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| **MENN SENIOR 1983** | **331** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.5 | Jarle Sæthermoen | 70 | Kløfta | 22.09.1983 |
| 8.9 | Ola Nerhagen | 71 | Jessheim | 04.08.1983 |
| 8.9 | Roger Rønning | 71 | Kløfta | 22.09.1983 |
| 10.4 | Trond Wiig | 72 | Skotterud | 03.07.1983 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.93 | Bjørn Tore Ottersen | 66 | Helsingborg, SWE | 09.07.1983 |
| 12.95 | Ørnulf Brekke | 67 | Kirkenær | 23.05.1983 |
| 13.33 | Morten Knutsen | 70 | Kirkenær | 23.05.1983 |
| 13.48 | Jo Henning Hals Nilssen | 68 | Kirkenær | 23.05.1983 |
| 14.31 | Jarle Sæthermoen | 70 | Kirkenær | 23.05.1983 |

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| **100m M** |  |

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| 11.8 | Bjørn Tore Ottersen | 66 | Strømmen | 17.08.1983 |
| 12.0 | Hans Georg Røed | 55 | Lillestrøm | 29.05.1983 |
| 13.0 | Morten Knutsen | 70 | Strømmen | 04.06.1983 |
| 13.0 | Jo Henning Hals Nilssen | 68 | Oslo/St | 09.07.1983 |
| 13.0 | Ørnulf Brekke | 67 | Jessheim | 14.08.1983 |
| 14.5 | Ole Semming Wiig | 69 | Skotterud | 03.07.1983 |
| 14.8 | Jarle Sæthermoen | 70 | Skotterud | 03.07.1983 |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 24.12 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 18.07.1983 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 23.7 | Rolv Eirik Nyheim | 47 | Lillehammer/Ss | 20.08.1983 |
| 23.9 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 31.08.1983 |
| 24.7 | Kjell Frostlid | 61 | Løken | 20.08.1983 |
| 28.4 | Frode Grøndahl | 69 | Hauerseter | 14.06.1983 |
| 34.4 | Lars Erik Aas | 71 | Hauerseter | 14.06.1983 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.7 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 13.06.1983 |
| 53.4 | Rolv Eirik Nyheim | 47 | Lillehammer/Ss | 21.08.1983 |
| 54.4 | Fred Arild Kjernli | 64 | Oslo/St | 28.06.1983 |
| 60.9 | Roger Rønning | 71 | Kirkenær | 23.05.1983 |
| 63.7 | Thorbjørn Næss | 68 | Hauerseter | 14.06.1983 |

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| **MENN SENIOR 1983** | **332** |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:58.1 | Kjell Frostlid | 61 | Oslo/St | 29.06.1983 |
| 1:58.3 | Trygve Stanger | 62 | Oslo/Bi | 04.05.1983 |
| 2:00.7 | Odd Harstad | 44 | Oslo/St | 21.06.1983 |
| 2:01.2 | Claus Nerhagen | 59 | Oslo/St | 28.06.1983 |
| 2:02.5 | Vidar Birkelund | 56 | Lillestrøm | 29.05.1983 |
| 2:04.5 | Bjørn Tore Ottersen | 66 | Jessheim | 05.09.1983 |
| 2:05.7 | Ronny Opaker | 66 | Jessheim | 05.09.1983 |
| 2:07.7 | Frank Finstad | 48 | Lørenfallet | 25.06.1983 |
| 2:08.1 | Arne Luke | 44 | Lørenfallet | 25.06.1983 |
| 2:08.5 | Fred Arild Kjernli | 64 | Lillestrøm | 29.05.1983 |
| 2:22.7 | Frode Grøndahl | 69 | Fetsund | 21.06.1983 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:43.7 | Hans Georg Haug | 67 | Oslo/St | 07.10.1983 |
| 3:01.2 | Thorbjørn Næss | 68 | Skotterud | 03.07.1983 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:52.54 | Øystein Syversen | 52 | Oslo/Bi | 18.07.1983 |
| 3:54.72 | Vidar Birkelund | 56 | Oslo/Bi | 18.07.1983 |
| 4:00.0 | Stein Roar Ulseth | 52 | Oslo/St | 08.06.1983 |
| 4:01.95 | Trygve Stanger | 62 | Oslo/Bi | 18.07.1983 |
| 4:08.23 | Odd Kinnsbekken | 48 | Oslo/Bi | 18.07.1983 |
| 4:08.38 | Leif Erling Aronsveen | 57 | Oslo/Bi | 18.07.1983 |
| 4:08.5 | Odd Harstad | 44 | Jessheim | 10.06.1983 |
| 4:08.5 | Ole Johan Garli | 56 | Jessheim | 10.06.1983 |
| 4:08.6 | Ronny Opaker | 66 | Oslo/Bi | 26.05.1983 |
| 4:10.8 | Kjell Frostlid | 61 | Jessheim | 10.06.1983 |
| 4:11.7 | Hans Georg Haug | 67 | Oslo/La | 11.09.1983 |
| 4:14.5 | Jørn Skadsdammen | 59 | Jessheim | 10.06.1983 |
| 4:19.1 | Bjørn Ingvar Jensen | 66 | Jessheim | 10.06.1983 |
| 4:23.3 | Kolbjørn Skjerve | 37 | Jessheim | 23.07.1983 |
| 4:23.5 | Stein Teksum | 53 | Jessheim | 10.06.1983 |
| 4:24.5 | Frank Finstad | 48 | Jessheim | 10.06.1983 |
| 4:25.0 | John Stormoen | 65 | Jessheim | 10.06.1983 |
| 4:25.2 | Hans Georg Haug | 67 | Jessheim | 10.06.1983 |
| 4:25.3 | Rune Tunhøvd | 59 | Jessheim | 10.06.1983 |
| 4:26.5 | Arnfinn Pedersen | 57 | Jessheim | 10.06.1983 |
| 4:27.6 | Arne Luke | 44 | Jessheim | 10.06.1983 |
| 4:27.8 | Bjørn Tore Ottersen | 66 | Jessheim | 10.06.1983 |
| 4:28.3 | Petter Stensby | 52 | Jessheim | 10.06.1983 |
| 4:29.0 | Knut Kristensen | 44 | Jessheim | 10.06.1983 |
| 4:30.9 | Rolv-Eirik Nyheim | 47 | Jessheim | 10.06.1983 |

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| **MENN SENIOR 1983** | **333** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:31.8 | Ole Fredrik Mørck | 62 | Jessheim | 10.06.1983 |
| 4:32.6 | Claus Nerhagen | 59 | Jessheim | 10.06.1983 |
| 4:35.4 | Ole Kristian Westby | 67 | Jessheim | 10.06.1983 |
| 4:35.9 | Finn-Thorer Kjos | 66 | Jessheim | 10.06.1983 |
| 4:35.9 | Bjørn Rommen | 43 | Jessheim | 10.06.1983 |
| 4:36.4 | Kristen Langbakk | 39 | Jessheim | 10.06.1982 |
| 4:37.5 | Michael Knutsen | 66 | Jessheim | 10.06.1983 |
| 4:37.7 | Knut Tørum | 45 | Jessheim | 10.06.1983 |
| 4:38.5 | Fred Arild Kjernli | 64 | Jessheim | 10.06.1983 |
| 4:38.7 | Dag Sand | 45 | Jessheim | 10.06.1983 |
| 4:40.6 | Magnar Hagerupsen | 53 | Jessheim | 10.06.1983 |
| 4:41.0 | Torgeir Sørum | 45 | Jessheim | 10.06.1983 |
| 4:41.8 | Svein Olsen | 47 | Jessheim | 10.06.1983 |
| 4:42.8 | Bjørn Nicolaisen | 60 | Jessheim | 10.06.1983 |
| 4:42.9 | Thorbjørn Næss | 68 | Strømmen | 17.08.1983 |
| 4:42.9 | Jan Erik Hoel | 57 | Jessheim | 10.06.1983 |
| 4:43.0 | Ingar Indredavik | 45 | Jessheim | 10.06.1983 |
| 4:44.6 | Knut Kjellskau | 66 | Jessheim | 10.06.1983 |
| 4:45.6 | Erik Næss | 61 | Jeesheim | 10.06.1983 |
| 4:46.5 | Kåre-Christian Olsen | 64 | Jessheim | 10.06.1983 |
| 4:47.5 | Kjell Aarflot | 44 | Jessheim | 10.06.1983 |
| 4:48.0 | Pål Mogens Furuseth | 65 | Jessheim | 10.06.1983 |
| 4:48.2 | Rune Murud | 65 | Jessheim | 10.06.1983 |
| 4:49.0 | Arne Gulbrandsen | 44 | Jessheim | 10.06.1983 |
| 4:49.1 | Trond Erik Hovind | 56 | Jessheim | 10.06.1983 |
| 4:49.2 | Stian Torstveit | 66 | Jessheim | 10.06.1983 |
| 4:49.7 | Johnny Røsåsen | 44 | Jessheim | 10.06.1983 |
| 4:49.9 | Jon Petter Wium | 65 | Jessheim | 10.06.1983 |
| 4:50.6 | Kjell Østhus | 42 | Jessheim | 10.06.1983 |
| 4:51.1 | Svein Rustad | 44 | Jessheim | 10.06.1983 |
| 4:51.4 | Henning Høgheim | 39 | Jessheim | 10.06.1983 |
| 4:54.3 | Anders Jellum | 48 | Jessheim | 10.06.1983 |
| 4:54.5 | Lasse Andersen | 47 | Jessheim | 10.06.1983 |
| 4:55.5 | Kjell Carlsson | 44 | Jessheim | 10.06.1983 |
| 4:55.5 | Egil Ødemark | 41 | Jessheim | 10.06.1983 |
| 4:57.7 | Bjørn Ottersen | 35 | Jessheim | 10.06.1983 |
| 4:57.8 | Hans Kristian Hansen | 41 | Jessheim | 10.06.1983 |
| 4:58.1 | Stig Harald Øveraas | 48 | Jessheim | 10.06.1983 |
| 4:58.3 | Tore Eriksen | 37 | Jessheim | 10.06.1983 |
| 4:58.3 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 10.06.1983 |
| 4:58.4 | Ola Haugset | 43 | Jessheim | 10.06.1983 |
| 4:58.5 | Stein Egil Arnestad | 65 | Jessheim | 10.06.1983 |
| 4:58.9 | Jan Øyvind Bendiksen | 66 | Jessheim | 10.06.1983 |
| 4:59.1 | Morten Johansen | 66 | Jessheim | 10.06.1983 |

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| **MENN SENIOR 1983** | **334** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:59.9 | Freddy Pedersen | 66 | Jessheim | 10.06.1983 |
| 5:00.5 | Thor Bogstad | 59 | Jessheim | 10.06.1983 |
| 5:01.6 | Oddvar Hallingstad | 45 | Jessheim | 10.06.1983 |
| 5:01.8 | Nils Sæthermoen | 40 | Jessheim | 10.06.1983 |
| 5:01.8 | Sverre Murud | 38 | Jessheim | 10.06.1983 |
| 5:02.0 | Anders Moen | 36 | Jessheim | 10.06.1983 |
| 5:03.1 | Arne Hvattum | 36 | Jessheim | 10.06.1983 |
| 5:04.4 | Harald Fjeldberg | 68 | Jessheim | 10.06.1983 |
| 5:04.8 | Kåre Hofskelrud | 39 | Jessheim | 10.06.1983 |
| 5:04.9 | Esben Jettestad | 66 | Jessheim | 10.06.1983 |
| 5:04.9 | Thor Martin Furuseth | 41 | Jessheim | 10.06.1983 |
| 5:05.1 | Thorstein Gystad | 67 | Jessheim | 10.06.1983 |
| 5:05.5 | Eirik Tenold | 39 | Jessheim | 10.06.1983 |
| 5:06.0 | Jan Blakkisrud | 42 | Jessheim | 10.06.1983 |
| 5:06.4 | Halvar Aasdalen | 65 | Jessheim | 10.06.1983 |
| 5:06.4 | Jan Grønlien | 49 | Jessheim | 10.06.1983 |
| 5:06.4 | Arve Bogstad | 41 | Jessheim | 10.06.1981 |
| 5:06.5 | Sindre Rognerud | 66 | Jessheim | 10.06.1983 |
| 5:06.6 | Ole Morten Jota | 66 | Jessheim | 10.06.1983 |
| 5:06.9 | Sigurd Bendiksen | 39 | Jessheim | 10.06.1983 |
| 5:07.3 | Per Kristian Pedersen | 54 | Jessheim | 10.06.1983 |
| 5:07.9 | Sigurd Syversen | 55 | Jessheim | 10.06.1983 |
| 5:08.1 | Anton Furuseth | 43 | Jessheim | 10.06.1983 |
| 5:09.0 | Helge Sydtangen | 37 | Jessheim | 10.06.1983 |
| 5:10.8 | Ole Arnegård | 44 | Jessheim | 10.06.1983 |
| 5.11.3 | Torger Ringen | 45 | Jessheim | 10.06.1983 |
| 5:11.3 | Per Bjørnås | 40 | Jessheim | 10.06.1983 |
| 5:11.5 | Runar Olsen | 63 | Jessheim | 10.06.1982 |
| 5:11.9 | Harald Rutle | 63 | Jessheim | 10.06.1983 |
| 5:12.9 | Helge Ullerud | 42 | Jessheim | 10.06.1983 |
| 5:14.6 | Øivind Melby | 55 | Jessheim | 10.06.1983 |
| 5:15.5 | Harald Sydtangen | 44 | Jessheim | 10.06.1983 |
| 5:16.2 | Bjørn Fløtaker | 46 | Jessheim | 10.06.1983 |
| 5:16.2 | Tore Jensen | 45 | Jessheim | 10.06.1983 |
| 5:16.6 | John Birkeland | 32 | Jessheim | 10.06.1983 |
| 5:17.0 | Geir Asphaug | 65 | Jessheim | 10.06.1983 |
| 5:17.3 | Fritz Mangelrød | 35 | Jessheim | 10.06.1983 |
| 5:17.5 | Olav Bogstad | 35 | Jessheim | 10.06.1983 |
| 5:17.6 | Kristoffer Stanger | 33 | Jessheim | 10.06.1983 |
| 5:19.0 | Olav Rutle | 45 | Jessheim | 10.06.1983 |
| 5:19.1 | Jens Mathisen | 47 | Jessheim | 10.06.1983 |
| 5:19.2 | Bjørn Kvaal | 64 | Jessheim | 10.06.1983 |
| 5:19.3 | Odd Vidar Tenold | 61 | Jessheim | 10.06.1983 |
| 5:19.7 | Pål Simonsen | 60 | Jessheim | 10.06.1983 |

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| **MENN SENIOR 1983** | **335** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:20.0 | Øivind Holm | 63 | Jessheim | 10.06.1983 |
| 5:20.1 | Rune Bonesvold | 64 | Jessheim | 10.06.1983 |
| 5:21.1 | Sjur Reppe | 60 | Jessheim | 10.06.1983 |
| 5:21.7 | Bjørn Neverlien | 65 | Jessheim | 10.06.1983 |
| 5:21.9 | Terje Olsen | 44 | Jessheim | 10.06.1983 |
| 5:23.3 | Rune Fjeldstad | 48 | Jessheim | 10.06.1983 |
| 5:23.9 | Kåre Støverud | 52 | Jessheim | 10.06.1983 |
| 5:23.9 | Trond Boger | 45 | Jessheim | 10.06.1983 |
| 5:24.5 | Aksel Askeland | 66 | Jessheim | 10.06.1983 |
| 5:24.5 | Jan Åge Mangelrød | 65 | Jessheim | 10.06.1983 |
| 5:24.6 | Holger Winstad | 47 | Jessheim | 10.06.1983 |
| 5:25.2 | Øystein Jørgensen | 47 | Jessheim | 10.06.1983 |
| 5:27.3 | Håvard Uhlen | 39 | Jessheim | 10.06.1983 |
| 5:27.3 | Trygve Rommen | 31 | Jessheim | 10.06.1983 |
| 5:28.3 | Ulf Skafle | 57 | Jessheim | 10.06.1983 |
| 5:28.6 | Sten Melbye | 31 | Jessheim | 10.06.1983 |
| 5:28.7 | Karl Lødemel | 24 | Jessheim | 10.06.1983 |
| 5:33.0 | Ole Kristen Wiig | 45 | Jessheim | 10.06.1983 |
| 5:34.7 | Steinar Lund | 51 | Jessheim | 10.06.1983 |
| 5:35.8 | Svein Lunde | 65 | Jessheim | 10.06.1983 |
| 5:36.6 | Bjørn Wærø Heggelund | 47 | Jessheim | 10.06.1983 |
| 5:37.6 | Håkon Håkonsen | 33 | Jessheim | 10.06.1983 |
| 5:39.0 | Morten Haavaldsen | 66 | Jessheim | 10.06.1983 |
| 5:40.5 | Arne Johannessen | 25 | Jessheim | 10.06.1983 |
| 5:40.8 | Martin Hansen | 48 | Jessheim | 10.06.1983 |
| 5:41.1 | Øyvind Mangerud | 48 | Jessheim | 10.06.1983 |
| 5:46.5 | John Olav Knudsen | 57 | Jessheim | 10.06.1983 |
| 5:42.8 | Bjørn Grønlien | 47 | Jessheim | 10.06.1983 |
| 5:44.8 | Svein Rustad | 44 | Jessheim | 10.06.1983 |
| 5:46.9 | Steinar Ørum | 46 | Jessheim | 10.06.1983 |
| 5:48.6 | Ola Nerhagen | 71 | Jessheim | 03.10.1983 |
| 5:49.0 | Lars Wilhelmsen | 71 | Jessheim | 03.10.1983 |
| 5:49.4 | Håkon Amundstad | 24 | Jessheim | 10.06.1983 |
| 5:52.3 | Halvor Bogstad | 46 | Jessheim | 10.06.1983 |
| 5:52.9 | Magne Engen | 33 | Jessheim | 10.06.1983 |
| 5:54.0 | Johannes bjørnland | 17 | Jessheim | 10.06.1983 |
| 5:55.4 | Finn Johhannessen | 43 | Jessheim | 10.06.1983 |
| 5:58.3 | Dag Schøyen | 45 | Jessheim | 10.06.1983 |
| 6:01.5 | Jørgen Torstveit | 40 | Jessheim | 10.06.1983 |
| 6:03.5 | Arne Aas | 29 | Jessheim | 10.06.1983 |
| 6:13.4 | Jan Molvin Knutsen | 31 | Jessheim | 10.06.1983 |
| 6:14.7 | Reidar Melby | 27 | Jessheim | 10.06.1983 |
| 7:05.6 | Lars Aasgaard | 66 | Jessheim | 10.06.1983 |
| 7:13.1 | Inge Holm | 32 | Jessheim | 10.06.1983 |

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| **MENN SENIOR 1983** | **336** |

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| **2000m** |  |

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| --- | --- | --- | --- | --- |
| 6:06.5 | Hans Georg Haug | 67 | Jessheim | 03.10.1983 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 8:14.30 | Øystein Syversen | 52 | Oslo/Bi | 19.05.1983 |
| 8:22.12 | Vidar Birkelund | 56 | Oslo/Bi | 19.05.1983 |
| 8:38.88 | Ole Johan Garli | 56 | Oslo/Bi | 19.05.1983 |
| 8:43.0 | Leif Erling Aronsveen | 57 | Oslo/St | 25.07.1983 |
| 8:45.3 | Odd Kinnsbekken | 48 | Oslo/St | 25.07.1983 |
| 8:45.73 | Odd Harstad | 44 | Oslo/St | 20.06.1983 |
| 9:02.0 | Ronny Opaker | 66 | Oslo/Bi | 13.06.1983 |
| 9:03.2 | Hans Georg Haug | 67 | Oslo/Bi | 07.06.1983 |
| 9:07.3 | Bjørn Ingvar Jensen | 66 | Oslo/Bi | 13.06.1983 |
| 9:13.2 | John Stormoen | 65 | Jessheim | 19.08.1983 |
| 9:51.7 | Knut Kjellskau | 66 | Jessheim | 19.08.1983 |
| 9:57.4 | Bjørn Tore Ottersen | 66 | Jessheim | 19.08.1983 |
| 10:19.4 | Thorbjørn Næss | 68 | Jessheim | 19.08.1983 |
| 10:20.9 | Øystein Kilde | 67 | Jessheim | 19.08.1983 |
| 10:29.2 | Michael Knutsen | 66 | Jessheim | 19.08.1983 |
| 10:30.3 | Freddy Pedersen | 66 | Jessheim | 19.08.1983 |
| 10:30.7 | Rune Murud | 65 | Jessheim | 19.08.1983 |
| 10:33.5 | Finn-Thorer Kjos | 66 | Jessheim | 19.08.1983 |
| 10:40.9 | Kåre-Christian Olsen | 64 | Jessheim | 19.08.1983 |
| 10:52.8 | Runar Olsen | 63 | Jessheim | 19.08.1983 |
| 10:54.2 | Stian Thorstveit | 66 | Jessheim | 19.08.1983 |
| 10:56.8 | Hallvard Aasdalen | 65 | Jessheim | 19.08.1983 |
| 10:58.6 | Sten Melbye | 31 | Jessheim | 19.08.1983 |
| 10:58.8 | Kjell Bråthen | 64 | Jessheim | 19.08.1983 |
| 11:07.8 | Morten Johansen | 66 | Jessheim | 19.08.1983 |
| 11:13.3 | Bjørn Neverlien | 65 | Jessheim | 19.08.1983 |
| 11:18.1 | Esben Jettestad | 66 | Jessheim | 19.08.1983 |
| 11:22.3 | Kristoffer Stanger | 33 | Jessheim | 19.08.1983 |
| 11:22.3 | Rune Høgås | 66 | Jessheim | 19.08.1983 |
| 11:22.9 | Sindre Rognerud | 66 | Jessheim | 19.08.1983 |
| 11:23.3 | Jon Øyvind Bendiksen | 66 | Jessheim | 19.08.1983 |
| 11:28.0 | John Birkelund | 32 | Jessheim | 19.08.1983 |
| 11:28.5 | Harald Rutle | 68 | Jessheim | 19.08.1983 |
| 11:29.7 | Øivind Holm | 63 | Jessheim | 19.08.1983 |
| 11:32.3 | Geir Asphaug | 65 | Jessheim | 19.08.1983 |
| 11:42.1 | Thorstein Gystad | 67 | Jessheim | 19.08.1983 |
| 11:43.7 | Morten Haavaldsen | 66 | Jessheim | 19.09.1983 |
| 11:47.8 | Karl Lødemel | 24 | Jessheim | 19.08.1983 |
| 11:54.1 | Ole Morten Jota | 66 | Jessheim | 19.08.1983 |
| 11:55.3 | Bjørn Kvaal | 64 | Jessheim | 19.08.1983 |

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| **MENN SENIOR 1983** | **337** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 12:00.1 | Pål Rasmussen | 68 | Jessheim | 19.08.1983 |
| 12:06.0 | Håkon Håkonsen | 33 | Jessheim | 19.08.1983 |
| 12:09.7 | Aksel Askeland | 66 | Jessheim | 19.08.1983 |
| 12:14.0 | Rune Bonesvold | 64 | Jessheim | 19.08.1983 |
| 12:34.1 | Jan Åge Mangelrød | 65 | Jessheim | 19.08.1983 |
| 12:38.6 | Arne Aas | 29 | Jessheim | 19.08.1983 |
| 12:40.6 | Håkon Amundstad | 24 | Jessheim | 19.08.1983 |
| 12:43.7 | Svein Skolt | 25 | Jessheim | 19.08.1983 |
| 12:47.1 | Magne Engen | 33 | Jessheim | 19.08.1983 |
| 12.53.4 | Inge Holm | 32 | Jessheim | 19.08.1983 |
| 13:30.6 | Reidar Melby | 27 | Jessheim | 19.08.1983 |
| 13:34.0 | Johannes Bjørnland | 17 | Jessheim | 19.08.1983 |
| 14:10.8 | Jan Molvin Knutsen | 31 | Jessheim | 19.08.1983 |
| 14:42.6 | Svein Lunde | 65 | Jessheim | 19.08.1983 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 14:29.2 | Vidar Birkelund | 56 | Oslo/St | 29.06.1983 |
| 14:33.8 | Øystein Syversen | 52 | Nadderud | 28.06.1983 |
| 15:07.4 | Leif Erling Aronsveen | 57 | Oslo/St | 31.08.1983 |
| 15:09.3 | Ole Johan Garli | 56 | Oslo/St | 31.08.1983 |
| 15:29.3 | Odd Kinnsbekken | 48 | Hvidovre, DEN | 31.07.1983 |
| 16:05.7 | Jørn Skadsdammen | 59 | Oslo/St | 28.06.1983 |
| 16:08.5 | Kolbjørn Skjerve | 37 | Lørenfallet | 25.06.1983 |

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| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 30:32.48 | Øystein Syversen | 52 | Trondheim/Le | 31.07.1983 |
| 31:27.6 | Stein Roar Ulseth | 52 | Rolvsrud | 10.06.1983 |
| 31:52.3 | Odd Kinnsbekken | 48 | Oslo/St | 28.09.1983 |

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

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| 15.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 05.09.1983 |

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

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| 29.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.10.1983 |
| 31.2 | Lasse Andersen | 47 | Årnes | 31.08.1983 |

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

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| 62.4 | Rolv-Eirik Nyheim | 47 | Lørenfallet | 03.09.1983 |

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| **MENN SENIOR 1983** | **338** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:13.8 | Vidar Birkelund | 56 | Jessheim | 24.08.1983 |
| 9:41.4 | Stein Rosenberg | 60 | Oslo/St | 07.09.1983 |
| 9:48.7 | Leif Erling Aronsveen | 57 | Jessheim | 24.08.1983 |
| 9:52.0 | Odd Kinnsbekken | 48 | Årnes | 06.07.1983 |
| 10:04.1 | Trygve Stanger | 62 | Jessheim | 19.08.1983 |
| 10:06.4 | Ole Johan Garli | 56 | Jessheim | 19.08.1983 |
| 10:39.0 | Ole Fredrik Mørck | 62 | Jessheim | 19.08.1983 |
| 10:41.8 | Knut Kristensen | 44 | Jessheim | 19.08.1983 |
| 10:43.2 | Gunnar Habberstad | 56 | Jessheim | 19.08.1983 |
| 10:44.2 | Arne Luke | 44 | Jessheim | 19.08.1983 |
| 10:47.3 | Dag Sand | 45 | Jessheim | 19.08.1983 |
| 10:48.0 | Claus Nerhagen | 59 | Jessheim | 19.08.1983 |
| 10:52.8 | Bjørn Rommen | 43 | Jessheim | 19.08.1983 |
| 10:56.0 | Rune Tunhøvd | 59 | Jessheim | 19.08.1983 |
| 11:07.3 | Svein Olsen | 47 | Jessheim | 19.08.1983 |
| 11:12.3 | Ingar Indredavik | 45 | Jessheim | 19.08.1983 |
| 11:14.3 | Rolv-Eirik Nyheim | 47 | Jessheim | 19.08.1983 |
| 11:21.3 | Runar Bålsrud | 62 | Jessheim | 19.08.1983 |
| 11:21.8 | Bjørn Egil Hytjan | 56 | Jessheim | 19.08.1983 |
| 11:30.5 | Kristen Langbakk | 39 | Jessheim | 19.08.1983 |
| 11:30.9 | Tron Erik Hovind | 56 | Jessheim | 19.08.1983 |
| 11:34.2 | Jan Erik Hoel | 57 | Jessheim | 19.08.1983 |
| 11:40.9 | Kjell Østhus | 42 | Jessheim | 19.08.1983 |
| 11:41.1 | Jan Blakkisrud | 42 | Jessheim | 19.09.1983 |
| 11:41.2 | Molvin Knutsen | 62 | Jessheim | 19.08.1983 |
| 11:46.0 | Kjell Aarflot | 44 | Jessheim | 19.08.1983 |
| 11:48.1 | Stein Teksum | 53 | Jessheim | 19.08.1983 |
| 11:48.1 | Magnar Hagerupsen | 53 | Jessheim | 19.08.1983 |
| 11:59.8 | Anders Jellum | 48 | Jessheim | 19.08.1983 |
| 12:02.4 | Torgeir Sørum | 45 | Jessheim | 19.08.1983 |
| 12:03.0 | Henning Høgheim | 39 | Jessheim | 19.08.1983 |
| 12:03.9 | Bjørn Nico Larsen | 60 | Jessheim | 19.08.1983 |
| 12:15.1 | Kåre Hofskelrud | 39 | Jessheim | 19.08.1983 |
| 12:22.4 | Nils Sæthermoen | 40 | Jessheim | 19.08.1983 |
| 12:24.8 | Lasse Andersen | 47 | Jessheim | 19.08.1983 |
| 12:27.2 | Ola Haugset | 43 | Jessheim | 19.08.1983 |
| 12:32.0 | Hans Kristian Hansen | 41 | Jessheim | 19.08.1983 |
| 12:33.5 | Odd Vidar Tenold | 61 | Jessheim | 19.08.1983 |
| 12:34.0 | Ole Arnegård | 44 | Jessheim | 19.08.1983 |
| 12:36.3 | Anders Moen | 36 | Jessheim | 19.08.1983 |
| 12:37.7 | Terje Olsen | 44 | Jessheim | 19.08.1983 |
| 12:37.8 | Helge Ullerud | 42 | Jessheim | 19.08.1983 |
| 12:43.4 | Sigmund Syversen | 55 | Jessheim | 19.08.1983 |
| 12:47.2 | Bjørn Fløtaker | 46 | Jessheim | 19.08.1983 |
| 12:47.9 | Børre Fjeldstad | 47 | Jessheim | 19.08.1983 |

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| **MENN SENIOR 1983** | **339** |

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

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| --- | --- | --- | --- | --- |
| 12:51.6 | Harald Sydtangen | 44 | Jessheim | 19.08.1983 |
| 12:51.6 | Øystein Jørgensen | 47 | Jessheim | 19.08.1983 |
| 12:56.7 | Jens Mathisen | 47 | Jessheim | 19.08.1983 |
| 12:58.4 | Fritz Mangelrød | 35 | Jessheim | 19.08.1983 |
| 13:00.1 | Per Kristian Pedersen | 54 | Jessheim | 19.08.1983 |
| 13:07.1 | Tore Eriksen | 37 | Jessheim | 19.08.1983 |
| 13:09.4 | Jan Grønlien | 49 | Jessheim | 19.08.1983 |
| 13:13.2 | Per Bjørnås | 40 | Jessheim | 19.08.1983 |
| 13:13.8 | Olav Bogstad | 35 | Jessheim | 19.08.1983 |
| 13:15.2 | Thor Bogstad | 59 | Jessheim | 19.08.1983 |
| 13:20.0 | Sjur Reppe | 60 | Jessheim | 19.08.1983 |
| 13:22.6 | Anton Furuseth | 43 | Jessheim | 19.08.1983 |
| 13:30.2 | Ulf Skafle | 57 | Jessheim | 19.08.1983 |
| 13:41.0 | Torger Ringen | 45 | Jessheim | 19.08.1983 |
| 13:46.9 | Bjørn Wærø Heggelund | 47 | Jessheim | 19.08.1983 |
| 13:49.9 | Martin Hansen | 48 | Jessheim | 19.08.1983 |
| 14:03.4 | Øyvind Mangerud | 48 | Jessheim | 19.08.1983 |
| 14:03.6 | Kåre Støverud | 52 | Jessheim | 19.08.1983 |
| 14:05.7 | Ole Kristian Wiig | 45 | Jessheim | 19.09.1983 |
| 14:29.4 | Oddvar Hallingstad | 45 | Jessheim | 19.08.1983 |
| 14:36.3 | John Olav Knudsen | 57 | Jessheim | 19.08.1983 |
| 14:41.5 | Bjørn Grønlien | 44 | Jessheim | 19.08.1983 |
| 15:31.3 | Steinar Lund | 51 | Jessheim | 19.08.1983 |

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| **20 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 1:03:48 | Vidar Birkelund | 56 | Jessheim | 09.10.1983 |
| 1:06:25 | Leif Erling Aronsveen | 57 | Jessheim | 09.10.1983 |
| 1:07:42 | Odd Kinnsbekken | 48 | Jessheim | 09.10.1983 |
| 1:11:12 | Kolbjørn Skjerve | 37 | Jessheim | 09.10.1983 |
| 1:12:47 | Arne Luke | 44 | Jessheim | 09.10.1983 |
| 1:15:09 | Claus Nerhagen | 59 | Jessheim | 09.10.1983 |
| 1:16:21 | Dag Sand | 45 | Jessheim | 09.10.1983 |
| 1:18:13 | Henning Høgheim | 39 | Jessheim | 09.10.1983 |
| 1:19:09 | Terje Svendsen | 48 | Jessheim | 09.10.1983 |
| 1:20:07 | Johnny Røsåsen | 44 | Jessheim | 09.10.1983 |
| 1:20:16 | Jan Erik Hoel | 57 | Jessheim | 09.10.1983 |
| 1:20:31 | Runar Bålsrud | 62 | Jessheim | 09.10.1983 |
| 1:20:46 | Ole Fredrik Mørck | 62 | Jessheim | 09.10.1983 |
| 1:20:52 | Eirik Tenold | 39 | Jessheim | 09.10.1983 |
| 1:22:13 | Kjell Aarflot | 44 | Jessheim | 09.10.1983 |
| 1:23:53 | Nils Sæthermoen | 40 | Jessheim | 09.10.1983 |
| 1:22:57 | Torbjørn Johansen | 39 | Jessheim | 09.10.1983 |
| 1:24:04 | Magnar Hagerupsen | 53 | Jessheim | 09.10.1983 |
| 1:24:36 | Bjørn Nicolaisen | 60 | Jessheim | 09.10.1983 |

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| **MENN SENIOR 1983** | **340** |

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

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| --- | --- | --- | --- | --- |
| 1:24:59 | John Birkelund | 32 | Jessheim | 09.10.1983 |
| 1:26:27 | Kjell Carlson | 44 | Jessheim | 09.10.1983 |
| 1:26:35 | Sverre Murud | 38 | Jessheim | 09.10.1983 |
| 1:27:48 | Rune Fjeldstad | 48 | Jessheim | 09.10.1983 |
| 1:27:56 | Bjørn Ottersen | 35 | Jessheim | 09.10.1983 |
| 1:29:21 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 09.10.1983 |
| 1:29:54 | Jens Mathisen | 47 | Jessheim | 09.10.1983 |
| 1:31:51 | Tore Jensen | 37 | Jessheim | 09.10.1983 |
| 1:34:28 | Håkon Amundstad | 24 | Jessheim | 09.10.1983 |
| 1:34:54 | Kjell Østhus | 42 | Jessheim | 09.10.1983 |
| 1:35:06 | Karl Lødemel | 24 | Jessheim | 09.10.1983 |
| 1:36:20 | Olav Rutle | 45 | Jessheim | 09.10.1983 |
| 1:36:55 | Arne Johannessen | 25 | Jessheim | 09.10.1983 |
| 1:39:49 | Steinar Ørum | 46 | Jessheim | 09.10.1983 |
| 1:41:25 | Knut Tørum | 45 | Jessheim | 09.10.1983 |
| 1:44:07 | Sjur Reppe | 60 | Jessheim | 09.10.1983 |
| 1:44:57 | Fritz Mangelrød | 35 | Jessheim | 09.10.1983 |
| 1:47:16 | Jan Grønlien | 49 | Jessheim | 09.10.1983 |
| 1:50:46 | Oddvar Hallingstad | 45 | Jessheim | 09.10.1983 |
| 1:52:42 | Amund Gulbrandsen | 47 | Jessheim | 09.10.1983 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:11:47 | Leif Erling Aronsveen | 57 | Lillestrøm | 29.09.1983 |
| 1:14:51 | Kolbjørn Skjerve | 37 | Haga | 28.05.1983 |
| 1:19.07 | Arne Luke | 44 | Sørum | 15.10.1983 |
| 1:27:09 | Eirik Tenold | 39 | Sørum | 15.10.1983 |
| 1:30.09 | Tore Ragnar Olsen | 46 | Lillestrøm | 27.09.1983 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:34:51 | Petter Stensby | 52 | Haga | 29.05.1983 |
| 2:45:45 | Jan Blakkisrud | 43 | London, GBR | 08.05.1983 |
| 3:02.55 | Dag Sand | 45 | Oslo | 27.08.1983 |
| 3:22:27 | Svein Olsen | 47 | Jessheim | 18.06.1983 |
| 3:44:44 | Trond Boger | 45 | Jessheim | 18.06.1983 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.88 | Frode Myrvang | 67 | Oslo/La | 11.09.1983 |
| 1.70 | Ivar Opsahl | 47 | Årnes | 31.08.1983 |
| 1.35 | Frode Grøndahl | 69 | Jessheim | 14.08.1983 |
| 1.35 | Jarle Sæthermoen | 70 | Årnes | 24.08.1983 |
| 1.30 | Ole Semming Wiig | 69 | Skotterud | 03.07.1983 |

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| **MENN SENIOR 1983** | **341** |

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 5.54 | Jo Henning Hals Nilssen | 68 | Årnes | 06.06.1983 |
| 5.40 | Ørnulf Brekke | 67 | Strømmen | 04.06.1983 |
| 5.30 s | Morten Knutsen | 70 | Krikenær | 23.05.1983 |
| 5.23 | Lasse Andersen | 47 | Lørenfallet | 25.06.1983 |
| 4.57 s | Jarle Sæthermoen | 70 | Kløfta | 22.09.1983 |
| 4.42 s | Roger Rønning | 71 | Kirkenær | 23.05.1983 |
| 4.41 s | Ola Nerhagen | 71 | Kløfta | 22.09.1983 |
| 3.78 s | Tron Wiig | 72 | Kløfta | 22.09.1983 |

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| **Tresteg** |  |

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| 11.45 | Ørnulf Brekke | 67 | Kirkenær | 23.05.1983 |
| 11.36 | Frode Myrvang | 67 | Strømmen | 17.08.1983 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.15 | Roger Rønning | 71 | Jessheim | 22.09.1983 |

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| **Kule 3 kg** |  |

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| 15.72 | Morten Knutsen | 70 | Kongsberg | 03.09.1983 |

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| **Kule 4 kg** |  |

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| 13.08 | Frode Myrvang | 67 | Strømmen | 04.06.1983 |
| 12.89 | Morten Knutsen | 70 | Jessheim | 03.10.1983 |
| 12.12 | Jo Henning Hals Nilssen | 68 | Strømmen | 04.06.1983 |
| 10.83 | Ørnulf Brekke | 67 | Kirkenær | 23.05.1983 |

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| **Kule 5.5 kg** |  |

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| 10.95 | Bjørn Tore Ottersen | 66 | Strømmen | 04.06.1983 |

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| **Kule 7.26 kg** |  |

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| 11.65 | Morten Gaarder | 60 | Lillestrøm | 28.05.1983 |
| 10.79 | Ivar Opsahl | 47 | Lørenfallet | 25.06.1983 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 40.30 | Morten Knutsen | 70 | Jessheim | 03.10.1983 |
| 18.31 | Jarle Sæthermoen | 70 | Kløfta | 22.09.1983 |

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| **MENN SENIOR 1983** | **342** |

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| **Diskos 1.5 kg** |  |

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| 41.84 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.10.1983 |
| 26.54 | Frode Myrvang | 67 | Kirkenær | 23.05.1983 |

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| **Diskos 2 kg** |  |

|  |  |  |  |  |
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| 41.40 | Morten Gaarder | 60 | Strømmen | 14.06.1983 |
| 35.88 | Kai Hole | 42 | Oslo/St | 28.06.1983 |

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

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| 46.22 | Jo Henning Hals Nilssen | 68 | Strømmen | 17.08.1983 |
| 45.97 | Frode Myrvang | 67 | Biri | 24.07.1983 |
| 42.40 | Morten Knutsen | 70 | Halden | 08.05.1983 |

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

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| --- | --- | --- | --- | --- |
| 35.72 | Kai Hole | 42 | Rolvsrud | 30.09.1983 |

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| **Liten ball 150 g** |  |

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| 69.66 | Jo Henning Hals Nilssen | 68 | Kløfta | 06.09.1983 |
| 68.54 | Morten Knutsen | 70 | Fetsund/Fe | 21.06.1983 |
| 44.30 | Ola Nerhagen | 71 | Fetsund/Fe | 21.06.1983 |

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

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| 2975 | Roger Rønning | 71 | Strømmen | 20.09.1983 |
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| **4x60m M** |  |

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| --- | --- | --- | --- | --- |
| 35.1 | G12 |  | Jessheim | 19.09.1983 |
| Lars Wilhelmsen71-Roger Rønning71-Ola Nerhagen71-Tron Wiig72 | | | |

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| **4x100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 49.6 | G17 |  | Jessheim | 19.09.1983 |
| Bjørn Ingvar Jensen66-Ronny Opaker66-Michael Knutsen66-Bjørn Tore Ottersen66 | | | |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 2:12.5 | G17 |  | Jessheim | 19.09.1983 |
| Bjørn T. Ottersen66-Michael Knutsen66-Bjørn Tore Ottersen66-Bjørn Ingvar Jensen66 | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 2:19.0 | G16 |  | Jessheim | 19.09.1983 | |
| Frode Myrvang67-Jo Henning Hals Nilssen68-Ørnulf Brekke67-Hans Georg Haug67 | | | | |
| **MENN SENIOR 1983** | | **343** | | |

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| **INNENDØRS** |  |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:01.60 | Kjell Frostlid | 61 | Oslo/Ek | 22.01.1983 |
| 2:02.04 | Trygve Stanger | 62 | Oslo/Ek | 22.01.1983 |
| 2:03.61 | Runar Bålsrud | 62 | Oslo/Ek | 22.01.1983 |
| 2:04.56 | Ronny Opaker | 66 | Oslo/Ek | 22.01.1983 |
| 2:05.02 | Ole Johan Garli | 56 | Oslo/Ek | 22.01.1983 |
| 2:08.11 | Ole Fredrik Mørck | 62 | Oslo/Ek | 22.01.1983 |
| 2:08.19 | Hans Georg Haug | 67 | Oslo/Ek | 25.03.1983 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.15 | Jarle Sæthermoen | 70 | Haga/Fr | 20.03.1983 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.53 | Morten Knutsen | 70 | Haga/Fr | 20.03.1983 |
| 2.29 | Ola Nerhagen | 71 | Haga/Fr | 20.03.1983 |
| 2.25 | Roger Rønning | 71 | Haga/Fr | 20.03.1983 |
| 2.11 | Jarle Sæthermoen | 70 | Haga/Fr | 20.03.1983 |

