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| **MENN SENIOR 1971** | **213** |

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| **60m M** |  |

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| 8.4 | Kåre Gismervik | 57 | Lillestrøm | 18.09.1971 |
| 8.5 | Frode Bekken | 59 | Jessheim | 06.06.1971 |
| 8.7 | Stein Vik-Strandli | 58 | Jessheim | 06.06.1971 |
| 8.8 | Claus Nerhagen | 59 | Lillestrøm | 18.09.1971 |
| 9.2 | Jon Henriksen | 60 | Nannestad | 11.09.1971 |
| 9.5 | Odd Lindahl | 57 | Jessheim | 06.06.1971 |
| 10.1 | Tom Frode Andresen | 61 | Nannestad | 11.09.1971 |
| 10.2 | Arne Gismervik | 61 | Blaker/Br | 20.06.1971 |
| 10.3 | Jan Børge Kvamme | 61 | Blaker/Br | 20.06.1971 |

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| **100m M** |  |

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| 12.2 | Arve Bogstad | 41 | Lørenfallet | 01.06.1971 |
| 12.4 | Tore Østvang | 52 | Lørenfallet | 01.06.1971 |
| 12.9 | Kjell Åge Moslet | 56 | Lillestrøm | 19.09.1971 |
| 12.9 | Bjørn Øiesvold | 56 | Jessheim | 06.06.1971 |
| 13.4 | Kåre Gismervik | 57 | Lillestrøm | 19.09.1971 |
| 13.5 | Reidar Skrautvold | 56 | Jessheim | 06.06.1971 |
| 13.8 | Stein Vik-Strandli | 58 | Lillestrøm | 19.09.1971 |
| 14.1 | Frode Bekken | 59 | Nadderud | 27.06.1971 |
| 14.1 | Claus Nerhagen | 59 | Lillestrøm | 19.09.1971 |
| 14.9 | Bård Lundahl | 57 | Jessheim | 06.06.1971 |
| 15.0 | Kjell Arild Johansen | 58 | Lillestrøm | 18.09.1971 |
| 15.1 | Jon Henriksen | 60 | Lillestrøm | 19.09.1971 |
| 16.2 | Arvid Ranklev Hansson | 60 | Lillestrøm | 19.09.1971 |

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| **200m M** |  |

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| 24.9 | Tore Østvang | 52 | Strømmen | 05.09.1971 |
| 24.9 | Arve Bogstad | 41 | Råholt | 22.08.1971 |
| 26.3 | Kjell Åge Moslet | 56 | Råholt | 07.07.1971 |
| 29.4 | Stein Vik-Strandli | 57 | Råholt | 07.07.1971 |

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| **300m M** |  |

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| 43.3 | Kåre Gismervik | 57 | Lillestrøm | 18.09.1971 |
| 49.0 | Kjell Arild Johansen | 58 | Lillestrøm | 18.09.1971 |

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| **400m M** |  |

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| 54.4 | Arve Bogstad | 41 | Råholt | 21.08.1971 |
| 54.6 | Odd Mikkelsen | 37 | Råholt | 21.08.1971 |
| 55.0 | Tore Østvang | 52 | Strømmen | 04.09.1971 |
| 61.8 | Claus Nerhagen | 59 | Roskilde, DEN | 28.08.1971 |

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| **MENN SENIOR 1971** | **214** |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:35.1 | Øivind Kjørmo | 56 | Lillestrøm | 19.09.1971 |
| 1:36.6 | Claus Nerhagen | 59 | Hønefoss | 26.09.1971 |
| 1:38.2 | Kjell Åge Moslet | 56 | Jessheim | 06.06.1971 |
| 1:40.5 | Kåre Gismervik | 57 | Lørenfallet | 03.10.1971 |
| 1:52.4 | Jon Henriksen | 60 | Lørenfallet | 03.10.1971 |
| 1:59.8 | Jan Børge Kvamme | 60 | Lillestrøm | 19.09.1971 |
| 2:01.4 | Arvid Ranklev Hanssen | 60 | Lillestrøm | 19.09.1971 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:02.1 | Arve Bogstad | 41 | Oslo/Bi | 26.08.1971 |
| 2:02.7 | Arne Luke | 44 | Oslo/Bi | 26.09.1971 |
| 2:03.1 | Harald Lindstrøm | 54 | Strømmen | 05.09.1971 |
| 2:06.7 | Sverre Fosstvedt | 47 | Råholt | 22.08.1971 |
| 2:14.6 | Øivind Kjørmo | 56 | Blaker/Br | 20.06.1971 |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:42.1 | Harald Lindstrøm | 54 | Råholt | 28.07.1971 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:12.0 | Arne Luke | 44 | Oslo/Bi | 08.10.1971 |
| 4:17.1 | Harald Lindstrøm | 54 | Oslo/Fr | 31.05.1971 |
| 4:19.4 | Øivind Kjørmo | 56 | Jessheim | 06.06.1971 |
| 4:25.1 | Odd Kinnsbekken | 48 | Lørenfallet | 01.06.1971 |
| 4:27.9 | Torgeir Sørum | 45 | Lørenfallet | 01.06.1971 |

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| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 6:07.8 | Øivind Kjørmo | 56 | Oslo/Jo | 12.05.1971 |

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| **3000m** |  |

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| 9:09.6 | Arne Luke | 44 | Moss/Me | 28.07.1971 |

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| **5000m** |  |

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| 16:29.4 | Jan Rustad | 40 | Jessheim | 12.06.1971 |
| 16:43.0 | Arne Luke | 44 | Strømmen | 14.08.1971 |
| 16:47.2 | Harald Lindstrøm | 54 | Jessheim | 12.06.1971 |
| 16:49.8 | Bjørn Rommen | 43 | Jessheim | 12.06.1971 |
| 16:49.8 | Odd Kinnsbekken | 48 | Strømmen | 14.08.1971 |
| 18:35.0 | Torgeir Sørum | 45 | Jessheim | 12.06.1971 |
| 18:43.0 | Kjell Carlsson | 44 | Jessheim | 12.06.1971 |
| 18:43.6 | Kristoffer Stanger | 33 | Jessheim | 12.06.1971 |
| **MENN SENIOR 1971** | | **215** | | |

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| **5000m forts.** |  |

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| 18:44.0 | Gudmund Ølstørn | 40 | Jessheim | 12.06.1971 |
| 20:12.6 | Kristen Nygaard | 26 | Jessheim | 12.06.1971 |
| 20:48.0 | Øyvind Mangerud | 48 | Jessheim | 12.06.1971 |
| 21:25.8 | Sten Melbye | 31 | Jessheim | 12.06.1971 |

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| **10000m** |  |

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| 36:24.8 | Odd Kinnsbekken | 48 | Lillestrøm | 25.06.1971 |

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

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| --- | --- | --- | --- | --- |
| 18.1 | Nils Kristen Wiig | 43 | Råholt | 21.08.1971 |
| 19.1 | Finn Ugletveit | 49 | Råholt | 21.08.1971 |

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

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| 60.6 | Nils Kristen Wiig | 43 | Råholt | 22.08.1971 |
| 62.8 | Finn Ugletveit | 49 | Råholt | 22.08.1971 |
| 63.3 | Arve Bogstad | 41 | Strømmen | 14.08.1971 |

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

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| 10:05.0 | Jan Rustad | 40 | Jessheim | 22.09.1971 |
| 10:19.8 | Bjørn Rommen | 43 | Jessheim | 28.08.1971 |
| 10:24.4 | Arne Luke | 44 | Jessheim | 22.09.1971 |
| 10:55.6 | Arne Nyland | 36 | Jessheim | 28.08.1971 |
| 11:29.0 | Kristoffer Stanger | 33 | Jessheim | 28.08.1971 |
| 12:29.0 | Kristen Nygaard | 26 | Jessheim | 28.08.1971 |
| 12:49.0 | Gudmund Ølstørn | 40 | Jessheim | 28.08.1971 |
| 12:55.0 | Øivind Mangerud | 48 | Jessheim | 28.08.1971 |
| 13:00.0 | Øystein Jørgensen | 44 | Jessheim | 29.08.1971 |
| 13:14.8 | Sten Melbye | 31 | Jessheim | 28.08.1971 |

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| **20 km landevei** |  |

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| 1:12:09 | Bjørn Rommen | 43 | Jessheim | 02.10.1871 |
| 1:19:30 | Arne Nyland | 36 | Jessheim | 02.10.1971 |
| 1:19:46 | Arne Luke | 44 | Jessheim | 02.10.1971 |
| 1:22:09 | Odd Kinnsbekken | 48 | Jessheim | 02.10.1971 |
| 1:27:23 | Kristoffer Stanger | 33 | Jessheim | 02.10.1971 |
| 1:47:45 | Gudmund Ølstørn | 40 | Jessheim | 02.10.1971 |

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| **Høyde** |  |

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| 1.25 | Frode Bekken | 59 | Lillestrøm | 18.09.1971 |

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| **MENN SENIOR 1971** | **216** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.57 | Arve Bogstad | 41 | Lørenfallet | 01.06.1971 |
| 5.29 | Nils Kristen Wiig | 43 | Lørenfallet | 01.06.1971 |
| 5.00 | Arvid Bårslistuen | 55 | Lillestrøm | 19.09.1971 |
| 4.99 | Claus Nerhagen | 59 | Oslo/Bi | 28.06.1971 |
| 4.92 | Kjell Åge Moslet | 56 | Lillestrøm | 19.09.1971 |
| 4.78 | Tore Østvang | 52 | Lørenfallet | 01.06.1971 |
| 4.43 | Bård Lundahl | 57 | Jessheim | 06.06.1971 |
| 4.26 | Kjell Arild Johansen | 58 | Jessheim | 06.06.1971 |
| 4.23 | Frode Bekken | 59 | Lillestrøm | 20.09.1971 |
| 3.97 | Arvid Ranklev Hanssen | 60 | Lillestrøm | 19.09.1971 |
| 3.95 | Jon Henriksen | 60 | Lillestrøm | 19.09.1971 |

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| **Tresteg** |  |

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| 12.17 | Finn Ugletveit | 49 | Jessheim | 28.09.1971 |
| 11.19 | Nils Kristen Wiig | 43 | Jessheim | 28.09.1971 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.45 | Claus Nerhagen | 59 | Lillestrøm | 11.09.1971 |
| 7.68 | Frode Bekken | 59 | Lillestrøm | 19.09.1971 |

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| **Kule 4 kg** |  |

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| 10.25 | Kjell Åge Moslet | 56 | Lillestrøm | 18.09.1971 |

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| **Kule 7.26 kg** |  |

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| 11.04 | Sten Melbye | 31 | Jessheim | 02.07.1971 |
| 9.30 | Arne Nyland | 36 | Jessheim | 02.07.1971 |
| 9.11 | Nils Kristen Wiig | 43 | Lørenfallet | 01.06.1971 |
| 8.96 | Arve Bogstad | 41 | Lørenfallet | 01.06.1971 |

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| **Diskos 1.5 kg** |  |

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| 21.86 | Kjell Åge Moslet | 56 | Blaker/Br | 20.06.1971 |

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| **Diskos 2 kg** |  |

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| 26.26 | Arve Bogstad | 41 | Strømmen | 14.08.1971 |
| 25.58 | Nils Kristen Wiig | 43 | Strømmen | 14.08.1971 |

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| **Slegge 7.26 kg** |  |

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| 19.78 | Nils Kristen Wiig | 43 | Lillestrøm | 25.06.1971 |

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| **MENN SENIOR 1971** | **217** |

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

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| --- | --- | --- | --- | --- |
| 46.02 | Ivar Skedsmo | 55 | Lillestrøm | 19.09.1971 |
| 40.60 | Kjell Åge Moslet | 56 | Strømmen | 19.06.1971 |

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

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| --- | --- | --- | --- | --- |
| 44.38 | Finn Ugletveit | 49 | Råholt | 22.08.1971 |
| 41.02 | Ivar Skedsmo | 55 | Strømmen | 05.09.1971 |

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| **Liten ball 150 g** |  |

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| 39.42 | Jan Børge Kvamme | 60 | Lillestrøm | 25.06.1971 |

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| **3-kamp 60m-Lengde-Kule 3** |  |

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| 2544 | Claus Nerhagen | 59 | Lørenfallet | 15.08.1971 |
| 8.9-4.48-9.14 | | | |

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| 2524 | Frode Bekken | 59 | Lørenfallet | 15.08.1971 |
| ? | | | |

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| --- | --- |
| **4x60m M** |  |

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| --- | --- | --- | --- | --- |
| 35.5 | G11-12 |  | Strømmen | 25.08.1971 |
| ? | | | |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 55.5 | G13-14 |  | Strømmen | 25.08.1971 |
| ? | | | |

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| **4x400m** |  |

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| --- | --- | --- | --- | --- |
| 3:45.0 |  |  | Lørenfallet | 01.06.1971 |
| ? | | | |

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| --- | --- |
| **4x1500m** |  |

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| --- | --- | --- | --- | --- |
| 19:38.4 |  |  | Lillestrøm | 27.08.1971 |
| ? | | | |

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| **KVINNER SENIOR 1971** | **218** |

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| **INNENDØRS** |  |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.31 | Claus Nerhagen | 59 | Lillestrøm/Pl | 29.03.1971 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.19 | Claus Nerhagen | 59 | Skårer/Kj | 14.03.1971 |

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| **KVINNER SENIOR 1971** | **219** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.5 | Anne Mette Olsen | 54 | Råholt | 22.08.1971 |
| 8.6 | Anita Melbye | 58 | Jessheim | 06.06.1971 |
| 8.6 | Kari Wang | 56 | Jessheim | 18.09.1971 |
| 8.8 | Karin Kvamme | 58 | Jessheim | 19.09.1971 |
| 8.8 | Inger Anne Nerhagen | 57 | Jessheim | 19.09.1971 |
| 9.0 | May Britt Mehlen | 57 | Jessheim | 18.09.1971 |
| 9.4 | Bente Henriksen | 59 | Jessheim | 19.09.1971 |
| 9.4 | Gry Vera Gjevert | 69 | Jessheim | 19.09.1960 |
| 9.6 | Torill Henriksen | 60 | Rolvsrud | 13.06.1971 |
| 9.7 | Anne-Lise Opheim | 59 | Strømmen | 20.06.1971 |
| 10.4 | Elisabeth Brovold | 60 | Jessheim | 19.09.1971 |

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| **80m M** |  |

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| 11.6 | Anita Melbye | 58 | Strømmen | 20.06.1971 |
| 12.3 | Inger Anne Nerhagen | 57 | Strømmen | 20.06.1971 |

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

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| --- | --- | --- | --- | --- |
| 13.6 | Anne Mette Olsen | 54 | Jessheim | 02.07.1971 |
| 14.0 | Kari Wang | 56 | Jessheim | 18.09.1971 |
| 14.2 | Anita Melbye | 58 | Nannestad | 17.06.1971 |
| 14.2 | Karin Kvamme | 58 | Lillesterøm | 26.09.1971 |
| 14.6 | Inger Anne Nerhagen | 57 | Jessheim | 02.07.1971 |
| 15.5 | Grete Ellingsen | 58 | Hannestad | 17.06.1971 |
| 15.5 | Turid Ligård | 58 | Råholt | 07.07.1971 |
| 15.7 | Gry Vera Gjevert | 60 | Jessheim | 19.09.1971 |
| 16.0 | Torill Henriksen | 61 | Jessheim | 19.09.1971 |
| 16.3 | Anne Lise Opheim | 59 | Råholt | 07.07.1971 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 28.0 | Anne Metter Olsen | 54 | Strømmen | 05.09.1971 |
| 30.0 | Kari Wang | 56 | Jessheim | 19.09.1971 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 67.0 | Anne Mette Olsen | 54 | Nannestad | 04.06.1971 |

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| **KVINNER SENIOR 1971** | **220** |

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| **600m** |  |

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| --- | --- | --- | --- | --- |
| 1:43.5 | Karin Kvamme | 58 | Bergen/Fa | 22.08.1971 |
| 1:47.5 | Inger Anne Nerhagen | 57 | Jessheim | 18.09.1971 |
| 1:57.3 | Bente Henriksen | 59 | Jessheim | 19.09.1971 |
| 1:59.7 | Turid Ligaard | 58 | Jessheim | 06.06.1971 |
| 2:00.7 | Anne Lise Opheim | 59 | Jessheim | 19.09.1971 |
| 2:05.2 | Torill Henriksen | 61 | Jessheim | 19.09.1971 |
| 2:06.4 | Ranveig Vestli | 58 | Nannestad | 17.06.1971 |

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| **800m** |  |

|  |  |  |  |  |
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| 2:27.4 | May Britt Engenes | 53 | Strømmen | 05.09.1971 |
| 2:42.7 | Inger Anne Nerhagen | 57 | Jessheim | 18.08.1971 |

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| **Høyde** |  |

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| 1.63 | Anne Mette Olsen | 54 | Strømmen | 04.09.1971 |
| 1.53 | Tove Dønnum Jensen | 40 | Lillestrøm | 29.08.1971 |
| 1.25 | Inger Anne Nerhagen | 57 | Nannestad | 17.06.1971 |
| 1.15 | Grete Ellingsen | 58 | Jessheim | 19.09.1971 |

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| **Lengde** |  |

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| 5.04 | Anne Mette Olsen | 54 | Kongsvinger/Gj | 20.06.1971 |
| 4.70 | Anita Melbye | 58 | Eidanger | 04.07.1971 |
| 4.49 | Kari Wang | 56 | Jessheim | 18.09.1971 |
| 4.43 | May Britt Mehlen | 57 | Jessheim | 18.09.1971 |
| 4.43 | Inger Anne Nerhagen | 57 | Jessheim | 06.06.1971 |
| 4.34 | Karin Kvamme | 58 | Nannestad | 17.06.1971 |
| 3.48 | Torill Henriksen | 60 | Jessheim | 19.09.1971 |

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| **Kule 3 kg** |  |

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| 8.38 | Anita Melbye | 58 | Jessheim | 18.09.1971 |
| 7.75 | Kjersti Stubberud | 58 | Jessheim | 18.09.1971 |
| 6.79 | Karin Kvamme | 58 | Lillestrøm | 26.09.1971 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.63 | Astrid Willersrud | 42 | Råholt | 22.08.1971 |
| 8.52 | Tove Dønnum Jensen | 40 | Råholt | 22.08.1971 |
| 7.85 | Kari Wang | 56 | Lillestrøm | 26.09.1971 |

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| **KVINNER SENIOR 1971** | **221** |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 32.60 | Astrid Willersrud | 42 | Halden | 03.07.1971 |
| 29.72 | Tove Dønnum Jensen | 40 | Råholt | 21.08.1971 |
| 23.86 | Anita Melbye | 58 | Jessheim | 18.09.1971 |

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

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| --- | --- | --- | --- | --- |
| 32.10 | Ragnhild Sundby | 44 | Lillestrøm | 29.08.1971 |
| 29.72 | Astrid Willersrud | 42 | Råholt | 22.08.1971 |

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

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| --- | --- | --- | --- | --- |
| 36.66 | Anita Melbye | 58 | Jessheim | 19.09.1971 |
| 36.34 | May Britt Mehlen | 57 | Jessheim | 19.09.1971 |
| 29.02 | Inger Anne Nerhagen | 57 | Lillestrøm | 15.08.1971 |
| 24.94 | Gry Vera Gjevert | 60 | Jessheim | 19.09.1971 |

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| **Liten ball 80 g** |  |

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| 33.68 | Karin Kvamme | 58 | Jessheim | 19.09.1971 |

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

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| --- | --- | --- | --- | --- |
| 2413 | May Britt Mehlen | 57 | Lillestrøm | 15.08.1971 |
| 9.4-4.36-33.58 | | | |
| 2082 | Inger Anne Nerhagen | 57 | Lillestrøm | 15.08.1971 |
| 9.5-3.89-29.02 | | | |

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

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| 2644 | Anita Melbye | 58 | Lillestrøm | 26.09.1971 |
| 14.4-4.44-6.97 | | | |

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| 2528 | Karin Kvamme | 58 | Lillestrøm | 26.09.1971 |
| 14.9-3.96-6.79 | | | |

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

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| 2376 | Kari Wang | 56 | Lillestrøm | 26.09.1971 |
| 14.3-4.02-7.85 | | | |

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| **4x60m M** |  |

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| 37.6 | J11-12 |  | Strømmen | 25.08.1971 |
| ? | | | |

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| **KVINNER SENIOR 1971** | **222** |

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| **4x100m M** |  |

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| 56.6 | J13-14 |  | Strømmen | 26.08.1971 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.97 | Anne Mette Olsen | 54 | Lillestrøm/Pl | 29.03.1971 |
| 4.63 | May Britt Mehlen | 57 | Lillestrøm/Pl | 29.03.1971 |
| 4.63 | Anita Melbye | 58 | Lillestrøm/Pl | 29.03.1971 |

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| **Lengde uten tilløp** |  |

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| 2.17 | Anita Melbye | 58 | Skjetten/St | 13.03.1971 |

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| **MENN SENIOR 1972** | **223** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.0 | Stein Vik-Strandli | 58 | Lørenfallet | 13.06.1972 |
| 8.3 | Frode Bekken | 59 | Jessheim | 28.06.1972 |
| 8.3 | Claus Nerhagen | 59 | Råholt | 09.09.1972 |
| 8.7 | John Backe-Bogstad | 61 | Råholt | 09.09.1972 |
| 8.8 | Kjell Arne Johansen | 58 | Lørenfallet | 13.06.1972 |
| 9.0 | Jon Henriksen | 60 | Nannestad | 07.07.1972 |
| 9.8 | Arne Gismervik | 61 | Lørenfallet | 13.06.1972 |

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| **100m M** |  |

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| 11.8 | Arve Bogstad | 41 | Lillestrøm | 19.08.1972 |
| 11.9 | Leif Spjeld | 40 | Jessheim | 06.10.1972 |
| 12.0 | Tore Østvang | 52 | Lillestrøm | 02.09.1972 |
| 12.0 | Odd Kristiansen | 47 | Jessheim | 06.10.1972 |
| 12.0 | Raymond Trondsen | 47 | Jessheim | 06.10.1972 |
| 12.9 | Kåre Gismervik | 57 | Strømmen | 17.06.1972 |
| 13.1 | Stein Vik-Strandli | 58 | Strømmen | 17.06.1972 |
| 13.3 | Claus Nerhagen | 59 | Strømmen | 17.06.1972 |
| 13.5 | Frode Bekken | 59 | Strømmen | 17.06.1972 |
| 13.9 | Kjell Arild Johansen | 58 | Strømmen | 17.06.1972 |
| 14.2 | John Backe-Bogstad | 61 | Nannestad | 07.07.1972 |
| 14.8 | Jon Henriksen | 60 | Nannestad | 07.07.1972 |
| 14.9 | Arve Gismervik | 61 | Nannestad | 07.07.1972 |

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| **200m M** |  |

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| 24.6 | Raymond Trondsen | 47 | Lillestrøm | 06.10.1972 |
| 25.0 | Arve Bogstad | 41 | Lørenfallet | 30.09.1972 |
| 26.6 | Kåre Gismervik | 57 | Råholt | 10.09.1972 |

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| **400m M** |  |

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| 53.4 | Raymond Trondsen | 47 | Oslo/Bi | 17.06.1972 |
| 54.8 | Tore Østvang | 52 | Strømmen | 20.08.1972 |
| 55.0 | Odd Kristansen | 47 | Jessheim | 06.10.1972 |
| 55.2 | Arve Bogstad | 41 | Lillestrøm | 19.08.1972 |
| 55.5 | Odd Mikkelsen | 37 | Jessheim | 06.10.1972 |
| 59.2 | Claus Nerhagen | 59 | Drammen/Ma | 24.08.1972 |
| 60.8 | Kåre Gismervik | 57 | Drammen/Ma | 24.08.1972 |

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| **MENN SENIOR 1972** | **224** |

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| **600m** |  |

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| 1:34.7 | Claus Nerhagen | 59 | Bergen/Fa | 20.08.1972 |
| 1:45.9 | Stein Vik-Strandli | 58 | Lørenfallet | 13.06.1972 |
| 1:49.7 | Jon Henriksen | 60 | Lørenfallet | 27.06.1972 |
| 1:50.2 | Frode Bekken | 59 | Råholt | 10.09.1972 |
| 1:52.3 | Kjell Arild Johansen | 58 | Råholt | 10.09.1972 |
| 1:52.6 | Arne Gismervik | 61 | Lørenfallet | 27.06.1972 |
| 1:54.3 | Arvid Ranklev Hansson | 60 | Råholt | 10.09.1972 |
| 1:56.9 | Arne Gismervik | 61 | Lørenfallet | 13.06.1972 |
| 1:57.1 | Jan Børge Kvamme | 61 | Lørenfallet | 13.06.1972 |
| 2:00.4 | Frank Jåtten | 61 | Lørenfallet | 13.06.1972 |

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| **800m** |  |

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| 2:02.1 | Arne Luke | 44 | Lillestrøm | 19.08.1972 |
| 2:03.7 | Harald Lindstrøm | 54 | Lørenfallet | 30.09.1972 |
| 2:04.0 | Odd Arne Døskeland | 44 | Lillestrøm | 19.08.1972 |
| 2:04.4 | Raymond Trondsen | 47 | Lillestrøm | 19.08.1972 |

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| **1000m** |  |

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| 2:36.7 | Harald Lindstrøm | 54 | Gjøvik | 26.08.1972 |
| 2:38.3 | Arne Luke | 44 | Lørenfallet | 01.08.1972 |
| 2:43.5 | Raymond Trondsen | 47 | Lørenfallet | 01.08.1972 |
| 2:54.1 | Nils Kristen Wiig | 43 | Lørenfallet | 01.08.1972 |

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| **1500m** |  |

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| 4:08.5 | Arne Luke | 44 | Oslo/Bi | 06.09.1972 |
| 4:14.6 | Harald Lindstrøm | 54 | Oslo/Bi | 12.09.1972 |
| 4:16.1 | Raymond Trondsen | 47 | Oslo/Bi | 12.09.1972 |
| 4:16.4 | Torgeir Sørum | 45 | Oslo/Bi | 06.09.1972 |

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| **3000m** |  |

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| 8:58.0 | Arne Luke | 44 | Oslo/Bi | 08.06.1972 |
| 9:12.4 | Raymond Trondsen | 47 | Oslo/Bi | 13.09.1972 |
| 9:25.4 | Odd Kinnsbekken | 48 | Oslo/Bi | 13.09.1972 |

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| **5000m** |  |

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| 16:10.0 | Raymond Trondsen | 47 | Jessheim | 16.06.1972 |
| 16:34.6 | Bjørn Rommen | 43 | Jessheim | 16.06.1972 |
| 16:37.6 | Jan Rustad | 40 | Jessheim | 16.06.1972 |
| 16:49.0 | Arne Luke | 44 | Jessheim | 16.06.1972 |
| 16:49.8 | Odd Kinnsbekken | 48 | Jessheim | 16.06.1972 |

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| **MENN SENIOR 1972** | **225** |

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| **5000m forts.** |  |

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| 16:55.6 | Jon Martin Samuelsen | 53 | Jessheim | 16.06.1972 |
| 17:11.6 | Egil Ødemark | 41 | Jessheim | 16.06.1972 |
| 18:21.6 | Svein Skolt | 25 | Jessheim | 16.06.1972 |
| 18:36.6 | Håvard Uhlen | 39 | Jessheim | 16.09.1972 |
| 18:37.6 | Kristoffer Stanger | 33 | Jessheim | 16.06.1972 |
| 19:07.2 | Gudmund Ølstørn | 40 | Jessheim | 16.06.1972 |
| 20:19.4 | Sten Melbye | 31 | Jessheim | 16.06.1972 |
| 20:50.6 | Sverre Lauten | 53 | Jessheim | 16.06.1972 |
| 21:34.6 | Øystein Jørgensen | 47 | Jessheim | 16.06.1972 |
| 23:30.8 | Bjørn Grønlien | 44 | Jessheim | 16.06.1972 |

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| **10000m** |  |

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| 34:35.4 | Raymond Trondsen | 47 | Lillestrøm | 19.06.1972 |

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

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| 14.9 | Claus Nerhagen | 59 | Råholt | 09.09.1972 |

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

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| 18.9 | Nils Kristen Wiig | 43 | Lillestrøm | 19.08.1972 |
| 19.2 | Finn Ugletveit | 49 | Lillestrøm | 19.08.1972 |

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

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| 32.2 | Claus Nerhagen | 59 | Råholt | 10.09.1972 |

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

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| 60.9 | Raymond Trondsen | 47 | Råholt | 06.09.1972 |
| 62.9 | Nils Kristen Wiig | 43 | Lillestrøm | 20.08.1972 |
| 63.9 | Finn Ugletveit | 49 | Lillestrøm | 20.08.1972 |

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

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| 10:20.2 | Bjørn Rommen | 43 | Jessheim | 25.08.1972 |
| 10:20.4 | Jan Rustad | 40 | Jessheim | 25.08.1972 |
| 10:24.4 | Arne Luke | 44 | Jessheim | 25.08.1972 |
| 10:25.0 | Raymond Trondsen | 47 | Jessheim | 25.08.1972 |
| 10:30.6 | Jon Martin Samuelsen | 53 | Jessheim | 25.08.1972 |
| 10:35.8 | Odd Kinnsbekken | 48 | Jessheim | 25.08.1972 |
| 10:43.8 | Odd Arne Døskeland | 44 | Jessheim | 25.08.1972 |
| 11:11.8 | Egil Ødemark | 41 | Jessheim | 25.08.1972 |
| 11:34.8 | Roar Kristiansen | 46 | Jessheim | 25.08.1972 |

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| **MENN SENIOR 1972** | **226** |

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

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| 11:38.6 | Kristoffer Stanger | 33 | Jessheim | 25.08.1972 |
| 11:47.0 | Håvard Uhlen | 49 | Jessheim | 25.08.1972 |
| 11.56.0 | Svein Skolt | 25 | Jessheim | 25.08.1972 |
| 12:06.0 | Kjell Jørgensen | 50 | Jessheim | 25.08.1972 |
| 12:33.0 | Øystein Jørgensen | 47 | Jessheim | 25.08.1972 |
| 12:28.4 | Sten Melbye | 31 | Jessheim | 25.08.1972 |
| 13:06.4 | Kristen Nygaard | 26 | Jessheim | 25.08.1972 |
| 13:45.0 | Øivind Mangerud | 48 | Jessheim | 25.08.1972 |

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| **20 km landevei** |  |

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| 1:13:00 | Bjørn Rommen | 43 | Jessheim | 15.10.1972 |
| 1:18:30 | Raymond Trondsen | 47 | Jessheim | 15.10.1972 |
| 1:28:08 | Håvard Uhlen | 39 | Jessheim | 15.10.1972 |
| 1:28:40 | Odd Kinnsbekken | 48 | Jessheim | 15.10.1972 |
| 1:32:17 | Gudmund Ølstørn | 40 | Jessheim | 15.10.1972 |
| 1:32:24 | Kristoffer Stanger | 33 | Jessheim | 15.10.1972 |

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| **Høyde** |  |

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| 1.55 | Raymond Trondsen | 47 | Lillestrøm | 19.06.1972 |
| 1.55 | Finn Ugletveit | 49 | Lillestrøm | 19.06.1972 |
| 1.20 | Jon Ranklev Hansson | 60 | Råholt | 10.09.1972 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.62 | Nils Kristen Wiig | 43 | Råholt | 06.09.1972 |
| 2.62 | Raymond Trondsen | 47 | Råholt | 06.09.1972 |

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| **Lengde** |  |

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| 5.80 | Leif Spjeld | 40 | Jessheim | 06.10.1972 |
| 5.78 | Arve Bogstad | 41 | Jessheim | 06.10.1972 |
| 5.54 | Gudmund Bekkedal | 50 | Lillestrøm | 19.08.1972 |
| 5.51 | Finn Ugletveit | 49 | Lillestrøm | 19.08.1972 |
| 5.10 | Claus Nerhagen | 59 | Nadderud | 02.07.1972 |
| 4.82 | Stein Vik Strandli | 58 | Råholt | 09.09.1972 |
| 4.52 | Frode Bekken | 59 | Nannestad | 07.07.1972 |
| 4.52 | Kjell Arild Johansen | 58 | Jessheim | 01.10.1972 |
| 4.46 | John Backe-Bogstad | 61 | Jessheim | 15.06.1972 |
| 4.31 | Arvid Ranklev Hansson | 60 | Råholt | 09.09.1972 |
| 4.23 | Jon Henriksen | 60 | Nannestad | 07.07.1972 |
| 3.86 | Arve Gismervik | 61 | Nannestad | 07.07.1972 |

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| **MENN SENIOR 1972** | **227** |

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| **Tresteg** |  |

|  |  |  |  |  |
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| 12.49 | Raymond Trondsen | 47 | Rolvsrud | 15.08.1972 |
| 11.63 | Nils Kristen Wiig | 43 | Rolvsrud | 15.08.1972 |

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| **Kule 3 kg** |  |

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| 11.10 | Claus Nerhagen | 59 | Råholt | 10.09.1972 |
| 9.48 | Stein Vik-Strandli | 58 | Jessheim | 28.06.1972 |
| 8.78 | Frode Bekken | 59 | Jessheim | 28.06.1972 |
| 7.37 | Arvid Ranklev Hansson | 60 | Jessheim | 25.06.1972 |

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| **Kule 4 kg** |  |

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| 8.48 | Stein Vik-Strandli | 58 | Jessheim | 25.06.1972 |
| 8.42 | Claus Nerhagen | 59 | Strømmen | 17.06.1972 |

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| **Kule 7.26 kg** |  |

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| 9.79 | Finn Ugletveit | 49 | Jessheim | 06.10.1972 |

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| **Diskos 2 kg** |  |

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| 28.38 | Leif Spjeld | 40 | Jessheim | 06.10.1972 |

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| **Slegge 7.26 kg** |  |

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| 25.86 | Leif Spjeld | 40 | Lillestrøm | 19.06.1972 |
| 18.16 | Finn Ugletveit | 49 | Lillestrøm | 19.06.1972 |

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

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| 24.80 | Claus Nerhagen | 59 | Råholt | 10.09.1972 |

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

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| 47.90 | Ivar Skedsmo | 55 | Strømmen | 01.09.1972 |
| 45.76 | Raymond Trondsen | 47 | Rolvsrud | 15.08.1972 |
| 44.92 | Finn Ugletveit | 49 | Rolvsrud | 15.08.1972 |

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| **Liten ball 150 g** |  |

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| 42.08 | Arvid Ranklev Hansson | 60 | Råholt | 10.09.1972 |
| 38.50 | Arve Gismervik | 61 | Råholt | 10.09.1972 |
| 37.58 | Jon Henriksen | 60 | Råholt | 10.09.1972 |

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| **MENN SENIOR 1972** | **228** |

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| **3-kamp 60m-Lengde-Kule 3** |  |

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| --- | --- | --- | --- | --- |
| 2010 | Frode Bekken | 59 | Jessheim | 28.06.1972 |
| ? | | | |
| 1758 | Stein Vik-Strandli | 58 | Jessheim | 28.06.1972 |
| ? | | | |

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| **4x100m M** |  |

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| 47.3 |  |  | Råholt | 30.08.1972 |
| ? | | | |
| 54.5 | G13-14 |  | Løken | 16.06.1972 |
| ? | | | |

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| **4x400m** |  |

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| 3:45.4 |  |  | Råholt | 30.08.1972 |
| ? | | | |

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| **4x1500m** |  |

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| 17:11.2 |  |  | Råholt | 30.08.1972 |
| Odd Arild Døskeland48-Harald Lindstrøm54-Arne Luke44-Raymond Trondsen47 | | | |
| 17:46.1 |  |  | Rolvsrud | 15.08.1972 |
| Odd Arild Døskeland48-Harald Lindstrøm54-Arne Luke44-Raymond Trondsen47 | | | |

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| **1000m** |  |

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| 2:10.4 |  |  | Lillestrøm | 20.08.1972 |
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| **INNENDØRS** |  |

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| **Lengde** |  |

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| 4.02 | Jon Henriksen | 60 | Lillestrøm/Pl | 19.02.1972 |
| 3.82 | Arvid Hansen | 60 | Lillestrøm/Pl | 19.02.1972 |

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| **Kule 3 kg** |  |

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| 7.98 | Frode Bekken | 59 | Lillestrøm/Pl | 19.02.1972 |

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| **MENN SENIOR 1972** | **229** |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| 2.16 | Frode Bekken | 59 | Skjetten/St | 12.03.1972 |
| 2.08 | Jon Henriksen | 60 | Skjetten/St | 12.03.1972 |
| 1.98 | Jon Kvarme | 61 | Slketten/St | 12.03.1972 |
| 1.96 | Arvid Ranklev Hansson | 60 | Skjetten/St | 12.03.1972 |

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| **KVINNER SENIOR 1972** | **230** |

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| **60m M** |  |

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| 8.8 | Gry Vera Gjevert | 60 | Strømmen | 18.06.1972 |
| 9.3 | Torill Henriksen | 61 | Lørenfallet | 13.06.1972 |
| 9.4 | Bente Henriksen | 59 | Nannestad | 11.08.1972 |
| 9.6 | Anne-Lise Opheim | 59 | Strømmen | 10.09.1972 |

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| **80m M** |  |

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| 12.0 | Anne-Lise Opheim | 59 | Strømmen | 18.06.1972 |

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| **100m M** |  |

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| 14.9 | Inger Anne Nerhagen | 57 | Strømmen | 18.06.1972 |
| 15.2 | Anne-Lise Opheim | 59 | Strømmen | 09.09.1972 |
| 15.7 | Gry Vera Gjevert | 60 | Strømmen | 09.09.1972 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 31.0 | Inger Anne Nerhagen | 57 | Strømmen | 10.09.1972 |
| 31.2 | Kari Wang | 56 | Strømmen | 10.09.1972 |

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| **600m** |  |

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| 1:48.7 | Karin Kvamme | 58 | Lørenfallet | 13.06.1972 |
| 1:56.9 | Bente Henriksen | 59 | Lørenfallet | 13.06.1972 |
| 2:05.0 | Torill Henriksen | 61 | Lørenfallet | 13.06.1972 |

