|  |  |
| --- | --- |
| **MENN SENIOR 2025 UTENDØRS** | **1109 010525** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.07 | Fredrick Flåte | 11 | Nittedal | 27.04.2025 |
| 10.34 | Vemund Gunleiksrud | 15 | Nittedal | 27.04.2025 |
| 11.90 | Kasper Rønaas Julsrud | 18 | Nittedal | 27.04.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.05 | Fredrick Flåte | 11 | Nittedal | 27.04.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:19.32 | Vemund Gunleiksrud | 15 | Nittedal | 27.04.2025 |

|  |  |
| --- | --- |
| **5km veiløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13:51 | Jakob Boutera | 96 | Drammen | 05.04.2025 |
| 16:16 | Amund Nybakke | 07 | Jessheim | 30.03.2025 |
| 16.20 | Janis Arsenikovs | 83 | Oslo | 26.04.2025 |
| 17:11 | Adrian Litwic | 86 | Jessheim | 30.03.2025 |
| 17:34 | Sondre Martinsen | 03 | Oslo | 26.04.2025 |
| 17:46 | Krister Hvattum | 07 | Jessheim | 30.03.2025 |
| 18:04 | Marius Myren | 08 | Jessheim | 30.03.2025 |
| 18:17 | Grzegorz Kosel | 82 | Jessheim | 30.03.2025 |
| 26:02 | Vemund Gunleiksrud | 15 | Jessheim | 30.03.2025 |
| 27:32 | Thomas Granberg | 79 | Jessheim | 30.03.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:46:56 | Morten Skaret Sørensen | 93 | Jessheim | 30.03.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.23 | Vemund Gunleiksrud | 15 | Nittedal | 27.04.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.60 s | Vemund Gunleiksrud | 15 | Nittedal | 27.04.2025 |
| 2.82 s | Kasper Rønaas Julsrud | 18 | Nittedal | 27.04.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.38 | Vumund Gunleiksrud | 15 | Nittedal | 27.04.2025 |

|  |  |
| --- | --- |
| **MENN SENIOR 2025 UTENDØRS** | **1110** |

|  |  |
| --- | --- |
| **Kule 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.93 | Terje Aastorp | 56 | Tønsberg/Gr | 26.04.2025 |
| 8.45 | Ove Aastorp | 56 | Tønsberg/Gr | 26.04.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 32.42 | Terje Aastorp | 56 | Rud | 05.04.2025 |
| 29.17 | Ove Aastorp | 56 | Tønsberg/Gr | 26.04.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.03 | Terje Aastorp | 56 | Tønsberg/Gr | 12.03.2025 |

|  |  |
| --- | --- |
| **Slegge 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 25.81 | Terje Aastorp | 56 | Tønsberg/Gr | 26.04.2025 |
| 24.92 | Ove Aastorp | 56 | Tønsberg/Gr | 26.04.2025 |

|  |  |
| --- | --- |
| **Spyd 600 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 22.91 | Ove Aastorp | 56 | Tønsberg/Gr | 26.04.2025 |
| 18.28 | Terje Aastorp | 56 | Tønsberg/Gr | 26.04.2025 |

|  |  |
| --- | --- |
| **Vekt 11.34 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.50 | Terje Aastorp | 56 | Tønsberg/Gr | 26.04.2025 |
| 10.13 | Ove Aastrop | 56 | Tønsberg/Gr | 26.04.2025 |

|  |  |
| --- | --- |
| **Liten ball 150 g** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.13 | Kasper Rønaas Julsrud | 18 | Nittedal | 27.04.2025 |

|  |  |
| --- | --- |
| **5-kamp kast** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2343p | Terje Aastorp | 56 | Tønsberg/Gr | 26.04.2025 |
| 25.81-8.93-30.85-18.28-1050 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2327p | Ove Aastorp | 56 | Tønsberg/Gr | 26.04.2025 |
| 24.92-8.45-29.17-22.91-10.13 | | | |

