum | 39 | Jessheim | 16.06.1957 |
| 8.7 | Marie Belsvik | 36 | Strømmen | 02.10.1954 |
| 8.7 | Eva Myrvang | 42 | Jessheim | 29.09.1960 |
| 8.7 | Kari Fjeldberg | 68 | Jessheim | 29.09.1986 |
| 9.0 | Liv Knutsen | 52 | Nannestad | 04.06.1970 |

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| **100m E** |  |

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| 12.77 | Tonje Moen | 00 | Lillestrøm | 26.05.2018 |
| 13.12 | Vår Åsheim | 99 | Lillehammer/Ss | 25.06.2017 |
| 13.40 | Tone Lauritzen | 76 | Bjørkelangen | 28.05.1994 |
| 13.57 | Ragnhild Hammeren | 90 | Nadderud | 06.06.2008 |
| 14.36 | Mari Solbrekken | 87 | Jessheim | 13.06.2005 |

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| **100m M** |  |

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| 12.7 | Inger Birgitte Reppe | 68 | Oslo/Bi | 09.06.1986 |
| 13.0 | Winnie Lindner | 44 | Moss/Me | 18.09.1962 |
| 13.5 | Kari Mo | 38 | Oslo/Bi | 10.08.1956 |
| 13.5 | Anne Lise Aas | 41 | Jessheim | 17.06.1959 |
| 13.8 | Ingrid Sundby | 39 | Råholt | 21.08.1957 |
| 13.8 | Elisabeth Langrusten | 86 | Jessheim | 16.08.2004 |
| 13.9 | Marie Belsvik | 36 | Lillestrøm | 21.08.1954 |
| 13.9 | Kari Fjeldberg | 68 | Jessheim | 29.05.1986 |
| 14.0 | Heidi Bogstad | 66 | Strømmen | 10.06.1984 |
| 14.1 | Guri Fjeldberg | 69 | Jessheim | 28.06.1987 |
| 14.3 | Tove Dønnum | 40 | Jessheim | 04.10.1958 |
| 14.5 | Astrid Sundby | 42 | Lillestrøm | 18.06.1960 |
| 14.5 | Marit Wiig | 49 | Blaker/Br | 18.06.1967 |
| 15.3 | Randi Sydtangen | 67 | Årnes | 07.08.1985 |

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| **200m E** |  |

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| 26.24 | Vår Åsheim | 99 | Lillehammer/Ss | 23.06.2017 |
| 28.61 | Frida Kristine Forberg | 92 | Lillestrøm | 30.05.2010 |
| 30.08 | Rikke Gustovson | 93 | Nadderud | 28.06.2011 |
| 30.88 | Mari Solbrekken | 87 | Jessheim | 22.08.2005 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 27.3 | Tone Lauritzen | 76 | Jessheim | 26.09.1994 |
| 28.0 | Winnie Lindner | 44 | Lillestrøm | 11.09.1962 |

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| **JENTER 18** | **221** |

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| **200m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 29.1 | Anne Lise Aas | 41 | Nannestad | 05.08.1959 |
| 29.3 | Kari Mo | 38 | Råholt | 25.07.1956 |
| 29.8 | Inger Lise Borgen | 64 | Arvika, SWE | 17.07.1982 |
| 30.0 | Åshild Sørum | 39 | Råholt | 21.08.1957 |
| 31.0 | Astrid Sundby | 42 | Kløfta | 03.09.1960 |

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| **300m E** |  |

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| --- | --- | --- | --- | --- |
| 49.54 | Hanna Schultze Toverød | 96 | Nadderud | 06.05.2014 |

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| **400m E** |  |

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| 57.91 | Vår Åsheim | 99 | Bergen/Fa | 01.09.2017 |
| 60.12 | Emilie Hov Andreassen | 00 | Lillehammer/Ss | 23.06.2018 |
| 61.55 | Liv Anita Mikkelborg | 80 | Jessheim | 31.08.1998 |
| 62.98 | Maren Fald Gården | 88 | Lillehammer/Ss | 24.06.2006 |
| 63.27 | Ragnhild Hammeren | 90 | Jessheim | 18.08.2008 |
| 64.51 | Elisabeth Langrusten | 86 | Jessheim | 14.06.2004 |
| 65.77 | Frida Kristine Forberg | 92 | Nadderud | 13.06.2010 |
| 67.02 | Hilde Gustavson | 87 | Oslo/Bi | 28.08.2005 |
| 73.62 | Siw Vestengen | 72 | Jessheim | 29.05.1990 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 61.1 | Inger Lise Borgen | 64 | Nadderud | 23.08.1982 |
| 63.4 | Kari Fjeldberg | 68 | Oslo/Bi | 12.06.1986 |
| 63.6 | Nina Holm | 64 | Nadderud | 23.08.1982 |
| 67.1 | Vibeke Aarflot | 69 | Oslo/Bi | 21.05.1987 |
| 70.0 | Anne Lise Aas | 41 | Jessheim | 19.09.1959 |
| 75.2 | Sissel Dønnum | 43 | Jessheim | 07.08.1961 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:18.89 | Caroline Foss Høistad | 98 | Oslo/B | 10.07.2016 |
| 2:20.1 | Nina Holm | 64 | Oslo/St | 28.07.1982 |
| 2:20.2 | Inger Lise Borgen | 64 | Larvik/Lo | 05.09.1982 |
| 2:22.24 | Gunn Vilberg | 66 | Oslo/Bi | 19.06.1984 |
| 2:23.87 | Line Røen | 66 | Oslo/Bi | 19.06.1984 |
| 2:25.62 | Elisabeth Langrusten | 86 | Trondheim | 31.07.2004 |
| 2:25.69 | Maren Feld Gården | 88 | Byrkjelo | 27.08.2006 |
| 2:27.17 | Liv Anita Mikkelborg | 80 | Voss | 29.08.1988 |
| 2:27.4 | May Britt Engenes | 53 | Strømmen | 05.09.1971 |
| 2:28.3 | Silje Ekroll Jahren | 88 | Lørenfallet | 06.06.2006 |
| 2:30.13 | Helena Seland Myhre | 97 | Lillestrøm | 30.05.2015 |
| 2:31.75 | Cathrine Gundersen | 90 | Jessheim | 02.06.2008 |

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| **JENTER 18** | **222** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:32.34 | Hilde Gustavson | 87 | Oslo/Tr | 24.09.2005 |
| 2:33.28 | Sina Sandholt | 92 | Lillehammer/Ss | 20.06.2010 |
| 2:35.89 | Heidi Kristine Halling | 97 | Nadderud | 13.06.2015 |
| 2:43.6 | Siw Vestengen | 72 | Jessheim | 22.08.1990 |
| 2:52.1 | Aase Alstad | 48 | Råholt | 28.08.1966 |
| 2:57.9 | Åshild Sørum | 39 | Sandvika/Ka | 25.09.1957 |
| 2:57.9 | Katja Ekroll Jahren | 85 | Jessheim | 25.09.2003 |
| 2:59.4 | Sissel Dønnum | 43 | Råholt | 27.08.1961 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:40.72 | Caroline Foss Høistad | 98 | Hamar | 18.05.2016 |
| 4:45.47 | Silje Ekroll Jahren | 88 | Bergen/Fa | 23.07.2006 |
| 4:48.98 | Kamilla Bråthen | 77 | Åkrestrømmen | 27.07.1995 |
| 4:54.0 | Gunn Vilberg | 66 | Jessheim | 08.06.1984 |
| 4:55.7 | Nina Holm | 64 | Oslo/Bi | 21.07.1982 |
| 4:58.0 | Inger Lise Borgen | 64 | Oslo/Bi | 21.07.1982 |
| 5:00.6 | Line Røen | 66 | Jessheim | 08.06.1984 |
| 5:01.0 | Wenche Moen | 65 | Jessheim | 24.08.1983 |
| 5:06.2 | Hanne Sørensen | 63 | Jessheim | 12.06.1981 |
| 5:09.2 | Hege Melby | 68 | Jessheim | 13.06.1986 |
| 5:09.5 | Ann Kristin Halvorsen | 63 | Jessheim | 12.06.1981 |
| 5:13.3 | Torunn Larsen | 68 | Jessheim | 13.06.1986 |
| 5:13.3 | Elisabeth Langrusten | 86 | Jessheim | 10.06.2004 |
| 5:14.09 | Helena Seland Myhre | 97 | Lillehammer/Ss | 18.06.2015 |
| 5:15.9 | Bente Aarflot | 72 | Jessheim | 13.06.1990 |
| 5:16.30 | Malene Fjellestad | 97 | Lillehammer/Ss | 18.06.2015 |
| 5:17.5 | Tone Brosenberg | 60 | Jessheim | 12.06.1981 |
| 5:20.0 | Christine Gundersen | 90 | Jessheim | 12.06.2008 |
| 5:23.1 | Kristin Bogstad | 64 | Jessheim | 16.06.1982 |
| 5:25.5 | Elisabeth Moum | 67 | Jessheim | 09.09.1985 |
| 5:25.62 | Maren Feld Gården | 88 | Lillehammer/Ss | 22.06.2006 |
| 5:26.7 | Sofie Rostad | 94 | Jessheim | 12.06.2012 |
| 5:26.9 | Ingjerd Vestengen | 65 | Jessheim | 10.06.1983 |
| 5:27.4 | Bente Tenold | 62 | Jessheim | 09.06.1980 |
| 5:30.7 | Ann Kristin Ullerud | 66 | Jessheim | 08.06.1984 |
| 5:32.15 | Heidi Kristine Halling | 97 | Hamar | 24.05.2015 |
| 5:33.0 | Siw Vestengen | 72 | Jessheim | 13.06.1980 |
| 5:34.8 | Grethe Hansen | 64 | Jessheim | 16.06.1982 |
| 5:43.4 | Katrine Huuse | 69 | Jessheim | 10.06.1987 |
| 5:46.0 | Anne Kamstrup Hovind | 88 | Jessheim | 15.06.2006 |
| 5:46.4 | Vibeke Aarflot | 69 | Jessheim | 10.06.1987 |
| 5:48.0 | Laila Engen | 65 | Jessheim | 10.06.1983 |
| 5:49.2 | Kjersti Magnussen | 60 | Jessheim | 12.06.1978 |

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| **JENTER 18** | **223** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:50.0 | Hilde Gustavson | 87 | Jessheim | 09.06.2005 |
| 5:50.8 | Randi Sydtangen | 67 | Jessheim | 09.09.1985 |
| 5:55.9 | Randi Blakkisrud | 69 | Jessheim | 10.06.1987 |
| 6:02.6 | Inger Marie Olsen | 68 | Jessheim | 13.06.1986 |
| 6:07.1 | Katrine Finstad | 75 | Jessheim | 14.06.1993 |
| 6:16.3 | Inger Lise Hvattum | 62 | Jessheim | 09.06.1980 |
| 6:18.8 | Stine Elisabeth Rajala | 92 | Jessheim | 10.06.2010 |
| 6:22.7 | Tove Kurslund | 67 | Jessheim | 09.09.1985 |
| 6:27.6 | Merete Kvaal | 67 | Jessheim | 09.09.1985 |
| 6:28.6 | Tone Rustad | 67 | Jessheim | 09.09.1985 |
| 6:47.5 | Brit Johannessen | 80 | Jessheim | 17.06.1998 |
| 6:55.4 | Dagrun Rommen | 76 | Jessheim | 13.06.1994 |
| 7:00.2 | Else Søgaard | 65 | Jessheim | 10.06.1983 |
| 7:00.3 | Hilde Johansen | 66 | Jessheim | 08.06.1984 |

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| **3000m** |  |

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| 10:15.75 | Kamilla Bråthen | 77 | Ålrestrømmen | 25.08.1995 |
| 10:40.6 | Hege Melby | 68 | Jessheim | 15.08.1986 |
| 10:45.8 | Wenche Moen | 65 | Jessheim | 19.08.1983 |
| 10:51.6 | Hanne Sørensen | 63 | Jessheim | 21.08.1981 |
| 10:52.0 | Line Røen | 66 | Rolvsrud | 09.06.1984 |
| 10:58.4 | Inger Lise Borgen | 64 | Larvik/Lo | 09.10.1982 |
| 11:06.0 | Anne Karin Halvorsen | 63 | Jessheim | 26.08.1981 |
| 11:14.2 | Ingjerd Vestengen | 65 | Strømmen | 17.08.1983 |
| 11:14.9 | Gunn Vilberg | 66 | Jessheim | 07.09.1984 |
| 11:16.9 | Bente Aarflot | 72 | Jessheim | 22.08.1990 |
| 11:17.5 | Line Røen | 66 | Jessheim | 17.08.1984 |
| 11:19.2 | Torunn Larsen | 68 | Jessheim | 15.08.1986 |
| 11:34.5 | Tone Rosenberg | 63 | Jessheim | 24.08.1981 |
| 11:44.0 | Kathrine Huuse | 69 | Jessheim | 21.08.1987 |
| 11:47.8 | Heidi Bredengen | 71 | Jessheim | 21.08.1989 |
| 11:54.08 | Malene Fjellestad | 97 | Lillestrøm | 31.05.2015 |
| 12:00.0 | Kristin Bogstad | 64 | Jessheim | 20.08.1982 |
| 12:06.7 | Bente Tenold | 62 | Jessheim | 18.08.1980 |
| 12:07.8 | Ann Kristin Ullerud | 66 | Jessheim | 17.08.1984 |
| 12:18.1 | Grethe Hansen | 64 | Jessheim | 20.08.1982 |
| 12:52.8 | Katrine Finstad | 75 | Jessheim | 16.08.1993 |
| 12:55.4 | Tanja Lybæk | 62 | Jessheim | 18.08.1980 |
| 12:59.0 | Elisabeth Moum | 67 | Jessheim | 21.08.1987 |
| 13:11.7 | Heidi Bakkerud | 69 | Jessheim | 21.08.1987 |
| 13:13.8 | Inger Lise Hvattum | 62 | Jessheim | 18.08.1980 |
| 13:34.9 | Kjersti Magnussen | 60 | Jessheim | 12.06.1978 |
| 13:42.1 | Vibeke Aarflot | 69 | Jessheim | 21.08.1987 |

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| **JENTER 18** | **224** |

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| **3000m** |  |

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| 13:51.3 | Inger Marie Olsen | 68 | Jessheim | 15.08.1986 |
| 14:21.1 | Monica Sørum | 71 | Jessheim | 21.08.1989 |
| 14:27.52 | Stine Elisabeth Rajala | 92 | Lillehammer/Ss | 19.06.2010 |
| 14:27.8 | Else Søgaard | 65 | Jessheim | 19.08.1983 |

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

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| --- | --- | --- | --- | --- |
| 13.0 | Winnie Lindner | 44 | Strømmen | 14.09.1962 |
| 14.0 | Astrid Sundby | 42 | Kløfta | 05.09.1960 |
| 15.0 | Ragnhild Sundby | 44 | Råholt | 27.08.1961 |
| 15.6 | Ingrid Sundby | 39 | Jessheim | 14.08.1957 |
| 16.1 | Anne Lise Aas | 41 | Jessheim | 30.08.1959 |
| 16.4 | Åshild Sørum | 39 | Kløfta | 15.06.1957 |

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| **100m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 14.65 | Inger Birgitte Reppe | 68 | Nadderud | 21.06.1986 |

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| **100m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 14.5 | Inger Birgitte Reppe | 68 | Oslo/Bi | 10.06.1986 |

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

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| --- | --- | --- | --- | --- |
| 13.95 | Tonje Moen | 00 | Oslo/Bi | 07.06.2018 |
| 15.11 | Inger Birgitte Reppe | 68 | Oslo/Bi | 12.06.1986 |

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

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| --- | --- | --- | --- | --- |
| 15.1 | Inger Birgitte Reppe | 68 | Oslo/St | 14.04.1986 |

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

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| --- | --- | --- | --- | --- |
| 63.49 | Vår Åsheim | 99 | Bergen/Fa | 02.09.2017 |

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| **2000m hinder 76.2 cm** |  |

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| 8:18.64 | Helene Seland Myhre | 97 | Lillestrøm | 12.09.2015 |
| 8:49.55 | Heidi Kristine Halling | 97 | Lillestrøm | 12.09.2015 |

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| **5 km veiløp** |  |

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| 42:07 | Elisa Mobrenna | 05 | Jessheim | 21.05.2023 |

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| **JENTER 18** | **225** |

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| **10 km veiløp** |  |

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| --- | --- | --- | --- | --- |
| 40:47 | Line Røen | 66 | Jessheim | 07.10.1984 |
| 41:16 | Bente Aarflot | 72 | Jessheim | 07.10.1990 |
| 43:12 | Ingjerd Vestengen | 65 | Jessheim | 09.10.1983 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:41:01 | StineElisabeth Rajala | 92 | Jessheim | 20.11.2010 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.71 | Anita Dale | 76 | Lillehammer/Ss | 26.06.1994 |
| 1.68 | Anne Mette Olsen | 54 | Lillestrøm | 19.08.1972 |
| 1.50 | Tone Lauritzen | 76 | Jessheim | 20.06.1994 |
| 1.48 | Tove Dønnum | 40 | Jessheim | 04.10.1958 |
| 1.42 | Ingrid Sundby | 39 | Råholt | 20.09.1957 |
| 1.40 | Guri Fjeldberg | 69 | Oslo/Bi | 09.06.1987 |
| 1.38 | Anne Lise Aas | 41 | Jessheim | 10.06.1959 |
| 1.36 | Winnie Lindner | 44 | Strømmen | 22.09.1962 |
| 1.32 | Åshild Sørum | 39 | Jessheim | 16.06.1957 |
| 1.32 | Marit Wiig | 49 | Blaker/Br | 18.06.1967 |
| 1.31 | Astrid Sundby | 42 | Kløfta | 03.09.1960 |
| 1.28 | Marie Belsvik | 36 | Jessheim | 28.06.1954 |
| 1.25 | Anne Lise Aas | 41 | Jessheim | 29.08.1959 |
| 1.25 | Mari Solbrekken | 87 | Jessheim | 26.05.2005 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 3.85 | Birgitte Kjuus | 99 | Göteborg, SWE | 02.07.2017 |
| 3.30 | Sara Bålsrud | 97 | Haugesund | 31.07.2015 |
| 2.80 | Sofie Schancke Krauss | 98 | Jessheim | 25.06.2016 |
| 2.70 | Tonje Berg | 85 | Kristiansand | 15.08.2003 |
| 2.25 | Kristin Urnes | 75 | Jessheim | 01.09.1993 |
| 1.80 | Guri Fjeldberg | 69 | Jessheim | 06.07.1987 |

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| **Lengde** |  |

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| 5.19 | Inger Birgitte Reppe | 68 | Jessheim | 29.05.1986 |
| 5.10 | Tone Lauritzen | 76 | Kristiansand | 12.08.1994 |
| 5.07 | Winnie Lindner | 44 | Jessheim | 29.09.1962 |
| 4.98 | Marie Belsvik | 36 | Borgen | 05.09.1954 |
| 4.88 | Guri Fjeldberg | 69 | Jessheim | 04.06.1987 |
| 4.77 | Anne Mette Olsen | 54 | Lillestrøm | 20.08.1972 |
| 4.74 | Mari Solbrekken | 87 | Lillehammer/Ss | 24.06.2005 |
| 4.56 | Åshild Sørum | 39 | Råholt | 21.08.1957 |
| 4.56 | Silje Disserud | 91 | Årnes | 27.05.2009 |

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| **JENTER 18** | **226** |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 4.55 | Ingrid Sundby | 39 | Stavanger/St | 14.09.1957 |
| 4.52 | Kristin Urnes | 75 | Jessheim | 23.09.1993 |
| 4.37 | Astrid Sundby | 42 | Lillestrøm | 29.06.1960 |
| 4.37 | Ragnhild Sundby | 44 | Jessheim | 06.10.1962 |
| 4.29 | Tonje Berg | 85 | Jessheim | 18.08.2003 |
| 4.28 | Liv Knutsen | 52 | Nannestad | 04.06.1970 |
| 4.19 | Liv Jensen | 40 | Jessheim | 08.06.1958 |
| 4.08 | Ingrid Sundby | 39 | Jessheim | 28.05.1958 |
| 3.99 | Anne Lise Aas | 41 | Nannestad | 06.09.1959 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 10.51 | Tone Lauritzen | 76 | Nadderud | 05.09.1994 |
| 10.45 | Kristin Urnes | 75 | Jessheim | 01.09.1993 |

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| **Kule 4 kg** |  |

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| 12.79 | Hanna Emilie Hjeltnes | 04 | Nittedal | 02.05.2022 |
| 11.30 | Guri Fjeldberg | 69 | Jessheim | 06.07.1987 |
| 10.47 | Silje Disserud | 91 | Lillehammer/Ss | 20.06.2009 |
| 10.27 | Astrid Sundby | 42 | Larvik/Lo | 05.06.1960 |
| 9.13 | Ebba Beyer | 98 | Lillestrøm | 28.05.2016 |
| 9.02 | Winnie Lindner | 44 | Strømmen | 22.09.1962 |
| 8.88 | Anne Lise Aas | 41 | Jessheim | 08.06.1959 |
| 8.44 | Ingrid Sundby | 39 | Jessheim | 07.07.1957 |
| 7.90 | Anita Dale | 76 | Jessheim | 27.09.1993 |
| 7.74 | Runa Nordahl | 56 | Blaker/Br | 13.06.1974 |
| 7.65 | Vera Martinsen | 47 | Strømmen | 21.08.1965 |
| 7.65 | Anne Gro Digerud | 52 | Nannestad | 04.06.1970 |
| 7.38 | Tove Dønnum | 40 | Jessheim | 23.08.1958 |
| 7.08 | Karin Lund | 41 | Jessheim | 08.06.1959 |
| 6.57 | Liv Knutsen | 52 | Nannestad | 04.06.1970 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 45.12 | Hanna Emilie Hjeltnes | 04 | Göteborg, SWE | 19.06.2022 |
| 33.78 | Guri Fjeldberg | 69 | Lillehammer/Ss | 18.07.1987 |
| 31.56 | Astrid Sundby | 42 | Jessheim | 22.06.1960 |
| 29.88 | Tove Dønnum | 40 | Sandvika/Ka | 21.09.1958 |
| 29.45 | Ingrid Sundby | 39 | Jessheim | 16.06.1957 |
| 26.00 | Winnie Lindner | 44 | Jessheim | 02.07.1962 |
| 24.90 | Anne Lise Aas | 41 | Jessheim | 19.09.1959 |
| 24.65 | Ebba Beyer | 98 | Lillestrøm | 28.05.2016 |
| 22.04 | Marit Wiig | 49 | Blaker/Br | 18.06.1967 |
| 21.88 | Kristin Urnes | 75 | Jessheim | 27.09.1993 |

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| **JENTER 18** | **227** |

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| **Slegge 4** |  |

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| 30.17 | Hanna Emilie Hjeltnes | 04 | Oslo/St | 09.09.2022 |

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

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| 35.06 | Hanna Emilie Hjeltnes | 04 | Rondheim/St | 13.08.2022 |
| 34.24 | Silje Disserud | 91 | Lillehammer/Ss | 21.06.2009 |
| 25.85 | Ebba Beyer | 98 | Nadderud | 11.06.2016 |
| 18.49 | Mari Solbrekken | 87 | Jessheim | 13.06.2005 |

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

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| --- | --- | --- | --- | --- |
| 41.34 | Runa Nordahl | 56 | Stavanger/St | 03.08.1974 |
| 35.12 | Eva Cathrine Torvund | 69 | Jessheim | 01.08.1987 |
| 34.58 | Ragnhild Sundby | 44 | Nadderud | 01.07.1962 |
| 33.10 | Guri Fjeldberg | 69 | Jessheim | 04.06.1987 |
| 32.41 | Astrid Sundby | 42 | Lillestrøm | 19.06.1960 |
| 29.12 | Kristin Urnes | 75 | Jessheim | 23.09.1993 |
| 29.07 | Winnie Lindner | 44 | Jessheim | 29.09.1962 |
| 23.02 | Tove Dønnum | 40 | Årnes | 17.08.1958 |
| 22.95 | Ingrid Sundby | 39 | Jessheim | 05.06.1957 |
| 22.60 | Vera Martinsen | 47 | Jessheim | 12.05.1965 |
| 21.32 | Aase Alstad | 48 | Lillestrøm | 11.09.1966 |
| 21.30 | Tone Sæthermoen | 69 | Jessheim | 29.09.1987 |
| 19.91 | Anne Lise Aas | 41 | Jessheim | 19.06.1959 |

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

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| --- | --- | --- | --- | --- |
| 44.40 | Astrid Sundby | 42 | Larvik/Lo | 05.06.1960 |
| 39.96 | Ingrid Sundby | 39 | Jessheim | 16.06.1957 |
| 35.70 | Marie Belsvik | 36 | Jessheim | 28.06.1954 |
| 35.41 | Tove Dønnum | 40 | Jessheim | 07.08.1958 |
| 35.38 | Eva Myrvang | 42 | Jessheim | 25.09.1960 |
| 35.36 | Winnie Lindner | 44 | Jessheim | 06.10.1962 |
| 32.44 | Gerd Erlandsen | 41 | Jessheim | 30.08.1959 |
| 30.60 | Anne Lise Aas | 41 | Jessheim | 19.08.1959 |
| 25.95 | Åshild Sørum | 39 | Jessheim | 29.09.1957 |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 50.71 | Ingrid Sundby | 39 | Råholt | 20.09.1957 |

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| **3-kamp M 100m-Diskos-Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1847 | Ingrid Sundby | 39 | Råholt | 26.06.1957 |
| 14.0-28.54-1.35 | | | |

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| **JENTER 18** | **228** |

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

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| --- | --- | --- | --- | --- |
| 1803 | Winnie Lindner | 44 | Jessheim | 05.08.1962 |
| 13.7-25.07-1.34 | | | |

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| --- | --- | --- | --- | --- |
| 1660 | Anne Lise Aas | 41 | Jessheim | 10.06.1959 |
| 13.6-21.78-1.28 | | | |

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| --- | --- | --- | --- | --- |
| 668 | Marit Wiig | 49 | Blaker/Br | 18.06.1967 |
| 14.5-22.04-1.32 | | | |

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

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| --- | --- | --- | --- | --- |
| 3310 | Astrid Sundby | 42 | Kløfta | 04-05.09.1960 |
| 14.2-10.26-1.39/4.58-29.6 | | | |

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| --- | --- | --- | --- | --- |
| 3212 | Winnie Lindner | 44 | Strømmen | 22-23-09.1962 |
| 14.4-6.35-1.36/4.45-28.4 | | | |

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| --- | --- | --- | --- | --- |
| 2906 | Astrid Sundby | 42 | Kløfta | 03-04.09.1960 |
| 9.78-1.31-31.0-14.7-4.15 | | | |

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

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| --- | --- | --- | --- | --- |
| 2710 | Anne Lise Aas | 41 | Nannestad | 05-06.09.1959 |
| 8.36-1.30-29.5/16.1-3.99 | | | |

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| **4x100m E** |  |

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| 50.07 | J18 |  | Tromsø/Va | 24.05.2008 |
| Susann Bakke92-Linn Helene Bakke91-Betina Nilssen92-Ragnhild Hammeren90 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.63 | J18 |  | Tromsø/Va | 25.05.2008 |
| Heidi Stubs Holdal92-Ragnhild Hammeren90-Betina Nilssen92-Linn Helene Bakke91 | | | |

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| --- | --- | --- | --- | --- |
| 52.87 | J18 |  | Steinkjer/Gu | 22.05.2010 |
| Rikke Gustavson93-Susann Bakke92-Betina Nilssen92-Frida Forberg92 | | | |

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| **4x100m M** |  |

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| 53.8 | J17-18 |  | Jessheim | 11.09.1986 |
| ? | | | |

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| 54.7 | J17-18 |  | Strømmen | 25.09.1985 |
| ? | | | |

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| **JENTER 18** | **229** |

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| **4x400m** |  |

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| 3:50.91 | J18 |  | Trondheim/St | 22.05.2016 |
| Vår Åsheim99-Emilie Hov Andreassen00-Birgitte Kjuus99-Caroline Foss Høistad98 | | | |

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| --- | --- |
| **3x800m** |  |

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| 8:10.51 | J16 |  | Asker/Fø | 23.08.2003 |
| ? | | | |

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| **4x800m** |  |

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| 9:49.75 | J18 |  | Trondheim/St | 21.05.2016 |
| Emilie Hov Andreassen00-ina Moen00-Marie Næss00-Caroline Foss Høistad98 | | | |

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| --- | --- | --- | --- | --- |
| 10:34.89 | J18 |  | Drammen | 28.05.2011 |
| Sofie Rostad94-Andrea Furuseth96-Ingrid Hannestad93-Maren Eriksen Skappel96 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:34.40 | J18 |  | Ravnanger | 02.09.2012 |
| Anne Aslakrud94-Sara Bålsrud97-Charlotte Grasmo96-Pia Bålsrud95 | | | |

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| --- | --- | --- | --- | --- |
| 2:35.50 | J18 |  | Asker/Fø | 21.08.2004 |
| Silje Scheie Bråthen91-Mari Solbrekken88-Hilde Gustavsen87-Elisabeth Langrusten86 | | | |

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| --- | --- | --- | --- | --- |
| 2:35.53 | J18 |  | Moss/Me | 04.09.2005 |
| Lillian Langseth88-Mari Solbrekken87-Hilde Gustavson87-Maren Fald Gården90 | | | |