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| **800m** |  |

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| 2:43.4 | Inger Anne Nerhagen | 57 | Strømmen | 10.09.1972 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.68 | Anne Mette Olsen | 54 | Lillestrøm | 19.08.1972 |
| 1.55 | Tove Dønnum Jensen | 40 | Lillestrøm | 19.08.1972 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.77 | Anne Mette Olsen | 54 | Lillestrøm | 20.08.1972 |
| 4.05 | Kari Wang | 56 | Strømmen | 09.09.1972 |
| 3.94 | Inger Anne Nerhagen | 57 | Strømmen | 18.06.1972 |
| 3.61 | Torill Henriksen | 61 | Strømmen | 09.09.1972 |

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| **KVINNER SENIOR 1972** | **231** |

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

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| --- | --- | --- | --- | --- |
| 10.27 | Astrid Willersrud | 42 | Jessheim | 01.10.1972 |
| 9.18 | Tove Dønnum Jensen | 40 | Jessheim | 01.10.1972 |
| 6.27 | Kari Wang | 56 | Strømmen | 09.09.1972 |

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| **Diskos 1 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.68 | Astrid Willersrud | 42 | Jessheim | 01.10.1972 |
| 28.50 | Tove Dønnum Jensen | 40 | Jessheim | 14.07.1972 |

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| **INNENDØRS** |  |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.58 | Anne Mette Olsen | 54 | Fredrikstad/Ko | 22.01.1972 |

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| **MENN SENIOR 1973** | **232** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.2 | Claus Nerhagen | 59 | Oslo/Bi | 24.05.1973 |
| 8.2 | Frode Bekken | 59 | Oslo/Bi | 08.06.1973 |
| 8.8 | Jon Henriksen | 60 | Lillestrøm | 18.06.1973 |
| 9.6 | Pål Vik-Strandli | 62 | Lillestrøm | 18.06.1973 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.8 | Ivar Opsahl | 47 | Oslo/La | 27.05.1973 |
| 12.0 | Kåre Gismervik | 57 | Strømmen | 17.06.1973 |
| 12.0 | Odd Kristiansen | 47 | Lillestrøm | 18.06.1973 |
| 12.0 | Stein Vik-Strandli | 58 | Lillestrøm | 18.06.1973 |
| 12.3 | Raymond Trondsen | 47 | Lørenfallet | 30.09.1973 |
| 12.8 | Claus Nerhagen | 59 | Strømmen | 17.06.1973 |
| 13.0 | John Mikalsen | 57 | Strømmen | 17.06.1973 |
| 13.1 | Frode Bekken | 59 | Lillestrøm | 22.06.1973 |
| 14.2 | Per Jota | 59 | Lillestrøm | 22.06.1973 |
| 14.2 | Jon Henriksen | 60 | Lørenfallet | 30.09.1973 |
| 14.4 | John Backe-Bogstad | 61 | Lillestrøm | 22.06.1973 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 24.6 | Odd Kristiansen | 47 | Lillestrøm | 09.09.1973 |
| 25.1 | Kåre Gismervik | 57 | Lillestrøm | 22.06.1973 |
| 25.3 | Stein Vik-Strandli | 58 | Lillestrøm | 22.06.1973 |
| 26.1 | Claus Nerhagen | 59 | Lillestrøm | 26.08.1973 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.1 | Raymond Trondsen | 47 | Moss/Me | 22.08.1973 |
| 56.0 | Kåre Gismervik | 57 | Lillestrøm | 04.10.1973 |
| 56.9 | Claus Nerhagen | 59 | Oslo/Bi | 09.06.1973 |
| 56.9 | Stein Vik-Strandli | 58 | Lillestrøm | 04.10.1973 |
| 57.0 | Ivar Opsahl | 47 | Lillestrøm | 14.09.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:31.5 | Claus Nerhagen | 59 | Arendal | 08.07.1973 |
| 1:33.4 | Kåre Gismervik | 57 | Oslo/Bi | 24.05.1973 |
| 1:34.9 | Stein Vik-Strandli | 58 | Strømmen | 17.06.1973 |
| 1:36.7 | John Mikalsen | 57 | Oslo/Bi | 24.05.1973 |
| 1:44.0 | Jon Henriksen | 60 | Lillestrøm | 22.06.1973 |
| 1:44.7 | Geir Austberg | 59 | Oslo/Bi | 25.05.1973 |
| 1:49.6 | Kjell Arne Johansen | 58 | Blaker/Br | 23.09.1973 |

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| **MENN SENIOR 1973** | **233** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:58.1 | Raymond Trondsen | 47 | Nadderud | 27.08.1973 |
| 1:59.4 | Harald Lindstrøm | 54 | Oslo/Bi | 07.16.1973 |
| 2:01.8 | Odd Arild Døskeland | 44 | Nadderud | 27.08.1973 |

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| **1500m** |  |

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| 4:11.8 | Odd Arild Døskeland | 44 | Moss/Me | 27.08.1973 |
| 4:16.0 | Harald Lindstrøm | 54 | Rolvsrud | 08.09.1973 |
| 5:15.9 | Ivar Opsahl | 47 | Lillestrøm | 15.09.1973 |

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| **5000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:56.0 | Raymond Trondsen | 47 | Jessheim | 16.06.1973 |
| 16:19.6 | Bjørn Rommen | 43 | Jessheim | 16.06.1973 |
| 16:30.4 | Jon Martin Samuelsen | 53 | Jessheim | 16.06.1973 |
| 16:52.8 | Håvard Uhlen | 39 | Jessheim | 16.06.1973 |
| 17:03.8 | Arne Luke | 44 | Jessheim | 16.06.1973 |
| 17:32.4 | Ole Skolt | 53 | Jessheim | 16.06.1973 |
| 17:32.4 | Egil Ødemark | 41 | Jessheim | 16.06.1973 |
| 17:40.0 | Harald Lindstrøm | 54 | Jessheim | 16.06.1973 |
| 17:44.2 | Odd Kinnsbekken | 48 | Jessheim | 16.06.1973 |
| 18:01.8 | Kjell Carlsson | 44 | Jessheim | 16.06.1973 |
| 18:06.6 | Gundmund Ølstørn | 40 | Jessheim | 16.06.1973 |
| 18:24.0 | Svein Skolt | 25 | Jessheim | 16.06.1973 |
| 18:26.0 | Kristoffer Stanger | 33 | Jessheim | 16.06.1973 |
| 18:56.0 | Sten Melbye | 31 | Jessheim | 16.06.1973 |
| 19:38.2 | Per Neskleiv | 36 | Jessheim | 16.06.1973 |
| 19:51.2 | Øystein Jørgensen | 47 | Jessheim | 16.06.1973 |

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

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| 18.5 | Ivar Opsahl | 47 | Lillestrøm | 15.09.1973 |
| 19.8 | Nils Kristen Wiig | 43 | Lillestrøm | 15.09.1973 |

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

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| --- | --- | --- | --- | --- |
| 29.3 | Odd Kristiansen | 47 | Jessheim | 27.07.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 64.3 | Nils Kristen Wiig | 43 | Rolvsrud | 29.08.1973 |
| 65.9 | Finn Ugletveit | 49 | Rolvsrud | 29.08.1973 |

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| **MENN SENIOR 1973** | **234** |

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

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| --- | --- | --- | --- | --- |
| 10:15.2 | Bjørn Rommen | 43 | Jessheim | 25.08.1973 |
| 10:16.2 | Raymond Trondsen | 47 | Jessheim | 21.09.1973 |
| 10:30.0 | Jon Martin Samuelsen | 53 | Jessheim | 25.08.1973 |
| 10:40.2 | Harald Lindstrøm | 54 | Jessheim | 21.09.1973 |
| 10:46.4 | Arne Luke | 44 | Jessheim | 25.08.1973 |
| 11:01.2 | Ole Skolt | 53 | Jessheim | 25.08.1973 |
| 11.13.8 | Egil Ødemark | 41 | Jessheim | 21.09.1973 |
| 11:28.6 | Kjell Carlsson | 44 | Jessheim | 25.08.1973 |
| 11:32.8 | Odd Kinnsbekken | 48 | Jessheim | 25.08.1973 |
| 11:31.2 | Gudmund Ølstørn | 40 | Jessheim | 25.08.1973 |
| 11:34.2 | Kristoffer Stanger | 33 | Jessheim | 25.08.1973 |
| 11:52.2 | Sten Melbye | 31 | Jessheim | 25.08.1973 |
| 12:11.0 | Svein Skolt | 25 | Jessheim | 25.08.1973 |
| 12:33.4 | Per Neskleiv | 36 | Jessheim | 25.08.1973 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:11.17 | Bjørn Rommen | 43 | Jessheim | 14.10.1973 |
| 1:17:17 | Raymond Trondsen | 47 | Sørum | 21.10.1973 |
| 1:23:22 | Egil Ødemark | 41 | Jessheim | 14.10.1973 |
| 1:23:45 | Ole Skolt | 53 | Jessheim | 14.10.1973 |
| 1:23:51 | Harald Lindstrøm | 54 | Jessheim | 14.10.1973 |
| 1:30:35 | Kristoffer Stanger | 33 | Jessheim | 14.10.1973 |
| 1:31:12 | Håvard Uhlen | 39 | Jessheim | 14.10.1973 |
| 1:31:57 | Per Neskleiv | 36 | Jessheim | 14.10.1973 |
| 1:48:57 | Øystein Jørgensen | 47 | Jessheim | 14.10.1973 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Ivar Opsahl | 47 | Lillestrøm | 14.09.1973 |
| 1.60 | Odd Kristiansen | 47 | Jessheim | 06.10.1973 |
| 1.50 | Claus Nerhagen | 59 | Lillestrøm | 22.06.1973 |
| 1.45 | Kåre Gismervik | 57 | Lillestrøm | 18.06.1973 |
| 1.25 | Geir Austberg | 59 | Lillestrøm | 18.06.1973 |
| 1.25 | John Backe-Bogstad | 61 | Lillestrøm | 18.06.1973 |

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| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.30 | Ivar Opsahl | 47 | Lillestrøm | 15.09.1973 |
| 2.00 | Nils Kristen Wiig | 43 | Rolvsrud | 29.08.1973 |

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| **MENN SENIOR 1973** | **235** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.95 | Odd Kristiansen | 47 | Lillestrøm | 14.09.1973 |
| 5.67 | Ivar Opsahl | 47 | Lillestrøm | 14.09.1973 |
| 5.38 | Claus Nerhagen | 59 | Lørenfallet | 30.09.1973 |
| 5.00 | Kjell Arild Johansen | 58 | Lørenfallet | 30.09.1973 |
| 4.39 | John Backe-Bogstad | 61 | Jessheim | 29.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.07 | Raymond Trondsen | 47 | Lillestrøm | 07.10.1973 |
| 11.63 | Finn Ugletveit | 47 | Lillestrøm | 07.10.1973 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.72 | John Backe Bogstad | 61 | Lillestrøm | 18.06.1973 |
| 7.41 | Jon Henriksen | 60 | Jessheim | 29.06.1973 |

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

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| --- | --- | --- | --- | --- |
| 10.72 | Claus Nerhagen | 59 | Lillestrøm | 14.09.1973 |

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

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| --- | --- | --- | --- | --- |
| 10.87 | Ivar Opsahl | 47 | Lillestrøm | 14.09.1973 |
| 10.18 | Finn Ugletveit | 49 | Jessheim | 29.06.1973 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 29.58 | Odd Kristiansen | 47 | Jessheim | 08.10.1973 |
| 28.96 | Ivar Opsahl | 47 | Lillestrøm | 15.09.1973 |

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| **Slegge 7.26 kg** |  |

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| 24.16 | Leif Spjeld | 40 | Strømmen | 20.06.1973 |

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

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| --- | --- | --- | --- | --- |
| 32.90 | Claus Nerhagen | 59 | Lillestrøm | 22.06.1973 |
| 25.14 | Kåre Gismervik | 57 | Lillestrøm | 22.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.94 | Ivar Opsahl | 47 | Jessheim | 08.06.1973 |
| 42.96 | Finn Ugletveit | 49 | Rolvsrud | 08.09.1973 |
| 42.70 | Raymond Trondsen | 47 | Rolvsrud | 08.09.1973 |

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| **MENN SENIOR 1973** | **236** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5333 | Ivar Opsahl | 47 | Lillestrøm | 14-15.09.1973 |
| 11.8-5.67-10.87-1.75-57.0/18.5-28.96-3.30-44.40-5:15.9 | | | |

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

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| --- | --- | --- | --- | --- |
| 1:45.5 |  |  | Jessheim | 21.09.1973 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:47.3 |  |  | Lillestrøm | 09.09.1973 |
| ? | | | |

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| --- | --- |
| **4x1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:30.0 |  |  | Lillestrøm | 09.09.1973 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:14.6 |  |  | Jessheim | 21.09.1973 |
| ? | | | |

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| --- | --- |
| **KVINNER SENIOR 1973** | **237** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.8 | Gry Vera Gjevert | 60 | Kløfta | 22.06.1973 |
| 9.9 | Anniken Lunder | 62 | Kløfta | 22.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.1 | Inger Anne Nerhagen | 57 | Jessheim | 29.06.1973 |
| 14.6 | Anniken Lunder | 62 | Jessheim | 29.06.1973 |
| 14.7 | Gry Vera Gjevert | 60 | Kløfta | 23.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 65.1 | Inger Anne Nerhagen | 57 | Oslo/Bi | 07.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:46.0 | Inger Anne Nerhagen | 57 | Lillestrøm | 12.08.1973 |
| 1:54.8 | Torill Henriksen | 61 | Kløfta | 23.06.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:28.3 | Inger Anne Nerhagen | 57 | Oslo/Jo | 13.06.1973 |

|  |  |
| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.48 | Tove Dønnum Jensen | 40 | Rolvsrud | 08.09.1973 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.14 | Inger Anne Nerhagen | 57 | Kløfta | 22.06.1973 |

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

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| --- | --- | --- | --- | --- |
| 25.20 | Tove Dønnum Jensen | 40 | Rolvsrud | 08.09.1973 |

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| **MENN SENIOR 1974** | **238** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.5 | Trond Ørbech | 62 | Lørenfallet | 03.09.1974 |
| 8.8 | Jens Ludvig Sundbø | 59 | Lørenfallet | 03.09.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.8 | Ivar Opsahl | 47 | Lillestrøm | 02.09.1974 |
| 11.8 | Stein Vik-Strandli | 58 | Oslo/Tr | 10.06.1974 |
| 12.2 | Kåre Gismervik | 57 | Strømmen | 11.09.1974 |
| 12.7 | Claus Nerhagen | 59 | Rolvsrud | 09.06.1974 |
| 14.1 | John Backe-Bogstad | 61 | Dombås | 31.07.1974 |
| 15.2 | Arne Gismervik | 61 | Lillestrøm | 05.08.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24.5 | Stein Vik-Strandli | 58 | Strømmen | 15.06.1974 |
| 24.7 | Kåre Gismervik | 57 | Råholt | 19.06.1974 |
| 24.9 | Ivar Opsahl | 47 | Råholt | 19.06.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 53.0 | Raymond Trondsen | 47 | Oslo/Bi | 15.05.1974 |
| 55.1 | Claus Nerhagen | 59 | Oslo/Bi | 03.10.1974 |
| 55.3 | Arve Bogstad | 41 | Ås | 31.08.1974 |
| 55.9 | Kåre Gismervik | 57 | Oslo/Bi | 21.05.1974 |
| 56.6 | Stein Vik-Strandli | 58 | Oslo/Bi | 21.05.1974 |
| 58.8 | Ivar Opsahl | 47 | Rolvsrud | 24.08.1974 |
| 59.9 | Jon Mikalsen | 57 | Oslo/Bi | 21.05.1974 |
| 60.1 | Kjell Arild Johansen | 58 | Oslo/Bi | 21.05.1974 |
| 60.4 | John Backe-Bogstad | 61 | Oslo/Bi | 04.09.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:28.3 | Claus Nerhagen | 59 | Oslo/Bi | 27.05.1974 |
| 1:33.6 | John Backe-Bogstad | 61 | Oslo/Bi | 31.08.1974 |
| 1:41.2 | Rune Jota | 59 | Oslo/Bi | 27.05.1974 |
| 1:44.1 | Jon Henriksen | 60 | Strømmen | 11.09.1974 |
| 1:48.7 | Arne Gismervik | 61 | Strømmen | 11.09.1974 |
| 1:50.5 | Kåre Svensson | 62 | Strømmen | 11.09.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:54.5 | Raymond Trondsen | 47 | Oslo/Bi | 06.08.1974 |
| 1:57.6 | Harald Lindstrøm | 54 | Oslo/Bi | 13.09.1974 |
| 2:07.1 | Claus Nerhagen | 59 | Lillestrøm | 10.08.1974 |
| 2:11.8 | Arve Bogstad | 41 | Ås | 01.09.1974 |
| 2:12.2 | John Backe Bogstad | 61 | Oslo/Bi | 19.09.1974 |
| **MENN SENIOR 1974** | | **239** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:38.4 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1974 |
| 2:52.5 | Claus Nerhagen | 59 | Oslo/Bi | 04.10.1974 |
| 2:54.6 | John Backe-Bogstad | 61 | Jessheim | 06.10.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:56.4 | Harald Lindstrøm | 54 | Oslo/Bi | 03.09.1974 |
| 4:10.7 | Øivind Kjørmo | 56 | Oslo/Bi | 15.05.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/Bi | 05.09.1974 |
| 8:59.4 | Raymond Trondsen | 47 | Oslo/Bi | 05.09.1974 |
| 9:01.6 | Øivind Kjørmo | 56 | Oslo/Bi | 27.05.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:55.6 | Øivind Kjørmo | 56 | Rolvsrud | 03.07.1974 |
| 16:01.8 | Inge Bråthen | 48 | Jessheim | 12.06.1974 |
| 16:29.0 | Bjørn Rommen | 43 | Jessheim | 12.06.1974 |
| 17:45.0 | Arne Gulbrandsen | 44 | Jessheim | 12.06.1974 |
| 17:51.2 | Håvard Uhlen | 39 | Jessheim | 12.06.1974 |
| 17:55.6 | Torgeir Sørum | 45 | Jessheim | 12.06.1974 |
| 18:09.0 | Kjell Carlson | 44 | Jessheim | 12.06.1974 |
| 18:16.4 | Kristen Langbakk | 39 | Jessheim | 12.06.1974 |
| 18:18.0 | Gudmund Ølstørn | 40 | Jessheim | 12.06.1974 |
| 18:22.6 | Arne Luke | 44 | Jessheim | 12.06.1974 |
| 18:52.2 | Kristoffer Stanger | 33 | Jessheim | 12.06.1974 |
| 18:54.8 | Sverre Lauten | 53 | Jessheim | 12.06.1974 |
| 18:57.4 | Arve Bogstad | 41 | Jessheim | 12.06.1974 |
| 19:14.0 | Svein Skolt | 25 | Jessheim | 12.06.1974 |
| 20:08.4 | Øystein Jørgensen | 47 | Jessheim | 12.06.1974 |
| 20:17.4 | Håkon Amundstad | 24 | Jessheim | 12.06.1974 |
| 20:31.8 | Inge Sesseng | 54 | Jessheim | 12.06.1974 |
| 20:42.2 | Kjell Nakstad | 44 | Jessheim | 12.06.1974 |
| 21:07.6 | Arne Kristina Aas | 29 | Jessheim | 12.06.1974 |
| 21:21.4 | Ivar Opsahl | 47 | Jessheim | 12.06.1974 |
| 21:52.4 | Oddmund Teigen | 35 | Jessheim | 12.06.1974 |

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

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| --- | --- | --- | --- | --- |
| 17.5 | Ivar Opsahl | 47 | Rolvsrud | 25.08.1974 |
| 21.9 | Torgeir Sørum | 45 | Råholt | 19.06.1974 |

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| **MENN SENIOR 1974** | **240** |

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

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| --- | --- | --- | --- | --- |
| 62.2 | Raymond Trondsen | 47 | Rolvsrud | 10.09.1974 |

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

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| --- | --- | --- | --- | --- |
| 9:42.6 | Harald Lindstrøm | 54 | Jessheim | 23.08.1974 |
| 9:56.6 | Raymond Trondsen | 47 | Jessheim | 23.08.1974 |
| 10:18.2 | Bjørn Rommen | 43 | Jessheim | 23.08.1974 |
| 10:25.2 | Inge Bråthen | 48 | Jessheim | 23.08.1974 |
| 10:35.0 | Arne Gulbrandsen | 44 | Jessheim | 23.08.1974 |
| 10:38.6 | Jon Martin Samuelsen | 53 | Jessheim | 23.08.1974 |
| 11:05.9 | Arne Luke | 44 | Jessheim | 23.08.1974 |
| 11:20.8 | Bjørn Egil Hytjan | 56 | Jessheim | 23.08.1974 |
| 11:25.4 | Torgeir Sørum | 45 | Jessheim | 23.08.1974 |
| 11:28.6 | Kristen Langbakk | 39 | Jessheim | 23.08.1974 |
| 11:37.4 | Sverre Lauten | 53 | Jessheim | 23.08.1974 |
| 11:46.0 | Kjell Carlson | 44 | Jessheim | 23.08.1974 |
| 11:48.8 | Gudmund Ølstørn | 40 | Jessheim | 23.08.1974 |
| 12:08.4 | Svein Skolt | 25 | Jessheim | 23.08.1974 |
| 12:11.8 | Egil Ødemark | 41 | Jessheim | 23.08.1974 |
| 12:59.6 | Øystein Jørgensen | 47 | Jessheim | 23.08.1974 |
| 13:26.0 | Arne Kristian Aas | 29 | Jessheim | 23.08.1974 |
| 13:38.8 | Kjell Nakstad | 44 | Jessheim | 23.08.1974 |
| 13:39.6 | Ivar Opsahl | 47 | Jessheim | 23.08.1974 |
| 14:01.2 | Oddmund Teigen | 35 | Jessheim | 23.08.1974 |
| 14:13.8 | Martin Molnes | 35 | Jessheim | 23.08.1974 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:10:52 | Øivind Kjørmo | 56 | Jessheim | 13.10.1974 |
| 1:11:21 | Bjørn Rommen | 43 | Jessheim | 13.10.1974 |
| 1:16.14 | Arne Gulbrandsen | 44 | Jessheim | 13.10.1974 |
| 1:21:14 | Arne Luke | 44 | Jessheim | 13.10.1974 |
| 1:18:01 | Kristen Langbakk | 39 | Jessheim | 13.10.1974 |
| 1:28:45 | Egil Ødemark | 41 | Jessheim | 13.10.1974 |
| 1:31:52 | Håkon Amundstad | 24 | Jessheim | 13.10.1974 |
| 1:33:10 | Kjell Nakstad | 44 | Jessheim | 13.10.1974 |
| 1:33:46 | Kristoffer Stanger | 33 | Jessheim | 13.10.1974 |
| 1:37:36 | Arne Kristian Aas | 27 | Jessheim | 13.10.1974 |
| 1:51:38 | Martin Molnes | 39 | Jessheim | 13.10.1974 |

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| **MENN SENIOR 1974** | **241** |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.80 | Ivar Opsahl | 47 | Råholt | 19.06.1974 |
| 1.60 | Arvid Bårslistuen | 55 | Årnes | 09.06.1974 |
| 1.55 | Claus Nerhagen | 59 | Lillestrøm | 11.08.1974 |
| 1.50 | John Backe-Bogstad | 61 | Strømmen | 11.09.1974 |
| 1.30 | Dag Brokke | 62 | Strømmen | 11.09.1974 |
| 1.20 | Harald Rønåsen | 63 | Strømmen | 11.09.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.20 | Ivar Opsahl | 47 | Rolvsrud | 25.08.1974 |
| 2.50 | Raymond Trondsen | 47 | Råholt | 19.06.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.87 | Raymond Trondsen | 47 | Lillestrøm | 07.08.1974 |
| 5.69 | Kåre Gismervik | 57 | Lørenfallet | 03.09.1974 |
| 5.43 | Ivar Opsahl | 47 | Rolvsrud | 24.08.1974 |
| 4.75 | Kjell Arild Johansen | 58 | Lørenfallet | 03.09.1974 |
| 4.57 | John Backe-Bogstad | 61 | Lillestrøm | 11.08.1974 |
| 3.76 | Jens Ludvig Sundbø | 59 | Gardermoen | 14.06.1974 |
| 3.75 | Roar Vinjum | 62 | Gardermoen | 14.06.1974 |
| 3.74 | Dag Brokke | 62 | Gardermoen | 14.06.1974 |
| 3.70 | Leif Tofterud | 59 | Gardermoen | 14.06.1974 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.96 | Ivar Opsahl | 47 | Rolvsrud | 22.09.1974 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.00 | John Backe-Bogstad | 61 | Nesodden | 01.07.1974 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.18 | Frank Simonsen | 58 | Lørenfallet | 03.09.1974 |

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

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| --- | --- | --- | --- | --- |
| 11.87 | Ivar Opsahl | 47 | Lillestrøm | 07.09.1974 |
| 9.49 | Finn Myrvold | 49 | Lillestrøm | 07.09.1974 |

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

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| --- | --- | --- | --- | --- |
| 31.20 | Ivar Opsahl | 47 | Rolvsrud | 25.08.1974 |

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| **MENN SENIOR 1974** | **242** |

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

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| --- | --- | --- | --- | --- |
| 47.82 | Sverre Strandli | 25 | Ås | 31.08.1974 |
| 23.58 | Ivar Opsahl | 47 | Lillestrøm | 08.09.1974 |
| 22.92 | Leif Spjeld | 40 | Råholt | 19.06.1974 |
| 21.98 | Finn Myrvold | 49 | Råholt | 19.06.1974 |
| 14.20 | Arve Bogstad | 41 | Råholt | 19.06.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46.89 | Frank Simonsen | 58 | Gardermoen | 14.06.1974 |
| 34.42 | Claus Nerhagen | 59 | Strømmen | 11.09.1974 |
| 20.64 | John Backe-Bogstad | 61 | Løken | 14.09.1974 |

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

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| --- | --- | --- | --- | --- |
| 45.60 | Ivar Opsahl | 47 | Råholt | 25.08.1974 |
| 42.56 | Raymond Trondsen | 47 | Råholt | 25.08.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.00 | Trond Ørbeck | 62 | Gardermoen | 14.06.1974 |
| 26.00 | Karl Morten Nygård | 62 | Gardermoen | 14.06.1974 |
| 22.00 | Per Arne Olsen | 62 | Gardermoen | 14.06.1974 |
| 18.50 | Johan Lauritsen | 62 | Gardermoen | 14.06.1974 |
| 17.00 | Roar Vinjum | 62 | Gardermoen | 14.06.1974 |

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| **Liten ball 150 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 69.70 | Claus Nerhagen | 59 | Jessheim | 06.10.1074 |
| 55.20 | Trond Ørbeck | 62 | Løken | 14.09.1974 |
| 52.62 | John Backe-Bogstad | 61 | Løken | 14.09.1974 |

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

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| --- | --- | --- | --- | --- |
| 5301 | Ivar Opsahl | 47 | Rolvsrud | 24-25.08.1974 |
| 12.0-5.43-11.23-1.80-58.8/17.5-31.20-3.20-45.60-5:27.4 | | | |

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| --- | --- |
| **4x60m M** |  |

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| --- | --- | --- | --- | --- |
| 42.4 | G11-12 |  | Jessheim | 07.06.1974 |
| ? | | | |

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| **MENN SENIOR 1974** | **243** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 49.4 | G17-18 |  | Jessheim | 07.06.1974 |
| ? | | | |
| 58.8 | G13-14 |  | Jessheim | 07.06.1974 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:38.4 |  |  | Jessheim | 18.09.1974 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:43.2 |  |  | Lørenfallet | 04.06.1974 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:09.4 |  |  | Jessheim | 18.09.1974 |
| ? | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:16.1 | G17-18 |  | Jessheim | 07.06.1974 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.35 | Ivar Opsahl | 47 | Lillestrøm/Kj | 16.03.1974 |

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| --- | --- |
| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.89 | Ivar Opsahl | 47 | Lillestrøm/Kj | 16.03.1974 |

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| --- | --- |
| **KVINNER SENIOR 1974** | **244** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.1 | Marian Andersen | 60 | Kløfta | 04.09.1974 |
| 9.1 | Hilde Verpe | 63 | Kløfta | 04.09.1974 |
| 9.3 | Hilde Sørensen | 61 | Kløfta | 04.09.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.2 | Marian Andersen | 60 | Lillestrøm | 14.08.1974 |
| 14.5 | Anne Beate Kogstad | 63 | Jessheim | 11.09.1974 |
| 14.7 | Inger Anne Nerhagen | 57 | Dombås | 31.07.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 35.9 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 66.7 | Inger Anne Nerhagen | 57 | Lillestrøm | 28.07.1974 |
| 68.0 | Torill Henriksen | 61 | Lillestrøm | 28.07.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:49.1 | Torill Henriksen | 61 | Rolvsrud | 08.06.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:30.9 | Inger Anne Nerhagen | 57 | Rolvsrud | 03.07.1974 |

|  |  |
| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.25 | Eli Jensen | 62 | Jessheim | 11.09.1974 |
| 1.10 | Anne Lise Sundbø | 63 | Jessheim | 11.09.1974 |
| 1.05 | Britt Scheie | 63 | Gardermoen | 14.06.1974 |
| 1.05 | Hildegunn Bjerkan | 63 | Gardermoen | 14.06.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.11 | Hilde Verpe | 63 | Kløfta | 04.09.1974 |
| 3.95 | Anne Beate Kogstad | 63 | Kløfta | 04.09.1974 |
| 3.94 | Gro Verpe | 62 | Kløfta | 04.09.1974 |
| 3.90 | Eli Jensen | 62 | Gardermoen | 14.06.1974 |
| 3.70 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |
| 3.42 | Nina Brandvold | 63 | Gardermoen | 14.06.1974 |

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| **KVINNER SENIOR 1974** | **245** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.31 | Tove Dønnum Jensen | 40 | Råholt | 25.08.1974 |
| 7.74 | Runa Nordahl | 56 | Blaker/Br | 13.06.1974 |
| 6.52 | Anne Marie Scheie | 59 | Kløfta | 04.09.1974 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 41.34 | Runa Nordahl | 56 | Stavanger/St | 03.08.1974 |

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| --- | --- |
| **4x60m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 39.1 | J11-12 |  | Jessheim | 07.06.1974 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 63.5 |  |  | Lillestrøm | 02.10.1974 |
| ? | | | |

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| **INNENDØRS** |  |

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

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| --- | --- | --- | --- | --- |
| 7.18 | Anita Melbye | 58 | Lillestrim | 02.02.1974 |

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| --- | --- |
| **MENN SENIOR 1975** | **246** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.4 | Kåre Svensson | 61 | Strømmen | 11.06.1975 |
| 9.0 | Per Olsen | 62 | Lillestrøm | 25.08.1975 |
| 9.2 | Dag Brokke | 62 | Strømmen | 11.06.1975 |
| 9.5 | Arild Holum | 63 | Strømmen | 11.06.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.8 | Kåre Gismervik | 57 | Strømmen | 01.07.1975 |
| 12.1 | Stein Vik-Strandli | 58 | Årnes | 07.09.1975 |
| 12.2 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |
| 12.4 | Claus Nerhagen | 59 | Lillestrøm | 25.08.1975 |
| 13.2 | Kåre Svensson | 61 | Årnes | 07.09.1975 |
| 14.8 | Pål Vik-Strandli | 62 | Arendal | 01.07.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.8 | Stein Vik-Strandli | 58 | Elverum | 31.08.1975 |
| 27.6 | Kåre Svensson | 61 | Lillestrøm | 25.08.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.3 | Raymond Trondsen | 47 | Oslo/Bi | 26.05.1975 |
| 59.9 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:30.4 | John Backe-Bogstad | 61 | Oslo/Bi | 28.08.1975 |
| 1:36.4 | Kåre Svensson | 61 | Lillestrøm | 25.07.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:58.0 | Raymond Trondsen | 47 | Oslo/Bi | 22.05.1975 |
| 1:59.5 | Harald Lindstrøm | 54 | Rolvsrud | 29.08.1975 |
| 2:03.2 | Claus Nerhagen | 59 | Oslo/Bi | 02.06.1975 |
| 2:03.2 | Thue Holme | 52 | Oslo/Bi | 19.09.1975 |
| 2:05.3 | Terje Svendsen | 48 | Oslo/Bi | 19.09.1975 |
| 2:07.0 | John Backe-Bogstad | 61 | Hønefoss | 14.09.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:32.8 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |
| 2:45.4 | John Backe-Bogstad | 61 | Arvika, SWE | 20.07.1975 |

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| **MENN SENIOR 1975** | **247** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:54.4 | Harald Lindstrøm | 54 | Oslo/Bi | 19.08.1975 |
| 4:07.5 | Thue Holme | 52 | Oslo/Bi | 19.08.1975 |
| 5:27.7 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:26.4 | Harald Lindstrøm | 54 | Oslo/Bi | 09.09.1975 |
| 9:16.8 | Thue Holme | 52 | Oslo/Bi | 09.09.1975 |
| 9:18.4 | Terje Svendsen | 48 | Oslo/Bi | 09.09.1975 |
| 11:06.6 | Svein Skolt | 25 | Jessheim | 17.08.1975 |
| 12:01.8 | Håkon Amundstad | 24 | Jessheim | 17.08.1975 |
| 13:42.0 | Arne Kristian Aas | 29 | Jessheim | 17.08.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14:38.0 | Harald Lindstrøm | 54 | Oslo/Bi | 23.09.1975 |
| 15:50.4 | Thue Holme | 52 | Jessheim | 18.06.1975 |
| 16:25.0 | Bjørn Rommen | 43 | Jessheim | 18.06.1975 |
| 16:51.0 | Inge Bråten | 48 | Jessheim | 18.06.1975 |
| 17:16.2 | Vidar Birkelund | 56 | Jessheim | 18.06.1975 |
| 17:27.8 | Bjørn Egil Hytjan | 56 | Jessheim | 18.06.1975 |
| 17:30.4 | Arne Luke | 44 | Jessheim | 18.06.1975 |
| 17:33.8 | Terje Svendsen | 48 | Jessheim | 18.06.1975 |
| 17:46.2 | Egil ødemark | 41 | Jessheim | 18.06.1975 |
| 17:58.4 | Kristen Langbakk | 39 | Jessheim | 18.06.1975 |
| 18:39.6 | Sverre Lauten | 53 | Jessheim | 18.06.1975 |
| 18:40.0 | Håvard Uhlen | 39 | Jessheim | 18.06.1975 |
| 18:43.8 | Torgeir Sørum | 45 | Jessheim | 18.06.1975 |
| 18:59.8 | Svein Skolt | 25 | Jessheim | 18.06.1975 |
| 19:12.8 | Kristoffer Stanger | 31 | Jessheim | 18.06.1975 |
| 19:21.6 | Magne Engen | 33 | Jessheim | 18.06.1975 |
| 20:02.2 | Håkon Amundstad | 24 | Jessheim | 18.06.1975 |
| 20:31.4 | Øystein Jørgensen | 47 | Jessheim | 18.06.1975 |
| 20:48.6 | Arne Marthinussen | 50 | Jessheim | 18.06.1975 |
| 20:21.6 | Ole Arnegård | 44 | Jessheim | 18.06.1975 |
| 21:05.6 | Martin Molnes | 39 | Jessheim | 18.06.1975 |
| 21:06.2 | Arne Kristian Aas | 29 | Jessheim | 18.06.1975 |
| 21:16.0 | Ivar Opsahl | 47 | Jessheim | 18.06.1975 |
| 23:08.0 | Oddmund Teigen | 35 | Jessheim | 18.06.1975 |

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| --- | --- |
| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 31:20.4 | Harald Lindstrøm | 54 | Oslo/Bi | 04.10.1975 |

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| **MENN SENIOR 1975** | **248** |

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

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| --- | --- | --- | --- | --- |
| 18.2 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:58.4 | Harald Lindstrøm | 54 | Jessheim | 17.08.1975 |
| 10:23.4 | Bjørn Rommen | 43 | Jessheim | 17.08.1975 |
| 10:41.0 | Inge Bråten | 48 | Jessheim | 17.08.1975 |
| 10:47.0 | Vidar Birkelund | 56 | Jessheim | 22.08.1975 |
| 10:48.0 | Bjørn Egil Hytjan | 56 | Jessheim | 22.08.1975 |
| 11:08.0 | Terje Svendsen | 48 | Jessheim | 17.08.1975 |
| 11:16.0 | Arne Luke | 44 | Jessheim | 17.08.1975 |
| 11:16.0 | Egil Ødemark | 41 | Jessheim | 17.08.1975 |
| 11:30.4 | Torgeir Sørum | 45 | Jessheim | 17.08.1975 |
| 11:34.8 | Sverre Lauten | 53 | Jessheim | 17.08.1975 |
| 11:59.2 | Kristoffer Stanger | 33 | Jessheim | 17.08.1975 |
| 12:09.4 | Kristen Langbakk | 39 | Jessheim | 17.08.1975 |
| 12:32.0 | Øystein Jørgensen | 50 | Jessheim | 17.08.1975 |
| 12:45.0 | Magne Engen | 33 | Jessheim | 17.08.1975 |
| 12:50.2 | Arne Marthinussen | 50 | Jessheim | 17.08.1975 |
| 13:03.8 | Ivar Opsahl | 47 | Jessheim | 17.08.1975 |
| 13:04.0 | Ole Arnegård | 44 | Jessheim | 17.08.1975 |
| 13:33.4 | Oddmund Teigen | 35 | Jessheim | 17.08.1975 |