|  |  |
| --- | --- |
| **MENN SENIOR 2025 INNENDØRS** | **1111** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.29 | Julian Zhang Førsund | 07 | Hvam | 25.01.2025 |
| 7.39 | Kristoffer Olstad Dahl | 08 | Rud | 08.02.2025 |
| 7.47 | Frederik Elias Flåte | 11 | Rud | 08.02.2025 |
| 7.62 | Chris Aulibråten | 07 | Stange | 22.03.2025 |
| 7.66 | Even Ragnhildsløkken | 07 | Rud | 18.01.2025 |
| 7.78 | Audun Sjöström Johnsen | 09 | Hvam | 25.01.2025 |
| 8.22 | Aldric Kenarlikdjian | 09 | Rud | 18.01.2025 |
| 8.63 | Johan Kristoffersen | 93 | Stange | 22.03.2025 |
| 8.71 | Edward Sander Wilberg | 11 | Hvam | 25.01.2025 |
| 9.86 | Sander Rognstad Post | 14 | Stange | 23.03.2025 |
| 9.96 | Konrad Vibekken | 13 | Stange | 23.03.2025 |
| 10.00 | Vemund Gunleiksrud | 15 | Hvam | 25.01.2025 |
| 10.27 | Thomas Fredvang | 15 | Hvam | 25.01.2025 |
| 10.54 | Dastan Dahlgren | 16 | Hvam | 25.01.2025 |
| 10.57 | Mathias Fjeldvang | 15 | Hvam | 25.01.2025 |
| 10.63 | Adrian Faris | 15 | Hvam | 25.01.2025 |
| 10.77 | Ivar Leren | 16 | Hvam | 25.01.2025 |
| 10.87 | Oskar Myrvang | 15 | Hvam | 25.01.2025 |
| 11.09 | Syver Rognstad Post | 17 | Stange | 23.03.2025 |
| 11.24 | Wilhelm Schjøll | 15 | Hvam | 25.01.2025 |
| 11.34 | Kasper Julsrud | 18 | Hvam | 25.01.2025 |
| 11.70 | Isa Ahmed | 16 | Hvam | 25.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 11.78 | Frederick Elias Flåte | 11 | Rud | 27.02.2025 |
| 13.90 | Johan Kristoffersen | 93 | Rud | 27.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 23.27 | Frederik Elias Flåte | 11 | Rud | 15.02.2025 |
| 23.68 | Kristoffer Olstad Dahl | 08 | Rud | 14.02.2025 |
| 23.73 | Julian Zhang Førsund | 07 | Rud | 14.02.2025 |
| 24.72 | Krister Rivera Hvattum | 07 | Rud | 09.02.2025 |
| 25.61 | Audun Sjøstrøm-Johnsen | 09 | Hvam | 26.01.2025 |
| 28.83 | Edward Sander Vilberg | 11 | Stange | 23.03.2025 |
| 33.74 | Konrad Vibekken | 13 | Hvam | 23.03.2025 |
| 34.11 | Vemund Gunleiksrud | 15 | Hvam | 26.01.2025 |
| 34.15 | Sander Rognstad Post | 14 | Hvam | 26.01.2025 |
| 35.50 | Iver Leren | 16 | Hvam | 26.01.2025 |
| 36.32 | Thomas Fredvang | 15 | Hvam | 26.01.2025 |
| 37.43 | Adrian Faris | 15 | Hvam | 26.01.2025 |
| 39.51 | Mathias Fredvang | 15 | Hvam | 26.01.2025 |
| 41.85 | Antoni Maslanek | 15 | Hvam | 26.01.2025 |