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| 2:38.3 | J17-18 |  | Strømmen | 25.09.1985 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 2:38.53 | J18 |  | Nadderud | 15.06.2003 |
| Hilde Gustavsen87-Kari Robøle86-Tonje Berg85-Elisabeth Langrusten86 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:41.82 | J18 |  | Fredrikstad | 28.08.2011 |
| Ann Kristin Aslakrud94-Rikke Gustavsen97-Sofie Rostad93-Andrea Furuseth96 | | | |

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| --- | --- | --- | --- | --- |
| 2:48.0 | J17-18 |  | Jessheim | 11.09.1986 |
| ? | | | |

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| **JENTER 18** | **230** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.01 | Tonje Moen | 00 | Rud | 20.01.2018 |
| 8.02 | Birgitte Kjuus | 99 | Hvam | 14.01.2017 |
| 8.23 | Vår Åsheim | 99 | Rud | 10.02.2017 |
| 8.35 | Betina Nilssen | 92 | Stange | 20.03.2010 |
| 8.53 | Charlotte Grasmoe | 96 | Rud | 08.03.2014 |
| 8.68 | Lisa Kazonza | 95 | Stange | 16.03.2013 |
| 8.79 | Rikke Gustavson | 93 | Trondheim/Ra | 12.03.2011 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.9 | Inger Birgitte Reppe | 68 | Lillestrøm | 16.03.1986 |
| 8.2 | Tone Lauritzen | 76 | Lillestrøm | 06.03.1994 |

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

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| --- | --- | --- | --- | --- |
| 27.58 | Betina Nilssen | 92 | Stange | 21.03.2010 |
| 28.90 | Lisa Kazonza | 95 | Stange | 17.03.2013 |
| 30.03 | Rikke Gustavson | 93 | Stange | 20.03.2011 |
| 30.31 | Hilde Gustavson | 86 | Stange | 14.03.2004 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 62.02 | Emilie Hov Andreassen | 00 | Rud | 10.02.2018 |
| 67.10 | Helena Seland Myhre | 97 | Rud | 11.01.2015 |

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| **600m** |  |

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| 1:56.34 | Hilde Gustavson | 87 | Stange | 05.03.2005 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:17.92 | Caroline Foss Høistad | 98 | Hvam | 06.02.2016 |
| 2:29.71 | Elisabeth Langrusten | 86 | Stange | 14.03.2004 |
| 2:49.93 | Hilde Gustavson | 86 | Oslo/Ek | 06.03.2004 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:51.33 | Carolione Fossw Høistad | 98 | Hvam | 16.01.2016 |
| 5:25.2 | Malene Fjellestad | 97 | Rud | 11.01.2015 |
| 5:26.7 | Helena Seland Myhre | 97 | Rud | 11.01.2015 |

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| **JENTER 18** | **231** |

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| **INNENDØRS** |  |

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

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| 8.81 | Tonje Moen | 00 | Rud | 20.01.2018 |
| 9.06 | Inger Birgitte Reppe | 68 | Askim | 02.02.1981 |
| 9.15 | Vår Åsheim | 99 | Rud | 03.03.2017 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Anita Dale | 76 | Askim | 05.03.1994 |
| 1.58 | Anne Mette Olsen | 54 | Fredrikstad/Ko | 22.01.1972 |
| 1.50 | Kari Fjeldberg | 68 | Lillestrøm | 19.01.1986 |
| 1.45 | Ebba Beyer | 98 | Rud | 07.02.2016 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 3.65 | Birgitte Kjuus | 99 | Tammerfors, FIN | 10.02.2017 |
| 2.70 | Tonje Berg | 85 | Stange | 08.02.2003 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.52 | Inger Birgitte Reppe | 68 | Lillestrøm | 16.03.1986 |
| 4.51 | Silje Disserud | 91 | Lillestrøm | 29.03.2009 |
| 4.21 | Hilde Gustavson | 87 | Stange | 05.03.2005 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.25 | Guri Fjeldberg | 69 | Årnes/Ne | 27.02.1987 |
| 1.15 | Randi Sydtangen | 67 | Jessheim/Je | 12.03.1985 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.45 | Guri Fjeldberg | 69 | Jessheim/Je | 10.03.1987 |
| 2.39 | Mari Solbrekken | 87 | Råholt | 31.10.2005 |
| 2.23 | Vibeke Aarflot | 69 | Jessheim/Je | 10.03.1987 |
| 2.18 | Hilde Gustavson | 87 | Råholt | 31.10.2005 |
| 2.04 | Inger Marie Trønnes | 40 | Lillestrøm/Vi | 16.03.1958 |
| 2.04 | Randi Sydtangen | 67 | Jessheim/Je | 12.03.1985 |

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| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.35 | Guri Fjeldberg | 69 | Drammen | 10.01.1987 |
| 11.10 | Silje Disserud | 91 | Stange | 31.01.2009 |
| 9.61 | Ebba Beyer | 98 | Rud | 06.02.2016 |
| 6.92 | Hilde Gustavson | 87 | Lillestrøm | 26.02.2005 |

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| **JENTER 18** | **232** |

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| **INNENDØRS** |  |

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| **1200m 200-180-300-520** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:12.73 | J18 |  | Stange | 09.02.2003 |
| Kari Robøle86Hilde Gustavson87-Tonje Berg85-Elisabeth Langrusten86 | | | |

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

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

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| **JENTER 17** | **233** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.12 | Tonje Moen | 00 | Asker/Fø | 11.06.2017 |
| 8.49 | Lene Kristin Nyland | 74 | Jessheim | 26.09.1991 |
| 8.91 | Elisabeth Langrusten | 86 | Asker/Fø | 23.08.2003 |
| 9.01 | Kari Robøle | 86 | Asker/Fø | 23.08.2003 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.0 | Kari Mo | 38 | Sandvika/Ka | 04.09.1955 |
| 8.2 | Winnie Lindner | 44 | Jessheim | 10.09.1961 |
| 8.3 | Eva Myrvang | 42 | Sandvika/Ka | 28.06.1959 |
| 8.5 | Åshild Sørum | 39 | Jessheim | 17.06.1956 |
| 8.5 | Anne Mette Olsen | 54 | Råholt | 22.08.1971 |
| 8.5 | Eva Cathrine Torvund | 69 | Jessheim | 29.09.1986 |
| 8.6 | Astrid Sundby | 42 | Jessheim | 19.06.1959 |
| 8.7 | Liv Jensen | 40 | Jessheim | 16.06.1957 |
| 8.9 | Marit Wiig | 49 | Jessheim | 25.09.1966 |
| 9.2 | Tone Sæthermoen | 69 | Jessheim | 29.09.1986 |

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

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| --- | --- | --- | --- | --- |
| 12.24 | Linn Helene Bakke | 91 | Oslo/Bi | 15.05.2008 |
| 12.58 | Summer Steinsrud | 01 | Nadderud | 17.06.2018 |
| 12.77 | Tonje Moen | 00 | Lillestrøm | 27.05.2017 |
| 13.26 | Charlotte Grasmoe | 96 | Sandnes | 26.05.2013 |
| 13.39 | Tone Lauritzen | 76 | Lillehammer/Ss | 27.06.1993 |
| 13.52 | Lene Kristin Nyland | 74 | Jessheim | 25.06.1991 |
| 14.27 | Elisabeth Langrusten | 86 | Jessheim | 18.08.2003 |
| 14.33 | Kari Robøle | 86 | Jessheim | 18.08.2003 |
| 14.44 | Linnea Sjøstrøm Johansen | 06 | Nittedal | 19.08.2023 |
| 14.63 | Tonje Berg | 85 | Jessheim | 20.06.2002 |
| 14.67 | Siv Anita Engh | 85 | Jessheim | 23.09.2002 |
| 15.06 | Lillian Langseth | 88 | Jessheim | 22.08.2005 |

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

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| --- | --- | --- | --- | --- |
| 12.7 | Kari Mo | 38 | Oslo/Bi | 16.05.1955 |
| 13.0 | Kristine Heggelund | 76 | Jessheim | 01.06.1993 |
| 13.1 | Winnie Lindner | 44 | Råholt | 26.08.1961 |
| 13.1 | Tone Lauritzen | 76 | Jessheim | 01.06.1993 |
| 13.2 | Ingrid Sundby | 39 | Sarpsborg | 03.06.1956 |
| 13.2 | Inger Birgitte Reppe | 68 | Oslo/St | 06.07.1985 |
| 13.3 | Lene Kristin Nyland | 74 | Bjørkelangen | 09.06.1991 |
| 13.4 | Marit Wiig | 49 | Råholt | 12.06.1966 |
| 13.6 | Eva Myrvang | 42 | Kløfta | 10.06.1959 |
| 13.6 | Anne Mette Olsen | 54 | Jessheim | 02.07.1971 |
| 13.8 | Elisabeth Langrusten | 86 | Bjørkelangen | 31.05.2003 |
| **JENTER 17** | | **234** | | |

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| **100m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 13.9 | Astrid Sundby | 42 | Jessheim | 15.09.1959 |
| 13.9 | Kari Fjeldberg | 68 | Oslo/La | 16.05.1985 |
| 13.9 | Kari Robøle | 86 | Bjørkelangen | 31.05.2003 |
| 14.1 | Åshild Sørum | 39 | Oslo/Bi | 11.06.1956 |
| 14.1 | Kristin Urnes | 75 | Jessheim | 18.05.1992 |
| 14.6 | Mabel Owren | 51 | Jessheim | 21.08.1968 |
| 14.9 | Hilde Gustavson | 87 | Jessheim | 27.05.2004 |
| 15.0 | Liv Jensen | 40 | Råholt | 26.06.1957 |
| 14.6 | Liv Knutsen | 52 | Strømmen | 16.08.1969 |
| 14.7 | Inger Anne Nerhagen | 57 | Dombås | 31.07.1974 |
| 14.8 | Hilde Gustavson | 87 | Bjørkelangen | 31.05.2003 |
| 14.9 | Mar Britt Engenes | 53 | Lillestrøm | 20.09.1970 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 25.38 | Birgitte Kjuus | 99 | Asker/Fø | 04.06.2016 |
| 25.86 | Summer Steinsrud | 01 | Göteborg, SWE | 01.07.2018 |
| 26.00 | Vår Åsheim | 99 | Lillehammer/Ss | 17.06.2016 |
| 26.12 | Tonje Moen | 99 | Lillehammer/Ss | 23.06.2017 |
| 26.45 | Linn Helene Bakke | 91 | Jessheim | 02.06.2008 |
| 27.18 | Inger Birgitte Reppe | 68 | Nadderud | 10.08.1985 |
| 28.21 | Frida Kristine Forberg | 92 | Lillehammer/Ss | 18.06.2009 |
| 28.46 | Kristine Heggelund | 76 | Bjørkelangen | 05.06.1993 |
| 28.60 | Rikke Gustavson | 93 | Jessheim | 25.10.2010 |
| 29.70 | Mari Solbrekken | 87 | Jessheim | 12.04.2004 |
| 30.62 | Kari Robøle | 86 | Jessheim | 18.08.2004 |
| 31.04 | Hilde Gustavson | 87 | Jessheim | 12.07.2004 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 26.7 | Kari Mo | 38 | Sandvika/Ka | 16.08.1955 |
| 28.0 | Anne Mette Olsen | 54 | Strømmen | 05.09.1971 |
| 28.6 | Lene Kristin Nyland | 74 | Jessheim | 26.08.1991 |
| 28.7 | Eva Myrvang | 42 | Nannestad | 06.06.1959 |
| 28.8 | Inger Lise Borgen | 64 | Årnes | 01.07.1981 |
| 29.0 | Marit Rogstad | 67 | Moss/Me | 02.06.1984 |
| 29.2 | Marit Wiig | 49 | Råholt | 13.08.1966 |
| 29.4 | Kari Fjeldberg | 68 | Larvik/Lo | 25.08.1985 |
| 29.8 | Liv Knutsen | 52 | Strømmen | 03.09.1969 |
| 29.9 | Mari Solbrekken | 87 | Jessheim | 16.08.2004 |
| 30.3 | Grete Vegel | 47 | Råholt | 14.06.1964 |
| 30.5 | Ingrid Sundby | 39 | Råholt | 25.07.1956 |
| 30.4 | Tonje Berg | 85 | Jessheim | 19.08.2002 |
| 30.6 | Kristin Jensen | 70 | Jessheim | 21.09.1987 |
| 30.6 | Hilde Gustavson | 87 | Jessheim | 16.08.2004 |
| 30.9 | Åshild Sørum | 39 | Råholt | 25.07.1956 |
| **JENTER 17** | | **235** | | |

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| **300m E** |  |

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| 41.76 | Summer Steinsrud | 01 | Asker/Fø | 09.06.2018 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 56.84 | Vår Åsheim | 99 | Göteborg, SWE | 02.07.2016 |
| 59.12 | Caroline Foss Høistad | 98 | Lillehammer/Ss | 20.06.2015 |
| 61.17 | Therese Tærud | 96 | Lillehammer/Ss | 26.09.2013 |
| 63.55 | Frida Kristine Forberg | 92 | Nadderud | 15.06.2009 |
| 65.14 | Elisabeth Langrusten | 86 | Jessheim | 19.06.2003 |
| 65.96 | Helena Seland Myhre | 97 | Oslo/Sp | 07.06.2014 |
| 68.42 | Ida Berg Hansen | 92 | Lillehammer/Ss | 20.06.2009 |
| 63.46 | Maren Fald Gården | 88 | Oslo/La | 12.07.2005 |
| 67.86 | Hanna Schultze Toverød | 96 | Lillehammer/Ss | 22.05.2013 |
| 68.76 | Tonje Berg | 85 | Lillehammer/Ss | 28.06.2002 |
| 70.46 | Hilde Gustavson | 87 | Lillehammer/Ss | 26.06.2004 |
| 71.92 | Marie Tømmerberg | 01 | Lillehammer/Ss | 21.06.2008 |

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| **400m M** |  |

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| 62.7 | Elisabeth Langrusten | 86 | Bjørkelangen | 31.05.2003 |
| 64.2 | Kristin Jensen | 70 | Oslo/Bi | 21.05.1987 |
| 64.8 | Kari Fjeldberg | 68 | Romedal | 02.06.1985 |
| 64.9 | Marit Wiig | 49 | Råholt | 27.08.1966 |
| 65.6 | Grete Vegel | 47 | Lillestrøm | 22.08.1964 |
| 66.4 | Kristin Bogstad | 65 | Årnes | 27.05.1981 |
| 66.7 | Inger Anne Nerhagen | 57 | Lillestrøm | 28.07.1974 |
| 67.0 | Anne Mette Olsen | 54 | Nannestad | 04.06.1971 |
| 67.1 | May Britt Engenes | 53 | Nannestad | 04.06.1970 |
| 67.5 | Winnie Lindner | 44 | Råholt | 26.08.1961 |
| 69.4 | Eva Myrvang | 42 | Jessheim | 17.06.1959 |
| 69.4 | Liv Knutsen | 52 | Nannestad | 25.06.1969 |
| 69.6 | Maren Eriksen Skappel | 96 | Jessheim | 30.05.2013 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:48.88 | Helena Seland Myhre | 97 | Nadderud | 06.05.2014 |
| 1:50.87 | Mia Jenny Østreng | 03 | Jessheim | 23.05.2020 |
| 1:56.3 | Marie Tømmerberg | 91 | Jessheim | 31.07.2008 |
| 1:57.77 | Heidi Kristine Helling | 97 | Nadderud | 06.05.2014 |
| 2:00.58 | Silje Breen | 95 | Nadderud | 03.05.2012 |

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| **JENTER 17** | **236** |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:18.67 | Caroline Foss Høistad | 98 | Nadderud | 13.06.2015 |
| 2:21.63 | Elisabeth Langrusten | 86 | Nadderud | 15.06.2003 |
| 2:22.0 | Inger Lise Borgen | 64 | Jessheim | 24.06.1981 |
| 2:22.7 | Kristin Jensen | 70 | Jessheim | 28.06.1987 |
| 2:24.24 | Therese Tærum | 96 | Lillehammer/Ss | 22.05.2013 |
| 2:27.34 | Kari Fjeldberg | 68 | Raufoss | 17.08.1985 |
| 2:27.98 | Maren Fald Gården | 88 | Lillehammer/Ss | 26.06.2005 |
| 2:28.6 | Grete Vegel | 47 | Jessheim | 30.08.1964 |
| 2:28.7 | Marit Rogstad | 67 | Moss/Me | 03.06.1984 |
| 2:36.09 | Maren Eriksen Skappel | 96 | Steinkjer | 09.03.2013 |
| 2:37.60 | Mia Jenny østreng | 03 | Jessheim | 30.08.2020 |
| 2:41.7 | Hilde Gustavson | 87 | Bjørkelangen | 31.05.2003 |
| 2:44.2 | Marie Tømmerberg | 91 | Jessheim | 20.09.2008 |
| 2:45.3 | Frida Kristine Forberg | 92 | Jessheim | 19,98.2009 |
| 2:48.4 | Kari Robøle | 86 | Jessheim | 25.09.2003 |
| 2:50.2 | Mari Jellum | 79 | Kessheim | 19.08.1996 |
| 2:52.8 | Siw Vestengen | 72 | Jessheim | 05.06.1989 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:44.78 | Caroline Foss Høistad | 98 | Oslo/Bi | 29.08.2015 |
| 4:50.11 | Silje Ekroll Jahren | 88 | Haugesund | 07.08.2005 |
| 4:53.7 | Inger Lise Borgen | 64 | Oslo/St | 21.05.1981 |
| 4:58.5 | Kamilla Bråthen | 77 | Jessheim | 17.06.1994 |
| 5:00.2 | Hege Lundring | 73 | Jessheim | 13.06.1990 |
| 5:02.0 | Hanne Sørensen | 63 | Jessheim | 09.06.1980 |
| 5:04.0 | Elisabeth Langrusten | 86 | Jessheim | 12.06.2003 |
| 5:05.8 | Wenche Moen | 65 | Lørenfallet | 04.06.1982 |
| 5:07.06 | Mia Jenny Østreng | 03 | Oslo/Bi | 15.07.2020 |
| 5:09.8 | Anne Grethe Bjørnsveen | 71 | Jessheim | 13.06.1988 |
| 5:10.1 | Nina Østvold | 66 | Jessheim | 10.06.1983 |
| 5:16.9 | Tone Rosenberg | 63 | Jessheim | 09.06.1980 |
| 5:17.2 | Kristin Bogstad | 64 | Jessheim | 12.06.1981 |
| 5:19.29 | Malene Fjellestad | 97 | Jessheim | 02.09.2014 |
| 5:22.69 | Maren Fald Gården | 88 | Lillehammer/Ss | 23.06.2005 |
| 5:24.1 | Ann Kristin Ullerud | 66 | Jessheim | 10.06.1983 |
| 5:26.3 | Kristin Jensen | 70 | Jessheim | 10.06.1987 |
| 5:28.2 | Ingjerd Vestengen | 65 | Jessheim | 16.06.1982 |
| 5:30.4 | Sofie Rostad | 94 | Jessheim | 14.06.2011 |
| 5:31.0 | Benedicte Sand | 73 | Jessheim | 13.06.1990 |
| 5:36.4 | Unn Hoel | 69 | Jessheim | 13.06.1986 |
| 5:38.6 | Vibeke Aarflot | 69 | Jessheim | 13.06.1986 |
| 5:39.4 | Line Bjørnås | 67 | Jessheim | 08.06.1984 |
| 5:40.5 | Hege Lundring | 73 | Jessheim | 13.06.1990 |
| 5:48.2 | Marie Tømmerberg | 91 | Jessheim | 12.06.2008 |

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| **JENTER 17** | **237** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:49.0 | Katja Ekroll Jahren | 85 | Jessheim | 13.06.2002 |
| 5:49.9 | Grethe Hansen | 64 | Jessheim | 12.06.1981 |
| 5:57.0 | Katrine Finstad | 75 | Jessheim | 15.06.1992 |
| 6:01.5 | Mari Solbrekken | 86 | Jessheim | 13.06.2003 |
| 6:02.2 | Inger Marie Hvattum | 62 | Jessheim | 11.06.1979 |
| 6:02.9 | Heidi Blakkisrud | 69 | Jessheim | 13.06.1986 |
| 6:07.7 | Else Søgaard | 65 | Jessheim | 16.06.1982 |
| 6:10.3 | Merete Kvaal | 67 | Jessheim | 08.06.1984 |
| 6:18.3 | Inger Helene Olsen | 68 | Jessheim | 09.09.1985 |
| 6:19.9 | Monica Sørum | 71 | Jessheim | 13.06.1988 |
| 6:21.6 | Anne-Line Kjos | 64 | Jessheim | 12.06.1981 |
| 6:27.4 | Irene Schultze | 67 | Jessheim | 08.06.1984 |
| 6:39.8 | Ellen Ramstad | 73 | Jessheim | 13.06.1990 |
| 6:56.8 | Hilde Johansen | 66 | Jessheim | 10.06.1983 |

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| **3000m** |  |

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| 10:25.4 | Kamilla Bråthen | 77 | Jessheim | 31.08.1994 |
| 10:42.34 | Silje Ekroll Jahren | 88 | Moss/Me | 02.09.2005 |
| 10:51.0 | Hege Lundring | 73 | Nadderud | 09.06.1990 |
| 11:04.15 | Caroline Høistad Foss | 98 | Hamar | 23.05.2015 |
| 11:05.9 | Wenche Moen | 65 | Årnes | 26.05.1982 |
| 11:07.9 | Tone Rosenberg | 63 | Jessheim | 18.08.1980 |
| 11:15.2 | Inger Lise Borgen | 64 | Jessheim | 21.08.1981 |
| 11:16.74 | Elise Mobranna | 05 | Jessheim | 05.08.2022 |
| 11:48.9 | Anne-Grethe Bjørnsveen | 71 | Jessheim | 19.08.1988 |
| 12:03.1 | Kristin Bogstad | 64 | Jessheim | 21.08.1981 |
| 12:07.55 | Malene Fjellestad | 97 | Nadderud | 13.06.2014 |
| 12:13.3 | Nina Holm | 64 | Jessheim | 21.08.1981 |
| 12:20.6 | Line Bjørnås | 67 | Jessheim | 17.08.1984 |
| 12:44.9 | Grethe Hansen | 64 | Jessheim | 21.08.1981 |
| 12:56.7 | Heidi Blakkisrud | 69 | Jessheim | 15.08.1986 |
| 13:13.6 | Laila Engen | 65 | Jessheim | 20.08.1982 |
| 13:17.3 | Tone Rustad | 67 | Jessheim | 17.08.1984 |
| 13:18.5 | Inger Marie Hvattum | 62 | Jessheim | 20.08.1979 |
| 13:22.6 | Unn Hoel | 69 | Jessheim | 15.08.1986 |
| 14:39.0 | Else Søgaard | 65 | Jessheim | 20.08.1982 |
| 15:42.7 | Hilde Johansen | 66 | Jessheim | 19.08.1983 |
| 15:53.7 | Merete Kvaal | 67 | Jessheim | 17.08.1984 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 21:21.98 | Kamilla Bråthen | 77 | Jessheim | 31.08.1994 |

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| **JENTER 17** | **238** |

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

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| --- | --- | --- | --- | --- |
| 13.9 | Astrid Sundby | 42 | Jessheim | 13.09.1959 |
| 13.9 | Winnie Lindner | 44 | Strømmen | 14.09.1961 |
| 15.0 | Liv Jensen | 40 | Jessheim | 20.09.1957 |
| 15.2 | Ingrid Sundby | 39 | Strømmen | 26.08.1956 |

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

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| 16.0 | Aase Alstad | 48 | Jessheim | 16.08.1964 |
| 16.5 | Eva Myrvang | 42 | Jessheim | 19.06.1959 |
| 16.6 | Marit Wiig | 49 | Jessheim | 20.08.1966 |

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| **100m hekk 76.2 cm E** |  |

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| --- | --- | --- | --- | --- |
| 13.87 | Tonje Moen | 00 | Bergen/Fa | 01.09.2017 |
| 14.53 | Summer Steinsrud | 01 | Helsingborg, SWE | 07.07.2018 |
| 15.41 | Inger Birgitte Reppe | 68 | Nadderud | 22.06.1985 |

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| **100m hekk 76.2 cm M** |  |

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| 15.2 | Inger Birgitte Reppe | 68 | Nadderud | 22.06.1985 |
| 17.0 | Marit Rogstad | 67 | Moss/Me | 02.06.1984 |
| 20.3 | Liv Knutsen | 52 | Strømmen | 03.09.1969 |

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

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| --- | --- | --- | --- | --- |
| 17.82 | Kristin Urnes | 75 | Sofiemyr | 05.08.1992 |

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| **300m hekk 76.2 cm M** |  |

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| --- | --- | --- | --- | --- |
| 60.5 | Lillian Buraas | 91 | Jessheim | 31.07.2008 |

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

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| --- | --- | --- | --- | --- |
| 61.10 | Vår Åsheim | 99 | Göteborg, SWE | 01.07.2016 |
| 70.76 | Marit Rogstad | 67 | Raufoss | 24.06.1984 |

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

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| --- | --- | --- | --- | --- |
| 70.0 | Marit Rogstad | 67 | Oslo/Bi | 12.06.1984 |

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| **2000m hinder 76.2 cm** |  |

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| --- | --- | --- | --- | --- |
| 7:39.16 | Caroline Foss Høistad | 98 | Lillestrøm | 12.09.2015 |
| 7:50.58 | Mia Jenny Østreng | 03 | Jessheim | 29.09.2020 |

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| **JENTER 17** | **239** |

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| **10 km veiløp** |  |

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| --- | --- | --- | --- | --- |
| 44:50 | Ann Kristin Ullerud | 66 | Jessheim | 09.10.1983 |
| 51:54 | Tone Rustad | 67 | Jessheim | 07.10.1984 |
| 60:46 | Monica Sørum | 71 | Jessheim | 09.10.1988 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:42:42 | Heidi Blakkisrud | 69 | Oslo | 13.09.1986 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.70 | Anita Dale | 76 | Sofiemyr | 24.07.1993 |
| 1.65 | Kristin Urnes | 75 | Sofiemyr | 14.06.1992 |
| 1.63 | Anne Mette Olsen | 54 | Strømmen | 04.09.1971 |
| 1.56 | Kari Fjeldberg | 68 | Jessheim | 11.08.1986 |
| 1.55 | Kari Fjeldberg | 68 | Kirkenær | 26.05.1985 |
| 1.53 | Siv Anita Engh | 85 | Jessheim | 23.09.2002 |
| 1.50 | Ebba Beyer | 98 | Nadderud | 12.06.2015 |
| 1.50 | Mari Steen Myrvang | 06 | Oslo/Bi | 03.06.2023 |
| 1.45 | Marit Rogstad | 67 | Kirkenær | 19.05.1984 |
| 1.45 | Inger Birgitte Reppe | 68 | Jessheim | 11.08.1986 |
| 1.45 | Tone Lauritsen | 76 | Bjørkelangen | 06.06.1993 |
| 1.43 | Kari Mo | 38 | Oslo/Jo | 17.06.1955 |
| 1.43 | Liv Knutsen | 52 | Jessheim | 08.10.1969 |
| 1.40 | Kari Furuseth | 45 | Jessheim | 26.08.1962 |
| 1.36 | Ingrid Sundby | 39 | Raufoss | 01.07.1956 |
| 1.35 | Winnie Lindner | 44 | Råholt | 11.06.1961 |
| 1.33 | Astrid Sundby | 42 | Jessheim | 19.09.1959 |
| 1.31 | Marit Wiig | 49 | Råholt | 12.06.1966 |
| 1.28 | Eva Myrvang | 42 | Jessheim | 12.07.1050 |
| 1.28 | Berit Børresen | 48 | Strømmen | 21.08.1965 |
| 1.27 | Åshild Sørum | 39 | Strømmen | 26.08.1956 |
| 1.25 | Grete Vegel | 47 | Jessheim | 29.09.1964 |
| 1.20 | Liv Jensen | 40 | Råholt | 26.06.1957 |
| 1.20 | Ingrid Møinichen | 48 | Strømmen | 21.08.1965 |

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| **Stav** |  |

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| 3.70 | Birgitte Kjuus | 99 | Oslo/Bi | 24.06.2016 |
| 3.00 | Sofie Skancke Krauss | 98 | Lillestrøm | 31.05.2015 |
| 2.80 | Tonje Berg | 85 | Lillehammer/Ss | 27.06.2002 |
| 2.70 | Siv Anita Engh | 85 | Jessheim | 20.06.2002 |
| 2.40 | Kristin Urnes | 75 | Jessheim | 24.08.1992 |