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| **20 km landevei** |  |

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| 1:08:29 | Harald Lindstrøm | 54 | Jessheim | 12.10.1975 |
| 1:11:01 | Terje Svendsen | 49 | Jessheim | 12.10.1975 |
| 1:12.05 | Bjørn Rommen | 43 | Jessheim | 12.10.1975 |
| 1:18:44 | Kristen Langbakk | 39 | Jessheim | 12.10.1975 |
| 1:33:52 | Kristoffer Stanger | 33 | Jessheim | 12.10.1975 |
| 1:33:20 | Thue Holme | 52 | Jessheim | 12.10.1975 |
| 1:33:20 | Håvard Uhlen | 39 | Jessheim | 12.10.1975 |
| 1:34:37 | Håkom Amundstad | 24 | Jessheim | 12.10.1975 |
| 1:44:12 | Ole Arnegård | 44 | Jessheim | 12.10.1975 |
| 1:45:39 | Martin Molnes | 39 | Jessheim | 12.10.1975 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |
| 1.55 | John Backe-Bogstad | 61 | Årnes | 07.09.1975 |
| 1.30 | Kåre Svensson | 61 | Årnes | 07.09.1975 |
| 1.30 | Dag Brokke | 62 | Årnes | 07.09.1975 |
| 1.30 | Per Olsen | 62 | Årnes | 07.09.1975 |

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| **KVINNER SENIOR 1975** | **249** |

|  |  |
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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 3.00 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.56 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |
| 4.15 | Kåre Svensson | 61 | Lillestrøm | 25.08.1975 |
| 3.91 | Per Olsen | 62 | Lillestrøm | 25.08.1975 |
| 3.65 | Dag Brokke | 62 | Strømmen | 11.06.1975 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.20 | Per Olsen | 62 | Lillestrøm | 25.08.1975 |

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| **Kule 7.26 kg** |  |

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| 10.81 | Ivar Opsahl | 47 | Oslo/Bi | 24.05.1975 |

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| **Diskos 2 kg** |  |

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| 27.42 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |

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

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| 46.62 | Ivar Opsahl | 47 | Oslo/Bi | 25.05.1975 |

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

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| --- | --- | --- | --- | --- |
| 5001 | Ivar Opsahl | 47 | Oslo/Bi | 24-25.05.1975 |
| 12.2-5.56-10.81-1.75-59.9/18.2-27.42-3.00-46.62-5:27.7 | | | |

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

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| --- | --- | --- | --- | --- |
| 3:44.9 |  |  | Lørenfallet | 02.06.1975 |
| ? | | | |

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| **KVINNER SENIOR 1975** | **250** |

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

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| --- | --- | --- | --- | --- |
| 8.5 | Hilde Verpe | 63 | Strømmen | 11.06.1975 |
| 8.6 | Anne Beate Kogstad | 63 | Lørenfallet | 27.05.1975 |
| 8.9 | Britt Scheie | 64 | Strømmen | 11.06.1975 |
| 9.3 | Anne Berit Haug | 64 | Hønefoss | 14.09.1975 |
| 9.4 | Anne Sundheim | 64 | Hønefoss | 14.09.1975 |
| 10.6 | Sølvi Vold | 65 | Lillestrøm | 02.06.1975 |

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| **100m M** |  |

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| 14.3 | Gro Verpe | 62 | Lørenfallet | 21.06.1975 |
| 14.9 | Hilde Sørensen | 61 | Strømmen | 11.06.1975 |
| 15.0 | Eli Jensen | 62 | Lørenfallet | 21.06.1975 |
| 15.0 | Mariann Hansen | 60 | Strømmen | 11.06.1975 |
| 15.3 | Anne Berit Haug | 64 | Lørenfallet | 21.06.1975 |

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| **400m M** |  |

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| 69.3 | Gro Verpe | 62 | Lillestrøm | 02.06.1975 |
| 72.4 | Eli Jensen | 62 | Lillestrøm | 02.06.1975 |
| 77.6 | Hilde Sørensen | 61 | Lillestrøm | 02.06.1975 |

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| **600m** |  |

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| 1:50.4 | Gro Verpe | 62 | Oslo/Bi | 02.09.1975 |
| 2:00.5 | Eli Jensen | 62 | Nannestad | 17.08.1975 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:41.3 | Inger Johanne Haugen | 60 | Jessheim | 06.07.1975 |
| 2:43.8 | Gro Verpe | 62 | Nadderud | 29.06.1975 |
| 2:57.0 | Bente Hytjan | 60 | Jessheim | 06.07.1975 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:30.0 | Inger Johanne Haugen | 60 | Jessheim | 20.06.1975 |
| 5:59.2 | Bente Hytjan | 60 | Jessheim | 18.06.1975 |
| 7:00.4 | Grete Rustad | 44 | Jessheim | 18.06.1975 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:12.4 | Inger johanne Haugen | 60 | Jessheim | 22.08.1975 |
| 12:53.0 | Bente Hytjan | 60 | Jessheim | 20.08.1975 |
| 14:37.6 | Grete Rustad | 44 | Jessheim | 20.08.1975 |

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| **KVINNER SENIOR 1975** | **251** |

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

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| 16.1 | Gro Verpe | 62 | Lørenfallet | 21.06.1975 |

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| **Høyde** |  |

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| 1.30 | Gro Verpe | 62 | Lørenfallet | 21.06.1975 |
| 1.30 | Eli Jensen | 62 | Lørenfallet | 21.06.1975 |

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

|  |  |  |  |  |
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| 4.39 | Hilde Verpe | 63 | Hvam | 21.09.1975 |
| 4.35 | Gro Verpe | 62 | Lillestrøm | 02.06.1975 |
| 4.02 | Anne Beate Kogstad | 63 | Hvam | 21.09.1975 |
| 3.56 | Elin Knutsen | 63 | Strømmen | 11.06.1975 |

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| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.83 | Anne Beate Kogstad | 63 | Lørenfallet | 21.06.1975 |
| 5.83 | Renate Melbye | 63 | Lørenfallet | 21.06.1975 |
| 5.07 | Hilde Verpe | 63 | Hvam | 21.09.1975 |

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| **Kule 4 kg** |  |

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| 7.87 | Tove Dønnum Jensen | 40 | Råholt | 12.09.1975 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 22.82 | Runa Nordahl | 56 | Strømmen | 15.06.1975 |

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| **Slegge 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 30.14 | Runa Nordahl | 56 | Løten | 11.10.1975 |

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

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| 44.84 | Runa Nordahl | 56 | Sofiemyr | 26.06.1975 |

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| **3-kamp 60m-Lengde-Kule 3** |  |

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| 2484 | Hilde Verpe | 63 | Hvam | 21.09.1975 |
| 8.7-4.39-5.07 | | | |

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| --- | --- | --- | --- | --- |
| 2412 | Anne Beate Kogstad | 63 | Hvam | 21.09.1975 |
| 8.8-4.02-5.71 | | | |

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| --- | --- | --- | --- | --- |
| 1678 | Siw Iren Hamberg | 64 | Hvam | 21.09.1975 |
| ? | | | |
| **KVINNER SENIOR 1975** | | **252** | | |

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| **4x60m** |  |

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| --- | --- | --- | --- | --- |
| 39.1 | J11-12 |  | Lillestrøm | 03.09.1975 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 59.1 | J13-14 |  | Lillestrøm | 03.09.1975 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.05 | Gro Verpe | 62 | Fetsund | 15.03.1975 |
| 1.05 | Eli Jensen | 62 | Fetsund | 15.03.1975 |

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| **Lengde uten tilløp** |  |

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| 2.27 | Gro Verpe | 62 | Fetsund | 15.03.1975 |
| 2.00 | Hilde Verpe | 63 | Fetsund | 15.03.1975 |

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| **MENN SENIOR 1976** | **253** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Trond Ørbech | 62 | Årnes | 01.09.1976 |
| 8.2 | Kåre Svensson | 61 | Årnes | 01.09.1976 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.1 | Geir Alfredsen | 60 | Årnes | 01.09.1976 |
| 12.8 | Kåre Svensson | 61 | Strømmen | 19.06.1976 |
| 14.6 | Dag Brokke | 62 | Strømmen | 25.06.1976 |
| 15.9 | Oskar Puchmann | 65 | Strømmen | 25.06.1976 |

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| **300m M** |  |

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| 42.1 | Kåre Svensson | 61 | Strømmen | 23.08.1976 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 53.8 | Claus Nerhagen | 59 | Oslo/St | 16.06.1976 |
| 59.0 | Kåre Svensson | 61 | Årnes | 11.08.1976 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:59.1 | Claus Nerhagen | 59 | Oslo/St | 28.06.1976 |
| 2:05.3 | Thue Holme | 52 | Oslo/St | 27.08.1976 |
| 2:09.7 | Kåre Svensson | 61 | Strømmen | 20.06.1976 |
| 2:11.3 | Arve Bogstad | 41 | Oslo/St | 28.06.1976 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:54.5 | Harald Lindstrøm | 54 | Oslo/Bi | 01.07.1976 |
| 4:08.3 | Arne Luke | 44 | Lørenfallet | 08.09.1976 |
| 4:10.7 | Thue Holme | 52 | Oslo/St | 28.06.1976 |
| 4:11.4 | Vidar Birkelund | 56 | Oslo/St | 28.06.1976 |
| 4:13.2 | Terje Svendsen | 48 | Oslo/Bi | 12.05.1976 |
| 4:27.2 | Kåre Svensson | 61 | Oslo/Bi | 14.09.1976 |
| 4:40.4 | Sverre Lauten | 53 | Oslo/St | 28.06.1976 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:25.2 | Harald Lindstrøm | 54 | Oslo/St | 28.06.1976 |
| 11:19.6 | Svein Skolt | 25 | Jessheim | 25.08.1976 |
| 11:40.2 | Håkon Amundstad | 24 | Jessheim | 25.08.1976 |
| 14:06.6 | Rolf Marthinussen | 24 | Jessheim | 25.08.1976 |

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| **MENN SENIOR 1976** | **254** |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 15:06.2 | Harald Lindstrøm | 54 | Jessheim | 18.06.1976 |
| 15:57.0 | Terje Svendsen | 48 | Jessheim | 18.06.1976 |
| 16:12.8 | Vidar Birkelund | 56 | Jessheim | 18.06.1976 |
| 16:13.2 | Petter Stensby | 52 | Jessheim | 18.06.1976 |
| 16:24.8 | Thue Holme | 52 | Oslo/St | 15.09.1976 |
| 16:28.4 | Arne Luke | 44 | Jessheim | 18.06.1976 |
| 16:33.0 | Inge Bråten | 48 | Jessheim | 18.06.1976 |
| 16:33.8 | Bjørn Rommen | 43 | Jessheim | 18.06.1976 |
| 17:00.8 | Bjørn Egil Hytjan | 56 | Jessheim | 18.06.1976 |
| 17:03.0 | Arne Gulbrandsen | 44 | Jessheim | 18.06.1876 |
| 17:06.4 | Egil Ødemark | 41 | Jessheim | 18.06.1976 |
| 18:05.0 | Sverre Lauten | 53 | Jessheim | 18.06.1976 |
| 18:25.6 | Arve Bogstad | 41 | Jessheim | 18.06.1976 |
| 18:35.2 | Ole Skolt | 53 | Jessheim | 18.06.1976 |
| 18:49.2 | Håvard Uhlen | 39 | Jessheim | 18.06.1976 |
| 19:02.2 | Helge Sydtangen | 37 | Jessheim | 18.06.1976 |
| 19:18.0 | Sten Melbye | 31 | Jessheim | 18.06.1976 |
| 19:18.8 | Kristoffer Stanger | 33 | Jessheim | 18.06.1976 |
| 19:14.4 | Kåre Støverud | 52 | Jessheim | 18.06.1976 |
| 19:27.0 | Kåre Hofskelrud | 39 | Jessheim | 18.06.1976 |
| 19:30.0 | Øystein Jørgensen | 47 | Jessheim | 18.06.1976 |
| 20:02.2 | Svein Skolt | 25 | Jessheim | 18.06.1976 |
| 20:03.6 | Arne Marthinussen | 50 | Jessheim | 18.06.1976 |
| 20:11.2 | Leif Rubach | 45 | Jessheim | 18.06.1976 |
| 20:23.6 | Olav Bjerkeli | 33 | Jessheim | 18.06.1976 |
| 20:27.2 | Per Neskleiv | 36 | Jessheim | 18.06.1976 |
| 20:31.4 | Håkon Amundstad | 24 | Jessheim | 18.06.1976 |
| 20:52.4 | Ole Arnegård | 44 | Jessheim | 18.06.1976 |
| 20:53.2 | Halvor Bogstad | 46 | Jessheim | 18.06.1976 |
| 20:58.0 | Arne Kristian Aas | 29 | Jessheim | 18.06.1976 |
| 21:06.2 | Johan Gabrielsen | 35 | Jessheim | 18.06.1976 |
| 21:12.8 | Roar Norbeck | 43 | Jessheim | 18.06.1976 |
| 21:20.2 | Kristen Langbakk | 39 | Jessheim | 18.06.1976 |
| 21:26.6 | Arnt Horntvedt | 46 | Jessheim | 18.06.1976 |
| 21:40.2 | Kai Hole | 42 | Jessheim | 18.06.1976 |
| 21:50.8 | Olav Rutle | 45 | Jessheim | 18.06.1976 |
| 22:10.6 | Oddmund Teigen | 35 | Jessheim | 18.06.1976 |
| 22:12.0 | Martin Molnes | 35 | Jessheim | 18.06.1976 |
| 22:16.0 | Ivar Opsahl | 47 | Jessheim | 18.06.1976 |
| 23:37.0 | Rolf Marthinussen | 24 | Jessheim | 18.06.1976 |

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

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| 15.7 | Trond Ørbech | 62 | Årnes | 01.09.1976 |

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| **MENN SENIOR 1976** | **255** |

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

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| --- | --- | --- | --- | --- |
| 19.0 | Kåre Svensson | 61 | Årnes | 01.09.1976 |

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

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| --- | --- | --- | --- | --- |
| 10:01.2 | Harald Lindstrøm | 54 | Jessheim | 25.08.1976 |
| 10:13.0 | Vidar Birkelund | 56 | Jessheim | 25.08.1976 |
| 10:18.6 | Bjørn Rommen | 43 | Jessheim | 25.08.1976 |
| 10:37.6 | Petter Stensby | 52 | Jessheim | 25.08.1976 |
| 10:33.0 | Bjørn Egil Hytjan | 56 | Jessheim | 25.08.1976 |
| 10:48.8 | Egil Ødemark | 41 | Jessheim | 25.08.1976 |
| 10:53.0 | Ole Skolt | 53 | Jessheim | 25.08.1976 |
| 11:40.8 | Kristen Langbakk | 39 | Jessheim | 25.08.1976 |
| 11:42.6 | Sverre Lauten | 53 | Jessheim | 25.08.1976 |
| 12:07.2 | Sten Melbye | 31 | Jessheim | 25.08.1976 |
| 12:11.2 | Øystein Jørgensen | 47 | Jessheim | 25.08.1976 |
| 12:32.0 | Kåre Hofskelsrud | 39 | Jessheim | 25.08.1976 |
| 12:42.6 | Arne Marthinussen | 50 | Jessheim | 25.08.1976 |
| 12:44.4 | Leif Rubach | 45 | Jessheim | 25.08.1976 |
| 12:59.4 | Per Neskleiv | 36 | Jessheim | 25.08.1976 |
| 13:05.0 | Oddmund Teigen | 35 | Jessheim | 25.08.1976 |
| 13:09.4 | Kai Hole | 42 | Jessheim | 25.08.1976 |
| 13:16.6 | Ole Arnegård | 44 | Jessheim | 25.08.1976 |
| 13:18.4 | Olav Bjerkeli | 33 | Jessheim | 25.08.1976 |
| 13:31.4 | Kåre Støverud | 52 | Jessheim | 25.08.1976 |
| 13:39.4 | Ivar Opsahl | 47 | Jessheim | 25.08.1976 |
| 13:41.2 | Arne Kristian Aas | 29 | Jessheim | 25.08.1976 |
| 13:45.8 | Johan Gabrielsen | 35 | Jessheim | 25.08.1976 |

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| **20km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:13:19 | Bjørn Rommen | 43 | Jessheim | 10.10.1976 |
| 1:18:44 | Egil Ødemark | 41 | Jessheim | 10.10.1976 |
| 1:20:13 | Ole Skolt | 53 | Jessheim | 10.10.1976 |
| 1:21:00 | Kristen Langbakk | 39 | Jessheim | 10.10.1976 |
| 1:21.16 | Arne Luke | 44 | Jessheim | 10.10.1976 |
| 1:24:00 | Thue Holme | 52 | Jessheim | 10.10.1976 |
| 1:24:45 | Arve Bogstad | 41 | Jessheim | 10.10.1976 |
| 1:29:00 | Håvard Uhlen | 39 | Jessheim | 10.10.1976 |
| 1:33:28 | Kristoffer Stanger | 33 | Jessheim | 10.10.1976 |
| 1:34:44 | Sverre Lauten | 53 | Jessheim | 10.10.1976 |
| 1:37:09 | Halvor Bogstad | 46 | Jessheim | 10.10.1976 |
| 1:38:49 | Per Neskleiv | 36 | Jessheim | 10.10.1976 |
| 1:38:51 | Svein Skolt | 25 | Jessheim | 10.10.1976 |
| 1:42:22 | Arne Marthinussen | 50 | Jessheim | 10.10.1976 |

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| **MENN SENIOR 1976** | **256** |

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| **Høyde** |  |

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| 1.30 | Dag Brokke | 62 | Nannestad | 15.08.1976 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.33 | Kai Hole | 42 | Lørenfallet | 08.06.1976 |
| 4.57 | Trond Ørbech | 62 | Årnes | 01.09.1976 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.33 | Dag Brokke | 62 | Nannestad | 15.08.1976 |
| 8.05 | Odd Nilsen | 63 | Gardermoen | 17.06.1976 |
| 6.53 | Stig Alfredsen | 64 | Gardermoen | 17.06.1976 |
| 6.15 | Oskar Puchmann | 65 | Gardermoen | 17.06.1976 |

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| **Kule 7.26 kg** |  |

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| 12.39 | Kai Hole | 42 | Lørenfallet | 08.06.1976 |

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| **Diskos 2 kg** |  |

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| 43.54 | Kai Hole | 42 | Hvam | 22.05.1976 |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 34.98 | Kai Hole | 42 | Strømmen | 22.06.1976 |

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| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 19.40 | Hårvard Thorstensen | 65 | Gardermoen | 17.06.1976 |
| 17.62 | Roger Bakke | 65 | Gardermoen | 17.06.1976 |
| 16.02 | Oskar Puchmann | 65 | Gardermoen | 17.06.1976 |

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

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| 44.54 | Ivar Opsahl | 47 | Lørenfallet | 18.05.1976 |

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| **Liten ball 150 g** |  |

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| --- | --- | --- | --- | --- |
| 46.65 | Håvard Thorstensen | 65 | Årnes | 01.09.1976 |
| 39.20 | Stig Alfredsen | 64 | Årnes | 01.09.1976 |
| 38.30 | Oskar Puchmann | 65 | Strømmen | 25.06.1976 |
| 37.45 | Roger Bakke | 65 | Strømmmen | 25.06.1976 |

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| **MENN SENIOR 1976** | **257** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| 1.56 | Kai Hole | 42 | Årnes/Fj | 19.03.1976 |

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| **KVINNER SENIOR 1976** | **258** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.3 | Hilde Verpe | 63 | Bergen/Fa | 22.08.1976 |
| 9.0 | Anne Berit Haug | 64 | Gardermoen | 17.06.1976 |
| 9.1 | Britt Scheie | 64 | Strømmen | 19.06.1976 |
| 9.1 | Elin Knutsen | 63 | Strømmen | 19.06.1976 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.1 | Hilde Verpe | 63 | Strømmen | 20.06.1976 |
| 14.4 | Eli Jensen | 62 | Lørenfallet | 31.08.1976 |
| 15.0 | Anne Berit Haug | 64 | Lørenfallet | 31.08.1976 |
| 14.9 | Gro Verpe | 62 | Strømmen | 19.06.1976 |
| 15.1 | Britt Scheie | 64 | Strømmen | 20.06.1976 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:33.0 | Hildegunn Bjerkan | 63 | Oslo/St | 04.09.1976 |
| 2:40.8 | Gro Verpe | 62 | Lørenfallet | 31.08.1976 |
| 2:45.4 | Hilde Verpe | 63 | Lørenfallet | 31.08.1976 |
| 2:45.4 | Eli Jensen | 62 | Lørenfallet | 31.08.1976 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6:00.2 | Bente Hytjan | 60 | Jessheim | 18.06.1976 |
| 6:20.4 | Sissel Ullerud | 43 | Jessheim | 18.06.1976 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:10.8 | Berit Bamrud | 55 | Jessheim | 25.08.1976 |
| 13:04.0 | Marit Skolt | 56 | Jessheim | 25.08.1976 |
| 13:19.2 | Bente Hytjan | 60 | Jessheim | 25.08.1976 |
| 13:34.8 | Sissel Ullerud | 43 | Jessheim | 25.08.1976 |
| 14:24.4 | Tone Nordby Lauten | 55 | Jessheim | 25.08.1976 |

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

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| 15.2 | Gro Verpe | 62 | Lørenfallet | 31.08.1976 |

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| **10 km landevei** |  |

|  |  |  |  |  |
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| 44:45 | Marit Skolt | 56 | Jessheim | 10.10.1976 |
| 45:37 | Sissel Ullerud | 43 | Jessheim | 10.10.1076 |

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| **KVINNER SENIOR 1976** | **259** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.40 | Gro Verpe | 62 | Bergen/Fa | 23.08.1976 |
| 1.35 | Hilde Verpe | 63 | Skotterud | 11.06.1976 |
| 1.31 | Eli Jensen | 62 | Årnes | 01.09.1976 |
| 1.25 | Marianne Borgen | 62 | Gardermoen | 17.06.1976 |
| 1.15 | Elin Knutsen | 63 | Strømmen | 19.06.1975 |
| 1.10 | Hildegunn Bjerkan | 63 | Gardermoen | 17.06.1976 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.56 | Hilde Verpe | 63 | Strømmen | 19.06.1976 |
| 3.79 | Britt Scheie | 64 | Strømmen | 19.06.1976 |

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| --- | --- |
| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.48 | Hilde Verpe | 63 | Hvam | 05.09.1976 |

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| **Kule 4 kg** |  |

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| 9.64 | Runa Nordahl | 56 | Rolvsrud | 04.05.1976 |
| 7.57 | Anne Marie Scheie | 59 | Strømmen | 25.06.1976 |

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

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| --- | --- | --- | --- | --- |
| 27.38 | Runa Nordahl | 56 | Hvam | 22.05.1976 |

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

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

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

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| --- | --- | --- | --- | --- |
| 45.62 | Runa Nordahl | 56 | Jessheim | 09.06.1976 |

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| **3-kamp 60m-Lengde-Kule 3** |  |

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| --- | --- | --- | --- | --- |
| 2367 | Hilde Verpe | 63 | Hvam | 05.09.1976 |
| 8.3-4.35-6.48 | | | |

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| **4x100m** |  |

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| 56.5 |  |  | Strømmen | 23.08.1976 |
| ? | | | |

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| **MENN SENIOR 1977** | **260** |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.13 | Eli Jensen | 62 | Årnes/Fj | 19.03.1976 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.26 | Gro Verpe | 62 | Årnes/Fj | 19.03.1976 |
| 2.25 | Hilde Verpe | 63 | Årnes/Fj | 19.03.1976 |
| 2.09 | Britt Scheie | 64 | Årnes/Fj | 19.03.1976 |
| 2.02 | Ann Sørensen | 64 | Årnes/Fj | 19.03.1976 |

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| **MENN SENIOR 1977** | **261** |

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

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| --- | --- | --- | --- | --- |
| 12.1 | Ivar Opsahl | 47 | Lillestrøm | 11.06.1977 |
| 12.9 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.2 | Kåre Svensson | 61 | Årnes | 17.08.1977 |
| 61.7 | Ivar Opsahl | 47 | Lillestrøm | 11.07.1977 |
| 63.8 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:56.4 | Claus Nerhagen | 59 | Oslo/Bi | 20.06.1977 |
| 2:02.9 | Thue Holme | 52 | Oslo/St | 17.08.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:13.9 | Thue Holme | 52 | Jessheim | 13.06.1977 |
| 4:20.5 | Claus Nerhagen | 59 | Jessheim | 13.06.1977 |
| 4:26.7 | Bjørn Rommen | 43 | Jessheim | 13.06.1977 |
| 4:27.5 | Arne Gulbrandsen | 44 | Jessheim | 13.06.1977 |
| 4:27.8 | Jan Rustad | 40 | Jessheim | 13.06.1977 |
| 4:28.2 | Petter Stensby | 52 | Jessheim | 13.06.1977 |
| 4:32.2 | Egil Ødemark | 41 | Jessheim | 13.06.1977 |
| 4:34.8 | Bjørn Lilleseth | 46 | Jessheim | 13.06.1977 |
| 4:36.4 | Sven Gustavsen | 50 | Jessheim | 13.06.1977 |
| 4:36.5 | Ingar Indredavik | 45 | Jessheim | 13.06.1977 |
| 4:37.7 | Kristen Langbakk | 39 | Jessheim | 13.06.1977 |
| 4:38.0 | Ole Skolt | 53 | Jessheim | 13.06.1977 |
| 4:38.9 | Torbjørn Johansen | 45 | Jessheim | 13.06.1977 |
| 4:40.9 | Kåre Svensson | 61 | Årnes | 17.08.1977 |
| 4:41.6 | Anders Jellum | 48 | Jessheim | 13.06.1977 |
| 4:43.4 | Torgeir Sørum | 45 | Jessheim | 13.06.1977 |
| 4:44.7 | Sverre Lauten | 53 | Jessheim | 13.06.1977 |
| 4:47.9 | Arve Bogstad | 41 | Jessheim | 13.06.1977 |
| 4:53.0 | Stig Harald Øveraas | 48 | Jessheim | 13.06.1977 |
| 4:56.6 | Helge Sydtangen | 37 | Jessheim | 13.06.1977 |
| 4:57.1 | Olav Bogstad | 35 | Jessheim | 13.06.1977 |
| 4:58.6 | Øystein Jørgensen | 47 | Jessheim | 13.06.1977 |
| 5:01.3 | Kåre Hofskjelrud | 39 | Jessheim | 13.06.1977 |
| 5:01.5 | Vidar Sydtangen | 60 | Jessheim | 13.06.1977 |
| 5:02.1 | Terje Olsen | 42 | Jessheim | 13.06.1977 |
| 5:02.3 | Helge Ullerud | 42 | Jessheim | 13.06.1977 |
| 5:02.9 | Leif Rubach | 45 | Jessheim | 13.06.1977 |
| 5:07.4 | Per Pedersen | 43 | Jessheim | 09.06.1977 |
| 5:08.0 | Ole Arnegård | 44 | Jessheim | 13.06.1977 |

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| **MENN SENIOR 1977** | **262** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:13.3 | Kristoffer Stanger | 33 | Jessheim | 13.06.1977 |
| 5:16.1 | Håvard Uhlen | 39 | Jessheim | 13.06.1977 |
| 5:22.1 | Olav Bjerkeli | 33 | Jessheim | 13.06.1977 |
| 5:23.4 | Halvor Bogstad | 46 | Jessheim | 13.06.1977 |
| 5:26.5 | Johannes Bjørnland | 17 | Jessheim | 13.06.1977 |
| 5:31.4 | Ivar Opsahl | 47 | Lillestrøm | 12.06.1977 |
| 5:31.4 | Håkon Amundstad | 24 | Jessheim | 13.06.1977 |
| 5:31.4 | Ivar Opsahl | 47 | Jessheim | 13.06.1977 |
| 5:31.6 | Kai Hole | 42 | Lillestrøm | 12.06.1977 |
| 5:32.3 | Øivind Haugerud | 39 | Jessheim | 13.06.1977 |
| 5:34.4 | Johan Gabrielsen | 35 | Jessheim | 13.06.1977 |
| 5:43.0 | Sten Melbye | 31 | Jessheim | 13.06.1977 |
| 5:44.6 | Arne Kristian Aas | 29 | Jessheim | 13.06.1977 |
| 5:46.0 | Kåre Støverud | 52 | Jessheim | 13.06.1977 |
| 5:46.0 | Finn Johannessen | 45 | Jessheim | 13.06.1977 |
| 6:03.9 | Svein Skolt | 25 | Jessheim | 13.06.1977 |
| 6:30.8 | Reidar Melby | 27 | Jessheim | 13.06.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:37.2 | Håkon Amundstad | 24 | Jessheim | 22.08.1977 |
| 12:47.2 | Johannes Bjørnland | 17 | Jessheim | 22.08.1977 |
| 13:03.2 | Svein Skolt | 25 | Jessheim | 22.08.1977 |
| 13:30.6 | Reidar Melby | 27 | Jessheim | 22.08.1977 |

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

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| 18.2 | Ivar Opsahl | 47 | Lillestrøm | 12.06.1977 |
| 20.0 | Kai Hole | 42 | Lillestrøm | 12.06.1977 |

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

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| --- | --- | --- | --- | --- |
| 10:00.4 | Vidar Birkelund | 56 | Jessheim | 22.08.1977 |
| 10:18.6 | Thue Holme | 52 | Jessheim | 22.08.1977 |
| 10:22.6 | Bjørn Rommen | 43 | Jessheim | 22.08.1977 |
| 10:31.0 | Petter Stensby | 52 | Jessheim | 22.08.1977 |
| 10:35.8 | Jan Rustad | 40 | Jessheim | 22.08.1977 |
| 10:37.2 | Bjørn Egil Hytjan | 56 | Jessheim | 22.08.1977 |
| 10:51.8 | Egil Ødemark | 41 | Jessheim | 22.08.1977 |
| 11:00.0 | Sven Gustavsen | 50 | Jessheim | 22.08.1977 |
| 11:11.8 | Ingar Indredavik | 45 | Jessheim | 22.08.1977 |
| 11:12.0 | Ole Skolt | 53 | Jessheim | 22.08.1977 |
| 11:17.4 | Arne Gulbrandsen | 44 | Jessheim | 22.08.1977 |
| 11:17.6 | Claus Nerhagen | 59 | Jessheim | 22.08.1977 |

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| **MENN SENIOR 1977** | **263** |

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

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| 11:37.0 | Anders Jellum | 48 | Jessheim | 22.08.1977 |
| 11:37.4 | Torgeir Sørum | 45 | Jessheim | 22.08.1977 |
| 11:40.8 | Sverre Lauten | 53 | Jessheim | 22.08.1977 |
| 11:50.0 | Bjørn Lilleseth | 46 | Jessheim | 22.08.1977 |
| 11:56.2 | Øystein Jørgensen | 47 | Jessheim | 22.08.1977 |
| 12:00.4 | Kåre Hofskelrud | 39 | Jessheim | 22.08.1977 |
| 12:05.4 | Stig Harald Øveraas | 48 | Jessheim | 22.08.1977 |
| 12:06.6 | Olav Bogstad | 35 | Jessheim | 22.08.1977 |
| 12:28.8 | Kristoffer Stanger | 33 | Jessheim | 22.08.1977 |
| 12:43.6 | Kristen Langbakk | 39 | Jessheim | 22.08.1977 |
| 12:48.0 | Helge Sydtangen | 37 | Jessheim | 22.08.1977 |
| 12:48.0 | Helge Ullerud | 42 | Jessheim | 22.08.1977 |
| 13:02.0 | Leif Rubach | 45 | Jessheim | 22.08.1977 |
| 13:09.8 | Ole Arnegård | 44 | Jessheim | 22.08.1977 |
| 13:20.6 | Øivind Mangerud | 48 | Jessheim | 22.08.1977 |
| 13:36.0 | Ivar Opsahl | 47 | Jessheim | 22.08.1977 |
| 13:42.8 | Johan Gabrielsen | 35 | Jessheim | 22.08.1977 |
| 14:06.6 | Arne Kristian Aas | 29 | Jessheim | 22.08.1977 |
| 14:30.0 | Finn Johannessen | 45 | Jessheim | 22.08.1977 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:11:10 | Bjørn Rommen | 43 | Jessheim | 09.10.1977 |
| 1:13:56 | Petter Stensby | 52 | Jessheim | 09.10.1977 |
| 1:15:14 | Thue Holme | 52 | Jessheim | 09.10.1977 |
| 1:17:16 | Ole Skolt | 53 | Jessheim | 09.10.1977 |
| 1:17:27 | Anders Jellum | 48 | Jessheim | 09.10.1977 |
| 1:19:20 | Arne Gulbrandsen | 44 | Jessheim | 09.10.1977 |
| 1:20:48 | Bjørn Egil Hytjan | 56 | Jessheim | 09.10.1977 |
| 1:22:01 | Egil Ødemark | 41 | Jessheim | 09.10.1977 |
| 1:24:34 | Torbjørn Jørgensen | 45 | Jessheim | 09.10.1977 |
| 1:26:03 | Helge Ullerud | 42 | Jessheim | 09.10.1977 |
| 1:27:18 | Arve Bogstad | 41 | Jessheim | 09.10.1977 |
| 1:27:30 | Terje Olsen | 42 | Jessheim | 09.10.1977 |
| 1:29:55 | Helge Sydtangen | 37 | Jessheim | 09.10.1977 |
| 1:29:55 | Håvard Uhlen | 39 | Jessheim | 09.10.1977 |
| 1:33:06 | Håkon Amundstad | 24 | Jessheim | 09.10.1977 |
| 1:36:27 | Kristoffer Stanger | 33 | Jessheim | 09.10.1977 |
| 1:40:59 | Stig Harald Øveraas | 48 | Jessheim | 09.10.1977 |
| 1:42:04 | Halvor Bogstad | 46 | Jessheim | 09.10.1977 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.75 | Ivar Opsahl | 47 | Lillestrøm | 11.06.1977 |
| 1.55 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |
| 1.30 | Kåre Svensson | 61 | Lørenfallet | 09.08.1977 |
| **MENN SENIOR 1977** | | **264** | | |

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

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| --- | --- | --- | --- | --- |
| 3.15 | Kai Hole | 42 | Lillestrøm | 20.08.1977 |
| 3.10 | Ivar Opsahl | 47 | Lillestrøm | 12.06.1977 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.72 | Kai Hole | 42 | Lillestrøm | 11.06.1977 |
| 5.46 | Ivar Opsahl | 47 | Lillestrøm | 11.06.1977 |

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| **Tresteg** |  |

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| 11.65 | Kai Hole | 42 | Lillestrøm | 21.08.1977 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.90 | Øystein Samuelsen | 61 | Lørenfallet | 09.08.1977 |

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| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.67 | Morten Gaarder | 60 | Nannestad | 11.09.1977 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.28 | Kai Hole | 42 | Lillestrøm | 20.08.1977 |
| 10.52 | Ivar Opsahl | 47 | Lillestrøm | 11.06.1977 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 43.32 | Kai Hole | 42 | Strømmen | 19.09.1977 |
| 33.22 | Morten Gaarder | 60 | Lillestrøm | 21.08.1977 |
| 31.16 | Bjørn Askeland | 42 | Lillestrøm | 21.08.1977 |
| 31.22 | Ivar Opsahl | 47 | Lillestrøm | 12.06.1977 |

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| **Slegge 7.26 kg** |  |

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| 36.16 | Kai Hole | 42 | Lillestrøm | 21.08.1977 |
| 28.56 | Ivar Opsahl | 47 | Strømmen | 10.06.1977 |

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

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| 41.98 | Kai Hole | 42 | Rolvsrud | 07.08.1977 |
| 41.88 | Ivar Opsahl | 47 | Rolvsrud | 07.08.1977 |

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| **KVINNER SENIOR 1977** | **265** |

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

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| --- | --- | --- | --- | --- |
| 4927 | Ivar Opsahl | 47 | Lillestrøm | 11-12.06.1977 |
| 12.1-5.46-10.52-1.75-61.7/18.2-31.22-3.10-41.40-5:31.4 | | | |

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

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| 1.51 | Kai Hole | 42 | Bjørkelangen | 02.04.1977 |

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| **KVINNER SENIOR 1977** | **266** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 9.4 | Cecilie Laake | 66 | Strømmen | 22.08.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:44.2 | Sissel Huseby | 64 | Lillestrøm | 16.09.1977 |
| 2:52.8 | Hilde Rustad | 66 | Lillestrøm | 16.09.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:53.0 | Sissel Dønnum Ullerud | 43 | Jessheim | 09.06.1977 |
| 5:42.4 | Marit Skolt | 56 | Jessheim | 09.06.1977 |
| 6:04.4 | Trine Bogstad | 51 | Jessheim | 13.06.1977 |
| 6:12.2 | Åshild Olsen | 39 | Jessheim | 09.06.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:37.6 | Marit Skolt | 56 | Jessheim | 22.08.1977 |
| 13:22.0 | Sissel Dønnum Ullerud | 43 | Jessheim | 22.08.1977 |
| 13:40.0 | Åshild Sørum | 39 | Jessheim | 22.08.1977 |
| 13:45.2 | Trine Bogstad | 51 | Jessheim | 22.08.1977 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.75 | Hilde Verpe | 63 | Jessheim | 04.08.1977 |
| 3.95 | Hilde Ødemark | 64 | Jessheim | 04.08.1977 |
| 3.80 | Cecilie Laake | 66 | Strømmen | 22.08.1977 |

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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.34 | Hilde Verpe | 63 | Fetsund/Ho | 12.03.1977 |
| 1.96 | Kristin Finstad | 65 | Fetsund/Ho | 12.03.1977 |
| 1.92 | Bjørg Opsahl | 66 | Fetsund/Ho | 12.03.1977 |
| 1.76 | Guri Lunder | 66 | Fetsund/Ho | 12.03.1977 |