|  |  |
| --- | --- |
| **MENN SENIOR 2025 INNENDØRS** | **1112** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.11 | Casey Ferdinand Felde | 09 | Rud | 22.02.2025 |
| 54.23 | Krister Rivera Hvattum | 07 | Hvam | 25.01.2025 |
| 55.99 | Adrian Litwic | 86 | Hvam | 16.02.2025 |
| 59.82 | Øyvind Solberg | 75 | Hvam | 16.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:25.12 | William Chang Bowitz | 09 | Hvam | 25.01.2025 |
| 1:30.70 | Krister Rivera Hvattum | 07 | Stange | 22.03.2025 |
| 1:34.55 | Øyvind Solberg | 75 | Hvam | 25.01.2025 |
| 1:42.27 | Oliver Solberg Kårstad | 11 | Rud | 08.02.2025 |
| 1:57.48 | Konrad Vibekken | 13 | Stange | 22.03.2025 |
| 2:00.30 | Sander Rognstad Post | 14 | Stange | 22.03.2025 |
| 2:00.07 | Ivar Leren | 16 | Stange | 22.03.2025 |
| 2:14.79 | Vemund Gunleiksrud | 15 | Rud | 08.02.2025 |
| 2:22.53 | Syver Rognstad Post | 17 | Stange | 22.03.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:55.39 | Philip Gulbrandsen | 07 | Rud | 09.02.2025 |
| 1:55.40 | Haakon Sørstad | 08 | Rud | 23.02.2025 |
| 1:55.50 | Kristian Bråthen Børve | 06 | Rud | 09.02.2025 |
| 1:59.19 | Jonas Hole Sletten | 07 | Rud | 23.02.2025 |
| 2:00.82 | Fabian Vibekken | 09 | Rud | 08.02.2025 |
| 2:00.86 | Markus Bye Jacobsen | 07 | Hvam | 26.01.2025 |
| 2:02.61 | Kyril Myroniuk | 09 | Hvam | 26.01.2025 |
| 2:04.22 | Adrian Munkvik | 08 | Rud | 09.02.2025 |
| 2:11.15 | Adrian Litwic | 86 | Hvam | 14.02.2025 |
| 2:13.26 | Robert Hansen | 75 | Hvam | 14.02.2025 |
| 2:13.86 | Øyvind Solberg | 75 | Hvam | 14.02.2025 |
| 2:21.73 | Aldric Kenarlikdjian | 09 | Rud | 19.01.2025 |
| 2:23.38 | Lasse Kverum | 79 | Hvam | 14.02.2025 |
| 2:31.37 | Germund Sørstad | 79 | Hvam | 14.02.2025 |
| 2:36.93 | Tor Sigurd Breivik | 65 | Hvam | 14.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:41.93 | Andreas Fjeld Halvorsen | 05 | Ostrava, CZE | 13.02.2025 |
| 3:42.26 | Andreas Fjeld Halvorsen | 05 | Rud | 22.02.2025 |
| 3:47.00 | Andreas Fjeld Halvorsen | 05 | Hvam | 25.01.2025 |
| 3:52.32 | Haakon Sørstad | 08 | Rud | 22.02.2025 |
| 3:55.06 | Kristian Bråthen Børve | 06 | Hvam | 25.01.2025 |
| 3.58.16 | Philip Gulbrandsen | 07 | Hvam | 25.01.2025 |
| 4:05.52 | Amund Nybakke | 07 | Hvam | 25.01.2025 |

|  |  |
| --- | --- |
| **MENN SENIOR 2025 INNENDØRS** | **1113** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:06.38 | Fabian Vibekken | 09 | Rud | 22.02.2025 |
| 4:06.53 | Markus Bye Jacobsen | 07 | Rud | 22.02.2025 |
| 4:10.49 | Adrian Monkvik | 08 | Göteborg, SWE | 18.01.2025 |
| 4:24.88 | Janis Arsenikovs | 83 | Hvam | 16.02.2025 |
| 4:29.58 | Robert Hansen | 75 | Hvam | 16.02.2025 |
| 4:39.60 | Thomas Lind | 77 | Hvam | 16.02.2025 |
| 5:00.88 | Gjermund Sørstad | 79 | Hvam | 16.02.2025 |
| 7:08.98 | Odd kinnsbekken | 48 | Hvam | 16.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7:46.31 | Jacob Boutera | 96 | Boston, USA | 08.02.2025 |
| 8:19.56 | Jacob Boutera | 96 | Rud | 23.02.2025 |
| 8:29.87 | Tord Fauske Ulset | 03 | Rud | 23.02.2025 |
| 8:44.11 | Amund Nybakke | 07 | Rud | 08.02.2025 |
| 8:44.28 | Adrian Monkvik | 08 | Rud | 08.02.2025 |
| 9:16.40 | Janis Arsenikovs | 83 | Hvam | 15.02.2025 |
| 9:53.59 | Thomas Lind | 77 | Hvam | 15.02.2025 |
| 10:36.60 | Gjermund Sørstad | 79 | Hvam | 15.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.37 | Sander Rognstad Post | 14 | Hvam | 26.01.2025 |
| 15.25 | Vemund Gunleiksrud | 15 | Hvam | 26.01.2025 |