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| **JENTER 17** | **240** |

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| **Lengde** |  |

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| 5.26 | Birgitte Kjuus | 99 | Ravnanger | 30.07.2016 |
| 5.22 | Guri Fjeldberg | 69 | Nadderud | 31.05.1986 |
| 5.12 | Inger Birgitte Reppe | 68 | Fevik | 30.06.1985 |
| 5.11 | Tone Lauritzen | 76 | Oslo/Bi | 10.06.1993 |
| 5.04 | Anne Mette Olsen | 54 | Kongsvinger/Gj | 20.06.1971 |
| 5.04 | Marit Rogstad | 67 | Raufoss | 18.08.1984 |
| 4.96 | Kristin Urnes | 75 | Nadderud | 19.06.1992 |
| 4.92 | Kristine Heggelund | 76 | Nadderud | 18.06.1993 |
| 4.79 | Kari Mo | 38 | Lillestrøm | 11.06.1955 |
| 4.78 | Lene Kristin Nyland | 74 | Jessheim | 02.09.1991 |
| 4.77 | Winnie Lindner | 44 | Jessheim | 10.09.1961 |
| 4.75 | Anita Dale | 76 | Jessheim | 23.09.1993 |
| 4.73 | Liv Knutsen | 52 | Råholt | 17.08.1969 |
| 4.72 | Liv Jensen | 40 | Jessheim | 11.08.1957 |
| 4.72 | Ragnhild Sundby | 44 | Jessheim | 17.06.1961 |
| 4.65 | Tone Sæthermoen | 69 | Jessheim | 29.05.1986 |
| 4.59 | Ingrid Sundby | 39 | Jessheim | 11.07.1956 |
| 4.57 | Mari Solbrekken | 87 | Asker/Fø | 21.08.2004 |
| 4.50 | Astrid Sundby | 42 | Jessheim | 30.08.1959 |
| 4.49 | Kari Fjeldberg | 68 | Jessheim | 03.10.1985 |
| 4.46 | Silje Disserud | 91 | Asker/Fø | 31.05.2008 |
| 4.42 | Grete Vegel | 47 | Råholt | 13.06.1964 |
| 4.42 | Tonje Berg | 85 | Jessheim | 19.08.2002 |
| 4.39 | Marit Wiig | 49 | Råholt | 27.08.1966 |
| 4.35 | Åshild Sørum | 39 | Jessheim | 11.07.1956 |
| 4.30 | Ingrid Møinichen | 48 | Jessheim | 13.09.1965 |
| 4.24 | Hilde Gustavson | 87 | Jessheim | 16.08.2004 |
| 4.22 | Eva Myrvang | 42 | Jessheim | 30.08.1959 |
| 4.21 | Kristin Bogstad | 64 | Årnes | 27.05.1981 |
| 4.12 | Mabel Owren | 51 | Jessheim | 21.08.1968 |
| 4.12 | Ebba Beyer | 98 | Oslo/Bi | 08.08.2015 |
| 4.01 | Anne Gro Digerud | 52 | Strømmen | 22.06.1969 |

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| **Lengde uten tilløp** |  |

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| 2.34 | Summer Steinsrud | 04 | Jessheim | 18.10.2018 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 11.91 | Birgitte Kjuus | 99 | Ravnanger | 30.07.2016 |
| 10.39 | Kristin Urnes | 75 | Jessheim | 24.09.1992 |
| 10.33 | Tone Lauritzen | 76 | Jessheim | 23.08.1993 |
| 9.85 | Siv Anita Engh | 85 | Bjørkelangen | 01.06.2002 |
| 9.17 | Tonje Berg | 85 | Bjørkelangen | 01.06.2002 |

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| **JENTER 17** | **241** |

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| **Kule 3 kg** |  |

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| 15.04 | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 28.08.2021 |
| 11.76 | Silje Disserud | 91 | Göteborg, SWE | 29.06.2008 |
| 10.77 | Ebba Beyer | 98 | Nadderud | 12.06.2015 |
| 8.36 | Mari Solbrekken | 87 | Jessheim | 12.07.2004 |
| 7.42 | Hilde Gustavson | 87 | Jessheim | 12.07.2004 |

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| **Kule 4 kg** |  |

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| 13.46 | Hanna Emilie Hjeltnes | 04 | Kristiansand | 10.09.2021 |
| 11.45 | Silje Disserud | 91 | Oslo/Bi | 16.08.2008 |
| 10.57 | Guri Fjeldberg | 69 | Jessheim | 29.09.1986 |
| 10.41 | Astrid Sundby | 42 | Jessheim | 05.07.1959 |
| 10.16 | Linn Helene Bakke | 91 | Jessheim | 18.08.2008 |
| 8.81 | Anita Dale | 76 | Jessheim | 27.09.1993 |
| 8.52 | Tonje Berg | 85 | Jessheim | 19.08.2002 |
| 8.40 | Liv Jensen | 40 | Jessheim | 05.06.1957 |
| 8.40 | Inger Birgitte Reppe | 68 | Lørenfallet | 18.06.1985 |
| 8.29 | Eva Myrvang | 42 | Jessheim | 19.06.1959 |
| 8.17 | Kristin Urnes | 75 | Jessheim | 18.05.1992 |
| 8.15 | Grete Vegel | 47 | Jessheim | 05.06.1964 |
| 8.08 | Monique Sevilhaug | 69 | Jessheim | 29.08.1986 |
| 8.07 | Åshild Sørum | 39 | Jessheim | 17.06.1956 |
| 8.05 | Winnie Lindner | 44 | Jessheim | 17.06.1961 |
| 7.87 | Ragnhild Sundby | 44 | Strømmen | 18.06.1961 |
| 7.57 | Anne Marie Scheie | 50 | Strømmen | 25.06.1976 |
| 7.38 | Marit Wiig | 49 | Råholt | 27.08.1966 |
| 7.25 | Liv Knutsen | 52 | Strømmen | 03.09.1969 |
| 7.14 | Liv Laache | 46 | Råholt | 17.08.1963 |
| 7.07 | Brit Elton | 45 | Jessheim | 22.09.1962 |
| 6.98 | Marit Rogstad | 67 | Moss/Me | 02.06.1984 |
| 6.86 | Eva Cathrine Torvund | 69 | Jessheim | 29.09.1986 |
| 6.81 | Aase Alstad | 48 | Strømmen | 21.09.1965 |
| 6.67 | Amalie Liestøl | 02 | Jessheim | 16.09.2019 |
| 5.72 | Inge Sand | 43 | Jessheim | 22.06.1960 |
| 5.40 | Silje Breen | 95 | Jessheim | 23.08.2012 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 42.37 | Hanna Emilie Hjeltnes | 04 | Oslo/Bi | 14.07.2021 |
| 35.40 | Guri Fjeldberg | 69 | Jessheim | 29.09.1986 |
| 32.30 | Astrid Sundby | 42 | Jessheim | 19.09.1959 |
| 25.59 | Eva Myrvang | 42 | Jessheim | 17.06.1959 |
| 25.24 | Tonje Berg | 85 | Jessheim | 23.09.2002 |
| 24.98 | Winnie Lindner | 44 | Råholt | 27.08.1961 |
| 23.62 | Silje Disserud | 91 | Jessheim | 20.09.2008 |
| 23.46 | Anita Dale | 76 | Jessheim | 27.09.1993 |
| **JENTER 17** | | **242** | | |

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| **Diskos 1 kg forts.** |  |

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| --- | --- | --- | --- | --- |
| 22.20 | Liv Jensen | 40 | Jessheim | 16.06.1957 |
| 21.05 | Ebba Beyer | 98 | Lillestrøm | 30.05.2015 |
| 20.88 | Marit Wiig | 49 | Råholt | 12.06.1966 |
| 20.72 | Irene Schultze | 67 | Rolvsrud | 10.06.1984 |
| 20.25 | Kari Mo | 38 | Jessheim | 28.08.1955 |
| 19.57 | Ragnhild Sundby | 44 | Råholt | 27.08.1961 |
| 19.32 | Inger Birgitte Reppe | 68 | Rolvsrud | 15.06.1985 |
| 17.57 | Aase Alstad | 48 | Strømmen | 21.08.1965 |

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| **Slegge 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 23.88 | Guri Fjeldberg | 69 | Rolvsrud | 18.09.1986 |
| 20.93 | Tonje Berg | 85 | Lillestrøm | 05.09.2002 |
| 18.61 | Siv Anita Engh | 85 | Lillestrøm | 05.09.2002 |

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| **Spyd 500 g** |  |

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| --- | --- | --- | --- | --- |
| 38.72 | Hanna Emilie Hjeltnes | 04 | Jessheim | 08.08.2021 |
| 26.42 | Ebba Beyer | 98 | Lillestrøm | 31.05.2015 |

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

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| --- | --- | --- | --- | --- |
| 34.99 | Silje Disserud | 91 | Bjørkelangen | 03.05.2008 |
| 28.26 | Tonje Berg | 85 | Bjørkelangen | 01.06.2002 |
| 15.70 | Silje Breen | 95 | Jessheim | 23.08.2012 |

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

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| --- | --- | --- | --- | --- |
| 35.23 | Ragnhild Sundby | 44 | Jessheim | 09.09.1961 |
| 34.58 | Eva Cathrine Torvund | 69 | Jessheim | 15.09.1986 |
| 33.88 | Kristine Heggelund | 76 | Nadderud | 23.09.1993 |
| 33.62 | Astrid Sundby | 42 | Jessheim | 17.06.1959 |
| 30.64 | Kristin Urnes | 75 | Grimstad | 04.07.1992 |
| 29.70 | Guri Fjeldberg | 69 | Rolvsrud | 18.09.1986 |
| 27.18 | Winnie Lindner | 44 | Råholt | 26.08.1961 |
| 25.90 | Inger Birgitte Reppe | 68 | Oslo/St | 05.07.1985 |
| 25.26 | Grete Vegel | 47 | Råholt | 13.06.1964 |
| 24.20 | Marit Wiig | 49 | Råholt | 28.08.1966 |
| 23.35 | Eva Myrvang | 42 | Jessheim | 07.06.1959 |
| 22.18 | Randi Sydtangen | 67 | Jessheim | 22.06.1984 |
| 22.07 | Liv Jensen | 40 | Jessheim | 05.06.1957 |
| 21.97 | Aase Alstad | 48 | Jessheim | 12.05.1965 |
| 18.06 | Marit Rogstad | 67 | Moss/Me | 03.06.1984 |
| 16.22 | Tone Sæthermoen | 69 | Jessheim | 15.09.1986 |
| 15.74 | Liv Knutsen | 52 | Råholt | 17.08.1969 |

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| **JENTER 17** | **243** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38.80 | Kari Mo | 38 | Eidsvoll | 07.08.1955 |
| 37.56 | Winnie Lindner | 44 | Jessheim | 15.09.1961 |
| 43.13 | Astrid Sundby | 42 | Jessheim | 15.09.1959 |
| 40.09 | Ingrid Sundby | 39 | Strømmen | 26.08.1956 |
| 34.36 | Inger Laache | 46 | Råholt | 17.08.1963 |
| 32.14 | Åshild Sørum | 39 | Jessheim | 27.05.1956 |
| 30.25 | Eva Myrvang | 42 | Jessheim | 05.07.1959 |
| 29.87 | Grete Vegel | 47 | Jessheim | 29.09.1964 |
| 26.54 | Liv Jensen | 40 | Jessheim | 28.09.1957 |

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| **3-kamp M 100m-Diskos-Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1770 | Winnie Lindner | 44 | Kløfta | 21.06.1961 |
| 13.4-23.18-1.31 | | | |
| 1656 | Astrid Sundby | 42 | Jessheim | 10.06.1959 |
| 14.3-30.97-1.20 | | | |
| 1646 | Eva Myrvang | 42 | Jessheim | 10.06.1959 |
| 13.6-21.25-1.25 | | | |
| 1608 | Marit Wiig | 49 | Råholt | 12.06.1966 |
| 14.0-20.88-1.31 | | | |
| 1569 | Ingrid Sundby | 39 | Råholt | 26.06.1957 |
| 14.5-22.04-1.32 | | | |
| 1296 | Liv Jensen | 40 | Råholt | 26.06.1957 |
| 15.0-20.35-1.20 | | | |

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

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| --- | --- | --- | --- | --- |
| 2616 | Marit Wiig | 49 | Jessheim | 20-21.08.1966 |
| ? | | | |

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| **7-kamp M 80m h-Kule-Høyde/200m** | **Lengde-Spyd-800m** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3759 | Marit Rogstad | 67 | Moss/Me | 02-03.06.1984 |
| 17.0+1.7(84)-1.44-6.98(4)-29.0/4.66-18.06(600)-2:28.7 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.8 | J17 |  | Mosjøen | 29.07.1984 |
| Guri Fjeldberg69-Inger Birgitte Reppe68-Kari Fjeldberg68-Marit Rogstad67 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.9 | J17 |  | Jessheim | 17.09.1985 |
| Kari Fjeldberg68-Eva Cathrine Torvund69-Inger Birgitte Reppe68-Hege Rustad70 | | | |

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| **JENTER 17** | **244** |

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| --- | --- |
| **4x200m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:08.3 | J17 |  | Nannestad | 04.06.1970 |
| Anne Mette Olsen54-Inger Anne Nerhagen57-May Britt Engenes53-Anita Melbye58 | | | |

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| --- | --- |
| **4x400m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:21.8 | J17 |  | Jessheim | 17.09.1985 |
| Kari Fjeldberg68-Hege Rustad70-Eva Cathrin Torvund69-Inger Birgitte Reppe68 | | | |

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| --- | --- |
| **3x800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:55.76 | J17 |  | Asker/Fø | 21.08.2004 |
| Maren Fald Gården88-Hilde Gustavson87-Silje Ekroll Jahren88 | | | |

|  |  |
| --- | --- |
| **4x800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:21.13 | J17 |  | Lonevåg | 27.05.2007 |
| Silje Gundersen92-Frida Forberg92-Cathrine Gundersen90-Sina Sandholt92 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:35.97 | J17 |  | Kristiansand | 17.08.2003 |
| Hilde Gustavsen87-Kari Robøle86-Mari Solbrekken87-Elisabeth Langrusten86 | | | |

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| **JENTER 17** | **245** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.85 | Linn Helene Bakke | 91 | Karlstad, SWE | 27.01.2008 |
| 8.09 | Betina Nilssen | 92 | Karlstad, SWE | 21.02.2009 |
| 8.12 | Summer Steinsrud | 01 | Steinkjer | 10.03.2018 |
| 8.16 | Vår Åsheim | 99 | Lillestrøm | 30.01.2016 |
| 8.16 | Tonje Moen | 00 | Rud | 10.02.2017 |
| 8.27 | Linnea Elisabeth Johnsen | 06 | Hvam | 04.02.2023 |
| 8.33 | Charlotte Grasmoe | 96 | Steinkjer | 09.03.2013 |
| 8.52 | Frida Kristine Forberg | 92 | Lillestrøm | 29.03.2009 |
| 8.70 | Mari Solbrekken | 87 | Stange | 13.03.2004 |
| 8.75 | Elisabeth Langrusten | 86 | Stange | 15.03.2003 |
| 8.86 | Rikke Gustavson | 93 | Lillestrøm | 23.01.2010 |
| 8.90 | Karoline Bakkerud | 06 | Hvam | 04.02.2023 |
| 9.04 | Silje Disserud | 91 | Lillestrøm | 26.01.2008 |

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| **100m E** |  |

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| 12.43 | Linn Helene Bakke | 91 | Drammen | 01.03.2008 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.99 | Vår Åsheim | 99 | Rud | 07.12.2016 |
| 25.83 | Linn Helene Bakke | 91 | Stange | 09.03.2008 |
| 26.40 | Summer Steinsrud | 01 | Steinkjer | 11.03.2018 |
| 26.46 | Betina Nilssen | 92 | Stange | 01.02.2009 |
| 27.83 | Charlotte Grasmoe | 96 | Stange | 17.03.2013 |
| 28.00 | Elèn Linchausen Skar | 06 | Hvam | 02.12.2023 |
| 28.69 | Mari Solbrekken | 87 | Stange | 14.03.2004 |
| 28.90 | Frida Kristine Forberg | 92 | Oslo/Ek | 10.01.2009 |
| 30.31 | Hilde Gustavson | 87 | Stange | 14.03.2004 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 58.37 | Vår Åsheim | 99 | Rud | 06.02.2016 |
| 63.04 | Elisabeth Langrusten | 86 | Stange | 29.03.2003 |
| 64.74 | Kari Fjeldberg | 68 | Askim | 10.02.1985 |
| 65.51 | Sofie Skancke Krauss | 98 | Rud | 11.01.2015 |

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| **600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:40.53 | Caroline Foss Høistad | 98 | Rud | 05.12.2015 |
| 1:44.06 | Kari Ingelin Sjøstrøm Johansen | 03 | Hvam | 25.01.2020 |
| 1:50.00 | Helena Seland Myhre | 97 | Jessheim | 06.12.2014 |
| 1:55.15 | Ida Berg Hansen | 92 | Stange | 14.03.2009 |

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| **JENTER 17** | **246** |

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| **INNENDØRS** |  |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:25.9 | Inger Birgitte Reppe | 68 | Drammen | 10.02.1985 |
| 2:28.08 | Elisabeth Langrusten | 86 | Stange | 16.03.2003 |
| 2.39.16 | Tonje Berg | 85 | Stange | 26.01.2002 |
| 2:49.93 | Hilde Gustavson | 87 | Oslo/Ek | 06.03.2004 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:58.07 | Caroline Foss Høistad | 98 | Ulsteinvik | 08.03.2015 |
| 5:29.15 | Malene Fjellestad | 97 | Rud | 09.03.2014 |
| 5:44.19 | Elise Eggum | 06 | Hvam | 04.02.2023 |

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

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| --- | --- | --- | --- | --- |
| 8.78 | Tonje Moen | 00 | Rud | 03.03.2017 |
| 9.21 | Vår Åsheim | 99 | Lillestrøm | 30.01.2016 |

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

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| --- | --- | --- | --- | --- |
| 9.8 | Marit Rogstad | 67 | Oslo/Ek | 04.02.1984 |

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

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| --- | --- | --- | --- | --- |
| 11.34 | Tonje Berg | 85 | Karlstad, SWE | 17.02.2002 |

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

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| --- | --- | --- | --- | --- |
| 10.2 | Kristin Urnes | 75 | Lillestrøm | 22.02.1992 |

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

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| --- | --- | --- | --- | --- |
| 15.2 | Inger Birgitte Reppe | 68 | Drammen | 09.02.1985 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.65 | Kristin Urnes | 75 | Lillestrøm | 11.01.1992 |
| 1.56 | Siv Anita Engh | 85 | Stange | 10.02.2002 |
| 1.52 | Mari Steen Myrvang | 06 | Ranheim | 29.01.2023 |
| 1.50 | Ebba Beyer | 98 | Rud | 13.02.2015 |
| 1.47 | Inger Birgitte Reppe | 68 | Drammen | 09.02.1985 |

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| **JENTER 17** | **247** |

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| **INNENDØRS** |  |

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| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.60 | Birgitte Kjuus | 99 | Hvam | 12.02.2016 |
| 3.10 | Sofie Skancke Krauss | 98 | Ulsteinvik | 08.03.2015 |
| 2.60 | Tonje Berg | 85 | Stange | 10.02.2002 |
| 2.40 | Kristin Urnes | 75 | Lillestrøm | 22.02.1992 |
| 2.30 | Siv Anita Engh | 85 | Karlstad, SWE | 17.02.2002 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.34 | Inger Birgitte Reppe | 68 | Drammen | 10.02.1985 |
| 5.00 | Birgitte Kjuus | 99 | Rud | 05.12.2016 |
| 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 |
| 4.76 | Marit Rogstad | 67 | Oslo/Ek | 04.02.1984 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.48 | Kristin Urnes | 75 | Oslo/Ek | 09.02.1992 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.30 | Inger Birgitte Reppe | 68 | Jessheim/Je | 12.03.1985 |
| 1.25 | Guri Fjeldberg | 69 | Jessheim/Je | 11.03.1986 |
| 1.20 | Marit Rogstad | 67 | Jessheim/Je | 13.03.1984 |
| 1.15 | Marit Sydtangen | 67 | Jessheim/Je | 13.03.1984 |
| 0.95 | Åshild Sørum | 39 | Lillestrøm/Vi | 04.03.1956 |
| 0.95 | Liv Jensen | 40 | Eidsvoll | 10.03.1957 |
| 0.95 | Astrid Sundby | 42 | Jessheim | 15.02.1959 |
| 0.95 | Eva Myrvang | 42 | Jessheim | 15.02.1959 |
| 0.95 | Mari Solbrekken | 87 | Råholt | 31.10.2004 |
| 0.95 | Hilde Gustavson | 87 | Råholt | 31.10.2004 |
| 0.93 | Sissel Sommerfeldt | 43 | Jessheim | 15.02.1959 |
| 0.90 | Ragnhild Sundby | 44 | Jessheim | 24.03.1961 |
| 0.85 | Kari Furuseth | 45 | Strømmen | 08.04.1962 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.57 | Inger Birgitte Reppe | 68 | Jessheim/Je | 12.03.1985 |
| 2.49 | Silje Disserud | 91 | Jessheim | 11.02.2008 |
| 2.45 | Marit Rogstad | 67 | Jessheim/Je | 13.03.1984 |
| 2.44 | Guri Fjeldberg | 69 | Jessheim/Je | 11.03.1986 |
| 2.39 | Mari Solbrekken | 87 | Råholt | 31.10.2004 |

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| **JENTER 17** | **248** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.36 | Kari Furuseth | 45 | Strømmen | 08.04.1962 |
| 2.35 | Eva Myrvang | 42 | Jessheim | 15.02.1959 |
| 2.30 | Liv Jensen | 40 | Eidsvoll | 10.03.1957 |
| 2.29 | Kristin Urnes | 75 | Lillestrøm/Sk | 27.11.1992 |
| 2.28 | Åshild Sørum | 39 | Lillestrøm/Vi | 04.03.1956 |
| 2.24 | Heidi Bogstad | 67 | Jessheim/Je | 13.03.1984 |
| 2.20 | Astrid Sundby | 42 | Jessheim | 15.02.1959 |
| 2.20 | Ragnhild Sundby | 44 | Jessheim | 24.03.1961 |
| 2.18 | Hilde Gustavson | 87 | Råholt | 31.10.2004 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 14.96 | Hanna Emilie Hjeltnes | 04 | Hvam | 06.03.2021 |
| 11.28 | Ebba Beyer | 98 | Rud | 05.12.2015 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.80 | Silje Disserud | 91 | Stange | 08.03.2008 |
| 10.26 | Linn Helene Bakke | 91 | Drammen | 02.03.2008 |
| 8.00 | Inger Birgitte Reppe | 68 | Drammen | 09.02.1985 |
| 7.71 | Norunn Elise Bamrud | 92 | Stange | 14.03.2009 |

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| **5-kamp M100mh-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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| **JENTER 16** | **249** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.86 | Kari Robøle | 86 | Asker/Fø | 17.08.2002 |

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

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| --- | --- | --- | --- | --- |
| 8.2 | Kari Mo | 38 | Jessheim | 29.08.1954 |
| 8.2 | Winnie Lindner | 44 | Oslo/Jo | 13.06.1960 |
| 8.2 | Ingrid Sundby | 39 | Sandvika/Ka | 25.06.1955 |
| 8.5 | Astrid Sundby | 42 | Jessheim | 23.08.1958 |
| 8.5 | Ragnhild Sundby | 44 | Jessheim | 25.09.1960 |
| 8.5 | Anne Mette Olsen | 54 | Nannestad | 04.06.1970 |
| 8.7 | Inge Sand | 43 | Råholt | 10.06.1959 |
| 8.7 | Sofie Rostad | 94 | Jessheim | 10.06.2010 |
| 8.8 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 8.8 | Grethe Uhlen | 49 | Strømmen | 21.08.1965 |
| 8.9 | Åshild Sørum | 39 | Lillestrøm | 11.06.1955 |
| 8.9 | Cora Halsan | 47 | Jessheim | 11.09.1963 |
| 8.9 | Marit Wiig | 49 | Råholt | 12.09.1965 |
| 9.0 | Liv Jensen | 40 | Jessheim | 17.06.1956 |
| 9.0 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 9.0 | Marit Ørvik | 50 | Blaker/Br | 20.08.1966 |
| 9.3 | Irene Belsvik | 42 | Jessheim | 28.05.1958 |
| 9.5 | Brit Elton | 45 | Strømmen | 03.09.1961 |
| 9.5 | May Britt Engenes | 53 | Lillestrøm | 02.09.1969 |
| 9.6 | Unn Henriksen | 42 | Råholt | 28.06.1958 |
| 9.8 | Randi Røe | 40 | Strømmen | 26.08.1956 |

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| **80m E** |  |

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| --- | --- | --- | --- | --- |
| 11.32 | Linnea Sjøstrøm Johansen | 06 | Ås | 01.05.2022 |
| 11.34 | Elèn Linchausen Skar | 06 | Ås | 01.05.2022 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.05 | Linn Helene Bakke | 91 | Oslo/Bi | 15.06.2007 |
| 12.61 | Summer Steinsrud | 01 | Bergen/Fa | 01.09.2017 |
| 12.66 | Betina Nilssen | 92 | Oslo/Bi | 06.06.2008 |
| 12.90 | Tonje Moen | 00 | Sandnes | 02.09.2016 |
| 13.06 | Vår Åsheim | 99 | Brandbu | 27.06.2015 |
| 13.17 | Inger Birgitte Reppe | 68 | Kirkenær | 19.05.1984 |
| 13.18 | Tone Lauritzen | 76 | Jessheim | 27.08.1992 |
| 13.19 | Lene Kristin Nyland | 74 | Lillehammer/Ss | 24.06.1990 |
| 13.22 | Linnea Bratteng | 07 | Lillehammer/Ss | 25.06.2023 |
| 13.24 | Kari Ingelin Sjøstrøm Johnsen | 03 | Lillehammer/Ss | 23.06.2019 |
| 13.27 | Solveig Emilie Johansen | 03 | Jessheim | 10.06.2019 |

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| **JENTER 16** | **250** |

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| **100m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 13.29 | Mina-Marie Finsveen | 07 | Nittedal | 19.08.2023 |
| 13.38 | Kristine Heggelund | 76 | Jessheim | 27.08.1992 |
| 13.40 | Charlotte Grasmo | 96 | Ravnanger | 31.08.2012 |
| 13.41 | Linnea Sjøstrøm Johansen | 06 | Göteborg, SWE | 18.06.2022 |
| 13.42 | Susann Bakke | 92 | Nadderud | 08.06.2008 |
| 13.54 | Liv Anita Mikkelborg | 80 | Jessheim | 27.05.1996 |
| 13.64 | Frida Kristine Forberg | 92 | Jessheim | 02.06.2008 |
| 13.65 | Heidi Stubbs Holdal | 92 | Nadderud | 09.06.2008 |
| 13.68 | Elèn Linchausen Skar | 06 | Oslo/Bi | 28.08.2022 |
| 13.77 | Kari Robøle | 86 | Lillehammer/Ss | 30.06.2002 |
| 14.10 | Ida Berg Hansen | 92 | Jessheim | 02.06.2008 |
| 14.25 | Elisabeth Langrusten | 86 | Jessheim | 19.08.2002 |
| 14.26 | Ebba Beyer | 98 | Lillestrøm | 24.05.2014 |
| 14.66 | Karoline Bakkerud | 06 | Oslo/St | 10.09.2022 |
| 15.00 | Tonje Berg | 85 | Jessheim | 17.09.2001 |
| 15.01 | Katrine Hoff | 91 | Lillehammer/Ss | 24.06.2007 |
| 15.02 | Hilde Gustavson | 87 | Jessheim | 18.08.2003 |
| 15.23 | Ida Terese Tonhaugen | 95 | Jessheim | 26.05.2011 |

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

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| --- | --- | --- | --- | --- |
| 12.7 | Inger Birgitte Reppe | 68 | Oslo/St | 06.07.1984 |
| 13.0 | Winnie Lindner | 44 | Moss/Me | 18.09.1960 |
| 13.0 | Tone Lauritzen | 76 | Jessheim | 24.09.1992 |
| 13.2 | Kristin Brekke | 65 | Oslo/Bi | 10.06.1981 |
| 13.2 | Kristin Andersen | 70 | Jessheim | 28.05.1986 |
| 13.4 | Ingrid Sundby | 39 | Sarpsborg | 27.07.1955 |
| 13.5 | Kari Mo | 38 | Lillestrøm | 21.08.1954 |
| 13.5 | Eva Cathrine Torvund | 69 | Nadderud | 22.06.1985 |
| 13.6 | Åshild Sørum | 39 | Kløfta | 08.06.1955 |
| 13.6 | Grethe Uhlen | 49 | Jessheim | 13.06.1965 |
| 13.6 | Marit Wiig | 49 | Strømmen | 21.08.1965 |
| 13.6 | Marit Rogstad | 69 | Oslo/Bi | 06.06.1983 |
| 13.8 | Anne Mette Olsen | 54 | Strømmen | 12.09.1970 |
| 13.8 | Guri Fjeldberg | 69 | Nadderud | 22.06.1985 |
| 13.9 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 14.0 | Liv Jensen | 40 | Oslo/Bi | 11.06.1956 |
| 14.0 | Astrid Sundby | 42 | Jessheim | 04.10.1958 |
| 14.1 | Ragnhild Sundby | 44 | Råholt | 20.08.1960 |
| 14.1 | Inger Anne Nerhagen | 57 | Jessheim | 29.06.1973 |
| 14.3 | Inge Sand | 43 | Jessheim | 29.08.1959 |
| 14.3 | May Britt Engenes | 53 | Lillestrøm | 03.09.1969 |
| 14.4 | Marit Ørvik | 50 | Lillestrøm | 04.09.1966 |
| 14.5 | Cora Halsan | 47 | Råholt | 17.08.1963 |

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| **JENTER 16** | **251** |

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| **100m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 14.5 | Liv Knutsen | 52 | Strømmen | 31.08.1968 |
| 14.8 | Hilde Gustavson | 87 | Bjørkelangen | 31.05.2003 |
| 15.0 | Ingrid Møinichen | 48 | Råholt | 13.06.1964 |
| 15.3 | Aase Alstad | 48 | Råholt | 13.06.1964 |