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| **KVINNER SENIOR 1983** | **344** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.2 | Tone Sæthermoen | 69 | Kløfta | 22.09.1983 |
| 8.5 | Guri Fjeldberg | 69 | Kløfta | 22.09.1983 |
| 8.6 | Eva Cathrin Torvund | 69 | Kløfta | 22.09.1983 |

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| **100m E** |  |

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| 13.04 | Inger Birgitte Reppe | 68 | Nadderud | 19.06.1983 |
| 15.31 | Eva Tronrud | 69 | Kirkenær | 23.05.1983 |

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| **100m M** |  |

|  |  |  |  |  |
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| 12.9 | Inger Birgitte Reppe | 68 | Nadderud | 19.06.1983 |
| 13.5 | Eva Tronrud | 69 | Lillestrøm | 02.07.1983 |
| 13.6 | Marit Rogstad | 67 | Oslo/Bi | 06.06.1983 |
| 14.2 | Tone Sæthermoen | 69 | Årnes | 06.06.1983 |

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| **200m M** |  |

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| 27.1 | Inger Birgitte Reppe | 68 | Oslo/Bi | 01.09.1983 |
| 28.4 | Inger Lise Borgen | 64 | Oslo/Bi | 28.08.1983 |
| 31.0 | Kristin Jensen | 70 | Hauerseter | 14.06.1983 |

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| **400m E** |  |

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| 62.39 | Inger Lise Borgen | 64 | Oslo/Bi | 11.08.1983 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 64.5 | Marit Rogstad | 67 | Stenungsund, SWE | 21.07.1983 |
| 65.0 | Kari Fjeldberg | 68 | Stenungsund, SWE | 21.07.1983 |
| 65.2 | Inger Birgitte Reppe | 68 | Strømmen | 17.08.1983 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:19.7 | Unn Hoel | 69 | Nadderud | 17.06.1983 |
| 2:20.43 | Inger Lise Borgen | 64 | Oslo/Bi | 13.09.1983 |
| 2:24.5 | Kari Fjeldberg | 68 | Larvik/Lo | 28.08.1983 |
| 2:36.2 | Kristin Jensen | 70 | Strømmen | 04.06.1983 |

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| **KVINNER SENIOR 1983** | **345** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:49.1 | Nina Holm | 64 | Oslo/St | 28.09.1983 |
| 5:01.0 | Wenche Moen | 65 | Jessheim | 24.08.1983 |
| 5:02.0 | Inger Lise Borgen | 64 | Jessheim | 10.06.1983 |
| 5:07.0 | Gunn Vilberg | 67 | Oslo/St | 08.06.1983 |
| 5:10.1 | Nina Østvold | 66 | Jessheim | 10.06.1983 |
| 5:14.6 | Ann Karin Halvorsen | 63 | Jessheim | 10.06.1983 |
| 5:18.0 | Kari Fjeldberg | 68 | Larvik/Lo | 28.08.1983 |
| 5:24.1 | Ann Kristin Ullerud | 66 | Jessheim | 10.06.1983 |
| 5:26.9 | Ingjerd Vestengen | 65 | Jessheim | 10.06.1983 |
| 5:27.3 | Eva Blakkisrud | 46 | Jessheim | 10.06.1983 |
| 5:27.5 | Kristin Bogstad | 64 | Jessheim | 10.06.1983 |
| 5:28.7 | Torbjørg Muri | 62 | Jessheim | 10.06.1983 |
| 5:35.5 | Grethe Hansen | 64 | Jessheim | 10.06.1983 |
| 5:36.8 | Line Bjørnås | 67 | Jessheim | 10.06.1983 |
| 5:39.8 | Elisabet Moum | 67 | Jessheim | 10.06.1983 |
| 5:31.3 | Kjersti Vestengen | 68 | Jessheim | 10.06.1983 |
| 5:48.0 | Laila Engen | 65 | Jessheim | 10.06.1983 |
| 5:49.9 | Inger Johanne Haugen | 60 | Jessheim | 10.06.1983 |
| 5:57.2 | Berit Bamrud | 55 | Jessheim | 10.06.1983 |
| 5:53.3 | Tone Rustad | 67 | Jessheim | 10.06.1983 |
| 6:01.0 | Cora Halsan | 47 | Jessheim | 10.06.1983 |
| 6:06.4 | Torill Mundahl | 58 | Jessheim | 10.06.1983 |
| 6:12.8 | Kari Støverud | 55 | Jessheim | 10.06.1983 |
| 6:13.3 | Bente Iren Solberg | 61 | Jessheim | 10.06.1983 |
| 6:13.5 | Ingjerd Abrahamsen | 49 | Jessheim | 10.06.1983 |
| 6:13.8 | Trine Bogstad Mangerud | 51 | Jessheim | 10.06.1983 |
| 6:14.6 | Åshild Olsen | 39 | Jessheim | 10.06.1983 |
| 6:19.3 | Berit Trøgstad | 62 | Jessheim | 10.06.1983 |
| 6:23.1 | Anne Sandvoll | 69 | Jessheim | 10.06.1983 |
| 6:24.2 | Sissel Dønnum Ullerud | 43 | Jessheim | 10.06.1983 |
| 6:24.7 | Annbjørg Rønnemyr | 49 | Jessheim | 10.06.1983 |
| 6:27.5 | Wenche Rustad | 49 | Jessheim | 10.06.1983 |
| 6:28.8 | Inger Lise Wiig | 49 | Jessheim | 10.06.1983 |
| 6:29.3 | Merete Kvaal | 67 | Jessheim | 10.06.1983 |
| 6:32.3 | Lill Skafle | 52 | Jessheim | 10.06.1983 |
| 6:33.7 | Marit Skolt Skafle | 56 | Jessheim | 10.06.1983 |
| 6:37.2 | Jorunn Sørum | 49 | Jessheim | 10.06.1983 |
| 6:37.6 | Marianne Asphaug | 68 | Jessheim | 10.06.1983 |
| 6:39.0 | Heidi Bogstad | 67 | Jessheim | 10.06.1983 |
| 6:39.6 | Grete Einarsrud | 47 | Jessheim | 10.06.1983 |
| 6:46.9 | Kari Heggelund | 48 | Jessheim | 10.06.1983 |
| 6:52.5 | Thora Sand | 48 | Jessheim | 10.06.1983 |
| 6:54.0 | Randi Bråthen | 42 | Jessheim | 10.06.1983 |
| 6:56.8 | Hilde Johansen | 66 | Jessheim | 10.06.1983 |
| 6:58.8 | Irene Schultze | 67 | Jessheim | 10.06.1983 |

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| **KVINNER SENIOR 1983** | **346** |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 7:00.2 | Else Søgaard | 65 | Jessheim | 10.06.1983 |
| 7:03.0 | Hilde Gulbrandsen | 56 | Jessheim | 10.06.1983 |
| 7:14.2 | Rigmor Ommundsen | 65 | Jessheim | 10.06.1983 |
| 7:18.9 | Laila Hole | 42 | Jessheim | 10.06.1983 |
| 7:19.1 | Judith Bibbi Knutsen | 33 | Jessheim | 10.06.1983 |
| 7:25.8 | Bergljot Bjørnsveen | 38 | Jessheim | 10.06.1983 |
| 8:12.7 | Bjørg Jensen | 44 | Jessheim | 10.06.1983 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:45.8 | Wenche Moen | 65 | Jessheim | 19.08.1983 |
| 10:59.4 | Nina Holm | 64 | Jessheim | 19.08.1983 |
| 11:13.2 | Hanne Sørensen | 63 | Jessheim | 19.08.1983 |
| 11:14.2 | Ingjerd Vestengen | 65 | Strømmen | 17.08.1983 |
| 11:15.0 | Bente Tenold | 62 | Jessheim | 19.08.1983 |
| 11:25.5 | Eva Blakkisrud | 46 | Jessheim | 19.08.1983 |
| 11:50.7 | Laila Skibakk | 40 | Lørenfallet | 25.06.1983 |
| 11:59.4 | Elisabeth Moum | 67 | Jessheim | 19.08.1983 |
| 12:00.7 | Tone Rustad | 67 | Jessheim | 19.08.1983 |
| 12:08.5 | Lill Hege Gimnes | 68 | Jessheim | 19.08.1983 |
| 12:09.8 | Inger Lise Borgen | 64 | Løken | 20.08.1983 |
| 12:15.2 | Line Bjørnås | 67 | Jessheim | 19.08.1983 |
| 12:27.7 | Kristin Sennels | 60 | Jessheim | 19.08.1983 |
| 12:37.2 | Kristin Bogstad | 64 | Jessheim | 19.08.1983 |
| 12:38.3 | Inger Johanne Haugen | 60 | Jessheim | 19.08.1983 |
| 12:53.5 | Grethe Hansen | 64 | Jessheim | 19.08.1983 |
| 13:12.9 | Sissel Dønnum Ullerud | 43 | Jessheim | 19.08.1983 |
| 13:24.6 | Inger Helene Olsen | 68 | Jessheim | 19.08.1983 |
| 13:31.3 | Berit Bamrud | 55 | Jessheim | 19.08.1983 |
| 13:35.8 | Åshild Olsen | 39 | Jessheim | 19.08.1983 |
| 13:37.1 | Kari Støverud | 55 | Jessheim | 19.08.1983 |
| 13:38.2 | Trine Bogstad Mangerud | 51 | Jessheim | 19.08.1983 |
| 13:43.4 | Thora Sand | 48 | Jessheim | 19.08.1983 |
| 13:48.8 | Bente Iren Solberg | 61 | Jessheim | 19.08.1983 |
| 13:55.2 | Annbjørg Rønnemyr | 49 | Jessheim | 19.08.1983 |
| 14:03.2 | Lill Skafle | 52 | Jessheim | 19.08.1983 |
| 14:05.8 | Jorunn Sørum | 49 | Jessheim | 19.08.1983 |
| 14:11.2 | Karin Sveen | 42 | Jessheim | 19.08.1983 |
| 14:11.6 | Inger Lise Wiig | 49 | Jessheim | 19.08.1983 |
| 14:12.6 | Randi Bråthen | 42 | Jessheim | 19.08.1983 |
| 14:12.9 | Ingjerd Abrahamsen | 49 | Jessheim | 19.08.1983 |
| 14:15.2 | Heidi Bogstad | 67 | Jessheim | 19.08.1983 |
| 14:16.2 | Berit Trøgstad | 62 | Jessheim | 19.08.1983 |
| 14:23.7 | Anne Sandvoll | 69 | Jessheim | 19.08.1983 |
| 14:27.8 | Else Søgaard | 65 | Jessheim | 19.08.1983 |
| 14:35.7 | Kari Heggelund | 48 | Jessheim | 19.08.1983 |
| **KVINNER SENIOR 1983** | | **347** | | |

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| **3000m forts.** |  |

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| 14:41.9 | Marit Skolt Skafle | 56 | Jessheim | 19.08.1983 |
| 14:42.2 | Wenche Rustad | 49 | Jessheim | 19.08.1983 |
| 15:10.7 | Elise Wogstad | 44 | Jessheim | 19.08.1983 |
| 15:12.5 | Irene Schultze | 67 | Jessheim | 19.08.1983 |
| 15:14.5 | Merete Kvaal | 67 | Jessheim | 19.08.1983 |
| 15:26.8 | Judith Bibbi Knutsen | 33 | Jessheim | 19.08.1983 |
| 15:40.2 | Hilde Glbrandsen | 56 | Jessheim | 19.08.1983 |
| 15:42.7 | Hilde Johansen | 66 | Jessheim | 19.08.1983 |
| 16:47.7 | Berit Vestengen | 34 | Jessheim | 19.08.1983 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 19:32.6 | Eva Blakkisrud | 46 | Oslo/St | 28.09.1983 |
| 19:51.3 | Inger Johanne Haugen | 65 | Oslo/St | 28.08.1983 |
| 20:42.9 | Laila Skibakk | 40 | Oslo/St | 28.09.1983 |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 40:18 | Nina Holm | 64 | Jessheim | 09.10.1983 |
| 40:38 | Inger Lise Borgen | 64 | Jessheim | 09.10.1983 |
| 43:12 | Ingjerd Vestengen | 65 | Jessheim | 09.10.1983 |
| 44:29 | Lill Hege Gimnes | 68 | Jessheim | 09.10.1983 |
| 44:50 | Ann Kristin Ullerud | 66 | Jessheim | 09.10.1983 |
| 46:44 | Kirsten Sennels | 60 | Jessheim | 09.10.1983 |
| 47:47 | Berit Bamrud | 55 | Jessheim | 09.10.1983 |
| 48:17 | Inger Lise Wiig | 49 | Jessheim | 09.10.1983 |
| 48:26 | Sissel Dønnum Ullerud | 43 | Jessheim | 09.10.1983 |
| 48:38 | Trine Bogstad Ullerud | 51 | Jessheim | 09.10.1983 |
| 51:33 | Anne Karin Halvorsen | 63 | Jessheim | 09.10.1983 |
| 52:22 | Aud Irene Lerengen | 54 | Jessheim | 09.10.1983 |
| 53:03 | Berit Trøgstad | 62 | Jessheim | 09.10.1983 |

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| **Halvmaraton 21098m** |  |

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| 1:30:06 | Bente Tenold | 62 | Oslo | 27.08.1983 |
| 1:30:59 | Eva Blakkisrud | 46 | Lillestrøm | 25.09.1983 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 3:20:25 | Eva Blakkisrud | 46 | London, GBR | 08.05.1983 |

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

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| 9.6 | Tone Sæthermoen | 69 | Kongsberg | 03.09.1983 |

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| **KVINNER SENIOR 1983** | **348** |

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

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| 13.26 | Inger Birgitte Reppe | 68 | Oslo/Bi | 25.05.1983 |
| 13.31 | Marit Rogstad | 67 | Oslo/Bi | 25.05.1983 |

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

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| 12.3 | Inger Birgitte Reppe | 68 | Jessheim | 05.09.1983 |
| 12.9 | Tone Sæthermoen | 69 | Jessheim | 03.10.1983 |

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

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

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

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| 17.3 | Marit Rogstad | 67 | Oslo/St | 28.09.1983 |
| 17.7 | Inger Birgitte Reppe | 68 | Oslo/St | 28.09.1983 |

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

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| 34.5 | Inger Birgitte Reppe | 68 | Jessheim | 03.10.1983 |
| 34.6 | Kari Fjeldberg | 68 | Jessheim | 03.10.1983 |

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

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

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.55 | Kari Fjeldberg | 68 | Moss/Me | 20.08.1983 |
| 1.50 | Marit Rogstad | 67 | Kirkenær | 23.05.1983 |
| 1.48 | Guri Fjeldberg | 69 | Kløfta | 27.09.1983 |
| 1.45 | Tone Sæthermoen | 69 | Løken | 28.05.1983 |
| 1.45 | Inger Birgitte Reppe | 68 | Strømmen | 04.06.1983 |
| 1.40 | Unn Hoel | 68 | Kirkenær | 23.05.1983 |

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| **Lengde** |  |

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| 5.26 | Inger Birgitte Reppe | 68 | Strømmen | 17.08.1983 |
| 5.18 s | Tone Sæthermoen | 69 | Kløfta | 04.10.1983 |
| 5.02 | Marit Rogstad | 67 | Oslo/Bi | 07.06.1983 |
| 4.84 | Heidi Bogstad | 67 | Kirkenær | 21.05.1983 |
| 4.76 | Kari Fjeldberg | 68 | Oslo/Bi | 07.06.1983 |
| 4.66 s | Guri Fjeldberg | 69 | Jessheim | 14.08.1983 |
| 4.16 s | Guri Arnegård | 69 | Kirkenær | 23.05.1983 |
| 3.99 s | Unn Hoel | 69 | Kirkenær | 23.05.1983 |
| 3.88 s | Anne Cathrine Ullerud | 71 | Kirkenær | 23.05.1983 |
| **KVINNER SENIOR 1983** | | **349** | | |

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| **Lengde forts.** |  |

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| **Medvind** | |  | | |
| 5.30 | Inger Birgitte Reppe | 68 | Nadderud | 18.06.1983 |

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| **Kule 3 kg** |  |

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| 9.72 | Guri Fjeldberg | 69 | Årnes | 24.08.1983 |
| 9.31 | Tone Sæthermoen | 68 | Årnes | 06.06.1983 |
| 9.10 | Marit Rogstad | 67 | Strømmen | 04.06.1983 |

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| **Kule 4 kg** |  |

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| 9.41 | Astrid Willersrud | 42 | Lillestrøm | 29.05.1983 |
| 8.70 | Guri Fjeldberg | 69 | Jessheim | 03.10.1983 |

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| **Diskos 1 kg** |  |

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| 29.64 | Guri Fjeldberg | 69 | Kløfta | 22.09.1983 |
| 24.10 | Tone Sæthermoen | 69 | Kløfta | 22.09.1983 |
| 21.12 | Marit Rogstad | 67 | Jessheim | 05.09.1983 |

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| **Spyd 400 g** |  |

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| 37.74 | Guri Fjeldberg | 69 | Dingle, SWE | 24.07.1983 |
| 27.18 | Unn Hoel | 69 | Strømmen | 04.06.1983 |

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

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| 26.42 | Guri Fjeldberg | 69 | Kløfta | 27.09.1983 |

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| **Liten ball 150 g** |  |

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| 46.34 | Eva Cathrine Torvund | 69 | Fetsund/Fe | 21.06.1983 |

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

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| 3480 | Tone Sæthermoen | 69 | Strømmen | 20.09.1983 |
| ? | | | |
| 3361 | Guri Fjeldberg | 69 | Strømmen | 20.09.1983 |
| ? | | | |
| 2753 | Marit Rogstad | 67 | Strømmen | 20.09.1983 |
| ? | | | |

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| **4x100m E** |  |

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| 53.07 | J16 |  | Nadderud | 19.06.1983 |
| Heidi Bogstad67-Inger Birgitte Reppe68-Marit Rogstad67-Kari Fjeldberg68 | | | |
| **KVINNER SENIOR 1983** | | **350** | | |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 53.7 | J16 |  | Jessheim | 19.09.1983 |
| Heidi Bogstad67-Marit Rogstad67-Inger Birgitte Reppe68-Kari Fjeldberg68 | | | |
| 55.2 | J13-14 |  | Jessheim | 19.09.1983 |
| ? | | | |

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| **1000m** |  |

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

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| **INNENDØRS** |  |

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| **200m E** |  |

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| --- | --- | --- | --- | --- |
| 30.35 | Heidi Bogstad | 67 | Oslo/Ek | 22.01.1983 |

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

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

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| **Lengde** |  |

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| --- | --- | --- | --- | --- |
| 4.92 | Inger Birgitte Reppe | 68 | Drammen | 02.01.1983 |
| 4.68 | Kari Fjeldberg | 68 | Oslo/Ek | 22.01.1983 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.26 | Tone Sæthermoen | 69 | Skårer | 20.03.1983 |
| 1.23 | Marit Rogstad | 67 | Skårer | 20.03.1983 |
| 1.23 | Inger Birgitte Reppe | 68 | Skårer | 20.03.1983 |
| 1.18 | Guri Fjeldberg | 69 | Skårer | 20.03.1983 |
| 1.11 | Kari Fjeldberg | 68 | Skårer | 20.03.1983 |
| 1.10 | Vibeke Aarfloth | 69 | Skårer | 20.03.1983 |
| 0.96 | Siri Fjeldberg | 71 | Skårer | 20.03.1983 |

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| **Lengde uten tilløp** |  |

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| 2.46 | Inger Birgitte Reppe | 68 | Skårer | 20.03.1983 |
| 2.43 | Tone Sæthermoen | 69 | Skårer | 20.03.1983 |
| 2.39 | Marit Rogstad | 67 | Skårer | 20.03.1983 |
| 2.11 | Siri Fjeldberg | 71 | Skårer | 20.03.1983 |

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| **4x200m** |  |

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| --- | --- | --- | --- | --- |
| 1:56.8 | J16 |  | Oslo/Ek | 22.01.1983 |
| Inger Birgitte Reppe68-Heidi Bogstad67-Marit Rogstad67-Kari Fjeldberg68 | | | |
| **MENN SENIOR 1984** | | **351** | | |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.9 | Morten Knutsen | 70 | Oslo/Bi | 04.06.1984 |
| 8.4 | Ola Nerhagen | 71 | Oslo/Bi | 12.06.1984 |
| 8.4 | Jarle Sæthermoen | 70 | Hakadal/El | 19.08.1984 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 11.91 | Bjørn Tore Ottersen | 66 | Kirkenær | 19.05.1984 |
| 14.00 | Roger Rønning | 71 | Kirkenær | 19.05.1984 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.8 | Bjørn Tore Ottersen | 66 | Årnes | 26.06.1984 |
| 12.0 | Rolv-Eirik Nyheim | 47 | Årnes | 26.06.1984 |
| 12.3 | Ivar Opsahl | 47 | Årnes | 26.06.1984 |
| 12.4 | Morten Knutsen | 70 | Oslo/St | 06.07.1984 |
| 13.1 | Ola Nerhagen | 71 | Strømmen | 10.06.1984 |
| 14.0 | Nikolai Wilhelmsen | 71 | Strømmen | 10.06.1984 |
| 14.3 | Kristoffer Stanger | 33 | Årnes | 02.06.1984 |

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| **200m M** |  |

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| 23.2 | Bjørn Tore Ottersen | 66 | Oslo/St | 06.07.1984 |
| 25.0 | Rolv-Eirik Nyheim | 47 | Årnes | 26.06.1984 |
| 25.3 | Lars Petter Syversrud | 69 | Bjørkelangen | 18.09.1984 |
| 25.4 | Kjell Frostlid | 61 | Rolvsrud | 09.06.1984 |
| 26.0 | Ivar Opsahl | 47 | Årnes | 26.06.1984 |
| 31.3 | Kristoffer Stanger | 33 | Årnes | 26.06.1984 |

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| **400m E** |  |

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| 51.06 | Bjørn Tore Ottersen | 66 | Raufoss | 23.06.1984 |

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| **400m M** |  |

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| 53.5 | Rolv-Eirik Nyheim | 47 | Jessheim | 22.06.1984 |
| 55.7 | Claus Nerhagen | 59 | Jessheim | 22.06.1984 |
| 56.1 | Trygve Stanger | 62 | Jessheim | 22.06.1984 |
| 57.6 | Knut Tørum | 45 | Årnes | 02.06.1984 |
| 66.7 | Kristoffer Stanger | 33 | Årnes | 02.06.1984 |

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| **MENN SENIOR 1984** | **352** |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:58.0 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 13.06.1984 |
| 2:00.3 | Odd Harstad | 44 | Bergen/Fa | 28.07.1984 |
| 2:03.4 | Rolv-Eirik Nyheim | 47 | Oslo/La | 07.06.1984 |
| 2:05.9 | Bjørn Ingvar Jensen | 66 | Jessheim | 03.09.1984 |
| 2:07.0 | Hans Georg Haug | 67 | Jessheim | 03.09.1984 |
| 2:15.7 | Frode Grøndahl | 69 | Jessheim | 03.09.1984 |
| 2:22.0 | Morten Knutsen | 70 | Florø | 16.09.1984 |
| 2:33.4 | Kristoffer Stanger | 33 | Lørenfallet | 16.06.1984 |

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| **1000m** |  |

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| 3:07.4 | Jo Henning Hals Nilssen | 68 | Florø | 16.09.1984 |

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| **1500m** |  |

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| 3:52.6 | Vidar Birkelund | 56 | Oslo/St | 15.08.1984 |
| 3:57.4 | Øystein Syversen | 52 | Oslo/Bi | 13.06.1984 |
| 4:08.6 | Odd Harstad | 44 | Fana | 29.07.1984 |
| 4:11.0 | Ole Johan Garli | 56 | Jessheim | 13.06.1984 |
| 4:13.0 | Hans Georg Haug | 67 | Bjørkelangen | 18.09.1984 |
| 4:15.1 | Claus Nerhagen | 59 | Jessheim | 08.06.1984 |
| 4:15.3 | Trygve Stanger | 62 | Jessheim | 08.06.1984 |
| 4:18.0 | Ole Kristian Westby | 66 | Jessheim | 08.06.1984 |
| 4:18.2 | Bjørn Ingvar Jensen | 66 | Jessheim | 08.06.1984 |
| 4:21.3 | Odd Kinnsbekken | 48 | Jessheim | 08.06.1984 |
| 4:23.4 | Ole Fredrik Mørck | 62 | Jessheim | 08.06.1984 |
| 4:25.5 | Arne Luke | 44 | Jessheim | 08.06.1984 |
| 4:27.3 | Bjørn Tore Ottersen | 66 | Jessheim | 08.06.1984 |
| 4:27.5 | Knut Kristensen | 44 | Jessheim | 08.06.1984 |
| 4:28.3 | Dag Sand | 45 | Jessheim | 08.06.1984 |
| 4:28.4 | Knut Larsen | 62 | Jessheim | 08.06.1984 |
| 4:28.5 | Kolbjørn Skjerve | 37 | Jessheim | 08.06.1984 |
| 4:28.8 | Petter Stensby | 52 | Jessheim | 08.06.1983 |
| 4:32.4 | Terje Svendsen | 48 | Jessheim | 08.06.1984 |
| 4:32.4 | Bjørn Rommen | 43 | Jessheim | 08.06.1984 |
| 4:33.5 | Ole Johnny Pedersen | 67 | Jessheim | 08.06.1984 |
| 4:34.0 | Odd Vidar Tenold | 61 | Jessheim | 08.06.1984 |
| 4:34.7 | Rolv-Eirik Nyheim | 47 | Jessheim | 08.06.1984 |
| 4:34.8 | Knut Tørum | 45 | Jessheim | 08.06.1984 |
| 4:35.9 | Sven Nordby Andersen | 59 | Jessheim | 08.06.1984 |
| 4:37.9 | Torgeir Sørum | 45 | Jessheim | 08.06.1984 |
| 4:38.3 | Thorbjørn Næss | 68 | Jessheim | 08.06.1984 |
| 4:38.5 | Knut Kjellskau | 66 | Jessheim | 08.06.1984 |
| 4:39.7 | Stein Teksum | 53 | Jessheim | 08.06.1984 |
| 4:39.8 | Svein Olsen | 47 | Jessheim | 08.06.1984 |
| 4:40.1 | Rune Tunhøvd | 59 | Jessheim | 08.06.1984 |
| **MENN SENIOR 1984** | | **353** | | |

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| **1500m forts.** |  |

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| 4:40.3 | Bjørn Egil Hytjan | 56 | Jessheim | 08.06.1984 |
| 4:40.8 | Erik Næss | 61 | Jessheim | 08.06.1984 |
| 4:42.7 | Ingar Indredavik | 45 | Jessheim | 08.06.1984 |
| 4:44.5 | Kjell Østhus | 42 | Jessheim | 08.06.1984 |
| 4:44.6 | Thorstein Gystad | 67 | Jessheim | 08.06.1984 |
| 4:45.8 | Kåre-Christian Olsen | 64 | Jessheim | 08.06.1984 |
| 4:46.3 | Johnny Røsåsen | 44 | Jessheim | 08.06.1984 |
| 4:47.7 | Ola Neskleiv | 62 | Jessheim | 08.06.1984 |
| 4:48.3 | Thue Holme | 52 | Jessheim | 08.06.1984 |
| 4:48.9 | Tore Ragnar Olsen | 46 | Jessheim | 08.06.1984 |
| 4:49.5 | Ole-Jørgen Bjørsveen | 38 | Jessheim | 08.06.1984 |
| 4:49.7 | Eirik Tenold | 39 | Jessheim | 08.06.1984 |
| 4:50.0 | Kjell Aarflot | 44 | Jessheim | 08.06.1984 |
| 4:50.5 | Rune Murud | 65 | Jessheim | 08.06.1984 |
| 4:50.6 | Magnar Hagerupsen | 53 | Jessheim | 08.06.1984 |
| 4:50.6 | Lars Petter Syverstad | 69 | Jessheim | 08.06.1984 |
| 4:52.2 | Stein Torstveit | 44 | Jessheim | 08.06.1984 |
| 4:53.8 | Georg Rosenberg | 33 | Jessheim | 08.06.1984 |
| 4:54.3 | Øystein Kilde | 67 | Jessheim | 08.06.1984 |
| 4:54.4 | Svein Rustad | 44 | Jessheim | 08.06.1984 |
| 4:54.5 | Øivind Holm | 65 | Jessheim | 08.06.1984 |
| 4:54.7 | Kristen Langbakk | 39 | Jessheim | 08.06.1984 |
| 4:55.2 | Lasse Sandstone | 40 | Jessheim | 08.06.1984 |
| 4:55.6 | Ola Haugset | 43 | Jessheim | 08.06.1984 |
| 4:57.1 | Anders Jellum | 48 | Jessheim | 08.06.1984 |
| 4:57.3 | Bjørn Ottersen | 37 | Jessheim | 08.06.1984 |
| 4:57.4 | Ole Arnegård | 44 | Jessheim | 08.06.1984 |
| 4:58.7 | Asbjørn Jokstad | 56 | Jessheim | 08.06.1984 |
| 4:58.7 | Oddvar Ormstad | 41 | Jessheim | 08.06.1984 |
| 4:58.9 | Tron Erik Hovind | 56 | Jessheim | 08.06.1984 |
| 4:59.0 | Hans Kristian Hansen | 41 | Jessheim | 08.06.1984 |
| 5:00.5 | Thor Bogstad | 59 | Jessheim | 08.06.1984 |
| 5:01.1 | Lasse Andersen | 47 | Jessheim | 08.06.1984 |
| 5:01.1 | Jon Petter Wium | 65 | Jessheim | 08.06.1984 |
| 5:02.0 | Sigmund Syversen | 49 | Jessheim | 08.06.1984 |
| 5:02.0 | Nils Sæthermoen | 40 | Jessheim | 08.06.1984 |
| 5:03.6 | Anders Moen | 36 | Jessheim | 08.06.1984 |
| 5:06.0 | Ole Skolt | 53 | Jessheim | 08.06.1984 |
| 5:06.1 | Arne Hvattum | 36 | Jessheim | 08.06.1984 |
| 5:07.1 | Harald Rutle | 68 | Jessheim | 08.06.1984 |
| 5:07.4 | Simon Skibakk | 37 | Jessheim | 08.06.1984 |
| 5:07.7 | Per Bjørnås | 40 | Jessheim | 08.06.1984 |
| 5:08.5 | John Birkelund | 32 | Jessheim | 08.06.1984 |
| 5:08.9 | Geir Asphaug | 65 | Jessheim | 08.06.1984 |
| 5:09.0 | Helge Ullerud | 42 | Jessheim | 08.06.1984 |

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| **MENN SENIOR 1984** | **354** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:09.5 | Oddvar Hallingstad | 45 | Jessheim | 08.06.1984 |
| 5:10.0 | Marcel Borlet | 47 | Jessheim | 08.06.1984 |
| 5:10.7 | Helge Sydtangen | 37 | Jessheim | 08.06.1984 |
| 5:11.3 | Micheal Knutsen | 66 | Jessheim | 08.06.1984 |
| 5:11.9 | Bjørn Kvaal | 64 | Jessheim | 08.06.1984 |
| 5:12.8 | Jens Mathiesen | 47 | Jessheim | 08.06.1984 |
| 5:15.1 | Olav Bogstad | 35 | Jessheim | 08.06.1984 |
| 5:15.2 | Fritz Mangelrød | 35 | Jessheim | 08.06.1984 |
| 5:15.5 | Bjørnar Myrland | 52 | Jessheim | 08.06.1984 |
| 5:15.6 | Ole Kristian Wiig | 45 | Jessheim | 08.06.1984 |
| 5:15.8 | Stig Harald Øveraas | 48 | Jessheim | 08.06.1984 |
| 5:16.8 | Per Kristian Pedersen | 54 | Jessheim | 08.06.1984 |
| 5:16.9 | Amund Gulbrandsen | 47 | Jessheim | 08.06.1984 |
| 5:16.9 | Torger Ringen | 45 | Jessheim | 08.06.1984 |
| 5:17.1 | Sigurd Bendiksen | 39 | Jessheim | 08.06.1984 |
| 5:17.7 | Kristoffer Stanger | 33 | Jessheim | 08.06.1984 |
| 5:18.2 | Olav Rutle | 45 | Jessheim | 08.06.1984 |
| 5:20.7 | Kyrre Nordhagen | 69 | Jessheim | 08.06.1984 |
| 5:21.2 | Bjørn Wærø Heggelund | 47 | Jessheim | 08.06.1984 |
| 5:21.2 | Pål Simonsen | 60 | Jessheim | 08.06.1984 |
| 5:22.0 | Ulf Skafle | 57 | Jessheim | 08.06.1984 |
| 5:22.9 | Bjørn Fløtaker | 46 | Jessheim | 08.06.1984 |
| 5:24.6 | Rune Fjeldstad | 48 | Jessheim | 08.06.1984 |
| 5:27.8 | Rune Bonesvold | 64 | Jessheim | 08.06.1984 |
| 5:28.1 | Kåre Støverud | 52 | Jessheim | 08.06.1984 |
| 5:29.1 | Steinar Ørum | 46 | Jessheim | 08.06.1984 |
| 5:30.1 | Egil Ødemark | 41 | Jessheim | 08.06.1984 |
| 5:32.5 | Sjur Reppe | 60 | Jessheim | 08.06.1984 |
| 5:32.8 | Bjørn-Magnus Melbye | 51 | Jessheim | 08.06.1984 |
| 5:35.7 | Sverre Murud | 38 | Jessheim | 08.06.1984 |
| 5:36.3 | Martin Hansen | 48 | Jessheim | 08.06.1984 |
| 5:36.8 | Karl Lødemel | 24 | Jessheim | 08.06.1984 |
| 5:39.2 | Bjørn Grønlien | 47 | Jessheim | 08.06.1984 |
| 5:40.7 | Ståle Murud | 69 | Jessheim | 08.06.1984 |
| 5:41.0 | Trond Boger | 45 | Jessheim | 08.06.1984 |
| 5:41.0 | Bernt Reppe | 34 | Jessheim | 08.06.1984 |
| 5:44.4 | Trygve Rommen | 31 | Jessheim | 08.06.1984 |
| 5:45.3 | Per Pedersen | 30 | Jessheim | 08.06.1984 |
| 5:45.6 | Hans-Petter Samuelsen | 45 | Jessheim | 08.06.1984 |
| 5:46.0 | Ole Semming Wiig | 69 | Jessheim | 08.06.1984 |
| 5:48.7 | John Olav Knudsen | 57 | Jessheim | 08.06.1984 |
| 5:51.2 | Per Neskleiv | 36 | Jessheim | 08.06.1984 |
| 5:53.1 | Øystein Jørgensen | 47 | Jessheim | 08.06.1984 |
| 5:55.7 | Jørgen Torstveit | 40 | Jessheim | 08.06.1984 |
| 5:59.3 | Arne Aas | 29 | Jessheim | 08.06.1984 |

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| **MENN SENIOR 1984** | **355** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:59.7 | Magne Engen | 33 | Jessheim | 08.06.1984 |
| 6:04.3 | Halvor Bogstad | 46 | Jessheim | 08.06.1984 |
| 6:06.6 | Finn Johannessen | 43 | Jessheim | 08.06.1984 |
| 6:07.5 | Jan Åge Mangelrød | 65 | Jessheim | 08.06.1984 |
| 6:12.1 | Reidar Melby | 27 | Jessheim | 08.06.1984 |
| 6:13.1 | Johannes Bjørnland | 17 | Jessheim | 08.06.1984 |
| 6:13.4 | Håkon Amundstad | 24 | Jessheim | 08.06.1984 |
| 6:17.1 | Jan Molvin Knutsen | 31 | Jessheim | 08.06.1984 |
| 6:20.7 | Øivind Mangerud | 48 | Jessheim | 08.06.1984 |
| 6:31.1 | Svein Skolt | 25 | Jessheim | 08.06.1984 |
| 6:31.6 | Dag Schøyen | 45 | Jessheim | 08.06.1984 |
| 7:04.3 | Inge Holm | 32 | Jessheim | 08.06.1984 |
| 7:07.5 | Anton Furuseth | 43 | Jessheim | 08.06.1984 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 8:13.20 | Vidar Birkelund | 56 | Oslo/Bi | 19.06.1984 |
| 8:19.02 | Øystein Syversen | 52 | Oslo/Bi | 19.06.1984 |
| 8:53.0 | Odd Harstad | 44 | Oslo/St | 27.06.1984 |
| 8:59.4 | Hans Georg Haug | 67 | Oslo/Bi | 12.06.1984 |
| 9:11.9 | Bjørn Ingvar Jensen | 66 | Jessheim | 07.09.1984 |
| 9:15.4 | Ole Kristian Westby | 66 | Jessheim | 07.09.1984 |
| 9:30.8 | Arne Luke | 44 | Lørenfallet | 22.08.1984 |
| 9:37.8 | John Stormoen | 65 | Jessheim | 17.08.1984 |
| 9:42.3 | Knut Kjellskau | 66 | Lørenfallet | 22.08.1984 |
| 9:54.3 | Bjørn Tore Ottersen | 66 | Jessheim | 07.09.1984 |
| 10:30.3 | Kåre-Christian Olsen | 64 | Jessheim | 17.08.1984 |
| 10:11.9 | Thorbjørn Næss | 68 | Jessheim | 07.09.1984 |
| 10:28.1 | Frode Grøndahl | 69 | Jessheim | 17.08.1984 |
| 10:23.5 | Ole Johnny Pedersen | 67 | Jessheim | 17.08.1984 |
| 10:44.3 | Rune Murud | 65 | Jessheim | 17.08.1984 |
| 10:46.4 | Georg Rosenberg | 33 | Jessheim | 17.08.1984 |
| 10:47.2 | Rune Skinnerlien | 69 | Jessheim | 17.08.1984 |
| 10:52.6 | Harald Rutle | 68 | Jessheim | 17.08.1984 |
| 10:54.7 | Geir Asphaug | 65 | Jessheim | 17.08.1984 |
| 10:56.5 | Erik Tenold | 39 | Lørenfallet | 22.08.1984 |
| 11:00.9 | Jon Petter Wium | 65 | Jessheim | 17.08.1984 |
| 11:02.3 | Rune Bonesvold | 64 | Jessheim | 17.08.1984 |
| 11:11.8 | Stian Torstveit | 66 | Jessheim | 17.08.1984 |
| 11:14.0 | Bjørn Neverlien | 65 | Jessheim | 17.08.1984 |
| 11:15.4 | John Birkelund | 32 | Jessheim | 17.08.1984 |
| 11:27.4 | Rune Høgås | 66 | Jessheim | 17.08.1984 |
| 11:31.8 | Rune Nordeide | 65 | Jessheim | 17.08.1984 |
| 11:32.8 | Lars Petter Syverstad | 69 | Jessheim | 17.08.1984 |

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| **MENN SENIOR 1984** | **356** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 11:43.8 | Lennart Dønnum | 67 | Jessheim | 17.08.1984 |
| 11:47.6 | Øivind Holm | 65 | Jessheim | 17.08.1984 |
| 11:47.8 | Morten Johansen | 66 | Jessheim | 17.08.1984 |
| 11:52.4 | Ståle Murud | 69 | Jessheim | 17.08.1984 |
| 11:55.5 | Karl Lødemel | 24 | Jessheim | 17.08.1984 |
| 12:00.2 | Jon Øyvind Bendiksen | 66 | Jessheim | 17.08.1984 |
| 12:00.2 | Kyrre Nordhagen | 69 | Jessheim | 17.08.1984 |
| 12:00.9 | Per Pedersen | 30 | Jessheim | 17.08.1984 |
| 12:03.7 | Jan Åge Mangelrød | 65 | Jessheim | 17.08.1984 |
| 12:39.0 | Trygve Rommen | 31 | Jessheim | 17.08.1984 |
| 12:34.5 | Aksel Askeland | 66 | Jessheim | 17.08.1984 |
| 12:42.9 | Bernt Reppe | 34 | Jessheim | 17.08.1984 |
| 12:53.4 | Håkon Amundstad | 24 | Jessheim | 17.08.1984 |
| 12:53.8 | Arne Aas | 29 | Jessheim | 17.08.1984 |
| 12:53.8 | Svein Skolt | 25 | Jessheim | 17.08.1984 |
| 12:56.9 | Ole Semming Wiig | 69 | Jessheim | 17.08.1984 |
| 13:01.8 | Magne Engen | 33 | Jessheim | 17.08.1984 |
| 13:41.2 | Reidar Melby | 27 | Jessheim | 17.08.1984 |
| 13:52.0 | Johannes Bjørnland | 17 | Jessheim | 17.08.1984 |
| 14:29.5 | Jan Molvin Knutsen | 31 | Jessheim | 17.08.1984 |
| 15:57.0 | Inge Holm | 32 | Jessheim | 17.08.1984 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 14:15.67 | Vidar Birkelund | 56 | Lillehammer/Ss | 31.05.1984 |
| 14:52.40 | Øystein Syversen | 52 | Byrkjelo | 30.06.1984 |

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| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 30:13.36 | Vidar Birkelund | 56 | Øvre Årdal | 26.08.1984 |
| 32:08.9 | Ole Johan Garli | 56 | Jessheim | 22.06.1984 |
| 33:37.0 | Petter Stensby | 52 | Jessheim | 22.06.1984 |

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

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| --- | --- | --- | --- | --- |
| 12.4 | Morten Knutsen | 70 | Oslo/St | 06.07.1984 |

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

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| --- | --- | --- | --- | --- |
| 11.8 | Jo Henning Hals Nilssen | 68 | Nadderud | 08.10.1984 |

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| **100m hekk 91.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 14.71 | Jo Henning Hals Nilssen | 68 | Bergen/Fa | 19.08.1984 |

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| **MENN SENIOR 1984** | **357** |

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

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| --- | --- | --- | --- | --- |
| 14.2 | Jo Henning Hals Nilssen | 68 | Florø | 15.09.1984 |

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| **400m hekk 91.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 63.35 | Molvin Knudsen | 62 | Oslo/La | 02.06.1984 |

