

<b>KVINNER VETERAN 35-39</b>		<b>378</b>		
<b>100m M</b>				
15.40	Lena Opaker Øines	69	Jessheim	18.08.2008
<b>100m M</b>				
14.5	Inger Lise Sundheim	55	Jessheim	23.09.1993
16.3	Laila Borge	51	Jessheim	30.05.1989
<b>200m E</b>				
31.32	Anne Lillegård	73	Moss/Me	22.08.2009
<b>200m M</b>				
30.3	Anne Lillegård	73	Oslo/St	27.05.2009
<b>400m E</b>				
67.27	Anne Lillegård	73	Huddinge, SWE	28.06.2009
<b>400m M</b>				
68.4	Anne Lillegård	73	Oslo/St	27.05.2009
<b>800m</b>				
2:26.64	Anne Lillegård	73	Malmö, SWE	31.08.2008
2:42.4	Line Mathiesen (Engebakken)	71	Jessheim	23.09.2006
2:43.2	Ann-Mari Bakkerud	49	Lørenfallet	25.06.1987
2:43.4	Kamilla Hammer	77	Jessheim	04.10.2014
2:51.9	Marianne Tømmerberg	65	Jessheim	20.09.2004
2:53.8	Claudia Aspøhaug	68	Jessheim	20.09.2004
2:55.3	Kari Kamstrup Hovind	56	Jessheim	18.08.1993
2:59.5	Kjersti Andersen	68	Jessheim	23.09.2006
3:00.1	Gerda Tunhøvd	61	Jessheim	18.08.1997
3:09.7	Torill Mundal	58	Jessheim	17.08.1998
3:16.7	May Skolt Skafle	56	Jessheim	17.08.1992
3:19.2	Inger Finstad	51	Jessheim	23.08.1996
3:20.5	Tove Irene Jonas	70	Jessheim	23.09.2006
3:22.8	Marit Skolt Skafle	56	Jessheim	16.08.1993
3:29.5	Bente Holter	62	Jessheim	16.08.1999
3:42.2	May Skolt	59	Jessheim	19.08.1996

<b>KVINNER VETERAN 35-39</b>	<b>379</b>
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<b>1500m</b>	
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5:03.39	Anne-Torill Garli	57	Kristiansand	27.06.1992
5:16.1	Line Huken Mathisen	71	Jessheim	10.06.2010
5:16.12	Anne Lillegård	73	Tønsberg/Gr	15.06.2008
5:16.9	Siri Fjellhaug Larsen	69	Jessheim	12.06.2008
5:18.5	Marianne Opsahl	73	Jessheim	04.06.2009
5:19.2	Eva Blakkisrud	46	Jessheim	08.06.1984
5:27.6	Line Engebakken	70	Jessheim	05.06.2009
5:32.9	Ann-Marie Bakkerud	49	Jessheim	10.06.1987
5:38.9	Kamilla Hammer	77	Jessheim	04.06.2015
5:40.3	Inge Margrethe Bergh	43	Jessheim	12.06.1981
5:37.1	Bente Holter	62	Jessheim	14.06.2001
5:45.4	Laila Borge	51	Jessheim	13.06.1990
5:46.2	Cora Halsan Schøyen	47	Jessheim	13.06.1986
5:47.7	Trine Bogstad Mangerud	51	Jessheim	13.06.1990
5:54.4	Anne-Marie Frydenlund	49	Jessheim	13.06.1988
5:54.60	Cecilie Stenbakken	77	Jessheim	06.06.2013
5:55.7	Claudia Asphaug	68	Jessheim	10.06.2004
5:55.8	Astrid Hansen	42	Jessheim	12.06.1981
5:58.4	Thora Sand	48	Jessheim	08.06.1984
6:00.1	Berit Bamrud	55	Jessheim	10.06.1991
6:00.5	Inger Lise Wiig	49	Jessheim	08.06.1984
6:02.3	Sissel Dønnum Ullerud	43	Jessheim	09.06.1980
6:03.1	Ingjerd Abrahamsen	49	Jessheim	08.06.1984
6:04.3	Gerda Tunhøvd	61	Jessheim	17.06.1998
6:05.9	Siw Sjøvik	69	Jessheim	14.06.2007
6:06.5	Kerstin Johannessen	45	Jessheim	16.06.1982
6:06.6	Grete Rustad	44	Jessheim	09.06.1980
6:07.1	Anne-May Bogar	43	Jessheim	12.06.1981
6:07.5	Åshild Olsen	39	Jessheim	12.06.1978
6:10.1	Kari Kamstrup Hovind	56	Jessheim	16.06.1993
6:11.4	Kjersti Andersen	68	Jessheim	14.06.2007
6:11.4	Elisabeth Mannion	76	Jessheim	04.06.2015
6:15.0	Jorunn Sørum	49	Jessheim	08.06.1984
6:22.2	Wenche Rustad	49	Jessheim	12.06.1981
6:25.6	Kari Heggelund	48	Jessheim	08.06.1984
6:29.2	Elise Wogstad	44	Jessheim	09.06.1980
6:23.8	Randi Bråthen	42	Jessheim	12.06.1981
6:20.3	Torill Mundal	58	Jessheim	17.06.1998
6:27.3	Tone Merete Fjeld	67	Jessheim	04.06.2015
6:31.3	Marit Skolt Skafle	56	Jessheim	10.06.1991
5:33.0	Wenche Løland	65	Jessheim	12.06.2003
6:39.0	Bjørge Gjelsvik	41	Jessheim	09.06.1980
6:39.5	Inger Neramo	62	Jessheim	14.06.2001
6:39.6	Grete Einarsrud	47	Jessheim	10.06.1983