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| **150m E** |  |

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| --- | --- | --- | --- | --- |
| 20.40 | Linnea Bratteng | 07 | Oslo/La | 12.05.2023 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 24.55 | Linn Helene Bakke | 91 | Esjberg, DEN | 01.09.2007 |
| 25.53 | Betina Nilssen | 92 | Lillehammer/Ss | 20.06.2008 |
| 25.75 | Summer Steinsrud | 01 | Göteborg, SWE | 02.07.2017 |
| 26.25 | Vår Åsheim | 99 | Nittedal | 23.08.2015 |
| 26.31 | Kari Ingelin Sjøstrøm Johnsen | 03 | Nadderud | 15.06.2019 |
| 26.75 | Solveig Emilie Johansen | 03 | Prestfoss | 24.08.2019 |
| 26.84 | Inger Birgitte Reppe | 68 | Oslo/Bi | 09.08.1984 |
| 26.85 | Mina-Marie Finsveen | 07 | Jessheim | 11.08.2023 |
| 27.33 | Elèn Linchausen Skar | 06 | Göteborg, SWE | 19.06.2022 |
| 27.36 | Frida Rimstad | 07 | Jessheim | 11.08.2023 |
| 27.44 | Linnea Sjøstrøm Johansen | 06 | Göteborg, SWE | 19.06.2022 |
| 27.66 | Frida Kristine Forberg | 92 | Lillehammer/Ss | 20.06.2008 |
| 27.74 | Kristine Heggelund | 76 | Jessheim | 28.05.1992 |
| 28.03 | Lene Kristin Nyland | 74 | Jessheim | 19.05.1990 |
| 28.32 | Tone Lauritzen | 76 | Jessheim | 28.05.1992 |
| 28.47 | Susann Bakke | 92 | Oslo/Bi | 17.08.2008 |
| 28.48 | Kari Fjeldberg | 68 | Oslo/Bi | 09.08.1984 |
| 28.50 | Ida Berg Hansen | 92 | Lillehammer/Ss | 20.06.2008 |
| 29.00 | Sofie Rostad | 94 | Jessheim | 25.05.2010 |
| 29.07 | Lieena Bratteng | 07 | Nittedal | 20.08.2023 |
| 29.30 | Kari Robøle | 86 | Asker/Fø | 18.08.2002 |
| 30.53 | Siv Anita Engh | 85 | Oslo/Bi | 05.06.2001 |
| 30.56 | Tonje Berg | 85 | Jessheim | 28.05.2001 |
| 30.73 | Marie Tømmerberg | 91 | Jessheim | 16.08.2007 |
| 32.04 | Lene Engebretsen | 88 | Jessheim | 12.07.2004 |
| 32.45 | Ebba Beyer | 98 | Nittedal | 30.08.2014 |

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| **JENTER 16** | **252** |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 26.6 | Betina Nilssen | 92 | Jessheim | 04.09.2008 |
| 26.8 | Inger Birgitte Reppe | 68 | Oslo/Bi | 26.08.1984 |
| 27.7 | Kirsten Andersen | 70 | Jessheim | 01.08.1986 |
| 27.9 | Winnie Lindner | 44 | Lillestrøm | 19.06.1960 |
| 28.8 | Eva Cathrine Torvund | 69 | Nadderud | 30.05.1985 |
| 29.0 | Ragnhild Sundby | 44 | Kløfta | 03.09.1960 |
| 29.2 | Kari Mo | 38 | Lillestrøm | 22.08.1954 |
| 29.2 | Marit Wiig | 49 | Oslo/Bi | 13.06.1965 |
| 29.2 | Anne Mette Olsen | 54 | Lillestrøm | 20.09.1970 |
| 29.3 | Grethe Uhlen | 49 | Strømmen | 22.08.1965 |
| 29.3 | Elisabeth Langrusten | 86 | Jessheim | 19.08.2002 |
| 29.6 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 29.8 | May Britt Engenes | 53 | Strømmen | 03.09.1969 |
| 29.9 | Ingrid Sundby | 39 | Lillestrøm | 04.09.1955 |
| 29.9 | Marit Wiig | 49 | Jessheim | 18.09.1965 |
| 30.1 | Åshild Sørum | 39 | Lillestrøm | 04.09.1955 |
| 30.3 | Astrid Sundby | 42 | Jessheim | 06.08.1958 |
| 30.4 | Cora Halsan | 47 | Råholt | 22.09.1963 |
| 30.4 | Aase Alstad | 48 | Jessheim | 16.08.1964 |
| 31.2 | Kari Wang | 56 | Strømmen | 10.09.1972 |
| 32.0 | Anne Gro Digerud | 52 | Strømmen | 01.09.1968 |

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| **300m E** |  |

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| --- | --- | --- | --- | --- |
| 44.45 | Solveig Emilie Johansen | 03 | Nesodden | 29.08.2019 |
| 45.25 | Lene Kristin Nyland | 74 | Skien | 11.09.1990 |
| 51.54 | Victoria Børresen | 98 | Nadderud | 06.05.2014 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 58.13 | Emilie Hov Andreassen | 00 | Hamar | 18.05.2016 |
| 59.28 | Inger Birgitte Reppe | 68 | Nadderud | 12.08.1984 |
| 59.39 | Vår Åsheim | 99 | Oslo/Bi | 16.07.2015 |
| 59.83 | Kari Ingelin Sjøstrøm Johnsen | 03 | Nadderud | 16.06.2019 |
| 60.21 | Betina Nilssen | 92 | Jessheim | 18.08.2008 |
| 61.71 | Frida Kristin Forberg | 92 | Lillehammer/Ss | 21.06.2008 |
| 61.94 | Elèn Linchausen Skar | 06 | Nadderud | 12.06.2022 |
| 63.13 | Guri Fjeldberg | 69 | Nadderud | 11.08.1985 |
| 63.97 | Linnea Sjøstrøm Johansen | 06 | Nadderud | 12.06.2022 |
| 64.77 | Natalie Nordbech Jøransen | 07 | Rud | 18.06.2023 |
| 65.65 | Unn Hoel | 69 | Nadderud | 11.08.1985 |
| 65.88 | Maren Fald Gården | 88 | Lillehammer/Ss | 26.06.2004 |
| 65.96 | Helena Seland Myhre | 97 | Oslo/Bi | 19.09.2013 |
| 66.53 | Tonje Berg | 85 | Lillehammer/Ss | 01.07.2001 |

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| **JENTER 16** | **253** |

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| **400m E forts.** |  |

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| --- | --- | --- | --- | --- |
| 66.77 | Ida Berg Hansen | 92 | Jessheim | 18.08.2008 |
| 68.11 | Kari Robøle | 86 | Jessheim | 27.05.2002 |
| 68.35 | Mia Jenny Østreng | 03 | Lillehammer/Ss | 22.06.2019 |
| 71.43 | Marie Tømmerberg | 91 | Lillehammer/Ss | 23.06.2007 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 62.1 | Kari Fjeldberg | 68 | Romedal | 26.05.1984 |
| 63.6 | Kristin Bogstad | 64 | Lillehammer/Ss | 07.08.1980 |
| 64.3 | Grethe Uhlen | 49 | Strømmen | 29.09.1965 |
| 64.5 | Marit Rogstad | 67 | Stenungsund, SWE | 21.07.1983 |
| 65.1 | Inger Anne Nerhagen | 57 | Oslo/Bi | 07.06.1973 |
| 65.2 | Marit Wiig | 49 | Strømmen | 29.09.1965 |
| 66.2 | Kirsten Andersen | 70 | Jessheim | 24.07.1986 |
| 67.0 | Anne Mette Olsen | 54 | Nannestad | 04.06.1970 |
| 67.2 | Helena Seland Myhre | 97 | Jessheim | 30.05.2013 |
| 67.7 | Winnie Lindner | 44 | Lillestrøm | 24.09.1960 |
| 70.1 | May Britt Engenes | 53 | Råholt | 17.08.1969 |
| 70.5 | Cora Halsan | 47 | Lillestrøm | 24.08.1963 |
| 71.6 | Siw Vestengen | 72 | Jessheim | 30.05.1988 |
| 74.3 | Anne Gro Digerud | 52 | Lillestrøm | 09.07.1968 |

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| **600m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:46.0 | Inger Anne Nerhagen | 57 | Lillestrøm | 12.08.1973 |
| 1:46.22 | Caroline Foss Høistad | 98 | Nadderud | 06.05.2014 |
| 1:52.97 | Malene Fjellestad | 97 | Nadderud | 07.05.2013 |
| 1:56.63 | Maren Eriksen Skappel | 96 | Nadderud | 03.05.2012 |
| 2:00.0 | Elisabeth Langrusten | 86 | Jessheim | 15.06.2002 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:12.30 | Wilma Torbjørnsson | 07 | Oslo/Bi | 29.08.2023 |
| 2:21.50 | Caroline Foss Høistad | 98 | Oslo/Bi | 16.08.2014 |
| 2:22.0 | Inger Birgitte Reppe | 68 | Florø | 16.09.1984 |
| 2:22.5 | Kari Fjeldberg | 68 | Oslo/Bi | 19.06.1984 |
| 2:22.66 | Emilie Hov Andreassen | 00 | Brandbu | 06.08.2016 |
| 2:26.02 | Frida Kristine Forberg | 92 | Nadderud | 07.06.2008 |
| 2:26.70 | Silje Gundersen | 92 | Oslo/Bi | 15.07.2008 |
| 2:26.8 | Grethe Uhlen | 49 | Oslo/Bi | 13.05.1965 |
| 2:27.6 | Inger Lise Borgen | 64 | Jessheim | 18.06.1980 |
| 2:27.8 | Guri Fjeldberg | 69 | Nadderud | 31.05.1985 |
| 2:28.3 | Inger Anne Nerhagen | 57 | Oslo/Jo | 13.06.1973 |
| 2:29.35 | Hege Lundring | 73 | Sofiemyr | 10.06.1989 |

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| **JENTER 16** | **254** |

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| **800m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:29.9 | Elisabeth Langrusten | 86 | Jessheim | 23.09.2002 |
| 2:29.54 | Helena Seland Myhre | 97 | Lillehammer/Ss | 07.09.2013 |
| 2:32.17 | Malene Fjellestad | 97 | Nadderud | 13.06.2013 |
| 2:32.2 | Marit Wiig | 49 | Oslo/Bi | 13.05.1965 |
| 2:32.2 | Unn Hoel | 69 | Oslo/La | 16.05.1985 |
| 2:32.3 | Silje Ekroll Jahren | 88 | Jessheim | 23.09.2005 |
| 2:32.47 | Vilde Noraker Alfarrustad | 96 | Göteborg, SWE | 08.07.2012 |
| 2:32.77 | Tonje Berg | 85 | Oslo/Bi | 26.05.2001 |
| 2:33.5 | Wenche Moen | 65 | Raufoss | 10.06.1981 |
| 2:33.58 | Maren Fald Gården | 88 | Lillehammer/Ss | 27.06.2004 |
| 2:40.84 | Maren Eriksen Skappel | 96 | Nadderud | 16.06.2012 |
| 2:43.95 | Christine Nerhagen | 91 | Lillehammer/Ss | 24.06.2007 |
| 2:44.1 | Anne Berit Eik | 49 | Jessheim | 14.09.1965 |
| 2:44.4 | Cora Halsan | 47 | Lillestrøm | 24.08.1963 |
| 2:44.9 | May Britt Engenes | 53 | Jessheim | 20.08.1969 |
| 2:47.83 | Marion Skøyum Moe | 97 | Ski | 10.08.2013 |
| 2:49.55 | Anette Jeppedal | 92 | Oslo/Bi | 15.05.2008 |
| 2:49.9 | Ingrid Johnsen | 00 | Jessheim | 15.10.2016 |
| 2:52.3 | Silje Breen | 95 | Jessheim | 15.09.2011 |
| 2:53.5 | Anne Kamstrup Hovind | 88 | Jessheim | 24.09.2004 |
| 2:54.02 | Frida Rimstad | 07 | Moss/Me | 21.05.2023 |
| 2:57.8 | Hanna Nyheim | 79 | Jessheim | 14.08.1995 |
| 2:59.3 | Heidi Blakkisrud | 69 | Nadderud | 21.06.1985 |
| 3:03.6 | Vibeke Kaasin | 81 | Jessheim | 18.08.1997 |
| 3:03.7 | Marianne Opsahl | 73 | Jessheim | 21.08.1989 |
| 3:12.1 | Berit Flatby | 81 | Jessheim | 18.08.1997 |
| 3:13.9 | Dagrun Rommen | 76 | Lørenfallet | 08.06.1992 |

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| **1000m MX** |  |

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| --- | --- | --- | --- | --- |
| 2:55.57 | Wilma Torbjørnsson | 07 | Rud | 04.05.2023 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:25.50 | Wilma Torbjørnsson | 07 | Oslo/Bi | 15.06.2023 |
| 4:39.71 | Julie Hammer | 04 | Jessheim | 04.06.2020 |
| 4:54.88 | Tina Moen | 00 | Jessheim | 02.06.2016 |
| 5:00.77 | Kamilla Bråthen | 77 | Lillehammer/Ss | 24.06.1993 |
| 5:03.03 | Silje Ekroll Jahren | 88 | Asker/Fø | 22.08.2004 |
| 5:04.0 | Hege Lundring | 73 | Jessheim | 12.06.1989 |
| 5:06.08 | Caroline Foss Høistad | 98 | Oslo/Sp | 07.06.2014 |
| 5:07.0 | Gunn Vilberg | 67 | Oslo/St | 08.06.1983 |
| 5:09.6 | Nina Østvold | 66 | Jessheim | 16.06.1982 |
| 5:10.5 | Wenche Moen | 65 | Jessheim | 12.06.1981 |
| 5:12.7 | Frida Kristine Forberg | 92 | Jessheim | 12.06.2008 |

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| **JENTER 16** | **255** |

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| **1500m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:12.87 | Julie Flatner Hansen | 99 | Jessheim | 04.06.2015 |
| 5:13.4 | Inger Lise Borgen | 64 | Jessheim | 09.06.1980 |
| 5:14.23 | Mia Jenny Østreng | 03 | Jessheim | 06.06.2019 |
| 5:14.8 | Oda Wennemo | 92 | Jessheim | 12.06.2008 |
| 5:19.10 | Elisabeth Langrusten | 86 | Jessheim | 18.08.2002 |
| 5:20.2 | Bente Aarflot | 72 | Jessheim | 13.06.1988 |
| 5:21.7 | Ann Kristin Ullerud | 66 | Jessheim | 16.06.1982 |
| 5:22.86 | Maren Fald Gården | 88 | Asker/Fø | 22.08.2004 |
| 5:24.3 | Silje Gundernsen | 92 | Jessheim | 12.06.2008 |
| 5:27.5 | Kristin Jensen | 70 | Jessheim | 13.06.1986 |
| 5:27.9 | Anne Karin Kristiansen | 71 | Jessheim | 10.06.1987 |
| 5:28.4 | Anne Kari Bjørnsveen | 71 | Jessheim | 10.06.1987 |
| 5:28.9 | Elisabeth Moum | 70 | Jessheim | 13.06.1986 |
| 5:30.0 | Heidi Anett Solberg | 65 | Jessheim | 12.06.1981 |
| 5:30.6 | Siw Vestengen | 72 | Jessheim | 13.06.1988 |
| 5:33.34 | Malene Fjellestad | 97 | Oslo/Bi | 23.09.2013 |
| 5:35.1 | Målfrid Olsen | 66 | Jessheim | 16.06.1982 |
| 5:36.8 | Line Bjørnås | 67 | Jessheim | 10.06.1983 |
| 5:39.2 | Lene Anette Hagen | 72 | Jessheim | 13.06.1988 |
| 5:39.8 | Elisabeth Moum | 67 | Jessheim | 10.06.1983 |
| 5:40.68 | Christine Nerhagen | 91 | Lillehammer/Ss | 22.06.2007 |
| 5:41.0 | Tonje Berg | 85 | Jessheim | 14.06.2001 |
| 5:42.7 | Ellen Undseth | 73 | Jessheim | 12.06.1989 |
| 5:42.9 | Mari Jellum | 79 | Jessheim | 12.06.1995 |
| 5:46.1 | Nina Sand | 74 | Jessheim | 13.06.1990 |
| 5:46.5 | Ingjerd Vestengen | 65 | Jessheim | 12.06.1981 |
| 5:51.2 | Else Søgaard | 65 | Jessheim | 12.06.1981 |
| 5:51.8 | Inger Helene Olsen | 68 | Jessheim | 08.06.1984 |
| 5:52.5 | Vibeke Aarflot | 69 | Jessheim | 09.09.1985 |
| 5:53.6 | Benedicte Sand | 73 | Jessheim | 12.06.1989 |
| 5:55.6 | Hanne Nyheim | 79 | Jessheim | 12.06.1995 |
| 5:56.3 | Lise Engen | 65 | Jessheim | 12.06.1981 |
| 5:58.3 | Katja Ekroll Jahren | 85 | Jessheim | 14.06.2011 |
| 6:00.2 | Bente Hytjan | 60 | Jessheim | 18.06.1976 |
| 6:02.8 | Kari Aase Wethal | 66 | Jessheim | 16.08.1982 |
| 6:05.4 | Hildegunn Bjerkan | 63 | Jessheim | 09.06.1980 |
| 6:05.8 | Marianne Opsahl | 73 | Jessheim | 12.06.1989 |
| 6:13.9 | Monica Sørum | 71 | Jessheim | 10.06.1987 |
| 6:23.7 | Anne-Line Kjos | 64 | Jessheim | 09.06.1980 |
| 6:27.4 | Irene Schultze | 67 | Jessheim | 08.06.1984 |
| 6:29.3 | Merete Kvaal | 67 | Jessheim | 10.06.1983 |
| 6:36.81 | Rebecca Aas | 07 | Jessheim | 08.06.2023 |
| 6:37.6 | Hege Rustad | 70 | Jessheim | 13.06.1986 |
| 6:39.0 | Heidi Bogstad | 67 | Jessheim | 10.06.1983 |
| 6:39.1 | Rigmor Ommundsen | 65 | Jessheim | 12.06.1981 |

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| **JENTER 16** | **256** |

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

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| --- | --- | --- | --- | --- |
| 6:45.3 | Brit Flatby | 81 | Jessheim | 16.06.1997 |
| 6:53.9 | Kjersti Hvattum | 65 | Jessheim | 12.06.1981 |
| 6:58.2 | Ellen Ramstad | 75 | Jessheim | 10.06.1991 |
| 6:58.8 | Irene Schultze | 67 | Jessheim | 10.06.1983 |

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| --- | --- |
| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 7:33.6 | Malene Fjellestad | 97 | Jessheim | 27.08.2013 |

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

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| --- | --- | --- | --- | --- |
| 9:39.57 | Wilma Torbjørnsson | 07 | Sandnes | 27.08.2023 |
| 9:57.31 | Julie Hammer | 04 | Tønsberg/Gr | 30.05.2020 |
| 10:48.5 | Kamilla Bråthen | 77 | Jessheim | 16.08.1993 |
| 10:54.41 | Tina Moen | 00 | Nadderud | 10.06.2016 |
| 10:58.53 | Caroline Høistad Foss | 98 | Lillehammer/Ss | 21.06.2014 |
| 11:05.72 | Elisabeth Langrusten | 86 | Nadderud | 14.06.2002 |
| 11:16.7 | Nina Østvold | 66 | Jessheim | 20.08.1982 |
| 11:19.71 | Julie Flatner Hansen | 99 | Hamar | 23.05.2015 |
| 11:21.0 | Wenche Moen | 65 | Årnes | 27.05.1981 |
| 11:32.0 | Inger Lise Borgen | 64 | Jessheim | 18.08.1980 |
| 11:40.90 | Malene Fjellestad | 97 | Lillehammer/Ss | 08.09.2013 |
| 11:41.3 | Lene Anette Haugen | 72 | Jessheim | 19.08.1988 |
| 11:51.9 | Ann Kristin Ullerud | 66 | Jessheim | 20.08.1982 |
| 11:52.5 | Heidi Anett Solberg | 65 | Jessheim | 21.08.1981 |
| 11:53.1 | Nina Sand | 74 | Jessheim | 22.08.1990 |
| 11:59.4 | Elisabeth Moum | 67 | Jessheim | 19.08.1983 |
| 12:00.7 | Tone Rustad | 67 | Jessheim | 19.08.1983 |
| 12:03.0 | Målfrid Olsen | 66 | Jessheim | 20.08.1982 |
| 12:03.9 | Bente Aarflot | 72 | Jessheim | 19.08.1988 |
| 12:15.2 | Line Bjørnås | 67 | Jessheim | 19.08.1983 |
| 12:36.0 | Siw Vestengen | 72 | Jessheim | 19.08.1988 |
| 12:39.8 | Kristin Jensen | 70 | Jessheim | 15.08.1986 |
| 12:52.1 | Ellen Undseth | 73 | Jessheim | 21.08.1989 |
| 12:55.6 | Kari Aase Wethal | 66 | Jessheim | 20.08.1982 |
| 13:05.9 | Else Søgaard | 65 | Jessheim | 21.08.1981 |
| 13:17.0 | Inger Helene Olsen | 68 | Jessheim | 17.08.1984 |
| 13:19.2 | Bente Hytjan | 60 | Jessheim | 25.08.1976 |
| 13:45.1 | Monica Sørum | 71 | Jessheim | 21.08.1987 |
| 13:56.4 | Anne Line Kjos | 64 | Jessheim | 18.08.1980 |
| 14:15.2 | Heidi Bogstad | 67 | Jessheim | 19.08.1983 |
| 15:12.5 | Irene Schultze | 67 | Jessheim | 19.08.1983 |
| 15:14.5 | Merete Kvaal | 67 | Jessheim | 19.08.1983 |
| 15:43.4 | Rigmor Ommundsen | 65 | Jessheim | 21.08.1981 |

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| **JENTER 16** | **257** |

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

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| --- | --- | --- | --- | --- |
| 11.91 | Tonje Moen | 00 | Sandnes | 03.09.2016 |
| 12.07 | Inger Birgitte Reppe | 68 | Bergen/Fa | 19.08.1984 |
| 12.16 | Summer Steinsrud | 01 | Bergen/Fa | 02.09.2017 |
| 12.31 | Vår Åsheim | 99 | Lillestrøm | 12.09.2015 |
| 12.64 | Frida Rimstad | 07 | Jessheim | 12.08.2023 |
| 13.31 | Marit Rogstad | 67 | Oslo/Bi | 25.05.1983 |
| 16.00 | Ebba Beyer | 98 | Nadderud | 14.06.2014 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.0 | Inger Birgitte Reppe | 68 | Oslo/Bi | 19.06.1984 |
| 14.0 | Winnie Lindner | 44 | Råholt | 21.08.1960 |
| 14.4 | Ragnhild Sundby | 44 | Råholt | 21.08.1960 |
| 14.8 | Liv Jensen | 40 | Jessheim | 12.08.1956 |
| 14.8 | Astrid Sundby | 42 | Jessheim | 24.08.1958 |
| 15.6 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 16.0 | Aase Alstad | 48 | Råholt | 14.06.1964 |
| 16.3 | Cora Halsan | 47 | Jessheim | 06.10.1963 |
| 16.5 | Maritr Wiig | 49 | Jessheim | 17.09.1965 |
| 16.8 | Inge Sand | 43 | Jessheim | 19.06.1959 |

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| **100m hekk 76.2 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15.44 | Frida Rimstad | 07 | Borås, SWE | 10.06.2023 |
| 15.89 | Vår Åsheim | 99 | Lillestrøm | 20.06.2015 |
| 16.72 | Guri Fjeldberg | 69 | Mora, SWE | 29.06.1985 |
| 18.00 | Ida Terese Tonhaugen | 95 | Lillehammer/Ss | 24.06.2011 |
| 20.44 | Ebba Beyer | 98 | Nittedal | 30.08.2014 |

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| **100m hekk 76.2 cm M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.4 | Inger Birgitte Reppe | 68 | Sandnes | 22.06.1984 |
| 17.3 | Marit Rogstad | 67 | Oslo/St | 28.09.1983 |
| 19.3 | Anne Mette Olsen | 54 | Lillestrøm | 20.09.1970 |

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| --- | --- |
| **100m hekk 84 E** |  |

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| --- | --- | --- | --- | --- |
| 15.27 | Inger Birgitte Reppe | 68 | Øvre Årdal | 25.08.1984 |

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

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| --- | --- | --- | --- | --- |
| 15.27 | Inger Birgitte Reppe | 68 | Øvre Årdal | 25.08.1984 |

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| **JENTER 16** | **258** |

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

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| --- | --- | --- | --- | --- |
| 34.1 | Inger Birgitte Reppe | 68 | Jessheim | 01.10.1984 |
| 35.6 | Kari Fjeldberg | 68 | Jessheim | 01.10.1984 |

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

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| --- | --- | --- | --- | --- |
| 44.66 | Vår Åsheim | 99 | Lillestrøm | 11.09.2015 |
| 48.66 | Natalie Nordbech Jøransen | 07 | Bergen/Fa | 08.09.2023 |
| 49.83 | Frida Rimstad | 07 | Jessheim | 12.08.2023 |
| 52.31 | Ida Berg-Hansen | 92 | Lillestrøm | 24.08.2008 |
| 52.52 | Tonje Berg | 85 | Jessheim | 19.08.2001 |
| 53.54 | Victoria Børresen | 98 | Oslo/Bi | 26.09.2014 |
| 61.35 | Madelaine Kristiansen | 06 | Nadderud | 16.06.2022 |

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| **300m hekk 76.2 cm M** |  |

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| --- | --- | --- | --- | --- |
| 53.1 | Ida Berg-Hansen | 92 | Jessheim | 31.07.2008 |
| 57.2 | Frida Frøseth Larsen | 92 | Jessheim | 31.07.2008 |

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

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| 66.58 | Vår Åsheim | 99 | Byrkjelo | 15.08.2015 |

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

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| --- | --- | --- | --- | --- |
| 79.4 | Kari Fjeldberg | 68 | Lørenfallet | 01.09.1984 |

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| --- | --- |
| **1500m hinder 76.2 cm** |  |

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| --- | --- | --- | --- | --- |
| 5:07.62 | Wilma Torbjørnsson | 07 | Bergen/Fa | 08.09.2023 |
| 5:36.83 | Mia Østreng | 03 | Jessheim | 07.09.2019 |

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| --- | --- |
| **2000m hinder 76.2 cm** |  |

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| --- | --- | --- | --- | --- |
| 7:26.64 | Tina Moen | 00 | G>öteborg, SWE | 03.07.2016 |

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| **5 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 16:14 | Wilma Torbjørnsson | 07 | Jessheim | 28.10.2023 |
| 20:19 | Dorthe Enebakk | 04 | Jessheim | 03-10.2020 |

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| **10 km landevei** |  |

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| 33:54 | Wilma Torbjørnsson | 07 | Hole | 21.10.2023 |
| 47:48 | Frida Kristine Forberg | 92 | Jessheim | 16.11.2008 |
| 58:03 | Rebecka Helle Aas | 07 | Jessheim | 12.11.2023 |

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| **JENTER 16** | **259** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.68 | Kristin Urnes | 75 | Ski | 24.08.1991 |
| 1.60 | Kari Fjeldberg | 68 | Strømmen | 02.06.1984 |
| 1.60 | Guri Fjeldberg | 69 | Nadderud | 30.05.1985 |
| 1.55 | Ebba Beyer | 98 | Nadderud | 15.06.2014 |
| 1.55 | Siv Anita Engh | 85 | Oslo/Bi | 23.06.2001 |
| 1.55 | Mari Steen Myrvang | 06 | Oslo/Bi | 14.05.2022 |
| 1.55 | Frida Rimstad | 07 | Borås, SWE | 10.06.2023 |
| 1.52 | Inger Birgitte Reppe | 68 | Moss/Me | 02.06.1984 |
| 1.50 | Anne Mette Olsen | 54 | Nadderud | 28.06.1970 |
| 1.50 | Marit Rogstad | 67 | Kirkenær | 23.05.1983 |
| 1.50 | Tone Lauritzen | 76 | Lillehammer/Ss | 27.06.1992 |
| 1.43 | Liv Knutsen | 52 | Råholt | 23.06.1968 |
| 1.43 | Ingrid Maudal | 82 | Nadderud | 20.06.1998 |
| 1.40 | Kari Mo | 38 | Borgen | 05.09.1954 |
| 1.40 | Ingrid Sundby | 39 | Lillestrøm | 11.06.1955 |
| 1.40 | Tone Sæthermoen | 69 | Lørenfallet | 18.06.1985 |
| 1.40 | Sofie Rostad | 94 | Jessheim | 25.05.2010 |
| 1.38 | Astrid Sundby | 42 | Kongsvinger/Gj | 22.06.1958 |
| 1.38 | Marit Ørvik | 50 | Lillestrøm | 10.09.1966 |
| 1.35 | Grethe Uhlen | 49 | Jessheim | 13.06.1965 |
| 1.35 | Unn Hoel | 69 | Lørenfallet | 18.06.1985 |
| 1.35 | Grethe Arnegård | 69 | Lørenfallet | 18.06.1985 |
| 1.35 | Tonje Berg | 85 | Jessheim | 19.08.2001 |
| 1.33 | Inge Sand | 43 | Jessheim | 12.07.1959 |
| 1.32 | Liv Jensen | 40 | Jessheim | 30.09.1956 |
| 1.31 | Winnie Lindner | 44 | Kløfta | 03.09.1960 |
| 1.30 | Ragnhild Sundby | 44 | Lillestrøm | 28.06.1960 |
| 1.30 | Stine Elstad | 87 | Jessheim | 25.09.2003 |
| 1.29 | Cora Halsan | 47 | Jessheim | 11.09.1963 |
| 1.25 | Irene Belsvik | 42 | Jessheim | 28.05.1958 |
| 1.25 | Ingrid Møinichen | 48 | Jessheim | 15.08.1964 |
| 1.25 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 1.25 | May Britt Engenes | 53 | Strømmen | 03.09.1969 |
| 1.20 | Åshild Sørum | 39 | Kløfta | 12.06.1955 |
| 1.20 | Unn Henriksen | 42 | Jessheim | 01.08.1958 |
| 1.20 | Sidsel Nørgaard | 42 | Jessheim | 01.08.1958 |
| 1.20 | Guri Fjeldberg | 69 | Jessheim | 11.08.1986 |
| 1.20 | Marit Wiig | 49 | Jessheim | 17.09.1965 |
| 1.15 | Aase Alstad | 48 | Jessheim | 15.08.1964 |