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| **MENN SENIOR 1978** | **267** |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.5 | Arne Hansen | 65 | Rolvsrud | 23.09.1978 |
| 8.6 | Kåre Laake | 64 | Rolvsrud | 23.09.1978 |
| 8.9 | Jan Manglerød | 65 | Gardermoen | 26.08.1978 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.0 | Thor Lasse Johansen | 63 | Gardermoen | 11.09.1978 |
| 13.1 | Helge Sydtangen | 37 | Rolvsrud | 12.09.1978 |
| 13.6 | Svein Lindholt | 62 | Gardermoen | 11.09.1978 |
| 13.6 | Asle Backe-Bogstad | 63 | Gardermoen | 26.08.1978 |
| 14.2 | Kåre Laake | 64 | Gerdermoen | 11.09.1978 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:59.4 | Vidar Birkelund | 56 | Oslo/St | 16.05.1978 |
| 2:25.6 | Asle Backe-Bogstad | 63 | Gardermoen | 26.08.1978 |
| 2:25.7 | Thor Lasse Johansen | 63 | Gardermoen | 26.08.1978 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:16.2 | Thue Holme | 52 | Oslo/Bi | 19.07.1978 |
| 4:19.5 | Bjørn Rommen | 43 | Jessheim | 12.06.1978 |
| 4;25,0 | Jan Rustad | 40 | Jessheim | 12.06.1978 |
| 4:32.6 | Claus Nerhagen | 59 | Jessheim | 12.06.1978 |
| 4:33.2 | Arne Gulbrandsen | 44 | Jessheim | 12.06.1978 |
| 4:34.7 | Ole Skolt | 53 | Jessheim | 12.06.1978 |
| 4:36.5 | Egil Ødemark | 41 | Jessheim | 12.06.1978 |
| 4:38.5 | Sven Gustavsen | 50 | Jessheim | 12.06.1978 |
| 4:40.5 | Ingar Indredavik | 45 | Jessheim | 12.06.1978 |
| 4:41.5 | Sverre Lauten | 53 | Jessheim | 12.06.1978 |
| 4:43.0 | Bjørn Lilleseth | 46 | Jessheim | 12.06.1978 |
| 4:43.1 | Kristen Langbakk | 39 | Jessheim | 12.06.1978 |
| 4:43.3 | Kolbjørn Skjerve | 37 | Jessheim | 12.06.1978 |
| 4:43.4 | Bjørn Egil Hytjan | 56 | Jessheim | 12.06.1978 |
| 4:47.6 | Roar Kristiansen | 46 | Jessheim | 12.06.1978 |
| 4:47.9 | Trygve Stanger | 62 | Jessheim | 12.06.1978 |
| 4:48.0 | Stig Harald Øveraas | 48 | Jessheim | 12.06.1978 |
| 4:49.0 | Torbjørn Johansen | 45 | Jessheim | 12.06.1978 |
| 4:50.5 | Arve Bogstad | 41 | Jessheim | 12.06.1978 |
| 4:53.0 | Torgeir Sørum | 45 | Jessheim | 12.06.1978 |
| 4:55.0 | Helge Sydtangen | 37 | Jessheim | 12.06.1978 |
| 4:58.6 | Leif Rubach | 45 | Jessheim | 12.06.1978 |
| 4:59.5 | Kristoffer Stanger | 33 | Jessheim | 12.06.1978 |

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| **MENN SENIOR 1978** | **268** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:59.9 | Trygve Rommen | 31 | Jessheim | 12.06.1978 |
| 5:01.5 | Kåre Hofskelrud | 39 | Jessheim | 12.06.1978 |
| 5:02.0 | Helge Ullerud | 42 | Jessheim | 12.06.1978 |
| 5:03.2 | Olav Bogstad | 35 | Jessheim | 12.06.1978 |
| 5:06.0 | Terje Olsen | 42 | Jessheim | 12.06.1978 |
| 5:11.7 | John Birkelund | 32 | Jessheim | 12.06.1978 |
| 5:13.5 | Arne Hvattum | 36 | Jessheim | 12.06.1978 |
| 5:15.5 | Jens Henrik Jørgensen | 45 | Jessheim | 12.06.1978 |
| 5:16.4 | Kåre Andresen | 38 | Jessheim | 12.06.1978 |
| 5:20.7 | Terje Weimoth | 46 | Jessheim | 12.06.1978 |
| 5:24.5 | Finn Sandmo | 33 | Jessheim | 12.06.1978 |
| 5:24.8 | Per Christian Bjørnæs | 42 | Jessheim | 12.06.1978 |
| 5:25.3 | Thor Lasse Johansen | 63 | Jessheim | 12.06.1978 |
| 5:25.5 | Finn Johannessen | 45 | Jessheim | 12.06.1978 |
| 5:27.6 | Ole Arnegård | 44 | Jessheim | 12.06.1978 |
| 5:27.7 | Magne Engen | 33 | Jessheim | 12.06.1978 |
| 5:32.4 | Svein Skolt | 25 | Jessheim | 12.06.1978 |
| 5:32.4 | Halvor Bogstad | 46 | Jessheim | 12.06.1978 |
| 5:35.7 | Ivar Opsahl | 47 | Jessheim | 12.06.1978 |
| 5:38.0 | Sten Melbye | 31 | Jessheim | 12.06.1978 |
| 5:39.2 | Asbjørn Rud | 53 | Jessheim | 12.06.1978 |
| 5:41.0 | Arne Kristian Aas | 29 | Jessheim | 12.06.1978 |
| 5:43.0 | Kåre Støverud | 52 | Jessheim | 12.06.1978 |
| 5:43.1 | Olav Bjerkeli | 33 | Jessheim | 12.06.1978 |
| 5:44.2 | Johan Gabrielsen | 35 | Jessheim | 12.06.1978 |
| 5:44.7 | Konrad Svensson | 34 | Jessheim | 12.06.1978 |
| 5:44.7 | Håkon Amundstad | 24 | Jessheim | 12.06.1978 |
| 5:44.8 | Bjørn Grønlien | 44 | Jessheim | 12.06.1978 |
| 5:54.9 | Ottar Gjesvang | 27 | Jessheim | 12.06.1978 |
| 5:55.8 | Johannes Bjørnland | 17 | Jessheim | 12.06.1978 |
| 5:56.3 | Karl Lødemel | 24 | Jessheim | 12.06.1978 |
| 6:02.4 | Håkon Håkonsen | 33 | Jessheim | 12.06.1978 |
| 6:15.1 | Reidar Melby | 27 | Jessheim | 12.06.1978 |
| 6:15.1 | Rolf Marthinussen | 24 | Jessheim | 12.06.1978 |
| 6:23.3 | Ragnar Langbakk | 37 | Jessheim | 12.06.1978 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11:32.4 | Svein Skolt | 25 | Jessheim | 21.08.1978 |
| 11:53.0 | Håkon Amundstad | 24 | Jessheim | 21.08.1978 |
| 12.27.9 | Karl Lødemel | 24 | Jessheim | 21.08.1978 |
| 13:05.6 | Johannes Bjørnland | 17 | Jessheim | 21.08.1978 |
| 13:24.8 | Hans Ruud | 18 | Jessheim | 21.08.1978 |
| 13:33.2 | Ottar Gjestvang | 27 | Jessheim | 21.08.1978 |
| 13:41.7 | Rolf Marthinussen | 24 | Jessheim | 21.08.1978 |
| 13:41.7 | Reidar Melby | 27 | Jessheim | 21.08.1978 |
| **MENN SENIOR 1978** | | **269** | | |

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

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| --- | --- | --- | --- | --- |
| 17.9 | Ivar Opsahl | 47 | Rolvsrud | 15.08.1978 |
| 19.8 | Nils Kristen Wiig | 43 | Rolvsrud | 15.08.1978 |
| 20.2 | Kai Hole | 42 | Lillestrøm | 27.08.1978 |

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

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| --- | --- | --- | --- | --- |
| 10:17.0 | Ole Skolt | 53 | Årnes | 13.09.1978 |
| 10:28.0 | Jan Rustad | 40 | Jessheim | 21.08.1978 |
| 10:29.1 | Thue Holme | 52 | Jessheim | 21.08.1978 |
| 10:31.6 | Bjørn Rommen | 43 | Jessheim | 21.08.1978 |
| 10:39.0 | Claus Nerhagen | 59 | Jessheim | 21.08.1978 |
| 10:57.0 | Bjørn Egil Hytjan | 56 | Jessheim | 21.08.1978 |
| 11:03.4 | Egil Ødemark | 41 | Jessheim | 21.08.1978 |
| 11:27.0 | Sverre Lauten | 53 | Jessheim | 21.08.1978 |
| 11:28.5 | Kristen Langbakk | 39 | Jessheim | 21.08.1978 |
| 11:34.4 | Torbjørn Johansen | 45 | Jessheim | 21.08.1978 |
| 11:35.8 | Kolbjørn Skjerve | 37 | Jessheim | 21.08.1978 |
| 11:36.0 | Anders Jellum | 48 | Jessheim | 21.08.1978 |
| 11:52.6 | Kristoffer Stanger | 33 | Jessheim | 21.08.1978 |
| 11:58.0 | Torgeir Sørum | 45 | Jessheim | 21.08.1978 |
| 11:59.0 | Kåre Hofskelrud | 39 | Jessheim | 21.08.1978 |
| 12:00.4 | Arne Hvattum | 36 | Jessheim | 21.08.1978 |
| 12:08.3 | Terje Olsen | 42 | Jessheim | 21.08.1978 |
| 12:14.7 | Olav Bogstad | 35 | Jessheim | 21.08.1978 |
| 12:23.8 | Arne Matyhinussen | 50 | Jessheim | 21.08.1978 |
| 12:30.9 | Bjørn Lilleseth | 46 | Jessheim | 21.08.1978 |
| 12:32.0 | Thor Lasse Johansen | 63 | Jessheim | 21.08.1978 |
| 12:32.9 | Stig Harald Øveraas | 48 | Jessheim | 21.08.1978 |
| 12:37.3 | Helge Ullerud | 42 | Jessheim | 21.08.1978 |
| 12:40.3 | John Birkelund | 32 | Jessheim | 21.08.1978 |
| 12:47.2 | Kåre Andresen | 38 | Jessheim | 21.08.1978 |
| 12:57.7 | Per Christian Bjørnæs | 42 | Jessheim | 21.08.1978 |
| 13:06.1 | Sten Melbye | 31 | Jessheim | 21.08.1978 |
| 13:08.2 | Ole Arnegård | 44 | Jessheim | 21.08.1978 |
| 13:12.6 | Terje Weimoth | 46 | Jessheim | 21.08.1978 |
| 13:14.0 | Øivind Melby | 55 | Jessheim | 21.08.1978 |
| 13:31.6 | Johan Gabrielsen | 35 | Jessheim | 21.08.1978 |
| 13:42.0 | Ola Neskleiv | 62 | Jessheim | 21.08.1978 |
| 13:43.2 | Olav Bjerkeli | 33 | Jessheim | 21.08.1978 |
| 13:47.0 | Finn Johannessen | 45 | Jessheim | 21.08.1978 |
| 13:51.5 | Magne Engen | 33 | Jessheim | 21.08.1978 |
| 13:55.7 | Ivar Opsahl | 47 | Jessheim | 21.08.1978 |
| 14:08.9 | Kåre Støverud | 52 | Jessheim | 21.08.1978 |
| 14:11.5 | Arne Kristian Aas | 29 | Jessheim | 21.08.1978 |

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| **MENN SENIOR 1978** | **270** |

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

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| --- | --- | --- | --- | --- |
| 14:13.5 | Asbjørn Rud | 53 | Jessheim | 21.08.1978 |
| 14:16.9 | Konrad Svensson | 34 | Jessheim | 21.08.1978 |
| 15:01.5 | Håkon Håkonsen | 33 | Jessheim | 21.08.1978 |
| 15:57.4 | Ragnar Langbakk | 37 | Jessheim | 21.08.1978 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:12:17 | Bjørn Rommen | 43 | Jessheim | 08.10.1978 |
| 1:17:31 | Ole Skolt | 53 | Jessheim | 08.10.1978 |
| 1:18:29 | Torbjørn Johansen | 39 | Jessheim | 08.10.1978 |
| 1:19:42 | Kolbjørn Skjerve | 37 | Jessheim | 08.10.1978 |
| 1:20:04 | Anders Jellum | 48 | Jessheim | 08.10.1978 |
| 1:22:32 | Ingar Indredavik | 45 | Jessheim | 08.10.1978 |
| 1:22:42 | Arne Gulbrandsen | 44 | Jessheim | 08.10.1978 |
| 1:25:00 | Claus Nerhagen | 59 | Jessheim | 08.10.1978 |
| 1:25:23 | Olav Bogstad | 35 | Jessheim | 08.10.1978 |
| 1:25:39 | Trygve Rommen | 31 | Jessheim | 08.10.1978 |
| 1:26:15 | Kåre Andresen | 38 | Jessheim | 08.10.1978 |
| 1:27:41 | Arne Hvattum | 36 | Jessheim | 08.10.1978 |
| 1:28:27 | Arve Bogstad | 41 | Jessheim | 08.10.1978 |
| 1:29:23 | John Birkelund | 32 | Jessheim | 08.10.1978 |
| 1:30:52 | Thue Holme | 52 | Jessheim | 08.10.1978 |
| 1:33:45 | Trygve Stanger | 62 | Jessheim | 08.10.1978 |
| 1:34:00 | Helge Sydtangen | 37 | Jessheim | 08.10.1978 |
| 1:34:49 | Helge Ullerud | 42 | Jessheim | 08.10.1978 |
| 1:35:29 | Arve Marthinussen | 50 | Jessheim | 08.10.1988 |
| 1:35:40 | Finn Sandmo | 33 | Jessheim | 08.10.1978 |
| 1:35:46 | Kristoffer Stanger | 33 | Jessheim | 08.10.1978 |
| 1:38:47 | Svein Skolt | 25 | Jessheim | 08.10.1978 |
| 1:39:55 | Leif Rubach | 45 | Jessheim | 08.10.1978 |
| 1:40.50 | Torgeir Sørum | 45 | Jessheim | 08.10.1978 |
| 1:41:07 | Terje Weimoth | 46 | Jessheim | 08.10.1978 |
| 1:41:25 | Olav Bjerkeli | 33 | Jessheim | 08.10.1978 |
| 1:43:00 | Per Christian Bjørnæs | 42 | Jessheim | 08.10.1978 |
| 1:43:00 | Håvard Uhlen | 38 | Jessheim | 08.10.1978 |
| 1:43:47 | Halvor Bogstad | 46 | Jessheim | 08.10.1978 |
| 1:45:00 | Asbjørn Rud | 53 | Jessheim | 08.10.1978 |
| 1:45:22 | Arne Kristian Aas | 29 | Jessheim | 08.10.1978 |
| 1:48:32 | Øivind Melby | 55 | Jessheim | 08.10.1988 |

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| **MENN SENIOR 1978** | **271** |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Ivar Opsahl | 47 | Lillestrøm | 27.08.1978 |
| 1.60 | Kai Hole | 42 | Lillestrøm | 26.08.1978 |
| 1.35 | Frode Liland | 65 | Gardermoen | 11.09.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.10 | Kai Hole | 42 | Lillestrøm | 27.08.1978 |
| 3.00 | Ivar Opsahl | 47 | Lillestrøm | 27.08.1978 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.53 | Kai Hole | 42 | Lillestrøm | 26.08.1978 |
| 4.09 | Arne Hansen | 65 | Gardermoen | 26.08.1978 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.03 | Kai Hole | 42 | Nannestad | 20.08.1978 |

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| --- | --- |
| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.35 | Morten Gaarder | 60 | Løken | 05.08.1978 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.22 | Kai Hole | 42 | Lørenfallet | 30.09.1978 |
| 11.31 | Ivar Opsahl | 47 | Løken | 02.08.1978 |
| 10.92 | Bjørn Askeland | 42 | Gardermoen | 26.08.1978 |

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| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 44.60 | Morten Gaarder | 60 | Hvam | 21.08.1978 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 44.80 | Kai Hole | 42 | Ski | 07.10.1978 |
| 36.24 | Morten Gaarder | 60 | Ski | 07.10.1978 |
| 32.34 | Ivar Opsahl | 47 | Nannestad | 20.08.1978 |

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

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| --- | --- | --- | --- | --- |
| 26.24 | Morten Gaarder | 60 | Strømmen | 18.09.1978 |

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| **MENN SENIOR 1978** | **272** |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 37.54 | Kai Hole | 42 | Strømmen | 18.09.1978 |
| 29.12 | Bjørn Askeland | 42 | Hvam | 19.08.1978 |
| 25.16 | Ivar Opsahl | 47 | Hvam | 19.08.1978 |

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

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| --- | --- | --- | --- | --- |
| 41.72 | Kai Hole | 42 | Løken | 05.08.1978 |
| 39.18 | Ivar Opsahl | 47 | Løken | 05.08.1978 |
| 32.96 | Morten Gaarder | 60 | Løken | 05.08.1978 |

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| **4x100m** |  |

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| --- | --- | --- | --- | --- |
| 50.1 |  |  | Nannestad | 20.08.1978 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 1:45.5 |  |  | Årnes | 13.09.1978 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:54.2 |  |  | Lørenfallet | 06.06.1978 |
| ? | | | |

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| --- | --- |
| **4x1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18:21.0 |  |  | Rolvsrud | 15.08.1978 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 2:20.6 |  |  | Årnes | 13.09.1978 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.56 | Kai Hole | 42 | Skedsmo/ST | 04.03.1978 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 3.05 | Martin Bratfos | 47 | Skedsmo/ST | 04.03.1978 |
| 2.71 | Kai Hole | 42 | Skedsmo/ST | 04.03.1978 |
| 2.54 | Morten Gaarder | 60 | Skedsmo/ST | 04.03.1978 |
| **KVINNER SENIOR 1978** | | **273** | | |

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

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| 8.6 | Ceilie Laake | 66 | Lørenfallet | 23.09.1978 |
| 9.0 | Hilde Ødemark | 64 | Gardermoen | 26.08.1978 |
| 9.3 | Inger Birgitte Reppe | 68 | Gardermoen | 26.08.1978 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.2 | Cecilie Laake | 66 | Årnes | 06.09.1978 |
| 15.1 | Inger Birgitte Reppe | 68 | Årnes | 06.09.1978 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:36.7 | Hilde Rustad | 66 | Gardermoen | 11.09.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:16.1 | Hildegunn Bjerkan | 63 | Jessheim | 12.06.1978 |
| 5:49.2 | Kjersti Magnussen | 60 | Jessheim | 12.06.1978 |
| 5:58.1 | Marit Skolt | 56 | Jessheim | 12.06.1978 |
| 6:03.4 | Elisabeth Magnussen | 55 | Jessheim | 12.06.1978 |
| 6:05.0 | Sissel Dønnum Ullerud | 43 | Jessheim | 12.06.1978 |
| 6:07.5 | Åshild Olsen | 39 | Jessheim | 12.06.1978 |
| 6:25.2 | Thora Sand | 48 | Jessheim | 12.06.1978 |
| 6:42.6 | May Skolt | 59 | Jessheim | 12.06.1978 |
| 7:04.5 | Bergljot Bjørnsveen | 38 | Jessheim | 12.06.1978 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:33.6 | Hildegunn Bjerkan | 63 | Jessheim | 21.08.1978 |
| 12:52.1 | Sissel Dønnum Ullerud | 43 | Jessheim | 21.08.1978 |
| 13:20.7 | Åshild Olsen | 39 | Jessheim | 21.08.1978 |
| 13:34.9 | Kjersti Magnussen | 60 | Jessheim | 21.08.1978 |
| 13:46.2 | Marit Skolt | 56 | Jessheim | 21.08.1978 |
| 14:23.6 | Thora Sand | 48 | Jessheim | 21.08.1978 |
| 14:39.1 | Elise Wogstad | 44 | Jessheim | 21.08.1978 |
| 15:10.9 | May Skolt | 59 | Jessheim | 21.08.1978 |

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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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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.39 | Cecilie Laake | 66 | Lørenfallet | 23.09.1978 |
| 4.06 | Anne Hemsen | 65 | Gardermoen | 23.08.1978 |
| 3.58 | Inger Birgitte Reppe | 68 | Gardermoen | 11.09.1978 |

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| **KVINNER SENIOR 1978** | **274** |

|  |  |
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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 6.77 | Cecilie Laake | 66 | Årnes | 06.09.1978 |

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| **3-kamp 60m-Lengde-Kule 3** |  |

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| --- | --- | --- | --- | --- |
| 2552 | Cecilie Laake | 66 | Lørenfallet | 23.09.1978 |
| ? | | | |

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| --- | --- |
| **4x60m** |  |

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| --- | --- | --- | --- | --- |
| 36.4 | J11-12 |  | Årnes | 31.08.1978 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.17 | Marianne Borgen | 62 | Skedsmo/ST | 04.03.1978 |
| 1.05 | Cecilie Laake | 66 | Skedsmo/ST | 04.03.1978 |
| 0.85 | Inger Birgitte Reppe | 68 | Skedsmo/ST | 04.03.1978 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.21 | Cecilie Laake | 66 | Skedsmo/ST | 04.03.1978 |
| 1.84 | Inger Birgitte Reppe | 68 | Skedsmo/ST | 04.03.1978 |

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| **MENN SENIOR 1979** | **275** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.8 | Thor Lasse Johansen | 63 | Lillestrøm | 28.08.1979 |
| 8.1 | Frode Liland | 65 | Lillestrøm | 28.08.1979 |
| 8.5 | Ørnulf Brekke | 67 | Strømmen | 02.06.1979 |
| 8.6 | Kåre Laake | 64 | Strømmen | 02.06.1979 |
| 8.8 | Åge Mangelrød | 65 | Strømmen | 02.06.1979 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 12.6 | Thor Lasse Johansen | 63 | Rolvsrud | 08.09.1979 |
| 12.6 | Øivind Østby | 63 | Rolvsrud | 08.09.1979 |
| 13.4 | Frode Liland | 65 | Skotterud | 24.06.1979 |
| 13.8 | Arne Hansen | 65 | Skotterud | 24.06.1979 |
| 13.9 | Ørnulf Brekke | 67 | Jessheim | 30.06.1979 |
| 14.0 | Kåre Laake | 64 | Jessheim | 30.06.1979 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.0 | Thor Lasse Johansen | 63 | Oslo/Bi | 04.09.1979 |
| 28.3 | Kåre Laake | 64 | Oslo/Bi | 30.08.1979 |
| 28.6 | Arne Hansen | 65 | Oslo/Bi | 30.08.1979 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:09.4 | Asle Backe-Bogstad | 63 | Jessheim | 19.08.1979 |
| 2:11.4 | Trygve Stanger | 62 | Jessheim | 27.06.1979 |
| 2:16.3 | Frode Liland | 65 | Skotterud | 24.06.1979 |
| 2:30.9 | Arne Hansen | 65 | Skotterud | 24.06.1979 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:25.7 | Jan Rustad | 40 | Jessheim | 11.06.1979 |
| 4:29.3 | Ole Skolt | 53 | Jessheim | 11.06.1979 |
| 4:29.9 | Egil Ødemark | 41 | Jessheim | 11.06.1979 |
| 4:30.2 | Ingar Indredavik | 45 | Jessheim | 11.06.1979 |
| 4:30.8 | Odd Kinnsbekken | 48 | Jessheim | 11.06.1979 |
| 4:32.3 | Frank Finstad | 48 | Jessheim | 11.06.1979 |
| 4:34.6 | Trygve Stanger | 62 | Jessheim | 11.06.1979 |
| 4:34.7 | Anders Jellum | 48 | Jessheim | 11.06.1979 |
| 4:34.7 | Kolbjørn Skjerve | 37 | Jessheim | 11.06.1979 |
| 4:34.7 | Kjell Jørgensen | 50 | Jessheim | 11.06.1979 |
| 4:34.8 | Trygve Stanger | 62 | Rolvsrud | 08.09.1979 |
| 4:35.3 | Bjørn Rommen | 43 | Jessheim | 11.06.1979 |
| 4:36.5 | Dag Sand | 45 | Jessheim | 11.06.1979 |
| 4:37.6 | Bjørn Egil Hytjan | 56 | Jessheim | 11.06.1979 |

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| **MENN SENIOR 1979** | **276** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:38.3 | Stephan Muryn | 45 | Jessheim | 11.06.1979 |
| 4:39.3 | Thorbjørn Johansen | 45 | Jessheim | 11.06.1979 |
| 4:40.1 | Kjell Østhus | 42 | Jessheim | 11.06.1979 |
| 4:40.5 | Arne Gulbrandsen | 44 | Jessheim | 11.06.1979 |
| 4:41.5 | Torgeir Sørum | 45 | Jessheim | 11.06.1979 |
| 4:43.3 | Kristen Langbakk | 39 | Jessheim | 11.06.1979 |
| 4:49.5 | Arve Bogstad | 41 | Jessheim | 11.06.1979 |
| 4:53.0 | Olav Bogstad | 35 | Jessheim | 11.06.1979 |
| 4:55.2 | John Kristian Smestad | 55 | Jessheim | 11.06.1979 |
| 4:55.8 | Pål Simonsen | 60 | Jessheim | 11.06.1979 |
| 4:56.0 | Thor Lasse Johansen | 63 | Jessheim | 11.06.1979 |
| 4:57.5 | Svein Olsen | 47 | Jessheim | 11.06.1979 |
| 4:59.8 | Arne Rognerud | 41 | Jessheim | 11.06.1979 |
| 5:01.0 | Helge Ullerud | 42 | Jessheim | 11.06.1979 |
| 5:02.8 | Terje Olsen | 42 | Jessheim | 11.06.1979 |
| 5:03.5 | Sten Melbye | 31 | Jessheim | 11.06.1979 |
| 5:04.4 | Paul Ronny Jensen | 63 | Jessheim | 11.06.1979 |
| 5:04.6 | Leif Rubach | 45 | Jessheim | 11.06.1979 |
| 5:06.3 | Per Olav Bjørnås | 40 | Jessheim | 11.06.1979 |
| 5:06.8 | Torger Ringen | 45 | Jessheim | 11.06.1979 |
| 5:07.0 | Helge Sydtangen | 37 | Jessheim | 11.06.1979 |
| 5:08.0 | Kristoffer Stanger | 33 | Jessheim | 11.06.1979 |
| 5:08.0 | Arne Hvattum | 36 | Jessheim | 11.06.1979 |
| 5:09.7 | Øystein Jørgensen | 47 | Jessheim | 11.06.1979 |
| 5:10.0 | Knut Lein | 28 | Jessheim | 11.06.1979 |
| 5:10.1 | Trygve Rommen | 31 | Jessheim | 11.06.1979 |
| 5:10.1 | Jens Jørgensen | 45 | Jessheim | 11.06.1979 |
| 5:10.3 | Arne Marthinussen | 50 | Jessheim | 11.06.1979 |
| 5:10.4 | Ole Arnegård | 44 | Jessheim | 11.06.1979 |
| 5:11.8 | Jostein Nilsen | 48 | Jessheim | 11.06.1979 |
| 5:12.7 | John Birkelund | 32 | Jessheim | 11.06.1979 |
| 5:13.6 | Molvin Knudsen | 62 | Jessheim | 11.06.1979 |
| 5:14.0 | Stig Harald Øveraas | 48 | Jessheim | 11.06.1979 |
| 5:17.4 | Øivind Melby | 50 | Jessheim | 11.06.1979 |
| 5:20.5 | Olav Bjerkeli | 33 | Jessheim | 11.06.1979 |
| 5:22.6 | Martin Bratfos | 47 | Jessheim | 11.06.1979 |
| 5:25.9 | Bjørn Grønlien | 44 | Jessheim | 11.06.1979 |
| 5:26.6 | Halvor Bogstad | 46 | Jessheim | 11.06.1979 |
| 5:26.7 | Øivind Mangerud | 48 | Jessheim | 11.06.1979 |
| 5:29.4 | Kåre Andresen | 38 | Jessheim | 11.06.1979 |
| 5:29.8 | Finn Johannessen | 45 | Jessheim | 11.06.1979 |
| 5:32.3 | Svein Skolt | 25 | Jessheim | 11.06.1979 |

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| **MENN SENIOR 1979** | **277** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:34.8 | Johan Gabrielsen | 35 | Jessheim | 11.06.1979 |
| 5:35.0 | Amund Gulbrandsen | 47 | Jessheim | 11.06.1979 |
| 5:35.0 | Håvard Uhlen | 39 | Jessheim | 11.06.1979 |
| 5:36.3 | Karl Lødemel | 24 | Jessheim | 11.06.1979 |
| 5:37.3 | Magne Engen | 33 | Jessheim | 11.06.1979 |
| 5:38.5 | Kåre Støverud | 52 | Jessheim | 11.06.1979 |
| 5:41.7 | Ole Kristian Wiig | 45 | Jessheim | 11.06.1979 |
| 5:43.5 | Johannes Bjørnland | 17 | Jessheim | 11.06.1979 |
| 5:46.6 | Finn Thorer Kjos | 66 | Jessheim | 11.06.1979 |
| 5:48.4 | Håkon Amundstad | 24 | Jessheim | 11.06.1979 |
| 5:50.6 | Arne Aas | 29 | Jessheim | 11.06.1979 |
| 5:53.9 | Ivar Opsahl | 47 | Jessheim | 11.06.1979 |
| 5:54.8 | Konrad Svensson | 34 | Jessheim | 11.06.1979 |
| 6:08.8 | Jørgen Torstveit | 40 | Jessheim | 11.06.1979 |
| 6:09.4 | Reidar Melby | 27 | Jessheim | 11.06.1979 |
| 6:12.3 | Håkon Håkonsen | 33 | Jessheim | 11.06.1979 |
| 6:26.8 | Ottar Gjestvang | 27 | Jessheim | 11.06.1979 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 9:51.3 | Trygve Stanger | 62 | Lillestrøm | 28.08.1979 |
| 11:38.3 | Svein Skolt | 25 | Jessheim | 20.08.1979 |
| 11:57.5 | Karl Lødemel | 24 | Jessheim | 20.08.1979 |
| 12:03.5 | Håkon Amundstad | 24 | Jessheim | 20.08.1979 |
| 12:35.6 | Arne Aas | 29 | Jessheim | 20.08.1979 |
| 12:52.9 | Johannes Bjørnland | 17 | Jessheim | 20.08.1979 |
| 13:07.5 | Reidar Melby | 27 | Jessheim | 20.08.1979 |
| 13:16.5 | Ottar Gjesvang | 27 | Jessheim | 20.08.1979 |

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| **80m hekk 91.4 cm M** |  |

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| --- | --- | --- | --- | --- |
| 16.6 | Thor Lasse Johansen | 63 | Jessheim | 27.06.1979 |

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

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| --- | --- | --- | --- | --- |
| 10:07.8 | Ole Skolt | 53 | Jessheim | 20.08.1979 |
| 10:27.0 | Jan Rustad | 40 | Jessheim | 20.08.1979 |
| 10:27.8 | Bjørn Egil Hytjan | 56 | Jessheim | 20.08.1979 |
| 10:37.6 | Bjørn Rommen | 43 | Jessheim | 20.08.1979 |
| 10:39.8 | Kjell Jørgensen | 50 | Jessheim | 20.08.1979 |
| 10:44.3 | Odd Kinnsbekken | 48 | Jessheim | 20.08.1979 |
| 10:46.4 | Dag Sand | 45 | Jessheim | 20.08.1979 |
| 10:54.8 | Claus Nerhagen | 59 | Jessheim | 20.08.1979 |
| 10:58.1 | Frank Finstad | 48 | Jessheim | 20.08.1979 |

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| **MENN SENIOR 1979** | **278** |

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

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| --- | --- | --- | --- | --- |
| 11:00.1 | Anders Jellum | 48 | Jessheim | 20.08.1979 |
| 11:05.7 | Trygve Stanger | 62 | Jessheim | 20.08.1979 |
| 11:07.9 | Egil Ødemark | 41 | Jessheim | 20.08.1979 |
| 11:12.8 | Ingar Indredavik | 45 | Jessheim | 20.08.1979 |
| 11:35.1 | Kristen Langbakk | 39 | Jessheim | 20.08.1979 |
| 11:35.5 | Torstein Gjelsvik | 42 | Jessheim | 20.08.1979 |
| 11:42.9 | Torgeir Sørum | 45 | Jessheim | 20.08.1979 |
| 11:44.9 | Kjell Østhus | 42 | Jessheim | 20.08.1979 |
| 11:52.9 | Svein Olsen | 52 | Jessheim | 20.08.1979 |
| 12:03.2 | Kristoffer Stanger | 33 | Jessheim | 20.08.1979 |
| 12:04.7 | Olav Bogstad | 35 | Jessheim | 20.08.1979 |
| 12:21.0 | Jens Henrik Jørgensen | 45 | Jessheim | 20.08.1979 |
| 12:18.8 | Arne Hvattum | 36 | Jessheim | 20.08.1979 |
| 12:20.5 | Øystein Jørgensen | 47 | Jessheim | 20.08.1979 |
| 12:24.0 | Terje Olsen | 42 | Jessheim | 20.08.1979 |
| 12:24.2 | Arne Marthinussen | 50 | Jessheim | 20.08.1979 |
| 12:33.9 | Helge Ullerud | 42 | Jessheim | 20.08.1979 |
| 12:35.5 | Per Bjørnæs | 42 | Jessheim | 20.08.1979 |
| 12:48.8 | Molvin Knutsen | 62 | Jessheim | 20.08.1979 |
| 12:49.1 | Thor Lasse Johansen | 63 | Jessheim | 20.08.1979 |
| 12:51.5 | Sten Melbye | 31 | Jessheim | 11.08.1979 |
| 12:52.6 | Leif Rubach | 45 | Jessheim | 20.08.1979 |
| 12:58.0 | Helge Sydtangen | 37 | Jessheim | 20.08.1979 |
| 13:07.1 | Paul Ronny Jensen | 63 | Jessheim | 20.08.1979 |
| 13:13.1 | Torger Ringen | 45 | Jessheim | 20.08.1979 |
| 13:17.9 | Øivind Mangerud | 48 | Jessheim | 20.08.1979 |
| 13:23.4 | Kåre Andresen | 38 | Jessheim | 20.08.1979 |
| 13:27.2 | Ole Arnegård | 44 | Jessheim | 20.08.1979 |
| 13:41.3 | Magne Engen | 33 | Jessheim | 20.08.1979 |
| 13:45.8 | Finn Johannessen | 45 | Jessheim | 20.08.1979 |
| 13:46.7 | Finn-Thorer Kjos | 66 | Jessheim | 20.08.1979 |
| 13:47.6 | Jostein Nilsen | 48 | Jessheim | 20.08.1979 |
| 13:57.3 | Ole Kristian Wiig | 45 | Jessheim | 20.08.1979 |
| 14:09.4 | Kåre Støverud | 52 | Jessheim | 20.08.1979 |
| 14:27.1 | Bjørn Grønlien | 44 | Jessheim | 20.08.1979 |
| 14:32.8 | Johan Gabrielsen | 35 | Jessheim | 20.08.1979 |
| 14:37.8 | Ivar Opsahl | 47 | Jessheim | 20.08.1979 |
| 14:53.9 | Håkon Håkonsen | 33 | Jessheim | 20.08.1979 |
| 15:34.3 | Konrad Svensson | 34 | Jessheim | 20.08.1979 |
| 16:23.8 | Jørgen Torstveit | 40 | Jessheim | 20.08.1979 |

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| **MENN SENIOR 1979** | **279** |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:10:23 | Harald Lindstrøm | 54 | Jessheim | 07.10.1979 |
| 1:13:15 | Bjørn Rommen | 43 | Jessheim | 07.10.1979 |
| 1:13:27 | Kjell Jørgensen | 50 | Jessheim | 07.10.1979 |
| 1:13:51 | Jan Rustad | 40 | Jessheim | 07.10.1979 |
| 1:15:20 | Ole Skolt | 53 | Jessheim | 07.10.1979 |
| 1:16:31 | Frank Finstad | 48 | Jessheim | 07.10.1979 |
| 1:16:46 | Anders Jellum | 48 | Jessheim | 97.10.1979 |
| 1:17:22 | Torbjørn Johansen | 45 | Jessheim | 07.10.1979 |
| 1:19:13 | Odd Kinnsbekken | 59 | Jessheim | 07.10.1979 |
| 1:20:11 | Ingar Indredavik | 45 | Jessheim | 07.10.1979 |
| 1:21:11 | Kristen Langbakk | 39 | Jessheim | 07.10.1979 |
| 1:21:29 | Claus Nerhagen | 59 | Jessheim | 07.10.1979 |
| 1:21:23 | Arne Gulbrandsen | 44 | Jessheim | 07.10.1979 |
| 1:27:34 | Trygve Rommen | 31 | Jessheim | 07.10.1979 |
| 1:29:23 | Knut Lein | 28 | Jessheim | 07.10.1979 |
| 1:29:25 | Kåre Andresen | 38 | Jessheim | 07.10.1979 |
| 1:29:34 | Per Bjørnås | 40 | Jessheim | 07.10.1979 |
| 1:30:17 | Olav Bjerkeli | 33 | Jessheim | 07.10.1979 |
| 1:32:31 | John Birkelund | 32 | Jessheim | 07.10.1979 |
| 1:33:45 | John Kristian Smestad | 55 | Jessheim | 07.10.1979 |
| 1:34:34 | Kristoffer Stanger | 33 | Jessheim | 07.10.1979 |
| 1:35:53 | Håkon Amundstad | 24 | Jessheim | 07.10.1979 |
| 1:35:57 | Torgeir Sørum | 45 | Jessheim | 07.10.1979 |
| 1:36:37 | Arve Bogstad | 41 | Jessheim | 07.10.1979 |
| 1:38:07 | Karl Lødemel | 24 | Jessheim | 07.10.1979 |
| 1:38:10 | Helge Sydtangen | 37 | Jessheim | 07.10.1979 |
| 1:38:30 | Per Christian Bjørnæs | 42 | Jessheim | 07.10.1979 |
| 1:38:30 | Håvard Uhlen | 39 | Jessheim | 07.10.1979 |
| 1:38:52 | Øivind Melby | 55 | Jessheim | 07.10.1979 |
| 1:38:55 | Halvor Bogstad | 46 | Jessheim | 07.10.1979 |
| 1:40:35 | Arne Rognerud | 41 | Jessheim | 07.10.1979 |
| 1:42:56 | Amund Gulbrandsen | 47 | Jessheim | 07.10.1979 |
| 1:42:41 | Martin Bratfos | 47 | Jessheim | 07.10.1979 |
| 1:43:00 | Stig Harald Øveraas | 48 | Jessheim | 07.10.1979 |
| 1:44:25 | Trygve Stanger | 62 | Jessheim | 07.10.1979 |
| 1:47:50 | Bjørn Grønlien | 44 | Jessheim | 07.10.1979 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.58 | Frode Liland | 65 | Jessheim | 19.08.1979 |
| 1.35 | Thor Lasse Johansen | 63 | Jessheim | 19.08.1979 |
| 1.20 | Bård Hole | 67 | Jessheim | 19.08.1979 |

