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| **JENTER 10** | **407** |

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| **40m E** |  |

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| 9.21 | Hermine Klauseie | 11 | Jessheim | 03.06.2021 |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 8.0 | Toril Granås | 46 | Jessheim | 04.06.1955 |
| 8.1 | Guri Øverby | 45 | Jessheim | 04.06.1955 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
|  9.35 | Linn Helene Bakke | 81 | Jessheim | 19.08.2001 |
|  9.47 | Solveig Emilie Johansen | 04 | Oslo/Bi | 13.06.2014 |
|  9.47 | Anna Jørgensen | 11 | Nadderud | 17.06.2021 |
|  9.48 | Victoria Hillveg | 86 | Oslo/Bi | 29.06.1986 |
|  9.61 | Vår Åsheim | 99 | Jessheim | 19.09.2009 |
|  9.93 | SiljeChristine Berg-Knutsen | 05 | Lillestrøm | 30.05.2015 |
|  9.97 | Sara Isabelle Bertheussen | 08 | Nittedal | 15.09.2018 |
| 10.14 | Kirsten Daae Wiig | 97 | Jessheim | 22.09.2007 |
| 10.25 | Amalie Westby Liestøl | 02 | Jessheim | 20.05.2012 |
| 10.26 | Ingrid Maudal | 82 | Lillehammer/Ss | 27.06.2002 |
| 10.37 | Bettina Berg Julsrud | 12 | Oslo/St | 10.09.2022 |
| 10.46 | Hermine Torgersen | 10 | Jessheim | 09.06.2020 |
| 10.60 | Ebba Beyer | 98 | Jessheim | 02.06.2008 |
| 10.62 | Mariann Hansen | 97 | Jessheim | 21.08.2007 |
| 10.63 | Marie Næss | 00 | Jessheim | 25.06.2010 |
| 10.68 | Denicha Rasvendran | 06 | Jessheim | 02.06.2016 |
| 10.70 | Hedda Schøning Lie | 98 | Jessheim | 02.06.2008 |
| 10.75 | Mariella Fossum | 89 | Jessheim | 27.05.1999 |
| 10.66 | Malena Gulbrandsen Høe | 05 | Nadderud | 14.06.2015 |
| 10.83 | Tina Lægdheim | 02 | Jessheim | 20.05.2012 |
| 10.88 | Solveig Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 10.91 | Hermine Klauseie | 11 | Jessheim | 03.06.2021 |
| 10.95 | Sofie Rostad | 94 | Jessheim | 20.09.2004 |
| 10.95 | Helene Slåen Høgheim | 10 | Jessheim | 09.06.2020 |
| 11.22 | Ella Hjeltnes | 11 | Jessheim | 03.06.2021 |
| 11.23 | Benedikte Rønneberg | 06 | Jessheim | 02.06.2016 |
| 11.23 | Emilie Strømmen Pedersen | 11 | Jessheim | 03.06.2021 |
| 11.24 | Helene Kopperud | 01 | Lillestrøm | 04.06.2011 |
| 11.25 | Hannah Kastel | 05 | Lillestrøm | 30.05.2015 |
| 11.26 | Sophie Mannion | 05 | Jessheim | 04.06.2015 |
| 11.27 | Hedda Aakre Skatvedt | 00 | Jessheim | 25.05.2010 |
| 11.27 | Andrine Hagen | 05 | Jessheim | 04.06.2015 |
| 11.31 | Mari Malbakk Langvatn | 11 | Jessheim | 30.08.2021 |
| 11.33 | Maud Ellevold | 13 | Jessheim | 08.06.2023 |
| 11.34 | Karen Rognerud | 01 | Jessheim | 04.06.2011 |
| 11.43 | Solveig Daae Wiig | 98 | Lillestrøm | 27.09.2008 |

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| **JENTER 10** | **408** |

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

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| --- | --- | --- | --- | --- |
| 11.46 | Hedda Algarheim Tverås | 01 | Jessheim | 26.05.2011 |
| 11.49 | Julie Hansen | 99 | Jessheim | 16.06.2009 |
| 11.51 | Morine Achan | 88 | Jessheim | 26.09.1988 |
| 11.51 | Randi Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 11.52 | Ingerid Petrikke Huuse | 06 | Jessheim | 02.06.2016 |
| 11.56 | Nora Røen Hansen | 99 | Jessheim | 16.06.2009 |
| 11.62 | Helena Seland Myhre | 97 | Jessheim | 21.08.2007 |
| 11.64 | Celina Charles | 07 | Jessheim | 23.05.2017 |
| 11.71 | Marie Næss | 98 | Jessheim | 18.08.2008 |
| 11.93 | Mathilde Alstad Brandsnes | 11 | Jessheim | 03.06.2021 |
| 11.93 | Tomine Borch Stenberg | 11 | Jessheim | 30.08.2021 |
| 11.94 | Ronja Bergene | 99 | Jessheim | 16.06.2009 |
| 11.99 | Thea Pedersen | 05 | Jessheim | 04.06.2015 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
|  9.3 | Inger Birgitte Reppe | 68 | Gardermoen | 26.08.1978 |
|  9.5 | Unn Berit Knutsen | 56 | Lillestrøm | 11.09.1966 |
|  9.6 | Torill Henriksen | 61 | Rolvsrud | 13.06.1971 |
|  9.8 | May Britt Mehlen | 57 | Lillestrøm | 09.09.1967 |
|  9.8 | Solveig Nore Olsen | 02 | Jessheim | 12.06.2012 |
|  9.9 | Marit Wiig | 49 | Jessheim | 15.09.1959 |
|  9.9 | Amalie Westby Liestøl | 02 | Jessheim | 12.06.2012 |
| 10.0 | Gro Jurnhart | 53 | Jessheim | 25.09.1963 |
| 10.0 | Anita Melbye | 58 | Blaker/Br | 15.09.1968 |
| 10.1 | Sissel Bakken | 55 | Strømmen | 21.08.1965 |
| 10.1 | Liv Haug | 60 | Lillestrøm | 20.09.1970 |
| 10.2 | Ellen Refsum | 46 | Jessheim | 30.09.1956 |
| 10.2 | Inger Torill Granheim | 52 | Råholt | 12.09.1962 |
| 10.2 | Lise Ørvik | 53 | Råholt | 22.09.1963 |
| 10.2 | Gunn Mette Uhlen | 54 | Jessheim | 16.08.1964 |
| 10.2 | Inger Anne Nerhagen | 57 | Lillestrøm | 09.09.1967 |
| 10.2 | Andrea Christensen | 01 | Jessheim | 15.09.2011 |
| 10.3 | Celine Kristiansen | 97 | Jessheim | 04.06.2007 |
| 10.4 | Anne Marie Søberg | 45 | Jessheim | 22.06.1955 |
| 10.4 | Mette Harstad | 52 | Jessheim | 06.10.1962 |
| 10.4 | Helena Seland Myhre | 97 | Jessheim | 04.06.2007 |
| 10.5 | Torild Møinichen | 50 | Jessheim | 20.09.1960 |
| 10.5 | Anne Lise Granheim | 52 | Jessheim | 06.10.1962 |
| 10.5 | Brit Martinsen | 56 | Lillestrøm | 11.09.1966 |
| 10.5 | Marie Næss | 00 | Jessheim | 10.06.2010 |
| 10.5 | Karen Rognerud | 02 | Jessheim | 12.06.2012 |
| 10.6 | Else Marie Dønnum | 53 | Jessheim | 11.09.1963 |