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

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| --- | --- | --- | --- | --- |
| 9:12.60 | Vidar Birkelund | 56 | Byrkjelo | 30.06.1984 |
| 9:52.2 | Stein Roar Ulseth | 52 | Lillestrøm | 19.05.1984 |
| 10:18.7 | Odd Kinnsbekken | 48 | Jessheim | 17.08.1984 |
| 10:25.6 | Knut Kristiansen | 44 | Jessheim | 17.08.1984 |
| 10:25.7 | Odd Harstad | 44 | Jessheim | 17.08.1984 |
| 10:34.1 | Claus Nerhagen | 59 | Jessheim | 17.08.1984 |
| 10:51.5 | Arne Luke | 44 | Jessheim | 17.08.1984 |
| 10:53.7 | Bjørn Rommen | 43 | Jessheim | 17.08.1984 |
| 10:59.5 | Ole Skolt | 53 | Jessheim | 17.08.1984 |
| 11:00.4 | Ole Fredrik Mørck | 62 | Jessheim | 17.08.1984 |
| 11:01.0 | Odd Vidar Tenold | 61 | Jessheim | 08.06.1984 |
| 11:09.0 | Svein Olsen | 47 | Jessheim | 17.08.1984 |
| 11:17.8 | Rolv-Eirik Nyheim | 47 | Jessheim | 17.08.1984 |
| 11:39.1 | Arne Marthinussen | 57 | Jessheim | 17.08.1984 |
| 12:01.0 | Hans Nordhagen | 38 | Jessheim | 17.08.1984 |
| 12:03.5 | Anders Jellum | 48 | Jessheim | 17.08.1984 |
| 12:07.8 | Kristen Langbakk | 39 | Jessheim | 17.08.1984 |
| 12:12.0 | Torgeir Sørum | 45 | Jessheim | 17.08.1984 |
| 12:14.3 | Thor Bogstad | 59 | Jessheim | 17.08.1984 |
| 12:22.0 | Kjell Aarflot | 44 | Jessheim | 17.08.1984 |
| 12:25.0 | Tron Erik Hovind | 56 | Jessheim | 17.08.1984 |
| 12:25.9 | Knut Tørum | 45 | Jessheim | 17.08.1984 |
| 12:26.7 | Asbjørn Jokstad | 56 | Jessheim | 17.08.1984 |
| 12:26.9 | Jens Mathisen | 47 | Jessheim | 17.08.1984 |
| 12:30.3 | Torbjørn Johansen | 39 | Jessheim | 17.08.1984 |
| 12:33.7 | Nils Sæthermoen | 40 | Jessheim | 17.08.1984 |
| 12:34.8 | Helge Ullerud | 42 | Jessheim | 17.08.1984 |
| 12:36.0 | Ole Arnegård | 44 | Jessheim | 17.08.1984 |
| 12:46.0 | Lasse Andersen | 47 | Jessheim | 17.08.1984 |
| 12:50.0 | Ola Haugset | 43 | Jessheim | 17.08.1984 |
| 12:56.3 | Simen Skibakk | 37 | Jessheim | 17.08.1984 |
| 12:59.8 | Ulf Skafle | 57 | Jessheim | 17.08.1984 |
| 13:05.5 | Stig Harald Øveraas | 48 | Jessheim | 17.08.1984 |
| 13:08.0 | Bjørn Fløtaker | 46 | Jessheim | 17.08.1984 |
| 13:09.4 | Pål Simonsen | 60 | Jessheim | 17.08.1984 |
| 13:17.8 | Sjur Reppe | 60 | Jessheim | 17.08.1984 |
| 13:19.4 | Ole Kristian Wiig | 45 | Jessheim | 17.08.1984 |

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| **MENN SENIOR 1984** | **358** |

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

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| 13:24.6 | Henning Høgheim | 39 | Jessheim | 17.08.1984 |
| 13:37.4 | Magnar Hagerupsen | 53 | Jessheim | 17.08.1984 |
| 13:38.2 | Kåre Støverud | 52 | Jessheim | 17.08.1984 |
| 13:41.4 | Bjørn Myrland | 52 | Jessheim | 17.08.1984 |
| 13:49.5 | Marcel Borlet | 47 | Jessheim | 17.08.1984 |
| 13:50.0 | Øystein Jørgensen | 47 | Jessheim | 17.08.1984 |
| 14:08.1 | Torger Ringen | 45 | Jessheim | 17.08.1984 |
| 14:25.8 | John Olav Knudsen | 57 | Jessheim | 17.08.1984 |
| 14:25.8 | Per Neskleiv | 36 | Jessheim | 17.08.1984 |
| 15:50.0 | Bjørn Grønlien | 47 | Jessheim | 17.08.1984 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:09:08 | Vidar Birkelund | 56 | Jessheim | 07.10.1984 |
| 1:14:34 | Petter Stensby | 52 | Jessheim | 07.10.1984 |
| 1:16:08 | Odd Kinnsbekken | 48 | Jessheim | 07.10.1984 |
| 1:16:22 | Sven Nordby Andersen | 59 | Jessheim | 07.10.1984 |
| 1:19:45 | Arne Luke | 44 | Jessheim | 07.10.1984 |
| 1:19:56 | Kolbjørn Skjerve | 37 | Jessheim | 07.10.1984 |
| 1:20:41 | Ole Fredrik Mørck | 62 | Jessheim | 07.10.1984 |
| 1:21:45 | Claus Nerhagen | 59 | Jessheim | 07.10.1984 |
| 1:22:17 | Knut Larsen | 62 | Jessheim | 07.10.1984 |
| 1:22:18 | Odd Vidar Tenold | 61 | Jessheim | 07.10.1984 |
| 1:28:35 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 07.10.1984 |
| 1:29:10 | Henning Høgheim | 39 | Jessheim | 07.10.1984 |
| 1:30:35 | Hans Nordhagen | 38 | Jessheim | 07.10.1984 |
| 1:30:50 | Lasse Sandstone | 40 | Jessheim | 07.10.1984 |
| 1:34:42 | Nils Sæthermoen | 40 | Jessheim | 07.10.1984 |
| 1:36:29 | Knut Tørum | 45 | Jessheim | 07.10.1984 |
| 1:38:16 | Torbjørn Johansen | 39 | Jessheim | 07.10.1984 |
| 1:39:28 | Simon Skibakk | 37 | Jessheim | 07.10.1984 |
| 1:40:31 | Steinar Ørum | 46 | Jessheim | 07.10.1984 |
| 1:42:10 | Rune Fjeldstad | 48 | Jessheim | 07.10.1984 |
| 1:42:26 | Arne Marthinussen | 57 | Jessheim | 07.10.1984 |
| 1:44:41 | Sigmund Syversen | 49 | Jessheim | 07.10.1984 |
| 1:46:07 | Bjørn Wærø Heggelund | 47 | Jessheim | 07.10.1984 |
| 1:48:20 | Bjørn-Magnus Melby | 51 | Jessheim | 07.10.1984 |
| 1:50:00 | Tore Jensen | 43 | Jessheim | 07.10.1984 |
| 1:51:32 | Inge Holm | 32 | Jessheim | 07.10.1984 |
| 1:53:22 | Olav Rutle | 45 | Jessheim | 07.10.1984 |
| 1:55:04 | Per Kristian Pedersen | 54 | Jessheim | 07.10.1984 |
| 2:10:46 | Martin Hansen | 48 | Jessheim | 07.10.1984 |
| 2:26:03 | Bjørn Grønlien | 47 | Jessheim | 07.10.1984 |

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| **MENN SENIOR 1984** | **359** |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:30:15 | Petter Stensby | 52 | Debno, POL | 06.05.1984 |
| 2:50:42 | Kolbjørn Skjerve | 37 | Oslo | 01.09.1984 |
| 3:00.52 | Svein Olsen | 47 | Oslo | 01.09.1984 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.80 | Frode Myrvang | 67 | Strømmen | 20.06.1984 |
| 1.77 | Jo Henning Hals Nilssen | 68 | Florø | 16.09.1984 |
| 1.52 | Morten Knutsen | 70 | Florø | 15.09.1984 |
| 1.45 | Ole Semming Wiig | 69 | Hakadal/El | 19.08.1984 |
| 1.45 | Frode Grøndahl | 69 | Jessheim | 03.09.1984 |
| 1.45 | Jarle Sæthermoen | 70 | Bjørkelangen | 18.09.1984 |

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| **Stav** |  |

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| 3.35 | Jo Henning Hals Nilssen | 68 | Oslo/La | 09.10.1984 |

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| **Lengde** |  |

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| 6.03 (6.20v.) | Jo Henning Hals Nilssen | 68 | Larvik/Lo | 02.09.1984 |
| 5.94 s | Morten Knutsen | 70 | Øvre Årdal | 15.09.1984 |
| 5.72 | Ivar Opsahl | 47 | Lørenfallet | 16.06.1984 |
| 5.33 s | Ola Nerhagen | 71 | Nadderud | 17.06.1984 |
| 4.91 | John Arve Johansen | 36 | Lørenfallet | 16.06.1984 |

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| **Tresteg** |  |

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| --- | --- | --- | --- | --- |
| 12.07 | Jo Henning Hals Nilssen | 68 | Strømmen | 27.06.1984 |
| 11.78 | Frode Myrvang | 67 | Strømmen | 27.06.1984 |

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| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16.95 | Morten Knutsen | 70 | Ulsteinvik | 11.08.1984 |
| 11.96 | Roger Rønning | 71 | Jessheim | 18.06.1984 |
| 9.41 | Ola Nerhagen | 71 | Oslo/Bi | 12.06.1984 |

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| **Kule 4 kg** |  |

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| 15.50 | Morten Knutsen | 70 | Lillestrøm | 30.06.1984 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 12.15 | Kai Hole | 42 | Oslo/Bi | 28.07.1984 |
| 11.49 | Bjørn Wærø Heggelund | 47 | Strømmen | 22.08.1984 |
| 10.86 | Morten Knutsen | 60 | Jessheim | 29.09.1984 |

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| **MENN SENIOR 1984** | **360** |

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| **Diskos 1 kg** |  |

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| 47.48 | Jo Henning Hals Nilssen | 68 | Moss/Me | 02.06.1984 |
| 47.06 | Morten Knutsen | 70 | Jessheim | 01.10.1984 |
| 44.66 | Lars Petter Syversrud | 69 | Jessheim | 01.10.1984 |
| 31.68 | Roger Rønning | 71 | Kløfta | 28.08.1984 |
| 31.66 | Frode Grøndahl | 69 | Jessheim | 03.09.1984 |

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| **Diskos 1.5 kg** |  |

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| 31.18 | Bjørn Egil Ludvigsen | 67 | Jessheim | 03.09.1984 |

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| **Diskos 2 kg** |  |

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| 40.30 | BjørnWærø Heggelund | 47 | Strømmen | 22.08.1984 |
| 40.02 | Kai Hole | 42 | Oslo/Bi | 27.07.1984 |
| 38.92 | Morten Gaarder | 60 | Jessheim | 29.09.1984 |

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

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| --- | --- | --- | --- | --- |
| 53.44 | Jo Henning Hals Nilssen | 68 | Florø | 15.09.1984 |
| 44.80 | Morten Knutsen | 70 | Jessheim | 29.09.1984 |

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

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| 50.39 | Ivar Skedsmo | 55 | Jessheim | 22.06.1984 |
| 43.42 | Frode Myrvang | 67 | Jessheim | 22.06.1984 |

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| **8-kamp M100h(91.4)-Diskos(1)Stav-Spyd(600)** | **Lengde-Kule(4)-Høyde-1000m** |

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| --- | --- | --- | --- | --- |
| 5176 | Jo Henning Hals Nilssen | 68 | Florø | 15-16-09.1984 |
| 14.2-41.58-3.10-53.44/5.96-12.47-1.77-3:07.4 | | | |

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| **8-kamp M** | |  | | |
| 4040 | Morten Knutsen | 70 | Florø | 15-16.09.1984 |
| 14.2-41.58-3.10-53.44/5.96-12.47-1.77-3:07.4 | | | |

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| **INNENDØRS** |  |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.3 | Jarle Sæthermoen | 70 | Oslo/Ek | 04.02.1984 |
| 8.5 | Ola Nerhagen | 71 | Oslo/Ek | 04.02.1984 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 52.5 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 03.03.1984 |
| 57.6 | Ole Fredrik Mørck | 62 | Oslo/Ek | 03.03.1984 |
| **MENN SENIOR 1984** | | **361** | | |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:01.5 | Kjell Frostlid | 60 | Oslo/Ek | 21.01.1984 |
| 2:02.8 | Ronny Opaker | 66 | Oslo/Ek | 09.02.1984 |
| 2:04.9 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 04.02.1984 |
| 2:05.4 | Ole Fredrik Mørck | 62 | Oslo/Ek | 21.01.1984 |
| 2:08.2 | Hans Georg Haug | 67 | Oslo/Ek | 21.01.1984 |
| 2:11.2 | Rune Murud | 65 | Oslo/Ek | 21.01.1984 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:18.1 | Hans Georg Haug | 67 | Oslo/Ek | 03.03.1984 |
| 4:18.5 | Ronny Opaker | 66 | Oslo/Ek | 03.03.1984 |

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| **60m hekk 91.4 cm M** |  |

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| --- | --- | --- | --- | --- |
| 8.9 | Jo Henning Hals Nilssen | 68 | Oslo/Ek | 04.02.1984 |

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

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| 15.2 | Jo Henning Hals Nilssen | 68 | Oslo/Ek | 04.02.1984 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.90 | Frode Myrvang | 67 | Drammen | 29.01.1984 |
| 1.70 | Jo Henning Hals Nilssen | 68 | Drammen | 18.02.1984 |
| 1.65 | Ivar Opsahl | 47 | Jessheim | 22.06.1984 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.78 | Ole Semming Wiig | 69 | Oslo/Ek | 04.02.1984 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.46 | Jo Henning Hals Nilssen | 68 | Sørum/Ve | 12.03.1984 |
| 1.35 | Ivar Opsahl | 47 | Jessheim/Je | 13.03.1984 |

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| **Lengde uten tilløp** |  |

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| 2.77 | Ivar Opsahl | 47 | Jessheim/Je | 13.03.1984 |

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| **Kule 3** |  |

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| --- | --- | --- | --- | --- |
| 15.89 | Morten Knutsen | 70 | Oslo/Ek | 04.02.1984 |

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| **KVINNER SENIOR 1984** | **362** |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 13.17 | Inger Birgitte Reppe | 68 | Krikenær | 19.05.1984 |
| 14.28 | Kari Kamstrup | 56 | Oslo/Bi | 28.07.1984 |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.7 | Inger Birgitte Reppe | 68 | Oslo/St | 06.07.1984 |
| 14.0 | Heidi Bogstad | 66 | Strømmen | 10.06.1984 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.84 | Inger Birgitte Reppe | 68 | Oslo/Bi | 09.08.1984 |
| 28.48 | Kari Fjeldberg | 68 | Oslo/Bi | 09.08.1984 |
| 29.68 | Kari Kamstrup | 56 | Oslo/Bi | 27.07.1984 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26.8 | Inger Birgitte Reppe | 68 | Oslo/Bi | 29.08.1984 |
| 29.0 | Marit Rogstad | 67 | Moss/Me | 02.06.1984 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 59.28 | Inger Birgitte Reppe | 68 | Nadderud | 12.08.1984 |
| 62.28 | Guri Fjeldberg | 69 | Nadderud | 12.08.1984 |
| 65.65 | Unn Hoel | 69 | Nadderud | 12.08.1984 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 62.1 | Kari Fjeldberg | 68 | Romedal | 26.05.1984 |
| 64.1 | Unn Hoel | 69 | Jessheim | 22.06.1984 |
| 65.2 | Nina Holm | 66 | Jessheim | 22.06.1984 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:16.38 | Anne Nyland | 58 | Oslo/Bi | 19.06.1984 |
| 2:22.0 | Inger Birgitte Reppe | 68 | Florø | 16.09.1984 |
| 2:22.4 | Gunn Vilberg | 66 | Oslo/Bi | 19.06.1984 |
| 2:22.5 | Kari Fjeldberg | 68 | Oslo/Bi | 19.06.1984 |
| 2:23.87 | Line Røen | 66 | Oslo/Bi | 19.06.1984 |
| 2:25.4 | Unn Hoel | 69 | Oslo/St | 06.07.1984 |
| 2:26.7 | Guri Fjeldberg | 69 | Sandnes | 23.06.1984 |
| 2:28.7 | Marit Rogstad | 67 | Moss/Me | 03.06.1984 |
| 2:31.3 | Kristin Jensen | 70 | Strømmen | 10.06.1984 |

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| **KVINNER SENIOR 1984** | **363** |

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| **1000m** |  |

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| --- | --- | --- | --- | --- |
| 3:17.59 | Kristin Jensen | 70 | Nadderud | 12.08.1984 |

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| **1500m** |  |

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| --- | --- | --- | --- | --- |
| 4:40.91 | Anne Nyland | 58 | Oslo/Bi | 29.07.1984 |
| 4:43.68 | Nina Holm | 64 | Oslo/Bi | 29.07.1984 |
| 4:54.0 | Gunn Vilberg | 66 | Jessheim | 08.06.1984 |
| 5:00.6 | Line Røen | 66 | Jessheim | 08.06.1984 |
| 5:04.7 | Ingjerd Vestengen | 65 | Jessheim | 08.06.1984 |
| 5:15.0 | Unn Hoel | 69 | Jessheim | 08.06.1984 |
| 5:19.2 | Eva Blakkisrud | 46 | Jessheim | 08.06.1984 |
| 5:21.9 | Kristin Bogstad | 64 | Jessheim | 08.06.1984 |
| 5:22.3 | Kristin Sennels | 60 | Jessheim | 08.06.1984 |
| 5:23.7 | Anne-Torill Garli | 57 | Jessheim | 08.06.1984 |
| 5:30.5 | Laila Borge | 51 | Jessheim | 08.06.1984 |
| 5:30.7 | Ann Kristin Ullerud | 66 | Jessheim | 08.06.1984 |
| 5:30.9 | Wenche Moen | 65 | Jessheim | 08.06.1984 |
| 5:34.6 | Laila Skibakk | 40 | Jessheim | 08.06.1984 |
| 5:39.4 | Line Bjørnås | 67 | Jessheim | 08.06.1984 |
| 5:39.4 | Bente Tenold | 62 | Jessheim | 08.06.1984 |
| 5:51.8 | Toril Mundahl | 58 | Jessheim | 08.06.1984 |
| 5:51.8 | Inger Helene Olsen | 68 | Jessheim | 08.06.1984 |
| 5:53.8 | Berit Bamrud | 55 | Jessheim | 08.06.1984 |
| 5:55.4 | Bodil Teksum | 50 | Jessheim | 08.06.1984 |
| 5:58.4 | Thora Sand | 48 | Jessheim | 08.06.1984 |
| 6:00.5 | Inger Lise Wiig | 49 | Jessheim | 08.06.1984 |
| 6:01.6 | Lill Furuseth | 55 | Jessheim | 08.06.1984 |
| 6:03.1 | Ingjerd Abrahamsen | 49 | Jessheim | 08.06.1984 |
| 6:07.0 | Grethe Hansen | 64 | Jessheim | 08.06.1984 |
| 6:09.3 | Sissel Dønnum Ullerud | 43 | Jessheim | 08.06.1984 |
| 6:10.3 | Merete Kvaal | 67 | Jessheim | 08.06.1984 |
| 6:10.9 | Åshild Olsen | 39 | Jessheim | 08.06.1984 |
| 6:11.2 | Turid Simonsen | 61 | Jessheim | 08.06.1984 |
| 6:13.9 | Laila Engen | 65 | Jessheim | 08.06.1984 |
| 6:15.0 | Jorunn Sørum | 49 | Jessheim | 08.06.1984 |
| 6:16.3 | Kari Bentdal | 55 | Jessheim | 08.06.1984 |
| 6:17.0 | Britt Heidi Ottersen | 63 | Jessheim | 08.06.1984 |
| 6:22.8 | Berit Trøgstad | 62 | Jessheim | 08.06.1984 |
| 6:23.7 | Cora Halsan Schøyen | 47 | Jessheim | 08.06.1984 |
| 6:25.6 | Kari Heggelund | 48 | Jessheim | 08.06.1984 |
| 6:26.4 | May Skolt | 59 | Jessheim | 08.06.1984 |
| 6:26.6 | Marit Skolt Skafle | 56 | Jessheim | 08.06.1984 |
| 6:27.4 | Irene Schultze | 67 | Jessheim | 08.06.1984 |
| 6:34.0 | Lill Skafle | 52 | Jessheim | 08.06.1984 |
| 6:34.5 | Hilde Gulbrandsen | 56 | Jessheim | 08.06.1984 |

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| **KVINNER SENIOR 1984** | **364** |

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| **1500m forts.** |  |

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| 6:42.5 | Kari Kamstrup | 56 | Jessheim | 08.06.1984 |
| 6:44.8 | Mari Hilde Vilberg | 59 | Jessheim | 08.06.1984 |
| 6:47.2 | Gerd Nordset Larsen | 48 | Jessheim | 08.06.1984 |
| 6:49.5 | Aud Venke Rustad | 45 | Jessheim | 08.06.1984 |
| 6:52.7 | Grethe Bogstad | 46 | Jessheim | 08.06.1984 |
| 7:00.3 | Hilde johansen | 66 | Jessheim | 08.06.1984 |
| 7:01.9 | Bergljot Bjørnsveen | 38 | Jessheim | 08.06.1984 |
| 7:04.4 | Elise Wogstad | 44 | Jessheim | 08.06.1984 |
| 7:06.0 | Judith Bibbi Knutsen | 33 | Jessheim | 08.06.1984 |
| 7:15.1 | Anne-May Bogar | 43 | Jessheim | 08.06.1984 |
| 7:38.5 | Berit Vestengen | 34 | Jessheim | 08.06.1984 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 10:16.20 | Anne Nyland | 58 | Oslo/Bi | 27.07.1984 |
| 10:35.29 | Nina Holm | 64 | Oslo/Bi | 09.08.1984 |
| 10:42.4 | Ingjerd Vestengen | 65 | Oslo/St | 27.06.1984 |
| 10:52.0 | Line Røen | 66 | Rolvsrud | 09.06.1984 |
| 11:14.9 | Kristin Bogstad | 64 | Jessheim | 07.09.1984 |
| 11:14.9 | Gunn Vilberg | 66 | Jessheim | 07.09.1984 |
| 11:17.1 | Anne Torill Garli | 57 | Rolvsrud | 09.06.1984 |
| 11:17.5 | Line Røen | 66 | Jessheim | 17.08.1984 |
| 11:43.3 | Bente Tenold | 62 | Jessheim | 17.08.1984 |
| 12:02.8 | Laila Skibakk | 40 | Jessheim | 07.09.1984 |
| 12:03.8 | Wenche Moen | 65 | Jessheim | 17.08.1984 |
| 12:07.8 | Ann Kristin Ullerud | 66 | Jessheim | 17.08.1984 |
| 12:20.6 | Line Bjørnås | 67 | Jessheim | 17.08.1984 |
| 12:41.7 | Torill Mundahl | 58 | Jessheim | 17.08.1984 |
| 13:06.6 | Lill Furuseth | 55 | Jessheim | 17.08.1984 |
| 13:17.0 | Inger Helene Olsen | 68 | Jessheim | 17.08.1984 |
| 13:17.3 | Tone Rustad | 67 | Jessheim | 17.08.1984 |
| 13:19.0 | Inger Johanne Haugen | 60 | Jessheim | 17.08.1984 |
| 13:25.9 | Inger Lise Wiig | 49 | Jessheim | 07.09.1984 |
| 13:36.5 | Jorunn Sørum | 49 | Jessheim | 17.08.1984 |
| 13:38.0 | Marit Skolt Skafle | 56 | Jessheim | 17.08.1984 |
| 14:36.7 | May Skolt | 59 | Jessheim | 17.08.1984 |
| 14:38.7 | Berit Trøgstad | 62 | Jessheim | 17.08.1984 |
| 13:44.0 | Bodil Teksum | 50 | Jessheim | 17.08.1984 |
| 13:44.2 | Kari Bentdal | 55 | Jessheim | 17.08.1984 |
| 13:44.9 | Åshild Olsen | 39 | Jessheim | 17.08.1984 |
| 14:41.7 | Gerd Nordset Larsen | 48 | Jessheim | 17.08.1984 |
| 14:48.6 | Britt Heidi Ottersen | 63 | Jessheim | 17.08.1984 |
| 14:52.9 | Aud Venke Rustad | 45 | Jessheim | 17.08.1984 |
| 14:57.3 | Elise Wogstad | 44 | Jessheim | 17.08.1984 |
| 15:03.5 | Randi Storhaug | 54 | Jessheim | 17.08.1984 |
| 15:10.1 | Hilde Gulbrandsen | 56 | Jessheim | 17.08.1984 |
| **KVINNER SENIOR 1984** | | **365** | | |

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| **3000m forts.** |  |

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| 15:16.3 | Kari Kamstrup | 56 | Jessheim | 17.08.1984 |
| 15:17.5 | Grethe Bogstad | 46 | Jessheim | 17.08.1984 |
| 15:25.0 | Laila Engen | 65 | Jessheim | 17.08.1984 |
| 15:53.7 | Merete Kvaal | 67 | Jessheim | 17.08.1984 |
| 16:37.9 | Judith Bibbi Knutsen | 33 | Jessheim | 17.08.1984 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 21:48.3 | Kristin Sennels Hytjan | 60 | Oslo/St | 19.09.1984 |

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

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| 12.07 | Inger Birgitte Reppe | 68 | Bergen/Fa | 18.08.1984 |

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

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| --- | --- | --- | --- | --- |
| 12.0 | Inger Birgitte Reppe | 68 | Oslo/Bi | 19.06.1984 |
| 13.3 | Guri Fjeldberg | 69 | Oslo/La | 19.06.1984 |

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

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| --- | --- | --- | --- | --- |
| 14.4 | Inger Birgitte Reppe | 68 | Sandnes | 22.06.1984 |

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

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

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

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| --- | --- | --- | --- | --- |
| 17.0 | Marit Rogstad | 67 | Moss/Me | 02.06.1984 |

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

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

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

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| --- | --- | --- | --- | --- |
| 70.76 | Marit Rogstad | 67 | Raufoss | 24.06.1984 |

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

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| --- | --- | --- | --- | --- |
| 70.0 | Marit Rogstad | 67 | Oslo/Bi | 12.06.1984 |
| 74.3 | Kristin Bogstad | 64 | Lørenfallet | 01.09.1984 |
| 79.4 | Kari Fjeldberg | 68 | Lørenfallet | 01.09.1984 |

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| **KVINNER SENIOR 1984** | **366** |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 40:47 | Line Røen | 66 | Jessheim | 07.10.1984 |
| 42:10 | Bente Tenold | 62 | Jessheim | 17.08.1984 |
| 43:51 | Laila Skibakk | 40 | Jessheim | 07.10.1984 |
| 44:24 | Berit Bamrud | 55 | Jessheim | 07.10.1984 |
| 51:54 | Tone Rustad | 67 | Jessheim | 07.10.1984 |
| 52:56 | Anne-May Bogar | 43 | Jessheim | 07.10.1984 |
| 54.05 | Sissel Dønnum Ullerud | 43 | Jessheim | 07.10.1984 |
| 54:27 | Lill Skafle | 52 | Jessheim | 07.10.1984 |
| 55:23 | Randi Storhaug | 54 | Jessheim | 07.10.1984 |
| 56.44 | Aud Venke Rustad | 45 | Jessheim | 07.10.1984 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:26:10 | Eva Blakkisrud | 46 | Oslo | 31.08.1984 |
| 1:57:07 | Inger Lise Wiig | 49 | Jessheim | 07.10.1984 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 3:10:22 | Eva Blakkisrud | 46 | Paris, FRA | 12.05.1984 |
| 3:38:54 | Anne Marie Frydenlund | 49 | Jessheim | 25.11.1984 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.61 | Guri Fjeldberg | 69 | Moss/Me | 02.06.1984 |
| 1.60 | Kari Fjeldberg | 68 | Strømmen | 02.06.1984 |
| 1.52 | Inger Birgitte Reppe | 68 | Moss/Me | 02.06.1984 |
| 1.45 | Marit Rogstad | 67 | Kirkenær | 19.05.1984 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.35 | Inger Birgitte Reppe | 68 | Oslo/La | 09.09.1984 |
| 5.04 | Marit Rogstad | 67 | Raufoss | 18.08.1984 |
| 4.78 | Guri Fjeldberg | 69 | Strømmen | 27.06.1984 |
| 4.76 | Tone Sæthermoen | 69 | Strømmen | 20.06.1984 |
| 4.67 | Eva Cahtrin Torvund | 69 | Strømmen | 20.06.1984 |
| 4.58 | Kari Fjeldberg | 68 | Kirkenær | 19.05.1984 |
| 4.46 s | Ann Cathrin Wilford | 71 | Kirkenær | 19.05.1984 |
| 4.37 s | Siri Fjeldberg | 71 | Kirkenær | 19.05.1984 |

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| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.68 | Guri Fjeldberg | 69 | Nadderud | 30.06.1984 |
| 6.83 | Siri Fjeldberg | 71 | Strømmen | 10.06.1984 |

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| **KVINNER SENIOR 1984** | **367** |

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

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| --- | --- | --- | --- | --- |
| 10.09 | Guri Fjeldberg | 69 | Jessheim | 29.09.1984 |
| 9.83 | Astrid Willersrud | 42 | Lørenfallet | 16.06.1984 |
| 6.98 | Marit Rogstad | 67 | Moss/Me | 02.06.1984 |

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

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| --- | --- | --- | --- | --- |
| 31.70 | Guri Fjeldberg | 69 | Moss/Me | 20.05.1984 |
| 20.72 | Irene Schultze | 67 | Rolvsrud | 10.06.1984 |
| 17.10 | Inger Birgitte Reppe | 68 | Jessheim | 03.09.1984 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 31.74 | Guri Fjeldberg | 69 | Oslo/St | 06.07.1984 |
| 30.00 | Eva Catrin Torvund | 69 | Strømmen | 27.06.1984 |
| 27.40 | Inger Birgitte Reppe | 68 | Strømmen | 27.06.1984 |
| 24.08 | Unn Hoel | 69 | Jessheim | 22.06.1984 |
| 22.18 | Randi Sydtangen | 67 | Jessheim | 22.06.1984 |
| 18.06 | Marit Rogstad | 67 | Moss/Me | 03.06.1984 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3943 | Guri Fjeldberg | 69 | Moss/Me | 02-03.06.1984 |
| ? | | | |
| 3929 | Inger Birgitte Reppe | 68 | Moss/Me | 02-03.06.1984 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3427 | Marit Rogstad | 67 | Moss/Me | 02-03.06.1984 |
| 17.0(84)-6.98(4)-1.44-29.0/4.66-18.06(600)-2:28.7 | | | |

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

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:20.0 |  |  | Rolvsrud | 11.09.1984 |
| Kari Kamstrup56-Nina Holm64-Kristin Bogstad64-Anne Nyland58 | | | |
| 4:21.8 |  |  | Rolvsrud | 18.08.1984 |
| Kari Fjeldberg68-Hege Reistad68-Eva Tronrud54-Inger Birgitte Reppe68 | | | |

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| --- | --- |
| **KVINNER SENIOR 1984** | **368** |

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

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

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

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

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| --- | --- |
| **INNENDØRS** |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.0 | Hege Rustad | 70 | Oslo/Ek | 04.02.1984 |
| 9.5 | Siri Fjeldberg | 71 | Oslo/Ek | 04.02.1984 |
| 9.6 | Ann Cathrin Wilford | 71 | Oslo/Ek | 04.02.1984 |

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

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

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

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.0 | Inger Birgitte Reppe | 68 | Oslo/Ek | 04.02.1984 |
| 9.8 | Marit Rogstad | 67 | Oslo/Ek | 04.02.1984 |
| 9.7 | Kristine Thorsen | 69 | Oslo/Ek | 04.03.1984 |
| 10.7 | Guri Fjeldberg | 69 | Oslo/Ek | 04.02.1984 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.23 | Inger Birgitte Reppe | 68 | Oslo/Ek | 04.02.1984 |
| 5.16 | Guri Fjeldberg | 69 | Oslo/Ek | 04.02.1984 |
| 5.11 | Tone Sæthermoen | 69 | Oslo/Ek | 04.02.1984 |
| 4.76 | Marit Rogstad | 67 | Oslo/Ek | 04.02.1984 |
| 4.72 | Kari Fjeldberg | 68 | Oslo/Ek | 04.02.1984 |
| 4.60 | Grethe Arnegård | 69 | Oslo/Ek | 04.02.1984 |

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| **KVINNER SENIOR 1984** | **369** |

|  |  |
| --- | --- |
| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.36 | Inger Birgitte Reppe | 68 | Sørum/Ve | 27.02.1984 |
| 1.31 | Guri Fjeldberg | 69 | Jessheim/Je | 13.03.1984 |
| 1.28 | Tone Sæthermoen | 69 | Jessheim/Je | 13.03.1984 |
| 1.20 | Marit Rogstad | 67 | Jessheim/Je | 13.03.1984 |
| 1.15 | Randi Sydtangen | 67 | Jessheim/Je | 13.03.1984 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.64 | Inger Birgitte Reppe | 68 | Jessheim/Je | 13.03.1984 |
| 2.49 | Tone Sæthermoen | 69 | Jessheim/Je | 13.03.1984 |
| 2.45 | Marit Rogstad | 67 | Jessheim/Je | 13.03.1984 |
| 2.41 | Guri Fjeldberg | 69 | Jessheim/Je | 13.03.1984 |
| 2.36 | Unn Hoel | 69 | Jessheim/Je | 13.03.1984 |
| 2.27 | Hege Rustad | 70 | Jessheim/Je | 13.03.1984 |
| 2.24 | Heidi Bogstad | 67 | Jessheim/Je | 13.03.1984 |
| 2.22 | Ann Cathrin Wilford | 71 | Jessheim/Je | 13.03.1984 |

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| **MENN SENIOR 1985** | **370** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.7 | Arne Bjørndal | 70 | Nannestad | 01.09.1985 |
| 7.7 | Ola Nerhagen | 71 | Jessheim | 23.09.1985 |
| 7.8 | Pål Korsmo | 71 | Jessheim | 23.09.1985 |
| 7.9 | Rolv-Eirik Nyheim | 47 | Årnes | 28.08.1985 |
| 7.9 | Hans Georg Haug | 67 | Jessheim | 30.09.1985 |
| 8.0 | Roger Rønning | 71 | Oslo/La | 16.05.1985 |
| 8.1 | Kjell Larsen | 37 | Årnes | 28.08.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.83 | Pål Korsmo | 71 | Nadderud | 23.06.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.6 | Bjørn Tore Ottersen | 66 | Oslo/La | 11.06.1985 |
| 12.1 | Lars Petter Syversrud | 69 | Oslo/La | 16.05.1985 |
| 12.3 | Rolv Eirik Nyheim | 47 | Lørenfallet | 22.06.1985 |
| 12.3 | Thorstein Gystad | 67 | Nadderud | 22.06.1985 |
| 12.4 | Arne Bjørndal | 67 | Oslo/La | 11.06.1985 |
| 12.5 | Knut Pedersen | 69 | Oslo/La | 16.05.1985 |
| 12.5 | Morten Knutsen | 70 | Nadderud | 22.06.1985 |
| 12.6 | Jarle Sæthermoen | 70 | Strømmen | 14.08.1985 |
| 12.6 | Frode Grøndahl | 69 | Jessheim | 22.09.1985 |
| 12.7 | Hans Georg Haug | 67 | Oslo/La | 16.05.1985 |
| 12.7 | Ole Johan Pedersen | 67 | Oslo/La | 16.05.1985 |
| 12.7 | Ola Nerhagen | 71 | Strømmen | 01.06.1985 |
| 12.7 | Pål Korsmo | 71 | Nadderud | 23.06.1985 |
| 15.6 | Karl Lødemel | 24 | Lørenfallet | 22.06.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.6 | Bjørn Tore Ottersen | 66 | Oslo/Bi | 21.08.1985 |
| 25.1 | Lars Petter Syversrud | 69 | Oslo/Bi | 21.08.1985 |
| 25.2 | Molvin Knutsen | 62 | Jessheim | 03.10.1985 |
| 25.6 | Hans Georg Haug | 67 | Jessheim | 03.10.1985 |
| 26.3 | Jarle Sæthermoen | 70 | Oslo/Bi | 21.08.1985 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.57 | Hans Jørgen Borgen | 70 | Helsingborg, SWE | 17.07.1985 |

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| **MENN SENIOR 1985** | **371** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.0 | Bjørn Tore Ottersen | 66 | Romedal | 26.05.1985 |
| 51.6 | Kjell Frostlid | 61 | Oslo/St | 22.05.1985 |
| 55.3 | Thorstein Gystad | 67 | Oslo/So | 10.06.1985 |
| 55.3 | Trygve Stanger | 62 | Jessheim | 03.10.1985 |
| 55.6 | Hans Georg Haug | 67 | Jessheim | 03.10.1985 |
| 57.9 | Lars Petter Syversrud | 69 | Lørenfallet | 18.06.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:57.9 | Kjell Frostlid | 61 | Porsgrunn/Kj | 18.05.1985 |
| 1:58.36 | Øistein Syversen | 52 | Oslo/Bi | 20.06.1985 |
| 1:58.4 | Vidar Birkelund | 56 | Oslo/St | 12.06.1985 |
| 1:58.7 | Trygve Stanger | 62 | Jessheim | 07.10.1985 |
| 1:59.7 | Bjørn Tore Ottersen | 66 | Oslo/St | 12.06.1985 |
| 2:01.4 | Hans Georg Haug | 67 | Oslo/St | 02.09.1985 |
| 2:03.2 | Ole Fredrik Mørck | 62 | Oslo/St | 02.09.1985 |
| 2:03.71 | Odd Harstad | 44 | Helsingborg, SWE | 04.08.1985 |
| 2:04.8 | Thorstein Gystad | 67 | Nadderud | 22.06.1985 |
| 2:07.2 | Frode Grøndahl | 69 | Oslo/La | 16.05.1985 |
| 2:14.8 | Pål Korsmo | 71 | Raufoss | 18.08.1985 |
| 2:18.1 | Ola Nerhagen | 71 | Jessheim | 23.09.1985 |
| 2:42.9 | Karl Lødemel | 24 | Lørenfallet | 22.06.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:02.2 | Lars Petter Syversrud | 69 | Nadderud | 31.05.1985 |
| 3:09.8 | Morten Knutsen | 70 | Nadderud | 31.05.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:53.5 | Vidar Birkelund | 56 | Oslo/St | 14.08.1985 |
| 3:58.9 | Øystein Syversen | 52 | Oslo/Bi | 30.07.1985 |
| 4:01.9 | Trygve Stanger | 62 | Oslo/St | 22.05.1985 |
| 4:03.86 | Odd Harstad | 44 | Oslo/Bi | 30.07.1985 |
| 4:09.25 | Hans Georg Haug | 67 | Oslo/Bi | 30.07.1985 |
| 4:10.8 | Bjørn Ingvar Jensen | 66 | Jessheim | 09.09.1985 |
| 4:21.4 | Knut Pedersen | 69 | Oslo/Bi | 21.08.1985 |
| 4:24.4 | Ole Johnny Pedersen | 67 | Oslo/Bi | 20.08.1985 |
| 4:24.4 | Ole Kristian Westby | 66 | Jessheim | 09.09.1985 |
| 4:24.6 | Odd Kinnsbekken | 48 | Jessheim | 09.09.1985 |
| 4:25.1 | Petter Stensby | 52 | Jessheim | 09.09.1985 |
| 4:26.5 | Claus Nerhagen | 59 | Jessheim | 09.09.1985 |
| 4:27.1 | Knut Larsen | 62 | Jessheim | 09.09.1985 |
| 4:29.3 | Bjørn Tore Ottersen | 66 | Jessheim | 09.09.1985 |
| 4:29.8 | Thorbjørn Næss | 68 | Jessheim | 18.06.1985 |

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| **MENN SENIOR 1985** | **372** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:31.7 | Knut Kristensen | 44 | Jessheim | 09.09.1985 |
| 4:31.9 | Ole Johan Garli | 56 | Jessheim | 09.09.1985 |
| 4:32.8 | Bjørn Rommen | 43 | Jessheim | 09.09.1985 |
| 4:35.9 | Kolbjørn Skjerve | 37 | Jessheim | 09.09.1985 |
| 4:36.1 | Frode Grøndahl | 69 | Strømmen | 14.08.1985 |
| 4:37.3 | Kåre-Christian Olsen | 64 | Jessheim | 09.09.1985 |
| 4:37.4 | Molvin Knutsen | 62 | Jessheim | 09.09.1985 |
| 4:38.1 | Knut Tørum | 45 | Jessheim | 09.09.1985 |
| 4:39.7 | Knut Kjelskau | 66 | Jessheim | 09.09.1985 |
| 4:39.8 | Ingar Indredavik | 45 | Jessheim | 09.09.1985 |
| 4:41.4 | Sven Nordby Andersen | 59 | Jessheim | 09.09.1985 |
| 4:43.5 | Erik Næss | 61 | Jessheim | 09.09.1985 |
| 4:43.8 | Tore Ragnar Olsen | 46 | Jessheim | 09.09.1985 |
| 4:49.0 | Rune Skinnerlien | 69 | Jessheim | 09.09.1985 |
| 4:47.0 | Stein Teksum | 53 | Jessheim | 09.09.1985 |
| 4:51.0 | Rune Tunhøvd | 59 | Jessheim | 09.09.1985 |
| 4:53.9 | Stian Torstveit | 66 | Jessheim | 09.09.1985 |
| 4:55.9 | Egil Ødemark | 41 | Jessheim | 09.09.1985 |
| 4:56.4 | Bjørn Egil Hytjan | 56 | Jessheim | 09.09.1985 |
| 4:56.4 | Henning Høgheim | 39 | Jessheim | 09.09.1985 |
| 4:56.7 | Kjell Aarflot | 44 | Jessheim | 09.09.1985 |
| 4:56.9 | Bjørn Ottersen | 35 | Jessheim | 09.09.1985 |
| 4:58.3 | John Vidar Halvorsen | 67 | Jessheim | 09.09.1985 |
| 4:59.8 | Johnny Røsåsen | 44 | Jessheim | 09.09.1985 |
| 4:59.9 | Eirik Tenold | 39 | Jessheim | 09.09.1985 |
| 5:01.5 | Ola Haugset | 43 | Jessheim | 09.09.1985 |
| 5:01.7 | Harald Rutle | 68 | Jessheim | 09.09.1985 |
| 5:02.0 | Asbjørn Hoel | 43 | Jessheim | 09.09.1985 |
| 5:03.2 | Torgeir Sørum | 45 | Jessheim | 09.09.1985 |
| 5:04.2 | Arne Marthinussen | 57 | Jessheim | 09.09.1985 |
| 5:04.7 | Torbjørn Johansen | 39 | Jessheim | 09.09.1985 |
| 5:05.3 | Lasse Andersen | 47 | Jessheim | 09.09.1985 |
| 5:06.8 | Hans Kristian Hansen | 41 | Jessheim | 09.09.1985 |
| 5:07.5 | Arne Hvattum | 36 | Jessheim | 09.09.1985 |
| 5:09.0 | Hans Kristiansen | 70 | Jessheim | 09.09.1985 |
| 5:10.3 | John Birkelund | 32 | Jessheim | 09.09.1985 |
| 5:11.7 | Ole Arnegård | 44 | Jessheim | 09.09.1985 |
| 5:14.0 | Jon Øyvind Bendiksen | 66 | Jessheim | 09.09.1985 |
| 5:14.9 | Helge Ullerud | 42 | Jessheim | 09.09.1985 |
| 5:15.2 | Rune Høgås | 66 | Jessheim | 09.09.1985 |
| 5:15.5 | Kjell Østhus | 42 | Jessheim | 09.09.1985 |
| 5:19.6 | Dag Indredavik | 70 | Jessheim | 09.09.1985 |
| 5:20.4 | Sigmund Syversen | 49 | Jessheim | 09.09.1985 |
| 5:24.8 | Ole Skolt | 53 | Jessheim | 09.09.1985 |