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| **JENTER 16** | **260** |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.95 | Sofie Schancke Krauss | 98 | Moelv | 13.07.2014 |
| 2.60 | Tonje Berg | 85 | Bodø | 26.08.2001 |
| 2.60 | Siv Anita Engh | 85 | Bergen/Fa | 07.09.2001 |
| 2.40 | Kristin Urnes | 75 | Jessheim | 17.09.1991 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.44 | Frida Rimstad | 07 | Oslo/Bi | 04.06.2023 |
| 5.38 | Linn Helene Bakke | 91 | Oslo/Bi | 19.08.2007 |
| 5.35 | Inger Birgitte Reppe | 68 | Oslo/La | 09.09.1984 |
| 5.22 | Guri Fjeldberg | 69 | Nadderud | 11.08.1985 |
| 5.15 | Tone Lauritzen | 77 | Kongsvinger/Gj | 23.05.1992 |
| 5.13 | Kristine Heggelund | 77 | Haugesund | 02.08.1992 |
| 5.06 | Lene Kristin Nyland | 74 | Nadderud | 09.06.1990 |
| 5.02 | Marit Rogstad | 67 | Oslo/Bi | 07.06.1983 |
| 4.84 | Ranghild Sundby | 44 | Sandvika/Ka | 17.09.1960 |
| 4.84 | Heidi Bogstad | 67 | Kirkenær | 21.05.1983 |
| 4.84 | Tone Sæthermoen | 69 | Larvik/Lo | 25.06.1985 |
| 4.82 | Anne Mette Olsen | 54 | Strømmen | 21.06.1970 |
| 4.82 | Kristin Urnes | 75 | Ski | 25.08.1991 |
| 4.78 | Kari Mo | 38 | Jessheim | 03.10.1954 |
| 4.65 | Grethe Arnegård | 69 | Oslo/La | 16.05.1985 |
| 4.63 | Eva Cathrine Torvund | 69 | Strømmen | 01.06.1985 |
| 4.63 | Mari Solbrekken | 87 | Jessheim | 25.09.2003 |
| 4.62 | Liv Knutsen | 52 | Råholt | 24.08.1968 |
| 4.61 | Astrid Sundby | 42 | Oslo/Bi | 30.08.1958 |
| 4.61 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 4.58 | Winnie Lindner | 44 | Oslo/Bi | 23.05.1960 |
| 4.58 | Kristin Brekke | 65 | Halden | 10.05.1981 |
| 4.58 | Kari Fjeldberg | 68 | Kirkenær | 19.05.1984 |
| 4.51 | Ingrid Møinichen | 48 | Råholt | 13.06.1964 |
| 4.50 | Liv Jensen | 40 | Jessheim | 12.06.1956 |
| 4.50 | Vår Åsheim | 99 | Nadderud | 12.06.2015 |
| 4.49 | Ingrid Sundby | 39 | Jessheim | 22.06.1955 |
| 4.49 | Grethe Uhlen | 49 | Strømmen | 22.08.1965 |
| 4.48 | Stine Elstad | 87 | Jessheim | 25.09.2003 |
| 4.42 | Marit Wiig | 49 | Strømmen | 22.08.1965 |
| 4.41 | Inge Sand | 43 | Jessheim | 05.07.1959 |
| 4.39 | Cora Halsan | 47 | Blaker/Br | 15.09.1963 |
| 4.38 | Åshild Sørum | 39 | Jessheim | 13.07.1955 |
| 4.38 | Ebba Beyer | 98 | Jessheim | 27.05.2014 |
| 4.31 | Hilde Gustavsen | 87 | Jessheim | 25.09.2003 |
| 4.24 | Siv Anita Engh | 85 | Oslo/Bi | 27.09.2001 |
| 4.22 | Tonje Berg | 85 | Jessheim | 28.05.2001 |

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| **JENTER 16** | **261** |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 4.20 | Marit Ørvik | 50 | Lillestrøm | 11.09.1966 |
| 4.14 | Inger Anne Nerhagen | 57 | Kløfta | 22.06.1973 |
| 4.09 | Irene Belsvik | 42 | Årnes | 17.08.1958 |
| 4.05 | Anne Gro Digerud | 52 | Råholt | 24.08.1968 |
| 4.05 | Kari Wang | 56 | Strømmen | 09.09.1972 |
| 3.98 | Marit Ørvik | 50 | Blaker/Br | 20.08.1966 |
| 3.97 | Katrine Hoff | 91 | Bjørkelangen | 09.06.2007 |
| 3.85 | Brit Elton | 45 | Strømmen | 18.06.1961 |
| 3.72 | Unn Henriksen | 42 | Jessheim | 28.06.1958 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 11.29 | Frida Rimstad | 07 | Gøteborg, SWE | 02.07.2023 |
| 10.44 | Kristine Heggelund | 76 | Jessheim | 06.07.1992 |
| 10.33 | Tone Lauritzen | 76 | Jessheim | 27.08.1992 |
| 9.13 | Tonje Berg | 85 | Jessheim | 19.08.2001 |
| 8.44 | Solveig Emilie Johansen | 03 | Nesodden | 29.08.2019 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 15.08 | Hanna Emilie Hjeltnes | 04 | Gloppen | 12.07.2020 |
| 13.12 | Silje Disserud | 91 | Asker/Fø | 02.06.2007 |
| 11.81 | Linn Helene Bakke | 91 | Årnes | 12.09.2007 |
| 11.40 | Guri Fjeldberg | 69 | Nadderud | 30.05.1985 |
| 10.89 | Ingrid Maudal | 82 | Årnes | 01.07.1998 |
| 10.80 | Ebba Beyer | 98 | Lillestrøm | 24.05.2014 |
| 10.65 | Frida Rimstad | 07 | Borås, SWE | 10.06.2023 |
| 9.85 | Eva Cathrine Torvund | 69 | Nadderud | 10.08.1985 |
| 9.15 | Tone Sæthermoen | 69 | Nadderud | 10.08.1985 |
| 9.10 | Marit Rogstad | 67 | Strømmen | 04.06.1983 |
| 9.07 | Norunn Elise Bamrud | 92 | Jessheim | 20.09.2008 |
| 8.14 | Unn Hoel | 69 | Oslo/La | 16.05.1985 |
| 6.43 | Maren Eriksen Skappel | 96 | Jessheim | 23.08.2012 |
| 5.90 | Silje Kinsten | 77 | Jessheim | 27.09.1993 |

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

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| --- | --- | --- | --- | --- |
| 12.95 | Hanna Emilie Hjeltnes | 04 | Bergen/Fa | 17.09.2020 |
| 10.80 | Silje Disserud | 91 | Tønsberg/Gr | 03.08.2007 |
| 9.58 | Astrid Sundby | 42 | Årnes | 16.08.1958 |
| 9.38 | Guri Fjeldberg | 69 | Kirkenær | 25.05.1985 |
| 8.83 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |
| 8.65 | Liv Jensen | 40 | Eidsvoll | 10.08.1956 |
| 8.65 | Ragnhild Sundby | 44 | Lillestrøm | 08.07.1960 |

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| **JENTER 16** | **262** |

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

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| --- | --- | --- | --- | --- |
| 8.57 | Ingrid Maudal | 82 | Jessheim | 22.06.1998 |
| 8.54 | Åshild Sørum | 39 | Lillestrøm | 03.09.1955 |
| 8.49 | Ingrid Sundby | 42 | Jessheim | 28.05.1958 |
| 7.37 | Marit Ørvik | 50 | Lillestrøm | 04.09.1966 |
| 7.37 | Anne Mette Olsen | 54 | Strømmen | 12.09.1970 |
| 7.24 | Liv Laache | 46 | Jessheim | 06.10.1962 |
| 6.99 | Berit Børresen | 48 | Jessheim | 16.08.1964 |
| 6.98 | Winnie Lindner | 44 | Råholt | 20.08.1960 |
| 6.97 | Marit Wiig | 49 | Jessheim | 18.09.1965 |
| 6.93 | Marit Svensson | 48 | Jessheim | 16.08.1964 |
| 6.91 | Kari Mo | 38 | Jessheim | 03.10.1954 |
| 6.70 | Brit Elton | 45 | Jessheim | 07.10.1961 |
| 6.74 | Aase Alstad | 48 | Jessheim | 16.08.1964 |
| 6.68 | Anne Karin Fagertun | 45 | Jessheim | 10.09.1961 |
| 6.33 | Cora Halsan | 47 | Råholt | 17.08.1963 |
| 6.30 | Stine Elstad | 87 | Jessheim | 25.09.2003 |
| 6.27 | Kari Wang | 56 | Strømmen | 09.09.1972 |
| 6.14 | Hilde Gustavson | 87 | Jessheim | 25.09.2003 |
| 6.10 | Ingrid Møinichen | 48 | Jessheim | 16.08.1964 |
| 6.03 | Inger Laache | 46 | Jessheim | 07.09.1962 |
| 6.00 | Mari Solbrekken | 87 | Jessheim | 25.09.2003 |

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| **Diskos 750 g** |  |

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| --- | --- | --- | --- | --- |
| 37.90 | Hanna Emilie Hjeltnes | 04 | Oslo/So | 18.06.2020 |
| 32.63 | Tonje Berg | 85 | Lillehammer/Ss | 29.06.2011 |
| 30.34 | Ingrid Maudal | 82 | Lillehammer/Ss | 26.06.1998 |
| 29.61 | Silje Disserud | 91 | Bjørkelangen | 09.06.2007 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 40.52 | Hanna Emilie Hjeltnes | 04 | Oslo/Bi | 15.07.2020 |
| 32.06 | Guri Fjeldberg | 69 | Jessheim | 13.07.1985 |
| 28.24 | Ingrid Sundby | 39 | Lillestrøm | 04.09.1955 |
| 28.52 | Astrid Sundby | 42 | Jessheim | 28.05.1958 |
| 25.23 | Silje Disserud | 91 | Nadderud | 16.06.2007 |
| 25.06 | Ingrid Maudal | 82 | Jessheim | 11.07.1998 |
| 23.93 | Winnie Lindner | 44 | Jessheim | 22.06.1960 |
| 23.38 | Ebba Beyer | 98 | Lillestrøm | 24.05.2014 |
| 23.23 | Ragnhild Sundby | 44 | Lillestrøm | 18.06.1960 |
| 23.03 | Anne Gro Digerud | 52 | Strømmen | 31.08.1968 |
| 22.40 | Tone Sæthermoen | 69 | Kirkenær | 26.05.1985 |
| 21.44 | Anita Aasheim | 66 | Jessheim | 27.05.1982 |
| 21.42 | Anne Berit Eik | 49 | Strømmen | 21.08.1965 |

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| **JENTER 16** | **263** |

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| **Diskos 1 kg forts.** |  |

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| --- | --- | --- | --- | --- |
| 21.12 | Marit Rogstad | 67 | Jessheim | 05.09.1983 |
| 20.16 | Liv Laache | 46 | Nannestad | 28.07.1962 |
| 20.06 | Liv Knutsen | 52 | Råholt | 23.06.1968 |
| 19.99 | Aase Alstad | 48 | Jessheim | 15.08.1964 |
| 19.50 | Liv Jensen | 40 | Jessheim | 21.05.1956 |
| 19.35 | Marit Svensson | 48 | Jessheim | 15.08.1964 |
| 19.22 | Marit Wiig | 49 | Strømmen | 21.08.1965 |
| 19.10 | Mari Steen Myrvang | 06 | Arvika, SWE | 23.07.2022 |
| 19.02 | Norunn Elise Bamrud | 92 | Jessheim | 20.09.2008 |
| 18.16 | Grethe Uhlen | 49 | Jessheim | 13.06.1965 |
| 17.10 | Inger Birgitte Reppe | 68 | Jessheim | 03.09.1984 |

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

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| 33.53 | Hanna Emilie Hjeltnes | 04 | Lillestrøm | 06.06.2020 |

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| **Slegge 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 32.78 | Linn Helene Bakke | 91 | Tønsberg/Gr | 03.08.2007 |
| 28.43 | Silje Disserud | 91 | Göteborg, SWE | 30.06.2007 |
| 23.15 | Siv Anita Engh | 85 | Lillestrøm | 09.05.2001 |
| 20.13 | Tonje Berg | 85 | Lillestrøm | 09.05.2001 |

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| **Spyd 500 g** |  |

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| 39.14 | Hanna Emilie Hjeltnes | 04 | Jessheim | 24.05.2020 |
| 29.48 | Ebba Beyer | 98 | Nadderud | 14.06.2014 |
| 25.40 | Frida Rimstad | 07 | Jessheim | 04.06.2023 |

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

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| --- | --- | --- | --- | --- |
| 36.45 | Silje Disserud | 91 | Nadderud | 10.06.2007 |
| 31.47 | Tonje Berg | 85 | Oslo/Bi | 24.06.2001 |
| 26.65 | Ebba Beyer | 98 | Jessheim | 02.09.2014 |
| 24.29 | Linn Helene Bakke | 91 | Årnes | 12.09.2007 |
| 20.43 | Siv Anita Engh | 85 | Lillestrøm | 09.05.2001 |
| 20.07 | Katrine Hoff | 91 | Lillehammer/Ss | 24.06.2007 |

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

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| --- | --- | --- | --- | --- |
| 33.88 | Kristine Heggelund | 76 | Asker/Fø | 12.09.1992 |
| 33.61 | Ragnhild Sundby | 44 | Sarpsborg | 14.08.1960 |
| 32.02 | Kristin Urnes | 75 | Bjørkelangen | 25.05.1991 |
| 31.39 | Astrid Sundby | 42 | Årnes | 17.08.1958 |

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| **JENTER 16** | **264** |

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

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| --- | --- | --- | --- | --- |
| 31.10 | Elisabeth Sandaunet | 78 | Kristiansand | 12.08.1994 |
| 31.00 | Guri Fjeldberg | 69 | Nadderud | 31.05.1985 |
| 29.50 | Eva Cathrine Torvund | 69 | Lillestrøm | 20.05.1985 |
| 27.40 | Inger Birgitte Reppe | 68 | Strømmen | 27.06.1984 |
| 25.96 | Unn Hoel | 69 | Nadderud | 11.08.1985 |
| 25.64 | Ingrid Maudal | 82 | Oslo/St | 06.09.1998 |
| 24.11 | Ingrid Sundby | 39 | Lillestrøm | 04.09.1955 |
| 22.02 | Grethe Uhlen | 49 | Strømmen | 21.08.1965 |
| 21.84 | Åshild Sørum | 39 | Lillestrøm | 04.09.1955 |
| 21.48 | Marit Wiig | 49 | Strømmen | 22.08.1965 |
| 21.42 | Anne Berit Eik | 49 | Jessheim | 12.05.1965 |
| 21.30 | Marit Svensson | 48 | Jessheim | 13.09.1964 |
| 21.21 | Liv Jensen | 40 | Jessheim | 30.09.1956 |
| 20.26 | Tone Sæthermoen | 69 | Strømmen | 14.08.1985 |
| 19.17 | Aase Alstad | 48 | Jessheim | 15.08.1964 |
| 19.06 | Kari Mo | 38 | Lillestrøm | 22.08.1954 |
| 18.57 | Winnie Lindner | 44 | Råholt | 21.08.1960 |
| 18.18 | Ellen Refsum | 46 | Jessheim | 07.09.1962 |

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

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| --- | --- | --- | --- | --- |
| 43.95 | Ingrid Sundby | 39 | Eidsvoll | 07.08.1955 |
| 40.72 | Astrid Sundby | 42 | Sandvika/Ka | 21.09.1958 |
| 36.00 | Cora Halsan | 47 | Blaker/Br | 15.09.1963 |
| 35.80 | Liv Laache | 46 | Råholt | 12.09.1962 |
| 30.35 | Inger Laache | 46 | Råholt | 12.09.1962 |
| 30.11 | Irene Belsvik | 42 | Jessheim | 07.08.1958 |
| 36.83 | Ingrid Sundby | 39 | Jessheim | 04.06.1955 |
| 33.66 | Anne Berit Eik | 49 | Råholt | 12.09.1965 |
| 33.56 | Anne Gro Digerud | 52 | Jessheim | 21.08.1968 |
| 32.88 | Ragnhild Sundby | 44 | Jessheim | 20.06.1960 |
| 32.79 | Winnie Lindner | 44 | Jessheim | 25.09.1960 |
| 32.55 | Brit Elton | 45 | Råholt | 17.09.1961 |
| 32.42 | Liv Jensen | 40 | Strømmen | 26.08.1956 |
| 32.27 | Åshild Sørum | 39 | Jessheim | 28.08.1955 |
| 32.23 | Randi Røe | 40 | Strømmen | 26.08.1956 |
| 31.93 | Kari Mo | 38 | Borgen | 09.08.1954 |
| 31.64 | Cora Halsan | 47 | Råholt | 17.08.1963 |
| 31.06 | Anne Karin Fagertun | 45 | Råholt | 26.08.1961 |
| 30.35 | Inger Laake | 46 | Jessheim | 29.09.1962 |
| 27.00 | Marit Wiig | 49 | Råholt | 12.09.1965 |
| 26.42 | Marti Ørvik | 50 | Blaker/Br | 20.08.1966 |
| 23.63 | Turid Seime | 43 | Jessheim | 19.06.1959 |

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| **JENTER 16** | **265** |

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| **3-kamp M 60m-Lengde-Slengball 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 2292 | Anne Marit Eik | 49 | Råholt | 12.09.1965 |
| 8.8-4.33-33.66 | | | |

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| --- | --- | --- | --- | --- |
| 2202 | Cora Halsan | 47 | Blaker/Br | 15.09.1963 |
| 15.2-4.39-36.00 | | | |

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| 1951 | Marit Wiig | 49 | Råholt | 12.09.1865 |
| 9.4-4.25-21.18 | | | |

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| 1955 | Marianne Sundling | 49 | Råholt | 12.09.1865 |
| 10.2-3.50-27.00 | | | |

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| 1889 | Marit Ørvik | 50 | Blaker/Br | 21.08.1966 |
| 9.0-3.98-26.42 | | | |

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| **3-kamp M 100m-Høyde-Diskos** |  |

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| 1692 | Astrid Sundby | 42 | Råholt | 07.06.1958 |
| 14.1-26.40-1.28 | | | |

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| 1650 | Grethe Uhlen | 49 | Jessheim | 11.06.1965 |
| 13.6-18.16-1.35 | | | |

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| **3-kamp M 100m-Høyde-Diskos** |  |

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| 1610 | Liv Knutsen | 52 | Råholt | 23.06.1968 |
| 14.8-1.43-20.06 | | | |

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

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| 3929 | Inger Birgitte Reppe | 68 | Moss/Me | 03.06.1984 |
| ? | | | |

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| 2753 | Marit Rogstad | 67 | Strømmen | 20.09.1983 |
| ? | | | |

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

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| 2918 | Winnie Lindner | 44 | Kløfta | 03-04.09.1960 |
| 6.55-1.31-28.4/14.4-4.45 | | | |

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| 2895 | Astrid Sundby | 42 | Jessheim | 06-07.08.1958 |
| 30.3-14.8-1.23/4.32-9.52 | | | |

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| **JENTER 16** | **266** |

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

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| 2419 | Ragnhild Sundby | 44 | Kløfta | 03-04.09.1960 |
| 8.65-1.28-29.0/0-4.62 | | | |

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| 2380 | Marit Wiig | 49 | Jessheim | 17-18.09.1965 |
| 16.5-1.20-3.93/6.97-29.9 | | | |

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| **7-kamp** |  |

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| 4316 | Guri Fjeldberg | 69 | Nadderud | 30.05.1985 |
| ? | | | |

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| **7-kamp E 100m hekk-Høyde-Kule 3-200m** | **Lengde-Spyd-800m** |

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| 2552 | Ebba Beyer | 98 | Nittedal | 30-31.08.2014 |
| 20.44-1.45-9.90-32.45/3.98-25.88-3:24.81 | | | |

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| 4044 | Frida Rimstad | 07 | Moss/Me | 20-21.05.2023 |
| 12.82(-1.9-1.54-10.53(3)27.63(-1.1)/5.24(0.2)-24.03(500)2:54.02 | | | |

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| **4x60m M** |  |

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| 32.5 | J16 |  | Oslo/Jo | 09.06.1959 |
| Ragnhild Sundby44-Winnie Lindner44-Inge Sand43-Borghild Hansen45 | | | |

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| **4x100m E** |  |

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| 50.35 | J16 |  | Lonevåg | 27.05.2007 |
| Heidi Stubs Holdal92-Linn Helene Bakke91-Betina Nilssen92-Frida Forberg92 | | | |

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| 51.93 | J16 |  | Tromsø/Va | 25.05.2008 |
| Heidi Stubs Holdal92-Susann Bakke92-Betina Nilssen92-Frida Forberg92 | | | |

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| 52.43 | J16 |  | Ås | 04.06.2022 |
| Linnea Bratteng07-Elèn Linchausen06-Linnèa Johansen06-Natalie Jøransen07 | | | |

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| 53.07 | J16 |  | Nadderud | 19.06.1983 |
| Heidi Bogstad67-Inger Birgitte Reppe68-Marit Rogstad67-Kari Fjeldberg68 | | | |

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| 53.20 | J16 |  | Larvik/Lo | 31.05.2015 |
| Tonje Moen00-Ivy Møller00-Mathilde Marie Solberg99-Vår Åsheim99 | | | |

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| 53.26 | J16 |  | Lonevåg | 27.05.2007 |
| Heidi Stubs Holdal92-Linn Helene Bakke91-Ida Berg Hansen92-Marie Tømmerberg91 | | | |

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| 54.60 | J16 |  | Drammen/Ma | 28.05.2011 |
| Rikke Gustavson97-Ann Kristin Aslakrud94-Pia Bålsrud95-Hanna Schultze96 | | | |
| **JENTER 16** | | **267** | | |

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| **4x100m E** |  |

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| 54.69 | J16 |  | Drammen/Ma | 29.05.2011 |
| Charlotte Grasmo96-Maren Grytbakk95-Pia Bålsrud95-Hanna Schultze96 | | | |

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| 56.31 | J16 Forsøk |  | Jessheim | 20.05.2012 |
| Charlotte Grasmo96-Eli Bekken97-Sara Bålsrud97-Helena Seland Myhre97 | | | |

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| 56.70 | J16 |  | Asker/Fø | 23.08.2003 |
| ? | | | |

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| 58.99 | J16 |  | Jessheim | 27.05.2002 |
| Hilde Gustavsen87-Kari Robøle86-Elisabeth Langrusten86-Mari Birkelund86 | | | |

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| 62.06 | J16 Finale |  | Jessheim | 20.05.2012 |
| Charlotte Grasmo96-Eli Bekken97-Sara Bålsrud97-Helena Seland Myhre97 | | | |

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| **4x100m M** |  |

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| 53.7 | J16 |  | Jessheim | 19.09.1983 |
| Heidi Bogstad67-Marit Rogstad67-Inger Birgitte Reppe68-Kari Fjeldberg68 | | | |

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| 55.7 | J15-16 |  | Strømmen | 25.09.1985 |
| ? | | | |
| 56.3 | J15-16 |  | Rolvsrud | 09.09.1980 |
| ? | | | |

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| 58.3 | J15-16 |  | Jessheim | 11.09.1986 |
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| **4x600m** |  |

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| 7:24.96 | J16 |  | Ås | 05.06.2022 |
| Linnèa Johansen06-Elèn Linchausen06-Natalie Jøransen07-Wilma Bekkemoen07 | | | |

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| 7:28.24 | J16 |  | Jessheim | 20.05.2012 |
| Nora Mathiesen97-Vilde Alfarrustad96-Heidi Halling97-Maren Skappel Eriksen96 | | | |

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| 7:29.83 | J16 |  | Drammen/Ma | 29.05.2011 |
| Andrea Furuseth96-Pia Bålsrud95-Maren Eriksen Skappel96-Hanna Schultze96 | | | |

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| 7:31.22 | J16 |  | Sandnes | 26.05.2013 |
| Helene Seland Myhre97-Victoria Børresen98-Malene Fjellestad97-Marion Skøyum97 | | | |

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| 7:33.87 | J16 |  | Tromsø | 25.05.2008 |
| Silje Gundersen92-Sina Sandholt92-Frida Forberg92-Ida Berg-Hansen92 | | | |

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| **JENTER 16** | **268** |

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| **3x800m** |  |

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| 8:43.02 | J16 |  | Jessheim | 27.05.2002 |
| Elisabeth Langrusten86-Mari Birkelund86-Hilde Gustavsen87 | | | |

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

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| 2:26.74 | J16 |  | Bergen/Fa | 10.09.2023 |
| Linnea Bratteng07-Synne Markussen07-Natalie Jøransen07-Wilma Thorbjørnsson07 | | | |

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| 2:28.2 | J16 |  | Årnes | 19.08.1984 |
| Eva Torvund69-Gunn Vilberg69-Kari Fjeldberg68-Inger Birgitte Reppe68 | | | |

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| 2:29.77 | J16 |  | Trondheim/St | 14.08.2022 |
| Linnea Bratteng07-Linnea Johansen06-Synne Markussen07-Elèn Skar06 | | | |

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| 2:31.1 | J16 |  | Jessheim | 19.08.1983 |
| Heidi Bogstad67-Marit Rogstad67-Inger Birgitte Reppe68-Kari Fjeldberg68 | | | |

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| 2:35.86 | J16 |  | Fredrikstad/Li | 28.08.2011 |
| Ida Tohaugen95-Charlotte Grasmo96-Hanna Schultze96-Pia Bålsrud95 | | | |

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| 2:36.5 | J16 |  | Rolvsrud | 09.09.1970 |
| Anne Mette Olsen54-Inger Anne Nerhagen57-May Britt Engenes53-Anita Melby58 | | | |

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| 2:39.9 | J15-16 |  | Strømmen | 25.09.1985 |
| ? | | | |

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| 2:45.92 | J16 |  | Nadderud | 15.06.2003 |
| Christiane Kværner87-Anne K. Hovind88-Maren Fald Gården88-Hilde Gustavsen87 | | | |

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| **JENTER 16** | **269** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.03 | Betina Nilssen | 92 | Oslo/Ek | 06.12.2008 |
| 8.15 | Tonje Moen | 00 | Hvam | 10.12.2016 |
| 8.15 | Summer Steinsrud | 01 | Rud | 25.02.2017 |
| 8.18 | Lene Kristin Nyland | 74 | Oslo/Ek | 10.03.1990 |
| 8.25 | Kirsten Andersen | 70 | Askim | 01.02.1986 |
| 8.32 | Vår Åsheim | 99 | Ulsteinvik | 06.03.2015 |
| 8.38 | Kari Ingelin Sjøstrøm Johansen | 03 | Hvam | 22.03.2019 |
| 8.44 | Elèn Linchausen Skar | 06 | Hvam | 22.01.2022 |
| 8.58 | Linnea Sjøstrøm Johansen | 06 | Steinkjer | 05.03.2022 |
| 8.60 | Charlotte Grasmoe | 96 | Stange | 17.03.2012 |
| 8.70 | Silje Disserud | 91 | Lillestrøm | 17.02.2007 |
| 8.74 | Kari Robøle | 86 | Stange | 16.03.2002 |
| 8.78 | Susann Bakke | 92 | Stange | 08.03.2008 |
| 8.79 | Hanna Nyheim | 79 | Lillestrøm | 19.02.1995 |
| 8.97 | Natalie Jøransen | 97 | Hvam | 04.02.2023 |
| 8.99 | Sara Bertheussen | 07 | Hvam | 04.02.2023 |
| 9.06 | Katrine Hoff | 91 | Stange | 17.03.2007 |
| 9.07 | Ebba Beyer | 98 | Rud | 06.12.2014 |
| 9.08 | Liv Kristina Holter | 97 | Oslo/Ek | 07.12.2013 |
| 9.16 | Stine Bøe Karlsen | 90 | Stange | 18.03.2006 |
| 9.18 | Tonje Berg | 85 | Jessheim | 28.05.2001 |
| 9.23 | Rikke Gustavson | 93 | Lillestrøm | 29.03.2009 |
| 9.45 | Ida Terese Tonhaugen | 95 | Trondheim/Ra | 12.03.2011 |

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| **60m M** |  |

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| 8.1 | Kirsten Andersen | 70 | Lillestrøm | 16.03.1986 |
| 8.3 | Lene Kristin Nyland | 74 | Lillestrøm | 18.02.1990 |
| 8.7 | Kristin Urnes | 75 | Lillestrøm | 17.03.1991 |

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| **100m E** |  |

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| 13.01 | Betina Nilssen | 92 | Drammen | 03.02.2008 |

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| **150m E** |  |

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| 23.10 | Maren Eriksen Skappel | 96 | Jessheim | 23.08.2012 |