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| **JENTER 10** | **409** |

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

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| --- | --- | --- | --- | --- |
| 10.6 | Sølvi Vold | 65 | Lillestrøm | 02.06.1975 |
| 10.7 | Birgit Grønlien | 51 | Jessheim | 10.09.1961 |
| 10.7 | Kirsten Ladegård | 56 | Lillestrøm | 11.09.1966 |
| 10.7 | Mona Rønning | 60 | Lillestrøm | 20.09.1970 |
| 10.7 | Hedda Algarheim Tverås | 01 | Jessheim | 15.09.2011 |
| 10.8 | Brit Elton | 45 | Jessheim | 22.06.1955 |
| 10.8 | Inger Laache | 46 | Jessheim | 30.09.1956 |
| 10.8 | Randi Daae Wiig | 00 | Jessheim | 10.06.2010 |
| 10.8 | Solveig Daae Wiig | 00 | Jessheim | 10.06.2010 |
| 10.9 | Frøydis Åsheim | 02 | Jessheim | 12.06.2012 |
| 11.1 | Wenche Andersen | 58 | Blaker/Br | 15.09.1968 |
| 11.1 | Tuva Rutle | 96 | Jessheim | 15.06.2006 |
| 11.2 | Mille Marie Dahlberg | 04 | Jessheim | 05.06.2014 |
| 11.4 | Kari Berrefjord | 46 | Jessheim | 27.05.1956 |

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| **100m E** |  |

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| 16.44 | June Laake | 04 | Jessheim | 08.05.2014 |
| 16.93 | Solveig Amilie Johansen | 04 | Jessheim | 08.05.2014 |
| 18.93 | Ella Hjeltnes | 11 | Jessheim | 29.05.2021 |
| 19.01 | Emilie Strømmen Pedersen | 11 | Jessheim | 29.05.2021 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 15.1 | Inger Birgitte Reppe | 68 | Årnes | 06.09.1978 |
| 16.0 | Torill Henriksen | 61 | Jessheim | 19.09.1971 |
| 17.2 | Christine Sørmo | 88 | Jessheim | 15.06.1998 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 32.63 | Solveig Emilie Johansen | 03 | Jessheim | 27.05.2014 |
| 33.62 | Vår Åsheim | 99 | Jessheim | 19.09.2009 |
| 34.57 | June Laake | 04 | Jessheim | 27.05.2014 |
| 35.73 | Kirsten Daae Wiig | 97 | Jessheim | 16.08.2007 |
| 35.93 | Sara Isabelle Bertheussen | 08 | Jessheim | 12.08.2018 |
| 36.81 | Bettina Berg Julsrud | 12 | Lillestrøm | 21.05.2022 |
| 38.49 | Helena Seland Myhre | 97 | Jessheim | 16.08.2007 |
| 39.87 | Ella Hjeltnes | 11 | Jessheim | 29.05.2021 |
| 41.53 | Emilie Strømmen Pedersen | 11 | Jessheim | 29.05.2021 |
| 41.58 | Siri Opaker | 99 | Jessheim | 03.09.1999 |

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| **JENTER 10** | **410** |

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| **200m M** |  |

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| 37.0 | Marie Næss | 00 | Jessheim | 03.09.2010 |
| 37.5 | Ingrid Næss | 03 | Jessheim | 30.05.2013 |
| 37.9 | Karen Rognerud | 01 | Jessheim | 03.09.2011 |
| 38.2 | Andrea Christensen | 01 | Jessheim | 03.09.2011 |
| 39.5 | Helene Kopperud | 01 | Jessheim | 03.09.2011 |
| 41.8 | Thea Aastorp | 01 | Jessheim | 03.09.2011 |

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| **600m**  |  |

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| --- | --- | --- | --- | --- |
| 2:01.86 | June Laake | 04 | Lillestrøm | 25.05.2014 |
| 2:02.87 | Anna Jørgensen | 11 | Nadderud | 19.09.2021 |
| 2:03.50 | Silje Berg-Knutsen  | 05 | Nittedal | 23.08.2015 |
| 2:05.2 | Torill Henriksen | 61 | Jessheim | 19.09.1971 |
| 2:14.2 | Celine Kristiansen | 97 | Jessheim | 04.06.2007 |
| 2:15.42 | Vår Åsheim | 99 | Lillestrøm | 31.05.2009 |
| 2:16.50 | Vie Rudi Lund | 10 | Jessheim | 08.08.2020 |
| 2:17.77 | Maria Rogstad | 98 | Jessheim | 18.08.2008 |
| 2.18.38 | Hermine Torgersen | 10 | Jessheim | 08.08.2020 |
| 2:20.08 | Kristin Dae Wiig | 97 | Jessheim | 21.08.2007 |
| 2:20.42 | Malena Gulbrandsen Høe | 05 | Nadderud | 14.06.2015 |
| 2:21.58 | Amalie Westby Liestøl | 02 | Jessheim | 23.08.2012 |
| 2:21.93 | Sonja Irene Liestøl | 02 | Jessheim | 23.08.2012 |
| 2:22.8 | Ingrid Næss | 03 | Jessheim | 30.05.2013 |
| 2:23.13 | Tina Lægdheim | 02 | Jessheim | 23.08.2012 |
| 2:24.32 | Marie Næss | 00 | Jessheim | 25.05.2010 |
| 2:25.6 | Helene Seland Myhre | 97 | Jessheim | 04.06.2007 |
| 2:32.48 | Nora Røen Hansen | 99 | Lillestrøm | 31.05.2009 |
| 2:33.43 | Hedda Algarheim Tverås | 01 | Jessheim | 26.05.2011 |
| 2:35.71 | Julie Flatner Hansen | 99 | Lillestrøm | 31.05.2009 |
| 2:36.55 | Randi Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 2:45.96 | Solveig Daae Wiig | 00 | Jessheim | 25.05.2010 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:54.07 | Victoria Hillveg | 86 | Sofiemyr | 24.08.1996 |
| 2:58.5 | June Laake | 04 | Jessheim | 04.10.2014 |
| 2:58.89 | Lea Hammer | 10 | Jessheim | 17.09.2020 |
| 3:14.9 | Kirsten Daae Wiig | 97 | Jessheim | 22.09.2007 |
| 3:17.74 | Bettina Berg Julsrud | 12 | Jessheim | 08.09.2022 |
| 3:25.3 | Nora Røen Hansen | 99 | Jessheim | 19.09.2009 |
| 3:26.5 | Ingrid Næss | 03 | Jessheim | 28.09.2013 |
| 3:32.2 | Julie Flatner Hansen | 99 | Jessheim | 19.09.2009 |
| 3:40.0 | Siri Opaker | 99 | Jessheim | 19.09.2009 |
| 3:47.6 | Andrea Christensen | 01 | Jessheim | 15.09.2011 |

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| **JENTER 10** | **411** |

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| **5 km landevei** |  |

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| 24:20 | Hermine Torgersen | 10 | Jessheim | 03.10.2020 |
| 28:28 | Bettina Berg Julsrud | 12 | Jessheim | 01.10.2022 |