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| **MENN SENIOR 1985** | **373** |

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

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| --- | --- | --- | --- | --- |
| 5:25.7 | Bjørn Fløtaker | 46 | Jessheim | 09.09.1985 |
| 5:27.1 | Svein Rustad | 44 | Jessheim | 09.09.1985 |
| 5:27.4 | Torger Ringen | 45 | Jessheim | 09.09.1985 |
| 5:28.9 | Karl Lødemel | 24 | Jessheim | 09.09.1985 |
| 5:30.1 | Oddvar Hallingstad | 45 | Jessheim | 09.09.1985 |
| 5:31.2 | Øystein Jørgensen | 47 | Jessheim | 09.09.1985 |
| 5:32.6 | Rune Fjeldstad | 48 | Jessheim | 09.09.1985 |
| 5:32.7 | Kåre Støverud | 52 | Jessheim | 09.09.1985 |
| 5:35.1 | Ole Kristian Wiig | 45 | Jessheim | 09.09.1985 |
| 5:35.4 | Trygve Rommen | 31 | Jessheim | 09.09.1985 |
| 5:37.4 | Bjørn Kvaal | 56 | Jessheim | 09.09.1985 |
| 5:38.2 | Oddbjørn Wahl | 37 | Jessheim | 09.09.1985 |
| 5:39.3 | Inge Holm | 32 | Jessheim | 09.09.1985 |
| 5:39.7 | Kristoffer Stanger | 33 | Jessheim | 09.09.1985 |
| 5:43.0 | Olav Rutle | 45 | Jessheim | 09.09.1985 |
| 5:43.0 | Helge Sydtangen | 37 | Jessheim | 09.09.1985 |
| 5:43.5 | Steinar Ørum | 46 | Jessheim | 09.09.1985 |
| 5:46.6 | Jørgen Torstvedt | 40 | Jessheim | 09.09.1985 |
| 5:48.9 | Ståle Murud | 69 | Jessheim | 09.09.1985 |
| 5:49.5 | Bernt Reppe | 34 | Jessheim | 09.09.1985 |
| 5:52.7 | Øivind Mangerud | 48 | Jessheim | 09.09.1985 |
| 5:54.8 | Ole Semming Wiig | 69 | Jessheim | 09.09.1985 |
| 5:55.1 | Trygve Nagell | 38 | Jessheim | 09.09.1985 |
| 5:57.4 | Tore Jensen | 43 | Jessheim | 09.09.1985 |
| 5:57.4 | Svein Skolt | 25 | Jessheim | 09.09.1985 |
| 5:57.7 | Martin Hansen | 48 | Jessheim | 09.09.1985 |
| 5:58.5 | John Olav Knudsen | 57 | Jessheim | 09.09.1985 |
| 5:58.8 | Per Neskleiv | 36 | Jessheim | 09.09.1985 |
| 6:04.4 | Øivind Melby | 55 | Jessheim | 09.09.1985 |
| 6:14.4 | Arne Aas | 29 | Jessheim | 09.09.1985 |
| 6:14.9 | Håkon Amundstad | 24 | Jessheim | 09.09.1985 |
| 6:29.1 | Jan Molvin Knutsen | 31 | Jessheim | 09.09.1985 |
| 6:31.9 | Johannes Bjørnland | 17 | Jessheim | 09.09.1985 |
| 6:32.3 | Reidar Melby | 27 | Jessheim | 09.09.1985 |
| 6:40.0 | Dag Schøyen | 45 | Jessheim | 09.09.1985 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:17.71 | Vidar Birkelund | 56 | Trondheim/Le | 21.05.1985 |
| 8:35.5 | Øystein Syversen | 52 | Nadderud | 19.08.1985 |
| 8:46.0 | Leif Erling Aronsveen | 57 | Oslo/St | 05.06.1985 |
| 8:46.5 | Trygve Stanger | 62 | Oslo/St | 05.06.1985 |
| 8:51.1 | Ole Morten Weng | 56 | Oslo/St | 05.06.1985 |
| 8:56.1 | Hans Georg Haug | 67 | Nadderud | 19.08.1985 |
| 8:57.3 | Ole Kristian Westby | 66 | Oslo/St | 05.06.1985 |
| 10:03.1 | Thorbjørn Næss | 68 | Lørenfallet | 18.06.1985 |
| **MENN SENIOR 1985** | | **374** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14:20.20 | Vidar Birkelund | 56 | Nadderud | 02.08.1985 |
| 14:53.15 | Øystein Syversen | 52 | Oslo/Bi | 30.07.1985 |
| 15:11.2 | Ole Morten Weng | 56 | Oslo/St | 22.05.1985 |
| 15:48.0 | Petter Stensby | 52 | Oslo/St | 24.07.1985 |
| 16:05.0 | Ole Kristian Westby | 66 | Rolvsrud | 15.06.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 30:05.24 | Vidar Birkelund | 56 | Oslo/Bi | 20.05.1985 |
| 30:40.39 | Øystein Syversen | 52 | Oslo/Bi | 20.06.1985 |
| 32:14.47 | Ole Martin Weng | 56 | Oslo/Bi | 20.06.1985 |
| 33:31.6 | Trygve Stanger | 62 | Jessheim | 10.10.1985 |
| 35:00.0 | Knut Kjellskau | 66 | Lillestrøm | 20.05.1985 |

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| **100m hekk 91.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 15.09 | Morten Knutsen | 70 | Bergen/Fa | 25.08.1985 |

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

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| --- | --- | --- | --- | --- |
| 14.1 | Jo Henning Hals Nilssen | 68 | Jessheim | 07.10.1985 |

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| --- | --- |
| **110m hekk 100 cm E** |  |

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| --- | --- | --- | --- | --- |
| 16.07 | Jo Henning Hals Nilssen | 68 | Raufoss | 07.09.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 17.0 | Jo Henning Hals Nilssen | 68 | Oslo/La | 08.10.1985 |

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

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| --- | --- | --- | --- | --- |
| 64.8 | Molvin Knutsen | 62 | Jessheim | 07.10.1985 |

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

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| --- | --- | --- | --- | --- |
| 9:44.1 | Trygve Stanger | 62 | Årnes | 03.07.1985 |

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| --- | --- |
| **Halvmaraton 21098m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:14:24 | Petter Stensby | 52 | Oslo | 31.08.1985 |
| 1:15:08 | Bjørn Ingar Jensen | 66 | Oslo | 31.08.1985 |
| 1:15:32 | Sven Nordby Andersen | 59 | Jessheim | 06.10.1985 |
| 1:16:44 | Ole Johan Garli | 56 | Jessheim | 06.10.1985 |
| 1:20:24 | Knut Larsen | 62 | Jessheim | 06.10.1985 |
| 1:20:41 | Ole Fredrik Mørck | 62 | Jessheim | 06.10.1985 |
| **MENN SENIOR 1985** | | **375** | | |

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| **Halvmaraton 21098m forts.** |  |

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| --- | --- | --- | --- | --- |
| 1:20:59 | Kolbjørn Skjerve | 37 | Jessheim | 06.10.1985 |
| 1:21:02 | Bjørn Rommen | 43 | Jessheim | 06.10.1985 |
| 1:23:46 | Claus Nerhagen | 59 | Jessheim | 06.10.1985 |
| 1:26:15 | Henning Høgheim | 39 | Jessheim | 06.10.1985 |
| 1:28:52 | Torbjørn Johansen | 39 | Jessheim | 06.10.1985 |
| 1:29:25 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 06.10.1985 |
| 1:31.02 | Arne Marthinussen | 57 | Jessheim | 06.10.1985 |
| 1:34:25 | John Birkelund | 32 | Jessheim | 06.10.1985 |
| 1:37:22 | Arve Bogstad | 41 | Jessheim | 06.10.1985 |
| 1:38:11 | Stein Roar Ulseth | 52 | Jessheim | 06.10.1985 |
| 1:38:30 | Sigmund Syversen | 49 | Jessheim | 06.10.1985 |
| 1:41:25 | Asbjørn Jokstad | 56 | Jessheim | 06.10.1985 |
| 1:43:49 | Trond Boger | 45 | Jessheim | 06.10.1985 |
| 1:46:36 | Håkon Amundstad | 24 | Jessheim | 06.10.1985 |
| 1:47:22 | Steinar Ørum | 46 | Jessheim | 06.10.1985 |
| 1:48:02 | Sverre Murud | 38 | Jessheim | 06.10.1985 |
| 1:57:56 | Holger Windstad | 47 | Jessheim | 06.10.1985 |
| 1:57:56 | Oddbjørn Ødegård | 43 | Jessheim | 06.10.1985 |
| 1:57:56 | Per Neskleiv | 36 | Jessheim | 06.10.1985 |
| 1:58:44 | Arne Aas | 29 | Jessheim | 06.10.1985 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.91 | Frode Myrvang | 67 | Jessheim | 05.10.1985 |
| 1.80 | Morten Knutsen | 70 | Nadderud | 31.05.1985 |
| 1.75 | Jo Henning Hals Nilssen | 68 | Haga | 26.09.1985 |
| 1.70 | Lars Petter Syversrud | 69 | Jessheim | 22.09.1985 |
| 1.60 | Ivar Opsahl | 47 | Lørenfallet | 16.06.1985 |
| 1.58 | Roger Rønning | 71 | Oslo/So | 29.05.1985 |
| 1.55 | Jarle Sæthermoen | 70 | Kirkenær | 26.05.1985 |
| 1.55 | Ole Semming Wiig | 69 | Kirkenær | 26.05.1985 |
| 1.50 | Pål Korsmo | 71 | Kirkenær | 26.05.1985 |
| 1.50 | Frode Grøndahl | 69 | Haga | 26.09.1985 |
| 1.35 | Arve Bjørndal | 70 | Nannestad | 31.08.1985 |

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| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.30 | Jo Henning Hals Nilssen | 68 | Jessheim | 05.10.1985 |
| 2.80 | Morten Knutsen | 70 | Florø | 14.09.1985 |
| 2.60 | Lars Petter Syverstad | 69 | Nadderud | 30.05.1985 |
| 2.20 | Ole Semming Wiig | 69 | Jessheim | 17.09.1985 |
| 2.00 | Frode Myrvang | 67 | Jessheim | 23.09.1985 |

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| **MENN SENIOR 1985** | **376** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.45 | Jo Henning Hals Nilssen | 68 | Hønefoss | 15.09.1985 |
| 6.07 | Morten Knutsen | 70 | Ulsteinvik | 27.07.1985 |
| 5.86 | Frode Myrvang | 67 | Kirkenær | 26.06.1985 |
| 5.73 s | Ola Nerhagen | 71 | Kongsberg | 31.08.1985 |
| 5.67 | Lars Petter Syversrud | 69 | Nadderud | 31.05.1985 |
| 5.55 s | Roger Rønning | 71 | Oslo/La | 16.05.1985 |
| 5.36 s | Pål Korsmo | 71 | Jessheim | 23.09.1985 |
| 5.35 | Arne Bjørndal | 70 | Lørenfallet | 18.06.1985 |
| 5.08 | Jarle Sæthermoen | 70 | Kirkenær | 26.05.1985 |
| 5.00 | Ole Semming Wiig | 69 | Oslo/So | 03.06.1985 |
| 4.82 | John Arve Johansen | 36 | Lørenfallet | 22.06.1985 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.50 | Morten Knutsen | 70 | Jessheim | 30.09.1985 |
| 12.02 | Jo Henning Hals Nilssen | 68 | Strømmen | 14.08.1985 |
| 11.62 | Frode Myrvang | 67 | Strømmen | 14.08.1985 |
| 11.20 | Frode Grøndahl | 69 | Jessheim | 30.09.1985 |
| 10.78 | Jarle Sæthermoen | 70 | Strømmen | 14.08.1985 |
| 10.59 | Arne Bjørndahl | 70 | Strømmen | 14.08.1985 |
| 10.44 | Ole Semming Wiig | 69 | Strømmen | 14.08.1985 |

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| **Kule 3 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.58 | Roger Rønning | 71 | Oslo/So | 29.05.1985 |
| 11.86 | Ola Nerhagen | 71 | Jessheim | 23.09.1985 |
| 11.04 | Pål Korsmo | 71 | Jessheim | 23.09.1985 |

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| **Kule 4 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15.83 | Morten Knutsen | 70 | Raufoss | 17.08.1985 |
| 14.90 | Lars Petter Syversrud | 69 | Lørenfallet | 18.06.1985 |
| 11.42 | Arne Bjørndal | 70 | Nannestad | 01.09.1985 |

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| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.17 | Morten Knutsen | 70 | Oslo/Bi | 11.06.1985 |
| 11.80 | Jo Henning Hals Nilssen | 68 | Kirkenær | 26.05.1985 |
| 11.04 | Frode Myrvang | 67 | Jessheim | 23.09.1985 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.92 | Morten Gaarder | 60 | Lillestrøm | 12.08.1985 |
| 9.70 | Jo Henning Hals Nilssen | 68 | Årnes | 07.08.1985 |

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| **MENN SENIOR 1985** | **377** |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 52.60 | Morten Knutsen | 70 | Rolvsrud | 15.06.1985 |
| 46.18 | Lars Petter Syverstad | 69 | Oslo/So | 03.06.1985 |
| 37.72 | Frode Grøndahl | 69 | Haga | 26.09.1985 |
| 29.88 | Roger Rønning | 71 | Oslo/So | 28.05.1985 |
| 27.88 | Jarle Sæthermoen | 70 | Haga | 26.08.1985 |
| 19.88 | Ole Semming Wiig | 69 | Haga | 26.09.1985 |

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| **Diskos 1.5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 43.36 | Jo Henning Hals Nilssen | 68 | Hønefoss | 14.09.1985 |
| 38.16 | Morten Knutsen | 70 | Mora, SWE | 29.06.1985 |
| 30.54 | Bjørn Egil Ludvigsen | 67 | Haga | 26.09.1985 |
| 28.64 | Frode Myrvang | 67 | Haga | 26.09.1985 |

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| **Diskos 2 kg** |  |

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| 39.86 | Morten Gaarder | 60 | Løken | 08.05.1985 |
| 37.86 | Kai Hole | 42 | Lillestrøm | 12.08.1985 |
| 32.18 | Morten Knutsen | 70 | Lillestrøm | 12.08.1985 |

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

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| --- | --- | --- | --- | --- |
| 47.28 | Morten Knutsen | 70 | Jessheim | 22.09.1985 |
| 46.18 | Lars Petter Syverstad | 69 | Oslo/So | 03.06.1985 |
| 27.07 | Arne Bjørndal | 70 | Nannestad | 31.08.1985 |
| 25.52 | Ole Semming Wiig | 69 | Strømmen | 14.08.1985 |

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

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| --- | --- | --- | --- | --- |
| 60.98 | Bjørn Egil Ludvigsen | 67 | Raufoss | 07.09.1985 |
| 52.46 | Ivar Skedsmo | 55 | Lillestrøm | 20.05.1985 |
| 50.54 | Jo Henning Hals Nilssen | 68 | Lillestrøm | 20.05.1985 |
| 43.62 | Frode Myrvang | 67 | Strømmen | 14.08.1985 |

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| --- | --- |
| **8-kamp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4288 | Lars Petter Syverstad | 69 | Nadderud | 30-31-05.1985 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 3536 | Morten Knutsen | 70 | Florø | 14-15.09.1985 |
| 14.9-42.54-44.06-2.80/5.32-4.63-1.66-3:15.3 | | | |

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| **MENN SENIOR 1985** | **378** |

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| --- | --- | --- | --- | --- |
| **4-kamp** | |  | | |
| 3420 | Ola Nerhagen | 71 | Jessheim | 23.09.1985 |
| ? | | | |
| 3335 | Pål Korsmo | 71 | Jessheim | 23.09.1985 |
| ? | | | |
| 2131 | Paal Raastad | 73 | Jessheim | 23.09.1985 |
| ? | | | |
| 1718 | Magnus Løkeberg | 73 | Jessheim | 23.09.1985 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 48.45 | G16 |  | Nadderud | 22.06.1985 |
| Morten Knutsen70-Lars Petter Syverstad69-Jarle Sæthermoen70-Arne Bjørndal70 | | | |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 46.5 |  |  | Jessheim | 17.09.1985 |
| Rolv Erik Nyheim47-Bjørn Tore Ottersen66-Stein Teksum53-Jo H. H. Nilssen68 | | | |
| 48.7 |  |  | Strømmen | 25.09.1985 |
| ? | | | |
| 49.3 | G16 |  | Jessheim | 30.09.1985 |
| Morten Knutsen70-Lars Petter Syverstad69-Jarle Sæthermoen70-Arne Bjørndal70 | | | |

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

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| --- | --- | --- | --- | --- |
| 3:37.6 |  |  | Jessheim | 17.09.1985 |
| Rolv Eirik Nyheim47-Calus Nerhagen59-Morten Knutsen70-Bjørn Tore Ottersen66 | | | |
| 3:45.6 | MV 24-39 |  | Nadderud | 24.08.1985 |
| Rolv Eirik Nyheim47-Lasse Andersen47-Knut Kristiansen44-Knut Tørum45 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:26.6 |  |  | Jessheim | 17.09.1985 |
| Odd Harstad44-Tyrgve Stanger62-Vidar Birkelund56-Øystein Syversen52 | | | |

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| **MENN SENIOR 1985** | **379** |

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| **INNENDØRS** |  |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 23.8 | Bjørn Tore Ottersen | 66 | Oslo/Ek | 09.03.1985 |

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

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| --- | --- | --- | --- | --- |
| 2:04.5 | Claus Nerhagen | 59 | Oslo/Ek | 19.01.1985 |
| 2:04.7 | Runar Bålsrud | 62 | Oslo/Ek | 19.01.1985 |
| 2:06.6 | Hans Georg Haug | 67 | Oslo/Ek | 19.01.1985 |
| 2:07.0 | Ole Fredrik Mørck | 62 | Oslo/Ek | 19.01.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:17.7 | Hans Georg Haug | 67 | Oslo/Ek | 09.03.1985 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.46 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 12.03.1985 |
| 1.40 | Lars Petter Syversrud | 69 | Jessheim/Je | 12.03.1985 |
| 1.31 | Jarle Sæthermoen | 70 | Jessheim/Je | 12.03.1985 |
| 1.20 | Ole Semming Wiig | 69 | Jessheim/Je | 12.03.1985 |
| 1.15 | Frode Grøndahl | 69 | Jessheim/Je | 12.03.1985 |
| 1.05 | Jan-Olav Arnegård | 71 | Jessheim/Je | 12.03.1985 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.84 | Morten Knutsen | 70 | Jessheim/Je | 12.03.1985 |
| 2.84 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 12.03.1985 |
| 2.76 | Ørnulf Brekke | 67 | Jessheim/Je | 12.03.1985 |
| 2.70 | Ola Nerhagen | 71 | Jessheim/Je | 12.03.1985 |
| 2.68 | Frode Grøndahl | 69 | Jessheim/Je | 12.03,1985 |
| 2.61 | Arne Bjørndal | 70 | Jessheim/Je | 12.03.1985 |
| 2.55 | Roger Rønning | 71 | Jessheim/Je | 12.03.1985 |
| 2.38 | Jarle Sæthermoen | 70 | Jessheim/Je | 12.03.1985 |
| 2.26 | Jan-Olav Arnegård | 71 | Jessheim/Je | 12.03.1985 |
| 2.19 | Ole Semming Wiig | 69 | Jessheim/Je | 12.03.1985 |
| 2.17 | Lars Wilhelmsen | 71 | Jessheim/Je | 12.03.1985 |
| 1.93 | Tron Wiig | 72 | Jessheim/Je | 12.03.1985 |

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

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| --- | --- | --- | --- | --- |
| 15.80 | Morten Knutsen | 70 | Askim | 09.02.1985 |

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| **KVINNER SENIOR 1985** | **380** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.9 | Lene Kristin Nyland | 74 | Jessheim | 23.09.1985 |
| 9.1 | Ann-Cathrin Willersrud | 71 | Oslo/La | 16.05.1985 |
| 9.2 | Hege Bjørndal | 73 | Strømmen | 01.06.1985 |
| 9.2 | Siri Støverud | 73 | Jessheim | 23.09.1985 |
| 9.6 | Laila Skibakk | 40 | Årnes | 28.08.1985 |
| 9.6 | Siri Wølneberg | 73 | Jessheim | 23.09.1985 |
| 10.0 | Monica Harstad | 74 | Haga | 14.06.1985 |
| 10.2 | Astrid Willersrud | 42 | Årnes | 28.08.1985 |
| 10.2 | Ingrid Brekke | 74 | Haga | 23.08.1985 |
| 10.3 | Kristin Indredavik | 74 | Oslo/La | 16.05.1985 |
| 10.3 | Turid Gulliksen | 73 | Haga | 14.06.1985 |
| 10.3 | Tone Kari Fuglesang | 74 | Jessheim | 23.09.1985 |
| 10.3 | Benedicte Sand | 73 | Jessheim | 23.09.1985 |
| 10.4 | Nina Sand | 74 | Jessheim | 23.09.1985 |
| 10.4 | Kjersti Wølneberg | 73 | Jessheim | 23.09.1985 |
| 10.6 | Nina Snare | 74 | Haga | 14.06.1985 |
| 10.8 | Nina Kristin Ny | 74 | Jessheim | 23.09.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.2 | Inger Birgitte Reppe | 68 | Oslo/St | 06.07.1985 |
| 13.5 | Eva Cathrine Torvund | 69 | Nadderud | 22.06.1985 |
| 13.8 | Guri Fjeldberg | 69 | Nadderud | 22.06.1985 |
| 13.9 | Kari Fjeldberg | 68 | Oslo/La | 16.05.1985 |
| 13.9 | Hege Rustad | 70 | Oslo/La | 08.09.1985 |
| 14.2 | Laila Skibakk | 40 | Jessheim | 07.10.1985 |
| 15.3 | Randi Sydtangen | 67 | Årnes | 07.08.1985 |

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

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| --- | --- | --- | --- | --- |
| 27.18 | Inger Birgitte Reppe | 68 | Nadderud | 10.08.1985 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.5 | Guri Fjeldberg | 69 | Nadderud | 30.05.1985 |
| 28.5 | Kari Kamstrup | 56 | Nadderud | 30.05.1985 |
| 28.8 | Eva Cathrine Torvund | 69 | Nadderud | 30.05.1985 |
| 29.3 | Hege Rustad | 70 | Oslo/La | 08.09.1985 |
| 29.4 | Kari Fjeldberg | 68 | Larvik/Lo | 25.08.1985 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 63.13 | Guri Fjeldberg | 69 | Nadderud | 11.08.1985 |
| 65.65 | Unn Hoel | 69 | Nadderud | 11.08.1985 |
| 66.38 | Hege Rustad | 70 | Nadderud | 11.08.1985 |

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| **KVINNER SENIOR 1985** | **381** |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 62.6 | Anne Kjersti Kvamme | 66 | Nadderud | 19.08.1985 |
| 64.3 | Anne Nyland | 58 | Lillestrøm | 20.05.1985 |
| 64.8 | Kari Fjeldberg | 68 | Romedal | 02.06.1985 |
| 83.2 | Kari Mo Larsen | 38 | Årnes | 28.08.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:24.9 | Kristin Bogstad | 64 | Jessheim | 22.09.1985 |
| 2:25.07 | Kristin Sennels Hytjan | 60 | Oslo/Bi | 20.06.1985 |
| 2:27.3 | Kristin Jensen | 70 | Oslo/La | 16.05.1985 |
| 2:27.34 | Kari Fjeldberg | 68 | Raufoss | 17.08.1985 |
| 2:27.8 | Guri Fjeldberg | 69 | Nadderud | 31.05.1985 |
| 2:30.5 | Anne Nyland | 58 | Årnes | 07.08.1985 |
| 2:32.2 | Unn Hoel | 69 | Oslo/La | 16.05.1985 |
| 2:46.0 | Hege Rustad | 70 | Nadderud | 21.06.1985 |
| 2:51.7 | Laila Skibakk | 40 | Lørenfallet | 04.06.1985 |
| 2:56.5 | Lene Kristin Nyland | 74 | Jessheim | 23.09.1985 |
| 2:59.2 | Siw Vestengen | 72 | Jessheim | 23.09.1985 |
| 2:59.3 | Heidi Blakkisrud | 69 | Nadderud | 21.06.1985 |
| 3:08.8 | Siri Støverud | 73 | Jessheim | 23.09.1985 |
| 3:10.7 | Siri Wølneberg | 73 | Jessheim | 23.09.1985 |
| 3:10.8 | Kjersti Wølneberg | 73 | Lørenfallet | 22.08.1985 |
| 3:16.2 | Benedicte Sand | 73 | Jessheim | 23.09.1985 |
| 3:18.1 | Nina Sand | 74 | Jessheim | 23.09.1985 |
| 3:34.4 | Tone Kari Fuglesang | 74 | Jessheim | 23.09.1985 |
| 3:40.2 | Nina Kristin Nyheim | 74 | Jessheim | 23.09.1985 |
| 3:47.2 | Ingrid Brekke | 74 | Jessheim | 23.09.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:55.4 | Nina Holm | 63 | Oslo/La | 11.06.1985 |
| 4:58.5 | Anne Nyland | 58 | Jessheim | 09.09.1985 |
| 5:10.2 | Line Røen | 66 | Jessheim | 09.09.1985 |
| 5:13.3 | Kristin Jensen | 70 | Jessheim | 09.09.1985 |
| 5:19.4 | Eva Blakkisrud | 46 | Jessheim | 14.09.1985 |
| 5:23.8 | Kristin Bogstad | 64 | Jessheim | 09.09.1985 |
| 5:25.5 | Elisabeth Moum | 67 | Jessheim | 09.09.1985 |
| 5:25.8 | Ann Kristin Ullerud | 66 | Jessheim | 09.09.1985 |
| 5:35.1 | Torill Mundal | 58 | Jessheim | 09.09.1985 |
| 5:44.0 | Laila Skibakk | 40 | Årnes | 28.08.1985 |
| 5:50.8 | Randi Sydtangen | 67 | Jessheim | 09.09.1985 |
| 5:51.3 | Berit Bamrud | 55 | Jessheim | 09.09.1985 |
| 5:52.5 | Vibeke Aarflot | 69 | Jessheim | 09.09.1985 |
| 5:56.2 | Hege Høgaas | 70 | Jessheim | 09.09.1985 |

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| **KVINNER SENIOR 1985** | **382** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:56.2 | Hege Rustad | 70 | Jessheim | 09.09.1985 |
| 5:57.4 | Inger Johanne Haugen | 60 | Jessheim | 09.09.1985 |
| 6:02.6 | Line Moen | 70 | Jessheim | 09.09.1985 |
| 6:16.3 | Grethe Hansen | 64 | Jessheim | 09.09.1985 |
| 6:16.4 | Trine Bogstad Mangerud | 51 | Jessheim | 09.09.1985 |
| 6:18.3 | Inger Marie Olsen | 68 | Jessheim | 09.09.1985 |
| 6:18.5 | Lille Furuseth | 55 | Jessheim | 09.09.1985 |
| 6:21.6 | Åshild Olsen | 39 | Jessheim | 09.09.1985 |
| 6:22.2 | Cora Halsan Schøyen | 47 | Jessheim | 09.09.1985 |
| 6:22.7 | Tove Korslund | 67 | Jessheim | 09.09.1985 |
| 6:27.2 | Jorunn Sørum | 49 | Jessheim | 09.09.1985 |
| 6:27.6 | Merete Kvaal | 67 | Jessheim | 09.09.1985 |
| 6:28.6 | Tone Rustad | 67 | Jessheim | 09.09.1985 |
| 6:34.6 | Sissel Dønnum Ullerud | 43 | Jessheim | 09.09.1985 |
| 6:37.8 | Kari Bentdal | 55 | Jessheim | 09.09.1985 |
| 6:38.1 | Anne-May Boger | 43 | Jessheim | 09.09.1985 |
| 6:39.8 | Inger Lise Wiig | 49 | Jessheim | 09.09.1985 |
| 6:42.9 | Mari-Hilde Vilberg | 59 | Jessheim | 09.09.1985 |
| 6:53.1 | Anne Regine Hals | 37 | Jessheim | 09.09.1985 |
| 7:08.1 | Aud Venke Rustad | 49 | Jessheim | 09.09.1985 |
| 7:14.4 | Laila Engen | 65 | Jessheim | 09.09.1985 |
| 7:21.8 | Randi Storhaug | 54 | Jessheim | 09.09.1985 |
| 8:03.6 | Judith Bibbi Knutsen | 33 | Jessheim | 09.09.1985 |
| 8:06.8 | Gerd Bakkeløkken | 36 | Jessheim | 09.09.1985 |

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| **3000m** |  |

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| 11:12.4 | Line Røen | 66 | Rolvsrud | 15.06.1985 |
| 12.12.4 | Laila Skibakk | 40 | Lørenfallet | 13.08.1985 |

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

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| --- | --- | --- | --- | --- |
| 11.4 | Hege Bjørndal | 73 | Årnes | 05.06.1985 |

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

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| --- | --- | --- | --- | --- |
| 15.41 | Inger Birgitte Reppe | 68 | Nadderud | 22.06.1985 |
| 16.72 | Guri Fjeldberg | 69 | Mora, SWE | 29.06.1985 |

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

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| 15.2 | Inger Birgitte Reppe | 68 | Nadderud | 22.06.1985 |

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| **KVINNER SENIOR 1985** | **383** |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:26:10 | Eva Blakkisrud | 46 | Oslo | 31.08.1985 |
| 1:37:11 | Anne Torill Garli | 57 | Lillestrøm | 29.09.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:31:46 | Anne Marie Frydenlund | 49 | Jessheim | 24.11.1985 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.60 | Guri Fjeldberg | 69 | Nadderud | 30.05.1985 |
| 1.55 | Kari Fjeldberg | 68 | Kirkenær | 26.05.1985 |
| 1.40 | Kristin Bogstad | 64 | Rolvsrud | 15.06.1985 |
| 1.40 | Tone Sæthermoen | 69 | Lørenfallet | 18.06.1985 |
| 1.35 | Unn Hoel | 69 | Lørenfallet | 18.06.1985 |
| 1.35 | Grethe Arnegård | 69 | Lørenfallet | 18.06.1985 |
| 1.15 | Hege Bjørndal | 73 | Haga | 23.08.1985 |

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| **Lengde** |  |

|  |  |  |  |  |
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| 5.22 | Guri Fjeldberg | 69 | Nadderud | 11.08.1985 |
| 5.12 | Inger Birgitte Reppe | 68 | Fevik | 30.06.1985 |
| 4.84 | Tone Sæthermoen | 69 | Larvik/Lo | 25.06.1985 |
| 4.74 | Kari Kamstrup | 56 | Lørenfallet | 27.08.1985 |
| 4.65 | Grethe Arnegård | 69 | Oslo/La | 16.05.1985 |
| 4.63 | Eva Cathrine Torvund | 69 | Strømmen | 01.06.1985 |
| 4.49 | Kari Fjeldberg | 68 | Jessheim | 03.10.1985 |
| 4.31 s | Hege Bjørndal | 73 | Oslo/La | 16.05.1985 |
| 3.71 s | Siri Støverud | 73 | Oslo/La | 16.05.1985 |
| 3.61 s | Monica Harstad | 74 | Oslo/La | 16.05.1985 |
| 3.61 s | Lene Kristin Nyland | 74 | Jessheim | 23.09.1985 |
| 3.57 s | Kjersti Wølneberg | 73 | Jessheim | 23.09.1985 |
| 3.54 s | Siri Wølneberg | 73 | Jessheim | 23.09.1985 |
| 3.37 s | Kristin Indredavik | 74 | Oslo/La | 16.05.1985 |
| 3.29 s | Benedicte Sand | 73 | Jessheim | 23.09.1985 |
| 3.02 s | Nina Sand | 74 | Jessheim | 23.09.1985 |
| 2.93 s | Tone Kari Fuglesang | 74 | Jessheim | 23.09.1985 |
| 2.67 s | Ingrid Brekke | 74 | Jessheim | 23.09.1985 |

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| **KVINNER SENIOR 1985** | **384** |

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| **Kule 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.13 | Hege Bjørndal | 73 | Løken | 14.08.1985 |
| 6.82 | Lene Kristin Nyland | 74 | Jessheim | 23.09.1985 |
| 6.43 | Siri Støverud | 73 | Jessheim | 23.09.1985 |
| 5.41 | Ingrid Brekke | 74 | Jessheim | 23.09.1985 |
| 4.88 | Nina Sand | 74 | Jessheim | 23.09.1985 |
| 4.73 | Tone Kari Fugleberg | 74 | Jessheim | 23.09.1985 |
| 4.49 | Nina Kristin Nyheim | 74 | Jessheim | 23.09.1985 |

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| **Kule 3 kg** |  |

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| 11.40 | Guri Fjeldberg | 69 | Nadderud | 30.05.1985 |
| 9.85 | Eva Cathrine Torvund | 69 | Nadderud | 10.08.1985 |
| 9.15 | Tone Sæthermoen | 69 | Nadderud | 10.08.1985 |
| 8.14 | Unn Hoel | 69 | Oslo/La | 16.05.1985 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.00 | Astrid Willersrud | 42 | Årnes | 07.08.1985 |
| 9.38 | Guri Fjeldberg | 69 | Kirkenær | 25.05.1985 |
| 8.40 | Inger Birgitte Reppe | 68 | Lørenfallet | 18.06.1985 |

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| **Diskos 1 kg** |  |

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| 32.06 | Guri Fjeldberg | 69 | Jessheim | 13.07.1985 |
| 26.64 | Astrid Willersrud | 42 | Årnes | 28.08.1985 |
| 22.40 | Tone Sæthermoen | 69 | Kirkenær | 26.05.1985 |
| 19.32 | Inger Birgitte Reppe | 68 | Rolvsrud | 15.06.1985 |
| 15.08 | Ann-Cathrin Willersrud | 71 | Haga | 23.08.1985 |

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

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| --- | --- | --- | --- | --- |
| 31.00 | Guri Fjeldberg | 69 | Nadderud | 31.05.1985 |
| 29.50 | Eva Cathrine Torvund | 69 | Lillestrøm | 20.05.1985 |
| 25.96 | Unn Hoel | 69 | Nadderud | 11.08.1985 |
| 25.90 | Inger Birgitte Reppe | 68 | Oslo/St | 05.07.1985 |
| 20.26 | Tone Sæthermoen | 69 | Strømmen | 14.08.1985 |

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| **Liten ball 150 g** |  |

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| --- | --- | --- | --- | --- |
| 32.82 | Hege Bjørndal | 73 | Årnes | 05.06.1985 |
| 28.74 | Kjersti Wølneberg | 73 | Lørenfallet | 22.08.1985 |
| 27.00 | Siri Wølneberg | 73 | Lørenfallet | 22.08.1985 |
| 26.02 | Line Starheim | 73 | Kløfta | 23.09.1985 |
| 20.20 | Lene Kristin Nyland | 74 | Lørenfalleet | 22.08.1985 |
| 19.90 | Tone Kari Fugleberg | 74 | Lørenfallet | 22.08.1985 |

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| **KVINNER SENIOR 1985** | **385** |

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| **Liten ball 150 g forts.** |  |

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| --- | --- | --- | --- | --- |
| 17.70 | Lene Kristin Nyheim | 74 | Lørenfallet | 22.08.1985 |
| 17.14 | Siri Støverud | 73 | Lørenfallet | 22.08.1985 |

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| **4-kamp 60m-Lengde-Kule2-800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3358 | Lene Kristin Nyland | 74 | Jessheim | 23.09.1985 |
| ? | | | |
| 2490 | Nina Sand | 74 | Jessheim | 23.09.1985 |
| ? | | | |
| 2313 | Tone Kari Fuglesang | 74 | Jessheim | 23.09.1985 |
| ? | | | |
| 2071 | Ingrid Brekke | 74 | Jessheim | 23.09.1985 |
| ? | | | |
| 1979 | Nina Kristin Nyheim | 74 | Jessheim | 23.09.1985 |
| ? | | | |
| 2776 | Siri Støverud | 73 | Jessheim | 23.09.1985 |
| ? | | | |
| 2579 | Siri Wølneberg | 73 | Jessheim | 23.09.1985 |
| ? | | | |
| 2484 | Kjersti Wølneberg | 73 | Jessheim | 23.09.1985 |
| ? | | | |
| 2265 | Benedicte Sand | 73 | Jessheim | 23.09.1985 |
| ? | | | |
| 2216 | Siw Westengen | 72 | Jessheim | 23.09.1985 |
| ? | | | |

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| --- | --- |
| **7-kamp** |  |

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

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

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| --- | --- | --- | --- | --- |
| 35.3 | J11-12 |  | Strømmen | 25.09.1985 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 52.9 | J17 |  | Jessheim | 17.09.1985 |
| Kari Fjeldberg68-Eva Cathrine Torvund69-Inger Birgitte Reppe68-Hege Rustad70 | | | |
| 54.7 | J17-18 |  | Strømmen | 25.09.1985 |
| ? | | | |
| 55.7 | J15-16 |  | Strømmen | 25.09.1985 |
| ? | | | |
| 59.9 | J13-14 |  | Strømmen | 25.09.1985 |
| ? | | | |
| **KVINNER SENIOR 1985** | | **386** | | |

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

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

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

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:30.1 |  |  | Jessheim | 30.09.1985 |
| ? | | | |
| 2:34.7 |  |  | Lillestrøm | 20.08.1985 |
| ? | | | |
| 2:38.3 | J17-18 |  | Strømmen | 25.09.1985 |
| ? | | | |
| 2:39.9 | J15-16 |  | Strømmen | 25.09.1985 |
| ? | | | |

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| **INNENDØRS** |  |

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| --- | --- |
| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 64.74 | Kari Fjeldberg | 68 | Askim | 10.02.1985 |
| 68.76 | Hege Rustad | 70 | Askim | 10.02.1985 |
| 70.50 | Unn Hoel | 69 | Askim | 10.02.1985 |

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

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| --- | --- | --- | --- | --- |
| 2:25.9 | Inger Birgitte Reppe | 68 | Drammen | 10.02.1985 |
| 2:26.2 | Guri Fjeldberg | 69 | Drammen | 10.02.1985 |

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

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

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

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

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.60 | Guri Fjeldberg | 69 | Lillestrøm | 12.01.1985 |
| 1.47 | Inger Birgitte Reppe | 68 | Drammen | 09.02.1985 |

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| **KVINNER SENIOR 1985** | **387** |

|  |  |
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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.48 | Guri Fjeldberg | 69 | Drammen | 10.02.1985 |
| 5.34 | Inger Birgitte Reppe | 68 | Drammen | 10.02.1985 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.30 | Guri Fjeldberg | 69 | Skårer | 06.03.1985 |
| 1.30 | Inger Birgitte Reppe | 68 | Jessheim/Je | 12.03.1985 |
| 1.25 | Unn Hoel | 69 | Skårer | 02.03.1985 |
| 1.20 | Tone Sæthermoen | 69 | Jessheim/Je | 12.03.1985 |
| 1.15 | Randi Sydtangen | 67 | Jessheim/Je | 12.03.1985 |
| 1.05 | Hege Rustad | 70 | Jessheim/Je | 12.03.1985 |
| 0.95 | Siri Fjeldberg | 71 | Jessheim/Je | 12.03.1985 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.57 | Inger Birgitte Reppe | 68 | Jessheim/Je | 12.03.1985 |
| 2.44 | Guri Fjeldberg | 69 | Jessheim/Je | 12.03.1985 |
| 2.36 | Tone Sæthermoen | 69 | Jessheim/Je | 12.03.1985 |
| 2.34 | Hege Rustad | 70 | Jessheim/Je | 12.03.1985 |
| 2.32 | Unn Hoel | 69 | Skårer | 06.03.1985 |
| 2.28 | Siri Fjeldberg | 71 | Jessheim/Je | 12.03.1985 |
| 2.27 | Grethe Arnegård | 69 | Jessheim/Je | 12.03.1985 |
| 2.26 | Hege Bjørndal | 73 | Jessheim/Je | 12.03.1985 |
| 2.25 | Eva Cathrine Torvund | 69 | Jessheim/Je | 12.03.1985 |
| 2.24 | Ann-Cathrin Willersrud | 71 | Jessheim/Je | 12.03.1985 |
| 2.24 | Anne Støverud | 69 | Jessheim/Je | 12.03.1985 |
| 2.04 | Randi Sydtangen | 67 | Jessheim/Je | 12.03.1985 |

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| --- | --- | --- | --- | --- |
| **Kule 3 kg** | |  | | |
| 11.33 | Guri Fjeldberg | 69 | Drammen | 09.02.1985 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Kule 4 kg** | |  | | |
| 10.11 | Guri Fjeldberg | 69 | Drammen | 07.12.1985 |
| 8.00 | Inger Birgitte Reppe | 68 | Drammen | 09.02.1985 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3170 | Inger Birgitte Reppe | 68 | Drammen | 09-10.02.1985 |
| 15.2(84)-8.00(4)1.47/5.34-2:25.9 | | | |
| 3505 | Guri Fjeldberg | 69 | Drammen | 09-10.02.1985 |
| 17.1(76.2)11.33(3)-1.59/5.48-2:26.2 | | | |