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| **200m E** |  |

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| 25.54 | Betina Nilssen | 92 | Stange | 09.03.2008 |
| 26.35 | Summer Steinsrud | 01 | Rud | 05.03.2017 |
| 26.54 | Vår Åsheim | 99 | Ulsteinvik | 07.03.2015 |
| 26.59 | Kari Ingelin Sjøstrøm Johansen | 03 | Stange | 24.03.2019 |
| **JENTER 16** | | **270** | | |

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| **INNENDØRS** |  |

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

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| 26.86 | Tonje Moen | 00 | Steinkjer | 28.02.2016 |
| 27.63 | Elèn Linchausen Skar | 06 | Rud | 13.02.2022 |
| 27.79 | Frida Forberg | 92 | Stange | 09.03.2008 |
| 28.48 | Lene Kristin Nyland | 74 | Oslo/Ek | 10.03.1990 |
| 28.50 | Linnèa Elisabeth Johansen | 06 | Stange | 13.03.2022 |
| 28.81 | Natalie Nordbech Jøransen | 07 | Hvam | 02.12.2023 |
| 29.04 | Sara Isabella Bertheussen | 07 | Hvam | 02.12.2023 |
| 29.67 | Sara Bertheussen | 07 | Hvam | 05.02.2023 |
| 29.66 | Linnea Lecomte | 07 | Hvam | 02.12.2023 |
| 29.90 | Hilde Gustavson | 87 | Stange | 16.03.2003 |
| 30.35 | Heidi Bogstad | 67 | Oslo/Ek | 22.01.1983 |
| 30.96 | Stine Bøe Karlsen | 90 | Stange | 19.03.2006 |
| 32.49 | Madeleine Kristiansen | 06 | Rud | 13.02.2022 |

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| **400m E** |  |

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| 59.96 | Emilie Hov Andreassen | 00 | Hvam | 16.01.2016 |
| 70.50 | Unn Hoel | 69 | Askim | 10.02.1985 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:40.35 | Caroline Foss Høistad | 98 | Rud | 06.12.2014 |
| 1:51.03 | Malene Fjellestad | 97 | Stange | 16.03.2013 |
| 1:53.06 | Natalie Jøransen | 07 | Stange | 11.03.2023 |
| 1:55.28 | Ida Berg Hansen | 92 | Stange | 08.03.2008 |

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

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| 2:12.97 | Wilma Torbjørnsson | 07 | Hvam | 02.12.2023 |
| 2:26.2 | Guri Fjeldberg | 69 | Drammen | 10.02.1985 |
| 2:27.34 | Caroline Foss Høistad | 98 | Rud | 08.03.2014 |
| 2:32.93 | Malene Fjellestad | 97 | Steinkjer | 09.03.2013 |
| 2:46.91 | Maren Eriksen Skappel | 96 | Sandnes | 10.03.2012 |

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

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| 4:30.11 | Wilma Torbjørnsson | 07 | Gøteborg, SWE | 11.02.2023 |
| 4:55.71 | Tina Moen | 00 | Hvam | 16.01.2016 |
| 5:08.78 | Caroline Foss Høistad | 98 | Rud | 11.01.2014 |
| 5:17.58 | Frida Kristine Forberg | 92 | Karlstad, SWE | 16.02.2008 |
| 5:55.06 | Marie Tømmerberg | 91 | Stange | 13.01.2007 |

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| **JENTER 16** | **271** |

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| **INNENDØRS** |  |

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

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| 9.12 | Summer Steinsrud | 01 | Rud | 03.03.2017 |
| 9.26 | Tonje Moen | 00 | Hvam | 10.12.2016 |
| 9.34 | Vår Åsheim | 99 | Rud | 15.02.2015 |
| 11.65 | Tonje Berg | 85 | Lillestrøm | 25.02.2001 |

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

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| --- | --- | --- | --- | --- |
| 9.0 | Inger Birgitte Reppe | 68 | Oslo/Ek | 04.02.1984 |

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

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| --- | --- | --- | --- | --- |
| 10.38 | Marit Rogstad | 67 | Oslo/Ek | 22.01.1983 |

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| **100m hekk 76.2 cm M** |  |

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| --- | --- | --- | --- | --- |
| 17.1 | Guri Fjeldberg | 69 | Drammen | 09.02.1985 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.63 | Kristin Urnes | 75 | Oslo/Ek | 03.03.1991 |
| 1.60 | Guri Fjeldberg | 69 | Lillestrøm | 12.01.1985 |
| 1.55 | Ebba Beyer | 98 | Rud | 11.01.2014 |
| 1.55 | Frida Rimstad | 07 | Ulsteinvik | 05.03.2023 |
| 1.55 | Mari Steen Myrvang | 06 | Steinkjer | 06.03.2022 |
| 1.50 | Siv Anita Engh | 85 | Lillestrøm | 25.02.2001 |
| 1.40 | Tonje Berg | 85 | Lillestrøm | 25.02.2001 |

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

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| 2.90 | Sofie Skancke Krauss | 98 | Rud | 09.02.2014 |

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

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| --- | --- | --- | --- | --- |
| 5.48 | Guri Fjeldberg | 69 | Drammen | 10.02.1985 |
| 5.29 | Frida Rimstad | 07 | Ulsteinvik | 04.03.2023 |
| 5.23 | Inger Birgitte Reppe | 68 | Oslo/Ek | 04.02.1984 |
| 5.07 | Lene Kristin Nyland | 74 | Oslo/Ek | 25.03.1990 |
| 4.72 | Kari Fjeldberg | 68 | Oslo/Ek | 04.02.1874 |
| 4.63 | Silje Disserud | 91 | Lillestrøm | 20.01.2007 |
| 4.52 | Frida Forberg | 92 | Stange | 08.03.2008 |
| 4.45 | Hanne Nyheim | 79 | Lillestrøm | 19.02.1995 |
| 4.40 | Summer Steinsrud | 01 | Lillestrøm | 28.01.2017 |

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| **JENTER 16** | **272** |

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| **INNENDØRS** |  |

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| **Lengde forts.** |  |

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| 4.33 | Hilde Gustavson | 87 | Lillestrøm | 01.02.2003 |
| 4.18 | Ebba Beyer | 98 | Rud | 06.12.2014 |
| 4.16 | Tonje Berg | 85 | Lillestrøm | 25.02.2001 |
| 4.15 | Sofie Skancke Krauss | 98 | Rud | 08.03.2014 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.36 | Inger Birgitte Reppe | 68 | Sørum/Ve | 27.02.1984 |
| 1.30 | Guri Fjeldberg | 69 | Skårer | 06.03.1985 |
| 1.26 | Linn Helene Bakke | 91 | Jessheim | 12.02.2007 |
| 1.25 | Unn Hoel | 69 | Skårer | 02.03.1985 |
| 1.23 | Marit Rogstad | 67 | Skårer | 20.03.1983 |
| 1.20 | Tone Sæthermoen | 69 | Jessheim/Je | 12.03.1985 |
| 1.17 | Marianne Borgen | 62 | Skedsmo/ST | 04.03.1978 |
| 1.07 | Betina Nilssen | 92 | Jessheim | 03.03.2008 |
| 1.06 | Katrine Hoff | 91 | Jessheim | 12.02.2007 |
| 1.03 | Astrid Sundby | 42 | Lillestrøm/Vi | 16.03.1958 |
| 0.90 | Liv Jensen | 40 | Lillestrøm/Vi | 04.03.1956 |
| 0.88 | Ragnhild Sundby | 44 | Jessheim | 03.04.1960 |

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| **Lengde uten tilløp** |  |

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| 2.64 | Inger Birgitte Reppe | 68 | Jessheim/Je | 13.03.1984 |
| 2.48 | Linn Helene Bakke | 91 | Jessheim | 12.02.2007 |
| 2.44 | Guri Fjeldberg | 69 | Jessheim/Je | 12.03.1985 |
| 2.42 | Silje Disserud | 91 | Jessheim | 12.02.2007 |
| 2.41 | Betina Nilssen | 92 | Jessheim | 03.03.2008 |
| 2.39 | Marit Rogstad | 67 | Skårer | 20.03.1983 |
| 2.39 | Tone Lauritzen | 76 | Ås/GG | 21.03.1992 |
| 2.36 | Tone Sæthermoen | 69 | Jessheim/Je | 12.03.1985 |
| 2.32 | Unn Hoel | 69 | Skårer | 06.03.1985 |
| 2.29 | Cora Halsan | 47 | Lillestrøm | 30.03.1963 |
| 2.27 | Grethe Arnegård | 69 | Jessheim | 12.03.1985 |
| 2.25 | Eva Cathrine Torvund | 69 | Jessheim/Je | 12.03.1985 |
| 2.24 | Astrid Sundby | 42 | Lillestrøm/Hø | 16.03.1958 |
| 2.24 | Ragnhild Sundby | 44 | Jessheim | 03.04.1960 |
| 2.24 | Anne Støverud | 69 | Jessheim/Je | 12.03.1985 |
| 2.23 | Liv Jensen | 40 | Lillestrøm/Vo | 04.03.1956 |
| 2.18 | Ingrid Sundby | 39 | Jessheim | 06.03.1955 |
| 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 |

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| **JENTER 16** | **273** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.15 | Marit Ørvik | 50 | Sørumsand | 06.03.1966 |
| 2.11 | Silje Gundersen | 92 | Jessheim | 03.03.2008 |
| 2.10 | Åshild Sørum | 39 | Jessheim | 06.03.1955 |
| 2.09 | Kaja Brekke Utendørs | 03 | Jessheim | 16.09.2019 |
| 2.07 | Katrine Hoff | 91 | Jessheim | 12.02.2007 |
| 2.02 | Mette Borgen | 46 | Strømmen | 08.04.1962 |
| 1.91 | Stine Bøe Karlsen | 90 | Jessheim/No | 16.01.2006 |

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| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.26 | Hanna Emilie Hjeltnes | 04 | Rud | 09.02.2020 |
| 13.51 | Silje Disserud | 91 | Stange | 27.01.2007 |
| 11.33 | Guri Fjeldberg | 69 | Drammen | 09.02.1985 |
| 10.58 | Ebba Beyer | 98 | Rud | 06.12.2014 |
| 9.58 | Frida Rimstad | 06 | Rud | 13.02.2022 |
| 9.06 | Kristin Urnes | 75 | Oslo/Ek | 03.03.1991 |
| 9.03 | Siv Anita Engh | 85 | Karlstad, SWE | 11.02.2001 |
| 8.84 | Norunn Elise Bamrud | 92 | Stange | 08.03.2008 |
| 8.23 | Katrine Hoff | 91 | Lillestrøm | 17.02.2007 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.64 | Hanna Emilie Hjeltnes | 04 | Rud | 01.02.2020 |
| 11.80 | Silje Disserud | 91 | Stange | 10.02.2007 |
| 10.11 | Guri Fjeldberg | 69 | Drammen | 07.12.1985 |
| 7.18 | Anita Melbye | 58 | Jessheim | 02.02.1974 |

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| **5-kamp M100mh-Kule 4-Høyde/Lengde-800** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3505 | Guri Fjeldberg | 69 | Drammen | 09-10.02.1985 |
| 17.1(76.2)11.33(3)-1.59/5.48-2:26.2 | | | |

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| --- | --- |
| **4x200m** |  |

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| --- | --- | --- | --- | --- |
| 1:52.59 | J16 |  | Steinkjer | 06.03.2022 |
| Elèn Linchausen Skar06-Natalie Jøransen07-Synne Markussen07-Linnea Johansen06 | | | |

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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** |  |

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

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| **JENTER 15** | **274** |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.33 | Kristine Heggelund | 76 | Jessheim | 26.09.1991 |
| 8.34 | Tone Lauritzen | 76 | Jessheim | 26.09.1991 |
| 8.89 | Kari Robøle | 86 | Jessheim | 28.05.2001 |
| 9.34 | Ebba Beyer | 98 | Fredrikstad/Li | 24.05.2013 |
| 9.36 | Elisabeth Langrusten | 86 | Jessheim | 28.05.2001 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.2 | Lene Kristin Nyland | 74 | Jessheim | 25.09.1989 |
| 8.3 | Kari Mo | 38 | Jessheim | 01.07.1953 |
| 8.3 | Astrid Sundby | 42 | Stavanger/St | 04.09.1957 |
| 8.3 | Winnie Lindner | 44 | Sandvika/Ka | 28.06.1959 |
| 8.4 | Ingrid Sundby | 39 | Jessheim | 19.091.954 |
| 8.4 | Ragnhild Sundby | 44 | Råholt | 10.05.1959 |
| 8.4 | Tone Lauritzen | 76 | Årnes | 10.07.1991 |
| 8.5 | Dagny Vethal | 40 | Sandvika/Ka | 25.06.1955 |
| 8.5 | Inge Sand | 43 | Sandvika/Ka | 22.06.1958 |
| 8.5 | Anne Berit Eik | 49 | Jessheim | 16.08.1964 |
| 8.5 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 8.6 | Liv Jensen | 40 | Jessheim | 04.10.1955 |
| 8.6 | Berit Børresen | 48 | Råholt | 22.09.1963 |
| 8.6 | Kari Wang | 56 | Jessheim | 18.09.1971 |
| 8.6 | Kristin Bogstad | 64 | Strømmen | 04.06.1979 |
| 8.8 | Hilde Ødemark | 64 | Jessheim | 30.06.1979 |
| 8.8 | Helena Seland Myhre | 97 | Jessheim | 12.05.2012 |
| 8.9 | Vera Martinsen | 47 | Jessheim | 02.07.1962 |
| 9.0 | Cora Halsan | 47 | Jessheim | 02.07.1962 |
| 9.0 | Anne Mette Olsen | 54 | Blaker/Br | 27.09.1969 |
| 9.2 | Ingrid Møinichen | 48 | Jessheim | 11.09.1963 |
| 9.2 | Anne Majorsæter | 48 | Jessheim | 11.09.1963 |
| 9.2 | Åshild Sørum | 39 | Jessheim | 29.08.1954 |
| 9.3 | Ellen Refsum | 46 | Råholt | 17.09.1961 |
| 9.4 | Anne Karin Fagertun | 45 | Råholt | 17.09.1961 |
| 9.4 | Marit Anthonsen | 48 | Råholt | 22.09.1963 |
| 9.6 | Liv Laache | 46 | Jessheim | 10.09.1961 |
| 9.6 | Sofie Rostad | 94 | Jessheim | 04.06.2009 |
| 9.9 | Ingrid Sundby | 39 | Jessheim | 30.06.1954 |

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| **80m E** |  |

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| --- | --- | --- | --- | --- |
| 11.39 | Linnea Bratteng | 07 | Arvika, SWE | 23.07.2022 |

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| **JENTER 15** | **275** |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 12.48 | Linn Helene Bakke | 91 | Lillehammer/Ss | 25.06.2006 |
| 12.51 | Betina Nilssen | 92 | Lillehammer/Ss | 24.06.2007 |
| 13.04 | Inger Birgitte Reppe | 68 | Nadderud | 19.06.1983 |
| 13.18 | Solveig Emilie Johansen | 03 | Lillestrøm | 26.05.2018 |
| 13.20 | Lene Kristin Nyland | 74 | Bergen/Fa | 25.08.1989 |
| 13.21 | Kristine Heggelund | 76 | Jessheim | 28.05.1991 |
| 13.24 | Summer Steinsrud | 01 | Nittedal | 20.08.2016 |
| 13.47 | Tone Lauritzen | 76 | Lillehammer/Ss | 30.06.1991 |
| 13.65 | Sofie Skancke Krauss | 98 | Lillestrøm | 25.05.2013 |
| 13.65 | Tonje Moen | 00 | Lillehammer/Ss | 21.06.2015 |
| 13.78 | Frida Rimstad | 07 | Lillestrøm | 21.05.2022 |
| 13.84 | Linnea Bratteng | 07 | Oslo/St | 10.09.2022 |
| 13.90 | Vår Åsheim | 99 | Lillestrøm | 24.05.2014 |
| 13.95 | Charlotte Grasmo | 96 | Oslo/Bi | 20.08.2011 |
| 13.97 | Kari Robøle | 86 | Jessheim | 19.08.2001 |
| 14.00 | Kari Iselin Shøstrøm Johansen | 03 | Lillehammer/Ss | 24.06.2018 |
| 14.11 | Sigrid Nyland | 87 | Jessheim | 23.09.2002 |
| 14.31 | Natalie Nordbech Jøransen | 07 | Jessheim | 07.08.2022 |
| 14.36 | Hanna Schultze Toverud | 96 | Lillehammer/Ss | 26.06.2011 |
| 14.44 | Kristin Urnes | 75 | Jessheim | 29.09.1990 |
| 14.57 | Silje Disserud | 91 | Jessheim | 22.05.2006 |
| 14.70 | Tonje Berg | 85 | Bjørkelangen | 21.05.2000 |
| 14.76 | Sara Isabella Bertheussen | 07 | Jessheim | 07.08.2022 |
| 14.77 | Victoria Hillveg | 86 | Jessheim | 17.09.2011 |
| 14.87 | Hilde Gustavson | 87 | Lillehammer/Ss | 30.06.2002 |
| 14.87 | Katrine Hoff | 91 | Jessheim | 22.05.2006 |
| 14.89 | Ingrid Maudal | 82 | Jessheim | 26.06.1997 |
| 15.02 | Ebba Beyer | 98 | Lillehammer/Ss | 23.06.2013 |
| 15.10 | Mari Jellum | 79 | Nadderud | 18.06.1994 |
| 15.15 | Sofie Rostad | 94 | Jessheim | 16.06.2009 |
| 15.16 | Hanne Nyheim | 79 | Nadderud | 18.06.1994 |
| 16.19 | Kaja Merete Aas | 90 | Jessheim | 22.08.2005 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 12.4 | Betina Nilssen | 92 | Jessheim | 04.06.2007 |
| 12.8 | Lene Kristin Nyland | 74 | Bjørkelangen | 09.09.1989 |
| 12.9 | Inger Birgitte Reppe | 68 | Nadderud | 19.06.1983 |
| 13.3 | Tone Lauritzen | 76 | Bjørkelangen | 09.06.1991 |
| 13.5 | Ragnhild Sundby | 44 | Jessheim | 16.06.1959 |
| 13.5 | Ingrid Sundby | 39 | Lillestrøm | 21.08.1954 |
| 13.5 | Winnie Lindner | 44 | Jessheim | 01.08.1959 |
| 13.7 | Kristin Brekke | 65 | Jessheim | 01.09.1980 |
| 13.8 | Grethe Uhlen | 49 | Strømmen | 21.06.1964 |

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| **JENTER 15** | **276** |

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| **100m M forts.** |  |

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| --- | --- | --- | --- | --- |
| 13.8 | Anne Berit Eik | 49 | Råholt | 29.07.1964 |
| 13.9 | Berit Børresen | 48 | Lillestrøm | 24.08.1963 |
| 13.9 | Hege Rustad | 70 | Oslo/La | 08.09.1985 |
| 13.9 | Tonje Berg | 85 | Jessheim | 13.06.2000 |
| 14.0 | Inge Sand | 43 | Lena | 06.07.1958 |
| 14.0 | Kari Wang | 56 | Jessheim | 18.09.1971 |
| 14.0 | Mona Øversveen | 67 | Kil, SWE | 15.07.1982 |
| 14.0 | Heidi Bogstad | 67 | Lillestrøm | 12.09.1982 |
| 14.0 | Marit Rogstad | 67 | Lillestrøm | 12.09.1982 |
| 14.1 | Anne Mette Olsen | 54 | Lillestrøm | 07.09.1969 |
| 14.1 | Silje Disserud | 91 | Jessheim | 12.06.2006 |
| 14.2 | Ellen Undseth | 73 | Årnes | 30.08.1988 |
| 14.3 | Cora Halsan | 47 | Jessheim | 02.07.1962 |
| 14.3 | Britt Folge | 66 | Oslo/St | 19.08.1981 |
| 14.4 | Astrid Sundby | 42 | Råholt | 26.06.1957 |
| 14.5 | Vera Martinsen | 47 | Råholt | 23.09.1962 |
| 14.5 | Else Søgaard | 65 | Jessheim | 01.09.1980 |
| 14.6 | Ingrid Møinichen | 48 | Nannestad | 21.06.1963 |
| 14.6 | Hilde Ødemark | 64 | Jessheim | 19.08.1979 |
| 14.6 | Hilde Gustavson | 87 | Jessheim | 19.08.2002 |
| 14.8 | Anne Majorsæter | 48 | Råholt | 17.08.1963 |
| 14.9 | Anne Karin Fagertun | 46 | Strømmen | 03.09.1961 |
| 14.9 | Inger Anne Nerhagen | 57 | Strømmen | 18.06.1972 |
| 15.0 | Mariann Hansen | 60 | Strømmen | 11.06.1975 |
| 15.4 | Turid Seime | 44 | Jessheim | 15.09.1959 |
| 15.7 | Elisabeth Berg Mehus | 74 | Jessheim | 05.06.1989 |
| **Vind:** | |  | | |
| 13.5 | Winnie Lindner | 44 | Jessheim | 29.08.1959 |

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| **150m E** |  |

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| --- | --- | --- | --- | --- |
| 21.92 | Helena Seland Myhre | 97 | Jessheim | 23.08.2012 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.46 | Linn Helene Bakke | 91 | Byrkjelo | 27.08.2006 |
| 26.40 | Betina Nilssen | 92 | Kristiansand | 26.08.2007 |
| 26.81 | Summer Steinsrud | 01 | Lillehammer/Ss | 17.06.2016 |
| 26.86 | Emilie Hov Andreassen | 00 | Oslo/Bi | 09.08.2015 |
| 26.90 | Solveig Emilie Johansen | 03 | Beregen/Fa | 13.05.2018 |
| 27.17 | Liv Anita Mikkelborg | 80 | Jessheim | 03.08.1995 |
| 27.65 | Vår Åsheim | 99 | Haugesund | 06.09.2014 |
| 27.92 | Kristine Heggelund | 76 | Jessheim | 22.08.1991 |
| 28.34 | Lene Kristin Nyland | 74 | Jessheim | 08.08.1989 |

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| **JENTER 15** | **277** |

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

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| --- | --- | --- | --- | --- |
| 28.54 | Frida Rimstad | 07 | Oslo/Bi | 29.05.2022 |
| 28.65 | Hanna Schultze Toverud | 96 | Ski | 13.08.2011 |
| 29.01 | Natalie Nordbech Jøransen | 07 | Ås | 01.05.2022 |
| 29.33 | Kari Robøle | 86 | Nadderud | 16.06.2001 |
| 29.59 | Linnea Bratteng | 07 | Arvika | 23.07.2022 |
| 29.68 | Silje Disserud | 91 | Jessheim | 17.08.2006 |
| 29.81 | Kristin Urnes | 75 | Jessheim | 27.09.1990 |
| 30.46 | Victoria Børresen | 98 | Sofiemyr | 25.08.2013 |
| 30.66 | Sofie Rostad | 94 | Jessheim | 03.09.2009 |
| 30.72 | Hilde Gustavson | 87 | Asker/Fø | 18.08.2002 |
| 30.92 | Marie Tømmerberg | 91 | Jessheim | 17.08.2006 |
| 31.24 | Tonje Berg | 85 | Oslo/Tr | 05.06.2000 |
| 31.26 | Stine Bøe Karlsen | 91 | Jessheim | 22.05.2006 |
| 32.16 | Ebba Beyer | 98 | Lillestrøm | 26.05.2013 |
| 32.25 | Mari Jellum | 79 | Oslo/La | 21.06.1994 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 26.1 | Betina Nilssen | 92 | Jessheim | 04.06.2007 |
| 26.6 | Lene Kristin Nyland | 74 | Bjørkelangen | 10.09.1989 |
| 27.1 | Inger Birgitte Reppe | 68 | Oslo/Bi | 01.09.1983 |
| 27.4 | Kristine Heggelund | 76 | Ski | 24.08.1991 |
| 28.0 | Grethe Uhlen | 49 | Jessheim | 15.08.1964 |
| 28.1 | Frida Kristine Forberg | 92 | Jessheim | 04.06.2007 |
| 28.4 | Winnie Lindner | 44 | Nannestad | 06.06.1959 |
| 28.4 | Berit Børresen | 48 | Lillestrøm | 24.08.1963 |
| 28.6 | Ellen Undseth | 73 | Årnes | 25.06.1988 |
| 28.7 | Kristin Bogstad | 64 | Lillestrøm | 08.09.1979 |
| 28.7 | Kristin Brekke | 65 | Jessheim | 18.06.1980 |
| 28.7 | Marit Rogstad | 67 | Oslo/Bi | 24.08.1982 |
| 28.9 | Anne Berit Eik | 49 | Jessheim | 16.08.1964 |
| 29.2 | Heidi Bogstad | 67 | Larvik/Lo | 05.09.1982 |
| 29.3 | Hege Rustad | 70 | Oslo/La | 08.09.1985 |
| 29.5 | Ragnhild Sundby | 44 | Nannestad | 05.09.1959 |
| 29.7 | Marit Wiig | 49 | Jessheim | 16.08.1964 |
| 30.0 | Kari Wang | 56 | Jessheim | 19.09.1971 |
| 30.7 | Hilde Gustavson | 87 | Jessheim | 19.08.2002 |
| 30.2 | Aase Alstad | 48 | Råholt | 22.09.1963 |
| 30.4 | Anne Karin Fagertun | 46 | Jessheim | 10.09.1961 |
| 30.4 | Maren Eriksen Skappel | 96 | Jessheim | 03.09.2011 |
| 30.8 | Inge Sand | 43 | Sandvika/Ka | 21.09.1958 |
| 30.8 | Anne Mette Olsen | 54 | Lillestrøm | 28.09.1969 |
| 30.9 | Ingrid Møinichen | 48 | Råholt | 22.09.1963 |
| 31.0 | Inger Anne Nerhagen | 57 | Strømmen | 10.09.1972 |
| 32.0 | Marit Anthonisen | 48 | Råholt | 22.09.1963 |

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| **Jenter 15** | **278** |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.1 | Anne Majorsæter | 48 | Råholt | 22.09.1963 |
| 33.0 | Astrid Sundby | 42 | Kløfta | 14.08.1957 |
| 35.9 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |

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| **300m E** |  |

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| --- | --- | --- | --- | --- |
| 41.29 | Emilie Hov Andreassen | 00 | Göteborg, SWE | 06.07.2015 |
| 43.20 | Liv Anita Mikkelborg | 80 | Skien | 05.08.1995 |
| 45.42 | Natalie Nordbech Jøransen | 07 | Göteborg, SWE | 18.06.2022 |
| 51.29 | Victoria Børresen | 98 | Göteborg, SWE | 30.06.2013 |
| 52.50 | Hilde Gustavson | 87 | Jessheim | 18.04.2002 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 58.27 | Emilie Hov Andreassen | 00 | Oslo/Bi | 09.08.2015 |
| 58.93 | Liv Anita Mikkelborg | 80 | Lillehammer/Ss | 24.06.1995 |
| 62.28 | Guri Fjeldberg | 69 | Nadderud | 12.08.1984 |
| 64.88 | Natalie Nordbech Jøransen | 07 | Nadderud | 12.06.2022 |
| 65.65 | Unn Hoel | 69 | Nadderud | 12.08.1984 |
| 66.37 | Hege Rustad | 70 | Nadderud | 11.08.1985 |
| 66.47 | Maren Fald Gården | 88 | Lillehammer/Ss | 28.06.2003 |
| 68.48 | Hanna Schultze Toverud | 98 | Lillehammer/Ss | 25.06.2011 |
| 68.75 | Ida Berg Hansen | 92 | Lillehammer/Ss | 23.06.2007 |
| 68.91 | Kari Robøle | 86 | Jessheim | 21.06.2001 |
| 72.69 | Victoria Børresen | 98 | Oslo/Bi | 18.08.2012 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 62.1 | Grethe Uhlen | 49 | Lillestrøm | 22.08.1964 |
| 64.1 | Unn Hoel | 69 | Jessheim | 22.06.1984 |
| 65.0 | Kari Fjeldberg | 68 | Stenungsund, SWE | 21.07.1983 |
| 65.2 | Inger Birgitte Reppe | 68 | Strømmen | 17.08.1983 |
| 69.2 | Marit Wiig | 49 | Jessheim | 30.08.1964 |
| 69.6 | Anne Karin Fagertun | 46 | Råholt | 26.08.1961 |
| 71.7 | Victoria Børresen | 98 | Jessheim | 30.05.2013 |
| 74.5 | Vera Martinsen | 47 | Strømmen | 16.09.1962 |
| 75.3 | Cora Halsan | 47 | Strømmen | 16.09.1962 |