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

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| --- | --- | --- | --- | --- |
| 12.98 | Sonja Irene Nore | 02 | Jessheim | 23.08.2012 |
| 13.12 | Anna Jørgensen | 11 | Jessheim | 07.08.2021 |
| 14.08 | Silje Berg-Knutsen | 05 | Lillestrøm | 31.05.2015 |
| 14.41 | Bettina Berg Julsrud | 12 | Nadderud | 12.06.2022 |

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

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| --- | --- | --- | --- | --- |
| 12.36 | Victoria Hillveg | 86 | Sofiemyr | 24.08.1996 |

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

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| 13.7 | Inger Birgitte Reppe | 68 | Årnes | 06.09.1978 |

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| **800m hinder 40 cm** | **5 hindere – vanngrav 15cm** |

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| 3:09.99 | Anna Jørgensen | 11 | Jessheim | 06.08.2021 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.32 | Victoria Hillveg | 86 | Jessheim | 14.09.1996 |
| 1.15 | Ebba Beyer | 98 | Lillestrøm | 27.09.2008 |
| 1.15 | Solveig Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 1.10 | Else Marie Dønnum | 53 | Jessheim | 11.09.1963 |
| 1.10 | Silje Berg-Knutsen | 05 | Nittedal | 23.08.2015 |
| 1.01 | Ella Hjeltnes | 11 | Jessheim | 29.05.2021 |
| 1.00 | Inger Torill Granheim | 52 | Råholt | 12.09.1962 |
| 1.00 | Ingrid Maudal | 82 | Lillehammer/Ss | 27.06.1992 |
| 1.00 | Kirsten Daae Wiig | 97 | Jessheim | 21.08.2007 |
| 1.00 | Marie Næss | 00 | Jessheim | 25.05.2010 |
| 1.00 | Sara Isabella Bertheussen | 08 | Lillestrøm | 27.05.2018 |
| 0.95 | Hedda Aakre Skatvedt | 00 | Jessheim | 25.05.2010 |
| 0.90 | Kristin Ladegård | 56 | Jessheim | 25.09.1966 |
| 0.90 | Randi Daae Wiig | 00 | Jessheim | 25.05.2010 |
| 0.88 | Emilie Strømmen Pedersen | 11 | Jessheim | 29.05.2021 |
| 0.85 | Carina Walskrå | 01 | Jessheim | 26.05.2011 |
| 0.80 | Gunn Mette Uhlen | 54 | Jessheim | 13.09.1964 |
| 0.80 | Unn Berit Knutsen | 56 | Lillestrøm | 10.09.1966 |

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| **JENTER 10** | **412** |

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

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| --- | --- | --- | --- | --- |
| 3.88 s | Vår Åsheim | 99 | Jessheim | 19.09.2009 |
| 3.79 s | Anna Jørgensen | 11 | Nadderud | 18.09.2021 |
| 3.69 s | Ebba Beyer | 98 | Lillestrøm | 27.09.2008 |
| 3.66 s | Linn Helene Bakke | 91 | Jessheim | 19.08.2001 |
| 3.58 | Inger Birgitte Reppe | 68 | Gardermoen | 11.09.1978 |
| 3.48 | Torill Henriksen | 61 | Jessheim | 19.09.1971 |
| 3.45 | Anita Melbye | 58 | Fjellhamar | 08.09.1968 |
| 3.44 s | Kirsten Daae Wiig | 97 | Jessheim | 22.09.2007 |
| 3.43 s | Sonje Irene Nore  | 02 | Jessheim | 23.08.2012 |
| 3.42 s | Amalie Westby Liestøl | 02 | Jessheim | 23.08.2012 |
| 3.40 s | Silje Christine Berg-Knutsen | 05 | Nittedal | 22.08.2015 |
| 3.35 s | Victoria Hillveg | 86 | Oslo/Bi | 29.06.1996 |
| 3.30 s | Hege Normann | 86 | Jessheim | 25.06.1996 |
| 3.29 s | Vie Rudi Lund | 10 | Jessheim | 08.08.2020 |
| 3.26 | Marit Wiig | 49 | Jessheim | 15.09.1959 |
| 3.26 s | Hedda Schøning Lie | 98 | Jessheim | 02.06.2008 |
| 3.22 s | Sara Isabella Bertheussen | 08 | Nittedal | 15.09.2018 |
| 3.19 s | Ingrid Maudal | 81 | Jessheim | 24.09.1992 |
| 3.19 | Bettina Julsrud Berg | 12 | Lillestrøm | 21.05.2022 |
| 3.16 s | Hermine Torgersen | 10 | Jessheim | 08.08.2020 |
| 3.14 s | Tina Lægdheim | 02 | Jessheim | 23.08.2012 |
| 3.12 s | Melena Seland Myhre | 97 | Jessheim | 04.06.2007 |
| 3.10 s | Celine Kristiansen | 97 | Jessheim | 21.08.2007 |
| 3.05 s | Malene Gulbrandsen Høe | 05 | Oslo/Bi | 08.08.2015 |
| 3.01 | Else Marie Dønnum | 53 | Jessheim | 25.09.1963 |
| 2.97 | Inger Granheim | 52 | Råholt | 12.09.1962 |
| 2.96 s | Hedda Johanne Finne | 04 | Jessheim | 02.09.2014 |
| 2.96 s | Ella Hjeltnes | 11 | Jessheim | 03.06.2021 |
| 2.93 | Tove Sand | 51 | Jessheim | 10.09.1961 |
| 2.90 s | Morine Achan | 88 | Jessheim | 26.09.1998 |
| 2.98 s | Nora Røen Hansen | 99 | Lillestrøm | 31.05.2009 |
| 2.90 s | Hedda Algarheim Tverås | 01 | Jessheim | 15.09.2011 |
| 2.89 s | Jenie Alette Aronsen | 13 | Lillestrøm | 13.05.2023 |
| 2.83 s | Emilie Strømmen Pedersen | 11 | Jessheim | 03.06.2021 |
| 2.78 s | Julie Flatner Hansen | 99 | Jessheim | 16.06.2009 |
| 2.75 s | Vie Rudi Lund | 09 | Jessheim | 10.09.2019 |
| 2.71 | Merete Harstad | 52 | Jessheim | 06.10.1962 |
| 2.71 s | Ingrid Næss | 03 | Jessheim | 30.05.2013 |
| 2.70 s | Kari Kragset | 81 | Jessheim | 24.09.1992 |
| 2.70 s | Hanne Emilie Hjeltnes | 04 | Jessheim | 27.05.2014 |
| 2.68 s | Hermine Klauseie | 11 | Jessheim | 03.06.2021 |
| 2.62 | Kristin Ladegård | 56 | Blaker/Br | 21.08.1966 |
| 2.61 | Inger Laache | 46 | Jessheim | 30.09.1956 |