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| **MENN SENIOR 1986** | **388** |

|  |  |
| --- | --- |
| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 7.3 | Halvor Dahlen | 75 | Løken | 31.05.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.6 | Lars Petter Syversrud | 69 | Jessheim | 29.09.1986 |
| 7.8 | Ola Nerhagen | 71 | Jessheim | 22.09.1986 |
| 8.8 | Jan Olav Skibakk | 71 | Jessheim | 22.09.1986 |
| 9.2 | Jon Andersen | 73 | Årnes | 03.09.1986 |
| 9.5 | Pål Råstad | 73 | Årnes | 03.09.1986 |
| 10.8 | Halvor Dahlen | 75 | Strømmen | 11.06.1986 |
| **Ukjent vind** | |  | | |
| 7.1 | Ivar Opsahl | 47 | Årnes | 27.08.1986 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.98 | Jo Henning Hals Nilssen | 68 | Hyryla, FIN | 25.07.1986 |
| 12.68 | Morten Knutsen | 70 | Hyryla, FIN | 25.07.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.5 | Bjørn Tore Ottersen | 66 | Jessheim | 29.05.1986 |
| 11.6 | Jo Henning Hals Nilssen | 68 | Jessheim | 30.06.1986 |
| 11.8 | Lars Petter Syversrud | 69 | Jessheim | 31.05.1986 |
| 12.1 | Ola Nerhagen | 71 | Oslo/Bi | 27.09.1986 |
| 12.2 | Rolv-Eirik Nyheim | 47 | Lørenfallet | 19.06.1986 |
| 12.2 | Morten Knutsen | 70 | Oslo/Bi | 27.09.1986 |
| 12.5 | Pål Korsmo | 71 | Jessheim | 29.05.1986 |
| 13.8 | Hans Kristiansen | 69 | Jessheim | 15.09.1986 |
| 15.0 | Jon Andersen | 73 | Jessheim | 28.06.1986 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.3 | Bjørn Tore Ottersen | 66 | Oslo/La | 01.07.1986 |
| 24.5 | Lars Petter Syversrud | 69 | Jessheim | 29.09.1986 |
| 25.0 | Thorstein Gystad | 67 | Oslo/La | 10.06.1986 |
| 25.1 | Morten Knutsen | 70 | Jessheim | 29.09.1986 |
| 25.4 | Kåre-Christian Olsen | 64 | Jessheim | 25.09.1986 |
| 25.4 | Hans Georg Haug | 67 | Jessheim | 29.09.1986 |
| 29.5 | Jan Olav Skibakk | 71 | Jessheim | 25.09.1986 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 51.10 | Bjørn Tore Ottersen | 66 | Haugesund | 26.07.1986 |
| 52.17 | Jo Henning Hals Nilssen | 68 | Hyryla, FIN | 25.07.1986 |
| 53.86 | Claus Nerhagen | 59 | Oslo/Bi | 12.06.1986 |
| 54.28 | Jo Henning Hals Nilssen | 68 | Helsingfors, FIN | 28.06.1986 |
| **MENN SENIOR 1986** | | **389** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.5 | Bjørn Tore Ottersen | 66 | Oslo/St | 04.06.1986 |
| 53.1 | Thorstein Gystad | 67 | Jessheim | 01.08.1986 |
| 53.3 | Kjell Frostlid | 61 | Jessheim | 24.07.1986 |
| 54.5 | Hans Georg Haug | 67 | Jessheim | 24.07.1986 |
| 54.7 | Molvin Knutsen | 62 | Jessheim | 29.05.1986 |
| 54.7 | Trygve Stanger | 62 | Jessheim | 11.08.1986 |
| 55.2 | Kåre Christian Olsen | 64 | Jessheim | 11.08.1986 |
| 55.5 | Rolv-Eirik Nyheim | 47 | Jessheim | 28.05.1986 |
| 55.3 | Frode Grøndahl | 69 | Lørenfallet | 05.06.1986 |
| 57.1 | Pål Korsmo | 71 | Jessheim | 29.05.1986 |
| 57.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 11.08.1986 |
| 58.1 | Lars Petter Syversrud | 69 | Jessheim | 31.05.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:55.38 | Trygve Stanger | 62 | Oslo/Bi | 14.08.1986 |
| 1:57.2 | Bjørn Tore Ottersen | 66 | Jessheim | 01.08.1986 |
| 1:58.4 | Claus Nerhagen | 59 | Nadderud | 25.08.1986 |
| 1:59.6 | Thorstein Gystad | 67 | Oslo/Bi | 14.08.1986 |
| 1:59.7 | Vidar Birkelund | 56 | Jessheim | 01.08.1986 |
| 1:59.8 | Hans Georg Haug | 67 | Jessheim | 01.08.1986 |
| 2:01.54 | Ole Fredrik Mørck | 62 | Oslo/La | 01.07.1986 |
| 2:06.1 | Ronny Opaker | 66 | Jessheim | 28.08.1986 |
| 2:11.8 | Thorbjørn Næss | 68 | Lørenfallet | 03.06.1986 |
| 2:12.8 | Rolv-Eirik Nyheim | 47 | Lørenfallet | 19.06.1986 |
| 2:18.6 | Ola Nerhagen | 71 | Jessheim | 25.09.1986 |
| 2:30.3 | Jon Andersen | 73 | Jessheim | 29.06.1986 |
| 2:41.2 | Karl Lødemel | 24 | Lørenfallet | 19.06.1986 |
| 2:41.5 | Thomas Lundring | 76 | Jessheim | 28.06.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:41.3 | Hans Georg Haug | 67 | Jessheim | 27.09.1986 |
| 3:05.9 | Morten Knutsen | 70 | Florø | 14.09.1986 |
| 3:20.2 | Jon Andersen | 73 | Fetsund/Fe | 09.06.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:53.2 | Trygve Stanger | 62 | Jessheim | 21.06.1986 |
| 3:53.82 | Vidar Birkelund | 56 | Oslo/Bi | 29.07.1986 |
| 4:07.6 | Øystein Syversen | 52 | Jessheim | 29.05.1986 |
| 4:07.8 | Bjærn Dæhlie | 67 | Jessheim | 02.08.1986 |
| 4:08.2 | Bjørn Ingvar Jensen | 66 | Jessheim | 01.08.1986 |
| 4:11.0 | Claus Nerhagen | 59 | Jessheim | 29.05.1986 |
| 4:13.7 | Hans Georg Haug | 67 | Jessheim | 29.05.1986 |

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| **MENN SENIOR 1986** | **390** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:19.3 | Ole Fredrik Mørck | 62 | Jessheim | 13.06.1986 |
| 4:20.7 | Ole Skolt | 53 | Jessheim | 13.06.1986 |
| 4:20.8 | Geir Håkon Bjørnstad | 56 | Jessheim | 21.06.1986 |
| 4:21.0 | Bjørn Tore Ottersen | 66 | Jessheim | 13.06.1986 |
| 4:21.3 | Knut Harald Pedersen | 69 | Jessheim | 13.06.1986 |
| 4:21.8 | Thorbjørn Næss | 68 | Jessheim | 13.06.1986 |
| 4:21.8 | Odd Harstad | 44 | Jessheim | 13.06.1986 |
| 4:22.1 | Odd Kinnsbekken | 48 | Jessheim | 13.06.1986 |
| 4:23.6 | Ole Johan Garli | 56 | Jessheim | 13.06.1986 |
| 4:23.7 | Ronny Opaker | 66 | Jessheim | 13.06.1986 |
| 4:31.6 | Thorstein Gystad | 67 | Jessheim | 13.06.1986 |
| 4:32.4 | Stein Teksum | 53 | Jessheim | 13.06.1986 |
| 4:32.6 | Molvin Knutsen | 62 | Jessheim | 13.06.1986 |
| 4:32.9 | Rune Tunhøvd | 59 | Jessheim | 13.06.1986 |
| 4:34.1 | Kolbjørn Skjerve | 37 | Jessheim | 13.06.1986 |
| 4:34.1 | Hans Kristiansen | 70 | Jessheim | 13.06.1986 |
| 4:35.8 | Ole Johan Pedersen | 67 | Jessheim | 13.06.1986 |
| 4:35.9 | Arne Luke | 44 | Jessheim | 13.06.1986 |
| 4:38.3 | Bjørn Rommen | 43 | Jessheim | 13.06.1986 |
| 4:38.5 | Kåre-Christian Olsen | 64 | Jessheim | 13.06.1984 |
| 4:40.1 | Knut Kristiansen | 44 | Jessheim | 13.06.1986 |
| 4:40.1 | Arnfinn Pedersen | 57 | Jessheim | 13.06.1986 |
| 4:41.8 | Knut Kjellskau | 66 | Jessheim | 13.06.1986 |
| 4:42.4 | Tore Ragnar Olsen | 46 | Jessheim | 13.06.1986 |
| 4:44.3 | Rune Skinnerlien | 69 | Jessheim | 13.06.1986 |
| 4:45.3 | John-Vidar Halvorsen | 67 | Jessheim | 13.06.1986 |
| 4:48.3 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 13.06.1986 |
| 4:48.6 | Ingar Indredavik | 45 | Jessheim | 13.06.1986 |
| 4:48.8 | Magnar Hagerupsen | 53 | Jessheim | 13.06.1986 |
| 4:49.0 | Ole Kristian Westby | 66 | Jessheim | 13.06.1986 |
| 4:49.3 | Johnny Røsåsen | 44 | Jessheim | 13.06.1986 |
| 4:49.5 | Kjell Carlsson | 44 | Jessheim | 13.06.1986 |
| 4:52.0 | John Mikalsen | 60 | Jessheim | 13.06.1986 |
| 4:53.57 | Jo Henning Hals Nilssen | 68 | Hyryla, FIN | 26.07.1986 |
| 4:52.7 | Henning Høgheim | 39 | Jessheim | 13.06.1986 |
| 4:54.2 | Peter Ekker | 51 | Jessheim | 13.06.1986 |
| 4:55.2 | Ola Arnegård | 44 | Jessheim | 13.06.1986 |
| 4:55.7 | Simon Skibakk | 37 | Jessheim | 13.06.1986 |
| 4:56.6 | Ola Haugset | 43 | Jessheim | 13.06.1986 |
| 4:57.5 | Asbjørn Jokstad | 56 | Jessheim | 13.06.1986 |
| 4:58.5 | Kjell Aarflot | 44 | Jessheim | 13.06.1986 |
| 5:00.1 | Torgeir Sørum | 45 | Jessheim | 13.06.1986 |
| 5:01.5 | Egil Ødemark | 41 | Jessheim | 13.06.1986 |
| 5:02.3 | Martin Carlson | 68 | Jessheim | 13.06.1986 |
| 5:02.5 | Eirik Tenold | 39 | Jessheim | 13.06.1986 |

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| **MENN SENIOR 1986** | **391** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:02.6 | Nils Sæthermoen | 40 | Jessheim | 13.06.1986 |
| 5:03.2 | Torbjørn Johansen | 39 | Jessheim | 13.06.1986 |
| 5:03.7 | Helge Sydtangen | 37 | Jessheim | 13.06.1986 |
| 5:03.9 | Audun Kjos | 71 | Jessheim | 13.06.1986 |
| 5:04.5 | Lars Petter Syverstad | 69 | Jessheim | 13.06.1986 |
| 5:05.5 | Helge Ullerud | 42 | Jessheim | 13.06.1986 |
| 5:08.6 | Kjell Østhus | 42 | Jessheim | 13.06.1986 |
| 5:09.2 | Asbjørn Hoel | 43 | Jessheim | 13.06.1986 |
| 5:09.5 | Jens Mathiesen | 47 | Jessheim | 13.06.1986 |
| 5:10.2 | Arve Bogstad | 41 | Jessheim | 13.06.1986 |
| 5:10.8 | Knut Tørum | 45 | Jessheim | 13.06.1986 |
| 5:10.8 | Atle Sander | 71 | Jessheim | 13.06.1986 |
| 5:11.5 | Jens Jørgensen | 45 | Jessheim | 13.06.1986 |
| 5:12.2 | Arne Hvattum | 36 | Jessheim | 13.06.1986 |
| 5:13.8 | Bjørn Ottersen | 35 | Jessheim | 13.06.1986 |
| 5:13.9 | John Birkelund | 32 | Jessheim | 13.06.1986 |
| 5:14.1 | Ola Nerhagen | 71 | Jessheim | 13.06.1986 |
| 5:14.9 | Øystein Jørgensen | 47 | Jessheim | 13.06.1986 |
| 5:17.3 | Lasse Andersen | 47 | Jessheim | 13.06.1986 |
| 5:19.8 | Alexander Jørgensen | 71 | Jessheim | 13.06.1986 |
| 5:21.4 | Jan Olav Arnegård | 71 | Jessheim | 13.06.1986 |
| 5:21.4 | Kristen Langbakk | 39 | Jessheim | 13.06.1986 |
| 5:22.4 | Kåre Støverud | 57 | Jessheim | 13.06.1986 |
| 5:24.1 | Vidar Jørgensen | 66 | Jessheim | 13.06.1986 |
| 5:25.2 | Fritz Mangelrød | 35 | Jessheim | 13.06.1986 |
| 5:24.4 | Inge Holm | 32 | Jessheim | 13.06.1986 |
| 5:25.9 | Sverre Murud | 38 | Jessheim | 13.06.1986 |
| 5:29.0 | Ole Kristian Wiig | 45 | Jessheim | 13.06.1986 |
| 5:29.0 | Sigurd Bendiksen | 39 | Jessheim | 13.06.1986 |
| 5:29.2 | Bjørn Fløtaker | 46 | Jessheim | 13.06.1986 |
| 5:30.1 | Holger Windstad | 47 | Jessheim | 13.06.1986 |
| 5:30.1 | Amund Gulbrandsen | 47 | Jessheim | 13.06.1986 |
| 5:30.1 | Karl Lødemel | 24 | Jessheim | 13.06.1986 |
| 5:31.5 | Jan-Åge Mangelrød | 65 | Jessheim | 13.06.1986 |
| 5:33.3 | Torger Ringen | 45 | Jessheim | 13.06.1986 |
| 5:33.9 | Petter Mikalsen | 61 | Jessheim | 13.06.1986 |
| 5:35.09 | Jan Olav Skibakk | 71 | Larvik/Lo | 31.08.1985 |
| 5:36.0 | Bjørn Hvaal | 58 | Jessheim | 13.06.1986 |
| 5:39.8 | Trygve Nagell | 38 | Jessheim | 13.06.1986 |
| 5:41.0 | Karl Lødemel | 24 | Årnes | 27.08.1986 |
| 5:41.1 | Jan Grønlien | 49 | Jessheim | 13.06.1986 |
| 5:41.6 | Jon Øivind Bendiksen | 66 | Jessheim | 13.06.1986 |
| 5:48.7 | Kjetil Grønlien | 71 | Jessheim | 13.06.1986 |
| 5:48.9 | Olav Rutle | 45 | Jessheim | 13.06.1986 |
| 5:53.8 | Kristoffer Stanger | 33 | Jessheim | 13.06.1986 |
| 5:54.0 | Halvor Bogstad | 46 | Jessheim | 13.06.1986 |
| **MENN SENIOR 1986** | | **392** | | |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:55.0 | Steinar Ørum | 46 | Jessheim | 13.06.1986 |
| 5:57.4 | Bjørn Magnus Melbye | 48 | Jessheim | 13.06.1986 |
| 5:59.4 | Per Pedersen | 32 | Jessheim | 13.06.1986 |
| 6:03.0 | Magne Engen | 33 | Jessheim | 13.06.1986 |
| 6:04.9 | Finn Johannessen | 39 | Jessheim | 13.06.1986 |
| 6:05.6 | Øivind Mangerud | 48 | Jessheim | 13.06.1986 |
| 6:08.5 | Per Neskleiv | 36 | Jessheim | 13.06.1986 |
| 6:20.3 | Arne Aas | 29 | Jessheim | 13.06.1986 |
| 6:12.5 | Håkon Amundstad | 24 | Jessheim | 13.06.1986 |
| 6:22.8 | Svein Hildonen | 46 | Jessheim | 13.06.1986 |
| 6.24.3 | Dag Schøyen | 45 | Jessheim | 13.06.1986 |
| 6:34.3 | Johannes Bjørnland | 17 | Jessheim | 13.06.1986 |
| 6:36.9 | Reidar Melby | 27 | Jessheim | 13.06.1986 |
| 7:10.7 | Jan Molvin Knutsen | 31 | Jessheim | 13.06.1986 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 8:20.1 | Vidar Birkelund | 56 | Oslo/St | 16.07.1986 |
| 8:39.7 | Trygve Stanger | 62 | Jessheim | 28.08.1986 |
| 8:57.6 | Bjørn Ingvar Jensen | 66 | Jessheim | 15.08.1986 |
| 9:05.6 | Øystein Syversen | 52 | Romedal | 23.05.1986 |
| 9:23.9 | Knut Harald Pedersen | 69 | Jessheim | 15.08.1986 |
| 9:25.6 | Thorbjørn Næss | 68 | Jessheim | 15.08.1986 |
| 9:27.1 | Hans Georg Haug | 67 | Jessheim | 15.08.1986 |
| 9:34.4 | Bjørn Tore Ottersen | 66 | Jessheim | 15.08.1986 |
| 9:36.4 | Ronny Opaker | 66 | Jessheim | 15.08.1986 |
| 9:39.7 | Thorstein Gystad | 67 | Jessheim | 15.08.1986 |
| 9:41.2 | Knut Kjellskau | 66 | Jessheim | 15.08.1986 |
| 9:52.9 | Arnfinn Pedersen | 57 | Jessheim | 15.08.1986 |
| 9:54.8 | John Vidar Halvorsen | 67 | Jessheim | 15.08.1986 |
| 9:58.8 | Ole Kristian Westby | 66 | Jessheim | 15.08.1986 |
| 9:59.0 | Fredrik Bakken | 66 | Jessheim | 15.08.1986 |
| 10:11.8 | Harald Rutle | 68 | Jessheim | 15.08.1986 |
| 10:12.0 | Rune Skinnerlien | 69 | Jessheim | 15.08.1986 |
| 10:12.4 | Hans Kristiansen | 70 | Lørenfallet | 05.06.1986 |
| 10:19.1 | Runar Kristiansen | 67 | Jessheim | 15.08.1986 |
| 10:48.2 | Hans Kristiansen | 70 | Jessheim | 15.08.1986 |
| 10:58.2 | Bjørn Ottersen | 35 | Jessheim | 15.08.1986 |
| 11:15.2 | Martin Carlson | 68 | Jessheim | 15.08.1986 |
| 11:26.7 | Atle Sander | 71 | Jessheim | 15.08.1986 |
| 11:30.8 | Ståle Murud | 69 | Jessheim | 15.08.1986 |
| 11:45.5 | Audun Kjos | 71 | Jessheim | 15.08.1986 |
| 11:54.7 | Karl Lødemel | 24 | Jessheim | 15.08.1986 |
| 11:54.9 | Inge Holm | 32 | Jessheim | 15.08.1986 |
| 12:04.7 | Bernt Reppe | 34 | Jessheim | 15.08.1986 |
| 12:07.6 | Kristoffer Stanger | 33 | Jessheim | 15.08.1986 |
| **MENN SENIOR 1986** | | **393** | | |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 12:13.4 | Ola Nerhagen | 71 | Jessheim | 15.08.1986 |
| 12:21.9 | Kjetil Grønlien | 71 | Jessheim | 15.08.1986 |
| 12:30.6 | Trygve Rommen | 31 | Jessheim | 15.08.1986 |
| 12:32.5 | Jan Olav Skibakk | 71 | Jessheim | 15.08.1986 |
| 12:40.5 | Alexander Jørgensen | 71 | Jessheim | 15.08.1986 |
| 12:42.2 | Per Neskleiv | 36 | Jessheim | 15.08.1986 |
| 12:49.4 | Jan-Olav Arngård | 71 | Jessheim | 15.08.1986 |
| 12:57.9 | Svein Skolt | 25 | Jessheim | 15.08.1986 |
| 12:58.7 | Per Pedersen | 32 | Jessheim | 15.08.1986 |
| 13:12.5 | Håkon Amundstad | 24 | Jessheim | 15.08.1986 |
| 14:09.0 | Arne Aas | 29 | Jessheim | 15.08.1986 |
| 14:18.3 | Reidar Melby | 27 | Jessheim | 15.08.1986 |

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| **5000m** |  |

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| --- | --- | --- | --- | --- |
| 14:31.25 | Vidar Birkelund | 56 | Sandnes | 08.08.1986 |
| 15:09.67 | Øystein Syversen | 52 | Oslo/Bi | 12.06.1986 |
| 15:14.2 | Stein Roar Ulseth | 52 | Jessheim | 01.08.1986 |
| 15:36.9 | Ole Johan Garli | 56 | Jessheim | 29.05.1986 |
| 15:58.2 | Odd Kinnsbekken | 48 | Jessheim | 01.08.1986 |
| 19:05.6 | Hans Kristiansen | 70 | Jessheim | 11.08.1986 |

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| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 29:57.28 | Vidar Birkelund | 56 | Sandnes | 10.08.1986 |
| 30:48.97 | Øystein Syversen | 52 | Oslo/Bi | 18.06.1986 |
| 31:22.99 | Stein Roar Ulseth | 52 | Oslo/Bi | 19.06.1986 |
| 32:58.8 | Ole Johan Garli | 56 | Jessheim | 06.09.1986 |

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| **100m hekk 91.4 cm E** |  |

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| --- | --- | --- | --- | --- |
| 15.51 | Morten Knutsen | 70 | Hyryla, FIN | 26.07.1986 |

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

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| --- | --- | --- | --- | --- |
| 13.7 | Jo Henning Hals Nilssen | 68 | Jessheim | 29.09.1986 |
| 15.2 | Morten Knutsen | 70 | Jessheim | 31.05.1986 |

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| **110m hekk 100 cm E** |  |

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| --- | --- | --- | --- | --- |
| 15.19 | Jo Henning Hals Nilssen | 68 | Raufoss | 06.09.1986 |

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| **110m hekk 100 cm M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.9 | Jo Henning Hals Nilssen | 68 | Florø | 14.09.1986 |
| 17.7 | Lars Petter Syversrud | 69 | Jessheim | 01.06.1986 |
| **MENN SENIOR 1986** | | **394** | | |

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| **110m hekk 106.7 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15.75 | Jo Henning Hals Nilssen | 68 | Oslo/Bi | 20.09.1986 |

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

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| --- | --- | --- | --- | --- |
| 61.8 | Molvin Knutsen | 62 | Jessheim | 06.09.1986 |
| 63.5 | Ole Skolt | 53 | Jessheim | 06.09.1986 |

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

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| --- | --- | --- | --- | --- |
| 9:25.4 | Stein Roar Ulseth | 52 | Oslo/St | 16.07.1986 |
| 9:28.6 | Trygve Stanger | 62 | Jessheim | 15.08.1986 |
| 10:11.8 | Ole Johan Garli | 56 | Jessheim | 20.08.1986 |
| 10:12.3 | Ole Fredrik Mørck | 62 | Jessheim | 18.08.1986 |
| 10:12.5 | Ole Skolt | 53 | Årnes | 09.07.1986 |
| 10:28.0 | Odd Kinnsbekken | 48 | Jessheim | 20.08.1986 |
| 10:38.0 | Knut Kristensen | 44 | Jessheim | 28.08.1986 |
| 10:40.8 | Geir Håkon Bjørnstad | 56 | Jessheim | 20.08.1986 |
| 10:52.3 | Arnfinn Pedersen | 57 | Jessheim | 20.08.1986 |
| 10:52.5 | Bjørn Rommen | 43 | Jessheim | 20.08.1986 |
| 11:05.2 | Kåre-Christian Olsen | 64 | Jessheim | 18.08.1986 |
| 11:10.1 | Arne Luke | 44 | Jessheim | 15.08.1986 |
| 11:10.7 | Knut Larsen | 62 | Jessheim | 15.08.1986 |
| 11:16.6 | Tore Ragnar Olsen | 46 | Jessheim | 15.08.1986 |
| 11:26.9 | Peter Ekker | 51 | Jessheim | 15.08.1986 |
| 11:41.3 | Arne Marthinussen | 50 | Jessheim | 15.08.1986 |
| 11.43.0 | Stein Teksum | 53 | Jessheim | 15.08.1986 |
| 11:42.7 | Asbjørn Jokstad | 56 | Jessheim | 15.08.1986 |
| 11:44.3 | Ingar Indredavik | 45 | Jessheim | 15.08.1986 |
| 11:49.1 | Molvin Knutsen | 62 | Jessheim | 15.08.1986 |
| 12:04.5 | Sven Nordby Andersen | 59 | Jessheim | 15.08.1986 |
| 12:05.8 | Geir Asphaug | 65 | Jessheim | 15.08.1986 |
| 12:08.3 | Rune Murud | 65 | Jessheim | 15.08.1986 |
| 12:15.0 | Kjell Østhus | 42 | Jessheim | 15.08.1986 |
| 12:15.4 | John Mikalsen | 60 | Jessheim | 15.08.1986 |
| 12:21.7 | Simon Skibakk | 37 | Jessheim | 15.08.1986 |
| 12:26.8 | Knut Tørum | 45 | Jessheim | 15.08.1986 |
| 12:27.0 | Kristen Langbakk | 39 | Jessheim | 15.08.1986 |
| 12:27.2 | Nils Sæthermoen | 40 | Jessheim | 15.08.1986 |
| 12:29.5 | Jan Grønlien | 49 | Jessheim | 15.08.1986 |
| 12:30.6 | Torgeir Sørum | 45 | Jessheim | 15.08.1986 |
| 12:31.3 | Sigmund Syversen | 49 | Jessheim | 15.08.1986 |
| 12:31.3 | Øystein Jørgensen | 47 | Jessheim | 15.08.1986 |
| 12:33.5 | Magnar Hagerepsen | 57 | Jessheim | 15.08.1986 |
| 12:35.5 | Helge Ullerud | 42 | Jessheim | 15.08.1986 |
| 12:46.1 | Ole Arnegård | 44 | Jessheim | 15.08.1986 |
| 12:51.1 | Henning Høgheim | 39 | Jessheim | 15.08.1986 |
| **MENN SENIOR 1986** | | **395** | | |

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

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| --- | --- | --- | --- | --- |
| 13:03.9 | Lasse Andersen | 47 | Jessheim | 15.08.1986 |
| 13:06.4 | Ola Haugset | 43 | Jessheim | 15.08.1986 |
| 13:12.0 | Bjørn Fløtaker | 46 | Jessheim | 15.08.1986 |
| 13:18.0 | Jens Mathiesen | 47 | Jessheim | 15.08.1986 |
| 13:35.4 | Kåre Støverud | 52 | Jessheim | 15.08.1986 |
| 13:42.9 | Ole Kristian Wiig | 45 | Jessheim | 15.08.1986 |
| 13:44.4 | Jan-Åge Mangelrød | 65 | Jessheim | 15.08.1986 |
| 13:47.7 | Holger Windstad | 47 | Jessheim | 15.08.1986 |
| 13:53.4 | Jan Berge | 40 | Jessheim | 15.08.1986 |
| 14:19.9 | Øivind Mangerud | 48 | Jessheim | 15.08.1986 |
| 15:18.9 | Trond Bogar | 45 | Jessheim | 15.08.1986 |

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| **Halvmaraton 21098 m** |  |

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| --- | --- | --- | --- | --- |
| 1:05:50 | Vidar Birkelund | 56 | Egersund | 06.04.1986 |
| 1:09:19 | Fredrik Bakken | 66 | Egersund | 06.04.1986 |
| 1:09:50 | Stein Roar Ulseth | 52 | Egersund | 06.04.1984 |
| 1:10:51 | Bjørn Ingvar Jensen | 66 | Egersund | 06.04.1986 |
| 1:14:24 | Ole Johan Garli | 56 | Jessheim | 12.10.1986 |
| 1:16:31 | Odd Kinnsbekken | 48 | Oslo | 13.09.1986 |
| 1:17:41 | Arnfinn Pedersen | 57 | Jessheim | 12.10.1986 |
| 1:18:19 | Kolbjørn Skjerve | 36 | Jessheim | 23.11.1986 |
| 1:18:37 | Trygve Stanger | 62 | Jessheim | 12.10.1986 |
| 1:18:55 | Ole Kristian Westby | 66 | Oslo | 13.09.1986 |
| 1:19:23 | Geir Håkon Bjørnstad | 56 | Jesssheim | 12.10.1986 |
| 1:19:38 | Kolbjørn Skjerve | 37 | Jessheim | 12.10.1986 |
| 1:20:24 | Jan Blakkisrud | 42 | Drammen | 05.10.1986 |
| 1:20:46 | Ole Skolt | 53 | Jessheim | 12.10.1986 |
| 1:23:34 | Odd Harstad | 44 | Jessheim | 12.10.1986 |
| 1:25:51 | Rune Skinnerlien | 69 | Jessheim | 23.11.1986 |
| 1:25:57 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 12.10.1986 |
| 1:26:04 | Henning Høgheim | 39 | Jessheim | 12.10.1986 |
| 1:26:36 | Sven Nordby Andersen | 59 | Jessheim | 12.10.1986 |
| 1:26:16 | Geir Asphaug | 65 | Jessheim | 23.11.1986 |
| 1:29:28 | Arne Marthinussen | 69 | Jessheim | 12.10.1986 |
| 1:31:29 | Simon Skibakk | 37 | Jessheim | 12.10.1986 |
| 1:34:16 | Nils Sæthermoen | 40 | Jessheim | 12.10.1986 |
| 1:34:36 | Håkon Amundstad | 24 | Jessheim | 12.10.1986 |
| 1:35:34 | Stein Teksum | 53 | Jessheim | 12.10.1986 |
| 1:37:18 | Sigmund Syversen | 49 | Jessheim | 12.10.1986 |
| 1:38:45 | Jørgen Torstveit | 40 | Jessheim | 12.10.1986 |
| 1:40:37 | Arve Bogstad | 41 | Jessheim | 12.10.1986 |
| 1:41:15 | John Mikalsen | 60 | Jessheim | 12.10.1986 |
| 1:46:22 | Thorleif Maudal | 47 | Jessheim | 12.10.1986 |
| 1:47:36 | Steinar Ørum | 46 | Jessheim | 12.10.1986 |

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| **MENN SENIOR 1986** | **396** |

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| **Halvmaraton 21098 m** |  |

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| --- | --- | --- | --- | --- |
| 1:48:12 | Bjørn Hvaal | 58 | Jessheim | 12.10.1986 |
| 1:50:49 | Trond Bogar | 45 | Jessheim | 12.10.1986 |
| 2:04:50 | Halvor Bogstad | 46 | Jessheim | 12.10.1986 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 3:05:25 | Ole Kristian Westby | 66 | Drammen | 05.10.1986 |
| 3:16:14 | Henning Høgheim | 39 | Jessheim | 23.11.1986 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 2.00 | Frode Myrvang | 67 | Jessheim | 02.08.1986 |
| 1.90 | Jan Andresen | 70 | Jessheim | 07.07.1986 |
| 1.88 | Ansgar Gulbrandsen | 44 | Jessheim | 29.05.1986 |
| 1.82 | Jo Henning Hals Nilssen | 68 | Jessheim | 31.05.1986 |
| 1.75 | Morten Knutsen | 70 | Kirkenær | 24.05.1986 |
| 1.65 | Lasse Andersen | 47 | Jessheim | 11.08.1986 |
| 1.62 | Lars Petter Syversrud | 69 | Jessheim | 31.05.1986 |
| 1.61 | Ivar Opsahl | 47 | Jessheim | 11.08.1986 |
| 1.35 | Jon Andersen | 73 | Løken | 31.05.1986 |
| 1.05 | Halvor Dahlen | 75 | Løken | 31.05.1986 |

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| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.70 | Jan Andresen | 70 | Jessheim | 27.09.1986 |
| 3.50 | Jo Henning Hals Nilssen | 68 | Florø | 14.09.1986 |
| 2.96 | Morten Knutsen | 70 | Jessheim | 01.06.1986 |
| 2.90 | Ivar Opsahl | 47 | Jessheim | 02.08.1986 |
| 2.80 | Kai Hole | 42 | Jessheim | 27.09.1986 |
| 2.60 | Lars Petter Syversrud | 69 | Jessheim | 01.06.1986 |
| 2.60 | Ansgar Gulbrandsen | 44 | Jessheim | 27.09.1986 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.85 | Jo Henning Hals Nilssen | 68 | Jessheim | 31.05.1986 |
| 6.20 | Morten Knutsen | 70 | Oslo/Bi | 27.09.1986 |
| 5.92 | Lars Petter Syversrud | 69 | Jessheim | 31.05.1986 |
| 5.74 | Ola Nerhagen | 71 | Lørenfallet | 05.06.1986 |
| 5.72 | Frode Myrvang | 67 | Jessheim | 02.08.1986 |
| 5.42 | Pål Korsmo | 71 | Lørenfallet | 05.06.1986 |
| 5.24 | Jan Andresen | 70 | Jessheim | 02.08.1986 |
| 5.03 | Frode Grøndahl | 69 | Lørenfallet | 05.06.1986 |
| 4.43 s | Jon Andersen | 73 | Jessheim | 28.06.1986 |
| 4.28 | Hans Kristiansen | 69 | Jessheim | 25.09.1986 |
| 3.90 s | Pål Rostad | 73 | Årnes | 03.09.1986 |
| 3.86 s | Stian Kråbøl | 74 | Jessheim | 03.09.1986 |
| **MENN SENIOR 1986** | | **397** | | |

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| **Lengde forts.** |  |

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| --- | --- | --- | --- | --- |
| 3.86 | Jan Olav Skibakk | 71 | Jessheim | 25.09.1986 |
| 2.85 s | Halvor Dahlen | 75 | Jessheim | 11.06.1986 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.77 | Morten Knutsen | 70 | Jessheim | 01.08.1986 |
| 12.39 | Frode Myrvang | 67 | Jessheim | 01.08.1986 |
| 12.03 | Jo Henning Hals Nilssen | 68 | Nadderud | 21.06.1986 |

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| --- | --- |
| **Kule 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.72 | Stian Kraabøl | 74 | Jessheim | 29.06.1986 |
| 5.21 | Halvor Dahlen | 75 | Strømmen | 11.06.1986 |

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

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| --- | --- | --- | --- | --- |
| 7.58 | Jon Andersen | 73 | Jessheim | 29.06.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15.86 | Morten Knutsen | 70 | Lørenfallet | 15.06.1986 |
| 12.28 | Ola Nerhagen | 71 | Larvik/Lo | 31.08.1986 |
| 10.24 | Pål Korsmo | 71 | Lørenfallet | 05.06.1986 |
| 8.43 | Jan Olav Skibakk | 71 | Larvik/Lo | 31.08.1986 |

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| **Kule 5.5 kg** |  |

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| --- | --- | --- | --- | --- |
| 13.12 | Jo Henning Hals Nilssen | 68 | Florø | 13.09.1986 |
| 13.03 | Morten Knutsen | 70 | Strømmen | 14.05.1986 |
| 12.64 | Lars Petter Syversrud | 69 | Strømmen | 14.05.1986 |
| 9.82 | Lars Grøndahl | 69 | Lørenfallet | 05.06.1986 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.68 | Morten Gaarder | 60 | Løken | 21.08.1986 |
| 11.36 | Kai Hole | 42 | Løken | 21.08.1986 |

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| **Diskos 1 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 49.96 | Morten Knutsen | 70 | Bergen/Fa | 16.08.1986 |
| 30.22 | Jan Andresen | 70 | Jessheim | 07.07.1986 |

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| **Diskos 1.5 kg** | |  | | |
| 46.94 | Jo Henning Hals Nilssen | 68 | Larvik/Lo | 31.08.1986 |
| 40.70 | Morten Knutsen | 70 | Strømmen | 14.05.1986 |
| 35.82 | Lars Petter Syversrud | 69 | Jessheim | 01.06.1986 |
| **MENN SENIOR 1986** | | **398** | | |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 41.52 | Morten Gaarder | 60 | Jessheim | 29.09.1986 |
| 38.00 | Kai Hole | 42 | Jessheim | 07.07.1986 |
| 37.68 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.07.1986 |
| 33.68 | Morten Knutsen | 70 | Jessheim | 02.08.1986 |
| 27.84 | Ivar Opsahl | 47 | Årnes | 27.08.1986 |

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| **Slegge 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 31.86 | Kai Hole | 42 | Rolvsrud | 25.09.1986 |

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

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| --- | --- | --- | --- | --- |
| 50.06 | Morten Knutsen | 70 | Hyryla, FIN | 26.07.1986 |
| 49.18 | Jo Henning Hals Nilssen | 68 | Jessheim | 01.06.1986 |
| 33.96 | Jan Andresen | 70 | Jessheim | 07.07.1986 |
| 33.64 | Ola Nerhagen | 71 | Jessheim | 15.09.1986 |
| 21.66 | Jan Olav Skibakk | 71 | Jessheim | 15.09.1986 |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| 58.96 | Bjørn Egil Ludvigsen | 67 | Haugesund | 26.07.1986 |
| 53.66 | Jo Henning Hals Nilssen | 68 | Jessheim | 02.08.1986 |
| 46.64 | Morten Knutsen | 70 | Jessheim | 02.08.1986 |
| 42.82 | Frode Myrvang | 67 | Jessheim | 25.09.1986 |
| 40.26 | Lars Petter Syversrud | 69 | Jessheim | 01.06.1986 |
| 19.96 | Hans Kristiansen | 69 | Jessheim | 25.09.1986 |

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| **Liten ball 150 g** |  |

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| 53.76 | Jon Andersen | 73 | Fetsund/Fe | 09.06.1986 |
| 49.76 | Stian Kraabøl | 74 | Fetsund/Fe | 09.06.1986 |

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| **9-kamp E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4764 | Morten Knutsen | 70 | Jessheim | 31.5-1.6.1986 |
| 12.64-5.90-12.88-1.72/15.51-38.20-2.70-50.06-3:31.59 | | | |

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| 5135 | Lars Petter Syverstad | 69 | Jessheim | 31.5-1.6.1986 |
| ? | | | |

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| **10-kampM 100m-Lengde-Kule-Høyde-400m** | **100mh-Diskos-Stav-Spyd-1500m** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6426 | Jo Henning Hals Nilssen | 68 | Florø | 13-14.09.1986 |
| 11.6-6.80-13.12(5.5)1.76-54.2/14.9(100)41.35(1.5)3.50-46.75(800)-5:04.5 | | | |

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| **MENN SENIOR 1986** | **399** |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 45.6 | M20 |  | Jessheim | 23.08.1986 |
| Morten Knutsen70-Thorstein Gystad67-Jo Henning Hals Nilssen68-Bjørn T. Ottersen66 | | | |

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| --- | --- | --- | --- | --- |
| 46.5 | G17-18 |  | Jessheim | 11.09.1986 |
| ? | | | |

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| **4x400m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:31.0 | M20 |  | Jessheim | 23.08.1986 |
| Thorstein Gystad67-Frode Grøndahl69-Jo Henning Hals Nilssen68-Bjørn T. Ottersen66 | | | |
| 3:39.8 |  |  | Jessheim | 23.08.1986 |
| ? | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16:30.80 | M20 |  | Søgne | 14.09.1986 |
| Bjørn Tore Ottersen66-Hans Georg Haug66-Bjørn I. Hansen66-Bjørn Dæhlie67 | | | |
| 16:31.2 | M20 |  | Jessheim | 23.08.1986 |
| Bjørn Tore Ottersen66-Hans Georg Haug66-Bjørn I. Hansen66-Bjørn Dæhlie67 | | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:03.8 |  |  | Jessheim | 02.08.1986 |
| ?Lars Petter Syverstad69-Ola Nerhagen71-Jo Henning H. Nilssen68-Bjørn Tore Ottersen66 | | | |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 7.40 | Bjørn Tore Ottersen | 66 | Askim | 01.02.1986 |
| 7.76 | Morten Knutsen | 70 | Askim | 01.02.1986 |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.5 | Morten Knutsen | 70 | Drammen | 08.02.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.0 | Lars Petter Syversrud | 69 | Drammen | 08.02.1986 |
| 12.2 | Jo Henning Hals Nilssen | 68 | Drammen | 22.02.1986 |

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| **400m E** |  |

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| --- | --- | --- | --- | --- |
| 52.78 | Bjørn Tore Ottersen | 66 | Askim | 01.02.1986 |

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| **MENN SENIOR 1986** | **400** |

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

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| 3:16.2 | Jo Henning Hals Nilssen | 68 | Drammen | 23.02.1986 |

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| **110m hekk 100 cm M** |  |

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| 16.1 | Jo Henning Hals Nilssen | 68 | Drammen | 23.02.1986 |

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| --- | --- |
| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.90 | Frode Myrvang | 67 | Askim | 02.02.1986 |
| 1.75 | Morten Knutsen | 70 | Drammen | 08.02.1986 |
| 1.75 | Jo Henning Hals Nilssen | 68 | Lillestrøm | 16.03.1986 |

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| **Stav** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.20 | Jo Henning Hals Nilssen | 68 | Drammen | 23.02.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.41 | Jo Henning Hals Nilssen | 68 | Drammen | 22.02.1986 |
| 6.13 | Morten Knutsen | 70 | Lillestrøm | 16.02.1986 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.48 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 11.03.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.02 | Ola Nerhagen | 71 | Jessheim/Je | 11.03.1986 |
| 2.85 | Jo Henning Hals Nilssen | 68 | Jessheim/Je | 11.03.1986 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 16.32 | Morten Knutsen | 70 | Lillestrøm | 16.02.1986 |

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| **MENN SENIOR 1986** | **401** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.83 | Lars Petter Syversrud | 69 | Drammen | 08.02.1986 |
| 12.04 | Jo Henning Hals Nilssen | 68 | Lillestrøm | 16.03.1986 |

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| **7-kamp M 100m-Lengde-Kule5.5-Høyde/** | **100mh 100-Stav-1000m** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3813p | Jo Henning Hals Nilssen | 68 | Drammen | 22-23.02.1986 |
| 12.2-6.41-11.34-1.73/16.1-3.20-3:16.2 | | | |

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| **KVINNER SENIOR 1986** | **402** |

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| --- | --- |
| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 7.1 | Katrine Finstad | 75 | Løken | 31.05.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.4 | Lene Kristin Nyland | 74 | Sokna | 07.06.1986 |
| 8.5 | Eva Cathrine Torvund | 69 | Jessheim | 29.09.1986 |
| 8.7 | Kari Fjeldberg | 68 | Jessheim | 29.09.1986 |
| 9.2 | Tone Sæthermoen | 69 | Jessheim | 29.09.1986 |
| 9.5 | Laila Skibakk | 40 | Årnes | 27.08.1986 |
| 9.7 | Ingvill Brekke | 74 | Jessheim | 28.06.1986 |
| 9.9 | Monica Harstad | 74 | Jessheim | 28.06.1986 |
| 10.0 | Katrine Finstad | 75 | Årnes | 03.09.1985 |
| 10.3 | Marianne Kverneggen | 75 | Jessheim | 28.06.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.7 | Inger Birgitte Reppe | 68 | Oslo/Bi | 09.06.1986 |
| 13.2 | Kristin Andersen | 70 | Jessheim | 28.05.1986 |
| 13.6 | Ellen Undseth | 73 | Hønefoss | 13.09.1986 |
| 13.8 | Lene Kristin Nyland | 74 | Kviteseid | 27.07.1986 |
| 13.9 | Kari Fjeldberg | 68 | Jessheim | 29.05.1986 |
| 15.6 | Siri Støverud | 73 | Jessheim | 15.09.1986 |
| 16.5 | Kristin Urnes | 75 | Fetsund/Fe | 09.06.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.7 | Kristin Andersen | 70 | Jessheim | 01.08.1986 |
| 28.2 | Ellen Undseth | 73 | Jessheim | 25.09.1986 |
| 30.0 | Hege Lundring | 73 | Jessheim | 25.09.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 63.4 | Kari Fjeldberg | 68 | Oslo/Bi | 12.06.1986 |
| 66.2 | Kristin Andersen | 70 | Jessheim | 24.07.1986 |
| 71.1 | Laila Skibakk | 40 | Jessheim | 18.08.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:47.1 | Ellen Undseth | 73 | Kløfta | 27.05.1986 |
| 1:47.9 | Hege Lundring | 73 | Kløfta | 27.05.1986 |