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| **MENN SENIOR 1979** | **280** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.05 | Thor Lasse Johansen | 63 | Lillestrøm | 28.08.1979 |
| 4.74 s | Frode Liland | 65 | Jessheim | 19.08.1979 |
| 4.53 s | Arne Hansen | 65 | Jessheim | 19.08.1979 |
| 4.52 s | Ørnulf Brekke | 67 | Lillestrøm | 28.08.1979 |

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| **Kule 3 kg** |  |

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| 11.25 | Frode Liland | 65 | Lillestrøm | 21.08.1979 |
| 6.97 | Bård Hole | 67 | Jessheim | 19.08.1979 |
| 6.84 | Ørnulf Brekke | 67 | Lørenfallet | 22.09.1979 |

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| **Kule 4 kg** |  |

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| 11.79 | Thor Lasse Johansen | 63 | Jessheim | 27.06.1979 |
| 11.33 | Øivind Østby | 63 | Jessheim | 27.06.1979 |
| 7.18 | Kjell Kleiven | 65 | Jessheim | 27.06.1979 |

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| **Kule 7.26 kg** |  |

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| 13.10 | Kai Hole | 42 | Lillestrøm | 18.08.1979 |

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| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 32.40 | Øivind Østby | 63 | Strømmen | 10.09.1979 |
| 29.64 | Thor Lasse Johansen | 63 | Strømmen | 10.09.1979 |

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| **Diskos 2 kg** |  |

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| 42.18 | Kai Hole | 42 | Strømmen | 10.09.1979 |
| 36.58 | Morten Gaarder | 60 | Lørenfallet | 21.09.1979 |

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

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| 38.66 | Thor Lasse johansen | 63 | Lillestrøm | 28.08.1979 |
| 29.47 | Øivind Østby | 63 | Jessheim | 27.06.1979 |
| 28.86 | Kjell Kleiven | 65 | Rolvsrud | 08.09.1979 |

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| **Liten ball 150 g** |  |

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| --- | --- | --- | --- | --- |
| 40.98 | Ørnulf Brekke | 67 | Rolvsrud | 08.09.1979 |

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

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| 3014 | Ørnulf Brekke | 67 | Lørenfallet | 22.09.1979 |
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| **MENN SENIOR 1979** | **281** |

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| **4x100m** |  |

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| 54.7 | G13-14 |  | Strømmen | 06.09.1979 |
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| **INNENDØRS** |  |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.61 | Thor Lasse Johansen | 63 | Skårer/Kj | 25.03.1979 |
| 2.51 | Øivind Østby | 63 | Skårer/Kj | 25.03.1979 |
| 2.31 | Kåre Laake | 64 | Skårer/Kj | 25.03.1979 |
| 2.07 | Arne Hansen | 65 | Skårer/Kj | 25.03.1979 |
| 2.01 | Ørnulf Brekke | 67 | Skårer/Kj | 25.03.1979 |

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| **KVINNER SENIOR 1979** | **282** |

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

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| --- | --- | --- | --- | --- |
| 8.2 | Kristin Brekke | 65 | Lillestrøm | 08.09.1979 |
| 8.5 | Cecilie Laake | 66 | Lillestrøm | 08.09.1979 |
| 8.6 | Kristin Bogstad | 64 | Strømmen | 04.06.1979 |
| 8.7 | Britt Folge | 66 | Lillestrøm | 08.09.1979 |
| 8.8 | Hilde Ødemark | 64 | Jessheim | 30.06.1979 |
| 8.9 | Inger Birgitte Reppe | 68 | Lillestrøm | 08.09.1979 |
| 9.2 | Heidi Bogstad | 67 | Lillestrøm | 08.09.1979 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 13.4 | Kristin Brekke | 65 | Jessheim | 19.08.1979 |
| 13.9 | Cecilie Laake | 66 | Jessheim | 19.08.1979 |
| 14.3 | Britt Folge | 66 | Jessheim | 19.08.1979 |
| 14.3 | Hilde Johansen | 66 | Jessheim | 30.06.1979 |
| 14.6 | Kristin Kulblikkseter | 67 | Jessheim | 30.06.1979 |
| 14.6 | Hilde Ødemark | 64 | Jessheim | 19.08.1979 |
| 14.7 | Inger Birgitte Reppe | 68 | Strømmen | 04.06.1979 |
| 15.1 | Heidi Rønning | 67 | Strømmen | 04.06.1979 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 28.3 | Kristin Brekke | 65 | Strømmen | 24.08.1979 |
| 28.7 | Kristin Bogstad | 64 | Lillestrøm | 08.09.1979 |
| 29.2 | Cecilie Laake | 66 | Oslo/Bi | 30.08.1979 |
| 30.3 | Britt Folge | 66 | Lillestrøm | 08.09.1979 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:25.3 | Hilde Rustad | 65 | Oslo/Bi | 31.05.1979 |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 3:05.1 | Hilde Rustad | 65 | Oslo/Bi | 30.08.1979 |

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

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| --- | --- | --- | --- | --- |
| 5:03.0 | Hilde Rustad | 66 | Jessheim | 11.06.1979 |
| 5.14.1 | Målfrid Olsen | 66 | Strømmen | 24.08.1979 |
| 5:29.1 | Wenche Moen | 65 | Jessheim | 11.06.1979 |
| 5:54.1 | Marit Skolt | 56 | Jessheim | 13.06.1979 |
| 5:59.8 | Sissel Dønnum Ullerud | 43 | Jessheim | 13.06.1979 |
| 6:00.0 | Cora Schøyen | 47 | Jessheim | 11.06.1979 |
| 6:01.5 | Kjersti Hvattum | 65 | Jessheim | 11.06.1979 |
| 6:02.2 | Inger Marie Hvattum | 62 | Jessheim | 11.06.1979 |

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| **KVINNER SENIOR 1979** | **283** |

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| **1500m forts.** |  |

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| 6:03.6 | Åshild Olsen | 39 | Jessheim | 13.06.1979 |
| 6:22.3 | Aase Dahl Klepsvik | 37 | Jessheim | 11.06.1979 |
| 6:26.6 | Trine Bogstad Mangerud | 51 | Jessheim | 11.06.1979 |
| 6:30.0 | May Skolt | 59 | Jessheim | 11.06.1979 |
| 6:30.8 | Randi Nagell | 53 | Jessheim | 11.06.1979 |
| 6:35.3 | Anne Lise Kjos | 64 | Jessheim | 11.06.1979 |
| 6:36.3 | Astrid Hansen | 42 | Jessheim | 11.06.1979 |
| 6:51.8 | Inger Lise Wiig | 49 | Jessheim | 11.06.1979 |
| 6:55.7 | Jorunn Sørum | 49 | Jessheim | 11.06.1979 |
| 7:12.1 | Elise Wogstad | 44 | Jessheim | 11.06.1979 |
| 7:13.5 | Kari Ruud | 40 | Jessheim | 11.06.1979 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:25.1 | Hilde Rustad | 66 | Jessheim | 20.08.1979 |
| 10:55.1 | Målfrid Olsen | 66 | Jessheim | 20.08.1979 |
| 11:45.1 | Wenche Moen | 65 | Jessheim | 20.08.1979 |
| 12:47.2 | Sissel Dønnum Ullerud | 43 | Jessheim | 20.09.1979 |
| 12:53.2 | Marit Skolt | 56 | Jessheim | 20.08.1979 |
| 13:18.0 | Kjersti Hvattum | 65 | Jessheim | 20.08.1979 |
| 13:18.5 | Inger Marie Hvattum | 62 | Jessheim | 20.09.1979 |
| 13:29.7 | Åshild Olsen | 39 | Jessheim | 20.08.1979 |
| 13:30.1 | Cora Schøyen | 47 | Jessheim | 20.08.1979 |
| 14:13.1 | Inger Lise Wiig | 49 | Jessheim | 20.08.1979 |
| 14:15.7 | Trine Bogstad Mangerud | 51 | Jessheim | 20.08.1979 |
| 14:17.8 | Nina Holme | 64 | Jessheim | 20.08.1979 |
| 14:23.0 | Anne Line Kjos | 64 | Jessheim | 20.08.1979 |
| 14:45.5 | May Skolt | 59 | Jessheim | 20.08.1979 |
| 14:46.3 | Jorunn Sørum | 49 | Jessheim | 20.08.1979 |
| 14:58.5 | Astrid Hansen | 42 | Jessheim | 20.08.1979 |
| 15:07.9 | Elise Wogstad | 44 | Jessheim | 20.08.1979 |
| 15:12.8 | Kari Ruud | 40 | Jessheim | 20.08.1979 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.38 | Hilde Ødemark | 64 | Årnes | 28.08.1979 |
| 1.35 | Kristin Brekke | 65 | Årnes | 28.08.1979 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.81 s | Cecilie Laake | 66 | Lørenfallet | 22.09.1979 |
| 4.65 s | Kristin Brekke | 65 | Årnes | 28.08.1979 |
| 4.41 | Kristin Bogstad | 64 | Årnes | 28.08.1979 |
| 4.36 s | Britt Folge | 66 | Strømmen | 02.06.1979 |
| 4.04 s | Inger Birgitte Reppe | 68 | Årnes | 28.08.1979 |
| 3.78 s | Heidi Bogstad | 67 | Strømmen | 02.06.1979 |
| **KVINNER SENIOR 1979** | | **284** | | |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.00 | Anita Aasheim | 66 | Rolvsrud | 27.06.1979 |
| 8.00 | Cecilie Laake | 66 | Lørenfallet | 22.09.1979 |

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| **Liten ball 150 g** |  |

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| --- | --- | --- | --- | --- |
| 36.72 | Anita Aasheim | 66 | Rolvsrud | 27.06.1979 |
| 27.28 | Inger Birgitte Reppe | 68 | Rolvsrud | 27.06.1979 |

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

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| --- | --- | --- | --- | --- |
| 3422 | Inger Birgitte Reppe | 68 | Lørenfallet | 22.09.1979 |
| ? | | | |
| 3227 | Cecilie Laake | 66 | Lørenfallet | 22.09.1979 |
| ? | | | |

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| **4x60m** |  |

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| --- | --- | --- | --- | --- |
| 34.5 | J11-12 |  | Strømmen | 06.09.1979 |
| Heidi Bogstad67-Kristin Kublikksæter67-Inger Birgitte Reppe68-Heidi Rønning67 | | | |

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

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| --- | --- | --- | --- | --- |
| 54.1 | J13-14 |  | Strømmen | 06.09.1979 |
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| **INNENDØRS** |  |

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| --- | --- |
| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.42 | Cecilie Laake | 66 | Skårer /Kj | 25.03.1979 |
| 2.12 | Kristin Bogstad | 64 | Fetsund | 10.03.1979 |
| 2.11 | Inger Birgitte Reppe | 68 | Fetsund | 10.03.1979 |
| 2.11 | Kristin Brekke | 65 | Fetsund | 10.03.1979 |

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| **MENN SENIOR 1980** | **285** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.6 | Ørnulf Brekke | 67 | Jessheim | 01.09.1980 |
| 8.8 | Bjørn Tore Ottersen | 66 | Lillestrøm | 25.08.1980 |
| 9.0 | Morten Knutsen | 70 | Lillestrøm | 25.08.1980 |
| 9.1 | Frode Grøndahl | 69 | Lillestrøm | 25.08.1980 |
| 9.2 | Torbjørn Næss | 68 | Lillestrøm | 25.08.1980 |
| 9.7 | Petter Hagen | 69 | Lørenfallet | 22.09.1980 |
| 10.7 | Lars Wilhelmsen | 71 | Lørenfallet | 22.09.1980 |
| 11.0 | Tron Wiig | 72 | Lørenfallet | 22.09.1908 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 12.5 | Thor Lasse Johansen | 63 | Lillestrøm | 25.08.1980 |
| 12.7 | Ingar Indredavik | 45 | Lørenfallet | 21.06.1980 |
| 12.8 | Jan Rustad | 40 | Lørenfallet | 21.06.1980 |
| 13.1 | Frode Liland | 65 | Lillestrøm | 25.08.1980 |
| 13.6 | Ørnulf Brekke | 67 | Blaker/Br | 28.06.1980 |
| 13.6 | Bjørn Tore Ottersen | 66 | Blaker/Br | 28.06.1980 |
| 13.6 | Arne Hansen | 65 | Lillestrøm | 25.08.1980 |
| 15.0 | Torbjørn Næss | 68 | Blaker/Br | 28.06.1980 |
| 15.4 | Morten Knutsen | 70 | Blaker/Br | 28.06.1980 |

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| **200m M** |  |

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| 27.8 | Bjørn Tore Ottersen | 66 | Lillestrøm | 26.08.1980 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 69.4 | Knut Lein | 28 | Lørenfallet | 21.06.1980 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:59.6 | Jens Petter Kværner | 60 | Oslo/Bi | 29.06.1980 |
| 2:05.8 | Arne Luke | 44 | Kirkenær | 07.09.1980 |
| 2:06.0 | Stein Teksum | 53 | Rolvsrud | 10.06.1980 |
| 2:06.5 | Trygve Stanger | 62 | Lillestrøm | 26.08.1980 |
| 2:10.1 | Jan Rustad | 40 | Lørenfallet | 21.06.1980 |
| 2:17.9 | Bjørn Tore Ottersen | 66 | Lillestrøm | 26.08.1980 |
| 2:18.3 | Frode Liland | 65 | Lillestrøm | 26.08.1980 |
| 2:28.5 | Torbjørn Næss | 68 | Jessheim | 19.08.1980 |
| 2:37.2 | Frode Grøndahl | 69 | Jessheim | 19.08.1980 |

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

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| 3:12.8 | Torbjørn Næss | 68 | Bohus, SWE | 26.07.1980 |

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| **MENN SENIOR 1980** | **286** |

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

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| --- | --- | --- | --- | --- |
| 4:04.2 | Vidar Birkelund | 56 | Oslo/Bi | 17.06.1980 |
| 4:14.2 | Gunnar Habberstad | 56 | Jessheim | 09.06.1980 |
| 4:15.7 | Trygve Stanger | 62 | Rolvsrud | 19.08.1980 |
| 4:19.0 | Kjell Frostlid | 61 | Jessheim | 09.06.1980 |
| 4:21.0 | Claus Nerhagen | 59 | Jessheim | 09.06.1980 |
| 4:21.7 | Ole Skolt | 53 | Jessheim | 09.06.1980 |
| 4:23.7 | Frank Finstad | 48 | Jessheim | 09.06.1980 |
| 4:24.5 | Knut Kristensen | 44 | Jessheim | 09.06.1980 |
| 4:25.0 | Petter Stensby | 52 | Jessheim | 09.06.1980 |
| 4:26.8 | Stein Rosenberg | 60 | Jessheim | 09.06.1980 |
| 4:27.3 | Jan Rustad | 40 | Jessheim | 09.06.1980 |
| 4:28.0 | Jon Engen | 57 | Jessheim | 09.06.1980 |
| 4:28.8 | Anders Jellum | 48 | Jessheim | 09.06.1980 |
| 4:29.2 | Dag Sand | 45 | Jessheim | 09.06.1980 |
| 4:30.1 | Knut Kristensen | 44 | Rolvsrud | 04.09.1980 |
| 4:32.2 | Øystein Samuelsen | 62 | Jessheim | 09.06.1980 |
| 4:32.6 | Odd Kinnsbekken | 48 | Jessheim | 09.06.1980 |
| 4:33.3 | Sverre Lauten | 53 | Jessheim | 09.06.1980 |
| 4:34.4 | Egil Ødemark | 41 | Jessheim | 09.06.1980 |
| 4:35.0 | Ingar Indredavik | 45 | Rolvsrud | 04.09.1980 |
| 4:35.0 | Knut Tørum | 45 | Jessheim | 09.06.1980 |
| 4:35.3 | Arne Gulbrandsen | 44 | Jessheim | 09.06.1980 |
| 4:37.1 | Bjørn Rommen | 43 | Jessheim | 09.06.1980 |
| 4:38.0 | Torgeir Sørum | 45 | Jessheim | 09.06.1980 |
| 4:38.4 | Kolbjørn Skjerve | 37 | Jessheim | 09.06.1980 |
| 4:42.9 | Kristen Langbakk | 39 | Jessheim | 09.06.1980 |
| 4:44.0 | Kjell Carlsson | 44 | Jessheim | 09.06.1980 |
| 4:44.8 | Thor Lasse Johansen | 63 | Jessheim | 09.06.1980 |
| 4:46.8 | Lasse Sandstone | 40 | Jessheim | 09.06.1980 |
| 4:47.4 | Kjell Østhus | 42 | Jessheim | 09.06.1980 |
| 4:49.1 | Erik Næss | 61 | Jessheim | 09.06.1980 |
| 4:49.7 | Trygve Mokkelbost | 51 | Jessheim | 06.06.1980 |
| 4:51.6 | Arne Marthinussen | 50 | Jessheim | 09.06.1980 |
| 4:51.9 | Georg Rosenberg | 33 | Jessheim | 09.06.1980 |
| 4:53.7 | Svein Olsen | 52 | Jessheim | 09.06.1980 |
| 5:53.8 | Helge Sydtangen | 37 | Jessheim | 09.06.1980 |
| 4:54.7 | Ståle Sandstad | 58 | Jessheim | 09.06.1980 |
| 4:55.8 | Stig Harald Øveraas | 48 | Jessheim | 09.06.1980 |
| 4:56.0 | Thor Martin Furuseth | 41 | Jessheim | 09.06.1980 |
| 4:56.0 | Torbjørn Johansen | 45 | Jessheim | 09.06.1980 |
| 4:57.0 | Fred Arild Kjernli | 64 | Jessheim | 09.06.1980 |
| 4:57.1 | Øivind Melby | 55 | Jessheim | 09.06.1980 |
| 4:58.6 | Olav Bogstad | 35 | Jessheim | 09.06.1980 |
| 4:59.9 | Arve Bogstad | 41 | Jessheim | 09.06.1980 |
| 4:59.9 | Tore Eriksen | 37 | Jessheim | 09.06.1980 |

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| **MENN SENIOR 1980** | **287** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:01.4 | Nils Sæthermoen | 40 | Jessheim | 09.06.1980 |
| 5:01.5 | Kjell Bråthen | 64 | Jessheim | 09.06.1980 |
| 5:01.9 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 09.06.1980 |
| 5:04.6 | Arne Hvattum | 36 | Jessheim | 09.06.1980 |
| 5:04.6 | Sten Melbye | 31 | Jessheim | 09.06.1980 |
| 5:04.9 | John Birkelund | 32 | Jessheim | 09.06.1980 |
| 5:06.6 | Kåre Christian Olsen | 56 | Jessheim | 09.06.1980 |
| 5:07.0 | Helge Sydtangen | 37 | Jessheim | 09.06.1980 |
| 5:07.9 | Per Bjørnås | 40 | Jessheim | 09.06.1980 |
| 5:09.2 | Svein Røtterud | 42 | Jessheim | 09.06.1980 |
| 5:10.4 | Sverre Murud | 38 | Jessheim | 09.06.1980 |
| 5:10.5 | Trond Smedheim | 64 | Jessheim | 09.06.1980 |
| 5:10.5 | Ole Arnegård | 44 | Jessheim | 09.06.1980 |
| 5:11.1 | Molvin Knutsen | 62 | Jessheim | 09.06.1980 |
| 5:12.5 | Kåre Hofskjelrud | 39 | Jessheim | 09.06.1980 |
| 5.12.0 | Torger Ringen | 45 | Jessheim | 09.06.1980 |
| 5:12.6 | Helge Ullerud | 42 | Jessheim | 09.06.1980 |
| 5:12.8 | Knut Lein | 28 | Jessheim | 09.06.1980 |
| 5:14.0 | Terje Olsen | 42 | Jessheim | 09.06.1980 |
| 5:14.4 | Kristoffer Stanger | 33 | Jessheim | 09.06.1980 |
| 5:15.0 | Erik Bråthen | 65 | Jessheim | 09.06.1980 |
| 5:16.9 | Bjørn Grønlien | 47 | Jessheim | 09.06.1980 |
| 5:18.0 | Per Neskleiv | 36 | Jessheim | 09.06.1980 |
| 5:19.1 | Ole Kristian Wiig | 45 | Jessheim | 09.06.1980 |
| 5:20.3 | Martin Bratfos | 47 | Jessheim | 09.06.1980 |
| 5:20.8 | Paal Mogens Furuseth | 65 | Jessheim | 09.06.1980 |
| 5:22.2 | Rune Murud | 65 | Jessheim | 09.06.1980 |
| 5:22.4 | Knut Lein | 28 | Rolvsrud | 04.09.1980 |
| 5:22.9 | Trond Boger | 45 | Jessheim | 09.06.1980 |
| 5:24.4 | Terje Auestad | 63 | Jessheim | 09.06.1980 |
| 5:25.4 | Hans Jørgen Fløgstad | 64 | Jessheim | 09.06.1980 |
| 5:26.0 | Kåre Andresen | 38 | Jessheim | 09.06.1980 |
| 5:26.9 | Frode Rognstad | 62 | Jessheim | 09.06.1980 |
| 5:28.6 | Øystein Jørgensen | 47 | Jessheim | 09.06.1980 |
| 5:28.8 | Olav Bjerkeli | 33 | Jessheim | 09.06.1980 |
| 5:29.9 | Holger Windstad | 47 | Jessheim | 09.06.1980 |
| 5:30.1 | Svein Skolt | 25 | Jessheim | 09.06.1980 |
| 5:31.6 | Karl Lødemel | 24 | Jessheim | 09.06.1980 |
| 5:31.7 | Martin Hansen | 48 | Jessheim | 09.06.1980 |
| 5:32.2 | Truls Kjøniksen | 63 | Jessheim | 09.06.1980 |
| 5:32.6 | Amund Gulbrandsen | 47 | Jessheim | 09.06.1980 |
| 5:38.5 | Kåre Støverud | 52 | Jessheim | 09.06.1980 |
| 5:40.2 | Øivind Mangerud | 48 | Jessheim | 09.06.1980 |

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| **MENN SENIOR 1980** | **288** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:40.3 | Halvor Bogstad | 46 | Jessheim | 09.06.1980 |
| 5:43.4 | Finn Johannessen | 45 | Jessheim | 09.06.1980 |
| 5:45.3 | Knut Korsmo | 46 | Jessheim | 09.06.1980 |
| 5:45.5 | Magne Engen | 33 | Jessheim | 09.06.1980 |
| 5:47.5 | Ivar Opsahl | 47 | Jessheim | 09.06.1980 |
| 5:50.6 | Håkon Amundstad | 24 | Jessheim | 09.06.1980 |
| 6:03.1 | Håkon Håkonsen | 33 | Jessheim | 09.06.1980 |
| 6:04.8 | Dag Schøyen | 45 | Jessheim | 09.06.1980 |
| 6:08.1 | Johannes Bjørnland | 17 | Jessheim | 09.06.1980 |
| 6:11.9 | Arne Aas | 29 | Jessheim | 09.06.1980 |
| 6:14.0 | Jørgen Torstveit | 40 | Jessheim | 09.06.1980 |
| 6:19.4 | Reiudar Melby | 27 | Jessheim | 09.06.1980 |
| 6:24.8 | Ottar Gjestvang | 27 | Jessheim | 09.06.1980 |

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| **3000m** |  |

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| 9:22.6 | Trygve Stanger | 62 | Lillehammer/Ss | 03.08.1980 |
| 11:39.0 | Svein Skolt | 25 | Jessheim | 18.08.1980 |
| 11:43.2 | Karl Lødemel | 24 | Jessheim | 18.08.1980 |
| 11:56.7 | Håkon Amundstad | 24 | Jessheim | 18.08.1980 |
| 12:00.8 | Knut Lein | 28 | Jessheim | 18.08.1980 |
| 13:15.3 | Ane Aas | 29 | Jessheim | 18.08.1980 |
| 13:19.5 | Johannes Bjørnland | 17 | Jessheim | 18.08.1980 |
| 13:30.9 | Reidar Melby | 27 | Jessheim | 18.08.1980 |
| 14:24.3 | Ottar Gjestvang | 27 | Jessheim | 18.08.1980 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 17:00.3 | Knut Kristensen | 44 | Lørenfallet | 21.06.1980 |

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| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 41:06.0 | Kristoffer Stanger | 33 | Rolvsrud | 26.06.1980 |

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

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| --- | --- | --- | --- | --- |
| 17.9 | Frode Liland | 65 | Jessheim | 19.08.1980 |

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| **2000m hinder 91.4 cm** |  |

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| --- | --- | --- | --- | --- |
| 6:40.5 | Trygve Stanger | 62 | Løken | 25.06.1980 |
| 6:59.5 | Øystein Samuelsen | 62 | Løken | 25.06.1980 |

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| **MENN SENIOR 1980** | **289** |

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

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| --- | --- | --- | --- | --- |
| 9:33.8 | Vidar Birkelund | 56 | Jessheim | 22.08.1980 |
| 9:47.6 | Ole Skolt | 53 | Jessheim | 11.09.1980 |
| 9:59.2 | Harald Lindstrøm | 54 | Trondheim/Le | 11.09.1980 |
| 10:05.0 | Jon Engen | 57 | Jessheim | 18.08.1980 |
| 10:17.1 | Knut Kristiansen | 44 | Jessheim | 18.08.1980 |
| 10:19.7 | Petter Stensby | 52 | Jessheim | 18.08.1980 |
| 10:24.9 | Trygve Stanger | 62 | Jessheim | 18.08.1980 |
| 10:25.6 | Gunnar Habberstad | 56 | Jessheim | 18.08.1980 |
| 10:28.0 | Frank Finstad | 48 | Årnes | 11.09.1980 |
| 10:33.8 | Øystein Samuelsen | 62 | Jessheim | 18.08.1980 |
| 10:34.1 | Kristen Langbakk | 39 | Jessheim | 18.08.1980 |
| 10:40.0 | Odd Kinnsbekken | 48 | Jessheim | 18.08.1980 |
| 10:40.7 | Jan Rustad | 40 | Jessheim | 18.08.1980 |
| 10:47.3 | Bjørn Rommen | 43 | Jessheim | 18.08.1980 |
| 10:55.3 | Ole Fredrik Mørck | 62 | Jessheim | 18.08.1980 |
| 10:56.1 | Stein Rosenberg | 60 | Jessheim | 18.08.1980 |
| 10:57.8 | Ingar Indredavik | 45 | Jessheim | 18.08.1980 |
| 11:03.9 | Anders Jellum | 48 | Jessheim | 18.08.1980 |
| 11:12.8 | Bjørn Egil Hytjan | 56 | Jessheim | 18.08.1980 |
| 11:21.3 | Arne Gulbrandsen | 44 | Jessheim | 18.08.1980 |
| 11:27.6 | Kjell Østhus | 47 | Jessheim | 18.08.1980 |
| 11:30.6 | Sverre Lauten | 53 | Jessheim | 18.08.1980 |
| 11:33.6 | Trygve Mokkelbost | 51 | Jessheim | 18.08.1980 |
| 11:44.8 | Svein Olsen | 52 | Jessheim | 18.08.1980 |
| 11:49.7 | Arne Marthinussen | 57 | Jessheim | 18.08.1980 |
| 11:52.8 | Ola Haugset | 43 | Jessheim | 18.08.1980 |
| 11:57.4 | Torbjørn Johansen | 45 | Jessheim | 18.08.1980 |
| 12:04.8 | Torgeir Sørum | 45 | Jessheim | 18.08.1980 |
| 12:17.0 | Kristoffer Stanger | 33 | Jessheim | 18.08.1980 |
| 12:21.8 | Tore Eriksen | 37 | Jessheim | 18.08.1980 |
| 12:22.6 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 18.08.1980 |
| 12:24.7 | Per Bjørnås | 40 | Jessheim | 18.08.1980 |
| 12:28.1 | Arne Hvattum | 36 | Jessheim | 18.08.1980 |
| 12:31.9 | Jens Jørgensen | 45 | Jessheim | 18.08.1980 |
| 12:32.8 | Terje Olsen | 42 | Jessheim | 18.08.1980 |
| 12:36.1 | Kåre Hofskjelrud | 39 | Jessheim | 18.08.1980 |
| 12:40.2 | Nils Sæthermoen | 40 | Jessheim | 18.08.1980 |
| 12:41.1 | Terje Auestad | 63 | Jessheim | 18.08.1980 |
| 12:44.4 | Kåre Christian Olsen | 56 | Jessheim | 18.08.1980 |
| 12:46.5 | Ole Arnegård | 44 | Jessheim | 18.08.1980 |
| 12:46.7 | Trond Boger | 45 | Jessheim | 18.08.1980 |
| 12:47.6 | Harald Sydtangen | 44 | Jessheim | 18.08.1980 |
| 12:56.3 | Holger Windstad | 47 | Jessheim | 18.08.1980 |
| 12:56.8 | Molvin Knutsen | 62 | Jessheim | 18.08.1980 |
| 12:58.3 | Helge Ullerud | 42 | Jessheim | 18.08.1980 |

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| **MENN SENIOR 1980** | **290** |

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

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| 13:09.6 | Hans Jørgen Fløgstad | 64 | Jessheim | 18.08.1980 |
| 13:11.7 | Olav Bjerkeli | 33 | Jessheim | 18.08.1980 |
| 13:14.7 | Øivind Melby | 55 | Jessheim | 18.08.1980 |
| 13:14.8 | Thor Lasse Johansen | 63 | Jessheim | 18.08.1980 |
| 13:16.2 | Sten Melbye | 31 | Jessheim | 18.08.1980 |
| 13:12.2 | Kåre Andresen | 39 | Jessheim | 18.08.1980 |
| 13:24.0 | Ole Kristian Wiig | 45 | Jessheim | 18.08.1980 |
| 13:29.2 | Torger Ringen | 45 | Jessheim | 18.08.1980 |
| 13:29.4 | Svein Røtterud | 42 | Jessheim | 18.08.1980 |
| 13:31.8 | Bjørn Grønlien | 47 | Jessheim | 18.08.1980 |
| 13:35.7 | Per Nesklev | 36 | Jessheim | 18.08.1980 |
| 13:41.7 | Øivind Haugerud | 51 | Jessheim | 18.08.1980 |
| 13:46.4 | Martin Hansen | 48 | Jessheim | 18.08.1980 |
| 13:53.4 | Kåre Støverud | 52 | Jessheim | 18.08.1980 |
| 14:20.2 | Knut Korsmo | 46 | Jessheim | 18.08.1980 |
| 14:31.0 | Trond Smedheim | 64 | Jessheim | 18.08.1980 |
| 14:43.8 | Finn Johannessen | 39 | Jessheim | 18.08.1980 |
| 14:49.6 | Ivar Opsahl | 47 | Jessheim | 18.08.1980 |
| 15:01.7 | Dag Schøyen | 45 | Jessheim | 18.08.1980 |
| 16:01.9 | Jørgen Torstveit | 40 | Jessheim | 18.08.1980 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:10:33 | Frank Finstad | 48 | Jessheim | 05.10.1980 |
| 1:12:51 | Stein Rosemberg | 60 | Jessheim | 05.10.1980 |
| 1:13:30 | Bjørn Rommen | 43 | Jessheim | 05.10.1980 |
| 1:17:28 | Kolbjørn Skjerve | 37 | Jessheim | 05.10.1980 |
| 1:17:57 | Kristen Langbakk | 39 | Jessheim | 05.10.1980 |
| 1:18:07 | Ole Fredrik Mørck | 62 | Jessheim | 05.10.1980 |
| 1:18:10 | Arne Gulbrandsen | 44 | Jessheim | 05.10.1980 |
| 1:21:36 | Erik Næss | 61 | Jessheim | 05.10.1980 |
| 1:21:58 | Svein Olsen | 52 | Jessheim | 05.10.1980 |
| 1:22:44 | Trygve Stanger | 62 | Jessheim | 05.10.1980 |
| 1:22:51 | Trygve Rommen | 31 | Jessheim | 05.10.1980 |
| 1:23:21 | Tore Eriksen | 37 | Jessheim | 05.10.1980 |
| 1:24:12 | Arne Hvattum | 36 | Jessheim | 05.10.1980 |
| 1:24:23 | Kjell Frostelid | 61 | Jessheim | 05.10.1980 |
| 1:24:46 | Arne Marthinussen | 50 | Jessheim | 05.10.1980 |
| 1:24:50 | Tor Martin Furuseth | 41 | Jessheim | 05.10.1980 |
| 1:25:15 | Kjell Carlson | 44 | Jessheim | 05.10.1980 |
| 1:25:40 | Dag Sand | 45 | Jessheim | 05.10.1980 |
| 1:25:47 | Helge Ullerud | 42 | Jessheim | 05.10.1980 |
| 1:25:55 | Kjell Østhus | 42 | Jessheim | 05.10.1980 |
| 1:26:09 | Kjell Bråthen | 64 | Jessheim | 05.10.1980 |
| 1:26:39 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 05.10.1980 |

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| **MENN SENIOR 1980** | **291** |

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| **20 km landevei forts.** |  |

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| --- | --- | --- | --- | --- |
| 1:26:41 | Kåre Andresen | 38 | Jessheim | 05.10.1980 |
| 1:26:58 | Kristoffer Stanger | 33 | Jessheim | 05.10.1980 |
| 1:28:43 | Sverre Murud | 38 | Jessheim | 05.10.1980 |
| 1:28:49 | Arve Bogstad | 41 | Jessheim | 05.10.1980 |
| 1:28:59 | Jens Jørgensen | 45 | Jessheim | 05.10.1980 |
| 1:29:08 | Trond Boger | 45 | Jessheim | 05.10.1980 |
| 1:29:43 | Nils Sæthermoen | 40 | Jessheim | 05.10.1980 |
| 1:33:03 | Fred Arild Kjernli | 64 | Jessheim | 05.10.1980 |
| 1:33:15 | Øivind Melby | 50 | Jessheim | 05.10.1980 |
| 1:33:48 | Kåre Christian Olsen | 64 | Jessheim | 05.10.1980 |
| 1:34:00 | Håvard Uhlen | 39 | Jessheim | 05.10.1980 |
| 1:35:16 | Arne Rognerud | 41 | Jessheim | 05.10.1980 |
| 1:38:04 | Helge Velure | 50 | Jessheim | 05.10.1980 |
| 1:39:15 | Lasse Sandstone | 40 | Jessheim | 05.10.1980 |
| 1:42:07 | Ole Kristian Wiig | 45 | Jessheim | 05.10.1980 |
| 1:48:00 | Amund Gulbrandsen | 47 | Jessheim | 05.10.1980 |
| 1:49:36 | Arne Aas | 29 | Jessheim | 05.10.1980 |
| 1:58:05 | Ottar Gjestvang | 27 | Jessheim | 05.10.1980 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:15:27 | Frank Finstad | 48 | Oslo | 08.10.1980 |
| 1:19:24 | Dag Sand | 45 | Haga | 31.05.1980 |

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| **Maraton 42195m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:35:04 | Peter Stensby | 52 | Oslo | 08.10.1980 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.65 | Frode Liland | 65 | Herlev, DEN | 21.06.1980 |
| 1.50 | Thor Lasse Johansen | 63 | Rolvsrud | 17.06.1980 |

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| **Stav** |  |

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| 2.10 | Frode Liland | 65 | Rolvsrud | 26.06.1980 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.17 | Kai Hole | 42 | Lørenfallet | 21.06.1980 |
| 5.10 | Thor Lasse Johansen | 63 | Lillestrøm | 26.08.1980 |
| 5.01 s | Bjørn Tore Ottersen | 66 | Lillestrøm | 25.08.1980 |
| 4.97 | Frode Liland | 65 | Lillestrøm | 25.08.1980 |
| 4.73 s | Ørnulf Brekke | 67 | Jessheim | 24.08.1970 |

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| **MENN SENIOR 1980** | **292** |

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| **Lengde forts.** |  |

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| 4.33 s | Morten Knutsen | 70 | Jessheim | 24.08.1980 |
| 4.20 s | Torbjørn Næss | 68 | Jessheim | 24.08.1970 |
| 3.96 s | Frode Grøndahl | 69 | Jessheim | 24.08.1970 |
| 3.78 s | Ole Semming Wiig | 69 | Jessheim | 24.08.1970 |

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| **Tresteg** |  |

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| 11.01 | Thor Lasse Johansen | 63 | Jessheim | 01.09.1980 |
| 10.44 | Frode Liland | 65 | Jessheim | 01.09.1980 |

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| **Kule 3 kg** |  |

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| 10.88 | Bjørn Tore Ottersen | 66 | Jessheim | 17.08.1980 |
| 9.70 | Bård Hole | 67 | Jessheim | 17.08.1980 |
| 7.88 | Morten Knutsen | 70 | Jessheim | 08.06.1980 |
| 5.45 | Ole Semming Wiig | 69 | Lørenfallet | 22.09.1980 |

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| **Kule 4 kg** |  |

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| 11.66 | Frode Liland | 65 | Rolvsrud | 14.09.1980 |
| 9.84 | Kjell Kleivan | 65 | Jessheim | 17.08.1980 |
| 9.06 | Bjørn Tore Ottersen | 66 | Jessheim | 17.08.1980 |
| 7.65 | Bård Hole | 67 | Jessheim | 08.06.1970 |

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| **Kule 7.26 kg** |  |

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| 12.15 | Kai Hole | 42 | Lillestrøm | 16.08.1980 |
| 11.02 | Morten Gaarder | 60 | Lillestrøm | 16.08.1980 |