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| **JENTER 10** | **413** |

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

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| --- | --- | --- | --- | --- |
| 2.60 s | Mari Møbakk Langvatn | 11 | Jessheim | 30.08.2021 |
| 2.59 | Britt Martinsen | 56 | Blaker/Br | 21.08.1966 |
| 2.53 s | Ronja Bergene | 99 | Jessheim | 16.06.2009 |
| 2.53 s | Hedda Aakre Skatvedt | 00 | Jessheim | 25.05.2010 |
| 2.48 s | Tomine Borch Stenberg | 11 | Jessheim | 30.08.2021 |
| 2.47 s | Frøydis Åsheim | 02 | Jessheim | 20.05.2012 |
| 2.45 s | Celina McCall | 01 | Jessheim | 15.09.2011 |
| 2.44 | Wenche Andersen | 58 | Blaker/Br | 15.09.1968 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 6.60 | Hedda Algarheim Tverås | 01 | Jessheim | 15.09.2011 |
| 6.42 | Victoria Hillveg | 86 | Sofiemyr | 24.08.1996 |
| 6.20 | Ella Hjeltnes | 11 | Jessheim | 17.06.2021 |
| 5.80 | Sonja Irene Nore | 02 | Jessheim | 23.08.2012 |
| 5.72 | Mari Langvatn | 11 | Jessheim | 17.06.2021 |
| 5.55 | Bettina Julsrud Berg | 12 | Nadderud | 12.06.2022 |
| 5.49 | Anna Jørgensen | 11 | Jessheim | 07.08.2021 |
| 5.39 | Celine Kristiansen | 97 | Jessheim | 04.06.2007 |
| 5.38 | Helle Skinnehaugen | 10 | Jessheim | 08.08.2020 |
| 5.15 | Silje Berg-Knutsen | 05 | Nittedal | 22.08.2015 |
| 5.06 | Amalie Westby Liestøl | 02 | Jessheim | 23.08.2012 |
| 5.02 | Carina Walskrå | 01 | Jessheim | 15.09.2011 |
| 4.95 | Vår Åsheim | 99 | Jessheim | 19.09.2009 |
| 4.83 | Lise Mette Holme | 83 | Jessheim | 20.09.1993 |
| 4.76 | Kirsten Daae Wiig | 97 | Jessheim | 22.09.2007 |
| 4.57 | Elida Hembre | 09 | Jessheim | 10.08.2019 |
| 4.36 | Malena Gulbrandsen Høe | 05 | Jessheim | 02.07.2015 |
| 4.03 | Hedda Aakre Skatvedt | 00 | Jessheim | 25.05.2010 |

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| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 13.26 | Hanna Hjeltnes | 04 | Jessheim | 27.05.2014 |
| 10.68 | Ebba Beyer | 98 | Jessheim | 02.06.2008 |
|  7.18 | June Laake | 04 | Jessheim | 02.09.2014  |

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

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| --- | --- | --- | --- | --- |
| 19.31 | Anita Melbye | 58 | Blaker/Br | 15.09.1968 |
| 19.22 | Wenche Andersen | 58 | Blaker/Br | 15.08.1968 |
| 18.02 | Britt Martinsen | 56 | Blaker/Br | 21.08.1966 |
| 16.64 | Britt Ladegård | 56 | Blaker/Br | 20.08.1966 |

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| **JENTER 10** | **414** |

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| **Liten ball 80 g** |  |

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| --- | --- | --- | --- | --- |
| 26.69 | Lise Mette Holme | 83 | Jessheim | 20.09.1993 |
| 21.03 | Solveig Daae Wiig | 99 | Lillestrøm | 30.05.2009 |
| 20.36 | Bettina Julsrud Berg | 12 | Nadderud | 12.06.2022 |
| 19.34 | Victoria Hillveg | 86 | Sofiemyr | 24.08.1996 |
| 15.16 | Randi Daae Wiig | 99 | Lillestrøm | 30.05.2009 |
| 12.02 | Hanne Sofie Borgen | 99 | Jessheim | 16.06.2009 |

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| **Liten ball 150 g** |  |

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| 25.11 | Ella Hjeltnes | 11 | Lillestrøm | 28.08.2021 |
| 25.03 | Malene Gulbrandsen Høe | 05 | Nadderud | 14.06.2015 |
| 24.02 | Celina Charles | 07 | Jessheim | 23.05.2017 |
| 15.14 | Silje Christine Berg-Knutsen | 05 | Lillestrøm | 30.05.2015 |
| 14.85 | Elida Hembre | 09 | Jessheim | 10.08.2019 |

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| **3-kamp M 60m-Lengde-Slengball 700 g** |  |

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| --- | --- | --- | --- | --- |
| 2758 | Anita Melby | 58 | Blaker/Br | 15.09.1968 |
| 10.0-3.27-19.31 |

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| --- | --- | --- | --- | --- |
| 2097 | Britt Martinsen | 56 | Blaker/Br | 20.08.1966 |
| 10.8-2.69-18.02 |

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| --- | --- | --- | --- | --- |
| 1974 | Wenche Andersen | 58 | Blaker/Br | 15.09.1968 |
| 11.1-2.44-19.22 |

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| --- | --- | --- | --- | --- |
| 1849 | Kristin Ladegård | 56 | Blaker/Br | 20.08.1966 |
| 10.7-2.62-16.64 |

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| **4x60m M** |  |

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| --- | --- | --- | --- | --- |
| 40.6 | J10 |  | Blaker/Br | 18.09.1966 |
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| **JENTER 10** | **415** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  9.32 | Anna Jørgensen | 11 | Hvam | 04.12.2021 |
|  9.84 | June Laake | 04 | Rud | 06.12.2004 |
|  9.99 | Bettina Berg Julsrud | 12 | Hvam | 03.12.2022 |
| 10.06 | Lena Kosel | 13 | Hvam | 04.02.2023 |
| 10.12 | Tuva Anna Forsbacka | 09 | Hvam | 07.12.2019 |
| 10.26 | Cecilie Hjelm Bakkerud | 08 | Hvam | 08.12.2018 |
| 10.29 | Karoline Hjelm Bakkerud | 06 | Hvam | 10.12.2016 |
| 10.37 | Hermine Opsahl Torgersen | 10 | Rud | 09.02.2020 |
| 10.40 | Sarah Isabella Bertheussen | 07 | Hvam | 09.12.2017 |
| 10.47 | Astrid Bauck Jensen | 09 | Hvam | 07.12.2019 |
| 10.80 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 08.12.2018 |
| 10.88 | Elena Teresa Haugen-Teixeira | 07 | Hvam | 14.01.2017 |
| 10.96 | Elina Hvattum | 08 | Stange | 18.03.2018 |
| 11.13 | Cecilie Hjelm Bakkerud | 08 | Hvam | 13.01.2018 |
| 11.41 | Ingrid Petrikke Huus | 06 | Hvam | 10.12.2016 |
| 11.62 | Benedikte Rønneberg | 06 | Lillestrøm | 30.01.2016 |
| 11.70 | Elida Hembre | 09 | Hvam | 26.01.2019 |
| 11.75 | Hedda Aakre Skatvedt | 00 | Lillestrøm | 30.01.2010 |
| 11.91 | Christina Rieber-Mohn | 08 | Stange | 18.03.2018 |
| 12.25 | Madeleine Kristiansen | 06 | Hvam | 16.01.2016 |
| 12.25 | Anette Folberg | 06 | Hvam | 16.01.2016 |
| 12.75 | Lilje Fjellestad | 06 | Hvam | 16.01.2016 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 32.56 | Anna Jørgensen | 11 | Hvam | 04.12.2021 |
| 33.18 | Vie Rudi Lund | 10 | Hvam | 26.01.2020 |
| 37.28 | Elena Teresa Haugen-Teixeira | 07 | Hvam | 14.01.2017 |
| 37.46 | Bettina Berg julsrud | 12 | Hvam | 23.01.2022 |
| 37.59 | Sara Isabella Bertheussen | 07 | Hvam | 09.12.2017 |
| 38.02 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 08.12.2018 |
| 41.23 | Ingrid Petrikke Huuse | 06 | Hvam | 10.12.2016 |
| 41.89 | Elida Hembre | 09 | Hvam | 26.01.2019 |
| 41.92 | Astrid Marie Jensen | 09 | Hvam | 07.12.2019 |