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| **KVINNER SENIOR 1986** | **403** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:22.8 | Line Røen | 66 | Jessheim | 01.08.1986 |
| 2:27.9 | Ellen Undseth | 73 | Hønefoss | 13.09.1986 |
| 2:30.53 | Nina Holm | 64 | Oslo/Bi | 12.06.1986 |
| 2:35.9 | Hege Lundring | 72 | Haga | 05.06.1986 |
| 2:43.1 | Lene Kristin Nyland | 74 | Gjøvik | 31.05.1986 |
| 2:49.4 | Monica Harstad | 74 | Jessheim | 28.06.1986 |
| 2:57.3 | Siw Vestengen | 72 | Jessheim | 28.06.1986 |
| 3:07.6 | Katrine Finstad | 75 | Jessheim | 28.06.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:55.4 | Line Røen | 66 | Jessheim | 29.05.1986 |
| 5:09.2 | Hege Melby | 68 | Jessheim | 13.06.1986 |
| 5:12.6 | Ingjerd Vestengen | 65 | Jessheim | 13.06.1986 |
| 5:13.1 | Torill Evensen | 67 | Herlev, DEN | 20.06.1986 |
| 5:13.3 | Torunn Larsen | 68 | Jessheim | 13.06.1986 |
| 5:17.3 | Grethe Sandviken | 63 | Jessheim | 13.06.1986 |
| 5:21.4 | Eva Blakkisrud | 46 | Jessheim | 20.08.1986 |
| 5:25.6 | Anne Kari Kristiansen | 71 | Jessheim | 13.06.1986 |
| 5:25.8 | Anne Kari Bjørnsveen | 71 | Jessheim | 13.06.1985 |
| 5:26.8 | Anne-Torill Garli | 57 | Jessheim | 13.06.1986 |
| 5:27.5 | Kristin Jensen | 70 | Jessheim | 13.06.1986 |
| 5:28.9 | Elisabeth Moum | 70 | Jessheim | 13.06.1986 |
| 5:38.6 | Vibeke Aarflot | 69 | Jessheim | 13.06.1986 |
| 5:36.4 | Unn Hoel | 69 | Jessheim | 13.06.1986 |
| 5:39.9 | Torill Mundahl | 58 | Jessheim | 13.06.1986 |
| 5:46.2 | Cora Halsan Schøyen | 47 | Jessheim | 13.06.1986 |
| 5:47.4 | Laila Skibakk | 40 | Jessheim | 13.06.1986 |
| 5:48.4 | Kari Kamstrup | 56 | Jessheim | 13.06.1986 |
| 5:57.6 | Berit Bamrud | 55 | Jessheim | 13.06.1986 |
| 5:58.7 | Grethe Marie Hansen | 64 | Jessheim | 13.06.1986 |
| 5:59.9 | Laila Borge | 51 | Årnes | 27.08.1986 |
| 6:00.2 | Britt Heidi Ottersen | 63 | Jessheim | 13.06.1986 |
| 6:01.6 | Gerda Tunhøvd | 61 | Jessheim | 13.06.1986 |
| 6:01.9 | Lene Feraaen | 71 | Jessheim | 13.06.1986 |
| 6:02.6 | Inger Marie Olsen | 68 | Jessheim | 13.06.1986 |
| 6:02.9 | Heidi Blakkisrud | 69 | Jessheim | 13.06.1986 |
| 6:04.3 | Bodil Teksum | 50 | Jessheim | 13.06.1986 |
| 6:06.0 | Kari Bentdal | 55 | Jessheim | 13.06.1986 |
| 6:08.6 | Trine Bogstad Mangerud | 51 | Jessheim | 13.06.1986 |
| 6.13.1 | Randi Sydtangen | 67 | Jessheim | 13.06.1986 |
| 6:13.5 | Line Bjørnås | 67 | Jessheim | 13.06.1986 |
| 6:16.5 | Åshild Olsen | 39 | Jessheim | 13.06.1986 |
| 6:16.6 | Inger Lise Wiig | 49 | Jessheim | 13.06.1986 |
| 6.23.1 | Tone Rustad | 67 | Jessheim | 13.06.1986 |

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| **KVINNER SENIOR 1986** | **404** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 6.28.6 | Lisa Engen | 65 | Jessheim | 13.06.1986 |
| 6:30.3 | Jorunn Sørum | 49 | Jessheim | 13.06.1986 |
| 6:37.6 | Hege Rustad | 70 | Jessheim | 13.06.1986 |
| 6:45.5 | Thora Sand | 48 | Jessheim | 13.06.1986 |
| 6:47.8 | Gerd Nordset Larsen | 48 | Jessheim | 13.06.1986 |
| 6:52.5 | Bjørg Nagel | 40 | Jessheim | 13.06.1986 |
| 6:56.9 | Anne Regine Hals | 39 | Jessheim | 13.06.1986 |
| 6:58.7 | Lill Skafle | 52 | Jessheim | 13.06.1986 |
| 7:02.8 | Aud Venke Rustad | 45 | Jessheim | 13.06.1986 |
| 7:07.0 | Elise Wogstad | 44 | Jessheim | 13.06.1986 |
| 7:21.4 | Randi Storhaug | 54 | Jessheim | 13.06.1986 |
| 7:51.3 | Bergljot Bjørnsveen | 38 | Jessheim | 13.06.1986 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:40.6 | Hege Melby | 68 | Jessheim | 15.08.1986 |
| 10:51.0 | Line Røen | 66 | Jessheim | 15.08.1986 |
| 10:59.4 | Ingjerd Vestengen | 65 | Jessheim | 15.08.1986 |
| 11:19.2 | Torunn Larsen | 68 | Jessheim | 15.08.1986 |
| 11:27.4 | Eva Blakkisrud | 46 | Jessheim | 15.08.1986 |
| 11:29.6 | Grete Sandviken | 63 | Jessheim | 15.08.1986 |
| 11:32.7 | Anne-Torill Garli | 57 | Jessheim | 15.08.1986 |
| 11:42.6 | Nina Holm | 64 | Jessheim | 15.08.1986 |
| 11:45.4 | Hilde Rustad | 66 | Jessheim | 15.08.1986 |
| 11:45.5 | Ann Kristin Ullerud | 66 | Jessheim | 15.08.1986 |
| 12:26.6 | Elisabeth Moum | 67 | Jessheim | 15.08.1986 |
| 12.38.6 | Anne Kari Kristensen | 71 | Jessheim | 15.08.1986 |
| 12:39.1 | Anne Marie Frydenlund | 49 | Jessheim | 15.08.1986 |
| 12:39.8 | Kristin Jensen | 70 | Jessheim | 15.08.1986 |
| 12:42.1 | Torill Mundahl | 58 | Jessheim | 15.08.1986 |
| 12:49.1 | Laila Skibakk | 40 | Jessheim | 15.08.1986 |
| 12:56.7 | Heidi Blakkisrud | 69 | Jessheim | 15.08.1986 |
| 13:04.7 | Britt Heidi Ottersen | 63 | Jessheim | 15.08.1986 |
| 13:08.8 | Laila Borge | 51 | Jessheim | 15.08.1986 |
| 13:12.0 | Cora Halsan Schøyen | 47 | Jessheim | 15.08.1986 |
| 13:19.8 | Berit Bamrud | 55 | Jessheim | 15.08.1986 |
| 13:22.6 | Unn Hoel | 69 | Jessheim | 15.08.1986 |
| 13:25.6 | Trine Bogstad Mangerud | 51 | Jessheim | 15.08.1986 |
| 13:43.4 | Bodil Teksum | 50 | Jessheim | 15.08.1986 |
| 13:44.6 | Kari Kamstrup | 56 | Jessheim | 15.08.1986 |
| 13:36.0 | Gerda Tunhøvd | 61 | Jessheim | 15.08.1986 |
| 13:51.3 | Inger Marie Olsen | 68 | Jessheim | 15.08.1986 |
| 13:51.6 | Inger Lise Wiig | 49 | Jessheim | 15.08.1986 |
| 13:53.5 | Åshild Olsen | 39 | Jessheim | 15.08.1986 |
| 13:55.4 | Kari Bentdal | 55 | Jessheim | 15.08.1986 |
| 13:59.2 | Lill Skafle | 52 | Jessheim | 15.08.1986 |
| **KVINNER SENIOR 1986** | | **405** | | |

|  |  |
| --- | --- |
| **3000m forts.** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14:04.3 | Randi Sydtangen | 67 | Jessheim | 15.08.1986 |
| 14:17.3 | Tone Rustad | 67 | Jessheim | 15.08.1986 |
| 14:21.3 | Jorunn Sørum | 49 | Jessheim | 15.08.1986 |
| 14:24.0 | Thora Sand | 48 | Jessheim | 15.08.1986 |
| 14:27.5 | Anne Regine Hals | 37 | Jessheim | 15.08.1986 |
| 14:31.3 | Marit Skolt Skafle | 56 | Jessheim | 15.08.1986 |
| 14:49.0 | Gerd Nordset Larsen | 48 | Jessheim | 15.08.1986 |
| 15:03.4 | Elise Wogstad | 44 | Jessheim | 15.08.1986 |
| 15:13.2 | Bjørg Nagell | 40 | Jessheim | 15.08.1986 |
| 15:38.8 | Merete Kvaal | 67 | Jessheim | 15.08.1986 |

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

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

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

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

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

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| --- | --- | --- | --- | --- |
| 15.11 | Inger Birgitte Reppe | 68 | Oslo/Bi | 12.06.1986 |

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

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

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 41:31 | Line Røen | 66 | Jessheim | 12.10.1986 |
| 41:56 | Anne-Torill Garli | 57 | Jessheim | 12.10.1986 |
| 43:47 | Torunn Larsen | 67 | Jessheim | 12.10.1986 |
| 45:03 | Hilde Rustad | 66 | Jessheim | 12.10.1986 |
| 45:58 | Elisabeth Moum | 67 | Jessheim | 12.10.1986 |
| 46:02 | Laila Skibakk | 40 | Jessheim | 12.10.1986 |
| 46:10 | Grethe Sandviken | 63 | Jessheim | 12.10.1986 |
| 46:47 | Trine Bogstad Mangerud | 51 | Jessheim | 12.10.1986 |
| 47:02 | Grethe Marie Hansen | 64 | Jessheim | 12.10.1986 |
| 53.05 | Britt Heidi Ottersen | 63 | Jessheim | 12.10.1986 |
| 61:25 | Gerd Bakkeløkken | 36 | Jessheim | 12.10.1986 |

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| **Halvmaraton 21098m** | |  | | |
| 1:26:46 | Eva Blakkisrud | 46 | Drammen | 04.10.1986 |
| 1:31:43 | Anne-Torill Garli | 57 | Oslo | 13.09.1986 |
| 1:37.34 | Anne Marie Frydenlund | 49 | Jessheim | 12.10.1986 |
| 1:42:42 | Heidi Blakkisrud | 69 | Oslo | 13.09.1986 |
| **KVINNER SENIOR 1986** | | **406** | | |

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| **Maraton 42195m** |  |

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| 3:05:15 | Eva Blakkisrud | 46 | Oslo | 13.09.1986 |
| 3:31:38 | Anne Marie Frydenlund | 49 | Jessheim | 23.11.1986 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.56 | Kari Fjeldberg | 68 | Jessheim | 11.08.1986 |
| 1.45 | Inger Birgitte Reppe | 68 | Jessheim | 11.08.1986 |
| 1.35 | Kari Kamstrup | 56 | Jessheim | 01.08.1986 |
| 1.20 | Guri Fjeldberg | 69 | Jessheim | 11.08.1986 |
| 1.15 | Kristin Grøndalen | 74 | Strømmen | 11.06.1986 |

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| **Lengde** |  |

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| 5.22 | Guri Fjeldberg | 69 | Nadderud | 31.05.1986 |
| 5.19 | Inger Birgitte Reppe | 68 | Jessheim | 29.05.1986 |
| 4.88 | Kari Kamstrup | 56 | Jessheim | 02.08.1986 |
| 4.65 | Tone Sæthermoen | 69 | Jessheim | 29.05.1986 |
| 4.43 s | Lene Kristin Nyland | 74 | Sokna | 09.06.1986 |
| 3.63 s | Ingvild Brekke | 74 | Haga | 05.06.1986 |
| 3.46 s | Monica Brekke | 74 | Jessheim | 28.06.1986 |
| 3.28 s | Katrine Finstad | 75 | Strømmen | 11.06.1986 |

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| **Kule 2 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.21 | Lene Kristin Nyland | 74 | Løken | 18.06.1986 |
| 7.66 | Ingvild Brekke | 74 | Løken | 29.06.1986 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.57 | Guri Fjeldberg | 69 | Jessheim | 29.09.1986 |
| 8.35 | Kari Kamstrup | 56 | Jessheim | 06.09.1986 |
| 8.08 | Monique Sevilhaug | 69 | Jessheim | 29.08.1986 |
| 6.86 | Eva Cathrine Torvund | 69 | Jessheim | 29.09.1986 |

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| **Diskos 1 kg** |  |

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| --- | --- | --- | --- | --- |
| 35.40 | Guri Fjeldberg | 69 | Jessheim | 29.09.1986 |
| 28.50 | Astrid Willersrud | 42 | Jessheim | 11.08.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.88 | Guri Fjeldberg | 69 | Rolvsrud | 18.09.1986 |

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| **KVINNER SENIOR 1986** | **407** |

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

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| --- | --- | --- | --- | --- |
| 34.58 | Eva Cathrine Torvund | 69 | Jessheim | 15.09.1986 |
| 29.70 | Guri Fjeldberg | 69 | Rolvsrud | 18.09.1986 |
| 16.22 | Tone Sæthermoen | 69 | Jessheim | 15.09.1986 |

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| **Liten ball 150 g** |  |

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| --- | --- | --- | --- | --- |
| 24.93 | Lene Kristin Nyland | 74 | Fetsund/Fe | 09.06.1986 |
| 23.48 | Ingvild Brekke | 74 | Haga | 05.06.1986 |
| 20.98 | Kristin Urnes | 75 | Fetsund/Fe | 09.06.1986 |

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| **4x60m M** |  |

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| 40.4 | J11-12 |  | Jessheim | 11.09.1986 |
| ? | | | |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 53.3 | KJ |  | Jessheim | 23.08.1986 |
| ? | | | |
| 53.8 | J17-18 |  | Jessheim | 11.09.1986 |
| ? | | | |
| 58.3 | J15-16 |  | Jessheim | 11.09.1986 |
| ? | | | |
| 58.6 |  |  | Jessheim | 23.08.1986 |
| ? | | | |

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

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| --- | --- | --- | --- | --- |
| 4:25.6 |  |  | Jessheim | 23.08.1986 |
| ? | | | |

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| --- | --- | --- | --- | --- |
| 4:45.8 |  |  | Jessheim | 23.08.1986 |
| ? | | | |

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| **4x1500m** |  |

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| --- | --- | --- | --- | --- |
| 21:18.9 | J20 |  | Jessheim | 23.08.1986 |
| Hege Melby68-Line Røen66-Ann Kristin Ullerud66-Gunn Vilberg66 | | | |
| 22:12.0 |  |  | Jessheim | 23.08.1986 |
| ? | | | |

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| **1000m** |  |

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

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| **KVINNER SENIOR 1986** | **408** |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.25 | Kirsten Andersen | 70 | Askim | 01.02.1986 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.9 | Inger Birgitte Reppe | 68 | Lillestrøm | 16.03.1986 |
| 8.1 | Kirsten Andersen | 70 | Lillestrøm | 16.03.1986 |

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

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| --- | --- | --- | --- | --- |
| 9.06 | Inger Birgitte Reppe | 68 | Askim | 02.02.1986 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.50 | Kari Fjeldberg | 68 | Lillestrøm | 19.01.1986 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.52 | Inger Birgitte Reppe | 68 | Lillestrøm | 16.03.1986 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.25 | Guri Fjeldberg | 69 | Jessheim/Je | 11.03.1986 |

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| **Lengde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 2.44 | Guri Fjeldberg | 69 | Jessheim/Je | 11.03.1986 |

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| **MENN SENIOR 1987** | **409** |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.1 | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |
| 7.1 | Thorstein Gystad | 67 | Jessheim | 23.09.1987 |
| 8.0 | Frode Nygård | 69 | Jessheim | 23.09.1987 |
| 8.8 | Jørgen Hjelm Bakkerud | 74 | Halden | 10.05.1987 |
| 9.4 | Bent Jørgensen | 75 | Jessheim | 23.09.1987 |
| 9.6 | Ingar Ørum | 77 | Bjørkelangen | 12.09.1987 |

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| **100m E** |  |

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| --- | --- | --- | --- | --- |
| 11.67 | Jo Henning Hals Nilssen | 67 | Fredrikstad | 28.06.1987 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.5 | Jo Henning Hals Nilssen | 68 | Jessheim | 28.09.1987 |
| 11.6 | Thorstein Gystad | 67 | Jessheim | 06.07.1987 |
| 11.7 | Ola Nerhagen | 71 | Oslo/Bi | 04.06.1987 |
| 11.7 | Ole Petter Henriksen | 63 | Jessheim | 06.07.1987 |
| 11.9 | Edward Hughes | 71 | Bjørkelangen | 12.09.1987 |
| 12.1 | Lars Petter Syversrud | 69 | Jessheim | 28.05.1987 |
| 12.4 | Kåre Christian Olsen | 64 | Jessheim | 18.05.1987 |
| 12.4 | Jan-Olav Arnegård | 71 | Bjørkelangen | 12.09.1987 |
| 12.5 | Frode Nygård | 69 | Jessheim | 28.09.1987 |
| 13.2 | Stein Erik Knoph | 72 | Strømmen | 13.06.1987 |
| 13.4 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.09.1987 |
| 14.7 | Odd Arne Urnes | 73 | Jessheim | 18.05.1987 |
| 15.8 | Stian Kråbøl | 74 | Jessheim | 18.05.1987 |

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| **200m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.39 | Ole Petter Henriksen | 63 | Oslo/Bi | 18.08.1987 |
| 23.40 | Thorstein Gystad | 67 | Lillehammer/Ss | 18.07.1987 |

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| **200m M** |  |

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| --- | --- | --- | --- | --- |
| 23.2 | Thorstein Gystad | 67 | Jessheim | 02.07.1987 |
| 23.7 | Ole Petter Henriksen | 63 | Jessheim | 04.06.1987 |
| 24.4 | Ola Nerhagen | 71 | Jessheim | 31.07.1987 |
| 24.5 | Edward Hughes | 71 | Jessheim | 16.08.1987 |
| 24.8 | Petter Loy-Nielsen | 71 | Oslo/Bi | 21.05.1987 |
| 25.0 | Lars Petter Syversrud | 69 | Oslo/Bi | 21.05.1987 |
| 25.4 | Frode Nygård | 69 | Jessheim | 21.09.1987 |
| 25.9 | Jan-Olav Arnegård | 71 | Jessheim | 21.09.1987 |
| 26.5 | Stein Erik Knoph | 72 | Jessheim | 04.06.1987 |
| 26.8 | Rune Skinnerlien | 69 | Jessheim | 21.09.1987 |

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| **MENN SENIOR 1987** | **410** |

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| **400m E** |  |

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| 51.62 | Thorstein Gystad | 67 | Grimstad | 20.06.1987 |
| 53.45 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01.08.1987 |

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| **400m M** |  |

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| --- | --- | --- | --- | --- |
| 51.4 | Ole Petter Henriksen | 63 | Jessheim | 06.07.1987 |
| 51.9 | Thorstein Gystad | 67 | Jessheim | 28.06.1987 |
| 54.4 | Fred Arild Kjernli | 64 | Oslo/St | 25.05.1987 |
| 54.4 | Bjørn Dæhlie | 67 | Jessheim | 06.07.1987 |
| 54.9 | Kåre-Christian Olsen | 64 | Jessheim | 06.07.1987 |
| 55.4 | Ola Nerhagen | 71 | Jessheim | 24.08.1987 |
| 56.8 | Frode Nygård | 69 | Jessheim | 01.08.1987 |
| 58.5 | Stein Erik Knoph | 72 | Jessheim | 06.07.1987 |
| 58.5 | Jan-Olav Arnegård | 71 | Jessheim | 24.08.1987 |
| 63.6 | Jan Olav Skibakk | 71 | Hauerseter | 14.06.1987 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 1:53.4 | Trygve Stanger | 62 | Bjørkelangen | 30.08.1987 |
| 1:57.7 | Vidar Birkelund | 56 | Jessheim | 31.07.1987 |
| 2:02.1 | Hans Georg Haug | 67 | Jessheim | 28.05.1987 |
| 2:03.8 | Rune Skinnerlien | 69 | Jessheim | 31.07.1987 |
| 2:03.9 | Ronny Opaker | 66 | Jessheim | 28.05.1987 |
| 2:04.2 | Stein Erik Knoph | 72 | Nadderud | 19.06.1987 |
| 2:07.2 | Edward Hughes | 71 | Jessheim | 15.08.1971 |
| 2:10.8 | Frode Nygård | 69 | Jessheim | 31.07.1987 |
| 2:16.4 | Martin Carlsson | 71 | Jessheim | 28.06.1987 |
| 2:24.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 15.08.1987 |
| 2:37.9 | Tomas Lundring | 75 | Jessheim | 15.08.1987 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:51.9 | Trygve Stanger | 62 | Jessheim | 24.08.1987 |
| 3:53.8 | Vidar Birkelund | 56 | Jessheim | 24.08.1987 |
| 4:00.1 | Bjørn Dæhlie | 67 | Jessheim | 10.06.1987 |
| 4:04.5 | Bjørn Ingvar Jensen | 66 | Jessheim | 24.08.1987 |
| 4:12.83 | Ronny Opaker | 66 | Jessheim | 28.05.1987 |
| 4:13.9 | Øystein Frilseth | 48 | Lørenfallet | 25.06.1988 |
| 4:14.0 | Fredrik Bakken | 66 | Jessheim | 15.05.1987 |
| 4:14.2 | Thorbjørn Næss | 68 | Jessheim | 10.06.1987 |
| 4:18.2 | Rune Skinnerlien | 69 | Jessheim | 24.08.1987 |
| 4:20.4 | Hans Georg Haug | 67 | Jessheim | 01.08.1987 |
| 4:20.5 | Knut Harald Pedersen | 69 | Jessheim | 10.06.1987 |
| 4:21.3 | Bjørn Tore Ottersen | 66 | Jessheim | 10.06.1987 |

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| **MENN SENIOR 1987** | **411** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 4:22.2 | Ole Skolt | 53 | Jessheim | 10.06.1987 |
| 4:25.1 | Claus Nerhagen | 59 | Jessheim | 10.06.1987 |
| 4:25.3 | Ole Fredrik Mørck | 62 | Jessheim | 10.06.1987 |
| 4:26.4 | Geir Håkon Bjørnstad | 56 | Jessheim | 10.06.1987 |
| 4:27.9 | Runar Kristiansen | 71 | Jessheim | 10.06.1987 |
| 4:27.9 | Ole Johan Garli | 56 | Jessheim | 10.06.1987 |
| 4:28.0 | Stein Erik Knoph | 72 | Oslo/Bi | 21.05.1987 |
| 4:28.1 | Ole Pedersen | 69 | Jessheim | 10.06.1987 |
| 4:30.9 | Erik Næss | 61 | Jessheim | 10.06.1987 |
| 4:31.5 | Rune Tunhøvd | 59 | Jessheim | 10.06.1987 |
| 4:35.3 | Bjørn Rommen | 43 | Jessheim | 10.06.1987 |
| 4:36.5 | Arne Luke | 44 | Jessheim | 10.06.1987 |
| 4:39.8 | Tore Ragnar Olsen | 46 | Jessheim | 10.06.1987 |
| 4:40.4 | Frode Nygård | 69 | Jessheim | 04.06.1987 |
| 4:40.6 | Kolbjørn Skjerve | 37 | Jessheim | 10.06.1987 |
| 4:41.2 | Kåre-Christian Olsen | 64 | Jessheim | 10.06.1987 |
| 4:41.3 | Martin Carlsson | 71 | Jessheim | 04.06.1987 |
| 4:44.1 | Knut Tørum | 45 | Jessheim | 10.06.1987 |
| 4:44.2 | Molvin Knutsen | 62 | Jessheim | 10.06.1987 |
| 4:44.6 | Stian Thorstveit | 66 | Jessheim | 10.06.1987 |
| 4:45.1 | John-Vidar Halvorsen | 67 | Lillestrøm | 10.06.1987 |
| 4:47.1 | Morten Mathisen | 68 | Jessheim | 10.06.1987 |
| 4:47.3 | Trygve Bårde | 48 | Jessheim | 10.06.1987 |
| 4:47.3 | Knut Kristiansen | 44 | Jessheim | 10.06.1987 |
| 4:47.9 | Ingar Indredavik | 45 | Jessheim | 10.06.1987 |
| 4:49.3 | Harald Rutle | 68 | Jessheim | 10.06.1987 |
| 4:51.5 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 10.06.1987 |
| 4:51.6 | Egil Ødemark | 41 | Jessheim | 10.06.1987 |
| 4:52.1 | Magnar Hagerupsen | 53 | Jessheim | 10.06.1987 |
| 4:54.1 | Audun Kjos | 71 | Jessheim | 10.06.1987 |
| 4:56.5 | Geir Asphaug | 65 | Jessheim | 10.06.1987 |
| 4:57.68 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 02.08.1987 |
| 4:58.2 | Kjell Carlsson | 44 | Jessheim | 10.06.1987 |
| 4:58.7 | Ole Arnegård | 44 | Jessheim | 10.06.1987 |
| 4:58.7 | Kristen Langbakk | 39 | Jessheim | 10.06.1987 |
| 4:59.9 | Ola Nerhagen | 71 | Jessheim | 10.06.1987 |
| 5:00.0 | Johnny Røsåsen | 44 | Jessheim | 10.06.1987 |
| 5:01.1 | Sigmund Syversen | 49 | Jessheim | 10.06.1987 |
| 5:01.8 | Kjell Østhus | 42 | Jessheim | 18.06.1987 |
| 5:02.0 | Rune Murud | 65 | Jessheim | 10.06.1987 |
| 5:02.8 | Bjørn Ottersen | 35 | Jessheim | 10.06.1987 |
| 5:03.2 | Kjell Aarflot | 44 | Jessheim | 10.06.1987 |
| 5:04.3 | Atle Sander | 71 | Jessheim | 10.06.1987 |

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| **MENN SENIOR 1987** | **412** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:04.4 | Asbjørn Jokstad | 56 | Jessheim | 10.06.1987 |
| 5:07.4 | Einar Kristensen | 40 | Jessheim | 10.06.1987 |
| 5:09.9 | Jørgen Hjelm Bakkerud | 74 | Larvik/Lo | 29.08.1987 |
| 5:10.0 | Rune Høgaas | 52 | Jessheim | 10.06.1987 |
| 5:10.9 | Eirik Tenold | 39 | Jessheim | 10.06.1987 |
| 5:11.0 | Sverre Murud | 38 | Jessheim | 10.06.1987 |
| 5.11.1 | Ragnar Bakken | 48 | Jessheim | 10.06.1987 |
| 5:11.2 | Bjørn Kvaal | 56 | Jessheim | 10.06.1987 |
| 5:11.6 | Jens Mathiesen | 47 | Jessheim | 10.06.1987 |
| 5:12.3 | Dag Indredavik | 70 | Jessheim | 10.06.1987 |
| 5:12.6 | Henning Høgheim | 39 | Jessheim | 10.07.1987 |
| 5:13.3 | Jon-Olav Arnegård | 71 | Jessheim | 10.06.1987 |
| 5:13.4 | Asbjørn Hoel | 43 | Jessheim | 10.06.1987 |
| 5:13.6 | Svein Rustad | 44 | Jessheim | 10.06.1987 |
| 5:13.6 | Øystein Jørgensen | 47 | Jessheim | 10.06.1987 |
| 5:15.0 | Jon Øyvind Bendiksen | 66 | Jessheim | 10.06.1987 |
| 5:15.1 | Ola Haugset | 43 | Jessheim | 10.06.1987 |
| 5:16.3 | Arve Bogstad | 41 | Jessheim | 10.06.1987 |
| 5.17.5 | Jan Olav Skibakk | 71 | Jessheim | 10.06.1987 |
| 5:19.6 | Jan Grønlien | 49 | Jessheim | 10.06.1987 |
| 5:27.4 | Lasse Andersen | 47 | Jessheim | 10.06.1987 |
| 5:23.2 | Kåre Støverud | 52 | Jessheim | 10.06.1987 |
| 5:24.4 | John Birkelund | 32 | Jessheim | 10.06.1987 |
| 5:27.0 | Inge Holm | 32 | Jessheim | 10.06.1987 |
| 5:30.1 | Jens Jørgensen | 45 | Jessheim | 10.06.1987 |
| 5:30.7 | Karl Lødemel | 24 | Jessheim | 10.06.1987 |
| 5:31.4 | Amund Gulbrandsen | 47 | Jessheim | 10.06.1987 |
| 5:31.8 | Bjørn Fløtaker | 46 | Jessheim | 10.06.1987 |
| 5:37.7 | Olav Rutle | 45 | Jessheim | 10.06.1987 |
| 5:38.1 | Kjetil Grønlien | 71 | Jessheim | 10.06.1987 |
| 5:38.1 | Torger Ringen | 45 | Jessheim | 10.06.1987 |
| 5:38.2 | Kristoffer Stanger | 33 | Jessheim | 10.06.1987 |
| 5:42.3 | Petter Mikalsen | 61 | Jessheim | 10.06.1987 |
| 5:44.2 | Steinar Ørum | 46 | Jessheim | 10.06.1987 |
| 5:45.6 | Bernt Reppe | 34 | Jessheim | 10.06.1987 |
| 5:50.3 | Ole Kristian Wiig | 45 | Jessheim | 10.06.1987 |
| 5:52.1 | Øyvind Mangerud | 48 | Jessheim | 10.06.1987 |
| 5:53.7 | Magne Engen | 33 | Jessheim | 10.06.1987 |
| 5:54.4 | Per Neskleiv | 36 | Jessheim | 10.06.1987 |
| 5:58.1 | Per Pedersen | 37 | Jessheim | 10.06.1987 |
| 6:06.0 | Svein Skolt | 25 | Jessheim | 10.06.1987 |
| 6:18.6 | Håkon Amundstad | 24 | Jessheim | 10.06.1987 |
| 6:32.4 | Johannes Bjørnland | 17 | Jessheim | 10.06.1987 |
| 6:40.7 | Arne Aas | 29 | Jessheim | 10.06.1987 |
| 6:41.6 | Reidar Melby | 27 | Jessheim | 10.06.1987 |
| 6:49.4 | Dag Schøyen | 45 | Jessheim | 10.06.1987 |
| **MENN SENIOR 1987** | | **413** | | |

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| **3000m** |  |

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| 8:17.77 | Vidar Birkelund | 56 | Oslo/Bi | 18.06.1987 |
| 8:35.22 | Bjørn Dæhlie | 67 | Oslo/La | 30.06.1987 |
| 8:37.0 | Leif Erling Aronsveen | 57 | Oslo/St | 15.07.1987 |
| 9:26.3 | Thorbjørn Næss | 68 | Jessheim | 19.08.1987 |
| 9:36.1 | Geir Håkon Bjørnstad | 56 | Jessheim | 28.05.1987 |
| 9:37.6 | Knut Pedersen | 69 | Jessheim | 19.08.1987 |
| 9:38.2 | Ole Pedersen | 69 | Jessheim | 19.08.1987 |
| 9:44.8 | Rune Skinnerlien | 69 | Jessheim | 19.08.1987 |
| 9:45.8 | Runar Kristiansen | 71 | Jessheim | 19.08.1987 |
| 9:57.7 | Kolbjørn Skjerve | 37 | Jessheim | 19.08.1987 |
| 10:23.7 | Martin Carlson | 68 | Jessheim | 19.08.1987 |
| 10:23.8 | John-Vidar Halvorsen | 67 | Jessheim | 19.08.1987 |
| 10:37.7 | Bjørn Ottersen | 35 | Jessheim | 19.08.1987 |
| 10:40.1 | Edward Hughes | 71 | Jessheim | 19.08.1987 |
| 10:44.6 | Morten Mathiesen | 71 | Jessheim | 19.08.1987 |
| 11:07.7 | Audun Kjos | 71 | Jessheim | 19.08.1987 |
| 11:32.4 | John Birkelund | 32 | Jessheim | 19.08.1987 |
| 11:37.8 | Ola Nerhagen | 71 | Jessheim | 19.08.1987 |
| 11:38.0 | Dag Indredavik | 70 | Jessheim | 19.08.1987 |
| 11:46.0 | Jan-Olav Arnegård | 71 | Jessheim | 19.08.1987 |
| 11.57.1 | Stian Thorstveit | 66 | Jessheim | 19.08.1987 |
| 11:59.0 | Karl Lødemel | 24 | Jessheim | 19.08.1987 |
| 12:10.5 | Alexander Jørgensen | 71 | Jessheim | 19.08.1987 |
| 12:10.5 | Rune Murud | 65 | Jessheim | 19.08.1987 |
| 12:18.2 | Magnar Hagerupsen | 53 | Jessheim | 19.08.1987 |
| 12:18.4 | Bernt Reppe | 32 | Jessheim | 19.08.1987 |
| 12:23.0 | Asbjørn Jokstad | 56 | Jessheim | 19.08.1987 |
| 12:36.7 | Kristoffer Stanger | 33 | Jessheim | 19.08.1987 |
| 13:01.8 | Svein Skolt | 25 | Jessheim | 19.08.1987 |
| 13:06.7 | Magne Engen | 33 | Jessheim | 19.08.1987 |
| 13:23.7 | Per Neskleiv | 36 | Jessheim | 19.08.1987 |
| 13:43.5 | Håkon Amundstad | 24 | Jessheim | 19.08.1987 |
| 14:06.0 | Arne Aas | 29 | Jessheim | 19.08.1987 |
| 14:57.6 | Reidar Melby | 27 | Jessheim | 19.08.1987 |
| 15:12.4 | Johannes Bjørnland | 17 | Jessheim | 19.08.1987 |

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| **5000m** |  |

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| 14:27.23 | Vidar Birkelund | 56 | Oslo/Bi | 23.07.1987 |
| 14:57.7 | Leif Erik Aronsveen | 57 | Jessheim | 24.08.1987 |
| 14:58.0 | Bjørn Dæhlie | 67 | Esjberg, DEN | 26.07.1987 |
| 16:32.1 | Thorbjørn Næss | 68 | Jessheim | 31.07.1987 |

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| **10000m** |  |

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| 30:20.01 | Vidar Birkelund | 56 | Oslo/Bi | 23.07.1987 |
| **MENN SENIOR 1987** | | **414** | | |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.5 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.1987 |
| 12.8 | Tomas Lundring | 75 | Jessheim | 15.08.1987 |
| 12.9 | Bent Jørgensen | 75 | Jessheim | 23.09.1987 |

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

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| --- | --- | --- | --- | --- |
| 12.72 | Jørgen Hjelm Bakkerud | 74 | Larvik/Lo | 29.08.1987 |

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

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| 12.5 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.1987 |
| 14.6 | Odd Arne Urnes | 73 | Jessheim | 04.06.1987 |
| 15.3 | Paal Raastad | 73 | Jessheim | 04.06.1987 |
| 17.1 | Erik Bonesvoll | 74 | Jessheim | 04.06.1987 |

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| **110m hekk 91.4 cm E** |  |

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| 15.47 | Morten Knutsen | 70 | Jessheim | 01.06.1987 |

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| **110m hekk 100 cm M** |  |

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| 17.7 | Lars Petter Syversrud | 69 | Jessheim | 01.06.1987 |

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| **110m hekk 106.7 cm E** |  |

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| 15.24 | Ole Petter Henriksen | 63 | Oslo/Bi | 18.08.1987 |
| 15.46 | Jo Henning Hals Nilssen | 68 | Nesbyen | 14.08.1987 |

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

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| 15.2 | Jo Henning Hals Nilssen | 68 | Lillehammer/Ss | 17.07.1987 |
| 15.4 | Ole Petter Henriksen | 63 | Jessheim | 04.06.1987 |
| 20.4 | Ole Skolt | 53 | Jessheim | 04.06.1987 |

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

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| 25.9 | Jo Henning Hals Nilssen | 68 | Jessheim | 23.09.1987 |
| 28.5 | Thorstein Gystad | 67 | Jessheim | 23.09.1987 |
| 31.2 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 23.09.1987 |
| 31.4 | Frode Nygård | 69 | Jessheim | 23.09.1987 |

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

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| 59.3 | Jo Henning Hals Nilssen | 68 | Jessheim | 03.09.1987 |

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| **MENN SENIOR 1987** | **415** |

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

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| --- | --- | --- | --- | --- |
| 9:13.2 | Vidar Birkelund | 65 | Jessheim | 21.08.1987 |
| 9:17.8 | Trygve Stanger | 62 | Jessheim | 21.08.1987 |
| 9:36.1 | Fredrik Bakken | 66 | Jessheim | 21.08.1987 |
| 9:45.8 | Bjørn Ingvar Jensen | 66 | Jessheim | 21.08.1987 |
| 10:02.8 | Ole Skolt | 53 | Årnes | 01.07.1987 |
| 10:27.8 | Ole Fredrik Mørck | 62 | Jessheim | 21.08.1987 |
| 10:56.6 | Arne Luke | 44 | Jessheim | 21.08.1987 |
| 10:57.6 | Bjørn Rommen | 43 | Jessheim | 21.08.1987 |
| 10:58.3 | Kåre-Christian Olsen | 64 | Jessheim | 21.08.1987 |
| 11:01.1 | Odd Kinnsbekken | 48 | Jessheim | 21.08.1987 |
| 11:02.1 | Knut Kristiansen | 44 | Jessheim | 21.08.1987 |
| 11:07.6 | Bjørn Tore Ottersen | 66 | Jessheim | 21.08.1987 |
| 11:13.3 | Geir Håkon Bjørnstad | 56 | Jessheim | 21.08.1987 |
| 11:18.2 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 21.08.1987 |
| 11:43.1 | Ingar Indredavik | 45 | Jessheim | 21.08.1987 |
| 11:59.0 | Ragnar Bakken | 48 | Jessheim | 21.08.1987 |
| 12:18.1 | Johnny Røsåsen | 44 | Jessheim | 21.08.1987 |
| 12:18.5 | Kristen Langbakk | 39 | Jessheim | 21.08.1987 |
| 12:22.2 | Knut Tørum | 45 | Jessheim | 21.08.1987 |
| 12:27.8 | Nils Sæthermoen | 40 | Jessheim | 21.08.1987 |
| 12:34.4 | Kjell Aarflot | 44 | Jessheim | 21.08.1987 |
| 12:47.2 | Jon Øyvind Bendiksen | 66 | Jessheim | 21.08.1987 |
| 12:54.1 | Kjell Østhus | 42 | Jessheim | 21.08.1987 |
| 12:55.0 | Ole Arnegård | 44 | Jessheim | 21.08.1987 |
| 12:59.6 | Jan Grønlien | 49 | Jessheim | 10.06.1987 |
| 13:05.7 | Jens Mathiesen | 47 | Jessheim | 21.08.1987 |
| 13:18.8 | Ola Haugset | 43 | Jessheim | 21.08.1987 |
| 13:20.2 | Øystein Jørgensen | 47 | Jessheim | 21.08.1987 |
| 13:23.2 | Asbjørn Hoel | 43 | Jessheim | 21.08.1987 |
| 13:27.8 | Kåre Støverud | 52 | Jessheim | 21.08.1987 |
| 13:34.2 | Bjørn Fløtaker | 46 | Jessheim | 21.08.1987 |
| 13:36.0 | Lasse Andersen | 47 | Jessheim | 21.08.1987 |
| 13:49.8 | Jens Jørgensen | 45 | Jessheim | 21.08.1987 |
| 14:13.6 | Jørgen Torstveit | 71 | Jessheim | 21.08.1987 |
| 14:19.0 | Ole Kristian Wiig | 45 | Jessheim | 21.08.1987 |
| 14:45.8 | Øivind Mangerud | 48 | Jessheim | 21.08.1987 |

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| **MENN SENIOR 1987** | **416** |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:07:10 | Vidar Birkelund | 56 | Sandnes | 05.04.1987 |
| 1:13:24 | Ole Johan Garli | 56 | Sandnes | 05.04.1987 |
| 1:13:41 | Bjørn Ingvar Jensen | 66 | Sandnes | 05.04.1987 |
| 1:18:44 | Ole Fredrik Mørck | 62 | Jessheim | 22.11.1987 |
| 1:21:15 | Kolbjørn Skjerve | 37 | Jessheim | 22.11.1987 |
| 1:22:14 | Geir Håkon Bjørnstad | 56 | Beitostølen | 13.05.1987 |
| 1:23:16 | Kåre-Christian Olsen | 64 | Beitostølen | 13.06.1987 |
| 1:24:53 | Tore Ragnar Olsen | 46 | Jessheim | 11.10.1987 |
| 1:25:06 | Trygve Bårde | 48 | Jessheim | 11.10.1987 |
| 1:27:39 | Fredrik Bakken | 66 | Jessheim | 11.10.1987 |
| 1:27:47 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 11.10.1987 |
| 1:29:19 | Geir Håkon Bjørnstad | 56 | Jessheim | 11.10.1987 |
| 1:31:05 | Torsbjørn Johansen | 39 | Jessheim | 11.10.1987 |
| 1:32:19 | Ingar Indredavik | 45 | Jessheim | 11.10.1987 |
| 1:32:28 | Bjørn Ottersen | 35 | Jessheim | 11.10.1987 |
| 1:32:44 | Eirik Tenold | 39 | Jessheim | 11.10.1987 |
| 1:33:42 | Henning Høgheim | 39 | Jessheim | 11.10.1987 |
| 1:36:47 | Sverre Murud | 38 | Jessheim | 11.10.1987 |
| 1:37:54 | Nils Sæthermoen | 40 | Jessheim | 22.11.1987 |
| 1:38:22 | Svein Rustad | 44 | Jessheim | 11.10.1987 |
| 1:41:17 | Ragnar Bakken | 48 | Jessheim | 11.10.1987 |
| 1:43:49 | Bjørn Fløtaker | 46 | Jessheim | 11.10.1987 |
| 1:46:20 | Steinar Ørum | 46 | Jessheim | 11.10.1987 |
| 1:46:54 | Håkon Amundstad | 24 | Jessheim | 11.10.1987 |
| 1:48:50 | Bjørn Kvaal | 56 | Jessheim | 11.10.1987 |
| 1:48:53 | Sigmund Syversen | 49 | Jessheim | 11.10.1987 |
| 1:55:21 | John Mikalsen | 57 | Jessheim | 11.10.1987 |