|  |  |
| --- | --- |
| **60m hekk 91.4 cm E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.76 | Even Ragnhildsløkken | 08 | Uddevalla, SWE | 11.01.2025 |
| 9.84 | Aldric Kenarlikdjian | 09 | Rud | 19.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.96 | Michael Reklev | 05 | Hvam | 25.01.2025 |
| 1.92 | Even Ragnhildsløkken | 08 | Uddevalla, SWE | 25.01.2025 |
| 1.90 | Vadim Pecherskii | 85 | Rud | 23.02.2025 |
| 1.60 | Aldric Kenarlikdjian | 09 | Hvam | 25.01.2025 |
| 1.60 | Mads Rimstad | 75 | Hvam | 15.02.2025 |
| 1.22 | Vemund Gunleiksrud | 15 | Hvam | 26.01.2025 |
| 1.17 | Sander Rognstad Post | 14 | Rud | 08.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.45 | Aldric Kenarlikdjian | 09 | Rud | 19.01.2025 |

|  |  |
| --- | --- |
| **MENN SENIOR 2025 INNENDØRS** | **1114** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.22 | Even Ragnhildsløkken | 08 | Rud | 18.01.2025 |
| 5.16 | Frederick Elias Flåte | 11 | Stange | 22.03.2025 |
| 5.09 | Aldric Kenarlikdjian | 09 | Hvam | 26.01.2025 |
| 4.74 | Stein Tore Klungland | 58 | Hvam | 16.02.2025 |
| 3.93 s | Vemund Gunleiksrud | 15 | Hvam | 25.01.2025 |
| 3.55 s | Sander Rogstad Post | 14 | Hvam | 25.01.2025 |
| 3.48 s | Konrad Vibekken | 13 | Stange | 22.03.2025 |
| 3.21 s | Thomas Fredvang | 15 | Hvam | 25.01.2025 |
| 2.97 s | Dastan Dahlgren | 16 | Hvam | 25.01.2025 |
| 2.96 s | Mathias Fjeldvang | 15 | Hvam | 25.01.2025 |
| 2.92 s | Wilhelm Schjøll | 15 | Hvam | 25.01.2025 |
| 2.89 s | Ivar Leren | 16 | Hvam | 25.01.2025 |
| 2.80 s | Kasper Julsrud | 18 | Hvam | 25.01.2025 |
| 2.79 s | Syver Rognstad Post | 17 | Stange | 22.03.2025 |
| 1.98 s | Sander Fjeldberg | 19 | Hvam | 25.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.21 | Jhanb Kristoff | 08 | Rud | 18.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.53 | Stein Tore Klungland | 58 | Hvam | 14.02.2025 |
| 5.98 | John Arve Johansen | 36 | Hvam | 14.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7.61 | Sander Rognstad Post | 14 | Hvam | 25.01.2025 |
| 7.34 | Vemund Gunleiksrud | 15 | Hvam | 25.01.2025 |
| 5.50 | Dastan Dahlgren | 16 | Hvam | 25.01.2025 |
| 5.12 | Thomas Fredvang | 15 | Hvam | 25.01.2025 |
| 4.73 | Ivar Leren | 16 | Hvam | 25.01.2025 |
| 3.98 | Syver Rognstad Post | 17 | Stange | 23.03.2025 |
| 3.28 | Wilhelm Schiøll | 15 | Hvam | 25.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.23 | John Arve Johansen | 36 | Hvam | 15.02.2025 |
| 5.91 | Konrad Vibekken | 13 | Stange | 23.03.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6.50 | Mika Baumgartner | 11 | Hvam | 25.01.2025 |

|  |  |
| --- | --- |
| **MENN SENIOR 2025 INNENDØRS** | **1115** |

|  |  |
| --- | --- |
| **Kule 5 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.79 | Even Ragnhildsløkken | 08 | Rud | 18.01.2025 |
| 11.30 | Thor Lasse Løland | 63 | Hvam | 15.02.2025 |
| 11.04 | Aldric Kenarlikdjian | 09 | Rud | 18.01.2025 |
| 10.25 | Terje Aastorp | 56 | Hvam | 15.02.2025 |
| 9.73 | Ove Aastrop | 56 | Hvam | 15.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.22 | Terje Aastorp | 56 | Stange | 23.03.2025 |
| 7.50 | Johan Kristoffersen | 93 | Stange | 23.03.2025 |
| 6.89 | Ove Aastrop | 56 | Hvam | 25.01.2025 |