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| **Diskos 1 kg** |  |

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| 20.10 | Ørnulf Brekke | 67 | Råholt | 20.08.1970 |
| 16.90 | Morten Knutsen | 70 | Lørenfallet | 22.09.1980 |
| 14.46 | Ole Semming Wiig | 69 | Lørenfallet | 22.09.1980 |

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| **Diskos 1.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 28.82 | Frode Liland | 65 | Jessheim | 01.09.1980 |

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| **Diskos 2 kg** |  |

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| 40.36 | Kai Hole | 42 | Fetsund | 30.09.1980 |
| 38.64 | Morten Gaarder | 60 | Lillestrøm | 17.08.1980 |

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| **MENN SENIOR 1980** | **293** |

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

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| --- | --- | --- | --- | --- |
| 41.28 | Frode Liland | 65 | Jessheim | 01.09.1980 |
| 39.46 | Kjell Kleivan | 65 | Jessheim | 01.09.1980 |
| 25.78 | Ørnulf Brekke | 67 | Jessheim | 01.09.1980 |

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

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| 37.64 | Thor Lasse Johansen | 63 | Rolvsrud | 17.06.1980 |

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| **Liten ball 150 g** |  |

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| 51.63 | Morten Knutsen | 70 | Jessheim | 26.08.1980 |
| 47.42 | Torbjørn Næss | 68 | Jessheim | 26.08.1980 |
| 30.21 | Ole Semming Wiig | 69 | Lørenfallet | 22.09.1980 |
| 20.30 | Lars Wilhelmsen | 71 | Lørenfallet | 22.09.1980 |

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| **4-kamp 100m-Lengde-Kule-800m** |  |

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| --- | --- | --- | --- | --- |
| 3363 | Morten Knutsen | 80 | Rolvsrud | 14.09.1980 |
| ? | | | |
| 3284 | Frode Grøndahl | 69 | Rolvsrud | 14.09.1980 |
| ? | | | |
| 3181 | Torbjørn Næss | 68 | Rolvsrud | 14.09.1980 |
| ? | | | |
| 2903 | Frode Liland | 65 | Rolvsrud | 14.09.1980 |
| 13.3-4.92-11.66-2:20.6 | | | |
| 2700 | Ole Semming Wiig | 69 | Rolvsrud | 14.09.1980 |
| ? | | | |
| 2669 | Ørnulf Brekke | 67 | Rolvsrud | 14.09.1980 |
| ? | | | |

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| **4x60m** |  |

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| 35.2 | G11-12 |  | Rolvsrud | 09.09.1980 |
| ? | | | |

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| **4x100m** |  |

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| --- | --- | --- | --- | --- |
| 52.4 | G15-16 |  | Rolvsrud | 09.09.1980 |
| ? | | | |

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| **4x200m** |  |

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| --- | --- | --- | --- | --- |
| 1:42.1 |  |  | Årnes | 10.09.1980 |
| ? | | | |

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| **MENN SENIOR 1980** | **294** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:43.1 |  |  | Strømmen | 21.05.1980 |
| ? | | | |

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| **4x1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:16.4 |  |  | Nannestad | 12.08.1980 |
| Ole Skolt53-Frank Finstad48-Gunnar Habberstad56-Vidar Birkelund56 | | | |

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

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| 2:14.9 |  |  | Årnes | 10.09.1980 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 2:23.4 | G15.16 |  | Rolvsrud | 09.09.1980 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.50 | Kai Hole | 42 | Skjetten/St | 23.03.1980 |
| 1.20 | Kåre Laake | 64 | Fetsund/Øs | 15.03.1980 |
| 1.89 | Andrè Hammer | 69 | Haga/Fr | 17.02.1980 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.69 | Thor Lasse Johansen | 63 | Fetsund/Øs | 15.03.1980 |
| 2.29 | Kåre Laake | 64 | Fetsund/Øs | 15.03.1980 |
| 2.12 | Ørnulf Brekke | 67 | Fetsund/Øs | 15.03.1980 |
| 1.89 | Andrè Hammer | 69 | Haga/Fr | 17.02.1980 |

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| **KVINNER SENIOR 1980** | **295** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.5 | Inger Birgitte Reppe | 68 | Jessheim | 18.06.1980 |
| 8.5 | Cecilie Laake | 66 | Kløfta | 04.10.1980 |
| 8.7 | Marianne Haglund | 67 | Kløfta | 04.10.1980 |
| 8.7 | Irene Schultze | 67 | Kløfta | 04.10.1980 |
| 8.9 | Heidi Rønning | 67 | Kløfta | 04.10.1980 |
| 9.1 | Guri Fjeldberg | 69 | Rolvsrud | 14.09.1980 |
| 9.2 | Kari Fjeldberg | 68 | Jessheim | 18.06.1980 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.7 | Kristin Brekke | 65 | Jessheim | 01.09.1980 |
| 13.9 | Inger Inger Reppe | 68 | Nadderud | 15.06.1980 |
| 13.9 | Cecilie Laake | 66 | Jessheim | 01.09.1980 |
| 13.9 | Britt Folge | 66 | Jessheim | 01.09.1980 |
| 13.9 | Hilde Johansen | 66 | Jessheim | 01.09.1980 |
| 14.5 | Heidi Bogstad | 67 | Jessheim | 01.09.1980 |
| 14.5 | Else Søgaard | 65 | Jessheim | 01.09.1980 |
| 14.7 | Kari Fjeldberg | 68 | Rolvsrud | 14.09.1980 |
| 15.0 | Marianne Haglund | 67 | Rolvsrud | 14.09.1980 |
| 15.0 | Heidi Rønning | 67 | Rolvsrud | 14.09.1980 |
| 15.4 | Guri Fjeldberg | 69 | Rolvsrud | 14.09.1980 |

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| **200m M** |  |

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| 28.9 | Kristin Brekke | 65 | Jessheim | 18.06.1980 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 63.6 | Kristin Bogstad | 64 | Lillehammer/Ss | 07.08.1980 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:25.0 | Hilde Rustad | 66 | Halden | 10.05.1980 |
| 2:25.8 | Ingjerd Vestengen | 65 | Halden | 10.05.1980 |
| 2:27.6 | Inger Lise Borgen | 64 | Jessheim | 18.06.1980 |
| 2:39.7 | Inger Birgitte Reppe | 68 | Rolvsrud | 14.09.1980 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:50.0 | Hilde Rustad | 66 | Oslo/Bi | 03.09.1980 |
| 5:02.0 | Hanne Sørensen | 63 | Jessheim | 09.06.1980 |
| 5:11.6 | Inger Johanne Haugen | 60 | Jessheim | 09.06.1980 |
| 5:13.4 | Inger Lise Borgen | 64 | Jessheim | 09.06.1980 |
| 5:13.6 | Wenche Moen | 65 | Jessheim | 09.06.1980 |
| 5:13.6 | Ingjerd Vestengen | 65 | Jessheim | 09.06.1980 |

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| **KVINNER SENIOR 1980** | **296** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:16.9 | Tone Rosenberg | 63 | Jessheim | 09.06.1980 |
| 5:18.2 | Bente Iren Solberg | 61 | Jessheim | 09.06.1980 |
| 5:24.6 | Heidi Anett Solberg | 65 | Jessheim | 09.06.1980 |
| 5:24.9 | Berit Bamrud | 55 | Jessheim | 09.06.1980 |
| 5:27.4 | Bente Tenold | 62 | Jessheim | 09.06.1980 |
| 5:46.7 | Kari Støverud | 55 | Jessheim | 09.06.1980 |
| 5:51.3 | Marit Skolt | 56 | Jessheim | 09.06.1980 |
| 5:52.4 | Inge Margrethe Bergh | 43 | Jessheim | 09.06.1980 |
| 5:56.3 | Thora Sand | 48 | Jessheim | 09.06.1980 |
| 5:57.9 | Cora Halsan Schøyen | 47 | Jessheim | 09.06.1980 |
| 6:00.0 | Else Søgaard | 65 | Jessheim | 09.06.1980 |
| 6:00.5 | Åshild Olsen | 39 | Jessheim | 09.06.1980 |
| 6:02.3 | Sissel Dønnum Ullerud | 43 | Jessheim | 09.06.1980 |
| 6:05.4 | Hildegunn Bjerkan | 63 | Jessheim | 09.06.1980 |
| 6:06.6 | Grete Rustad | 44 | Jessheim | 09.06.1980 |
| 6:11.5 | Inger Lise Wiig | 49 | Jessheim | 09.06.1980 |
| 6:11.6 | Laila Borge | 51 | Jessheim | 09.06.1980 |
| 6:16.3 | Inger Marie Hvattum | 62 | Jessheim | 09.06.1980 |
| 6:20.2 | Anne May Bogar | 43 | Jessheim | 09.06.1980 |
| 6:23.7 | Anne Line Kjos | 64 | Jessheim | 09.06.1980 |
| 6:24.9 | Trine Bogstad Mangerud | 51 | Jessheim | 09.06.1980 |
| 6:26.7 | Kjersti Hvattum | 65 | Jessheim | 09.06.1980 |
| 6:29.2 | Elise Wogstad | 44 | Jessheim | 09.06.1980 |
| 6:33.0 | Mari Hilde Vilberg | 59 | Jessheim | 09.06.1980 |
| 6:34.3 | Randi Hagell | 53 | Jessheim | 09.06.1980 |
| 6:35.8 | Jorunn Sørum | 49 | Jessheim | 09.06.1980 |
| 6:39.0 | Bjørg Gjelsvik | 41 | Jessheim | 09.06.1980 |
| 6:39.7 | Åse Korsmo | 47 | Jessheim | 09.06.1980 |
| 6:44.1 | Ingjerd Abrahamsen | 49 | Jessheim | 09.06.1980 |
| 6:59.6 | Wenche Carlson | 51 | Jessheim | 09.06.1980 |
| 7:03.7 | Bergljot Bjørnsveen | 38 | Jessheim | 09.06.1980 |

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

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| --- | --- | --- | --- | --- |
| 6:55.1 | Hilde Rustad | 66 | Jessheim | 11.08.1980 |

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

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| --- | --- | --- | --- | --- |
| 11:07.9 | Tone Rosenberg | 63 | Jessheim | 18.08.1980 |
| 11:11.8 | Ingjerd Vestengen | 65 | Jessheim | 18.08.1980 |
| 11:19.0 | Berit Bamrud | 55 | Jessheim | 18.08.1980 |
| 11:19.3 | Wenche Moen | 65 | Jessheim | 18.08.1980 |
| 11:21.1 | Bente Iren Solberg | 61 | Jessheim | 18.08.1980 |
| 11:32.0 | Inger-Lise Borgen | 64 | Jessheim | 18.08.1980 |
| 11:50.2 | Heidi Anett Solberg | 65 | Jessheim | 18.08.1980 |
| 12:06.7 | Bente Tenold | 62 | Jessheim | 18.08.1980 |
| **KVINNER SENIOR 1980** | | **297** | | |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:22.8 | Kari Støverud | 55 | Jessheim | 18.08.1980 |
| 12:39.3 | Inge Margrethe Berg | 43 | Jessheim | 18.08.1980 |
| 12:44.5 | Cora Halsan Schøyen | 47 | Jessheim | 18.08.1980 |
| 12:47.6 | Sissel Dønnum Ullerud | 43 | Jessheim | 18.08.1980 |
| 12:55.4 | Tanja Lybæk | 62 | Jessheim | 18.08.1980 |
| 12:58.0 | Laila Borge | 51 | Jessheim | 18.08.1980 |
| 13:13.8 | Inger Lise Hvattum | 62 | Jessheim | 18.08.1980 |
| 13:23.7 | Else Søgaard | 65 | Jessheim | 18.08.1980 |
| 13:32.3 | Inger Lise Wiig | 49 | Jessheim | 18.08.1980 |
| 13:36.9 | Marit Skolt | 56 | Jessheim | 18.08.1980 |
| 13:37.6 | Åshild Olsen | 39 | Jessheim | 18.08.1980 |
| 13:50.4 | Trine Bogstad Mangerud | 51 | Jessheim | 18.08.1980 |
| 13:56.2 | Anne Line Kjos | 64 | Jessheim | 18.08.1980 |
| 13:57.3 | Kjersti Hvattum | 65 | Jessheim | 18.08.1980 |
| 14:02.9 | Elise Wogstad | 44 | Jessheim | 18.08.1980 |
| 14:17.7 | Jorunn Sørum | 49 | Jessheim | 18.08.1980 |
| 14:27.7 | Bjørg Gjelsvik | 41 | Jessheim | 18.08.1980 |
| 14:31.1 | Mari Hilde Vilberg | 59 | Jessheim | 18.08.1980 |
| 15:11.5 | Åse Korsmo | 47 | Jessheim | 18.08.1980 |
| 15:28.7 | Wenche Carlsen | 51 | Jessheim | 18.08.1980 |
| 16:00.2 | Randi Nagell | 53 | Jessheim | 18.08.1980 |

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

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| --- | --- | --- | --- | --- |
| 12.2 | Inger Birgitte Reppe | 68 | Jessheim | 18.06.1980 |
| 12.4 | Tone Sætermoen | 69 | Strømmen | 06.08.1980 |
| 12.4 | Irene Schultze | 67 | Lørenfallet | 22.09.1980 |
| 13.0 | Kari Fjeldberg | 68 | Jessheim | 18.06.1980 |
| 13.5 | Guri Fjeldberg | 69 | Strømmen | 06.08.1980 |

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| **10 km landevei** | **Kortere distanse enn 10 km** |

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| --- | --- | --- | --- | --- |
| 35:17 | Hanne Sørensen | 63 | Jessheim | 05.10.1980 |
| 38:12 | Wenche Moen | 65 | Jessheim | 05.10.1980 |
| 41:17 | Inger Lise Borgen | 64 | Jessheim | 05.10.1980 |
| 44:34 | Grete Rustad | 44 | Jessheim | 05.10.1980 |
| 44:57 | Inger Lise Wiig | 49 | Jessheim | 05.10.1980 |
| 45:21 | Laila Borge | 51 | Jessheim | 05.10.1980 |
| 46:30 | Else Søgård | 65 | Jessheim | 05.10.1980 |
| 45:34 | Anne May Boger | 43 | Jessheim | 05.10.1980 |
| 46:30 | Tanja Lybæk | 62 | Jessheim | 05.10.1980 |
| 48:47 | Trine Bogstad Mangerud | 51 | Jessheim | 05.10.1980 |
| 49:47 | Berit Trøgstad | 62 | Jessheim | 05.10.1980 |
| 52:46 | Elise Wogstad | 44 | Jessheim | 05.10.1980 |

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| **KVINNER SENIOR 1980** | **298** |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.35 | Anita Aasheim | 66 | Jessheim | 18.06.1980 |
| 1.30 | Kari Fjeldberg | 68 | Jessheim | 18.06.1980 |
| 1.30 | Inger Birgitte Reppe | 68 | Jessheim | 18.06.1980 |
| 1.25 | Kristin Brekke | 65 | Jessheim | 18.06.1980 |
| 1.15 | Guri Fjeldberg | 69 | Kløfta | 04.10.1980 |
| 1.10 | Tine Haug Ruud | 69 | Jessheim | 18.06.1980 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.75 s | Cecilie Laake | 66 | Strømmen | 06.08.1980 |
| 4.69 s | Inger Birgitte Reppe | 68 | Bohus, SWE | 27.07.1980 |
| 4.57 s | Irene Schultze | 67 | Kløfta | 04.10.1980 |
| 4.40 | Kristin Brekke | 65 | Strømmen | 06.08.1980 |
| 4.22 s | Kari Fjeldberg | 68 | Kløfta | 04.10.1980 |
| 4.21 s | Guri Fjeldberg | 69 | Strømmen | 06.08.1980 |
| 3.90 s | Heidi Bogstad | 67 | Strømmen | 06.08.1980 |

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| **Kule 3 kg** |  |

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| 9.49 | Anita Aasheim | 66 | Løken | 07.06.1980 |
| 9.09 | Cecilie Laake | 66 | Kløfta | 04.10.1980 |
| 7.50 | Inger Birgitte Reppe | 68 | Kløfta | 04.10.1980 |
| 6.57 | Irene Schultze | 67 | Rolvsrud | 14.09.1980 |
| 6.33 | Guri Fjeldberg | 69 | Rolvsrud | 14.09.1980 |
| 5.41 | Kari Fjeldberg | 68 | Kløfta | 04.10.1980 |

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| **Kule 4 kg** |  |

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| 8.01 | Anita Aasheim | 66 | Jessheim | 17.08.1980 |

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| **Diskos 1 kg** |  |

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| 22.78 | Anita Aasheim | 66 | Jessheim | 01.09.1980 |
| 18.74 | Irene Schultze | 67 | Jessheim | 01.09.1980 |

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| **Liten ball 80 g** |  |

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| 36.20 | Heidi Bogstad | 67 | Kløfta | 04.10.1980 |
| 32.10 | Guri Fjeldberg | 69 | Kløfta | 04.10.1980 |
| 31.00 | Kari Fjeldberg | 68 | Kløfta | 04.10.1980 |
| 30.26 | Inger Birgitte Reppe | 68 | Kløfta | 04.10.1980 |

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

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| --- | --- | --- | --- | --- |
| 3468 | Inger Birgitte Reppe | 68 | Rolvsrud | 14.09.1980 |
| 8.7-6.62-4.57-2:39.7 | | | |
| **KVINNER SENIOR 1980** | | **299** | | |

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

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| --- | --- | --- | --- | --- |
| 3468 | Inger Birgitte Reppe | 68 | Rolvsrud | 14.09.1980 |
| 8.7-6.62-4.57-2:39.7 | | | |
| 3270 | Guri Fjeldberg | 69 | Rolvsrud | 14.09.1980 |
| ? | | | |
| 3045 | Kari Fjeldberg | 68 | Rolvsrud | 14.09.1980 |
| ? | | | |
| 3045 | Irene Schultze | 67 | Rolvsrud | 14.09.1980 |
| ? | | | |
| 2332 | Else Søgaard | 65 | Rolvsrud | 14.09.1980 |
| ? | | | |

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| **4x60m** |  |

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| --- | --- | --- | --- | --- |
| 35.5 | J11-12 |  | Rolvsrud | 09.09.1980 |
| ? | | | |

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| **4x100m** |  |

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| --- | --- | --- | --- | --- |
| 56.3 | J15-16 |  | Rolvsrud | 09.09.1980 |
| ? | | | |

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| **3x800m** |  |

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| --- | --- | --- | --- | --- |
| 7:48.7 |  |  | Årnes | 11.09.1980 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:36.5 | J15-16 |  | Rolvsrud | 09.09.1980 |
| Anne Mette Olsen54-Inger Anne Nerhagen57-May Britt Engenes53-Anita Melby58 | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.05 | Inger Birgitte Reppe | 68 | Lørenskog | 26.03.1980 |
| 1.00 | Guri Fjeldberg | 69 | Lørenskog | 26.03.1980 |
| 0.95 | Anne Mæhlen | 68 | Haga/Fr | 17.02.1980 |

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| **Lengde uten tilløp** | |  | | |
| 2.40 | Cecilie Laake | 66 | Lørenskog | 26.03.1980 |
| 2.17 | Inger Birgitte Reppe | 68 | Lørenskog | 26.03.1980 |
| 2.13 | Ann Kristin Palm | 66 | Lørenskog | 26.03.1980 |
| 2.01 | Guri Fjeldberg | 69 | Lørenskog | 26.03.1980 |
| 1.98 | Anne Mæhlen | 68 | Haga/Fr | 17.02.1980 |
| 1.82 | Gro Lindbøl | 69 | Haga/Fr | 17.02.1980 |
| **MENN SENIOR 1981** | | **300** | | |

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| **60m M** |  |

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| 8.3 | Ørnulf Brekke | 67 | Nannestad | 12.09.1981 |
| 8.7 | Morten Knutsen | 70 | Nannestad | 12.09.1981 |
| 8.9 | Frode Grøndahl | 69 | Nannestad | 12.09.1981 |
| 9.1 | Jarle Sæthermoen | 70 | Nannestad | 12.09.1981 |
| 9.3 | Petter Hagen | 70 | Gjerdrum | 14.06.1981 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.0 | Frode Liland | 65 | Årnes | 03.10.1981 |
| 13.1 | Jan Åge Mangelrød | 65 | Kirkenær | 31.05.1981 |
| 13.5 | Ørnulf Brekke | 67 | Årjäng, SWE | 19.07.1981 |
| 14.0 | Kjell Erik Klevan | 65 | Jessheim | 26.09.1981 |
| 14.2 | Morten Knutsen | 70 | Uddevalla, SWE | 25.07.1981 |
| 14.5 | Ole Semming Wiig | 69 | Strømmen | 18.05.1981 |
| 15.5 | Jarle Sæthermoen | 70 | Jessheim | 26.06.1981 |

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| **200m M** |  |

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| 24.1 | Hans Georg Røed | 55 | Jessheim | 10.06.1981 |

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| **800m** |  |

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| 2:05.1 | Fred Arild Kjernli | 64 | Oslo/St | 10.07.1981 |
| 2:27.1 | Thorbjørn Næss | 68 | Jessheim | 16.08.1981 |
| 2:31.9 | Frode Grøndahl | 69 | Drammen/Ma | 13.09.1981 |
| 2:47.6 | Morten Knutsen | 70 | Jessheim | 26.06.1981 |

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| **1000m** |  |

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| 3:14.0 | Frode Grøndahl | 69 | Uddevalla, SWE | 26.07.1981 |

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| **1500m** |  |

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| 4:05.3 | Vidar Birkelund | 56 | Jessheim | 12.06.1981 |
| 4:12.6 | Ole Skolt | 53 | Jessheim | 12.06.1981 |
| 4:13.8 | Trygve Stanger | 62 | Jessheim | 12.06.1981 |
| 4:15.7 | Frank Finstad | 48 | Jessheim | 12.06.1981 |
| 4:17.9 | Stein Teksum | 53 | Jessheim | 12.06.1981 |
| 4:19.2 | Stein Rosenberg | 60 | Jessheim | 12.06.1981 |
| 4:20.9 | Claus Nerhagen | 59 | Jessheim | 12.06.1981 |
| 4:23.8 | Gunnar Habberstad | 56 | Jessheim | 12.06.1981 |
| 4:24.3 | Fred Arild Kjernli | 64 | Jessheim | 12.06.1981 |
| 4:24.3 | Kjell Frostlid | 61 | Jessheim | 12.06.1981 |
| 4:24.4 | Odd Kinnsbekken | 48 | Jessheim | 12.06.1981 |
| 4:24.6 | Kolbjørn Skjerve | 37 | Jessheim | 12.06.1981 |

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| **MENN SENIOR 1981** | **301** |

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| **1500m forts.** |  |

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| 4:30.2 | Petter Stensby | 52 | Jessheim | 12.06.1981 |
| 4:30.5 | Hans Nordhagen | 38 | Jessheim | 12.06.1981 |
| 4:35.0 | Bjørn Egil Hytjan | 56 | Jessheim | 12.06.1981 |
| 4:35.9 | Jan Rustad | 40 | Jessheim | 12.06.1981 |
| 4:36.1 | Knut Tørum | 45 | Jessheim | 12.06.1981 |
| 4:37.6 | Erik Næss | 61 | Jessheim | 12.06.1981 |
| 4:39.5 | Sindre Rognerud | 66 | Jessheim | 12.06.1981 |
| 4:39.7 | Bjørn Ingvar Jensen | 66 | Jessheim | 12.06.1981 |
| 4:39.8 | Arne Gulbrandsen | 44 | Jessheim | 12.06.1981 |
| 4:40.9 | Kristen Langbakk | 39 | Jessheim | 12.06.1981 |
| 4:41.9 | Rune Tunhøvd | 59 | Jessheim | 12.06.1981 |
| 4:42.1 | Ingar Indredavik | 45 | Jessheim | 11.01.1981 |
| 4:42.1 | Knut Kristensen | 44 | Jessheim | 12.06.1981 |
| 4:44.0 | Lasse Sandstone | 40 | Jessheim | 12.06.1981 |
| 4:44.0 | Øivind Melby | 55 | Jessheim | 12.06.1981 |
| 4:44.4 | Kjell Bråthen | 64 | Jessheim | 12.06.1981 |
| 4:45.4 | Erik Bråthen | 65 | Jessheim | 12.06.1981 |
| 4:46.0 | Anders Jellum | 48 | Jessheim | 12.06.1981 |
| 4:47.3 | Svein Olsen | 52 | Jessheim | 12.06.1981 |
| 4:49.7 | Oddvar Hallingstad | 45 | Jessheim | 12.06.1981 |
| 4:50.2 | Torgeir Sørum | 45 | Jessheim | 12.06.1981 |
| 4:50.4 | Georg Rosenberg | 33 | Jessheim | 12.06.1981 |
| 4:51.0 | Trygve Mokkelbost | 51 | Jessheim | 12.06.1981 |
| 4:51.1 | Molvin Knutsen | 62 | Jessheim | 12.06.1981 |
| 4:53.4 | Arne Marthinussen | 50 | Jessheim | 12.06.1981 |
| 4:53.5 | Knut Kjelskau | 66 | Jessheim | 12.06.1981 |
| 4:53.6 | Bjørn Kvaal | 56 | Jessheim | 12.06.1981 |
| 4:53.9 | Egil Ødemark | 41 | Jessheim | 12.06.1981 |
| 4:54.1 | Finn-Thorer Kjos | 66 | Jessheim | 12.06.1981 |
| 4:54.4 | Arve Bogstad | 41 | Jessheim | 12.06.1981 |
| 4:54.9 | Torbjørn Johansen | 45 | Jessheim | 12.06.1981 |
| 4:56.1 | Ola Haugset | 43 | Jessheim | 12.06.1981 |
| 4:56.2 | Kåre-Christian Olsen | 64 | Jessheim | 12.06.1981 |
| 4:56.6 | Tore Eriksen | 37 | Jessheim | 12.06.1981 |
| 4:56.9 | Stig Harald Øveraas | 48 | Jessheim | 12.06.1981 |
| 4:57.2 | Svein Saksvik | 45 | Jessheim | 12.06.1981 |
| 4:57.4 | Stian Thorstveit | 66 | Jessheim | 12.06.1981 |
| 4:57.8 | Arne Hvattum | 36 | Jessheim | 12.06.1981 |
| 4:58.5 | Hans Petter Samuelsen | 45 | Jessheim | 12.06.1981 |
| 4:58.5 | Steinar Ulsaker | 47 | Jessheim | 14.06.1982 |
| 4:58.7 | Kjell Østhus | 42 | Jessheim | 12.06.1981 |

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| **MENN SENIOR 1981** | **302** |

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| **1500m forts.** |  |

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| 4:58.7 | Ole Arnegård | 44 | Jessheim | 12.06.1981 |
| 4:59.8 | Johan Jørstad | 52 | Jessheim | 12.06.1981 |
| 5:00.5 | Arne Rognerud | 41 | Jessheim | 12.06.1981 |
| 5:00.6 | Thor Martin Furuseth | 41 | Jessheim | 12.06.1981 |
| 5:01.0 | Jan Grønlien | 49 | Jessheim | 14.06.1982 |
| 5:01.8 | Ingar Halvorsen | 46 | Jessheim | 12.06.1981 |
| 5:01.8 | Pål Mogens Furuseth | 65 | Jessheim | 12.06.1981 |
| 5:02.2 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 12.06.1981 |
| 5:02.4 | Frode Grøndahl | 69 | Oslo/Bi | 07.06.1982 |
| 5:02.5 | Svein Rustad | 44 | Jessheim | 12.06.1981 |
| 5:02.7 | Petter Mikalsen | 61 | Jessheim | 12.06.1981 |
| 5:03.1 | Sverre Murud | 38 | Jessheim | 12.06.1981 |
| 5:04.1 | Nils Sæthermoen | 40 | Jessheim | 12.06.1981 |
| 5:05.0 | Jon Petter Wium | 65 | Jessheim | 12.06.1981 |
| 5:05.4 | Thor Lasse Johansen | 63 | Jessheim | 12.06.1981 |
| 5:06.0 | Kjell Aarflot | 44 | Jessheim | 12.06.1982 |
| 5:06.0 | Kåre Hofskelrud | 39 | Jessheim | 12.06.1981 |
| 5:06.0 | John Birkelund | 32 | Jessheim | 12.06.1981 |
| 5:06.1 | Magne Kråbøl | 43 | Jessheim | 12.06.1981 |
| 5:07.2 | Fritz Mangelrød | 35 | Jessheim | 12.06.1981 |
| 5:07.2 | Kristoffer Stanger | 33 | Jessheim | 12.06.1981 |
| 5:07.4 | Stein Egil Arnesen | 65 | Jessheim | 12.06.1981 |
| 5:07.8 | Tore Austad | 55 | Jessheim | 12.06.1981 |
| 5:08.7 | Runar Olsen | 63 | Jessheim | 12.06.1981 |
| 5:08.9 | Terje Olsen | 44 | Jessheim | 12.06.1981 |
| 5:08.9 | Olav Bogstad | 35 | Jessheim | 12.06.1981 |
| 5:10.5 | Rune Fjeldstad | 55 | Jessheim | 12.06.1981 |
| 5:11.5 | Torger Ringen | 45 | Jessheim | 12.06.1981 |
| 5:11.9 | Holger Windstad | 47 | Jessheim | 12.06.1981 |
| 5:12.1 | Sjur Reppe | 60 | Jessheim | 12.06.1981 |
| 5:14.4 | Sten Melbye | 31 | Jessheim | 12.06.1981 |
| 5:15.6 | Per Pedersen | 52 | Jessheim | 12.06.1981 |
| 5:16.1 | Harald Sydtangen | 44 | Jessheim | 12.06.1981 |
| 5:16.9 | Øystein Jørgensen | 476 | Jessheim | 12.06.1981 |
| 5:19.8 | Ole Kristen Wiig | 45 | Jessheim | 12.06.1981 |
| 5:20.7 | Helge Ullerud | 42 | Jessheim | 12.06.1981 |
| 5:20.8 | Bjørn Grønlien | 47 | Jessheim | 12.06.1981 |
| 5:22.1 | Tore Prestmo | 48 | Jessheim | 12.06.1981 |
| 5:23.8 | Eirik Tenold | 39 | Jessheim | 12.06.1981 |
| 5:24.9 | Thor Bogstad | 59 | Jessheim | 12.06.1981 |
| 5:25.2 | Tor Håkonsen | 59 | Jessheim | 12.06.1981 |
| 5:26.5 | Karl Lødemel | 24 | Jessheim | 12.06.1981 |
| 5:27.1 | Hans Jørgen Fløgstad | 64 | Jessheim | 12.06.1981 |
| 5:27.2 | Geir Asphaug | 65 | Jessheim | 12.06.1981 |
| 5:27.7 | Kåre Støverud | 52 | Jessheim | 12.06.1981 |

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| **MENN SENIOR 1981** | **303** |

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| **1500m forts.** |  |

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| 5:27.8 | Geir Sander | 45 | Jessheim | 12.06.1981 |
| 5:28.5 | Knut Lein | 28 | Jessheim | 12.06.1981 |
| 5:31.1 | Helge Velure | 50 | Jessheim | 12.06.1981 |
| 5:33.1 | Oddvar Ormstad | 41 | Jessheim | 12.06.1981 |
| 5:34.7 | Svein Skolt | 25 | Jessheim | 12.06.1981 |
| 5:36.9 | Magne Engen | 33 | Jessheim | 12.06.1981 |
| 5:43.1 | Finn Johannessen | 39 | Jessheim | 12.06.1981 |
| 5:45.5 | Øivind Mangerud | 48 | Jessheim | 12.06.1981 |
| 5:47.6 | Håkon Amundstad | 24 | Jessheim | 12.06.1981 |
| 5:47.9 | Jørgen Torstveit | 40 | Jessheim | 12.06.1981 |
| 5:51.4 | Arne Aas | 29 | Jessheim | 12.06.1981 |
| 5:55.5 | Trygve Flugstad | 33 | Jessheim | 12.06.1981 |
| 6:02.7 | Steinar Ørum | 46 | Jessheim | 12.06.1981 |
| 6:03.0 | Knut Korsmo | 46 | Jessheim | 12.06.1981 |
| 6:03.6 | Bjørn Tore Jensen | 43 | Jessheim | 12.06.1981 |
| 6:05.8 | Johannes Bjørnland | 17 | Jessheim | 12.06.1981 |
| 6:05.9 | Terje Karlsson | 43 | Jessheim | 12.06.1981 |
| 6:07.9 | Dag Schøyen | 45 | Jessheim | 12.06.1981 |
| 6:09.8 | Ole Morten Jota | 66 | Jessheim | 12.06.1981 |
| 6:18.5 | Rune Murud | 65 | Jessheim | 12.06.1981 |
| 6:19.8 | Halvor Bogstad | 46 | Jessheim | 12.06.1981 |
| 6:21.4 | Reidar Melby | 27 | Jessheim | 12.06.1981 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 10:01.0 | Bjørn Ingvar Jensen | 66 | Hamar | 24.06.1981 |
| 10:17.5 | Knut Kjellskau | 66 | Hamar | 24.06.1981 |
| 11:07.5 | Sten Melbye | 31 | Jessheim | 21.08.1981 |
| 11:24.7 | Trygve Rommen | 31 | Jessheim | 21.08.1981 |
| 11:30.1 | Knut Lein | 28 | Jessheim | 21.08.1981 |
| 11:43.7 | Svein Skolt | 25 | Jessheim | 21.08.1981 |
| 11:44.2 | Karl Lødemel | 24 | Jessheim | 21.08.1981 |
| 12.19.2 | Håkon Amundstad | 24 | Jessheim | 21.08.1981 |
| 13:13.4 | Reidar Melby | 27 | Jessheim | 21.08.1981 |
| 13:13.7 | Johannes Bjørnland | 17 | Jessheim | 21.08.1981 |
| 13:35.3 | Ane Aas | 31 | Jessheim | 21.08.1981 |
| 14:20.1 | Ottar Gjestvang | 27 | Jessheim | 21.08.1981 |

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

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| 12.7 | Morten Knutsen | 70 | Lørenfallet | 25.06.1981 |

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

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| 13.8 | Frode Myrvang | 67 | Oslo/Bi | 02.06.1981 |

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| **MENN SENIOR 1981** | **304** |

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

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| 16.0 | Frode Liland | 65 | Prestfoss | 23.05.1981 |

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| **100m hekk 106.4 cm M** |  |

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| --- | --- | --- | --- | --- |
| 20.2 | Frode Liland | 65 | Lillestrøm | 29.05.1981 |
| 20.6 | Ole Skolt | 53 | Lillestrøm | 29.05.1981 |

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| **2000m hinder 91.4 cm** |  |

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| --- | --- | --- | --- | --- |
| 6:05.9 | Trygve Stanger | 62 | Oslo/St | 24.07.1981 |

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

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| --- | --- | --- | --- | --- |
| 9:41.59 | Ole Skolt | 53 | Oslo/Bi | 16.09.1981 |
| 9:56.7 | Trygve Stanger | 62 | Årnes | 09.09.1981 |
| 10:22.4 | Odd Kinnsbekken | 48 | Jessheim | 21.08.1981 |
| 10:28.7 | Gunnar Habberstad | 56 | Jessheim | 21.08.1981 |
| 10:30.3 | Rune Tunhøvd | 59 | Jessheim | 21.08.1981 |
| 10:39.0 | Jan Rustad | 40 | Jessheim | 21.08.1981 |
| 10:40.2 | Claus Nerhagen | 59 | Jessheim | 21.08.1981 |
| 10:40.4 | Stein Rosenberg | 60 | Jessheim | 21.08.1981 |
| 10:52.8 | Bjørn Egil Hytjan | 56 | Jessheim | 21.08.1981 |
| 11:14.2 | Dag Sand | 45 | Jessheim | 21.08.1981 |
| 11:16.6 | Ingar Indredavik | 45 | Jessheim | 21.08.1981 |
| 11:25.3 | Stein Teksum | 53 | Jessheim | 21.08.1981 |
| 11:27.5 | Frank Finstad | 48 | Jessheim | 21.08.1981 |
| 11:27.7 | Ole Fredrik Mørck | 62 | Jessheim | 21.08.1981 |
| 11:33.7 | Hans Nordhagen | 38 | Jessheim | 21.08.1981 |
| 11:36.2 | Kjell Østhus | 42 | Jessheim | 21.08.1981 |
| 11:36.8 | Kristen Langbakk | 39 | Jessheim | 21.08.1981 |
| 11:38.7 | Molvin Knutsen | 62 | Jessheim | 21.08.1981 |
| 11.41.6 | Arne Marthinussen | 50 | Jessheim | 21.08.1981 |
| 11:44.2 | Torstein Gjelsvik | 42 | Jessheim | 21.08.1981 |
| 11:44.5 | Trygve Mokkelbost | 51 | Jessheim | 21.08.1981 |
| 11:45.3 | Finn-Thorer Kjos | 66 | Jessheim | 21.08.1981 |
| 11:45.7 | Øivind Melby | 55 | Jessheim | 21.08.1981 |
| 11:51.1 | Knut Kristensen | 44 | Jessheim | 21.08.1981 |
| 11:52.1 | Anders Jellum | 48 | Jessheim | 21.08.1981 |
| 11.55.1 | Svein Saksvik | 45 | Jessheim | 21.08.1981 |
| 11:57.8 | Ola Haugset | 43 | Jessheim | 21.08.1981 |
| 12:03.2 | Svein Rustad | 44 | Jessheim | 21.08.1981 |
| 12:03.8 | Kåre-Christian Olsen | 64 | Jessheim | 21.08.1981 |
| 12:11.9 | Knut Tørum | 45 | Jessheim | 21.08.1981 |
| 12:12.9 | Kjell Aarflot | 44 | Jessheim | 21.08.1981 |
| 12:13.2 | Sverre Murud | 38 | Jessheim | 21.08.1981 |

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| **MENN SENIOR 1981** | **305** |