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

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| --- | --- | --- | --- | --- |
| 2:09.12 | June Laake | 04 | Stange | 22.04.2014 |
| 2:13.28 | Silje Berg-Knutsen | 05 | Stange | 21.03.2015 |
| 2:20.10 | Vie Rudi Lund | 10 | Hvam | 26.01.2020 |
| 2:37.15 | Lilje Fjellestad | 06 | Stange | 12.03.2016 |
| 2:48.91 | Anette Folberg | 06 | Stange | 12.03.2016 |

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| **JENTER 10** | **416** |

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| **INNENDØRS** |  |

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

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| 12.65 | Tuva Anna Forsbacka | 09 | Hvam | 07.12.2019 |
| 13.12 | Bettina Julsrud Berg | 12 | Hvam | 03.12.2022 |
| 13.80 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 08.12.2018 |
| 14.77 | Elina Hvattum | 08 | Hvam | 13.01.2018 |
| 15.07 | Mirama Larssen Njie | 08 | Hvam | 08.12.2018 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.15 | Ella Hjeltnes | 11 | Hvam | 04.12.2021 |
| 1.12 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 08.12.2018 |
| 1.01 | Elina Hvattum | 08 | Hvam | 13.01.2018 |
| 1.00 | Victoria Hillveg | 86 | Lillestrøm | 03.03.1996 |
| 1.00 | Lilje Fjellestad | 06 | Hvam | 16.01.2016 |
| 1.00 | Mariama Larssen Njie | 08 | Hvam | 08.12.2108 |
| 0.95 | Astrid Bauck Jensen | 09 | Hvam | 07.12.2019 |
| 0.90 | Benedikte Rønneberg | 06 | Hvam | 16.01.2016 |
| 0.90 | Bettina Julsrud berg | 12 | Hvam | 23.01.2022 |
| 0.80 | Madeleine Kristiansen | 06 | Hvam | 16.01.2016 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.90 s | Anna Jørgensen | 11 | Hvam | 04.12.2021 |
| 3.52 s | Amalie Westby Liestøl | 92 | Stange | 16.03.2012 |
| 3.46 s | Hedda Aakre Skatvedt | 00 | Lillestrøm | 30.01.2010 |
| 3.35 s | June Laake | 04 | Rud | 06.12.2014 |
| 3.33 s | Victoria Hillveg | 86 | Lillestrøm | 03.03.1996 |
| 3.13 s | Tuva Anna Forsbacka | 09 | Hvam | 07.12.2019 |
| 3.13 s | Bettina Berg Julsrud | 12 | Hvam | 03.12.2022 |
| 3.11 s | Ingrid Maudal | 82 | Lillestrøm | 11.01.1992 |
| 3.00 s | Vilde Orkelbog Johansen | 08 | Hvam | 08.12.2018 |
| 2.96 s | Elina Hvattum | 08 | Stange | 18.03.2018 |
| 2.93 s | Mariama Larssen Njie | 08 | Hvam | 08.12.2018 |
| 2.90 s | Hermine Opsahl Torgersen | 10 | Rud | 09.02.2020 |
| 2.82 s | Celina Hjelm Bakkerud | 08 | Hvam | 08.12.2018 |
| 2.80 s | Benedikte Rønneberg | 06 | Lillestrøm | 30.01.2016 |
| 2.78 s | Ella Hjeltnes | 11 | Hvam | 06.03.2021 |
| 2.66 s | Celina Hjelm Bakkerud | 08 | Hvam | 13.01.2018 |
| 2.65 s | Sarah Isabella Bertheussen | 07 | Hvam | 09.12.2017 |
| 2.57 s | Elida Hembre | 09 | Hvam | 07.12.2019 |
| 2.30 s | Anette Folberg | 06 | Hvam | 16.01.2016 |
| 2.25 s | Lilje Fjellestad | 06 | Hvam | 16.01.2016 |
| 2.18 s | Christina Rieber-Mohn | 08 | Stange | 18.03.2018 |
| 2.03 s | Astrid Marie Jensen | 09 | Hvam | 07.12.2019 |

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| **JENTER 10** | **417** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 0.85 | Inger Birgitte Reppe | 68 | Skedsmo/ST | 04.03.1978 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.84 | Inger Birgitte Reppe | 68 | Skedsmo/ST | 04.03.1978 |
| 1.74 | Helena Seland Myhre | 97 | Jessheim | 12.02.2007 |
| 1.66 | Berit Aas | 53 | Lillestrøm/Vi | 30.03.1963 |
| 1.62 | Marit Wiig | 49 | Jessheim | 15.02.1959 |
| 1.62 | Grete Uhlen | 49 | Jessheim | 15.02.1959 |
| 1.54 | Anne Sundstrøm Utendørs | 09 | Jessheim | 16.09.2019 |
| 1.51 | Pernille Bergseth Utendørs | 09 | Jessheim | 16.09.2019 |
| 1.42 | Berit Gystad | 49 | Jessheim | 15.02.1959 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 6.75 | Hedda Algarheim Tverås | 01 | Oslo/Ek | 03.12.2011 |
| 6.38 | Anna Jørgensen | 11 | Hvam | 04.12.2021 |
| 6.07 | Ella Hjeltnes | 11 | Hvam | 04.12.2021 |
| 5.94 | Vilde Orkelbog Ingvaldsen | 08 | Hvam | 08.12.2018 |
| 5.45 | Elina Hvattum | 08 | Hvam | 13.01.2018 |
| 5.02 | Elida Hembre | 09 | Hvam | 07.12.2019 |
| 4.95 | Bettina Julsrud Berg | 12 | Hvam | 03.12.2022 |
| 4.68 | Astrid Marie Jensen | 09 | Hvam | 07.12.2019 |
| 4.58 | Silje Berg-Knutsen | 05 | Stange | 21.03.2015 |
| 4.25 | Anette Folberg | 06 | Stange | 12.03.2016 |
| 3.95 | Lilje Fjellestad | 06 | Stange | 12.03.2016 |
| 3.91 | June Laake | 04 | Rud | 06.12.2004 |
| 3.57 | Ingerid Petrikke Huuse | 06 | Hvam | 10.12.2016 |

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| **4x50m** |  |

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| 38.33 |  7-10 |   | Hvam | 07.12.2019 |
| Vie Rudi Lund10-Helene Høgheim10-Elida Hembre09-Astrid Bauck Jensen09 |
| **400m Mixlag 70-100-100-130m** |  |

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| 71.94 | JG10 |  | Hvam | 26.01.2019 |
| Elida Hembre09-Simon Smistad10-Ivar Faksvåg09-Joakim Kolobekken09 |

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| 76.39 | JG10 |  | Hvam | 26.01.2019 |
| Mia Sundgot10-Hermine Torgersen10-Vie Lund10-Kristoffer Bråthen10 |