|  |  |
| --- | --- |
| **Vektkast 9.08 kg** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.25 | Terje Aastorp | 56 | Hvam | 15.02.2025 |
| 9.73 | Ove Aastorp | 56 | Hvam | 15.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3265 | Aldric Kenarlikdjian | 09 | Rud | 19.01.2025 |
| 8.22-4.99-11.04-1.55/9.84-2.45-2:21.73 | | | |

|  |  |
| --- | --- |
| **4x50m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 34.26 |  | 15 | Hvam | 25.01.2025 |
| Oskar Myrvang15-Thomas Fjeldberg15-Vemund Gunleiksrud15x2 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.44 |  | 15 | Hvam | 25.01.2025 |
| Kasper Julsrud18-Isa Ahmed16-Dastan Dahlgren16-Mathias Fjeldberg15 | | | |

|  |  |
| --- | --- |
| **700m (70-100-200-230)** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:44.36 |  | 14 | Hvam | 25.01.2025 |
| Wiktor-Vemund Gunleiksrud15-Oliver-Sander Post14 | | | |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2025 UTENDØRS** | **1116** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.85 | Kaja Berg Julsrud | 16 | Nittedal | 27.04.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29.74 | Bettina Berg Julsrud | 12 | Nittedal | 27.04.2025 |

|  |  |
| --- | --- |
| **60m hekk 76.2 E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.36 | Bettina Berg Julsrud | 12 | Nittedal | 27.04.2025 |