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| **Maraton 42195m** |  |

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| 3:37:35 | Ragnar Bakken | 48 | Jessheim | 22.11.1987 |

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| **Høyde** |  |

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| --- | --- | --- | --- | --- |
| 1.90 | Frode Myrvang | 67 | Drammen/Ma | 10.07.1987 |
| 1.84 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01.09.1987 |
| 1.80 | Jan Andresen | 70 | Nadderud | 21.06.1987 |
| 1.80 | Ansgar Gulbrandsen | 44 | Pori, FIN | 01.08.1987 |
| 1.41 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 25.05.1987 |
| 1.30 | Paal Raastad | 73 | Jessheim | 04.06.1987 |

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| **MENN SENIOR 1987** | **417** |

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| **Stav** |  |

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| --- | --- | --- | --- | --- |
| 3.80 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 02.08.1987 |
| 3.75 | Jan Andresen | 70 | Jessheim | 19.09.1987 |
| 2.90 | Ivar Opsahl | 47 | Jessheim | 03.09.1987 |
| 2.70 | Trygve Andresen | 34 | Jessheim | 06.07.1987 |
| 2.20 | Odd Arne Urnes | 73 | Jessheim | 23.09.1987 |

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| **Lengde** |  |

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| 6.68 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01.08.1987 |
| 5.59 | Ola Nerhagen | 71 | Strømmen | 13.06.1987 |
| 5.51 | Frode Myrvang | 67 | Jessheim | 28.09.1987 |
| 5.47 | Jan Andresen | 70 | Jessheim | 28.09.1987 |
| 4.80 | Stein Erik Knoph | 72 | Strømmen | 13.06.1987 |
| 4.58 | John Arve Johansen | 36 | Lørenfallet | 25.06.1987 |
| 4.56 s | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.09.1987 |
| 4.17 s | Odd Arne Urnes | 73 | Jessheim | 18.05.1987 |
| 4.13 s | Bent Jørgensen | 75 | Jessheim | 28.09.1987 |
| 3.94 s | Stian Kråbøl | 74 | Jessheim | 18.05.1987 |
| 3.59 s | Ingar Ørum | 77 | Bjørkelangen | 12.09.1987 |
| 3.46 s | Ronald Dawies | 75 | Jessheim | 18.05.1987 |
| 3.45 s | Sven Inge Bråten | 76 | Jessheim | 18.05.1987 |
| 3.44 s | Thorbjørn Wiig | 76 | Jessheim | 18.05.1987 |
| **Vind** | |  | | |
| 6.77 +2.1 | Jo Henning Hals Nilssen | 68 | Lillehammer/Ss | 28.09.1987 |

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| **Tresteg** |  |

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| 12.80 | Morten Knutsen | 70 | Jessheim | 31.07.1987 |
| 12.42 | Frode Myrvang | 67 | Kristiansand | 21.06.1987 |
| 10.01 | John Arne Johansen | 36 | Årnes | 26.08.1987 |
| 9.45 s | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.09.1987 |
| 9.10 s | Odd Arne Urnes | 73 | Jessheim | 29.09.1987 |
| 8.58 s | Stian Kråbøl | 74 | Jessheim | 29.09.1987 |

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| **Kule 3 kg** |  |

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| 9.53 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 15.08.1987 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.18 | Stein Erik Knoph | 72 | Jessheim | 15.08.1987 |

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| **Kule 5.5 kg** |  |

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| 14.11 | Morten Knutsen | 70 | Jessheim | 06.07.1987 |

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| **MENN SENIOR 1987** | **418** |

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| **Kule 7.26 kg** |  |

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| 12.02 | Morten Knutsen | 70 | Jessheim | 02.07.1987 |
| 11.16 | Jo Henning Hals Nilssen | 68 | Jessheim | 06.07.1987 |
| 10.94 | Kai Hole | 42 | Jessheim | 06.07.1987 |

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| **Diskos 1 kg** |  |

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| 22.76 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 28.09.1987 |
| 10.72 | Pål Torvund | 76 | Jessheim | 28.09.1987 |

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| **Diskos 1.5 kg** |  |

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| 44.34 | Morten Knutsen | 70 | Jessheim | 06.07.1987 |
| 43.24 | Lars Petter Syversrud | 69 | Oslo/Bi | 21.05.1987 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 40.76 | Morten Gaarder | 60 | Jessheim | 06.07.1987 |
| 39.12 | Jo Henning Hals Nilssen | 68 | Jessheim | 06.07.1987 |
| 36.70 | Kai Hole | 42 | Jessheim | 28.05.1987 |
| 30.88 | Ole Petter Henriksen | 63 | Jessheim | 01.08.1987 |

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

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| --- | --- | --- | --- | --- |
| 30.34 | Stein Erik Knoph | 72 | Romedal | 13.09.1987 |
| 29.64 | Odd Arne Urnes | 73 | Jessheim | 04.06.1987 |
| 29.10 | Stian Kråbøl | 74 | Jessheim | 29.09.1987 |
| 23.86 | Martin Carlson | 71 | Jessheim | 04.06.1987 |
| 21.70 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 29.09.1987 |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| --- | --- | --- | --- | --- |
| 53.96 | Bjørn Egil Ludvigsen | 67 | Jessheim | 04.06.1987 |
| 52.42 | Ivar Skedsmo | 55 | Jessheim | 04.06.1987 |
| 48.56 | Jo Henning Hals Nilssen | 68 | Søgne | 19.06.1987 |
| 44.80 | Ole Petter Henriksen | 61 | Jessheim | 01.08.1987 |
| 43.24 | Lars Petter Syverud | 69 | Oslo/Bi | 21.05.1987 |

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| **Liten ball 150 g** |  |

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| 38.80 | Håvard Mathisen | 77 | Bjørkelangen | 12.09.1987 |
| 37.90 | Ingar Ørum | 77 | Bjørkelangen | 12.09.1987 |
| 32.50 | Pål Torvund | 76 | Bjørkelangen | 12.09.1987 |

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| **MENN SENIOR 1987** | **419** |

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

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| 2893 | Jørgen Hjelm Bakkerud | 74 | Haga | 08.08.1987 |
| 9.1-4.31-8.93-2:30.7 | | | |

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| **10-kampE 100m-Lengde-Kule-Høyde-400m** | **100mh-Diskos-Stav-Spyd-1500m** |

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| --- | --- | --- | --- | --- |
| 6328 | Jo Henning Hals Nilssen | 68 | Byrkjelo | 01-02.08.1987 |
| 11.77-6.68-10.60-1.84-53.45/15.63-36.00-3.80-47.52-4:57.68 | | | |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 45.8 | M19 |  | Jessheim | 20.09.1987 |
| Ola Nerhagen71-Jo Henning Hals Nilssen68-Edward Hughes71-Thorstein Gystad67 | | | |

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| **4x400m** |  |

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| --- | --- | --- | --- | --- |
| 3:41.4 | M19 |  | Jessheim | 20.09.1987 |
| Jo Henning Hals Nilssen68-Jan Olav Arnegård71-Frode Nygård69-Ola Nerhagen71 | | | |

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| **4x1500m** |  |

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| 19:17.4 | M20 |  | Jessheim | 20.09.1987 |
| Hans Georg Haug67-Rune Skinnerlien67-Ole Pedersen67-Thorbjørn Næss68 | | | |

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| **INNENDØRS** |  |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 7.4 | Thorstein Gystad | 67 | Oslo/Ek | 03.01.1987 |

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| **100m M** |  |

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| --- | --- | --- | --- | --- |
| 11.9 | Thorstein Gystad | 67 | Drammen | 10.01.1987 |
| 12.1 | Ola Nerhagen | 71 | Drammen | 13.02.1987 |
| 12.4 | Edward Hughes | 71 | Drammen | 10.01.1987 |

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| **300m M** |  |

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| --- | --- | --- | --- | --- |
| 37.7 | Ole Petter Henriksen | 63 | Oslo/Ek | 03.01.1987 |
| 37.7 | Thorstein Gystad | 67 | Oslo/Ek | 03.01.1987 |

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| **400m M** |  |

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| 53.3 | Torstein Gystad | 67 | Oslo/Ek | 14.03.1987 |

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| **MENN SENIOR 1987** | **420** |

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| **60m hekk 100 cm E** |  |

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| --- | --- | --- | --- | --- |
| 9.76 | Morten Knutsen | 70 | Askim | 31.01.1987 |

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| **60m hekk 106.7cm E** |  |

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| --- | --- | --- | --- | --- |
| 8.69 | Jo Henning Hals Nilssen | 68 | Askim | 01.02.1987 |
| 9.02 | Ole Petter Henriksen | 63 | Oslo/Ek | 24.01.1987 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.90 | Frode Myrvang | 67 | Drammen | 10.01.1987 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.92 | Morten Knutsen | 70 | Askim | 31.01.1987 |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.48 | Jo Henning Hals Nilssen | 68 | Årnes/Ne | 27.02.1987 |
| 1.48 | Lars Petter Syversrud | 69 | Jessheim/Je | 10.03.1987 |
| 1.36 | Kai Hole | 42 | Årnes/Ne | 27.02.1987 |
| 1.35 | Ola Nerhagen | 71 | Jessheim/Je | 10.03.1987 |
| 1.35 | Jan-Olav Arnegård | 71 | Jessheim/Je | 10.03.1987 |
| 1.20 | Odd Arne Urnes | 73 | Jessheim/Je | 10.03.1987 |
| 1.19 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 10.03.1987 |
| 0.90 | Steinar Hoel | 75 | Jessheim/Je | 10.03.1987 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.11 | Ola Nerhagen | 71 | Dokka | 08.03.1987 |
| 3.06 | Lars Petter Syversrud | 69 | Jessheim/Je | 10.03.1987 |
| 2.92 | Jo Henning Hals Nilssen | 68 | Årnes/Ne | 27.02.1987 |
| 2.85 | Morten Knutsen | 70 | Jessheim/Je | 10.03.1987 |
| 2.76 | Jan-Olav Arnegård | 71 | Jessheim/Je | 10.03.1987 |
| 2.70 | Frode Grøndahl | 69 | Jessheim/Je | 10.03.1987 |
| 2.47 | Odd Arne Urnes | 73 | Jessheim/Je | 10.03.1987 |
| 2.41 | Jan Olav Skibakk | 71 | Jessheim/Je | 10.03.1987 |
| 2.40 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 10.03.1987 |
| 1.99 | Bent Jørgensen | 75 | Jessheim/Je | 10.03.1987 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:35.26 |  |  | Oslo/Ek | 25.01.1987 |
| Ole Petter Henriksen63-Bjørn Tore Ottersen66-Thorstein Gystad67-Jo H. H. Nilssen68 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 1987** | **421** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.49 | Lene Kristin Nyland | 74 | Kongsberg | 05.09.1987 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.4 | Lene Kristin Nyland | 74 | Bjørkelangen | 12.09.1987 |
| 10.5 | Katrine Finstad | 75 | Strømmen | 17.06.1987 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.04 | Inger Birgitte Reppe | 68 | Lillehammer/Ss | 28.05.1987 |
| 14.15 | Lene Kristin Nyland | 74 | Nadderud | 21.06.1987 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.5 | Inger Birgitte Reppe | 68 | Bjørkelangen | 30.08.1987 |
| 13.4 | Lene Kristin Nyland | 74 | Jessheim | 28.06.1987 |
| 14.1 | Guri Fjeldberg | 69 | Jessheim | 28.06.1987 |
| 15.5 | Marit Undseth | 76 | Jessheim | 18.05.1987 |
| 15.8 | Monika Kverby | 75 | Jessheim | 28.09.1987 |
| 16.1 | Karianne Kverneggen | 75 | Jessheim | 18.05.1987 |
| 16.4 | Astrid Mathisen | 76 | Jessheim | 28.09.1987 |
| 16.8 | Katrine Finstad | 75 | Jessheim | 18.05.1987 |
| 17.3 | Turid Brennløkken | 76 | Jessheim | 18.05.1987 |
| 18.5 | Jeanette Korslund | 76 | Jessheim | 18.05.1987 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.7 | Lene Kristin Nyland | 74 | Jessheim | 21.09.1987 |
| 28.9 | Kari Kamstrup | 56 | Jessheim | 31.07.1987 |
| 30.6 | Kristin Jensen | 70 | Jessheim | 21.09.1987 |

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 64.2 | Kristin Jensen | 70 | Oslo/Bi | 21.05.1987 |
| 66.8 | Lene Kristin Nyland | 74 | Jessheim | 29.09.1987 |
| 67.1 | Vibeke Aarflot | 69 | Oslo/Bi | 21.05.1987 |

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| **800m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:22.7 | Kristin Jensen | 70 | Jessheim | 28.06.1987 |
| 2:23.5 | Line Røen | 66 | Jessheim | 31.07.1987 |
| 2:23.7 | Nina Holm | 64 | Jessheim | 31.07.1987 |
| 2:28.6 | Gunn Vilberg | 66 | Jessheim | 31.07.1987 |
| 2:31.5 | Ellen Undseth | 73 | Jessheim | 15.08.1987 |
| 2:32.8 | Hege Lundring | 73 | Jessheim | 15.08.1987 |

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| **KVINNER SENIOR 1987** | **422** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:38.5 | Lene Kristin Nyland | 74 | Jessheim | 15.08.1987 |
| 2:43.2 | Anne-Marie Bakkerud | 48 | Lørenfallet | 25.06.1987 |
| 2:54.7 | Katrine Finstad | 75 | Jessheim | 15.08.1987 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5:01.5 | Line Røen | 66 | Jessheim | 10.06.1987 |
| 5:03.3 | Gunn Vilberg | 64 | Jessheim | 10.06.1987 |
| 5:06.6 | Nina Holm | 64 | Jessheim | 01.08.1987 |
| 5:12,0 | Lene Sørensen | 63 | Jessheim | 10.06.1987 |
| 5:13.2 | Hege Melby | 68 | Jessheim | 10.06.1987 |
| 5:13.6 | Bente Aarflot | 72 | Jessheim | 10.06.1987 |
| 5:15.47 | Ann-Kristin Ullerud | 66 | Grimstad | 20.06.1987 |
| 5:17.7 | Torunn Larsen | 68 | Jessheim | 10.06.1987 |
| 5:22.6 | Anne-Torill Garli | 57 | Jessheim | 10.06.1987 |
| 5:26.3 | Kristin Jensen | 70 | Jessheim | 10.06.1987 |
| 5:26.4 | Eva Blakkisrud | 46 | Jessheim | 10.06.1987 |
| 5:27.9 | Annekari Kristiansen | 71 | Jessheim | 10.06.1987 |
| 5:28.4 | Anne Kari Bjørnsveen | 71 | Jessheim | 10.06.1987 |
| 5:32.9 | Ann-Marie Bakkerud | 49 | Jessheim | 10.06.1987 |
| 5:38.7 | Britt Heidi Ottersen | 63 | Jessheim | 10.06.1987 |
| 5:39.9 | Laila Skibakk | 40 | Jessheim | 10.06.1987 |
| 5:43.4 | Kathrine Huuse | 69 | Jessheim | 10.06.1987 |
| 5:44.5 | Randi Sydtangen | 67 | Jessheim | 10.06.1987 |
| 5:46.4 | Vibeke Aarflot | 69 | Jessheim | 10.06.1987 |
| 5:53.5 | Laila Borge | 51 | Jessheim | 10.06.1987 |
| 5:55.9 | Randi Blakkisrud | 69 | Jessheim | 10.06.1987 |
| 5:56.4 | Eva Blakkisrud | 46 | Jessheim | 10.06.1987 |
| 5:58.2 | Trine Bogstad Mangerud | 51 | Jessheim | 10.06.1987 |
| 6:00.4 | Torill Mundahl | 58 | Jessheim | 10.06.1987 |
| 6:01.9 | Inger Helene Olsen | 68 | Jessheim | 10.06.1987 |
| 6:13.9 | Monica Sørum | 71 | Jessheim | 10.06.1987 |
| 6:14.1 | Tone Rustad | 67 | Jessheim | 10.06.1987 |
| 6:16.7 | Marit Skolt Skafle | 56 | Jessheim | 10.06.1987 |
| 6:25.3 | Jorunn Sørum | 49 | Jessheim | 10.06.1987 |
| 6:26.1 | Kari Kamstrup | 56 | Jessheim | 10.06.1987 |
| 6:30.9 | Thora Sand | 48 | Jessheim | 10.06.1987 |
| 6:37.7 | Berit Gulbrandsen | 38 | Jessheim | 10.06.1987 |
| 6:38.9 | Inger Lise Wiig | 49 | Jessgeim | 10.06.1987 |
| 6:39.2 | Åshild Olsen | 39 | Jessheim | 10.06.1987 |
| 6:58.7 | Elise Wogstad | 44 | Jessheim | 10.06.1987 |
| 7:04.6 | Aud Venke Rustad | 49 | Jessheim | 10.06.1987 |
| 7:09.5 | Merete Kvaal | 67 | Jessheim | 10.06.1987 |
| 7:10.6 | Lisbeth Hildonen | 50 | Jessheim | 10.06.1987 |
| 7:32.7 | Inger Anne Øvrum | 71 | Jessheim | 10.06.1987 |
| 8:16.6 | Gerd Bakkeløkken | 36 | Jessheim | 10.06.1987 |
| **KVINNER SENIOR 1987** | | **423** | | |

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

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| --- | --- | --- | --- | --- |
| 10:56.5 | Line Røen | 66 | Jessheim | 21.08.1987 |
| 11:06.2 | Anne-Torill Garli | 57 | Jessheim | 21.08.1987 |
| 11:07.9 | Hanne Sørensen | 63 | Jessheim | 21.08.1987 |
| 11:21.0 | Ingjerd Vestengen | 65 | Jessheim | 21.08.1987 |
| 11:23.2 | Eva Blakkisrud | 46 | Lørenfallet | 25.06.1987 |
| 11:35.8 | Hilde Rustad | 66 | Jessheim | 21.08.1987 |
| 11:44.0 | Karthrine Huuse | 69 | Jessheim | 21.08.1987 |
| 11:45.1 | Grethe Marie Hansen | 64 | Jessheim | 21.08.1987 |
| 11:48.6 | Lene Anette Hagen | 72 | Jessheim | 21.08.1987 |
| 12:07.1 | Bente Aarflot | 72 | Jessheim | 21.08.1987 |
| 12:11.2 | Ann-Marie Bakkerud | 49 | Jessheim | 21.08.1987 |
| 12:14.3 | Britt Heidi Ottersen | 63 | Jessheim | 21.08.1987 |
| 12:22.1 | Laila Skibakk | 40 | Jessheim | 21.08.1987 |
| 12:48.3 | Anne-Marie Frydenlund | 49 | Jessheim | 21.08.1987 |
| 12:59.0 | Elisabeth Moum | 67 | Jessheim | 21.08.1987 |
| 13:11.7 | Heidi Blakkisrud | 69 | Jessheim | 21.08.1987 |
| 13:13.4 | Trine Bogstad Mangerud | 51 | Jessheim | 21.08.1987 |
| 13:21.3 | Randi Sydtangen | 67 | Jessheim | 21.08.1987 |
| 13:42.1 | Vibeke Aarflot | 69 | Jessheim | 21.08.1987 |
| 13:45.1 | Monica Sørum | 71 | Jessheim | 21.08.1987 |
| 13:58.8 | Inger Helene Olsen | 68 | Jessheim | 21.08.1987 |
| 14:15.9 | Berit Gulbrandsen | 38 | Jessheim | 21.08.1987 |
| 14:17.2 | Marit Skolt Skafle | 56 | Jessheim | 21.08.1987 |
| 14:22.4 | Åshild Olsen | 39 | Jessheim | 21.08.1983 |
| 14:26.3 | Jorunn Sørum | 49 | Jessheim | 21.08.1987 |
| 14:27.2 | Tone Rustad | 67 | Jessheim | 21.08.1987 |
| 15:01.7 | Lisbeth Hildonen | 50 | Jessheim | 21.08.1987 |
| 15:20.2 | Elise Wogstad | 44 | Jessheim | 21.08.1987 |
| 15:50.2 | Bjørg Nagell | 40 | Jessheim | 21.08.1987 |
| 16:17.9 | Merete Kvaal | 67 | Jessheim | 21.08.1987 |
| 16:58.5 | Inger Arne Øvrum | 71 | Jessheim | 21.08.1987 |

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| **5000m** |  |

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

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

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| --- | --- | --- | --- | --- |
| 11.3 | Kristin Urnes | 75 | Jessheim | 23.09.1987 |
| 12.6 | Ellen Undseth | 73 | Jessheim | 15.08.1987 |
| 13.1 | Hege Lundring | 73 | Jessheim | 15.08.1987 |

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

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| 14.52 | Inger Birgitte Reppe | 68 | Nesbyen | 14.08.1987 |

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| **KVINNER SENIOR 1987** | **424** |

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| **10 km landevei** |  |

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| --- | --- | --- | --- | --- |
| 40:16 | Anne-Torill Garli | 57 | Jessheim | 11.10.1987 |
| 40:54 | Eva Blakkisrud | 46 | Jessheim | 11.10.1987 |
| 46:32 | Trine Bogstad Mangerud | 51 | Jessheim | 11.10.1987 |
| 47:44 | Britt Heidi Ottersen | 63 | Jessheim | 11.10.1987 |
| 48:18 | Elisabeth Moum | 67 | Jessheim | 11.10.1987 |
| 50:32 | Laila Borge | 51 | Jessheim | 11.10.1987 |
| 52:29 | Cora Halsan Schøyen | 47 | Jessheim | 11.10.1987 |
| 54:21 | Torill Mundahl | 58 | Jessheim | 11.10.1987 |
| 66:34 | Gerd Bakkeløkken | 36 | Jessheim | 11.10.1987 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:27.:50 | Hanne Sørensen | 63 | Oslo | 12.09.1987 |
| 1:29:04 | Ann-Torill Garli | 57 | Jessheim | 22.11.1987 |
| 1:33:38 | Line Røen | 66 | Oslo | 12.09.1987 |
| 1:36:41 | Anne Marie Frydenlund | 49 | Sandnes | 05.04.1987 |
| 1:37:13 | Laila Skibakk | 40 | Oslo | 12.09.1987 |
| 1:38:29 | GretheMarie Hansen | 64 | Oslo | 12.09.1987 |
| 1:53:40 | Ann-Kristin Ullerud | 66 | Oslo | 12.09.1987 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 3:12:09 | Eva Blakkisrud | 46 | Oslo | 12.09.1987 |
| 3:30:51 | Anne Marie Frydenlund | 49 | Oslo | 12.09.1987 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.40 | Guri Fjeldberg | 69 | Oslo/Bi | 09.06.1987 |
| 1.29 | Kristin Urnes | 75 | Jessheim | 15.08.1987 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.90 | Kristin Urnes | 75 | Jessheim | 23.09.1987 |
| 1.80 | Guri Fjeldberg | 69 | Jessheim | 06.07.1987 |

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| **Lengde** | |  | | |
| 5.02 | Inger Birgitte Reppe | 68 | Jessheim | 04.06.1987 |
| 4.88 | Guri Fjeldberg | 69 | Jessheim | 04.06.1987 |
| 4.67 s | Lene Kristin Nyland | 74 | Hokksund | 18.06.1987 |
| 4.54 | Kari Kamstrup | 56 | Jessheim | 01.08.1987 |
| 3.66 s | Marit Undseth | 76 | Jessheim | 18.05.1987 |
| 3.62 s | Karianne Kverneggen | 75 | Jessheim | 18.05.1987 |
| 3.48 s | Katrine Finstad | 75 | Jessheim | 18.05.1987 |
| 3.26 s | Astrid Mathisen | 76 | Jessheim | 28.09.1987 |
| 3.05 s | Turid Brendløkken | 76 | Jessheim | 18.05.1987 |
| 3.00 s | Jeanette Korslund | 76 | Jessheim | 18.05.1987 |
| **KVINNER SENIOR 1987** | | **425** | | |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 8.02 | Lene Kristin Nyland | 74 | Jessheim | 21.09.1987 |
| 6.64 | Hege Lundring | 73 | Jessheim | 15.08.1987 |
| 6.62 | Ellen Undseth | 73 | Jessheim | 15.08.1987 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.30 | Guri Fjeldberg | 69 | Jessheim | 06.07.1987 |

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

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| --- | --- | --- | --- | --- |
| 33.78 | Guri Fjeldberg | 69 | Lillehammer/Ss | 18.07.1987 |

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

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| --- | --- | --- | --- | --- |
| 35.12 | Eva Cathrine Torvund | 69 | Jessheim | 01.08.1987 |
| 33.10 | Guri Fjeldberg | 69 | Jessheim | 04.06.1987 |
| 24.96 | Inger Birgitte Reppe | 68 | Jessheim | 04.06.1987 |
| 21.30 | Tone Sæthermoen | 69 | Jessheim | 29.09.1987 |

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

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| --- | --- | --- | --- | --- |
| 3068 | Lene Kristin Nyland | 74 | Haga | 08.08.1987 |
| 8.7-4.37-7.50-3:06.2 | | | |

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

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:29.8 |  |  | Jessheim | 29.07.1987 |
| Nina Holm64-Kristin Jensen70-Line Røen66-Ann Kristin Ullerud66 | | | |

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| **INNENDØRS** |  |

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| **60m E** |  |

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| --- | --- | --- | --- | --- |
| 8.13 | Inger Birgitte Reppe | 68 | Askim | 31.01.1987 |

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| **60m M** |  |

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| --- | --- | --- | --- | --- |
| 8.3 | Lene Kristin Nyland | 74 | Lillestrøm | 15.03.1987 |

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| **KVINNER SENIOR 1987** | **426** |

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

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| --- | --- | --- | --- | --- |
| 8.92 | Inger Birgitte Reppe | 68 | Askim | 01.02.1987 |

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

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

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| **Høyde** |  |

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4.47 s | Lene Kristin Nyland | 74 | Lillestrøm | 15.03.1987 |

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| **Høyde uten tilløp** |  |

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| --- | --- | --- | --- | --- |
| 1.25 | Guri Fjeldberg | 69 | Årnes/Ne | 27.02.1987 |
| 1.06 | Kristin Urnes | 75 | Jessheim/Je | 10.03.1987 |
| 0.85 | Turid Brendløkken | 76 | Jessheim/Je | 10.03.1987 |
| 0.85 | Nina Kristin Nyheim | 74 | Jessheim/Je | 10.03.1987 |
| 0.70 | Tone Kari Fugleberg | 74 | Jessheim/Je | 10.03.1987 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.45 | Guri Fjeldberg | 69 | Jessheim/Je | 10.03.1987 |
| 2.23 | Vibeke Aarflot | 69 | Jessheim/Je | 10.03.1987 |
| 1.85 | Tone Kari Fugleberg | 74 | Jessheim/Je | 10.03.1987 |
| 1.81 | Nina Kristin Nyheim | 74 | Jessheim/Je | 10.03.1987 |
| 1.76 | Astrid Mathisen | 76 | Jessheim/Je | 10.03.1987 |
| 1.69 | Turid Brendløkken | 76 | Jessheim/Je | 10.03.1987 |
| 1.65 | Elin Fugleberg | 76 | Jessheim/Je | 10.03.1987 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.35 | Guri Fjeldberg | 69 | Drammen | 10.01.1987 |

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| **MENN SENIOR 1988** | **427** |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 5.8 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 19.05.1988 |
| 5.9 | Anders Huuse | 75 | Jessheim | 30.05.1988 |
| 6.1 | Øyvind Arnegård | 75 | Jessheim | 30.05.1988 |
| 6.2 | Stian Kråbøl | 74 | Jessheim | 19.05.1988 |
| 6.4 | Roland Davies | 75 | Jessheim | 19.05.1988 |
| 6.4 | Christian Mathisen | 75 | Jessheim | 30.05.1988 |
| 6.4 | Kristopher Matheson | 76 | Jessheim | 30.05.1988 |
| 6.4 | Gudmund Bjortveit | 77 | Jessheim | 30.05.1988 |
| 6.7 | Sven Inge Bråten | 76 | Jessheim | 30.05.1988 |
| 6.8 | Thomas Nielsen | 77 | Jessheim | 30.05.1988 |
| 6.8 | Lars Gjerdalen | 76 | Jessheim | 30.05.1988 |
| 6.9 | Trond-Erik Bakkerud | 77 | Jessheim | 19.05.1988 |
| 6.9 | Ingar Ørum | 77 | Jessheim | 19.05.1988 |
| 6.9 | Pål Christian Torvund | 76 | Jessheim | 19.05.1988 |
| 7.0 | Thorbjørn Wiig | 77 | Jessheim | 19.05.1988 |
| 7.0 | Anders Knudsen | 77 | Jessheim | 19.05.1988 |
| 7.2 | Kristian Hauge | 76 | Jessheim | 19.05.1988 |

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

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| --- | --- | --- | --- | --- |
| 9.34 | Gudmund Bjotveit | 77 | Nadderud | 19.06.1988 |
| 9.65 | Thorbjørn Wiig | 77 | Nadderud | 19.06.1988 |
| 10.03 | Ingar Ørum | 77 | Nadderud | 19.06.1988 |
| 10.45 | Håvard Mathisen | 77 | Nadderud | 19.06.1988 |
| 11.14 | Lars Kristian Furuseth | 77 | Nadderud | 19.06.1988 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.4 | Ola Nerhagen | 71 | Jessheim | 03.10.1988 |
| 7.5 | Runar Homble | 72 | Årnes | 22.06.1988 |
| 7.6 | Jan-Olav Arnegård | 71 | Jessheim | 03.10.1988 |
| 8.3 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03.10.1988 |
| 8.5 | Rolf Fredagsvik | 42 | Haga | 16.06.1988 |
| 8.6 | Anders Huuse | 75 | Bjørkelangen | 30.08.1988 |
| 9.0 | Øyvind Arnegård | 76 | Jessheim | 06.06.1988 |
| 9.1 | Ken Andre Hauge | 75 | Jessheim | 06.06.1988 |
| 9.2 | Erik Bonesvold | 74 | Jessheim | 06.06.1988 |
| 9.2 | Gusmund Bjotveit | 77 | Bjørkelangen | 30.08.1988 |
| 9.8 | Ingar Ørum | 77 | Jessheim | 06.06.1988 |
| 10.0 | Pål Christian Torvund | 76 | Jessheim | 03.10.1988 |
| 10.1 | Kristian Hauge | 76 | Jessheim | 06.06.1988 |

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| **MENN SENIOR 1988** | **428** |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.27 | Runar Homble | 72 | Nadderud | 18.06.1988 |
| 13.28 | Anders Huuse | 75 | Nadderud | 18.06.1988 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.5 | Jo Henning Hals Nilssen | 68 | Jessheim | 30.05.1988 |
| 11.8 | Ola Nerhagen | 71 | Jessheim | 18.09.1988 |
| 12.0 | Runar Homble | 72 | Nadderud | 18.06.1988 |
| 12.1 | Lars Petter Syversrud | 69 | Bjørkelangen | 21.09.1988 |
| 12.2 | Jan-Olav Arnegård | 71 | Jessheim | 30.05.1988 |
| 12.4 | Frode Nygård | 69 | Jessheim | 30.05.1988 |
| 12.8 | Odd Arne Urnes | 73 | Bjørkelangen | 10.08.1988 |
| 13.1 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 30.05.1988 |
| 13.3 | Anders Huuse | 75 | Nadderud | 18.06.1988 |
| 14.3 | Øyvind Arnegård | 75 | Jessheim | 30.05.1988 |
| 15.3 | John Arve Johansen | 36 | Haga | 16.06.1988 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.91 | Frode Nygård | 69 | Oslo/Bi | 06.06.1988 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.8 | Ola Nerhagen | 71 | Jessheim | 26.09.1988 |
| 23.9 | Jo Henning Hals Nilssen | 68 | Jessheim | 26.09.1988 |
| 24.1 | Runar Homble | 72 | Jessheim | 26.09.1988 |
| 24.9 | Jan-Olav Arnegård | 71 | Jessheim | 26.09.1988 |
| 31.4 | Gundmund Bjotveit | 77 | Jessheim | 26.09.1988 |
| 31.9 | Erik Bonesvoll | 73 | Jessheim | 26.09.1988 |

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| --- | --- |
| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 56.11 | Rune Skinnerlien | 69 | Oslo/Bi | 18.08.1988 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 55.5 | Jan-Olav Arnegård | 71 | Jessheim | 03.10.1988 |
| 55.9 | Frode Nygård | 69 | Jessheim | 11.06.1988 |
| 56.4 | Ronny Opaker | 66 | Jessheim | 11.08.1988 |
| 56.7 | Hans Georg Haug | 67 | Jessheim | 11.08.1988 |
| 56.8 | Runar Homble | 72 | Jessheim | 03.10.1988 |
| 59.4 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 06.08.1988 |

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| **MENN SENIOR 1988** | **429** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:01.3 | Kjell Stokkan | 66 | Stjørdal | 17.08.1988 |
| 2:01.8 | Inge Nessiøy | 57 | Jessheim | 22.08.1988 |
| 2:02.5 | Frode Nygård | 69 | Jessheim | 22.08.1988 |
| 2:02.8 | Rune Skinnerlien | 69 | Jessheim | 14.09.1988 |
| 2:02.82 | Ronny Opaker | 66 | Oslo/Bi | 13.07.1988 |
| 2:05.1 | Jan-Olav Arnegård | 71 | Jessheim | 22.08.1988 |
| 2:05.4 | Trygve Stanger | 62 | Jessheim | 10.06.1988 |
| 2:08.4 | Morten Andersen | 72 | Jessheim | 18.09.1988 |
| 2:12.1 | Pål Slemdal | 72 | Jessheim | 06.06.1988 |
| 2:14.5 | Anders Carlson | 69 | Jessheim | 22.08.1988 |
| 2:15.1 | Runar Homble | 72 | Årnes | 24.06.1988 |
| 2:18.7 | Jørgen Hjelm Bakkerud | 74 | Årnes | 24.06.1988 |
| 2:22.3 | Rolv-Eirik Nyheim | 47 | Jessheim | 22.08.1988 |
| 2:25.2 | Atle Sander | 71 | Jessheim | 22.08.1988 |
| 2:30.1 | Thomas Lundring | 75 | Årnes | 24.06.1988 |
| 2:43.2 | Thorbjørn Wiig | 77 | Jessheim | 22.08.1988 |
| 2:46.3 | Ola Haugset | 43 | Jessheim | 22.08.1988 |
| 2:46.6 | John Birkelund | 32 | Jessheim | 22.08.1988 |
| 2:52.6 | Per Olav Ramstad | 74 | Jessheim | 22.08.1988 |
| 2:54.7 | Trond-Erik Bakkerud | 77 | Årnes | 24.06.1988 |
| 2:55.7 | Torleif Bjotveit | 47 | Jessheim | 22.08.1988 |
| 2:59.6 | Per Ramstad | 47 | Jessheim | 22.08.1988 |
| 3:02.1 | Tomm Fredagsvik | 76 | Jessheim | 22.08.1988 |
| 3:08.8 | Ole Kristian Wiig | 45 | Jessheim | 22.08.1988 |
| 3:09.4 | Kristian Hauge | 76 | Jessheim | 19.05.1988 |
| 3:09.5 | Pål Christian Torvund | 76 | Jessheim | 19.05.1988 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:00.3 | Bjørn Dæhlie | 67 | Jessheim | 17.06.1988 |
| 4:07.8 | Inge Nessiøy | 57 | Jessheim | 13.06.1988 |
| 4:11.9 | Ronny Opaker | 66 | Jessheim | 04.07.1988 |
| 4:14.6 | Trygve Stanger | 62 | Jessheim | 17.06.1988 |
| 4:14.69 | Ole Fredrik Mørck | 62 | Oslo/Bi | 21.07.1988 |
| 4:15.9 | Rune Skinnerlien | 69 | Jessheim | 17.06.1988 |
| 4:18.2 | Thorbjørn Næss | 68 | Jessheim | 17.06.1988 |
| 4:19.9 | Knut Harald Pedersen | 69 | Jessheim | 17.06.1988 |
| 4:23.0 | Ole Johan Garli | 56 | Jessheim | 13.06.1988 |
| 4:25.4 | Runar Kristiansen | 71 | Jessheim | 13.06.1988 |
| 4:26.4 | Odd Harstad | 44 | Jessheim | 13.06.1988 |
| 4:28.8 | Martin Carlson | 68 | Jessheim | 13.06.1988 |
| 4:32.3 | Ole Pedersen | 69 | Jessheim | 13.06.1988 |
| 4:33.3 | Odd Kinnsbekken | 48 | Jessheim | 13.06.1988 |
| 4:35.1 | Tore Ragnar Olsen | 46 | Jessheim | 13.06.1988 |

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| **MENN SENIOR 1988** | **430** |

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| --- | --- | --- | --- | --- |
| **1500m** | |  | | |
| 4:36.4 | Jan-Olav Arnegård | 71 | Jessheim | 13.06.1988 |
| 4:36.4 | Claus Nerhagen | 59 | Jessheim | 13.06.1988 |
| 4:36.9 | Audun Kjos | 71 | Jessheim | 13.06.1988 |
| 4:38.0 | Kolbjørn Skjerve | 37 | Jessheim | 13.06.1988 |
| 4:39.4 | Øystein Frilseth | 48 | Jessheim | 13.06.1988 |
| 4:42.5 | Bjørn Tore Ottersen | 66 | Jessheim | 13.06.1988 |
| 4:43.0 | Kåre-Christian Olsen | 64 | Jessheim | 13.06.1988 |
| 4:44.9 | Egil Ødemark | 41 | Jessheim | 13.06.1988 |
| 4:45.9 | Geir Håkon Bjørnstad | 56 | Jessheim | 13.06.1988 |
| 4:46.5 | Ole-Jørgen Bjørsveen | 38 | Jessheim | 13.08.1988 |
| 4:46.7 | Knut Tørum | 45 | Jessheim | 13.06.1988 |
| 4:48.3 | Kjell Carlsson | 44 | Jessheim | 13.06.1988 |
| 4:48.8 | Martin Carlson | 71 | Bjørkelangen | 30.08.1988 |
| 4:49.7 | Rolv-Eirik Nyheim | 47 | Jessheim | 13.06.1988 |
| 4:51.3 | Knut Kristiansen | 44 | Jessheim | 13.06.1988 |
| 4:53.6 | Ragnar Bakken | 48 | Jessheim | 13.06.1988 |
| 4:54.4 | Johnny Røsåsen | 44 | Jessheim | 13.06.1988 |
| 4:55.7 | Atle Sander | 71 | Jessheim | 13.06.1988 |
| 5:05.3 | Jan Olav Skibakk | 71 | Jessheim | 13.06.1988 |
| 5:05.8 | Torbjørn Johansen | 39 | Jessheim | 13.06.1988 |
| 5:06.9 | Henning Høgheim | 39 | Jessheim | 13.06.1988 |
| 5:07.0 | Jens Mathiesen | 47 | Jessheim | 13.06.1988 |
| 5:07.4 | Nils Sæthermoen | 40 | Jessheim | 13.06.1988 |
| 5:07.6 | Kjell Østhus | 42 | Jessheim | 13.06.1988 |
| 5:08.7 | Rune Høgaas | 52 | Jessheim | 13.06.1988 |
| 5:09.3 | Øyvind Arnegård | 75 | Jessheim | 13.06.1988 |
| 5:10.7 | Sigmund Syversen | 49 | Jessheim | 13.06.1988 |
| 5:11.8 | Jørgen Bakkerud | 74 | Jessheim | 13.06.1988 |
| 5:12.1 | Asbjørn Jokstad | 56 | Jessheim | 13.06.1988 |
| 5:14.1 | Ole Arnegård | 44 | Jessheim | 13.06.1988 |
| 5:14.7 | Kjell Aarflot | 44 | Jessheim | 13.06.1988 |
| 5:16.9 | Kristen Langbakk | 39 | Jessheim | 13.06.1988 |
| 5.17.2 | Alexander Jørgensen | 71 | Jessheim | 13.06.1988 |
| 5:20.0 | Christopher Wiig | 73 | Jessheim | 13.06.1988 |
| 5:21.9 | Arne Luke | 44 | Jessheim | 13.06.1988 |
| 5:22.9 | John Birkelund | 32 | Jessheim | 13.06.1988 |
| 5:24.0 | Harald Rutle | 68 | Jessheim | 13.06.1988 |
| 5:27.8 | Bjørn Fløtaker | 46 | Jessheim | 13.06.1988 |
| 5:28.7 | Torger Ringen | 45 | Jessheim | 13.06.1988 |
| 5:29.6 | Karl Lødemel | 24 | Jessheim | 13.06.1988 |
| 5:32.2 | Jan Berge | 40 | Jessheim | 13.06.1988 |
| 5:34.1 | Ola Haugset | 43 | Jessheim | 13.06.1988 |
| 5:37.2 | Ole Kristian Wiig | 45 | Jessheim | 13.06.1988 |
| 5:39.5 | Bernt Reppe | 34 | Jessheim | 13.06.1988 |
| 5:40.0 | Kristoffer Stanger | 33 | Jessheim | 13.06.1988 |

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| **MENN SENIOR 1988** | **431** |