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| **JENTER 9** | **418** |

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| **40m E** |  |

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| --- | --- | --- | --- | --- |
| 7.58 | Bettina Berg Julsrud | 12 | Jessheim | 03.06.2021 |
| 8.70 | Edel Skarelven Opperud | 12 | Jessheim | 03.06.2021 |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 8.1 | Kari Korsmo | 46 | Jessheim | 04.06.1955 |
| 8.1 | Ellen Refsum | 46 | Jessheim | 04.06.1955 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 10.38 | Lea Hammer | 10 | Jessheim | 10.08.2019 |
| 10.47 | Vie Rudi Lund | 10 | Jessheim | 10.08.2019 |
| 10.50 | Hermine Opsahl Torgersen | 10 | Jessheim | 10.08.2019 |
| 10.92 | Sonja Irene Nore | 02 | Jessheim | 26.05.2011 |
| 10.97 | Christina Ellingsen | 88 | Jessheim | 01.09.1997 |
| 11.05 | Bettina Berg Julsrud | 12 | Jessheim | 30.08.2021 |
| 11.42 | Kristina Solberg | 10 | Jessheim | 10.08.2019 |
| 11.55 | Mirella Fossum | 89 | Jessheim | 26.09.1988 |
| 11.55 | Randi Daae Wiig | 00 | Jessheim | 19.09.2009 |
| 11.56 | Solveig Daae Wiig | 00 | Jessheim | 19.09.2009 |
| 11.74 | Edel Skarleven Opperud | 12 | Jessheim | 03.06.2021 |
| 11.88 | Ronja Bergane | 99 | Jessheim | 20.09.1988 |
| 12.10 | Martine Fredvang | 13 | Oslo/Bi | 29.08.2022 |
| 12.11 | Siri Opaker | 99 | Lillestrøm | 14.06.2008 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
|  9.8 | Ingjerd Gystad | 47 | Jessheim | 30.09.1956 |
| 10.2 | Sonja Irene Nore | 02 | Jessheim | 15.09.2011 |
| 10.4 | Inger Anne Nerhagen | 57 | Lillestrøm | 11.09.1966 |
| 10.4 | May Britt Mehlen | 57 | Lillestrøm | 11.09.1966 |
| 10.6 | Ingrid Maudal | 82 | Strømmen | 15.06.1991 |
| 10.8 | Marit Wiig | 49 | Jessheim | 23.07.1958 |
| 10.9 | Else Marie Dønnum | 53 | Råholt | 23.09.1962 |
| 11.3 | Sussanah Lunden | 10 | Jessheim | 16.09.2019 |
| 11.7 | Hedda Skatvedt | 00 | Jessheim | 16.06.2009 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 35.50 | June Laake | 04 | Sofiemyr | 25.08.2013 |

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| **200m M** |  |

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| 35.4 | June Laake | 04 | Jessheim | 30.05.2013 |

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| **JENTER 9** | **419** |

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| **600m** |  |

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| 2:17.3 | June Laake | 04 | Jessheim | 30.05.2013 |
| 2:37.51 | Bettina Berg Julsrud | 12 | Jessheim | 30.08.2021 |

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

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| --- | --- | --- | --- | --- |
| 15.21 | Ingrid Næss | 03 | Jessheim | 23.08.2012 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.07 | Sonja Irene Nore | 02 | Jessheim | 26.05.2011 |
| 0.95 | Inger Anne Nerhagen | 57 | Lillestrøm | 10.09.1966 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.23 | Reidun Hansen | 45 | Jessheim | 02.08.1954 |
| 3.14 s | June Laake | 04 | Jessheim | 28.09.2013 |
| 3.08 s | Hermine Opsahl Torgersen | 10 | Jessheim | 10.08.2019 |
| 3.00 s | Sonje Irene Nore | 02 | Jessheim | 15.09.2011 |
| 2.99 s | Lea Hammer | 10 | Jessheim | 10.08.2019 |
| 2.95 s | Ingrid Maudal | 82 | Strømmen | 15.06.1991 |
| 2.90 s | Eline Hvattum | 08 | Jessheim | 23.05.2017 |
| 2.89 | Marit Wiig | 49 | Jessheim | 23.07.1958 |
| 2.88 | Else Marie Dønnum | 53 | Jessheim | 06.10.1962 |
| 2.85 s | Ingrid Næss | 03 | Jessheim | 23.08.2012 |
| 2.75 s | Vie Rudi Lund | 10 | Jessheim | 10.09.2019 |
| 2.73 s | Randi Daae Wiig | 00 | Jessheim | 19.09.2009 |
| 2.69 s | Celine Hjelm Bakkerud | 08 | Lillestrøm | 27.05.2017 |
| 2.65 s | Elena Haugen | 07 | Jessheim | 25.06.2016 |
| 2.66 s | Marella Fossum | 89 | Jessheim | 26.09.1988 |
| 2.60 s | Bettina Berg Julsrud | 12 | Jessheim | 30.08.2021 |
| 2.59 s | Solveig Daae Wiig | 00 | Jessheim | 19.09.2009 |
| 2.55 | Nina Næss | 51 | Jessheim | 20.06.1960 |
| 2.49 s | Ella Hjeltnes | 11 | Jessheim | 08.08.2020 |
| 2.40 s | Ronja Bergane | 99 | Jessheim | 20.08.2008 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.82 | June Laake | 04 | Jessheim | 28.09.2013 |

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| **Kule 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 5.27 | Ingrid Maudal | 82 | Strømmen | 15.06.1991 |

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| **JENTER 9** | **420** |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 5.20 | Ella Hjeltnes | 11 | Jessheim | 08.08.2020 |
| 4.34 | Ronja Bergane | 99 | Jessheim | 20.09.2008 |
| 3.84 | Mia Sundgot Waage | 10 | Jessheim | 10.08.2019 |
| 3.81 | Elida Hembre | 09 | Jessheim | 11.08.2018 |
| 3.53 | Lea Hammer | 10 | Jessheim | 10.08.2019 |
| 3.48 | Martine Fredvang | 13 | Hvam | 22.01.2022 |
| 3.14 | Bettina Berg Julsrud | 12 | Jessheim | 17.06.2021 |

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| **Spyd 400 g** |  |

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| 7.83 | June Laake | 04 | Jessheim | 30.05.2013 |

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| **Liten ball 80 g** |  |

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| 16.63 | Celina Randem | 00 | Lillestrøm | 14.06.2008 |

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| **Liten ball 150 g** |  |

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| 18.87 | Celine Hjelm Bakkerud | 08 | Lillestrøm | 27.05.2017 |
| 18.10 | Elina Hvattum | 08 | Jessheim | 23.05.2017 |
| 17.26 | Ella Hjeltnes | 11 | Jessheim | 08.08.2020 |
| 15.60 | Mia Waage Sundgot | 10 | Jessheim | 10.08.2019 |
| 14.07 | Lea Hammer | 10 | Jessheim | 10.08.2019 |
| 13.30 | Vie Rudi Lund | 10 | Jessheim | 10.08.2019 |
| 11.92 | Elida Hembre | 09 | Jessheim | 11.08.2018 |
| 11.01 | Martine Fredvang | 13 | Oslo/Bi | 28.05.2022 |
| 10.06 | Hermine Opsahl Torgersen | 10 | Jessheim | 10.08.2019 |