|  |  |
| --- | --- |
| **10km veiløp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 38:45 | Marie Synnøve Qvale | 94 | Jessheim | 30.03.2025 |
| 56:27 | Stine Skaug Jensen | 89 | Jessheim | 30.03.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.57 | Bettina Berg Julsrud | 12 | Nittedal | 27.04.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.06 | Mariell Morken | 03 | Nikosia, CYP | 15.03.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 50.11 | Hanna Emilie Hjeltnes | 04 | Nikosia, CYP | 15.03.2025 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2025 INNENDØRS** | **1117** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.26 | Evelyn Svanøe | 10 | Rud | 09.02.2025 |
| 8.31 | Astrid Helene Walstad | 11 | Stange | 22.03.2025 |
| 8.47 | Lilly Sivertsen | 10 | Rud | 08.02.2025 |
| 8.65 | Frida Rimstad | 07 | Rud | 08.02.2025 |
| 8.85 | Camilla Høynesdal | 12 | Stange | 22.03.2025 |
| 8.95 | Bettina Julsrud Berg | 12 | Rud | 15.02.2025 |
| 9.15 | Vilde Langaas-Pedersen | 11 | Hvam | 25.01.2025 |
| 9.23 | Ylva Sophie Granberg | 11 | Stange | 22.03.2025 |
| 10.91 | Livia Szuba-Haneczko | 16 | Stange | 23.03.2025 |
| 10.92 | Vilje Sørgård Iversen | 14 | Hvam | 25.01.2025 |
| 11.01 | Agnes Bye-Andresen | 14 | Stange | 23.03.2025 |
| 11.14 | Iselin Høynesdal | 16 | Stange | 23.03.2025 |
| 11.48 | Johanne Veidahl | 15 | Hvam | 25.01.2025 |
| 15.40 | Frøya Gunleiksrud | 19 | Hvam | 25.01.2025 |
| 16.89 | Ariada Stauica | 19 | Hvam | 25.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.3 | Claire Phytian | 73 | Oslo/Ek | 21.01.2025 |
| 10.2 | Inger Lise Sundheim | 55 | Oslo/Ek | 21.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13.15 | Evelyn Svanøe | 10 | Rud | 27.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 27.11 | Evelyn Svanøe | 10 | Rud | 14.02.2025 |
| 27.39 | Natalie Jøransen | 07 | Rud | 14.02.2025 |
| 27.65 | Astrid Helene Walstad | 11 | Hvam | 26.01.2025 |
| 27.86 | Elèn Linchausen Skar | 06 | Hvam | 26.01.2025 |
| 29.69 | Bettina Berg Julsrud | 12 | Rud | 15.02.2025 |
| 29.88 | Camilla Høynesdal | 12 | Stange | 23.03.2025 |
| 31.03 | Ylva Granberg | 11 | Rud | 08.02.2025 |
| 31.57 | Lena Kisel | 13 | Hvam | 26.01.2025 |
| 34.33 | Kaja Julsrud | 15 | Hvam | 26.01.2025 |
| 37.41 | Vilje Sørgård Iversen | 14 | Hvam | 26.01.2025 |
| 39.21 | Johanne Veidahl | 15 | Hvam | 26.01.2025 |
| 43.43 | Agnes Bye-Andresen | 14 | Hvam | 26.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 59.92 | Josefin Heier | 96 | Rud | 08.02.2025 |
| 61.76 | Natalie Nordbech Jøransen | 07 | Rud | 08.02.2025 |
| 66.12 | Sara Isabella Brtheussen | 07 | Hvam | 25.01.2025 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2025 INNENDØRS** | **1118** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:51.78 | Hanna Rimstad | 10 | Rud | 19.01.2025 |
| 2:08.50 | Bettina Julsrud Berg | 12 | Rud | 15.02.2025 |
| 2:28.56 | Livia Szuka-Haneczko | 16 | Stange | 22.03.2025 |
| 2:30.49 | Vilje Iversen | 14 | Stange | 22.02.2025 |
| 2:39.22 | Agnes Bye Andersen | 14 | Rud | 08.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2:06.81 | Marte Hovland | 05 | Espoo, FIN | 09.02.2025 |
| 2:11.75 | Marte Hovland | 05 | Rud | 23.02.2025 |
| 2:14.70 | Josefin Heier | 96 | Göteborg, SWE | 04.02.2025 |
| 2:23.27 | Tuva Forsbacka | 09 | Hvam | 26.01.2025 |
| 2:27.13 | Hermine Opsahl Torgersen | 10 | Rud | 08.02.2025 |
| 2:39.60 | Jennie Evelina Lätt | 09 | Hvam | 26.01.2025 |
| 2:42.02 | Elèn Linchausen Skar | 06 | Rud | 09.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3:15.08 | Hermine Opsahl Torgersen | 10 | Uddevalla, SWE | 11.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4:16.46 | Wilma Torbjørnsson | 07 | Ostrava, CZE | 13.02.2025 |
| 4:17.30 | Wilma Torbjørnsson | 07 | Hvam | 25.01.2025 |
| 4:19.66 | Marte Hovland | 05 | Rud | 22.02.2025 |
| 4:22.50 | Venus Teffera | 08 | Göteborg, SWE | 18.01.2025 |
| 4:24.17 | Marte Hovland | 05 | Hvam | 25.01.2025 |
| 5:05.14 | Tuva Forsbacka | 09 | Uddevalla, SWE | 11.01.2025 |
| 5:10.97 | Hermine Opsahl Torgersen | 10 | Ulsteinvik | 31.01.2025 |
| 5:32.49 | Linn-Kristin Vibekken | 81 | Hvam | 16.02.2025 |
| 5:32.74 | Hanna Blom Breivik | 69 | Hvam | 16.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9:01.85 | Wilma Torbjørnsson | 07 | Espoo, FIN | 09.02.2025 |
| 9:26.77 | Venus Teffera | 08 | Hvam | 26.01.2025 |
| 11:41.05 | Linn-Kristin Vibekken | 81 | Hvam | 15.02.2025 |
| 11:55.13 | Hanna Blom Breivik | 69 | Hvam | 15.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10.12 | Bettina Berg Julsrud | 12 | Rud | 19.01.2025 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2025 INNENDØRS** | **1119** |