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

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| --- | --- | --- | --- | --- |
| 12:16.5 | Tore Eriksen | 37 | Jessheim | 21.08.1981 |
| 12:18.9 | Fritz Mangelrød | 35 | Jessheim | 21.08.1981 |
| 12:18.9 | Stein Egil Arnesen | 65 | Jessheim | 21.08.1981 |
| 12:19.1 | Ole Arnegård | 44 | Jessheim | 21.08.1981 |
| 12:19.7 | Terje Olsen | 44 | Jessheim | 21.08.1981 |
| 12:23.9 | Tore Auestad | 55 | Jessheim | 21.08.1981 |
| 12:25.5 | Kåre Hofskelrud | 39 | Jessheim | 21.08.1981 |
| 12:25.8 | Rune Fjeldstad | 48 | Jessheim | 21.08.1981 |
| 12:37.3 | Helge Ullerud | 42 | Jessheim | 21.08.1981 |
| 12:43.8 | Holger Windstad | 47 | Jessheim | 21.08.1981 |
| 12:44.1 | Trond Boger | 45 | Jessheim | 21.08.1981 |
| 12:44.8 | Johan Jørstad | 52 | Jessheim | 21.08.1981 |
| 12:45.0 | Nils Sæthermoen | 40 | Jessheim | 21.08.1981 |
| 12:52.7 | Jon Petter Wium | 65 | Jessheim | 21.08.1981 |
| 12:52.8 | Jan Grønlien | 49 | Jessheim | 21.08.1981 |
| 12.53.7 | Harald Sydtangen | 44 | Jessheim | 21.08.1981 |
| 12:56.4 | Øystein Jørgensen | 47 | Jessheim | 21.08.1981 |
| 13:02.4 | Thor Bogstad | 59 | Jessheim | 21.08.1981 |
| 13:12.5 | Thor Lasse Johansen | 63 | Jessheim | 21.08.1981 |
| 13:12.9 | Bjørn Kvaal | 56 | Jessheim | 21.08.1981 |
| 13:13.3 | Ole Kristian Wiig | 45 | Jessheim | 21.08.1981 |
| 13:17.4 | Stig Harald Øveraas | 48 | Jessheim | 21.08.1981 |
| 13:18.6 | Sjur Reppe | 60 | Jessheim | 21.08.1981 |
| 13:24.3 | Per Pedersen | 52 | Jessheim | 21.08.1981 |
| 13:24.7 | Per Neskleiv | 36 | Jessheim | 21.08.1981 |
| 13:29.4 | Bjørn Kjølmoen | 48 | Jessheim | 21.08.1981 |
| 13:29.8 | Rolf Albertsen | 57 | Jessheim | 21.08.1981 |
| 13:33.0 | Rune Murud | 65 | Jessheim | 21.08.1981 |
| 13:34.6 | Håkon Håkonsen | 33 | Jessheim | 21.08.1981 |
| 13:35.0 | Torger Ringen | 45 | Jessheim | 21.08.1981 |
| 13:55.1 | Hans-Petter Samuelsen | 45 | Jessheim | 21.08.1981 |
| 13:56.1 | Geir Asphaug | 65 | Jessheim | 21.08.1981 |
| 13:57.3 | Øivind Mangerud | 48 | Jessheim | 21.08.1981 |
| 14:08.7 | Kåre Støverud | 52 | Jessheim | 21.08.1981 |
| 14:33.2 | Ole Morten Jota | 66 | Jessheim | 21.08.1981 |
| 14:42.2 | Knut Korsmo | 46 | Jessheim | 21.08.1981 |
| 14:51.5 | Finn Johannessen | 39 | Jessheim | 21.08.1981 |
| 14:55.9 | Dag Schøyen | 45 | Jessheim | 21.08.1981 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:07:31 | Harald Lindstrøm | 54 | Jessheim | 11.10.1981 |
| 1:07:47 | Petter Stensby | 52 | Jessheim | 11.10.1981 |
| 1:09:11 | Kolbjørn Skjerve | 37 | Jessheim | 11.10.1981 |
| 1:12:31 | Dag Sand | 45 | Jessheim | 11.10.1981 |

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| **MENN SENIOR 1981** | **306** |

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| --- | --- |
| **20 km landevei forts.** |  |

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| --- | --- | --- | --- | --- |
| 1:14:04 | Arne Gulbrandsen | 44 | Jessheim | 11.10.1981 |
| 1:15:49 | Kristen Langbakk | 39 | Jessheim | 11.10.1981 |
| 1:16:18 | Torbjørn Johansen | 45 | Jessheim | 11.10.1981 |
| 1:16.43 | Kjell Frostlid | 61 | Jessheim | 11.10.1981 |
| 1:16:34 | Svein Olsen | 52 | Jessheim | 11.10.1981 |
| 1:18:48 | Georg Rosenberg | 33 | Jessheim | 11.10.1981 |
| 1:19:41 | Aene Marthinussen | 50 | Jessheim | 11.10.1981 |
| 1:20:09 | Knut Kjelskau | 66 | Jessheim | 11.10.1981 |
| 1:20:09 | Bjørn Ingvar Jensen | 66 | Jessheim | 11.10.1981 |
| 1:20:43 | Kjell Bråthen | 64 | Jessheim | 11.10.1981 |
| 1:21:35 | John Birkelund | 32 | Jessheim | 11.10.1981 |
| 1:22:33 | Tore Eriksen | 37 | Jessheim | 11.10.1981 |
| 1:22:54 | Erik Bråthen | 65 | Jessheim | 11.10.1981 |
| 1:23:43 | Fritz Mangelrød | 35 | Jessheim | 11.10.1981 |
| 1:23:53 | Ole Arnegård | 44 | Jessheim | 11.10.1981 |
| 1:24:00 | Øivind Melby | 55 | Jessheim | 11.10.1981 |
| 1:24:31 | Rune Fjeldstad | 48 | Jessheim | 11.10.1981 |
| 1:25:32 | Nils Sæthermoen | 40 | Jessheim | 11.10.1981 |
| 1.25:32 | Stian Thorstveit | 66 | Jessheim | 11.10.1981 |
| 1:25:37 | Ole Fredrik Mørch | 62 | Jessheim | 11.10.1981 |
| 1:26:06 | Per Bjørnås | 40 | Jessheim | 11.10.1981 |
| 1:26:36 | Arve Bogstad | 41 | Jessheim | 11.10.1981 |
| 1:26:42 | Jan Grønlien | 49 | Jessheim | 11.10.1981 |
| 1:27:44 | Eirik Tenold | 39 | Jessheim | 11.10.1981 |
| 1:29:54 | Amund Gulbrandsen | 47 | Jessheim | 11.10.1981 |
| 1:30:27 | Karl Lødemel | 23 | Jessheim | 11.10.1981 |
| 1:31:46 | John Mikalsen | 42 | Jessheim | 11.10.1981 |
| 1:32:12 | Håkon Håkonsen | 33 | Jessheim | 11.10.1981 |
| 1:32:49 | Ole Kristian Wiig | 45 | Jessheim | 11.10.1981 |
| 1:36:54 | Bjørn Tore Jensen | 43 | Jessheim | 11.10.1981 |
| 1:37:09 | Arne Aas | 29 | Jessheim | 11.10.1981 |
| 1:38:25 | Helge Velure | 50 | Jessheim | 11.01.1981 |
| 1:39:42 | Molvin Knutsen | 62 | Jessheim | 11.10.1981 |
| 1:40:12 | Per Pedersen | 52 | Jessheim | 11.10.1981 |
| 1:40:46 | Arne Rognerud | 41 | Jessheim | 11.10.1981 |
| 1:45:38 | Stig Harald Øveraas | 48 | Jessheim | 11.10.1981 |
| 1:46:21 | Jørgen Torstveit | 40 | Jessheim | 11.10.1981 |
| 1:48:28 | Reidar Melby | 27 | Jessheim | 11.10.1981 |
| 1:50:20 | Steinar Ørum | 46 | Jessheim | 11.10.1981 |
| 1:52:55 | Thor Bogstad | 59 | Jessheim | 11.10.1981 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:24:57 | Kristen Langbakk | 39 | Sørum | 17.10.1981 |

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| **MENN SENIOR 1981** | **307** |

|  |  |
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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:40.02 | Petter Stensby | 52 | Oslo | 12.07.1981 |
| 2:40:59 | Frank Finstad | 48 | Oslo | 12.07.1981 |
| 2:55:22 | Stein Rosenberg | 60 | Drammen | 04.10.1981 |
| 3:25:13 | Lasse Sandstone | 40 | Haga | 30.05.1981 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Frode Myrvang | 67 | Kongsberg | 06.09.1981 |
| 1.70 | Frode Liland | 65 | Oslo/Bi | 10.06.1981 |
| 1.60 | Kjell Erik Klevan | 65 | Oslo/St | 19.08.1981 |
| 1.45 | Bård Hole | 67 | Jessheim | 02.09.1981 |
| 1.30 | Morten Knutsen | 70 | Jessheim | 26.06.1981 |
| 1.15 | Jarle Sæthermoen | 70 | Jessheim | 18.05.1981 |
| 1.15 | Ole Semming Wiig | 69 | Jessheim | 26.09.1981 |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 2.75 | Frode Liland | 65 | Prestfoss | 23.05.1981 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.21 | John Arve Johansen | 36 | Lørenfallet | 20.06.1981 |
| 5.11s | Ørnulf Brekke | 67 | Kirkenær | 31.05.1981 |
| 5.04s | Frode Myrvang | 67 | Kirkenær | 31.05.1981 |
| 4.80s | Morten Knutsen | 70 | Kirkenær | 31.05.1981 |
| 4.68s | Båre Hole | 67 | Kløfta | 20.09.1981 |
| 4.62 | Jan Åge Mangelrød | 65 | Kirkenær | 30.05.1981 |
| 4.61 | Kjell Erik Klevan | 65 | Jessheim | 26.09.1981 |
| 4.26s | Frode Grøndahl | 69 | Jessheim | 02.09.1981 |
| 4.18s | Torbjørn Næss | 68 | Kløfta | 20.09.1981 |
| 4.16s | Ole Semming Wiig | 69 | Uddevalla, SWE | 26.07.1981 |
| 4.12 | Kjell Are Kjernli | 64 | Kløfta | 20.09.1981 |
| 3.95s | Jarle Sæthermoen | 70 | Jessheim | 18.05.1981 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 9.66 | Kjell Erik Klavan | 65 | Nannestad | 12.09.1981 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.76 | Bård Hole | 67 | Nesodden | 25.08.1981 |
| 10.45 | Per Aamo | 67 | Lørenfallet | 25.06.1981 |
| 10.30 | Morten Knutsen | 70 | Drammen/Ma | 13.09.1981 |
| 8.23 | Torbjørn Næss | 68 | Kløfta | 20.09.1981 |
| 5.91 | Ole Semming Wiig | 69 | Jessheim | 26.09.1981 |

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| **MENN SENIOR 1981** | **308** |

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| **Kule 4 kg** |  |

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| 11.66 | Kjell Erik Klevan | 65 | Jessheim | 16.08.1981 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.08 | Kai Hole | 42 | Lørenfallet | 20.06.1981 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 33.68 | Bård Hole | 67 | Drammen/Ma | 13.09.1981 |
| 28.44 | Per Aamo | 67 | Jessheim | 02.09.1981 |
| 25.16 | Frode Myrvang | 67 | Oslo/Bi | 02.06.1981 |
| 22.10 | Ørnulf Brekke | 67 | Oslo/Bi | 02.06.1981 |

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| **Diskos 1.5 kg** |  |

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| 28.74 | Frode Liland | 65 | Prestfoss | 23.05.1981 |
| 25.80 | Kjell Erik Klevan | 65 | Jessheim | 26.09.1981 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 39.92 | Morten Gaarder | 60 | Løken | 19.08.1981 |
| 37.90 | Kai Hole | 42 | Jessheim | 26.06.1981 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 40.82 | Kjell Erik Klavan | 65 | Oslo/Bi | 10.06.1981 |
| 40.74 | Frode Liland | 65 | Halden | 10.05.1981 |
| 39.34 | Frode Myrvang | 67 | Nannestad | 12.09.1981 |
| 29.04 | Ørnulf Brekke | 67 | Nannestad | 12.09.1981 |
| 28.76 | Bård Hole | 67 | Uddevalla, SWE | 26.07.1981 |

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

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| --- | --- | --- | --- | --- |
| 51.70 | Ivar Skedsmo | 55 | Lillestrøm | 22.08.1981 |

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

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| --- | --- | --- | --- | --- |
| 3689 | Morten Knutsen | 70 | Kløfta | 20.09.1981 |
| ? | | | |
| 2999 | Frode Grøndahl | 69 | Kløfta | 20.09.1981 |
| ? | | | |
| 2790 | Bård Hole | 67 | Kløfta | 20.09.1981 |
| ? | | | |
| 2752 | Torbjørn Næss | 68 | Kløfta | 20.09.1981 |
| ? | | | |
| 2348 | Fred Are Kjernli | 64 | Kløfta | 20.09.1981 |
| **MENN SENIOR 1981** | | **309** | | |

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| **4x60m** |  |

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| --- | --- | --- | --- | --- |
| 34.4 | G11-12 |  | Lillestrøm | 08.09.1981 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:46.0 |  |  | Årnes | 09.09.1981 |
| ? | | | |

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| --- | --- |
| **4x1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17:21.9 |  |  | Nannestad | 11.08.1981 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| **1000m** | |  | | |
| 2:21.5 |  |  | Årnes | 09.09.1981 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.15 | Frode Myrvang | 67 | Fetsund | 28.03.1981 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.32 | Frode Myrvang | 67 | Fetsund | 28.03.1981 |
| 2.32 | Ørnulf Brekke | 67 | Fetsund | 28.03.1981 |

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| **KVINNER SENIOR 1981** | **310** |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.4 | Inger Birgitte Reppe | 68 | Rolvsrud | 13.09.1981 |
| 8.6 | Kari Fjeldberg | 68 | Rolvsrud | 13.09.1981 |
| 8.8 | Irene Schultze | 67 | Oslo/Bi | 12.06.1981 |
| 8.9 | Guri Fjeldberg | 69 | Rolvsrud | 13.09.1981 |
| 8.9 | Tone Sæthermoen | 69 | Jessheim | 26.09.1981 |
| 9.4 | Eva Torvund | 69 | Jessheim | 16.08.1981 |
| 9.4 | Nina Amundsen | 69 | Jessheim | 16.08.1981 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.2 | Kristin Brekke | 65 | Oslo/Bi | 10.06.1981 |
| 13.2 | Anne Knutsen | 67 | Oslo/St | 19.08.1981 |
| 13.6 | Inger Birgitte Reppe | 68 | Åsvang | 19.07.1981 |
| 14.2 | Kari Fjeldberg | 68 | Jessheim | 26.06.1981 |
| 14.3 | Cecilie Laake | 67 | Halden | 10.05.1981 |
| 14.3 | Britt Folge | 66 | Oslo/St | 19.08.1981 |
| 14.6 | Guri Fjeldberg | 69 | Årjäng, SWE | 19.07.1981 |
| 14.7 | Irene Schultze | 67 | Oslo/St | 19.08.1981 |
| 14.7 | Tone Sæthermoen | 69 | Jessheim | 26.09.1981 |
| 15.0 | Eva Torvund | 69 | Jessheim | 26.09.1981 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.8 | Inger Lise Borgen | 64 | Årnes | 01.07.1981 |
| 29.6 | Kari Fjeldberg | 68 | Lørenfallet | 18.05.1981 |

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

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| --- | --- | --- | --- | --- |
| 66.4 | Kristin Bogstad | 64 | Årnes | 27.05.1981 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:22.0 | Inger Lise Borgen | 64 | Jessheim | 24.06.1981 |
| 2:28.6 | Hilde Rustad | 66 | Jessheim | 24.06.1981 |
| 2:32.8 | Kari Fjeldberg | 68 | Uddevalla, SWE | 26.07.1981 |
| 2:33.5 | Wenche Moen | 65 | Raufoss | 10.06.1981 |
| 2:35.4 | Inger Birgitte Reppe | 68 | Strømmen | 19.08.1981 |
| 2:40.5 | Line Bjørnås | 67 | Halden | 10.05.1981 |
| 2:42.2 | Kjersti Vestengen | 68 | Strømmen | 19.08.1981 |
| 2:52.1 | Guri Fjeldberg | 69 | Jessheim | 20.06.1981 |
| 2:52.7 | Eva Torvund | 69 | Jessheim | 26.09.1981 |

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| **KVINNER SENIOR 1981** | **311** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:52.0 | Hilde Rustad | 66 | Oslo/Bi | 10.06.1981 |
| 4:53.7 | Inger Lise Borgen | 64 | Oslo/St | 21.05.1981 |
| 5:06.2 | Hanne Sørensen | 63 | Jessheim | 12.06.1981 |
| 5:09.5 | Anne Karin Halvorsen | 63 | Jessheim | 12.06.1981 |
| 5:10.5 | Wenche Moen | 65 | Jessheim | 12.06.1981 |
| 5:17.2 | Kristin Bogstad | 64 | Jessheim | 12.06.1981 |
| 5:17.5 | Tone Rosenberg | 63 | Jessheim | 12.06.1981 |
| 5:19.3 | Torbjørg Muri | 62 | Jessheim | 12.06.1981 |
| 5:24.3 | Bente Tenold | 62 | Jessheim | 12.06.1981 |
| 5:26.6 | Gunhild Ullerud | 56 | Jessheim | 12.06.1981 |
| 5:30.0 | Heidi Anett Solberg | 65 | Jessheim | 12.06.1981 |
| 5:32.8 | Eva Blakkisrud | 46 | Jessheim | 12.06.1981 |
| 5:35.6 | Bente Iren Solberg | 61 | Jessheim | 12.06.1981 |
| 5:36.9 | Berit Bamrud | 55 | Jessheim | 12.06.1981 |
| 5:39.0 | Bodil Løkken | 55 | Jessheim | 12.06.1981 |
| 5:39.1 | Kari Støverud | 55 | Jessheim | 12.06.1981 |
| 5:40.3 | Inger Margrethe Bergh | 43 | Jessheim | 12.06.1981 |
| 5:44.4 | Ann Kristin Ullerud | 66 | Jessheim | 12.06.1981 |
| 5:49.9 | Grethe Hansen | 64 | Jessheim | 12.06.1981 |
| 5:51.2 | Else Søgaard | 65 | Jessheim | 12.06.1981 |
| 5:55.8 | Astrid Hansen | 42 | Jessheim | 12.06.1981 |
| 5:56.3 | Lise Engen | 65 | Jessheim | 12.06.1981 |
| 5:59.6 | Cora Halsan Schøyen | 47 | Jessheim | 12.06.1981 |
| 6:00.8 | Inger Lise Hvattum | 62 | Jessheim | 12.06.1981 |
| 6:02.6 | Laila Borge | 51 | Jessheim | 12.06.1981 |
| 6.02.6 | Mette Elisabeth Olsen | 51 | Jessheim | 12.06.1981 |
| 6:03.1 | Sissel Dønnum Ullerud | 43 | Jessheim | 12.06.1981 |
| 6:07.1 | Anne-May Bogar | 43 | Jessheim | 12.06.1981 |
| 6:07.1 | Åshild Olsen | 39 | Jessheim | 12.06.1981 |
| 6:11.8 | Kerstin Johannessen | 45 | Jessheim | 12.06.1981 |
| 6:14.9 | Wenche Schumacher | 51 | Jessheim | 12.06.1981 |
| 6:15.2 | Hilde Johansen | 66 | Jessheim | 12.06.1981 |
| 6:18.7 | Marit Skolt | 56 | Jessheim | 12.06.1981 |
| 6:21.1 | Thors Sand | 48 | Jessheim | 12.06.1981 |
| 6:21.6 | Anne-Line Kjos | 64 | Jessheim | 12.06.1981 |
| 6:22.2 | Wenche Rustad | 49 | Jessheim | 12.06.1981 |
| 6:23.4 | Inger Lise Wiig | 49 | Jessheim | 12.06.1981 |
| 6:23.6 | Mari Hilde Vilberg | 59 | Jessheim | 12.06.1981 |
| 6:24.1 | Bjørg Gjelsvik | 41 | Jessheim | 12.06.1981 |
| 6:25.8 | May Skolt | 56 | Jessheim | 12.06.1981 |
| 6:27.4 | Randi Nagell | 62 | Jessheim | 12.06.1981 |
| 6:28.7 | Berit Trøgstad | 62 | Jessheim | 12.06.1981 |
| 6:33.8 | Randi Bråten | 42 | Jessheim | 12.06.1981 |
| 6:35.6 | Ingjerd Abrahamsen | 49 | Jessheim | 12.06.1981 |
| 6:39.1 | Rigmor Ommundsen | 65 | Jessheim | 12.06.1981 |

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| **KVINNER SENIOR 1981** | **312** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 6:41.0 | Åse Korsmo | 47 | Jessheim | 12.06.1981 |
| 6:46.5 | Ingjerd Vestengen | 65 | Jessheim | 12.06.1981 |
| 6:51.3 | Jorunn Nagell | 62 | Jessheim | 12.06.1981 |
| 6:53.9 | Kjersti Hvattum | 65 | Jessheim | 12.06.1981 |
| 6:57.4 | Bergljot Bjørnsveen | 38 | Jessheim | 12.06.1981 |
| 7:00.9 | Berit Vestengen | 34 | Jessheim | 12.06.1981 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 10:32.6 | Hilde Rustad | 66 | Raufoss | 30.08.1981 |
| 10:51.0 | Hanne Sørensen | 63 | Jessheim | 21.08.1981 |
| 11:06.0 | Anne Karin Halvorsen | 63 | Jessheim | 21.08.1981 |
| 11:15.2 | Inger Lise Borgen | 64 | Jessheim | 21.08.1981 |
| 11:21.0 | Wenche Moen | 65 | Årnes | 27.05.1981 |
| 11:34.5 | Tone Rosenberg | 63 | Jessheim | 21.08.1981 |
| 11:35.4 | Torbjørg Muri | 62 | Jessheim | 21.08.1981 |
| 11.39.2 | Berit Bamrud | 55 | Jessheim | 21.08.1981 |
| 11:52.3 | Bente Tenold | 62 | Jessheim | 21.08.1981 |
| 11:52.5 | Heidi Anett Solberg | 65 | Jessheim | 21.08.1981 |
| 12:01.8 | Ann Kristin Ullerud | 66 | Jessheim | 21.08.1981 |
| 12:02.8 | Eva Blakkisrud | 46 | Jessheim | 21.08.1981 |
| 12:03.1 | Kristin Bogstad | 64 | Jessheim | 21.08.1981 |
| 12:13.3 | Nina Holm | 64 | Jessheim | 21.08.1981 |
| 12:23.6 | Bente Iren Solberg | 61 | Jessheim | 21.08.1981 |
| 12:23.8 | Cora Halsan Schøyen | 47 | Jessheim | 21.08.1981 |
| 12:30.9 | Kari Støverud | 55 | Jessheim | 21.08.1981 |
| 12:41.6 | Anne-May Bogar | 43 | Jessheim | 21.08.1981 |
| 12:44.9 | Grethe Hansen | 64 | Jessheim | 21.08.1981 |
| 12:49.9 | Gunhild Ullerud | 56 | Jessheim | 21.08.1981 |
| 12:51.8 | Sissel Dønnum Ullerud | 43 | Jessheim | 21.08.1981 |
| 12:51.8 | Inger Marie Hvattum | 62 | Jessheim | 21.08.1981 |
| 12:53.6 | Laila Borge | 51 | Jessheim | 21.08.1981 |
| 13:00.6 | Astrid Hansen | 42 | Jessheim | 21.08.1981 |
| 13:05.9 | Else Søgaard | 65 | Jessheim | 21.08.1981 |
| 13:26.8 | Kerstin Johannessen | 45 | Jessheim | 21.08.1981 |
| 13:29.8 | Inger Lise Wiig | 49 | Jessheim | 21.08.1981 |
| 13:34.1 | Grethe Johansen | 36 | Jessheim | 21.08.1981 |
| 13:43.3 | Grete Rustad | 44 | Jessheim | 21.08.1981 |
| 13:44.0 | Karin Sveen | 42 | Jessheim | 21.08.1981 |
| 13:44.3 | Åshild Olsen | 39 | Jessheim | 21.08.1981 |
| 13:46.5 | Bjørg Gjelsvik | 41 | Jessheim | 21.08.1981 |
| 13:54.5 | Marit Skolt | 56 | Jessheim | 21.08.1981 |
| 14:01.7 | Bodil Teksum | 56 | Jessheim | 21.08.1981 |
| 14:07.4 | Tanja Lybæk | 62 | Jessheim | 21.08.1981 |

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| **KVINNER SENIOR 1981** | **313** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 14:19.0 | Wenche Rustad | 49 | Jessheim | 21.08.1981 |
| 14:21.7 | Hilde Gulbrandsen | 56 | Jessheim | 21.08.1981 |
| 14:22.6 | Bodil Trøgstad | 62 | Jessheim | 21.08.1981 |
| 14:22.3 | May Skolt | 56 | Jessheim | 21.08.1981 |
| 14:40.0 | Hilde Johansen | 66 | Jessheim | 21.08.1981 |
| 14:50.9 | Else Wogstad | 44 | Jessheim | 21.08.1981 |
| 14:51.1 | Wenche Schumann | 51 | Jessheim | 21.08.1981 |
| 14:52.1 | Randi Nagell | 62 | Jessheim | 21.08.1981 |
| 14:59.3 | Mari Hilde Vilberg | 59 | Jessheim | 21.08.1981 |
| 15:22.0 | Randi Bråthen | 42 | Jessheim | 21.08.1981 |
| 15:43.4 | Rigmor Ommundsen | 65 | Jessheim | 21.08.1981 |
| 16:35.7 | Evelyn Nilssen | 46 | Jessheim | 21.08.1981 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 2:03:56 | Anne May Boger | 43 | Sørum | 17.10.1981 |

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

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| --- | --- | --- | --- | --- |
| 12.0 | Tone Sæthermoen | 69 | Strømmen | 05.08.1981 |

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

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| --- | --- | --- | --- | --- |
| 13.6 | Inger Birgitte Reppe | 68 | Kongsberg | 06.09.1981 |
| 15.8 | Kari Fjeldberg | 68 | Strømmen | 05.08.1981 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.50 | Kari Fjeldberg | 68 | Kirkenær | 31.05.1981 |
| 1.35 | Inger Birgitte Reppe | 68 | Jessheim | 13.08.1981 |
| 1.30 | Guri Fjeldberg | 69 | Uddevalla, SWE | 26.07.1981 |
| 1.29 | Trine Ruud | 69 | Strømmen | 17.06.1981 |
| 1.20 | Tone Sæthermoen | 69 | Jessheim | 26.09.1981 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.01s | Inger Birgitte Reppe | 68 | Kløfta | 20.09.1981 |
| 4.76s | Kari Fjeldberg | 68 | Kirkenær | 30.05.1981 |
| 4.48s | Tone Sætermoen | 69 | Strømmen | 19.08.1981 |
| 4.67s | Irene Schultze | 67 | Kirkenær | 30.05.1981 |
| 4.58 | Kristin Brekke | 65 | Halden | 10.05.1981 |
| 4.37s | Guri Fjeldberg | 69 | Jessheim | 16.08.1981 |
| 4.21 | Kristin Bogstad | 64 | Årnes | 27.05.1981 |

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| **KVINNER SENIOR 1981** | **314** |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 7.50 | Inger Birgitte Reppe | 68 | Strømmen | 19.08.1981 |
| 7.10 | Guri Fjeldberg | 69 | Jessheim | 24.06.1981 |
| 6.61 | Kari Fjeldberg | 68 | Jessheim | 26.09.1981 |
| 5.91 | Tone Sætermoen | 69 | Jessheim | 26.09.1981 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.20 | Anita Aasheim | 66 | Kirkenær | 30.05.1981 |
| 8.06 | Cecilie Laake | 66 | Strømmen | 14.06.1981 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 24.78 | Anita Aasheim | 66 | Løken | 27.05.1981 |
| 18.46 | Inger Birgitte Reppe | 68 | Jessheim | 26.09.1981 |
| 18.18 | Irene Schultze | 67 | Jessheim | 26.09.1981 |

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

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| --- | --- | --- | --- | --- |
| 22.72 | Irene Schultze | 67 | Gardermoen | 27.06.1981 |
| 18.90 | Guri Fjeldberg | 69 | Gardermoen | 27.06.1981 |

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| **Liten ball 150 g** |  |

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| --- | --- | --- | --- | --- |
| 39.60 | Eva Torvund | 69 | Jessheim | 26.09.1981 |
| 33.30 | Guri Fjeldberg | 69 | Rolvsrud | 13.09.1981 |

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

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| --- | --- | --- | --- | --- |
| 3530 | Inger Birgitte Reppe | 68 | Kløfta | 20.09.1981 |
| 8.4-5.01-7.27-2:39.5 | | | |

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| --- | --- | --- | --- | --- |
| 3306 | Guri Fjeldberg | 69 | Kløfta | 20.09.1981 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 3191 | Tone Sæthermoen | 69 | Kløfta | 20.09.1981 |
| ? | | | |

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| 3167 | Kari Fjeldberg | 68 | Kløfta | 20.09.1981 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 2485 | Irene Schultze | 67 | Kløfta | 20.09.1981 |
| ? | | | |

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| **KVINNER SENIOR 1981** | **315** |

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| **4x400m** |  |

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| --- | --- | --- | --- | --- |
| 4:23.3 |  |  | Lørenfallet | 01.09.1981 |
| Bente Krakeli62-Anne Hovde-Inger Birgitte Reppe68-Torbjørg Muri62 | | | |

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

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

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| --- | --- |
| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.18 | Inger Birgitte Reppe | 68 | Lørenskog | 25.03.1981 |
| 1.10 | Kari Fjeldberg | 68 | Lørenskog | 25.03.1981 |
| 1.05 | Guri Fjeldberg | 69 | Haga/Fr | 09.02.1981 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.35 | Cecilie Laake | 66 | Lørenskog | 25.03.1981 |
| 2.33 | Inger Birgitte Reppe | 68 | Lørenskog | 25.03.1981 |
| 2.11 | Guri Fjeldberg | 69 | Haga/Fr | 06.02.1981 |

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| **MENN SENIOR 1982** | **316** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.4 | Morten Knutsen | 70 | Lillestrøm | 12.09.1982 |
| 8.4 | Frode Grøndahl | 69 | Rolvsrud | 19.09.1982 |
| 8.6 | Jarle Sæthermoen | 70 | Rolvsrud | 19.09.1982 |
| 9.0 | Ole Semming Wiig | 69 | Jessheim | 27.05.1982 |
| 9.0 | Roger Rønning | 71 | Strømmen | 16.06.1982 |
| 9.3 | Ola Nerhagen | 71 | Rolvsrud | 19.09.1982 |

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| **100m M** |  |

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| 11.6 | Hans Georg Røed | 55 | Lillestrøm | 20.08.1982 |
| 11.7 | Rolv-Erik Nyheim | 47 | Lørenfallet | 19.06.1982 |
| 12.6 | Fred Arild Kjernli | 64 | Strømmen | 18.08.1982 |
| 13.9 | Morten Knutsen | 70 | Skotterud | 26.06.1982 |
| 14.8 | Ole Semming Wiig | 69 | Jessheim | 15.08.1982 |
| 15.2 | Ola Nerhagen | 71 | Blaker/Br | 26.08.1982 |

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| **200m M** |  |

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| 23.8 | Hans Georg Røed | 55 | Lillestrøm | 20.08.1982 |
| 24.8 | Bjørn Tore Ottersen | 66 | Lørenfallet | 08.06.1982 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 51.9 | Kjell Frostlid | 61 | Oslo/St | 30.06.1982 |
| 53.6 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 02.06.1982 |
| 53.9 | Fred Arild Kjernli | 64 | Oslo/St | 29.09.1982 |
| 54.5 | Rolv Erik Nyheim | 47 | Lørenfallet | 19.06.1982 |
| 54.6 | Bjørn Tore Ottersen | 66 | Oslo/St | 30.06.1982 |
| 66.0 | John Arve Johansen | 36 | Lørenfallet | 19.06.1982 |

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| **800m** |  |

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| 1:57.9 | Claus Nerhagen | 59 | Bergen/Fa | 09.09.1982 |
| 1:58.9 | Kjell Arild Kjernli | 64 | Oslo/St | 28.07.1982 |
| 1:59.4 | Trygve Stanger | 62 | Oslo/Bi | 12.05.1982 |
| 2:05.9 | Bjørn Jensen | 66 | Strømmen | 12.06.1982 |
| 2:14.9 | Torbjørn Næss | 68 | Nadderud | 18.06.1982 |
| 2:23.6 | Frode Grøndahl | 69 | Oslo/Bi | 07.06.1982 |
| 2:34.2 | Morten Knutsen | 70 | Lillestrøm | 12.09.1982 |
| 2:50.1 | Roger Rønning | 71 | Lillestrøm | 12.09.1982 |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:40.7 | Kjell Arild Kjernli | 64 | Arvika, SWE | 17.07.1982 |
| 3:07.0 | Frode Grøndahl | 69 | Uddevalla, SWE | 25.07.1982 |

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| **MENN SENIOR 1982** | **317** |

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| **1500m** |  |

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| 4:06.6 | Trygve Stanger | 62 | Oslo/St | 21.06.1982 |
| 4:12.3 | Stein Rosenberg | 60 | Jessheim | 14.06.1982 |
| 4:14.6 | Kjell Frostlid | 61 | Jessheim | 14.06.1982 |
| 4:19,3 | Odd Kinnsbekken | 48 | Jessheim | 14.06.1982 |
| 4:20.5 | Fred Arild Kjernli | 64 | Jessheim | 14.06.1982 |
| 4:20.9 | Ole Skolt | 53 | Jessheim | 14.06.1982 |
| 4:21.9 | Bjørn Jensen | 66 | Jessheim | 14.06.1982 |
| 4:23.5 | Rune Tunhøvd | 59 | Jessheim | 14.06.1982 |
| 4:24.5 | Claus Nerhagen | 59 | Jessheim | 14.06.1982 |
| 4:26.0 | Kolbjørn Skjerve | 37 | Jessheim | 14.06.1982 |
| 4:26.4 | Bjørn Tore Ottersen | 66 | Jessheim | 14.06.1982 |
| 4:26.9 | Runar Bålsrud | 62 | Jessheim | 20.08.1982 |
| 4:27.6 | John Stormoen | 65 | Jessheim | 14.06.1982 |
| 4:27.8 | Stein Teksum | 53 | Jessheim | 14.06.1982 |
| 4:28.3 | Knut Larsen | 62 | Jessheim | 14.06.1982 |
| 4:29.3 | Rolv-Erik Nyheim | 47 | Jessheim | 14.06.1982 |
| 4:30.2 | Kristian Gjerdrum | 59 | Jessheim | 14.06.1982 |
| 4:30.9 | Hans Andersen | 50 | Jessheim | 14.06.1982 |
| 4:31.2 | Dag Sand | 45 | Jessheim | 14.06.1982 |
| 4:32.0 | Svein Olsen | 47 | Jessheim | 14.06.1982 |
| 4:32.4 | Torgeir Sørum | 45 | Jessheim | 16.06.1982 |
| 4:33.3 | Bjørn Rommen | 43 | Jessheim | 14.06.1982 |
| 4:34.7 | Ingar Indredavik | 45 | Jessheim | 14.06.1982 |
| 4:35.5 | Knut Kristiansen | 44 | Jessheim | 14.06.1982 |
| 4:36.0 | Sven Nordby Andersen | 59 | Jessheim | 14.06.1982 |
| 4:37.0 | Knut Tørum | 45 | Jessheim | 14.06.1982 |
| 4:38.3 | Arne Gulbrandsen | 44 | Jessheim | 14.06.1982 |
| 4:38.4 | Molvin Knutsen | 62 | Jessheim | 14.06.1982 |
| 4:39.1 | Thorbjørn Næss | 68 | Oslo/Bi | 23.08.1982 |
| 4:39.0 | Erik Næss | 61 | Jessheim | 14.06.1982 |
| 4:41.9 | Knut Kjellskau | 66 | Jessheim | 14.06.1982 |
| 4:42.6 | Thue Holme | 52 | Jessheim | 14.06.1982 |
| 4:43.9 | Alf Andersen | 57 | Jessheim | 14.06.1982 |
| 4:44.5 | Kjell Østhus | 42 | Jessheim | 14.06.1982 |
| 4:44.9 | Kristen Langbakk | 39 | Jessheim | 14.06.1982 |
| 4:46.2 | Georg Rosenberg | 33 | Jessheim | 14.06.1982 |
| 4:46.9 | Johnny Røsåsen | 44 | Jessheim | 14.06.1982 |
| 4:47.2 | Svein Rustad | 44 | Jessheim | 14.06.1982 |
| 4:47.2 | Thor Martin Furuseth | 41 | Jessheim | 14.06.1982 |
| 4:49.2 | Bjørn Egil Hytjan | 56 | Jessheim | 14.06.1982 |
| 4:49.3 | Anders Jellum | 48 | Jessheim | 14.06.1982 |
| 4:52.0 | Henning Høgheim | 39 | Jessheim | 14.06.1982 |
| 4:52.5 | Kjell Carlsson | 44 | Jessheim | 14.04.1982 |
| 4:53.6 | Ola Haugset | 43 | Jessheim | 14.06.1982 |
| 4:55.3 | Kjell Aarflot | 44 | Jessheim | 14.06.1982 |

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| **MENN SENIOR 1982** | **318** |