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| **JENTER 15** | **279** |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:41.50 | Emilie Hov Andreassen | 00 | Lillestrøm | 23.09.2015 |
| 1:54.06 | Heidi Kristine Halling | 97 | Nadderud | 03.05.2012 |
| 1:58.20 | Tonje Berg | 85 | Jessheim | 22.05.2000 |
| 1:58.41 | Victoria Børresen | 98 | Askim | 18.05.2013 |
| 1:59.84 | Malene Fjellestad | 97 | Nadderud | 31.05.2012 |
| 2.04.0 | Hilde Gustavson | 87 | Jessheim | 15.04.2002 |
| 2:05.78 | Ebba Beyer | 98 | Fredrikstad/Li | 25.08.2013 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:14.94 | Emilie Hov Andreassen | 00 | Göteborg, SWE | 03.07.2015 |
| 2:15.42 | Liv Anita Mikkelborg | 80 | Åkrestrømmen | 26.08.1995 |
| 2:17.66 | Wilma Torbjørnsson | 07 | Kristiansand | 07.05.2022 |
| 2:18.48 | Sina Sandholt | 92 | Oslo/Bi | 15.06.2007 |
| 2:21.57 | Silje Gundersen | 92 | Oslo/Bi | 15.06.2007 |
| 2:24.5 | Kari Fjeldberg | 68 | Larvik/Lo | 28.08.1983 |
| 2:25.4 | Unn Hoel | 69 | Oslo/St | 06.07.1984 |
| 2:25.57 | Kamilla Bråthen | 77 | Sofiemyr | 14.06.1992 |
| 2:25.8 | Ingjerd Vestengen | 65 | Halden | 10.05.1980 |
| 2:26.7 | Guri Fjeldberg | 69 | Sandnes | 23.06.1984 |
| 2:27.3 | Kristin Jensen | 70 | Oslo/La | 16.05.1985 |
| 2:27.65 | Julie Flatner Hansen | 99 | Göteborg, SWE | 27.06.2014 |
| 2:29.0 | Grethe Uhlen | 49 | Sandvika | 12.09.1964 |
| 2:28.6 | Hilde Rustad | 66 | Jessheim | 24.06.1981 |
| 2:30.34 | Elisabeth Langrusten | 86 | Jessheim | 18.08.2001 |
| 2:32.5 | Hege Lundring | 73 | Årnes | 24.06.1988 |
| 2:33.40 | Tonje Oliversen | 91 | Nadderud | 17.06.2006 |
| 2:33.58 | Heidi Kristine Halling | 97 | Lillehammer/Ss | 24.06.2012 |
| 2:33.91 | Amalie Westby Liestøl | 02 | Lillestrøm | 27.05.2017 |
| 2:34.4 | Frida Kristine Forberg | 92 | Jessheim | 04.06.2007 |
| 2:35.03 | Hanna Schultze Toverud | 96 | Ski | 13.08.2011 |
| 2:35.05 | Silje Ekroll Jahren | 88 | Jessheim | 26.05.2003 |
| 2:35.71 | Malene Fjellestad | 97 | Oslo/Bi | 19.08.2012 |
| 2:35.74 | Helena Seland Myhre | 97 | Nadderud | 16.06.2012 |
| 2:36.06 | Mia Jenny Østreng | 03 | Nadderud | 16.06.2018 |
| 2:36.5 | Tone Rustad | 67 | Årnes | 07.07.1982 |
| 2:37.3 | Oda Wennemo | 92 | Jessheim | 22.09.2007 |
| 2:38.25 | Maren Fald Gården | 88 | Lillehammer/Ss | 29.06.2003 |
| 2:39.63 | Tonje Berg | 85 | Oslo/Bi | 25.06.2000 |
| 2:39.87 | Natalie Nordbech Jøransen | 07 | Oslo/St | 09.07.2022 |
| 2:40.03 | Maren Eriksen Skappel | 96 | Oslo/Bi | 21.08.2011 |
| 2:40.07 | Mari Tømmerberg | 91 | Nadderud | 17.06.2006 |
| 2:41.3 | Inger Johanne Haugen | 60 | Jessheim | 06.07.1975 |
| 2:41.5 | Dorthe Marie Enebakk | 04 | Jessheim | 26.09.2019 |

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| **JENTER 15** | **280** |

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| **800m** |  |

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| 2:41.95 | Victoria Børresen | 98 | Göteborg, SWE | 28.06.2013 |
| 2:43.4 | Inger Anne Nerhagen | 57 | Strømmen | 10.09.1972 |
| 2:44.0 | Marit Wiig | 49 | Jessheim | 30.08.1964 |
| 2:44.2 | Mari Jellum | 79 | Jessheim | 31.08.1994 |
| 2:44.4 | Ida Berg Hansen | 92 | Jessheim | 04.06.2007 |
| 2:46.0 | Hege Rustad | 70 | Nadderud | 21.06.1985 |
| 2:46.2 | Ingvild Skolt | 85 | Jessheim | 14.08.2000 |
| 2:46.90 | Kaja Brekke | 03 | Nadderud | 16.06.2018 |
| 2:48.3 | Mari Jellum | 79 | Jessheim | 14.08.1995 |
| 2:46.38 | Hilde Marie Halling | 03 | Nadderud | 16.06.2018 |
| 2:49.0 | Anne Berit Eik | 49 | Råholt | 14.06.1964 |
| 2:50.5 | Vera Martinsen | 47 | Jessheim | 02.07.1962 |
| 2:50.9 | Lise Mette Holme | 83 | Jessheim | 17.08.1998 |
| 2:51.3 | Ina Jakobsson | 80 | Jessheim | 14.08.1995 |
| 2:52.4 | Anne Karin Fagertun | 46 | Råholt | 27.08.1961 |
| 2:52.6 | Hilde Gustavson | 87 | Jessheim | 23.09.2002 |
| 2:53.62 | Marion Skøyum Moe | 97 | Sofiemyr | 26.08.2012 |
| 2:53.9 | Kaja Ekroll Jahren | 85 | Jessheim | 14.08.2000 |
| 2:57.0 | Bente Hytjan | 60 | Jessheim | 06.07.1975 |
| 2:57.2 | Anne Kamstrup Hovind | 88 | Jessheim | 25.09.2003 |
| 2:59.7 | Maria Ulvestad | 90 | Lørenfallet | 07.06.2005 |
| 3:09.5 | Hanne Nyheim | 79 | Jessheim | 31.08.1994 |
| 3:15.2 | Anette Knutsen | 80 | Jessheim | 14.08.1995 |

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| **1000m** |  |

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| 3:27.45 | June Røhne | 03 | Nittedal | 16.05.2018 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:26.32 | Wilma Torbjørnsson | 07 | Jessheim | 02.06.2022 |
| 4:36.86 | Julie Hammer | 04 | Prestfoss | 25.08.2019 |
| 4:50.07 | Kamilla Bråthen | 77 | Lillehammer/Ss | 25.06.1992 |
| 4:50.7 | Liv Anita Mikkelborg | 80 | Jessheim | 29.05.1995 |
| 4:52.0 | Hilde Rustad | 66 | Oslo/Bi | 10.06.1981 |
| 4:55.64 | Emilie Hov Andreassen | 00 | Jessheim | 04.06.2015 |
| 5:02.49 | Sina Sandholt | 92 | Lillehammer/Ss | 22.06.2007 |
| 5:06.49 | Julie Flatner Hansen | 99 | Lillehammer/Ss | 19.06.2014 |
| 5:09.06 | Silje Gundersen | 92 | Lillehammer/Ss | 22.06.2007 |
| 5:13.3 | Kristin Jensen | 70 | Jessheim | 09.09.1985 |
| 5:13.6 | Ingjerd Vestengen | 65 | Jessheim | 09.06.1980 |
| 5:13.6 | Wenche Moen | 65 | Jessheim | 09.06.1980 |
| 5:13.6 | Bente Aarflot | 72 | Jessheim | 10.06.1987 |
| 5:15.0 | Unn Hoel | 69 | Jessheim | 08.06.1984 |

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| **JENTER 15** | **281** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:15.8 | Hege Lundring | 73 | Jessheim | 13.06.1988 |
| 5:16.1 | Hildegunn Bjerkan | 63 | Jessheim | 09.06.1978 |
| 5:18.60 | Kari Fjeldberg | 68 | Larvik/Lo | 28.08.1983 |
| 5:19.23 | Mia Jenny Nygaard Østreng | 03 | Jessheim | 31.05.2018 |
| 5:20.1 | Silje Ekroll Jahren | 88 | Jessheim | 12.06.2003 |
| 5:24.6 | Heidi Anett Solberg | 65 | Jessheim | 09.06.1980 |
| 5:24.8 | Line Bjørnås | 67 | Jessheim | 14.08.1982 |
| 5:25.6 | Annekari Kristiansen | 71 | Jessheim | 13.06.1986 |
| 5:25.8 | Anne Kari Bjørnsveen | 71 | Jessheim | 13.06.1986 |
| 5:27.9 | Nora Mathiesen | 97 | Jessheim | 12.06.2012 |
| 5:28.4 | Oda Wennemo | 92 | Jessheim | 14.06.2007 |
| 5:29.7 | Kirsten Daae Wiig | 97 | Jessheim | 12.06.2012 |
| 5:30.0 | Inger Johanne Haugen | 60 | Jessheim | 20.06.1975 |
| 5:30.2 | Elisabeth Moum | 65 | Jessheim | 16.06.1982 |
| 5:31.02 | Marie Scheie Alsgaard | 08 | Jessheim | 08.06.2023 |
| 5:31.3 | Kjersti Vestengen | 68 | Jessheim | 10.06.1983 |
| 5:31.40 | Heidi Kristine Halling | 97 | Asker/Fø | 02.06.2012 |
| 5:34.24 | Dorthe Marie Enebakk | 04 | Jessheim | 06.06.2019 |
| 5:38.9 | Tone Rustad | 67 | Lørenfallet | 03.06.1982 |
| 5:41.3 | Anne-Katrine Hofset | 75 | Jessheim | 13.06.1990 |
| 5:44.4 | Ann Kristin Ullerud | 66 | Jessheim | 12.06.1981 |
| 5:44.7 | Nina Sand | 74 | Jessheim | 12.06.1989 |
| 5:53.6 | Christine Nerhagen | 91 | Jessheim | 15.06.2006 |
| 5:56.2 | Hege Høgaas | 70 | Jessheim | 09.09.1985 |
| 5:56.2 | Hege Rustad | 70 | Jessheim | 09.09.1985 |
| 5:59.2 | Bente Hytjan | 60 | Jessheim | 18.06.1975 |
| 6:00.0 | Else Søgaard | 65 | Jessheim | 09.06.1980 |
| 6:00.0 | Heidi Bogstad | 67 | Jessheim | 16.06.1982 |
| 6:01.8 | Mari Jellum | 79 | Jessheim | 13.06.1994 |
| 6:01.9 | Lene Feraaen | 71 | Jessheim | 13.06.1986 |
| 6:02.6 | Line Moen | 70 | Jessheim | 09.09.1985 |
| 6:06.5 | Kaja Ekroll Jahren | 85 | Jessheim | 13.06.2000 |
| 6:07.2 | Anne Kamstrup Hovind | 88 | Jessheim | 12.06.2003 |
| 6:07.4 | Ingvild Skolt | 85 | Jessheim | 13.06.2000 |
| 6:12.6 | Benedicte Sand | 73 | Jessheim | 13.06.1988 |
| 6:15.0 | Hilde Gustavson | 87 | Jessheim | 13.06.2002 |
| 6:16.2 | Hanne Nyheim | 79 | Jessheim | 15.06.1994 |
| 6:23.7 | Maria Lockert | 81 | Jessheim | 17.06.1996 |
| 6:26.7 | Kjersti Hvattum | 65 | Jessheim | 09.06.1980 |
| 6:27.7 | Astrid Mathisen | 76 | Jessheim | 10.06.1991 |
| 6:35.3 | Anne Line Kjos | 64 | Jessheim | 11.06.1979 |
| 6:37.1 | Anette Knudsen | 80 | Jessheim | 12.06.1995 |
| 6:37.6 | Marianne Asphaug | 68 | Jessheim | 10.06.1983 |
| 6:37.9 | Katrine Finstad | 75 | Jessheim | 13.06.1990 |
| 6:45.0 | Irene Schultze | 67 | Jessheim | 16.06.1982 |
| 6:48.04 | Sara Isabella Bertheussen | 07 | Jessheim | 02.06.2022 |
| **JENTER 15** | | **282** | | |

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| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 6:26.31 | Julie Hammer | 04 | Göteborg, SWE | 30.06.2019 |
| 6:27.51 | Wilma Torbjørnsson | 07 | Nadderud | 10.06.2022 |
| 6:44.57 | Kamilla Bråthen | 77 | Haugesund | 02.08.1992 |
| 6:47.25 | Liv Anita Mikkelborg | 80 | Bergen/Fa | 13.08.1995 |
| 6:57.78 | Julie Flatner Hansen | 99 | Göteborg, SWE | 29.06.2014 |
| 7:09.90 | Anniken Gjerde Alnes | 94 | Nadderud | 13.06.2009 |
| 7:11.43 | Elisabeth Langrusten | 86 | Bergen/Fa | 09.09.2001 |
| 7:14.33 | Silje Gundersen | 92 | Kristiansand | 26.08.2007 |
| 7:19.37 | Heidi Kristine Halling | 97 | Nadderud | 15.06.2012 |
| 7:23.40 | Mia Jenny Østreng | 03 | Jessheim | 12.08.2018 |
| 7:48.66 | Maren Fald Gården | 88 | Bergen/Le | 13.09.2003 |

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| **3000m** |  |

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| 9:52.09 | Julie Hammer | 04 | Prestfoss | 25.08.2019 |
| 10:18.94 | Wilma Torbjørnsson | 07 | Rud | 28.08.2022 |
| 10:32.6 | Hilde Rustad (Høgbakken) | 66 | Raufoss | 30.08.1981 |
| 11:11.8 | Ingjerd Vestengen | 65 | Jessheim | 18.08.1980 |
| 11:19.3 | Wenche Moen | 65 | Jessheim | 18.08.1980 |
| 11:20.0 | Kamilla Bråthen | 77 | Jessheim | 21.08.1992 |
| 11:37.3 | Hege Lundring | 73 | Jessheim | 19.08.1988 |
| 11:48.6 | Lene Anette Hagen | 72 | Jessheim | 21.08.1987 |
| 11:50.8 | Heidi Anett Solberg | 65 | Jessheim | 18.08.1980 |
| 12:01.8 | Ann Kristin Ullerud | 66 | Jessheim | 21.08.1981 |
| 12:02.1 | Elisabeth Moum | 67 | Jessheim | 20.08.1982 |
| 12:04.4 | Tone Rustad | 67 | Jessheim | 20.08.1982 |
| 12:06.28 | Oda Wennemo | 92 | Bjørkelangen | 10.06.2007 |
| 12:07.1 | Bente Aarflot | 72 | Jessheim | 21.08.1987 |
| 12:08.5 | Lill Hege Gimnes | 68 | Jessheim | 19.08.1983 |
| 12:12.4 | Inger Johanne Haugen | 60 | Jessheim | 22.08.1975 |
| 12:12.5 | Line Bjørnås | 67 | Jessheim | 20.08.1982 |
| 12:33.6 | Hildegunn Bjerkan | 63 | Jessheim | 21.08.1978 |
| 12:38.6 | Anne Kari Kristensen | 71 | Jessheim | 15.08.1986 |
| 12:53.0 | Bente Hytjan | 60 | Jessheim | 20.08.1975 |
| 12:56.3 | Benedicte Sand | 73 | Jessheim | 19.08.1988 |
| 13:11.9 | Ellen Undseth | 73 | Jessheim | 22.08.1990 |
| 13:23.7 | Else Søgaard | 65 | Jessheim | 18.08.1980 |
| 13:24.6 | Inger Helene Olsen | 68 | Jessheim | 18.08.1980 |
| 13:25.3 | Heidi Bogstad | 67 | Jessheim | 20.08.1982 |
| 13:28.9 | Katrine Finstad | 75 | Jessheim | 22.08.1990 |
| 13:57.3 | Kjersti Hvattum | 65 | Jessheim | 18.08.1980 |
| 14:17.8 | Nina Holm | 64 | Jessheim | 20.08.1979 |
| 14:23.0 | Anne Line Kjos | 64 | Jessheim | 20.08.1979 |
| 14:54.8 | Irene Schultze | 67 | Jessheim | 20.08.1982 |

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| **JENTER 15** | **283** |

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

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| 11.78 | Ebba Beyer | 98 | Fredrikstad/Li | 25.08.2013 |

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

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| 12.75 | Vår Åsheim | 99 | Haugesund | 06.09.2014 |
| 12.91 | Summer Steinsrud | 01 | Nittedal | 21.08.2016 |
| 13.26 | Inger Birgitte Reppe | 68 | Oslo/Bi | 25.05.1983 |
| 13.62 | Kristin Urnes | 75 | Lillehammer/Ss | 22.06.1990 |
| 15.31 | Siv Anita Engh | 85 | Asker/Fø | 09.09.2000 |
| 15.80 | Tonje Berg | 85 | Jessheim | 22.05.2000 |
| 17.19 | Mari Jellum | 79 | Oslo/La | 21.06.1994 |

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

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| 12.3 | Inger Birgitt Reppe | 68 | Jessheim | 05.09.1983 |
| 13.3 | Guri Fjeldberg | 69 | Oslo/La | 19.09.1984 |
| 14.8 | Ragnhild Sundby | 44 | Jessheim | 20.09.1959 |
| 14.8 | Anne Berit Eik | 49 | Jessheim | 16.08.1964 |
| 14.9 | Unn Henriksen | 42 | Jessheim | 16.06.1957 |
| 15.0 | Grete Uhlen | 49 | Jessheim | 16.08.1964 |
| 15.2 | Astrid Sundby | 42 | Sandvika/Ka | 30.06.1957 |
| 15.5 | Aase Alstad | 48 | Råholt | 22.09.1963 |
| 15.9 | Inge Sund | 43 | Kløfta | 10.08.1958 |
| 17.2 | Ingrid Møinichen | 48 | Råholt | 17.08.1963 |

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| **100m hekk 76.2 cm E** |  |

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| 15.76 | Inger Birgitte Reppe | 68 | Helsingborg, SWE | 10.07.1983 |

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| **100m hekk 76.2 cm M** |  |

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| --- | --- | --- | --- | --- |
| 16.2 | Marit Rogstad | 67 | Larvik/Lo | 05.09.1982 |

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

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| 17.6 | Marit Rogstad | 67 | Oslo/Bi | 26.05.1982 |
| 17.7 | Inger Birgitte Reppe | 68 | Oslo/St | 28.09.1983 |

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

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| 34.5 | Inger Birgitte Reppe | 68 | Jessheim | 03.10.1983 |
| 34.6 | Kari Fjeldberg | 68 | Jessheim | 03.10.1983 |
| 34.9 | Marit Rogstad | 67 | Jessheim | 02.10.1982 |

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| **JENTER 15** | **284** |

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

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| 46.92 | Vår Åsheim | 99 | Haugesund | 05.09.2014 |
| 50.12 | Natalie Nordbech Jøransen | 07 | Trondheim/St | 12.08.2022 |
| 56.31 | Tonje Berg | 85 | Asker/Fø | 10.09.2000 |
| 56.81 | Madeleine Kristiansen | 06 | Jessheim | 30.08.2021 |

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

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| 74.14 | Natalie Nordbech Jøransen | 07 | Ås | 01.05.2022 |

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

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| --- | --- | --- | --- | --- |
| 69.4 | Kari Fjeldberg | 68 | Lørenfallet | 01.09.1983 |

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| **1500m hinder 76.2 cm** |  |

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| --- | --- | --- | --- | --- |
| 4:59.50 | Julie Hammer | 04 | Göteborg, SWE | 28.06.2019 |
| 5:55.51 | Mia Jenny Nygaard Østreng | 03 | Overhalla | 31.08.2018 |

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| **2000m hinder 76.2 cm** |  |

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| 6:56.44 | Julie Hammer | 04 | Jessheim | 18.06.2019 |

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| **5 km veiløp** |  |

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| 17:37 | Wilma Thorbjørnsson | 97 | Sand | 30.10.2022 |
| 22:54 | Kaisa Ellevold | 08 | Jessheim | 30.09.2023 |
| 24.09 | Natalie Nordbech Jøransen | 07 | Jessheim | 01.10.2022 |

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| **10 km veiløp** |  |

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| 36:25 | Wilma Torbjørnsson | 07 | Hole | 23.10.2022 |
| 39:33 | Johanne Norheim | 03 | Oslo | 15.09.2018 |
| 43.14 | Nina Sand | 74 | Jessheim | 08.10.1989 |
| 44:29 | Lill Hege Gimnes | 68 | Jessheim | 09.10.1983 |
| 51:34 | Frøya Nor Holmsen | 06 | Jessheim | 14.11.2021 |
| 54:39 | Anna Sederholm | 07 | Jessheim | 01.10.2022 |
| 58:48 | Rebecka Aas | 07 | Jessheim | 13.11.2022 |

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| **JENTER 15** | **285** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.61 | Kristin Urnes | 75 | Bergen/Fa | 18.08.1990 |
| 1.61 | Guri Fjeldberg | 69 | Moss/Me | 02.06.1984 |
| 1.56 | Siv Anita Engh | 856 | Porsgrunn/Kj | 19.08.2000 |
| 1.56 | Frida Rimstad | 07 | Göteborg, SWe | 19.06.2022 |
| 1.56 | Mari Steen Myrvang | 06 | Trondheim/St | 04.09.2021 |
| 1.55 | Kari Fjeldberg | 68 | Moss/Me | 20.08.1983 |
| 1.51 | Ebba Beyer | 98 | Lillehammer/Ss | 07.09.2013 |
| 1.45 | Inger Birgitte Reppe | 68 | Strømmen | 04.09.1983 |
| 1.45 | Tone Lauritzen | 76 | Bjørkelangen | 09.06.1991 |
| 1.45 | Ingrid Maudal | 82 | Oslo/Bi | 31.05.1997 |
| 1.45 | Linnea Bratteng | 07 | Oslo/Bi | 28.05.2022 |
| 1.40 | Unn Hoel | 68 | Kirkenær | 23.05.1983 |
| 1.38 | Åshild Sørum | 39 | Lillestrøm | 13.08.1954 |
| 1.38 | Anne Berit Eik | 49 | Jessheim | 15.08.1964 |
| 1.38 | Hilde Ødemark | 64 | Årnes | 28.08.1979 |
| 1.37 | Grethe Uhlen | 49 | Råholt | 01.07.1964 |
| 1.37 | Anne Mette Olsen | 54 | Lillestrøm | 06.09.1969 |
| 1.36.5 | Ingrid Sundby | 39 | Sand | 20.06.1954 |
| 1.35 | Marit Rogstad | 67 | Jessheim | 02.10.1982 |
| 1.35 | Tonje Berg | 85 | Asker/Fø | 10.09.2000 |
| 1.35 | Christina Gran | 88 | Jessheim | 25.09.2003 |
| 1.35 | Sofie Rostad | 94 | Jessheim | 16.06.2009 |
| 1.35 | Ida Tonhaugen | 95 | Jessheim | 25.05.2010 |
| 1.33 | Ragnhild Sundby | 44 | Råholt | 14.06.1959 |
| 1.32 | Inge Sand | 43 | Jessheim | 01.08.1958 |
| 1.30 | Astrid Sundby | 42 | Sandvika/Ka | 30.06.1957 |
| 1.30 | Cora Halsan | 47 | Jessheim | 07.09.1962 |
| 1.29 | Berit Børresen | 48 | Jessheim | 11.09.1963 |
| 1.28 | Nina Næss | 51 | Lillestrøm | 10.09.1966 |
| 1.26 | Irene Belsvik | 42 | Jessheim | 16.06.1957 |
| 1.26 | Ingrid Møinichen | 48 | Jessheim | 11.09.1963 |
| 1.25 | Marit Wiig | 49 | Jessheim | 15.08.1964 |
| 1.25 | Kristin Brekke | 65 | Jessheim | 18.06.1980 |
| 1.23 | Winnie Lindner | 44 | Jessheim | 29.08.1959 |
| 1.23 | Liv Laache | 46 | Råholt | 11.06.1961 |
| 1.21 | Mari Jellum | 79 | Oslo/La | 21.06.1994 |
| 1.20 | Åshild Sørum | 39 | Borgen | 05.09.1954 |
| 1.20 | Mari Båtnes | 95 | Jessheim | 25.05.2010 |
| 1.18 | Liv Jensen | 40 | Jessheim | 28.08.1955 |
| 1.16 | Kari Mo | 38 | Jessheim | 12.09.1953 |
| 1.15 | Vera Martinsen | 47 | Jessheim | 06.10.1962 |
| 1.15 | Anne Majorsæter | 48 | Jessheim | 11.09.1963 |
| 1.10 | Aase Alstad | 48 | Råholt | 18.08.1963 |

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| **JENTER 15** | **286** |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.81 | Sofie Skancke Krauss | 98 | Lillehammer/Ss | 06.09.2013 |
| 2.71 | Marie Øverlie | 08 | Sandnes | 25.08.2023 |
| 1.95 | Mari Jellum | 79 | Jessheim | 26.09.1994 |

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| **Lengde** |  |

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| 5.59 | Frida Rimstad | 07 | Rud | 27.08.2022 |
| 5.26 | Inger Birgitte Reppe | 68 | Strømmen | 17.08.1983 |
| 5.19 | Linn Helene Bakke | 91 | Årnes | 13.09.2006 |
| 5.12 | Kristine Heggelund | 76 | Jessheim | 02.09.1991 |
| 5.10 | Tone Lauritzen | 76 | Jessheim | 02.09.1991 |
| 5.05 | Lene Kristin Nyland | 74 | Drammen/Ma | 16.09.1989 |
| 4.96 | Marit Rogstad | 67 | Lillestrøm | 12.09.1982 |
| 4.86 | Anne Berit Eik | 49 | Strømmen | 08.09.1964 |
| 4.82 | Betina Nilssen | 92 | Jessheim | 22.09.2007 |
| 4.78 | Guri Fjeldberg | 69 | Strømmen | 27.06.1984 |
| 4.77 | Ragnhild Sundby | 44 | Oslo/Jo | 12.09.1959 |
| 4.76 | Kari Fjeldberg | 68 | Oslo/Bi | 07.06.1983 |
| 4.76 | Guri Fjeldberg | 69 | Strømmen | 27.06.1984 |
| 4.75 | Kristin Urnes | 75 | Nadderud | 09.06.1990 |
| 4.67 | Eva Cathrin Torvund | 69 | Strømmen | 20.06.1984 |
| 4.64 | Astrid Sundby | 42 | Stavanger/St | 14.09.1957 |
| 4.60 | Ingrid Sundby | 39 | Borgen | 05.09.1954 |
| 4.57 | Silje Disserud | 91 | Jessheim | 23.09.2006 |
| 4.51 | Christina Gran | 88 | Jessheim | 25.09.2003 |
| 4.49 | Kari Wang | 56 | Jessheim | 18.09.1971 |
| 4.48 | Liv Jensen | 40 | Jessheim | 13.07.1955 |
| 4.46 | Inge Sand | 43 | Årnes | 16.08.1958 |
| 4.45 | Tonje Berg | 85 | Oslo/Bi | 25.06.2000 |
| 4.41 | Kristin Bogstad | 64 | Årnes | 28.08.1979 |
| 4.40 | Kristin Brekke | 65 | Strømmen | 06.08.1980 |
| 4.39 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 4.37 | Anne Karin Fagertun | 46 | Strømmen | 03.09.1961 |
| 4.35 | Winnie Lindner | 44 | Jessheim | 20.09.1959 |
| 4.34 | Cora Halsan | 47 | Jessheim | 07.09.1962 |
| 4.32 | Summer Steinsrud | 01 | Lillestrøm | 17.09.2016 |
| 4.31 | Siv Anita Engh | 85 | Jessheim | 22.05.2000 |
| 4.30 | Heidi Bogstad | 67 | Lillestrøm | 12.09.1982 |
| 4.28 | Vår Åsheim | 99 | Göteborg, SWE | 27.06.2014 |
| 4.24 | Anne Mette Olsen | 54 | Lillestrøm | 07.09.1969 |
| 4.24 | Ebba Beyer | 98 | Jessheim | 30.05.2013 |
| 4.21 | Hilde Gustavson | 87 | Bjørkelangen | 01.06.2002 |
| 4.17 | Åshild Sørum | 39 | Borgen | 09.09.1954 |
| 4.16 | Vera Martinsen | 47 | Jessheim | 07.09.1962 |
| 4.12 | Ingrid Møinichen | 48 | Nannestad | 21.06.1963 |

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| **JENTER 15** | **287** |

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| **Lengde forts.** |  |

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| 4.11 | Ragnhild Dahl | 50 | Strømmen | 21.08.1965 |
| 4.05 | Berit Børresen | 48 | Strømmen | 23.06.1963 |
| 4.00 | Ida Berg Hansen | 92 | Jessheim | 22.09.2007 |
| 3.95 | Hanne Nyheim | 79 | Nadderud | 19.06.1994 |
| 3.94 | Inger Anne Nerhagen | 57 | Strømmen | 18.06.1972 |
| 3.91 | Dagny Vethal | 40 | Jessheim | 22.06.1955 |
| 3.86 | Mari Jellum | 79 | Nadderud | 19.06.1994 |
| 3.81 | Turid Seime | 44 | Jessheim | 05.07.1959 |
| 3.75 | Ellen Refsum | 46 | Jessheim | 10.09.1961 |
| 3.70 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |
| 3.70 | Katrine Hoff | 91 | Jessheim | 22.05.2006 |
| 3.62 | Liv Laache | 46 | Jessheim | 10.09.1961 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.44 | Frida Rimstad | 07 | Trondheim/St | 12.08.2022 |
| 10.41 | Kristine Heggelund | 76 | Lillestrøm | 20.09.1991 |
| 10.28 | Tone Lauritzen | 76 | Lillestrøm | 20.09.1991 |
| 9.90 | Frida Forberg | 92 | Jessheim | 22.09.2007 |
| 9.24 | Sofie Skancke Krauss | 98 | Jessheim | 30.05.2013 |
| 9.17 | Tonje Berg | 85 | Asker/Fø | 10.09.2000 |
| 9.16 | Vår Åsheim | 99 | Göteborg, SWE | 28.06.2014 |