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| **JENTER 9** | **421** |

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| **INNENDØRS** |  |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 7.9 | Helene Moen | 92 | Lillestrøm | 20.01.1991 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 10.05 | Vie Rudi Lund | 10 | Hvam | 07.12.2019 |
| 10.08 | Lena Kosel | 13 | Hvam | 03.12.2022 |
| 10.75 | Hermine Opsahl Torgersen | 10 | Stange | 25.03.2019 |
| 10.76 | Bettina Berg Julsrud | 12 | Hvam | 04.12.2021 |
| 10.77 | Celine Hjelm Bakkerud | 08 | Hvam | 09.12.2017 |
| 10.96 | Helene Slåen Høgheim | 10 | Hvam | 07.12.2019 |
| 10.97 | Elena Haugen-Teixeira | 07 | Hvam | 10.12.2016 |
| 11.48 | Kaia Rønaas Julsrud | 16 | Lillestrøm | 13.05.2023 |
| 11.60 | Julie Flatner Hansen | 99 | Lillestrøm | 26.01.2008 |
| 11.73 | Victoria Grøve | 07 | Hvam | 16.01.2016 |
| 11.80 | Emma Louise Søderholm | 10 | Hvam | 26.01.2019 |
| 11.83 | Mia Waage Sundgot | 10 | Stange | 24.03.2019 |
| 11.85 | Marlen Rami Saadah | 09 | Hvam | 08.12.2018 |
| 12.21 | Cecilie Randen | 99 | Lillestrøm | 26.01.2008 |
| 12.62 | Frøydis Åsheim | 02 | Lillestrøm | 29.01.2011 |
| 13.25 | Adelina Selimo | 07 | Hvam | 16.01.2016 |

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| **200m E** |  |

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| 39.87 | Hermine Opsahl Torgersen | 10 | Hvam | 26.01.2019 |
| 44.25 | Mia Waage Sundgot | 09 | Hvam | 26.01.2019 |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 2:30.49 | Hermine Opsahl Torgersen | 10 | Stange | 23.03.2019 |
| 2:53.38 | Mia Waage Sundgot | 10 | Stange | 23.03.2019 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 3.29 s | Vie Rudi Lund | 10 | Hvam | 07.12.2019 |
| 2.81 s | Hermine Opsahl Torgersen | 10 | Stange | 24.03.2019 |
| 2.79 s | Elena Haugen-Texeira | 07 | Hvam | 16.01.2016 |
| 2.72 s | Julie Flatner Hansen | 99 | Jessheim | 26.01.2008 |
| 2.62 | Bettina Berg Julsrud | 12 | Hvam | 04.12.2021 |
| 2:54 s | Cecilie Randen | 99 | Lillestrøm | 26.01.2008 |
| 2.50 s | Mia Waage Sundgot | 10 | Stange | 24.03.2019 |
| 2.47 s | Helene Slåen Høgheim | 10 | Hvam | 07.12.2019 |
| 2.32 s | Adelina Selami | 07 | Hvam | 16.01.2016 |
| 2.27 s | Helene Moen | 82 | Lillestrøm | 20.01.1991 |

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| **JENTER 9** | **422** |

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| **INNENDØRS** |  |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.21 s | Emma Louise Søderholm | 10 | Hvam | 26.01.2019 |
| 2.05 s | Marlen Rami Saadeh | 09 | Hvam | 08.12.2018 |
| 1.98 s | Frøydis Åsheim | 02 | Lillestrøm | 29.01.2011 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.63 | Vie Rudi Lund Utendørs | 10 | Jessheim | 16.09.2019 |
| 1.46 | Sussanah Lunden Utendørs | 10 | Jessheim | 16.09.2019 |

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| **Kule 2 kg** |  |

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| 4.56 | Bettina Berg Julsrud | 12 | Hvam | 04.12.2021 |
| 4.49 | Vie Rudi Lund | 10 | Hvam | 07.12.2019 |
| 3.99 | Marlen Rami Saadeh | 09 | Hvam | 08.12.2018 |
| 3.84 | Hermine Opsahl Torgersen | 10 | Stange | 23.03.2019 |
| 3.34 | Mia Waage Sundgot | 10 | Stange | 13.03.2019 |
| 2.96 | Emma Louise Søderholm | 10 | Hvam | 26.01.2019 |

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| **JENTER 8** | **423** |

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| **60m E** |  |

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| 13.27 | Ella Hjeltnes | 11 | Jessheim | 10.08.2019 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 10.8 | Else Marie Dønnum | 53 | Jessheim | 10.09.1961 |
| 10.8 | Anita Melby | 58 | Lillestrøm | 11.09.1966 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 43.01 | Sigrid Børtnes | 05 | Jessheim | 30.05.2013 |

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

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| --- | --- | --- | --- | --- |
| 2:24.17 | June Laake | 94 | Jessheim | 23.08.2012 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.00 | Else Marie Dønnum | 53 | Jessheim | 10.09.1961 |
| 1.00 | June Laake | 04 | Jessheim | 23.08.2012 |

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

|  |  |  |  |  |
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| 3.02 | Else Marie Dønnum | 52 | Jessheim | 10.09.1961 |
| 2.68 s | June Laake | 04 | Jessheim | 23.08.2012 |
| 2.61 s | Elena Haugen-Teixeira  | 07 | Jessheim | 02.07.2015 |
| 2.56 s | Sigrid Børtnes | 05 | Jessheim | 30.05.2013 |
| 2.34 s | Ella Hjeltnes | 11 | Jessheim | 10.08.2019 |
| 2.28 s | Madelen Gjeisklid | 08 | Jessheim | 25.06.2016 |
| 2.08 s | Randi Daae Wiig | 00 | Lillestrøm | 14.06.2008 |

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| **Kule 2 kg** |  |

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| 4.68 | Ella Hjeltnes | 11 | Jessheim | 10.08.2019 |

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| **Slengball 1 kg Kort reim** |  |

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| 13.45 | Solveig Daae Wiig | 00 | Lillestrøm | 27.09.2008 |

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| **Liten ball 80 g** |  |

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| 16.09 | Solveig Daae Wiig | 00 | Lillestrøm | 27.09.2008 |
| 13.12 | Randi Daae Wiig | 00 | Lillestrøm | 27.09.2008 |

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| **JENTER 8** | **424** |

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| **Liten ball 150 g** |  |

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| 17.41 | Elena Haugen-Teixeira | 07 | Jessheim | 02.07.2015 |
| 15.16 | Ella Hjeltnes | 11 | Jessheim | 10.08.2019 |
| 11.20 | Frøydis Åsheim | 02 | Lillestrøm | 29.05.2010 |
|  8.43 | Astrid Marie Bauck Jensen | 09 | Jessheim | 23.05.2017 |
|  8.32 | Elida Hembre | 09 | Jessheim | 23.05.2017 |

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| **JENTER 8** | **425** |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 10.56 | Vie Rudi Lund | 09 | Hvam | 08.12.2018 |
| 11.50 | Sigrid Bendigtsen | 08 | Hvam | 10.12.2016 |
| 11.72 | Alma Jørgensen | 13 | Hvam | 04.12.2021 |
| 11.77 | Cecilie Bakkerud | 08 | Hvam | 10.12.2016 |
| 12.29 | Anna Moen | 01 | Lillestrøm | 31.01.2009 |
| 12.34 | Solveig Daae Wiig | 00 | Lillestrøm | 26.01.2008 |
| 12.88 | Ingrid Maren Bråthen | 11 | Hvam | 26.01.2019 |
| 12.90 | Randi Daae Wiig | 00 | Lillestrøm | 26.01.2008 |
| 13.16 | Elida Hembre | 09 | Hvam | 14.01.2017 |
| 13.31 | Ella Hjeltnes | 11 | Hvam | 26.01.2019 |
| 13.42 | Celine Randen | 99 | Lillestrøm | 17.02.2007 |