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| **1500m forts.** |  |

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| --- | --- | --- | --- | --- |
| 5:40.5 | Amund Gulbrandsen | 37 | Jessheim | 13.06.1988 |
| 5:42.7 | Georg Johnsen | 55 | Jessheim | 13.06.1988 |
| 5:43.4 | Per Olav Ramstad | 74 | Jessheim | 13.06.1988 |
| 5:43.8 | Per Pedersen | 37 | Jessheim | 13.06.1988 |
| 5:44.7 | Øystein Jørgensen | 47 | Jessheim | 13.06.1988 |
| 5:45.4 | Jan Grønlien | 49 | Jessheim | 13.06.1988 |
| 5:48.2 | Steinar Ørum | 46 | Jessheim | 13.06.1988 |
| 5:49.5 | Olav Rutle | 45 | Jessheim | 13.06.1988 |
| 5:49.6 | Runar Homble | 72 | Bjørkelangen | 30.08.1988 |
| 5:51.2 | Arve Bogstad | 41 | Jessheim | 13.06.1988 |
| 5:57.3 | Geir Sander | 45 | Jessheim | 13.06.1988 |
| 6:08.9 | Magne Engen | 33 | Jessheim | 13.06.1988 |
| 6:09.5 | Oddbjørn Wahl | 37 | Jessheim | 13.06.1988 |
| 6.11.1 | Per Ramstad | 47 | Jessheim | 13.06.1988 |
| 6:11.9 | Svein Skolt | 25 | Jessheim | 13.06.1988 |
| 6:15.3 | Finn Johannessen | 39 | Jessheim | 13.06.1988 |
| 6:15.4 | Thorbjørn Wiig | 77 | Jessheim | 13.06.1988 |
| 6:17.1 | Torleif Bjotveit | 47 | Jessheim | 13.06.1988 |
| 6:18.9 | Tomm Fredagsvik | 76 | Jessheim | 13.06.1988 |
| 6:23.1 | Dag Schøyen | 45 | Jessheim | 13.06.1988 |
| 6:24.4 | Arne Aas | 29 | Jessheim | 13.06.1988 |
| 6:24.8 | Håkon Amundstad | 24 | Jessheim | 13.06.1988 |
| 6:35.4 | Johannes Bjørnland | 17 | Jessheim | 13.06.1988 |
| 6:39.6 | Håvard Mathisen | 77 | Haga | 07.09.1988 |
| 6:49.5 | Reidar Melby | 27 | Jessheim | 13.06.1988 |

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| **3000m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8:26.86 | Bjørn Dæhlie | 67 | Oslo/Bi | 31.05.1988 |
| 9:10.3 | Trygve Stanger | 62 | Jessheim | 19.08.1988 |
| 9:17.4 | Ole Fredrik Mørck | 62 | Jessheim | 19.08.1988 |
| 9:18.0 | Thorbjørn Næss | 68 | Jessheim | 19.08.1988 |
| 9:18.3 | Ronny Opaker | 66 | Jessheim | 19.08.1988 |
| 9:20.9 | Rune Skinnerlien | 69 | Jessheim | 19.08.1988 |
| 9:28.6 | Knut Harald Pedersen | 69 | Jessheim | 19.08.1988 |
| 9:39.6 | Runar Kristiansen | 71 | Jessheim | 19.08.1988 |
| 9:46.3 | Hans Georg Haug | 67 | Jessheim | 19.08.1988 |
| 9:55.9 | Ole Johan Garli | 56 | Jessheim | 19.08.1988 |
| 10:03.6 | Kolbjørn Skjerve | 37 | Jessheim | 19.08.1988 |
| 10:06.0 | Tore Ragnar Olsen | 46 | Jessheim | 19.08.1988 |
| 10:09.6 | Frode Nygård | 72 | Jessheim | 19.08.1988 |
| 10:09.8 | Arne Luke | 44 | Jessheim | 19.08.1988 |
| 10:11.8 | Odd Kinnsbekken | 48 | Jessheim | 19.08.1988 |
| 10:13.0 | Øystein Frilseth | 48 | Jessheim | 19.08.1988 |

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| **MENN SENIOR 1988** | **432** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 10:13.8 | Inge Nessiøy | 57 | Jessheim | 19.08.1988 |
| 10:18.1 | Martin Carlson | 68 | Jessheim | 19.08.1988 |
| 10:25.7 | Knut Kristensen | 44 | Jessheim | 19.08.1988 |
| 10:26.9 | Ole-Jørgen Bjørnsveen | 38 | Jessheim | 19.08.1988 |
| 10:29.8 | Egil Ødemark | 41 | Jessheim | 19.08.1988 |
| 10:38.0 | Kjell Carlsson | 44 | Jessheim | 19.08.1988 |
| 10:41.3 | Trygve Bårde | 48 | Jessheim | 19.08.1988 |
| 10:46.7 | Johnny Røsåsen | 44 | Jessheim | 19.08.1988 |
| 10:47.9 | Rolv-Eirik Nyheim | 47 | Jessheim | 19.08.1988 |
| 10:49.4 | Torbjørn Johansen | 39 | Jessheim | 19.08.1988 |
| 10:57.4 | Jan-Olav Arnegård | 71 | Jessheim | 19.08.1988 |
| 10:57.7 | Ragnar Bakken | 48 | Jessheim | 19.08.1988 |
| 11:01.0 | Christopher Wiig | 73 | Jessheim | 19.08.1988 |
| 11:02.7 | Kjell Østhus | 42 | Jessheim | 19.08.1988 |
| 11:17.4 | Asbjørn Hoel | 43 | Jessheim | 19.08.1988 |
| 11:18.5 | Sigmund Syversen | 49 | Jessheim | 19.08.1988 |
| 11:29.6 | John Birkelund | 32 | Jessheim | 19.08.1988 |
| 11:42.9 | Frank Johansen | 48 | Jessheim | 19.08.1988 |
| 11:54.1 | Jan Olav Skibakk | 71 | Jessheim | 19.08.1988 |
| 11:59.7 | Per Pedersen | 37 | Jessheim | 19.08.1988 |
| 12:01.8 | Alexander Jørgensen | 71 | Jessheim | 19.08.1988 |
| 12:03.3 | Ola Nerhagen | 71 | Jessheim | 19.08.1988 |
| 12:02.7 | Torger Ringen | 45 | Jessheim | 19.08.1988 |
| 12:09.3 | Svein Rustad | 44 | Jessheim | 19.08.1988 |
| 12:13.3 | Karl Lødemel | 24 | Jessheim | 19.08.1988 |
| 12:18.6 | Ola Haugset | 43 | Jessheim | 19.08.1988 |
| 12:18.6 | Oddbjørn Wahl | 37 | Jessheim | 19.08.1988 |
| 12:20.8 | Øystein Jørgensen | 47 | Jessheim | 19.08.1988 |
| 12:22.6 | Arve Bogstad | 41 | Jessheim | 19.08.1988 |
| 12:22.8 | Bernt Reppe | 34 | Jessheim | 19.08.1988 |
| 12:26.6 | Kristoffer Stanger | 33 | Jessheim | 19.08.1988 |
| 12:36.5 | Kjell Aarflot | 44 | Jessheim | 19.08.1988 |
| 12:39.3 | Atle Sander | 71 | Jessheim | 19.08.1988 |
| 12:47.1 | Jens Jørgensen | 45 | Jessheim | 19.08.1988 |
| 12:47.7 | Jan Berge | 40 | Jessheim | 19.08.1988 |
| 12:49.4 | Amund Gulbrandsen | 47 | Jessheim | 19.08.1988 |
| 12:55.7 | Olav Rutle | 45 | Jessheim | 19.08.1988 |
| 12:58.1 | Kristen Langbakk | 39 | Jessheim | 19.08.1988 |
| 13:00.8 | Kjetil Grønlien | 71 | Jessheim | 19.08.1988 |
| 13:05.3 | Svein Skolt | 25 | Jessheim | 19.08.1988 |
| 13:06.4 | Jørgen Trostveit | 40 | Jessheim | 19.08.1988 |
| 13:10.2 | Geir Sander | 45 | Jessheim | 19.08.1988 |
| 13:20.6 | Magne Engen | 33 | Jessheim | 19.08.1988 |
| 13:27.8 | Jan Grønlien | 49 | Jessheim | 19.08.1988 |

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| **MENN SENIOR 1988** | **433** |

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| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 13:42.4 | Håkon Amundstad | 24 | Jessheim | 19.08.1988 |
| 13:49.2 | Arne Aas | 29 | Jessheim | 19.08.1988 |
| 14:34.1 | Dag Schøyen | 45 | Jessheim | 19.08.1988 |
| 14:36.7 | Finn Johannessen | 39 | Jessheim | 19.08.1988 |
| 15:04.3 | Reidar Melby | 27 | Jessheim | 19.08.1988 |
| 15:39.9 | Johannes Bjørnland | 17 | Jessheim | 19.08.1988 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15:52.4 | Kjell Stokkan | 66 | Stjørdal | 30.07.1988 |
| 16:00.5 | Ole Johan Garli | 56 | Jessheim | 10.06.1988 |

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| **10000m** |  |

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| --- | --- | --- | --- | --- |
| 30:46.0 | Bjørn Dæhlie | 67 | Bjørkelangen | 14.09.1988 |
| 33:54.0 | Ole Fredrik Mørck | 62 | Jessheim | 29.09.1988 |
| 36:07.0 | Arne Luke | 44 | Jessheim | 29.09.1988 |

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

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| 9.7 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 26.09.1988 |
| 13.1 | Trond-Erik Bakkerud | 77 | Hakadal/El | 05.06.1988 |
| 14.3 | Fredrik Hansen | 77 | Jessheim | 26.09.1988 |
| 14.7 | Lars Kristian Furuseth | 77 | Jessheim | 18.09.1988 |

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

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| --- | --- | --- | --- | --- |
| 12.31 | Jørgen Hjelm Bakkerud | 74 | Kongsberg | 10.08.1988 |

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

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| --- | --- | --- | --- | --- |
| 12.0 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 18.09.1988 |
| 12.9 | Anders Huuse | 75 | Jessheim | 18.09.1988 |

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

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| --- | --- | --- | --- | --- |
| 15.3 | Jo Henning Hals Nilssen | 68 | Grimstad | 25.06.1988 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:17.7 | Bjørn Dæhlie | 67 | Jessheim | 19.08.1988 |
| 9:58.4 | Claus Nerhagen | 59 | Jessheim | 19.08.1988 |
| 10:13.8 | Inge Nessiøy | 57 | Jessheim | 19.08.1988 |
| 11:04.6 | Bjørn Tore Ottersen | 66 | Jessheim | 19.08.1988 |
| 11:13.9 | Ole Pedersen | 69 | Jessheim | 19.08.1988 |

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| **MENN SENIOR 1988** | **434** |

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

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| --- | --- | --- | --- | --- |
| 11:27.4 | Jan Bøhnsdalen | 52 | Jessheim | 19.08.1988 |
| 11:57.6 | Geir Håkon Bjørnstad | 56 | Jessheim | 19.08.1988 |
| 12:42.5 | Jens Mathiesen | 47 | Jessheim | 19.08.1988 |
| 12:43.5 | Nils Sæthermoen | 40 | Jessheim | 19.08.1988 |
| 12:50.7 | Bjørn Fløtaker | 46 | Jessheim | 19.08.1988 |
| 13:22.9 | Ole Arnegård | 44 | Jessheim | 19.08.1988 |
| 14:19.4 | Ole Kristian Wiig | 45 | Jessheim | 19.08.1988 |

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| **Halvmaraton 21098m** |  |

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| --- | --- | --- | --- | --- |
| 1:17:27 | Ole Fredrik Mørck | 62 | Jessheim | 09.10.1988 |
| 1:21:47 | Trygve Stanger | 62 | Jessheim | 22.11.1988 |
| 1:23:05 | Kolbjørn Skjerve | 37 | Hurdal | 15.05.1988 |
| 1:26:55 | Ole Jørgen Bjørnsveen | 38 | Jessheim | 09.10.1988 |
| 1:27:03 | Tore Ragnar Olsen | 46 | Jessheim | 09.10.1988 |
| 1:28:00 | Trygve Bårde | 48 | Jessheim | 09.10.1988 |
| 1:32:14 | Henning Høgheim | 39 | Jessheim | 09.10.1988 |
| 1:34:12 | Nils Sæthermoen | 40 | Jessheim | 09.10.1988 |
| 1:38:48 | Asbjørn Hoel | 43 | Jessheim | 09.10.1988 |
| 1:42:51 | Arve Bogstad | 41 | Jessheim | 09.10.1988 |
| 1:55:02 | Steinar Ørum | 46 | Jessheim | 09.10.1988 |
| 2:16:56 | Øystein Jørgensen | 47 | Jessheim | 09.10.1988 |

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| **Maraton 42195m** |  |

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| --- | --- | --- | --- | --- |
| 2:54:23 | Kolbjørn Skjerve | 37 | Oslo | 03.09.1988 |
| 3:31:46 | Henning Høgheim | 39 | Jessheim | 22.11.1988 |

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| **Høyde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.80 | Jo Henning Hals Nilssen | 68 | Jessheim | 11.06.1988 |
| 1.80 | Frode Myrvang | 67 | Jessheim | 26.09.1988 |
| 1.70 | Ansgar Gulbrandsen | 44 | Trondheim/Le | 30.07.1988 |
| 1.50 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 19.05.1988 |
| 1.15 | Lars Gjerdalen | 76 | Jessheim | 19.05.1988 |
| 1.10 | Thorbjørn Wiig | 77 | Jessheim | 19.05.1988 |
| 1.05 | Kristopher Matheson | 76 | Jessheim | 19.05.1988 |
| 1.05 | Trond Erik Bakkerud | 77 | Årnes | 24.06.1988 |

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| --- | --- | --- | --- | --- |
| **Stav** | |  | | |
| 3.73 | Jan Andresen | 70 | Jessheim | 02.10.1988 |
| 3.10 | Odd Arne Urnes | 73 | Jessheim | 26.09.1988 |
| 3.05 | Trygve Andresen | 34 | Jessheim | 05.09.1988 |
| 2.55 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 02.10.1988 |
| 2.30 | Jan-Olav Arnegård | 71 | Jessheim | 26.09.1988 |
| 2.00 | Runar Homble | 72 | Jessheim | 26.09.1988 |
| **MENN SENIOR 1988** | | **435** | | |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.62 | Jo Henning Hals Nilssen | 68 | Grimstad | 25.06.1988 |
| 5.00 | Runar Homble | 72 | Årnes | 24.06.1988 |
| 4.92 s | Jørgen Hjelm Bakkerud | 74 | Jessheim | 06.06.1988 |
| 4.80 | John Arve Johansen | 36 | Haga | 16.06.1988 |
| 4.63 s | Anders Huuse | 75 | Jessheim | 18.09.1988 |
| 4.26 s | Øyvind Arnegård | 75 | Jessheim | 18.09.1988 |
| 4.04 s | Gudmund Bjotveit | 77 | Jessheim | 06.06.1988 |
| 3.92 s | Ken Andre Hauge | 75 | Jessheim | 06.06.1988 |
| 3.84 s | Ingar Ørum | 77 | Jessheim | 06.06.1988 |
| 3.83 s | Trond-Erik Bakkerud | 77 | Bjørkelangen | 30.08.1988 |
| 3.76 s | Thorbjørn Wiig | 77 | Bjørkelangen | 30.08.1988 |
| 3.30 s | Kristopher Matheson | 76 | Jessheim | 06.06.1988 |
| 3.15 s | Kristian Hauge | 76 | Jessheim | 06.06.1988 |

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| **Tresteg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.99 | Jo Henning Hals Nilssen | 68 | Jessheim | 10.06.1988 |
| 11.63 | Runar Homble | 72 | Årnes | 25.06.1988 |
| 10.75 s | Jørgen Hjelm Bakkerud | 74 | Oslo/La | 14.08.1988 |

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| **Kule 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.57 | Håvard Mathisen | 77 | Jessheim | 18.09.1988 |
| 8.50 | Ingar Ørum | 77 | Haga | 07.09.1988 |
| 8.09 | Pål Christian Torvund | 76 | Jessheim | 18.09.1988 |
| 8.05 | Thorbjørn Wiig | 77 | Nadderud | 17.06.1988 |
| 8.03 | Trond-Erik Bakkerud | 77 | Jessheim | 26.09.1988 |
| 7.41 | Gudmund Bjotveit | 77 | Årnes | 25.06.1988 |

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| **Kule 3 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.26 | Jørgen Hjelm Bakkerud | 74 | Årnes | 25.06.1988 |

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| **Kule 4 kg** |  |

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| --- | --- | --- | --- | --- |
| 10.67 | Runar Homble | 72 | Årnes | 25.06.1988 |

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| **Kule 6 kg** |  |

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| --- | --- | --- | --- | --- |
| 9.75 | John Arve Johansen | 36 | Haga | 16.06.1988 |

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| **Kule 7.26 kg** |  |

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| --- | --- | --- | --- | --- |
| 11.61 | Jo Henning Hals Nilssen | 68 | Jessheim | 10.06.1988 |

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| **MENN SENIOR 1988** | **436** |

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| **Diskos 1 kg** |  |

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| 28.60 | Jørgen Hjelm Bakkerud | 74 | Hakadal/El | 05.06.1988 |

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| **Diskos 2 kg** |  |

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| --- | --- | --- | --- | --- |
| 38.34 | Jo Henning Hals Nilssen | 68 | Grimstad | 25.06.1988 |

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| **Spyd 400 g** |  |

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| --- | --- | --- | --- | --- |
| 27.30 | Ingar Ørum | 77 | Jessheim | 03.10.1988 |
| 21.46 | Håvard Mathisen | 77 | Jessheim | 03.10.1988 |
| 21.08 | Pål Christian Torvund | 76 | Jessheim | 03.10.1988 |
| 20.22 | Trond-Erik Bakkerud | 77 | Jessheim | 03.10.1988 |
| 17.38 | Gudmund Bjotveit | 77 | Jessheim | 03.10.1988 |

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

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| 38.40 | Runar Homble | 72 | Bjørkelangen | 30.08.1988 |
| 28.64 | Stian Kråbøl | 74 | Jessheim | 18.09.1988 |
| 28.40 | Odd Arne Urnes | 73 | Bjørkelangen | 30.08.1988 |
| 21.02 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03.10.1988 |
| 20.32 | Anders Huuse | 75 | Jessheim | 06.06.1988 |
| 19.44 | Håvard Mathisen | 77 | Jessheim | 11.08.1988 |

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| **Spyd 800 g Ny type fra og med 1986** |  |

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| --- | --- | --- | --- | --- |
| 48.30 | Jo Henning Hals Nilssen | 68 | Jessheim | 11.06.1988 |

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

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| 19.29 | Trond-Erik Bakkerud | 77 | Hakadal/El | 05.06.1988 |

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| **Liten ball 150 g** |  |

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| 48.84 | Håvard Mathisen | 77 | Bjørkelangen | 30.08.1988 |
| 48.20 | Ingar Ørum | 77 | Bjørkelangen | 30.08.1988 |
| 38.56 | Trond-Erik Bakkerud | 77 | Bjørkelangen | 30.08.1988 |
| 34.76 | Thorbjørn Wiig | 77 | Bjørkelangen | 30.08.1988 |
| 30.48 | Fredrik Hansen | 77 | Bjørkelangen | 30.08.1988 |

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

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| --- | --- | --- | --- | --- |
| 2449 | Runar Homble | 72 | Haga | 03.09.1988 |
| ? | | | |

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| **MENN SENIOR 1988** | **437** |

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| **6-kamp M 60m-Lengde-Kule 3** | **80m hekk-Høyde-800m** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4785 | Jørgen Hjelm Bakkerud | 74 | Jessheim | 03-10.10.1988 |
| 8.3-4.88-10.00/12.2-1.49-2:19.8 | | | |

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| **4x100m M** |  |

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| --- | --- | --- | --- | --- |
| 51.4 | G16 |  | Bjørkelangen | 14.09.1988 |
| Odd Arne Urnes73-Nils Ivar Huuse73-Anders Huuse75-Runar Homble72 | | | |

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

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| --- | --- | --- | --- | --- |
| 2:19.9 | G16 |  | Bjørkelangen | 14.09.1988 |
| Anders Huuse75-Odd Arne Urnes73-Nils Ivar Huuse73-Runar Homble72 | | | |

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| **INNENDØRS** |  |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.75 | Runar Homble | 72 | Oslo/Ek | 05.03.1988 |
| 8.15 | Frode Nygård | 69 | Oslo/Ek | 23.01.1988 |

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

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| --- | --- | --- | --- | --- |
| 12.1 | Runar Homble | 72 | Drammen | 13.02.1988 |

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| **400m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 56.71 | Frode Nygård | 69 | Oslo/Ek | 23.01.1988 |

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:08.8 | Njål Bakke | 71 | Oslo/Ek | 05.03.1988 |

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| **60m hekk 106.7 cm E** |  |

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| --- | --- | --- | --- | --- |
| 8.73 | Jo Henning Hals Nilssen | 68 | Askim | 01.02.1988 |

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| **Lengde** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.29 | Jo Henning Hals Nilssen | 68 | Askim | 21.02.1988 |
| 5.16 s | Jørgen Hjelm Bakkerud | 74 | Lillestrøm | 24.01.1988 |

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| **MENN SENIOR 1988** | **438** |

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| **Høyde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.35 | Ola Nerhagen | 71 | Jessheim/Je | 10.03.1988 |
| 1.35 | Jan-Olav Arnegård | 71 | Jessheim/Je | 10.03.1988 |
| 1.30 | Runar Homble | 72 | Jessheim/Je | 10.03.1988 |
| 1.20 | Odd Arne Urnes | 73 | Jessheim/Je | 10.03.1988 |
| 1.20 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 10.03.1988 |
| 1.05 | Erik Bonesvold | 74 | Jessheim/Je | 10.03.1988 |
| 1.00 | Stian Kråbøl | 74 | Jessheim/Je | 10.03.1988 |
| 0.90 | Anders Knudsen | 77 | Jessheim/Je | 10.03.1988 |
| 0.90 | Thorbjørn Wiig | 77 | Jessheim/Je | 10.03.1988 |
| 0.90 | Gudmund Bjotveit | 77 | Jessheim/Je | 10.03.1988 |
| 0.85 | Ingar Ørum | 77 | Jessheim/Je | 10.03.1988 |
| 0.80 | Håvard Mathisen | 77 | Jessheim/Je | 10.03.1988 |
| 0.80 | Ketil Bjørke | 77 | Jessheim/Je | 10.03.1988 |

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| **Lengde uten tilløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.93 | Ola Nerhagen | 71 | Jessheim/Je | 10.03.1988 |
| 2.83 | Runar Homble | 72 | Jessheim/Je | 10.03.1988 |
| 2.78 | Jan-Olav Arnegård | 71 | Jessheim/Je | 10.03.1988 |
| 2.77 | Ansgar Gulbrandsen | 44 | Jessheim/Je | 10.03.1988 |
| 2.52 | Odd Arne Urnes | 73 | Jessheim/Je | 10.03.1988 |
| 2.47 | Jørgen Hjelm Bakkerud | 74 | Jessheim/Je | 10.03.1988 |
| 2.22 | Stian Kråbøl | 74 | Jessheim/Je | 10.03.1988 |
| 2.05 | Øyvind Arnegård | 75 | Jessheim/Je | 10.03.1988 |
| 2.01 | Thorbjørn Wiig | 77 | Jessheim/Je | 10.03.1988 |
| 1.93 | Ronald Dawies | 75 | Jessheim/Je | 10.03.1988 |
| 1.91 | Trond-Erik Bakkerud | 77 | Jessheim/Je | 10.03.1988 |
| 1.91 | Ingar Ørum | 77 | Jessheim/Je | 10.03.1988 |
| 1.91 | Gudmund Bjotveit | 77 | Jessheim/Je | 10.03.1988 |
| 1.86 | Fredrik Hansen | 77 | Jessheim/Je | 10.03.1988 |
| 1.80 | Anders Knudsen | 77 | Jessheim/Je | 10.03.1988 |
| 1.80 | Tor Alfred Grøndahl | 77 | Jessheim/Je | 10.03.1988 |
| 1.76 | Pål ChristianTorvund | 76 | Jessheim/Je | 10.03.1988 |

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| **KVINNER SENIOR 1988** | **439** |

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| **40m M** |  |

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| --- | --- | --- | --- | --- |
| 5.9 | Lene Kristin Nyland | 74 | Jessheim | 30.05.1988 |
| 6.2 | Kristin Urnes | 75 | Jessheim | 19.05.1988 |
| 6.5 | Elisabeth Mehus | 74 | Jessheim | 19.05.1988 |
| 6.5 | Katrine Finstad | 75 | Jessheim | 19.05.1988 |
| 6.5 | Elin Heggelund | 76 | Kløfta | 19.05.1988 |
| 6.5 | Astrid Huitfeldt | 77 | Jessheim | 30.05.1988 |
| 6.7 | Astrid Mathisen | 76 | Jessheim | 30.05.1988 |
| 6.7 | Ingvild Fjeldheim | 75 | Jessheim | 30.05.1988 |
| 6.9 | Kamilla Bråthen | 77 | Jessheim | 19.05.1988 |
| 6.9 | Wenche Wollhaug | 75 | Jessheim | 30.05.1988 |
| 7.0 | Ragnhild Mehus | 77 | Jessheim | 30.05.1988 |
| 7.0 | Hanne Frydenlund | 76 | Jessheim | 30.05.1988 |
| 7.0 | Hege Johansen | 75 | Jessheim | 30.05.1988 |

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| **60m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.50 | Lene Kristin Nyland | 74 | Nadderud | 13.08.1988 |

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| **60m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.3 | Lene Kristin Nyland | 74 | Nadderud | 13.08.1988 |
| 8.6 | Kristin Urnes | 75 | Jessheim | 04.09.1988 |
| 8.8 | Kristine Heggelund | 76 | Jessheim | 18.09.1988 |
| 9.1 | Marianne Kverneggen | 75 | Jessheim | 06.06.1988 |
| 9.1 | Elisabeth Nyhus | 74 | Jessheim | 06.06.1988 |
| 9.5 | Marit Undseth | 76 | Bjørkelangen | 30.08.1988 |
| 9.5 | Hege Johansen | 75 | Jessheim | 18.09.1988 |
| 9.6 | Astrid Mathisen | 76 | Jessheim | 06.06.1988 |
| 9.6 | Ingvild Fjeldheim | 75 | Jessheim | 06.06.1988 |
| 9.7 | Kamilla Bråthen | 77 | Strømmen | 08.06.1988 |
| 9.7 | Astrid Huitfeldt | 77 | Jessheim | 18.09.1988 |
| 9.7 | Hanne Frydenlund | 76 | Jessheim | 03.10.1988 |
| 9.8 | Gunhild Nytrøen | 76 | Jessheim | 06.06.1988 |
| 9.8 | Wenche Wollhaug | 75 | Jessheim | 06.06.1988 |
| 9.8 | Ragnhild Mehus | 77 | Jessheim | 18.09.1988 |
| 10.5 | Hege Winjum | 76 | Jessheim | 06.06.1988 |

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| --- | --- |
| **80m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.4 | Lene Kristin Nyland | 74 | Årnes | 22.06.1988 |

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| **100m E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.74 | Lene Kristin Nyland | 74 | Sofiemyr | 03.09.1988 |
| 13.86 | Siri-Anne Lund | 69 | Oslo/Bi | 21.07.1988 |

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| **KVINNER SENIOR 1988** | **440** |

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| **100m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.8 | Inger Birgitte Reppe | 68 | Oslo/Bi | 21.07.1988 |
| 13.3 | Siri-Anne Lund | 69 | Jessheim | 27.07.1988 |
| 13.7 | Lene Kristin Nyland | 74 | Bjørkelangen | 10.08.1988 |
| 14.2 | Ellen Undseth | 73 | Årnes | 30.08.1988 |
| 14.6 | Marit Undseth | 76 | Årnes | 25.06.1988 |
| 14.6 | Kristin Urnes | 75 | Bjørkelangen | 10.08.1988 |
| 15.4 | Astrid Mathisen | 76 | Jessheim | 30.05.1988 |
| 15.7 | Ingvild Fjeldheim | 75 | Jessheim | 30.05.1988 |
| 15.8 | Kamilla Bråthen | 77 | Jessheim | 30.05.1988 |
| 15.8 | Siw Vestengen | 72 | Jessheim | 30.05.1988 |
| 16.1 | Astrid Huitfeldt | 77 | Jessheim | 30.05.1988 |
| 16.2 | Wenche Fjeldheim | 75 | Jessheim | 30.05.1988 |
| 17.1 | Ragnhild Mehus | 77 | Jessheim | 30.05.1988 |

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| **200m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 28.1 | Lene Kristin Nyland | 74 | Jessheim | 26.09.1988 |
| 28.6 | Ellen Undseth | 73 | Årnes | 25.06.1988 |
| 30.3 | Kristin Urnes | 75 | Jessheim | 26.09.1988 |
| 33.0 | Elisabeth Mehus | 74 | Jessheim | 26.09.1988 |
| 33.4 | Hanne Frydenlund | 76 | Jessheim | 26.09.1988 |
| 34.2 | Ingvild Fjeldheim | 75 | Jessheim | 26.09.1988 |
| 35.0 | Hege Johansen | 75 | Jessheim | 26.09.1988 |
| 35.1 | Karianne Kverneggen | 75 | Jessheim | 26.09.1988 |
| 36.7 | Astrid Mathisen | 76 | Jessheim | 26.09.1988 |

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| **300m E** |  |

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

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| **400m M** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 71.6 | Siw Vestengen | 72 | Jessheim | 30.05.1988 |
| 72.5 | Ingvild Fjeldheim | 75 | Jessheim | 03.10.1988 |
| 75.0 | Anne-Kathrine Hofseth | 75 | Jessheim | 06.06.1988 |
| 78.7 | Astrid Mathisen | 76 | Jessheim | 06.06.1988 |
| 79.4 | Gunhild Nytrøen | 76 | Jessheim | 06.06.1988 |
| 81.3 | Hanne Frydenlund | 76 | Jessheim | 06.06.1988 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:16.32 | Nina Holm | 64 | Oslo/Bi | 31.05.1988 |
| 2:29.6 | Anne-Grete Bjørnsveen | 71 | Jessheim | 06.06.1988 |
| 2:32.5 | Hege Lundring | 73 | Årnes | 24.06.1988 |
| 2:40.3 | Kristin Urnes | 75 | Jessheim | 04.09.1988 |

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| **KVINNER SENIOR 1988** | **441** |

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| **800m forts.** |  |

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| --- | --- | --- | --- | --- |
| 2:50.40 | Kamilla Bråthen | 77 | Raufoss | 03.09.1988 |
| 2:59.0 | Astrid Huitfeldt | 77 | Jessheim | 18.09.1988 |
| 3:08.4 | Gunhild Nytrøen | 76 | Jessheim | 19.05.1988 |
| 3:11.9 | Hanne Frydenlund | 76 | Jessheim | 19.05.1988 |

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| **1500m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:36.97 | Nina Holm | 64 | Stjørdal | 31.07.1988 |
| 4:58.8 | Gunn Vilberg | 66 | Jessheim | 13.06.1988 |
| 5:09.8 | Anne Grete Bjørnsveen | 71 | Jessheim | 13.06.1988 |
| 5:11.3 | Anne-Torill Garli | 57 | Jessheim | 13.06.1988 |
| 5:15.8 | Hege Lundring | 73 | Jessheim | 13.06.1988 |
| 5:20.2 | Bente Aarflot | 72 | Jessheim | 13.06.1988 |
| 5:26.9 | Grethe Marie Hansen | 64 | Jessheim | 13.06.1988 |
| 5:30.6 | Siw Vestengen | 72 | Jessheim | 13.06.1988 |
| 5:38.5 | Ann-Marie Bakkerud | 49 | Jessheim | 13.06.1988 |
| 5:39.2 | Lene Anette Hagen | 72 | Jessheim | 13.06.1988 |
| 5:40.3 | Eva Blakkisrud | 46 | Jessheim | 13.06.1988 |
| 5:44.6 | Ingvild Fjeldheim | 75 | Jessheim | 03.10.1988 |
| 5:48.3 | Vibeke Aarflot | 69 | Jessheim | 13.06.1988 |
| 5:48.5 | Inger Helene Olsen | 68 | Jessheim | 13.06.1988 |
| 5:52.8 | Trine Bogstad Mangerud | 51 | Jessheim | 13.06.1988 |
| 5:54.4 | Anne-Marie Frydenlund | 49 | Jessheim | 13.06.1988 |
| 5:54.4 | Laila Skibakk | 40 | Jessheim | 13.06.1988 |
| 5:58.3 | Cora Halsan Schøyen | 47 | Jessheim | 13.06.1988 |
| 5:59.3 | Berit Bamrud | 55 | Jessheim | 13.06.1988 |
| 6:12.6 | Benedicte Sand | 73 | Jessheim | 13.06.1988 |
| 6:19.9 | Monica Sørum | 71 | Jessheim | 13.06.1988 |
| 6:46.0 | Thora Sand | 48 | Jessheim | 13.06.1988 |
| 6:50.8 | Lisa Engen | 65 | Jessheim | 13.06.1988 |
| 6:52.7 | Jorunn Sørum | 49 | Jessheim | 13.06.1988 |
| 6:59.6 | Aase Dahl Klepsvik | 37 | Jessheim | 13.06.1988 |
| 7:02.0 | Tone Rustad | 67 | Jessheim | 13.06.1988 |
| 7:28.6 | Bjørg Nagell | 40 | Jessheim | 13.06.1988 |
| 8:56.7 | Gerd Bakkeløkken | 36 | Jessheim | 13.06.1988 |

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| **3000m** |  |

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| --- | --- | --- | --- | --- |
| 10:17.5 | Nina Holm | 64 | Jessheim | 19.08.1988 |
| 11:17.1 | Anne-Torill Garli | 57 | Jessheim | 10.06.1988 |
| 11:34.4 | Gunn Vilberg | 66 | Jessheim | 19.08.1988 |
| 11:37.3 | Hege Lundring | 73 | Jessheim | 19.08.1988 |
| 11:41.3 | Lene Anette Hagen | 72 | Jessheim | 19.08.1988 |
| 11:48.9 | Anne-Grete Bjørnsveen | 71 | Jessheim | 19.08.1988 |

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| **KVINNER SENIOR 1988** | **442** |

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| --- | --- |
| **3000m forts.** |  |

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| --- | --- | --- | --- | --- |
| 12:03.9 | Bente Aarflot | 72 | Jessheim | 19.08.1988 |
| 12:17.1 | Laila Skibakk | 40 | Jessheim | 19.08.1988 |
| 12:36.0 | Siw Vestengen | 72 | Jessheim | 19.08.1988 |
| 12:56.3 | Benedicte Sand | 73 | Jessheim | 19.08.1988 |
| 12:56.5 | Anne-Marie Frydenlund | 49 | Jessheim | 19.08.1988 |
| 12:47.9 | Ann-Marie Bakkerud | 49 | Jessheim | 19.08.1988 |
| 12:56.5 | Trine Bogstad Mangerud | 51 | Jessheim | 19.08.1988 |
| 13:14.2 | Vibeke Aarflot | 69 | Jessheim | 19.08.1988 |
| 13:43.8 | Cora Halsan Schøyen | 47 | Jessheim | 19.08.1988 |
| 14:39.8 | Thora Sand | 48 | Jessheim | 19.08.1988 |
| 15:31.8 | Bjørg Nagell | 40 | Jessheim | 19.08.1988 |
| 15:48.3 | Aud Venke Rustad | 45 | Jessheim | 19.08.1988 |
| 15:51.3 | Aase Dahl Klepsvik | 37 | Jessheim | 19.08.1988 |
| 16:58.9 | Gerd Bakkeløkken | 36 | Jessheim | 19.08.1988 |

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

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| 10.1 | Kristin Urnes | 75 | Jessheim | 04.09.1988 |
| 13.8 | Kamilla Bråthen | 77 | Årnes | 24.06.1988 |
| 14.9 | Astrid Mathisen | 76 | Jessheim | 26.09.1988 |

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

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| 14.2 | Kristin Urnes | 75 | Jessheim | 26.09.1988 |
| 17.6 | Lene Kristin Nyland | 74 | Jessheim | 26.09.1988 |
| 18.4 | Hege Johansen | 75 | Jessheim | 26.09.1988 |
| 18.4 | Ingvild Fjeldheim | 75 | Jessheim | 26.09.1988 |

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

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| 14.34 | Inger Birgitte Reppe | 68 | Grimstad | 25.06.1988 |

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

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

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| **10 km landevei** |  |

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| 42:18 | Nina Holm | 64 | Jessiheim | 09.10.1988 |
| 49:15 | Torill Mundal | 58 | Jessheim | 09.10.1988 |
| 51:26 | Laila Berge | 51 | Jessheim | 09.10.1988 |
| 54:20 | Berit Bamrud | 55 | Jessheim | 09.10.1988 |
| 60:46 | Monica Sørum | 71 | Jessheim | 09.10.1988 |

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| **KVINNER SENIOR 1988** | **443** |

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| **Halvmaraton 21098m** |  |

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| 1:24:46 | Hanne Sørensen | 63 | Oslo | 03.09.1988 |
| 1:29:04 | Anne-Torill Garli | 57 | Jessheim | 22.11.1988 |
| 1:35:12 | Laila Skibakk | 40 | Oslo | 03.09.1988 |
| 1:36:33 | Grethe Marie Hansen | 64 | Trondheim | 27.03.1988 |
| 1:41:35 | Anne-Marie Frydenlund | 49 | Hurdal | 15.05.1988 |

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| **Maraton 42195m** |  |

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| 3:28:26 | Anne-Marie Frydenlund | 49 | Drammen | 02.10.1988 |

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| **Høyde** |  |

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| 1.62 | Kristin Urnes | 75 | Kongsberg | 10.09.1988 |
| 1.32 | Ingvild Fjeldheim | 75 | Jessheim | 26.09.1988 |
| 1.15 | Kamilla Bråthen | 77 | Årnes | 24.06.1988 |
| 1.05 | Astrid Huitfeldt | 77 | Jessheim | 18.09.1988 |

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| **Stav** |  |

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| 2.50 | Kristin Urnes | 75 | Jessheim | 26.09.1988 |

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| **Lengde** |  |

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| 5.01 s | Lene Kristin Nyland | 74 | Bjørkelangen | 30.08.1988 |
| 4.91 s | Kristin Urnes | 75 | Lunderød | 27.08.1988 |
| 4.39 | Guri Fjeldberg | 69 | Jessheim | 03.10.1988 |
| 4.03 s | Karianne Kverneggen | 75 | Jessheim | 06.06.1988 |
| 4.00 s | Ingvild Fjeldheim | 75 | Jessheim | 06.06.1988 |
| 3.89 s | Marit Undseth | 76 | Jessheim | 30.08.1988 |
| 3.88 s | Kamilla Bråthen | 77 | Bjørkelangen | 30.08.1988 |
| 3.85 s | Hanne Frydenlund | 76 | Jessheim | 31.08.1988 |
| 3.75 s | Hege Johansen | 75 | Jessheim | 06.06.1988 |
| 3.66 s | Wenche Wollhaug | 75 | Jessheim | 06.06.1988 |
| 3.58 s | Astrid Mathisen | 76 | Nadderud | 17.06.1988 |
| 3.52 s | Astrid Huitfeldt | 77 | Jessheim | 06.06.1988 |
| 3.40 s | Hege Vinjiun | 76 | Jessheim | 06.06.1988 |

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| **Kule 2 kg** |  |

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| 6.74 | Kamilla Bråthen | 77 | Strømmen | 08.06.1988 |
| 4.77 | Astrid Mathisen | 76 | Nadderud | 17.06.1988 |
| 4.57 | Astrid Huitfeldt | 77 | Nadderud | 17.06.1988 |

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| **KVINNER SENIOR 1988** | **444** |

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| **Kule 3 kg** |  |

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| 8.40 | Lene Kristin Nyland | 74 | Årnes | 25.06.1988 |
| 7.99 | Ellen Undseth | 73 | Årnes | 25.06.1988 |
| 7.60 | Kristin Urnes | 75 | Jessheim | 03.09.1988 |

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| **Kule 4 kg** |  |

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| 10.56 | Guri Fjeldberg | 69 | Jessheim | 26.09.1988 |
| 8.58 | Kari Kamstrup Hovind | 56 | Jessheim | 26.09.1988 |
| 7.85 | Tone Sæthermoen | 69 | Jessheim | 26.09.1988 |

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| **Diskos 1 kg** |  |

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| 11.92 | Lene Kristin Nyland | 74 | Strømmen | 04.06.1988 |

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| **Spyd 400 g** |  |

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| 24.90 | Kristin Urnes | 75 | Bjørkelangen | 30.08.1988 |
| 24.38 | Kristin Bråthen | 74 | Bjørkelangen | 30.08.1988 |

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

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| 19.44 | Ellen Undseth | 73 | Bjørkelangen | 30.08.1988 |

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| **Liten ball 80 g** |  |

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| 32.20 | Kamilla Bråthen | 77 | Bjørkelangen | 30.08.1988 |

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| **6-kamp 60m-Lengde-Kule/60mh-Høyde-800m** |  |

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| 5437 | Kristin Urnes | 75 | Jessheim | 03-04.09.1988 |
| 8.6-4.59-7.60/10.1-1.60-2:40.3 | | | |

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| **INNENDØRS** |  |

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| **60m M** |  |

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| 10.1 | Turid Brendløkken | 76 | Drammen | 07.12.1988 |

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| **100m M** |  |

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

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| **800m** |  |

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| --- | --- | --- | --- | --- |
| 2:22.83 | Nina Holm | 64 | Oslo/Ek | 27.02.1988 |
| 3:00.5 | Katrine Finstad | 75 | Drammen | 07.12.1988 |
| **KVINNER SENIOR 1988** | | **445** | | |

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

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

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| **Høyde** |  |

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| 1.45 | Kristin Urnes | 75 | Lillestrøm | 24.01.1988 |

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| **Høyde uten tilløp** |  |

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| 1.10 | Kristin Urnes | 75 | Jessheim/Je | 10.03.1988 |
| 0.90 | Astrid Huitfeldt | 77 | Jessheim/Je | 10.03.1988 |
| 0.90 | Astrid Mathisen | 76 | Jessheim/Je | 10.03.1988 |
| 0.85 | Katrine Finstad | 75 | Jessheim/Je | 10.03.1988 |
| 0.80 | Karianne Kverneggen | 75 | Jessheim/Je | 10.03.1988 |

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| **Lengde uten tilløp** |  |

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| 2.46 | Inger Birgitte Reppe | 68 | Jessheim/Je | 10.03.1988 |
| 2.25 | Lene Kristin Nyland | 74 | Jessheim/Je | 10.03.1988 |
| 2.20 | Kristin Urnes | 75 | Jessheim/Je | 10.03.1988 |
| 2.06 | Karianne Kverneggen | 75 | Jessheim/Je | 10.03.1988 |
| 1.93 | Katrine Finstad | 75 | Jessheim/Je | 10.03.1988 |
| 1.89 | Astrid Mathisen | 76 | Jessheim/Je | 10.03.1988 |
| 1.80 | Astrid Huitfeldt | 77 | Jessheim/Je | 10.03.1988 |
| 1.48 | Diana Bråthen | 77 | Jessheim/Je | 10.03.1988 |