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| **1500m** |  |

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| 4:56.3 | Torbjørn Johansen | 39 | Jessheim | 14.06.1982 |
| 4:56.3 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 14.06.1982 |
| 4:57.5 | Jon Øivind Bendiksen | 66 | Jessheim | 14.06.1982 |
| 4:58.0 | Rune Høgaas | 66 | Jessheim | 14.06.1982 |
| 4:58.1 | Arne Hvattum | 37 | Jessheim | 14.06.1982 |
| 4:58.5 | Steinar Ulsaker | 47 | Jessheim | 14.06.1982 |
| 4:58.9 | Anders Moen | 36 | Jessheim | 14.06.1982 |
| 4:59.2 | Egil Ødemark | 41 | Jessheim | 14.06.1982 |
| 5:01.0 | Jan Grønlien | 49 | Jessheim | 14.06.1982 |
| 5:02.4 | Frode Grøndahl | 69 | Oslo/Bi | 07.06.1982 |
| 5:03.0 | Tore Eriksen | 37 | Jessheim | 14.06.1982 |
| 5:04.0 | Sten Melbye | 31 | Jessheim | 14.06.1982 |
| 5:04.0 | John Birkelund | 32 | Jessheim | 14.06.1982 |
| 5:04.9 | Terje Olsen | 44 | Jessheim | 14.06.1982 |
| 5:05.1 | Ole Arnegård | 44 | Jessheim | 14.06.1982 |
| 5:06.2 | Hans-Petter Samuelsen | 45 | Jessheim | 14.06.1982 |
| 5:06.5 | Tor Halvor Rønning | 43 | Jessheim | 14.06.1982 |
| 5:06.9 | Nils Sæthermoen | 40 | Jessheim | 14.06.1982 |
| 5:07.6 | Kåre Hofskjelrud | 39 | Jessheim | 14.06.1982 |
| 5:08.7 | Jens Mathiesen | 47 | Jessheim | 14.06.1982 |
| 5:09.3 | Oddvar Hallingstad | 45 | Jessheim | 14.06.1982 |
| 5:09.5 | Helge Ullerud | 42 | Jessheim | 14.06.1982 |
| 5:10.0 | Per Bjørnås | 40 | Jessheim | 14.06.1982 |
| 5:10.6 | Eirik Tenold | 39 | Jessheim | 14.06.1982 |
| 5:11.4 | Arne Rognerud | 41 | Jessheim | 14.06.1982 |
| 5:11.4 | Kristoffer Stanger | 33 | Jessheim | 14.06.1982 |
| 5:12.1 | Hans Kristian Hansen | 41 | Jessheim | 14.06.1982 |
| 5:12.4 | Torger Ringen | 45 | Jessheim | 14.06.1982 |
| 5:13.6 | Harald Sydtangen | 44 | Jessheim | 14.06.1982 |
| 5:15.6 | Øystein Jørgensen | 47 | Jessheim | 14.06.1982 |
| 5:18.4 | Helge Sydtangen | 37 | Jessheim | 14.06.1982 |
| 5:20.6 | Holger Winstad | 47 | Jessheim | 14.06.1982 |
| 5:23.1 | Ingar Halvorsen | 46 | Jessheim | 14.06.1982 |
| 5:24.6 | Olav Rutle | 45 | Jessheim | 14.06.1982 |
| 5:24.7 | Karl Lødemel | 24 | Jessheim | 14.06.1982 |
| 5:24.9 | Bjørn Fløtaker | 46 | Jessheim | 14.06.1982 |
| 5:25.4 | Trond Bogar | 45 | Jessheim | 14.06.1982 |
| 5:26.4 | Knut Lein | 28 | Jessheim | 14.06.1982 |
| 5:26.8 | Håvard Uhlen | 39 | Jessheim | 14.06.1982 |
| 5:28.0 | Ole Kristian Wiig | 45 | Jessheim | 14.06.1982 |
| 5:31.6 | Bernt Reppe | 34 | Jessheim | 14.06.1982 |
| 5:33.9 | Kåre Andresen | 39 | Jessheim | 14.06.1982 |
| 5:48.5 | Svein Skolt | 25 | Jessheim | 14.06.1982 |
| 5:49.9 | Trygve Flugsrud | 33 | Jessheim | 14.06.1982 |
| 5:52.7 | Håkon Amundstad | 24 | Jessheim | 14.06.1982 |

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| **MENN SENIOR 1982** | **319** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:59.1 | Arne Aas | 31 | Jessheim | 14.06.1982 |
| 6:03.5 | Reidar Melby | 27 | Jessheim | 14.06.1982 |
| 6:04.5 | Jørgen Torstveit | 40 | Jessheim | 14.06.1982 |
| 6:05.2 | Lasse Sandstone | 40 | Jessheim | 14.06.1982 |
| 6:40.3 | Jan Knutsen | 31 | Jessheim | 14.06.1982 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 8:45.4 | Stein Rosenberg | 60 | Oslo/St | 25.07.1982 |
| 8:51.4 | Odd Kinnsbekken | 48 | Oslo/Bi | 14.09.1982 |
| 8:52.2 | Trygve Stanger | 62 | Oslo/St | 28.07.1982 |
| 9:21.6 | Bjørn Ingvar Jensen | 66 | Oslo/Bi | 15.06.1982 |
| 9:43.2 | John Stormoen | 65 | Jessheim | 20.08.1982 |
| 10:00.2 | Ole Fredrik Mørch | 62 | Jessheim | 20.08.1982 |
| 10:08.3 | Bjørn Tore Ottersen | 66 | Jessheim | 20.08.1982 |
| 10:09.4 | Knut Kjellskau | 66 | Jessheim | 20.08.1982 |
| 10:14.4 | Runar Bålsrud | 62 | Jessheim | 20.08.1982 |
| 11:02.0 | Sten Melbye | 31 | Jessheim | 20.08.1982 |
| 11:07.3 | John Birkelund | 32 | Jessheim | 20.08.1982 |
| 11:12.4 | Svein Torstveit | 66 | Jessheim | 20.08.1982 |
| 11:18.0 | Molvin Knutsen | 62 | Jessheim | 20.08.1982 |
| 11:26.5 | Karl Lødemel | 24 | Jessheim | 20.08.1982 |
| 11:27.3 | Knut Lein | 28 | Jessheim | 20.08.1982 |
| 11:39.0 | Jon Bendiksen | 66 | Jessheim | 20.08.1982 |
| 11:46.2 | Sindre Rognerud | 66 | Jessheim | 20.08.1982 |
| 12:27.4 | Håkon Amundstad | 24 | Jessheim | 20.08.1982 |
| 12:38.4 | Arne Aas | 31 | Jessheim | 20.08.1982 |
| 12:53.3 | Svein Skolt | 25 | Jessheim | 20.08.1982 |
| 13:25.5 | Reidar Melby | 27 | Jessheim | 20.08.1982 |
| 14:51.9 | Jan Knutsen | 31 | Jessheim | 20.08.1982 |

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| **5000m** |  |

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| 15:24.6 | Odd Kinnsbekken | 48 | Oslo/St | 21.06.1982 |
| 15:43.7 | Stein Rosenberg | 60 | Oslo/Bi | 21.07.1982 |

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| **10000m** |  |

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| 32:37.0 | Odd Kinnsbekken | 48 | Rolvsrud | 29.06.1982 |
| 32:57.2 | Stein Rosenberg | 60 | Oslo/St | 22.09.1982 |

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

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| 10.1 | Morten Knutsen | 70 | Larvik/Lo | 04.09.1982 |
| 11.4 | Jarle Sæthermoen | 70 | Larvik/Lo | 04.09.1982 |

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| **MENN SENIOR 1982** | **320** |

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

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| 12.2 | Jo Henning Hals Nilssen | 68 | Herlev, DEN | 19.06.1982 |

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

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| 19.1 | Frode Liland | 65 | Strømmen | 26.05.1982 |
| 21.2 | Frode Myrvang | 67 | Strømmen | 26.05.1982 |

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

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| 30.6 | Ivar Opsahl | 47 | Rolvsrud | 31.08.1982 |

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

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| 62.8 | Molvin Knutsen | 62 | Oslo/Bi | 17.06.1982 |
| 62.9 | Frode Liland | 65 | Rolvsrud | 29.06.1982 |

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

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| --- | --- | --- | --- | --- |
| 9:50.8 | Trygve Stanger | 62 | Oslo/Bi | 14.08.1982 |
| 9:51.5 | Stein Rosenberg | 60 | Årnes | 08.09.1982 |
| 9:59.3 | Ole Skolt | 53 | Årnes | 08.09.1982 |
| 10:00.4 | Odd Kinnsbekken | 48 | Årnes | 08.09.1982 |
| 10:30.1 | Claus Nerhagen | 59 | Jessheim | 20.08.1982 |
| 10:49.5 | Bjørn Rommen | 43 | Jessheim | 20.08.1982 |
| 10:54.7 | Knut Kristiansen | 44 | Jessheim | 20.08.1982 |
| 11:02.2 | Hans Andersen | 50 | Jessheim | 14.06.1982 |
| 11:03.8 | Rune Tunhøvd | 59 | Jessheim | 20.08.1982 |
| 11:13.9 | Svein Olsen | 47 | Jessheim | 20.08.1982 |
| 11:22.8 | Kristian Gjerdrum | 59 | Jessheim | 20.08.1982 |
| 11:25.9 | Rolv-Erik Nyheim | 47 | Jessheim | 20.06.1982 |
| 11:33.2 | Torgeir Sørum | 45 | Jessheim | 20.08.1982 |
| 11:34.3 | Kristen Langbakk | 39 | Jessheim | 20.08.1982 |
| 11:37.5 | Kjell Østhus | 42 | Jessheim | 20.08.1982 |
| 11:41.5 | Anders Jellum | 48 | Jessheim | 20.08.1982 |
| 11:45.1 | Ingar Indredavik | 45 | Jessheim | 20.08.1982 |
| 11:45.8 | Kjell Aarflot | 44 | Jessheim | 20.08.1982 |
| 11:48.8 | Ola Haugset | 43 | Jessheim | 20.08.1982 |
| 11:52.3 | Morten Haavaldsen | 66 | Jessheim | 20.08.1982 |
| 11:55.4 | Svein Rustad | 44 | Jessheim | 20.08.1982 |
| 11:56.7 | Stein Teksum | 53 | Jessheim | 20.08.1982 |
| 12:02.1 | Terje Olsen | 44 | Jessheim | 20.08.1982 |
| 12:02.8 | Henning Høgheim | 39 | Jessheim | 20.08.1982 |
| 12:06.6 | Bjørn Egil Hytjan | 56 | Jessheim | 20.08.1982 |
| 12:20.4 | Tor Halvor Rønning | 43 | Jessheim | 20.08.1982 |
| 12:27.2 | Helge Ullerud | 42 | Jessheim | 20.08.1982 |
| 12:32.0 | Kåre Hofskjelrud | 39 | Jessheim | 20.08.1982 |
| **MENN SENIOR 1982** | | **321** | | |

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

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| 12:32.3 | Fritz Mangelrød | 35 | Jessheim | 20.08.1982 |
| 12:36.1 | Per Bjørnås | 40 | Jessheim | 20.08.1982 |
| 12:40.1 | Jan Grønlien | 49 | Jessheim | 20.08.1982 |
| 12:43.7 | Ole Arnegård | 44 | Jessheim | 20.08.1982 |
| 12:49.4 | Nils Sæthermoen | 40 | Jessheim | 20.08.1982 |
| 12:54.1 | Harald Sydtangen | 44 | Jessheim | 20.08.1982 |
| 12:55.8 | Øystein Jørgensen | 47 | Jessheim | 20.08.1982 |
| 12:57.7 | Arne Hvaattum | 37 | Jessheim | 20.08.1982 |
| 13:05.3 | Trond Bogar | 45 | Jessheim | 20.08.1982 |
| 13:05.6 | Torger Ringen | 45 | Jessheim | 20.08.1982 |
| 13:29.0 | Bjørn Fløtaker | 46 | Jessheim | 20.08.1982 |
| 13:36.2 | Steinar Ulsaker | 47 | Jessheim | 20.08.1982 |
| 13:44.4 | Jens Mathiesen | 47 | Jessheim | 20.08.1982 |
| 13:52.8 | Hans-Petter Samuelsen | 45 | Jessheim | 20.08.1982 |

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| **20 km landevei** |  |

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| 1:08:21 | Odd Kinnsbekken | 48 | Jessheim | 10.10.1982 |
| 1:12:25 | Svein Nordby Andersen | 59 | Jessheim | 10.10.1982 |
| 1:15:12 | Kolbjørn Skjerve | 37 | Jessheim | 10.10.1982 |
| 1:16:00 | Thue Holme | 52 | Jessheim | 10.10.1982 |
| 1:16:01 | Henning Høgheim | 39 | Jessheim | 10.10.1982 |
| 1:16:57 | Dag Sand | 45 | Jessheim | 10.10.1982 |
| 1:17:21 | Kristian Langbakk | 39 | Jessheim | 10.10.1982 |
| 1:18:39 | Johnny Røsåsen | 44 | Jessheim | 10.10.1982 |
| 1:18:47 | Thor Martin Furuseth | 41 | Jessheim | 10.10.1982 |
| 1:18:52 | Torbjørn Johansen | 45 | Jessheim | 10.10.1982 |
| 1:20:34 | Kjell Aarflot | 44 | Jessheim | 10.10.1982 |
| 1:21:45 | Bjørn Egil Hytjan | 56 | Jessheim | 10.10.1982 |
| 1:22:56 | Knut Tørum | 45 | Jessheim | 10.10.1982 |
| 1:23:55 | Svein Saksvik | 45 | Jessheim | 10.10.1982 |
| 1:25:49 | Nils Sæthermoen | 40 | Jessheim | 10.10.1982 |
| 1:26:14 | Rolv-Erik Nyheim | 47 | Jessheim | 10.10.1982 |
| 1:26:18 | Fritz Mangelrød | 35 | Jessheim | 10.10.1982 |
| 1:27.17 | Arve Bogstad | 41 | Jessheim | 10.10.1982 |
| 1:30:24 | Holger Winstad | 47 | Jessheim | 10.10.1982 |
| 1:31:13 | Torgeir Sørum | 45 | Jessheim | 10.10.1982 |
| 1:31:26 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 10.10.1982 |
| 1:32:30 | Tore Eriksen | 37 | Jessheim | 10.10.1982 |
| 1:33.02 | Håkon Amundstad | 21 | Jessheim | 10.10.1982 |
| 1:33:35 | Olav Rutle | 45 | Jessheim | 10.10.1982 |
| 1:33:55 | Bjørn Fløtaker | 46 | Jessheim | 10.10.1982 |
| 1:35:51 | Trond Bogar | 45 | Jessheim | 10.10.1982 |
| 1:36:36 | Oddvar Hallingstad | 45 | Jessheim | 10.10.1982 |
| 1:40:08 | Trygve Flugsrud | 33 | Jessheim | 10.10.1982 |
| 1:44:13 | Magne Engen | 33 | Jessheim | 10.10.1982 |
| **MENN SENIOR 1982** | | **322** | | |

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| **Halvmaraton 21098m** |  |

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| 1:21:36 | Jan Blakkisrud | 43 | Sørum | 16.10.1982 |
| 1:23:21 | Henning Høgheim | 39 | Sørum | 16.10.1982 |
| 1:30:26 | Kjell Aarflot | 44 | Sørum | 16.10.1982 |

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| **Maraton 42195m** |  |

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| 2:53:38 | Henning Høgheim | 39 | Drammen | 03.10.1982 |
| 3:14:33 | Martin Furuseth | 53 | Oslo | 03.07.1982 |
| 3:23:13 | Svein Olsen | 47 | Oslo | 03.07.1982 |
| 3:31:20 | Odd Vidar Devold | 61 | Oslo | 03.07.1982 |
| 3:31:54 | Trond Boger | 45 | Oslo | 03.07.1982 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.75 | Frode Myrvang | 67 | Kirkenær | 29.05.1982 |
| 1.70 | Frode Liland | 65 | Strømmen | 12.06.1982 |
| 1.65 | Ivar Opsahl | 47 | Rolvsrud | 31.08.1982 |

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| **Stav** |  |

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| 2.35 | Frode Liland | 65 | Rolvsrud | 29.06.1982 |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.28 s | Morten Knutsen | 70 | Lillestrøm | 12.09.1982 |
| 5.02 | John Arne Johansen | 36 | Lørenfallet | 19.06.1982 |
| 4.82 | Ørnulf Brekke | 67 | Uddevalla, SWE | 25.07.1982 |
| 4.69 s | Frode Grøndahl | 69 | Strømmen | 16.06.1982 |
| 4.45 s | Ole Semming Wiig | 69 | Jessheim | 15.08.1982 |
| 4.37 s | Roger Rønning | 71 | Lillestrøm | 12.09.1982 |
| 4.20 s | Jarle Sæthermoen | 70 | Rolvsrud | 19.09.1982 |
| 3.95 s | Ola Nerhagen | 71 | Rolvsrud | 19.09.1982 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 11.12 | Hans Petter Samuelsen | 45 | Rolvsrud | 31.08.1982 |
| 10.71 | Frode Myrvang | 67 | Strømmen | 18.08.1982 |
| 10.18 | John Arne Johansen | 36 | Rolvsrud | 31.08.1982 |

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| **Kule 3 kg** |  |

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| 12.98 | Morten Knutsen | 70 | Larvik/Lo | 04.09.1982 |
| 7.12 | Roger Rønning | 71 | Strømmen | 16.06.1982 |
| 6.43 | Ola Nerhagen | 71 | Rolvsrud | 19.09.1982 |
| 6.15 | Jarle Sæthermoen | 70 | Lillestrøm | 12.09.1982 |

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| **MENN SENIOR 1982** | **323** |

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| **Kule 4 kg** |  |

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| 11.94 | Frode Myrvang | 67 | Jessheim | 15.08.1982 |
| 6.86 | Frode Grøndahl | 69 | Uddevalla, SWE | 25.07.1982 |

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| **Kule 7.26 kg** |  |

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| 12.45 | Kai Hole | 42 | Lørenfallet | 08.06.1982 |

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| **Diskos 1 kg** |  |

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| 27.34 | Frode Grøndahl | 69 | Rolvsrud | 19.09.1982 |

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| **Diskos 1.5 kg** |  |

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| 23.88 | Frode Myrvang | 67 | Jessheim | 01.09.1982 |

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| **Diskos 2 kg** |  |

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| 39.14 | Kai Hole | 42 | Rolvsrud | 31.08.1982 |
| 36.82 | Morten Gaarder | 60 | Løken | 25.09.1982 |

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| **Slegge 7.26 kg** |  |

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| 34.74 | Kai Hole | 42 | Lørenfallet | 19.06.1982 |
| 23.02 | Morten Gaarder | 60 | Rolvsrud | 29.06.1982 |

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| **Spyd 400 g** |  |

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| 42.64 | Morten Knutsen | 70 | Jessheim | 16.09.1982 |
| 23.16 | Ola Nerhagen | 71 | Jessheim | 16.09.1982 |

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

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| 39.94 | Frode Myrvang | 67 | Moss/Me | 19.05.1982 |

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

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| 54.16 | Ivar Skedsmo | 55 | Strømmen | 26.05.1982 |
| 42.26 | Frode Liland | 65 | Strømmen | 26.05.1982 |
| 39.26 | Hans Kristian Hansen | 41 | Rolvsrud | 31.08.1982 |

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| **Liten ball 150 g** |  |

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| 65.74 | Morten Knutsen | 70 | Blaker/Br | 26.08.1982 |
| 39.46 | Ola Nerhagen | 71 | Blaker/Br | 26.08.1982 |

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| **MENN SENIOR 1982** | **324** |

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

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| 3820 | Morten Knutsen | 70 | Lillestrøm | 12.09.1982 |
| 8.4-5.28-11.28-2:34.2 | | | |

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| 3223 | Roger Rønning | 71 | Lillestrøm | 12.09.1982 |
| ? | | | |

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| 2914 | Jarle Sæthermoen | 70 | Lillestrøm | 12.09.1982 |
| ? | | | |

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| **4x100m** |  |

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| 47.9 |  |  | Løken | 25.08.1982 |
| ? | | | |

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| **4x400m** |  |

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| --- | --- | --- | --- | --- |
| 3:37.4 |  |  | Strømmen | 26.05.1982 |
| ? | | | |

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| **4x1500m** |  |

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| 17:26.3 |  |  | Nannestad | 10.08.1982 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 18:21.4 | MJ |  | Nannestad | 10.08.1982 |
| ? | | | |

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| **INNENDØRS** |  |

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| **60m M** |  |

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| 8.6 | Morten Knutsen | 70 | Drammen | 16.01.1982 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.43 | Kai Hole | 42 | Lørenskog/Sk | 23.02.1982 |
| 1.05 | Morten Knutsen | 70 | Haga/Fr | 26.03.1982 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.41 | Ørnulf Brekke | 67 | Haga/Fr | 26.03.1982 |
| 2.25 | Morten Knutsen | 70 | Haga/Fr | 26.03.1982 |
| 1.95 | Ole Semming Wiig | 69 | Haga/Fr | 26.03.1982 |

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| **KVINNER SENIOR 1982** | **325** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.0 | Inger Birgitte Reppe | 68 | Larvik/Lo | 05.09.1982 |
| 8.4 | Kari Fjeldberg | 68 | Rolvsrud | 19.09.1982 |
| 8.5 | Tone Sæthermoen | 69 | Rolvsrud | 19.09.1982 |
| 8.8 | Guri Fjeldberg | 69 | Rolvsrud | 05.06.1982 |
| 9.0 | Hege Høgås | 70 | Strømmen | 16.06.1982 |
| 9.1 | Unn Hoel | 69 | Lillestrøm | 12.09.1982 |
| 9.5 | Anne Willersrud | 71 | Larvik/Lo | 04.09.1982 |
| 9.6 | Siri Fjeldberg | 71 | Larvik/Lo | 04.09.1982 |

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| **100m M** |  |

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| 13.1 | Inger Birgitte Reppe | 68 | Oslo/Bi | 01.08.1982 |
| 13.8 | Kari Fjeldberg | 68 | Nadderud | 18.06.1982 |
| 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 | Tone Sæthermoen | 69 | Blaker/Br | 26.08.1982 |
| 14.4 | Torill Pedersen | 69 | Jessheim | 27.05.1982 |
| 14.6 | Guri Fjeldberg | 69 | Nadderud | 19.06.1982 |
| 14.7 | Unn Hoel | 69 | Jessheim | 15.08.1982 |

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| **200m M** |  |

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| 27.7 | Inger Birgitte Reppe | 68 | Oslo/Bi | 23.08.1982 |
| 28.7 | Marit Rogstad | 67 | Oslo/Bi | 24.08.1982 |
| 28.7 | Kari Fjeldberg | 68 | Jessheim | 02.10.1982 |
| 29.2 | Heidi Bogstad | 67 | Larvik/Lo | 05.09.1982 |
| 29.8 | Inger Lise Borgen | 64 | Arvika, SWE | 17.07.1982 |
| 30.1 | Tone Sæthermoen | 69 | Jessheim | 02.10.1982 |

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| **400m M** |  |

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| 61.1 | Inger Lise Borgen | 64 | Nadderud | 23.08.1982 |
| 63.6 | Nina Holm | 64 | Nadderud | 23.08.1982 |

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| --- | --- | --- | --- | --- |
| **800m** | |  | | |
| 2:20.1 | Nina Holm | 64 | Oslo/St | 28.07.1982 |
| 2:20.2 | Inger Lise Borgen | 64 | Larvik/Lo | 05.09.1982 |
| 2:21.9 | Heidi Jacobsen | 57 | Larvik/Lo | 28.07.1982 |
| 2:27.5 | Unn Hoel | 69 | Larvik/Lo | 04.09.1982 |
| 2:29.6 | Kari Fjeldberg | 68 | Oslo/Bi | 08.06.1982 |
| 2:33.3 | Inger Birgitte Reppe | 68 | Jessheim | 03.06.1982 |
| 2:36.5 | Tone Rustad | 67 | Årnes | 07.07.1982 |
| 2:40.9 | Torill Pedersen | 69 | Strømmen | 13.06.1982 |
| 2:44.0 | Eva Catrine Torvund | 69 | Oslo/Bi | 07.06.1982 |
| 2:48.9 | Kristin Jensen | 70 | Jessheim | 15.08.1982 |
| **KVINNER SENIOR 1982** | | **326** | | |

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| **1500m** |  |

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| 4:47.5 | Heidi Jacobsen | 57 | Larvik/Lo | 07.08.1982 |
| 4:52.9 | Ann Kristin Halvorsen | 63 | Oslo/St | 07.06.1982 |
| 4:55.7 | Nina Holm | 64 | Oslo/Bi | 21.07.1982 |
| 4:58.0 | Inger Lise Borgen | 64 | Jessheim | 16.06.1982 |
| 4:58.6 | Hanne Sørensen | 63 | Jessheim | 11.06.1982 |
| 5:01.8 | Torbjørg Muri | 62 | Jessheim | 16.06.1982 |
| 5:04.3 | Unn Hoel | 69 | Oslo/Bi | 23.08.1982 |
| 5:05.8 | Wenche Moen | 66 | Lørenfallet | 04.06.1982 |
| 5:09.6 | Nina Østvold | 66 | Jessheim | 16.06.1982 |
| 5:18.4 | Bente Tenold | 62 | Jessheim | 16.06.1982 |
| 5:21.7 | Ann Kristin Ullerud | 66 | Jessheim | 16.06.1982 |
| 5:23.1 | Kristin Bogstad | 64 | Jessheim | 16.06.1982 |
| 5:24.8 | Line Bjørnås | 67 | Jessheim | 14.08.1982 |
| 5:28.2 | Ingjerd Vestengen | 65 | Jessheim | 16.06.1982 |
| 5:30.2 | Elisabeth Moum | 67 | Jessheim | 16.06.1982 |
| 5:34.8 | Grethe Hansen | 64 | Jessheim | 16.06.1982 |
| 5:35.1 | Målfrid Olsen | 65 | Jessheim | 16.06.1982 |
| 5:38.9 | Tone Rustad | 67 | Lørenfallet | 03.06.1982 |
| 5:40.1 | Berit Bamrud | 55 | Jessheim | 16.06.1982 |
| 5:44.4 | Eva Blakkisrud | 46 | Jessheim | 16.06.1982 |
| 5:47.6 | Inger Johanne Haugen | 60 | Jessheim | 16.06.1982 |
| 5:53.6 | Bente Iren Solberg | 61 | Jessheim | 16.06.1982 |
| 5:56.1 | Sissel Dønnum Ullerud | 43 | Jessheim | 16.06.1982 |
| 6:00.0 | Heidi Bogstad | 67 | Jessheim | 16.06.1982 |
| 6:00.6 | Annbjørg Rønnemyr | 49 | Jesshiem | 16.06.1982 |
| 6:02.1 | Åshild Olsen | 39 | Jessheim | 16.06.1982 |
| 6:02.8 | Bergljot Bjørnsveen | 38 | Jessheim | 16.06.1982 |
| 6:02.8 | Kari-Aase Wethal | 66 | Jessheim | 16.06.1982 |
| 6:03.1 | Lill Skafle | 52 | Jessheim | 16.06.1982 |
| 6:06.5 | Kerstin Johannessen | 45 | Jessheim | 16.06.1982 |
| 6:07.7 | Else Søgaard | 65 | Jessheim | 16.06.1982 |
| 6:15.6 | Marit Skolt | 56 | Jessheim | 16.06.1982 |
| 6:16.4 | Trine Mangerud | 51 | Jessheim | 16.06.1982 |
| 6:17.2 | Cora Halsan | 47 | Jessheim | 16.06.1982 |
| 6:33.4 | Inger Lise Wiig | 49 | Jessheim | 16.06.1982 |
| 6:37.6 | Wenche Rustad | 49 | Jessheim | 16.06.1982 |
| 6:43.9 | Randi Bråthen | 42 | Jessheim | 16.06.1982 |
| 6:45.0 | Irene Schultze | 67 | Jessheim | 16.06.1982 |
| 6:47.7 | Jorunn Sørum | 49 | Jessheim | 16.06.1982 |
| 6:58.5 | Elise Wogstad | 44 | Jessheim | 16.06.1982 |
| 7:21.6 | Laila Hole | 42 | Jessheim | 16.06.1982 |
| 7:31.5 | Judith Bibbi Knutsen | 33 | Jessheim | 16.06.1982 |

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| **KVINNER SENIOR 1982** | **327** |

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| **3000m** |  |

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| 10:40.5 | Heidi Jacobsen | 57 | Oslo/St | 19.05.1982 |
| 10:45.8 | Anne Karin Halvorsen | 63 | Årnes | 26.05.1982 |
| 10:48.5 | Hanne Sørensen | 63 | Jessheim | 20.08.1982 |
| 10:58.4 | Inger Lise Borgen | 64 | Larvik/Lo | 09.10.1982 |
| 11:05.9 | Wenche Moen | 66 | Årnes | 26.05.1982 |
| 11:16.7 | Nina Østvold | 66 | Jessheim | 20.08.1982 |
| 11:39.1 | Ingjerd Vestengen | 65 | Jessheim | 20.08.1982 |
| 11:44.3 | Eva Blakkisrud | 46 | Jessheim | 20.08.1982 |
| 11:51.9 | Ann Kristin Ullerud | 66 | Jessheim | 20.08.1982 |
| 11:53.8 | Tone Rosenberg | 63 | Jessheim | 20.08.1982 |
| 12:00.0 | Kristin Bogstad | 64 | Jessheim | 20.08.1982 |
| 12:02.1 | Elisabeth Moum | 67 | Jessheim | 20.08.1982 |
| 12:04.4 | Tone Rustad | 67 | Jessheim | 20.08.1982 |
| 12:12.5 | Line Bjørnås | 67 | Jessheim | 20.08.1982 |
| 12:18.1 | Grethe Hansen | 64 | Jessheim | 20.08.1982 |
| 12:25.3 | Berit Bamrud | 55 | Jessheim | 20.08.1982 |
| 12:55.6 | Kari-Aase Wethal | 66 | Jessheim | 16.06.1982 |
| 13:03.0 | Målfrid Olsen | 66 | Jessheim | 20.08.1982 |
| 13:03.9 | Inger Johanne Haugen | 60 | Jessheim | 20.08.1982 |
| 13:06.0 | Sissel Dønnum Ullerud | 43 | Jessheim | 20.08.1982 |
| 13:13.6 | Laila Engen | 65 | Jessheim | 20.08.1982 |
| 13:25.3 | Heidi Bogstad | 67 | Jessheim | 20.08.1982 |
| 13:25.5 | Annbjørg Rønnemyr | 49 | Jessheim | 16.06.1982 |
| 13:32.9 | Bodil Teksum | 56 | Jessheim | 20.08.1982 |
| 13:45.7 | Åshild Olsen | 39 | Jessheim | 20.08.1982 |
| 13:46.6 | Cora Halsan Schøyen | 47 | Jessheim | 20.08.1982 |
| 13:52.6 | Trine Mangerud | 51 | Jessheim | 20.08.1982 |
| 13:57.3 | Kerstin Johannessen | 45 | Jessheim | 20.06.1982 |
| 14:12.9 | Lill Skafle | 52 | Jessheim | 20.08.1982 |
| 14:39.0 | Else Søgaard | 65 | Jessheim | 20.08.1982 |
| 14:54.8 | Irene Schultze | 67 | Jessheim | 20.08.1982 |
| 15:02.4 | Randi Bråthen | 42 | Jessheim | 20.08.1982 |
| 15:09.6 | Jorunn Sørum | 49 | Jessheim | 20.08.1982 |
| 15:13.6 | Elise Wogstad | 44 | Jessheim | 20.08.1982 |
| 15:27.4 | Wenche Rustad | 49 | Jessheim | 20.08.1982 |
| 16:52.0 | Judith Bibbi Knutsen | 33 | Jessheim | 20.08.1982 |
| 17:04.6 | Laila Hole | 42 | Jessheim | 20.08.1982 |

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

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| 12.3 | Inger Birgitte Reppe | 68 | Larvik/Lo | 05.09.1982 |
| 12.3 | Kari Fjeldberg | 68 | Larvik/Lo | 05.09.1982 |
| 13.2 | Tone Sæthermoen | 69 | Larvik/Lo | 04.09.1982 |
| 15.7 | Guri Fjeldberg | 69 | Årnes | 01.09.1982 |
| 17.1 | Torill Pedersen | 69 | Jessheim | 27.05.1982 |

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| **KVINNER SENIOR 1982** | **328** |

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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 |

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

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| 32.8 | Tone Sæthermoen | 69 | Jessheim | 02.10.1982 |
| 34.9 | Marit Rogstad | 67 | Jessheim | 02.10.1982 |
| 36.3 | Guri Fjeldberg | 69 | Jessheim | 02.10.1982 |

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| **Maraton 42195m** |  |

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

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.56 | Kari Fjeldberg | 68 | Larvik/Lo | 05.09.1982 |
| 1.40 | Tone Sæthermoen | 69 | Larvik/Lo | 04.09.1982 |
| 1.35 | Guri Fjeldberg | 69 | Kirkenær | 30.05.1982 |
| 1.35 | Marit Rogstad | 67 | Jessheim | 02.10.1982 |
| 1.10 | Siri Fjeldberg | 71 | Rolvsrud | 19.09.1982 |

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| **Lengde** |  |

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| 5.17 s | Inger Birgitte Reppe | 68 | Årnes | 01.09.1982 |
| 5.02 s | Tone Sæthermoen | 69 | Lillestrøm | 12.09.1982 |
| 5.00 s | Kari Fjeldberg | 68 | Lillestrøm | 12.09.1982 |
| 4.96 | Marit Rogstad | 67 | Lillestrøm | 12.09.1982 |
| 4.46 s | Unn Hoel | 69 | Lillestrøm | 12.09.1982 |
| 4.30 | Heidi Bogstad | 67 | Lillestrøm | 12.09.1982 |

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| **Kule 3 kg** |  |

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| 9.14 | Tone Sæthermoen | 69 | Lillestrøm | 12.09.1982 |
| 8.31 | Guri Fjeldberg | 69 | Nittedal | 21.08.1982 |
| 8.04 | Inger Birgitte Reppe | 68 | Lillestrøm | 12.09.1982 |
| 7.19 | Kari Fjeldberg | 68 | Lillestrøm | 12.09.1982 |
| 6.10 | Unn Hoel | 69 | Lillestrøm | 12.09.1982 |
| 5.49 | Siri Fjeldberg | 71 | Jessheim | 02.10.1982 |

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| **Kule 4 kg** |  |

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| 8.59 | Marit Rogstad | 67 | Lillestrøm | 12.09.1982 |

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| **KVINNER SENIOR 1982** | **329** |

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| **Diskos 1 kg** |  |

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| 22.50 | Guri Fjeldberg | 69 | Jessheim | 02.10.1982 |
| 22.48 | Tone Sæthermoen | 69 | Rolvsrud | 19.09.1982 |
| 21.64 | Irene Schiltze | 67 | Jessheim | 01.09.1982 |
| 21.44 | Anita Aasheim | 66 | Jessheim | 27.05.1982 |
| 20.76 | Inger Birgitte Reppe | 68 | Rolvsrud | 19.09.1982 |
| 20.66 | Marit Rogstad | 67 | Jessheim | 02.10.1982 |

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| **Spyd 400 g** |  |

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| 24.36 | Guri Fjeldberg | 69 | Jessheim | 02.10.1982 |
| 21.12 | Unn Hoel | 69 | Jessheim | 16.09.1982 |
| 18.62 | Eva Torvund | 69 | Jessheim | 03.06.1982 |
| 18.00 | Tone Sæthermoen | 69 | Jessheim | 16.09.1982 |

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| **Liten ball 150 g** |  |

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| 44.10 | Eva Torvund | 69 | Blaker/Br | 26.08.1982 |
| 39.20 | Guri Fjeldberg | 69 | Blaker/Br | 26.08.1982 |
| 37.90 | Unn Hoel | 69 | Blaker/Br | 26.08.1982 |

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| **4-kamp 100m-Lengde-Kule 3-800m** |  |

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| 3994 | Tone Sæthermoen | 69 | Lillestrøm | 12.09.1982 |
| ? | | | |
| 3398 | Inger Birgitte Reppe | 68 | Lillestrøm | 12.09.1982 |
| ? | | | |
| 3322 | Kari Fjeldeberg | 68 | Lillestrøm | 12.09.1982 |
| ? | | | |
| 3209 | Guri Fjeldberg | 69 | Lillestrøm | 12.09.1982 |
| ? | | | |
| 3199 | Marit Rogstad | 67 | Lillestrøm | 12.09.1982 |
| 14.0-4.96-8.59-2:46.9 | | | |
| 3195 | Unn Hoel | 69 | Lillestrøm | 12.09.1982 |
| ? | | | |
| 3028 | Anne Willersrud | 71 | Lillestrøm | 12.09.1982 |
| ? | | | |
| 2980 | Siri Fjeldberg | 71 | Lillestrøm | 12.09.1982 |
| ? | | | |
| 2734 | Heidi Bogstad | 67 | Lillestrøm | 12.09.1982 |
| ? | | | |

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| **KVINNER SENIOR 1982** | **330** |

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| **4x100m** |  |

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| 54.4 |  |  | Nadderud | 19.06.1982 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 4:24.5 |  |  | Årnes | 09.06.1982 |
| ? | | | |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:34.0 |  |  | Nannestad | 07.09.1982 |
| ? | | | |

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| **INNENDØRS** |  |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.23 | Tone Sæthermoen | 69 | Fetsund/Øs | 26.03.1982 |
| 1.12 | Guri Fjeldberg | 69 | Lørenskog | 20.02.1982 |
| 1.10 | Siri Fjeldberg | 71 | Fetsund/Øs | 26.03.1982 |
| 1.10 | Inger Birgitte Reppe | 68 | Fetsund/Øs | 26.03.1982 |
| 1.10 | Kari Fjeldberg | 68 | Fetsund/Øs | 26.03.1982 |

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| **Lengde uten tilløp** |  |

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| 2.39 | Tone Sæthermoen | 69 | Fetsund/Øs | 26.03.1982 |
| 2.21 | Guri Fjeldberg | 69 | Lørenskog | 20.02.1982 |
| 2.19 | Heidi Bogstad | 67 | Fetsund/Øs | 26.03.1982 |
| 2.13 | Siri Fjeldberg | 71 | Lørenskog | 26.02.1982 |
| 1.89 | Anne Willersrud | 71 | Fetsund/Øs | 26.03.1982 |