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| **Kule 3** |  |

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| --- | --- | --- | --- | --- |
| 14.12 | Hanna Emilie Hjeltnes | 04 | Byrkjelo | 03.05.2019 |
| 12.10 | Silje Disserud | 91 | Bjørkelangen | 10.06.2006 |
| 11.68 | Guri Fjeldberg | 69 | Nadderud | 30.06.1984 |
| 11.39 | Linn Helene Bakke | 91 | Årnes | 13.09.2006 |
| 10.55 | Ingrid Maudal | 82 | Oslo/Ek | 01.03.1997 |
| 9.91 | Frida Rimstad | 07 | Trondheim/St | 14.08.2022 |
| 9.80 | Linnea Bratteng | 07 | Arvika, SWE | 23.07.2022 |
| 9.39 | Ebba Beyer | 98 | Lillehammer/Ss | 25.06.2013 |
| 9.31 | Tone Sæthermoen | 68 | Årnes | 06.08.1983 |
| 9.27 | Tonje Berg | 85 | Asker/Fø | 09.09.2000 |
| 8.83 | Norunn Elise Bamrud | 92 | Lillehammer/Ss | 24.06.2007 |
| 8.75 | Victoria Hillveg | 86 | Jessheim | 17.09.2011 |
| 8.62 | Siv Anta Engh | 85 | Asker/Fø | 09.09.2000 |
| 8.51 | Kristin Urnes | 75 | Jessheim | 27.09.1990 |
| 7.99 | Ellen Undseth | 73 | Årnes | 25.06.1988 |
| 7.33 | Helena Seland Myhre | 97 | Jessheim | 23.08.2012 |
| 7.19 | Natalie Nordbech Jøransen | 07 | Jessheim | 07.08.2022 |
| 6.05 | Mari Jellum | 79 | Oslo/La | 21.06.1994 |
| 5.98 | Malene Fjellestad | 97 | Jessheim | 23.08.2012 |

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| **JENTER 15** | **288** |

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| **Kule 4** |  |

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| --- | --- | --- | --- | --- |
| 11.78 | Hanna Emilie Hjeltnes | 04 | Jessheim | 06.06.2019 |
| 10.09 | Guri Fjeldberg | 69 | Jessheim | 29.09.1984 |
| 9.26 | Astrid Sundby | 42 | Jessheim | 27.05.1957 |
| 9.17 | Anne Berit Eik | 49 | Råholt | 29.07.1964 |
| 8.59 | Marit Rogstad | 67 | Lillestrøm | 12.09.1981 |
| 8.55 | Ingrid Maudal | 82 | Jessheim | 01.09.1997 |
| 8.50 | Ylva Rognstad | 98 | Overhalla | 02.08.2013 |
| 8.37 | Vera Martinsen | 47 | Råholt | 23.09.1962 |
| 8.20 | Anita Aasheim | 66 | Kirkenær | 30.05.1981 |
| 8.14 | Ragnhild Sundby | 44 | Jessheim | 30.08.1959 |
| 8.06 | Cecilie Laake | 66 | Strømmen | 14.06.1981 |
| 7.85 | Kari Wang | 56 | Lillestrøm | 26.09.1971 |
| 7.79 | Ragnhild Dahl | 50 | Strømmen | 21.08.1965 |
| 7.78 | Liv Jensen | 40 | Eidsvoll | 07.08.1955 |
| 6.97 | Liv Laache | 46 | Jessheim | 10.09.1961 |
| 6.97 | Berit Børresen | 48 | Råholt | 17.08.1963 |
| 6.92 | Kari Lund | 41 | Jessheim | 21.05.1956 |
| 6.91 | Åshild Sørum | 39 | Jessheim | 03.10.1954 |
| 6.90 | Nina Næss | 51 | Råholt | 26.08.1966 |
| 6.89 | Grethe Uhlen | 49 | Jessheim | 15.08.1964 |
| 6.66 | Ingeborg Dønnum | 48 | Råholt | 17.08.1963 |
| 6.65 | Cora Halsan | 47 | Jessheim | 07.09.1962 |
| 6.52 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |
| 6.35 | Inge Sand | 43 | Jessheim | 23.08.1958 |
| 6.30 | Anne Kamstrup Hovind | 88 | Jessheim | 25.09.2003 |
| 6.30 | Christina Gran | 88 | Jessheim | 25.09.2003 |
| 6.19 | Inger Laache | 46 | Jessheim | 15.09.1961 |
| 6.18 | Winnie Lindner | 44 | Jessheim | 12.07.1959 |
| 5.77 | Ellen Refsum | 46 | Jessheim | 15.09.1961 |
| 5.76 | Anne Majorsæter | 48 | Råholt | 17.08.1963 |
| 5.72 | Brit Elton | 45 | Råholt | 20.08.1960 |

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| **Diskos 750 g** |  |

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| 43.22 | Hanna Emilie Hjeltnes | 04 | Jessheim | 06.09.2019 |
| 30.43 | Tonje Berg | 85 | Jessheim | 14.09.2000 |
| 29.90 | Ingrid Maudal | 82 | Oslo/La | 07.06.1987 |
| 23.97 | Ebba Beyer | 98 | Nadderud | 14.06.2013 |
| 23.89 | Silje Disserud | 91 | Jessheim | 21.08.2006 |
| 19.71 | Linnea Bratteng | 07 | Arvika, SWE | 23.07.2022 |
| 18.85 | Norunn Elise Bamrud | 92 | Jessheim | 21.08.2007 |
| 18.59 | Siv Anita Engh | 85 | Jessheim | 06.06.2000 |

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| **JENTER 15** | **289** |

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| **Diskos 1 kg** |  |

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| 36.65 | Hanna Emilie Hjeltnes | 04 | Brandbu | 12.05.2019 |
| 31.70 | Guri Fjeldberg | 69 | Moss/Me | 20.06.1984 |
| 25.05 | Astrid Sundby | 42 | Sandvika/Ka | 24.09.1957 |
| 24.78 | Anita Aasheim | 66 | Løken | 27.05.1981 |
| 24.18 | Ingrid Maudal | 82 | Jessheim | 01.09.1997 |
| 22.43 | Ragnhild Sundby | 44 | Jessheim | 19.09.1959 |
| 22.31 | Ingrid Sundby | 39 | Lillestrøm | 22.08.1954 |
| 22.07 | Winnie Lindner | 44 | Jessheim | 30.08.1959 |
| 21.90 | Anne Berit Eik | 49 | Jessheim | 16.08.1965 |
| 21.64 | Irene Schultze | 67 | Jessheim | 01.09.1982 |
| 21.54 | Nina Næss | 51 | Lillestrøm | 10.09.1966 |
| 20.88 | Liv Jensen | 40 | Jessheim | 28.08.1955 |
| 20.66 | Marit Rogstad | 67 | Jessheim | 02.10.1982 |
| 16.67 | Natalie Nordbech Jøransen | 07 | Jessheim | 07.08.2022 |

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| **Slegge 3 kg** |  |

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| 37.51 | Linn Helene Bakke | 91 | Lillestrøm | 31.08.2006 |
| 35.99 | Hanna Emilie Hjeltnes | 04 | Jessheim | 10.08.2019 |
| 32.08 | Silje Disserud | 91 | Lillestrøm | 31.08.2006 |

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| **Slegge 4 kg** |  |

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| 26.79 | Hanna Emilie Hjeltnes | 04 | Jessheim | 16.09.2019 |
| 21.83 | Tonje Berg | 85 | Heggedal/Gj | 26.08.2000 |

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| **Spyd 400 g** |  |

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| 34.31 | Silje Disserud | 91 | Byrkjelo | 26.08.2006 |
| 26.47 | Ebba Beyer | 98 | Lillestrøm | 25.05.2013 |
| 22.97 | Linn Helene Bakke | 91 | Årnes | 13.09.2006 |
| 21.52 | Norunn Elise Bamrud | 92 | Jessheim | 04.06.2007 |

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| **Spyd 500 g** |  |

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| 35.50 | Hanna Emilie Hjeltnes | 04 | Asker/Fø | 09.06.2019 |
| 25.47 | Linnea Bratteng | 07 | Jessheim | 07.08.2022 |
| 15.19 | Sara Isabella Bertheussen | 07 | Nadderud | 11.06.2022 |

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| **JENTER 15** | **290** |

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

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| 32.56 | Tonje Berg | 85 | Lillehammer/Ss | 02.07.2000 |
| 26.76 | Hanna Emilie Hjeltnes | 04 | Jessheim | 16.09.2019 |
| 26.66 | Silje Disserud | 91 | Lillehammer/Ss | 25.06.2006 |
| 22.56 | Katrine Hoff | 91 | Jessheim | 22.05.2006 |
| 18.94 | Linn Helene Bakke | 91 | Jessheim | 22.05.2006 |
| 15.69 | Helena Seland Myhre | 97 | Jessheim | 23.08.2012 |
| 10.27 | Malene Fjeldstad | 97 | Jessheim | 23.08.2012 |

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

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| --- | --- | --- | --- | --- |
| 33.88 | Kristine Heggelund | 76 | Asker/Fø | 12.09.1992 |
| 33.12 | Elisabeth Sandaunet | 78 | Jessheim | 23.09.1993 |
| 32.02 | Kristin Urnes | 75 | Bjørkelangen | 25.05.1990 |
| 31.74 | Guri Fjeldberg | 69 | Oslo/St | 06.07.1984 |
| 30.60 | Kristin Urnes | 75 | Bjørkelangen | 09.06.1990 |
| 30.59 | Ragnhild Sundby | 44 | Jessheim | 20.09.1959 |
| 30.00 | Eva Catrine Torvund | 69 | Strømmen | 27.06.1984 |
| 28.96 | Kristine Heggelund | 76 | Lillehammer/Ss | 30.06.1991 |
| 28.52 | Astrid Sundby | 42 | Kløfta | 12.08.1957 |
| 26.46 | Nina Næss | 51 | Lillestrøm | 11.09.1966 |
| 24.42 | Turid Seime | 44 | Jessheim | 19.06.1959 |
| 24.08 | Marit Rogstad | 67 | Moss/Me | 03.06.1984 |
| 19.44 | Ellen Undseth | 73 | Bjørkelangen | 30.08.1988 |
| 22.73 | Grethe Uhlen | 49 | Jessheim | 20.07.1964 |
| 22.88 | Cora Halsan | 47 | Jessheim | 07.09.1962 |
| 22.27 | Vera Martinsen | 47 | Jessheim | 02.07.1962 |
| 22.16 | Kristin Bråten | 74 | Lillehammer/Ss | 25.06.1989 |
| 22.09 | Ingrid Sundby | 39 | Lillestrøm | 22.08.1954 |
| 21.72 | Marit Wiig | 49 | Jessheim | 16.08.1964 |
| 21.63 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 18.80 | Anne Berit Eik | 49 | Jessheim | 16.08.1964 |
| 18.56 | Liv Jensen | 40 | Lillestrøm | 04.09.1955 |
| 15.68 | Anne Gro Digerud | 52 | Råholt | 27.08.1967 |
| 18.80 | Anne Berit Eik | 49 | Jessheim | 16.08.1964 |
| 18.56 | Liv Jensen | 40 | Lillestrøm | 04.09.1955 |
| 15.68 | Anne Gro Digerud | 52 | Råholt | 27.08.1967 |

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

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| 42.18 | Ragnhild Sundby | 44 | Jessheim | 30.08.1959 |
| 35.55 | Randi Røe | 40 | Eidsvoll | 07.08.1955 |
| 33.80 | Berit Børresen | 48 | Blaker/Br | 15.09.1963 |
| 39.24 | Liv Laache | 46 | Strømmen | 03.09.1961 |
| 37.72 | Ingrid Sundby | 39 | Borgen | 05.09.1954 |

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| **JENTER 15** | **291** |

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| **Slengball 700 g Lang reim forts.** |  |

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| 36.30 | Astrid Sundby | 42 | Jessheim | 07.07.1957 |
| 34.09 | Inger Laache | 46 | Strømmen | 03.09.1961 |
| 33.24 | Ragnhild Sundby | 44 | Jessheim | 12.07.1959 |
| 33.10 | Gerd Erlandsen | 41 | Jessheim | 21.05.1956 |
| 32.15 | Vera Martinsen | 47 | Råholt | 12.09.1962 |
| 32.08 | Anne Refsum | 41 | Jessheim | 27.05.1956 |
| 31.22 | Marit Finnbråten | 50 | Strømmen | 22.08.1965 |
| 30.27 | Kari Lund | 41 | Jessheim | 17.06.1956 |
| 29.63 | Grethe Uhlen | 49 | Jessheim | 16.08.1964 |
| 29.18 | Ragnhild Dahl | 50 | Strømmen | 22.08.1965 |
| 29.27 | Brit Elton | 45 | Råholt | 21.08.1960 |
| 29.04 | Cora Halsan | 47 | Jessheim | 07.09.1962 |
| 28.75 | Berit Børresen | 48 | Råholt | 17.08.1963 |
| 28.22 | Nina Næss | 51 | Jessheim | 25.09.1966 |
| 28.10 | Anne Mette Olsen | 54 | Blaker/Br | 27.09.1969 |
| 27.87 | Åshild Sørum | 39 | Jessheim | 16.08.1954 |
| 27.69 | Bjørg Torp | 48 | Råholt | 17.08.1963 |
| 27.60 | Marit Svenson | 48 | Råholt | 17.08.1963 |
| 25.65 | Aase Alstad | 48 | Råholt | 17.08.1963 |
| 24.88 | Ingeborg Dønnum | 48 | Råholt | 17.08.1963 |
| 24.67 | Anne Majorsæter | 48 | Råholt | 17.08.1963 |
| 21.85 | Marit Wiig | 49 | Jessheim | 16.08.1964 |

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| **Liten ball 80 g** |  |

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| 55.20 | Astrid Sundby | 42 | Stavanger/St | 14.09.1957 |
| 50.31 | Åshild Sørum | 39 | Jessheim | 19.09.1954 |
| 48.44 | Ingrid Sundby | 39 | Borgen | 09.08.1954 |

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| **Liten ball 150 g** |  |

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| 47.19 | Elisabeth Sandaunet | 78 | Jessheim | 20.09.1993 |

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| **3-kamp M 100m-Lengde-Slengball 700 g** |  |

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| --- | --- | --- | --- | --- |
| 2281 | Berit Børresen | 48 | Blaker/Br | 15.09.1963 |
| 14.8-4.01-33.80 | | | |

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| **3-kamp M 60m-Lengde-Slengball 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 2153 | Anne Mette Olsen | 54 | Blaker/Br | 28.09.1969 |
| 9.0-4.15-28.10 | | | |

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| **JENTER 15** | **292** |

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

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| --- | --- | --- | --- | --- |
| 2376 | Kari Wang | 56 | Lillestrøm | 15.08.1971 |
| 14.3-4.02-7.85 | | | |

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| **3-kamp M 100m-Diskos-Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1576 | Ragnhild Sundby | 44 | Jessheim | 10.06.1959 |
| 14.1-21.76-1.28- | | | |
|  | | | |
| 1422 | Astrid Sundby | 44 | Råholt | 26.06.1957 |
| 14.4-21.78-1.20 | | | |

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| **4-kamp M 80m-Lengde-Kule 3-800m** |  |

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| 3199 | Marit Rogstad | 67 | Lillestrøm | 12.09.1982 |
| 14.0-4.96-8.59-2:46.9 | | | |

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| 2734 | Heidi Bogstad | 67 | Lillestrøm | 12.09.1982 |
| ? | | | |

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| 2332 | Else Søgaard | 65 | Rolvsrud | 14.09.1980 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 2877 | Ragnhild Sundby | 44 | Nannestad | 05-06.09.1959 |
| 14.9-7.96-1.30/4.35-29.5 | | | |
|  | | | |
| 2851 | Anne-Berit Eik | 49 | Strømmen | 07-08.09.1964 |
| ? | | | |

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| **6-kampE 80m h-Høyde-Kule** | **Lengde-60m-800m** |

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| --- | --- | --- | --- | --- |
| 2372 | Mari Jellum | 79 | Oslo/La | 21-22.06.1994 |
| 17.19-1.21-6.05/3.61-11.42-2:45.52 | | | |

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| **6-kamp E 60m-Lengde-Kule3** | **60m hekk 76.2-Høyde-600m** |

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| 3938 | Ebba Beyer | 98 | Fredrikstad/Li | 24-25.08.2013 |
| 9.34-9.17-4.24/11.78-1.50-2:05.78 | | | |

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| **7-kamp 80m.h-Høyde-Kule 3-200m** | **Lengde-Spyd 600-800m** |

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| --- | --- | --- | --- | --- |
| 2830 | Tonje Berg | 85 | Oslo/Tr | 05-06.06.2000 |
| 16.28-1.28-8.47-31.24/4.10-26.32-2:50.7 | | | |

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| **JENTER 15** | **293** |

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| **4-kamp kast Slegge-Kule-Diskos-Spyd** |  |

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| 2652 | Tonje Berg | 85 | Asker-Heggedal | 30.09.2000 |
| 19.95-29.85-8.43-26.30 | | | |

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| **4x400m** |  |

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| 4:21.22 | J15 |  | Ås | 05.06.2022 |
| Linnea Bratteng07-Natalie Jøransen07-Wilma Torbjørnsson07-Synne Markussen07 | | | |

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| **JENTER 15** | **294** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.93 | Linn Helene Bakke | 91 | Stange | 18.03.2006 |
| 8.19 | Liv Anita Mikkelborg | 80 | Lillestrøm | 19.02.1995 |
| 8.32 | Summer Steinsrud | 01 | Hvam | 10.12.2016 |
| 8.38 | Emilie Hov Andreassen | 00 | Rud | 05.12.2015 |
| 8.44 | Tonje Moen | 00 | Lillestrøm | 31.01.2015 |
| 8.48 | Kari Ingelin Sjøstrøm Johansen | 03 | Hvam | 08.12.2018 |
| 8.50 | Tone Lauritzen | 76 | Oslo/Ek | 03.03.1991 |
| 8.61 | Ebba Beyer | 98 | Stange | 16.03.2013 |
| 8.77 | Vår Åsheim | 99 | Rud | 08.02.2014 |
| 8.77 | Linnea Bratteng | 07 | Stange | 12.03.2022 |
| 8.86 | Hedda Algarheim Tverås | 01 | Hvam | 16.01.2016 |
| 8.89 | Silje Disserud | 91 | Lillestrøm | 25.03.2006 |
| 8.90 | Sara Isabella Bertheussen | 07 | Hvam | 03.12.2022 |
| 9.05 | Tonje Berg | 85 | Stange | 19.02.2000 |
| 9.32 | Hilde Gustavson | 87 | Drammen | 02.02.2002 |
| 9.41 | Kathrine Hoff | 91 | Stange | 18.03.2006 |
| 9.65 | Ida Johanne Folsland | 02 | Hvam | 14.01.2017 |

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| **60m M** |  |

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| 8.2 | Tone Lauritzen | 76 | Lillestrøm | 17.03.1991 |
| 8.4 | Lene Kristin Nyland | 74 | Lillestrøm | 22.01.1989 |

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| **100m E** |  |

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| 12.67 | Linn Helene Bakke | 91 | Drammen | 12.02.2006 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 25.74 | Linn Helene Bakke | 91 | Stange | 19.03.2006 |
| 26.79 | Liv Anita Mikkelborg | 80 | Stange | 18.03.1995 |
| 26.89 | Solveig Emilie Johansen | 03 | Rud | 11.02.2018 |
| 26.98 | Emilie Hov Andreassen | 00 | Rud | 05.02.2015 |
| 27.17 | Kari Ingelin Sjøstrøm Johansen | 03 | Stange | 18.03.2018 |
| 27.61 | Tonje Moen | 00 | Stange | 22.03.2015 |
| 27.80 | Summer Steinsrud | 01 | Hvam | 10.12.2016 |
| 28.15 | Victoria Hillveg | 86 | Stange | 04.02.2001 |
| 28.43 | Vår Åsheim | 99 | Rud | 09.02.2014 |
| 28.70 | Tonje Oliversen | 91 | Stange | 19.03.2006 |
| 28.81 | Sofie Skancke Krauss | 98 | Stange | 17.03.2013 |
| 29.06 | Natalie Nordbech Jøransen | 07 | Stange | 13.03.2022 |
| 29.22 | Linnea Sjøstrøm Johansen | 06 | Hvam | 04.12.2021 |
| 29.71 | Linnea Børresen Lecomte | 07 | Hvam | 03.12.2022 |

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| **JENTER 15** | **295** |

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| **INNENDØRS** |  |

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

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| 29.83 | Silje Disserud | 91 | Stange | 19.03.2006 |
| 30.08 | Hedda Algarheim Tverås | 01 | Hvam | 16.01.2016 |
| 30.20 | Hanna Schultze Toverud | 96 | Trondheim/Ra | 20.03.2011 |
| 30.36 | Sara Isabella Bertheussen | 07 | Hvam | 03.12.2022 |
| 30.42 | Marthe Skau | 98 | Stange | 17.03.2013 |
| 30.66 | Tonje Berg | 85 | Stange | 05.03.2000 |
| 31.60 | Tiril Gustavsen | 98 | Stange | 17.03.2013 |
| 31.88 | Marie Tømmerberg | 91 | Oslo/Ek | 02.12.2006 |
| 32.29 | Ebba Beyer | 98 | Oslo/Ek | 02.03.2013 |
| 32.50 | Madelaine Kristiansen | 06 | Hvam | 04.12.2021 |
| 36.98 | Rebecka Helle Aas | 07 | Hvam | 03.12.2022 |

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| **400m E** |  |

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| 66.31 | Natalie Nordbech Jøransen | 07 | Rud | 29.01.2022 |
| 68.76 | Hege Rustad | 70 | Askim | 10.02.1985 |

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| **600m** |  |

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| 1:33.31 | Emilie Hov Andreassen | 00 | Rud | 05.12.2015 |
| 1:51.46 | Helena Seland Myhre | 97 | Oslo/Ek | 01.12.2012 |
| 1:53.28 | Ida Berg Hansen | 92 | Stange | 17.03.2007 |
| 1:53.46 | Heidi Kristine Halling | 97 | Stange | 17.04.2012 |
| 1:54.76 | Victoria Børresen | 98 | Stange | 16.03.2013 |
| 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 |

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| **800m** |  |

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| 2:15.12 | Wilma Anna Torbjørnsson | 07 | Hvam | 23.01.2022 |
| 2:19.67 | Emilie Hov Andreassen | 00 | Rud | 15.02.2015 |
| 2:32.95 | Elisabeth Langrusten | 86 | Karlstad, SWE | 11.02.2001 |
| 2:37.43 | Heidi Kristine Halling | 97 | Sandnes | 10.03.2012 |
| 2:41.24 | Victoria Børresen | 98 | Steinkjer | 09.03.2013 |
| 2:44.69 | Marie Tømmerberg | 91 | Drammen | 17.12.2006 |
| 2:49.91 | Malene Fjellestad | 97 | Oslo/Ek | 03.03.2012 |

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| **1000m** |  |

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| 3:38.28 | Malene Fjellestad | 97 | Karlstad, SWE | 22.01.2012 |

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| **JENTER 15** | **296** |

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| **INNENDØRS** |  |

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| **1500m** |  |

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| 4:32.91 | Wilma Anna Torbjørnsson | 07 | Sollentuna, SWE | 19.02.2022 |
| 5:26.20 | Heidi Kristine Halling | 97 | Sandnes | 09.03.2012 |

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

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| 9.74 | Summer Steinsrud | 01 | Hvam | 10.12.2016 |
| 10.06 | Tonje Moen | 00 | Ulsteinvik | 06.03.2015 |
| 10.11 | Victoria Hillveg | 86 | Stange | 02.02.2001 |
| 10.54 | Kristin Urnes | 75 | Oslo/Ek | 25.03.1990 |

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

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| --- | --- | --- | --- | --- |
| 9.7 | Kristine Thorsen | 69 | Oslo/Ek | 04.03.1984 |
| 10.7 | Guri Fjeldberg | 69 | Oslo/Ek | 04.02.1984 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.61 | Kristin Urnes | 75 | Lillestrøm | 02.12.1990 |
| 1.55 | Mari Steen Myrvang | 06 | Hvam | 06.03.2021 |
| 1.53 | Frida Rimstad | 07 | Steinkjer | 06.03.2022 |
| 1.52 | Siv Anita Engh | 85 | Stange | 19.03.2000 |
| 1.50 | Ebba Beyer | 98 | Oslo/Ek | 02.03.2013 |
| 1.46 | Linn Helene Bakke | 91 | Drammen | 12.02.2006 |
| 1.40 | Linnea Bratteng | 07 | Stange | 12.03.2022 |

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| **Stav** |  |

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| 2.70 | Marie Øverlie | 08 | Hvam | 02.12.2023 |
| 2.50 | Sofie Skancke Krauss | 98 | Steinkjer | 10.03.2013 |

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| **Lengde** |  |

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| 5.26 | Frida Rimstad | 07 | Rud | 12.02.2022 |
| 5.16 | Guri Fjeldberg | 69 | Oslo/Ek | 04.02.1984 |
| 5.11 | Tone Sæthermoen | 69 | Oslo/Ek | 04.02.1984 |
| 4.92 | Inger Birgitte Reppe | 68 | Drammen | 02.01.1983 |
| 4.80 | Tone Lauritzen | 76 | Oslo/Ek | 03.03.1991 |
| 4.70 | Tonje Berg | 85 | Lillestrøm | 12.03.2000 |
| 4.68 | Kari Fjeldberg | 68 | Oslo/Ek | 22.01.1983 |
| 4.60 | Grethe Arnegård | 69 | Oslo/Ek | 04.02.1984 |
| 4.60 | Summer Steinsrud | 01 | Hvam | 16.01.2016 |
| 4.41 | Hilde Gustavson | 87 | Lillestrøm | 02.03.2002 |

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| **JENTER 15** | **297** |

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| **INNENDØRS** |  |

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| **Tresteg** |  |

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| 10.94 | Frida Rimstad | 07 | Steinkjer | 04.03.2022 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.31 | Guri Fjeldberg | 69 | Jessheim/Je | 13.03.1984 |
| 1.28 | Tone Sæthermoen | 69 | Jessheim/Je | 13.03.1984 |
| 1.23 | Inger Birgitte Reppe | 68 | Skårer | 20.03.1983 |
| 1.11 | Kari Fjeldberg | 68 | Skårer | 20.03.1983 |
| 1.05 | Hege Rustad | 70 | Jessheim/Je | 12.03.1985 |
| 0.90 | Astrid Sundby | 42 | Eidsvoll | 10.03.1957 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.49 | Tone Sæthermoen | 69 | Jessheim/Je | 13.03.1984 |
| 2.46 | Inger Birgitte Reppe | 68 | Skårer | 20.03.1983 |
| 2.41 | Guri Fjeldberg | 69 | Jessheim/Je | 13.03.1984 |
| 2.36 | Unn Hoel | 69 | Jessheim/Je | 13.03.1984 |
| 2.35 | Cecilie Laake | 66 | Lørenskog | 25.03.1981 |
| 2.34 | Hege Rustad | 70 | Jessheim/Je | 12.03.1985 |
| 2.26 | Mabel Owren | 51 | Sørumsand/Bi | 06.03.1966 |
| 2.23 | Astrid Sundby | 42 | Eidsvoll | 10.03.1957 |
| 2.23 | Ragnhild Sundby | 44 | Jessheim | 15.02.1959 |
| 2.22 | Silje Disserud | 91 | Jessheim/No | 13.03.2006 |
| 2.20 | Liv Jensen | 40 | Jessheim | 06.03.1955 |
| 2.19 | Heidi Bogstad | 67 | Fetsund/Øs | 26.03.1982 |
| 2.12 | Kristin Bogstad | 64 | Fetsund/Øs | 10.03.1979 |
| 2.07 | Inge Sand | 43 | Lillestrøm/Hø | 16.03.1958 |
| 2.01 | Nina Næss | 51 | Sørumsand/Bi | 06.03.1966 |
| 2.01 | Katrine Hoff | 91 | Jessheim/No | 13.03.2006 |
| 2.01 | Ida Berg Hansen | 92 | Jessheim | 12.02.2007 |
| 1.98 | Marie Tømmerberg | 91 | Jessheim/No | 16.01.2006 |

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| **Kule 3 kg** |  |

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| 13.69 | Hanna Emilie Hjeltnes | 04 | Hvam | 07.12.2019 |
| 11.83 | Silje Disserud | 91 | Lillestrøm | 25.03.2006 |
| 10.16 | Linn Helene Bakke | 91 | Stange | 18.03.2006 |
| 9.58 | Frida Rimstad | 07 | Rud | 13.02.2022 |
| 9.49 | Victoria Hillveg | 86 | Stange | 03.02.2001 |
| 9.09 | Siv Anita Engh | 85 | Oslo/Ek | 02.12.2000 |
| 8.95 | Tonje Berg | 85 | Stange | 04.03.2000 |
| 6.07 | Katrine Hoff | 91 | Stange | 18.03.2006 |

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| **JENTER 15** | **298** |

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| **INNENDØRS** |  |

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| **Kule 4 kg** |  |

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| 10.55 | Silje Disserud | 91 | Drammen | 17.12.2006 |

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| **4x600m** |  |

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| 7:18.10 | J15 |  | Lonevåg | 27.05.2007 |
| Silje Gundersen92-Sina Sandholt92-Andrea Udnes Wang92-Ida Berg-Hansen92 | | | |

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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 | | | |