|  |  |
| --- | --- |
| **60m hekk 76.2 E** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.90 | Hanna Rimstad | 10 | Rud | 19.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.68 | Hanna Rimstad | 10 | Ulsteinvik | 02.02.2025 |
| 1.65 | Lilly Sivertsen | 10 | Rud | 09.02.2025 |
| 1.50 | Astrid Helene Walstad | 11 | Stange | 22.03.2025 |
| 1.29 | Inger Lise Sundheim | 55 | Hvam | 16.02.2025 |
| 1.24 | Ylva Sophie Granberg | 11 | Hvam | 26.02.2025 |
| 1.14 | Bettina Julsrud Berg | 12 | Hvam | 26.02.2025 |
| 0.90 | Agnes Bye-Andresen | 15 | Hvam | 26.01.2025 |
| 0.90 | Vilje Sørgård Iversen | 15 | Hvam | 26.01.2025 |
| 0.90 | Johanne Veidahl | 14 | Hvam | 26.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.17 | Inger Lise Sundheim | 55 | Hvam | 14.02.2025 |
| 1.10 | Claire Phytian | 73 | Oslo/Ek | 21.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3.93 | Birgitte Kjuus | 99 | Rud | 22.02.2025 |
| 3.10 | Hanna Rimstad | 10 | Ulsteinvik | 27.02.2025 |
| 2.00 | Lilly Sivertsen | 10 | Ulsteinvik | 02.02.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5.14 | Hanna Rimstad | 10 | Ulsteinvik | 01.02.2025 |
| 4.98 | Astrid Helene Knudsen | 11 | Rud | 08.02.2025 |
| 4.29 s | Bettina Berg Julsrud | 12 | Rud | 18.01.2025 |
| 4.29 | Elèn Linchausen Skar | 06 | Hvam | 26.01.2025 |
| 3.89 | Ylva Sophie Granberg | 11 | Hvam | 26.01.2025 |
| 3.89 | Vilde Langaas-Pedersen | 11 | Hvam | 26.02.2025 |
| 3.08 | Inger Lise Sundheim | 55 | Hvam | 15.02.2025 |
| 2.87 s | Iselin Høynesdal | 16 | Stange | 23.03.2026 |
| 2.84 s | Solveig Evers | 12 | Rud | 26.01.2025 |
| 2.69 s | Vilje Sørgård Iversen | 14 | Stange | 23.03.2025 |
| 2.79 s | Agnes Bye-Andresen | 14 | Stange | 23.03.2025 |
| 2.37 s | Livia Szuka-Haneszko | 16 | Stange | 23.03.2025 |
| 2.36 s | Johanne Veidahl | 15 | Hvam | 25.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2.33 | Inger Lise Sundheim | 55 | Hvam | 16.02.2025 |

|  |  |
| --- | --- |
| **KVINNER SENIOR 2025 INNENDØRS** | **1120** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9.54 | Bettina Berg Julsrud | 12 | Rud | 04.02.2025 |
| 4.41 | Vilje Sørgård Iversen | 14 | Hvam | 25.01.2025 |
| 4.23 | Agnes Bye-Andresen | 14 | Hvam | 25.01.2025 |
| 4.06 | Johanne Veidahl | 15 | Hvam | 25.01.2025 |
| 3.89 | Livia Szuba-Haneczko | 16 | Stange | 22.03.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12.72 | Hanna Rimstad | 10 | Rud | 18.01.2025 |
| 11.78 | Ella Hjeltnes | 11 | Uddevalla, SWE | 11.01.2025 |
| 9.99 | Claire Phytian | 73 | Oslo/Ek | 21.01.2025 |
| 6.56 | Ylva Sophie Granberg | 11 | Stange | 22.03.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14.24 | Mariell Morken | 03 | Rud | 22.02.2025 |
| 13.83 | Hanna Emilie Hjeltnes | 04 | Hvam | 25.01.2025 |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46.95 | Hanna Emilie Hjeltnes | 04 | Oslo/Va | 07.03.2025 |

|  |  |
| --- | --- |
| **4-kamp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3057 | Bettina Berg Julsrud | 12 | Rud | |19.01.2025 |
| 10.12-4.29-8.81-2:08.50 | | | |

|  |  |
| --- | --- |
| **5-kamp** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3315 | Hanna Rimstad | 10 | Rud | 19.01.2025 |
| 9.90-1.64-11.60-4.89-1:51.78 | | | |

|  |  |
| --- | --- |
| **4x50m** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 37.79 |  | 14 | Hvam | 25.01.2025 |
| Iselin Høynesdal16-Johanne Veidahl15-Agnes Bye-Andresen16-Vilje Sørgård Iversen14 | | | |

|  |  |
| --- | --- |
| **600m (70-100-200-230)** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1:24.41 |  | 14 | Hvam | 25.01.2025 |
| Vilje Langaas Pedersen11-Ella Hjeltnes12-Edward Wilberg 11-Frederik Elias Flåte11 | | | |