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| **Lengde** |  |

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| 2.90 s | Vie Rudi Lund | 10 | Hvam | 08.12.2018 |
| 2.64 s | Alma Jørgensen | 13 | Hvam | 04.12.2021 |
| 2.54 s | Celine Randen | 99 | Lillestrøm | 17.02.2007 |
| 2.41 s | Anna Moen | 01 | Lillestrøm | 31.01.2009 |
| 2.40 s | Cecilie Bakkerud | 08 | Hvam | 10.12.2016 |
| 2.32 s | Randi Daae Wiig | 00 | Lillestrøm | 26.01.2008 |
| 2.26 s | Elida Hembre | 09 | Hvam | 14.01.2017 |
| 2.19 s | Ella Hjeltnes | 11 | Hvam | 07.12.2019 |
| 2.13 s | Solveig Daae Wiig | 00 | Lillestrøm | 26.01.2008 |
| 2.09 s | Frøydis Åsheim | 02 | Lillestrøm | 31.01.2010 |
| 1.90 s | Sigrid Bendigtsen | 08 | Hvam | 10.12.2016 |

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| **Høyde uten tilløp** |  |

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| 0.75 | Hanna Schultze Toverød | 9657 | Råholt | 31.10.20042 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.56 | Julie Nordnes | 00 | Jessheim | 11.02.2008 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 4.41 | Ella Hjeltnes | 11 | Hvam | 07.12.2019 |
| 3.80 | Sigrid Bendigtsen | 08 | Hvam | 10.12.2016 |
| 3.50 | Alma Jørgensen | 13 | Hvam | 04.12.2021 |
| 3.08 | Vie Rudi Lund | 09 | Hvam | 08.12.2018 |

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| **JENTER 7** | **426** |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 11.38 | Lea Hammer | 10 | Jessheim | 23.05.2017 |
| 11.53 | Ella Hjeltnes | 11 | Jessheim | 11.07.2018 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:25.84 | Ingrid Næss | 05 | Jessheim | 23.08.2012 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 2.38 s | Lea Hammer | 10 | Lillestrøm | 23.05.2017 |
| 2.28 s | Ella Hjeltnes | 11 | Jessheim | 11.08.2018 |
| 2.04 s | Lise Fjellestad | 06 | Jessheim | 28.09.2013 |
| 1.96 s | Kaja Rønaas Julsrud | 16 | Lillestrøm | 13.05.2023 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.20 | Lise Fjellestad | 06 | Jessheim | 28.09.2013 |

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| **Liten ball 150 g** |  |

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| --- | --- | --- | --- | --- |
| 11.72 | Lilly Marie Sivertsen | 10 | Jessheim | 23.05.2017 |
| 11.68 | Lea Hammer | 10 | Jessheim | 27.05.2017 |
|  7.50 | Kaja Rønaas Julsrud | 16 | Lillestrøm | 13.05.2023 |

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| **JENTER 7** | **427** |

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| **INNENDØRS** |  |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Andrea Davies | 97 | Råholt | 31.10.2004 |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 12.25 | Nora Saleem | 11 | Hvam | 08.12.2018 |
| 12.34 | Kaja Julsrud | 16 | Hvam | 04.02.2023 |
| 12.59 | Emma Søderholm | 11 | Hvam | 03.03.2018 |
| 13.02 | Sarah Nicolaisen | 10 | Hvam | 09.12.2017 |
| 13.03 | Cornelia Håkelien-Solli  | 11 | Hvam | 08.12.2018 |
| 13.32 | Mari Hellerud | 11 | Hvam | 08.12.2018 |

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| **Lengde** |  |

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| 2.48 s | Nora Saleem | 11 | Hvam | 08.12.2018 |
| 2.06 s | Emma Søderholm | 11 | Hvam | 03.03.2018 |
| 1.89 s | Sarah Nicolaisen | 10 | Hvam | 09.12.2017 |
| 1.84 s | Kaja Julsrud | 16 | Hvam | 04.02.2023 |

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| **Lengde uten tilløp** |  |

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| 1.26 | Noami Martinsen Utendørs | 12 | Jessheim | 16.09.2019 |
| 1.26 | Ella Sunnstrøm Utendørs | 12 | Jessheim | 16.09.2019 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 2.28 | Sarah Nicolaisen | 10 | Hvam | 09.12.2017 |
| 2.13 | Mari Hellerud | 11 | Hvam | 08.12.2018 |
| 2.02 | Nora Saleem | 11 | Hvam | 08.12.2018 |
| 1.97 | Cornelia Håkelien-Solli | 11 | Hvam | 08.12.2018 |

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| **JENTER 6** | **428** |

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| --- | --- |
| **40m E** |  |

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| --- | --- | --- | --- | --- |
| 10.82 | Cornelia Klauseie | 15 | Jessheim | 03.06.2021 |

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| --- | --- |
| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 12.62 | Lea Hammer | 10 | Lillestrøm | 11.05.2016 |
| 14.37 | Ella Hjeltnes | 11 | Jessheim | 23.05.2017 |
| 15.09 | Alma Torp Simonsen | 11 | Jessheim | 23.05.2017 |

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

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| --- | --- | --- | --- | --- |
| 2:42.8 | Lea Hammer | 10 | Lillestrøm | 11.05.2016 |

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| **Lengde** |  |

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| 2.12 s | Lea Hammer | 10 | Lillestrøm | 11.05.2016 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 1.81 | Ella Hjeltnes | 11 | Jessheim | 23.05.2017 |
| 1.76 | Alma Torp Simonsen | 11 | Jessheim | 23.05.2017 |

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| **Liten ball 150 g** |  |

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| --- | --- | --- | --- | --- |
| 6.91 | Ella Hjeltnes | 11 | Jessheim | 23.05.2017 |
| 6.78 | Lea Hammer | 10 | Lillestrøm | 11.05.2016 |

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| **JENTER 6** | **429** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.38 | Leah Lundeby Egeberg | 11 | Hvam | 09.12.2017 |
| 13.80 | Ella Hjeltnes | 11 | Hvam | 09.12.2017 |

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

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| --- | --- | --- | --- | --- |
| 2.06 s | Leah Lundeby Nicolaisen | 11 | Hvam | 09.12.2017 |
| 2.01 s | Ella Hjeltnes | 11 | Hvam | 09.12.2017 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 2.85 | Ella Hjeltnes | 11 | Hvam | 09.12.2017 |

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| **JENTER 5** | **430** |

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| --- | --- |
| **40m E** |  |

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| 9.99 | Julie Weberg Tangen | 17 | Jessheim | 03.06.2021 |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 14.80 | Ella Hjeltnes | 11 | Hvam | 10.12.2016 |

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

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| --- | --- | --- | --- | --- |
| 1.64 s | Ella Hjeltnes | 11 | Hvam | 10.12.2016 |