<b>KVINNER VETERAN 35-39</b>	<b>380</b>
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<b>1500m forts.</b>	
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6:40.3	Kari Bentsdal	55	Jessheim	16.06.1993
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
6:55.7	Tove Irene Jonas	70	Jessheim	14.06.2007

<b>3000m</b>	
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11:04.12	Marianne Opsahl	73	Oslo/Bi	19.05.2009
11:18.5	Anne-Torill Garli	57	Jessheim	17.08.1992
11:25.5	Eva Blakkisrud	46	Jessheim	19.08.1983
11:45.81	Bente Holter	62	Jessheim	17.09.2001
11:43.5	Kari Seem	54	Jessheim	22.08.1990
12:11.2	Anne-Mari Bakkerud	49	Jessheim	21.08.1987
12:23.1	Trine Bogstad Mangerud	51	Jessheim	22.08.1990
12:34.4	Laila Borge	51	Jessheim	22.08.1990
12:39.1	Anne-Marie Frydenlund	49	Jessheim	15.08.1986
12:39.3	Inge Margrethe Berg	43	Jessheim	18.08.1980
12:47.2	Sissel Dønnum Ullerud	43	Jessheim	20.08.1979
12:52.0	Anne Lillegård	73	Lørenfallet	08.09.2009
13:00.6	Astrid Hansen	42	Jessheim	21.08.1981
13:20.7	Åshild Olsen	39	Jessheim	21.08.1978
13:26.8	Kerstin Johannessen	45	Jessheim	21.08.1981
13:29.8	Inger Lise Wiig	45	Jessheim	21.08.1981
12:41.6	Anne-May Bogar	43	Jessheim	21.08.1981
12:46.6	Berit Bamrud	55	Jessheim	24.08.1991
13:08.8	Laila Borge	51	Jessheim	15.08.1986
13:12.0	Cora Halsan Schøyen	47	Jessheim	15.08.1986
13:25.9	Inger Lise Wiig	49	Jessheim	07.09.1984
13:36.5	Jorunn Sørum	49	Jessheim	17.08.1984
13:43.3	Grete Rustad	44	Jessheim	21.08.1981
13:43.4	Thora Sand	48	Jessheim	19.08.1983
13:43.4	Bodil Teksum	60	Jessheim	15.08.1986
13:44.0	Karin Sveen	42	Jessheim	21.08.1981
14:02.9	Elise Wogstad	44	Jessheim	18.08.1980
14:27.7	Bjørn Gjelsvik	41	Jessheim	18.08.1980
14:35.7	Kari Heggelund	48	Jessheim	19.08.1983
14:41.7	Gerd Nordset Larsen	48	Jessheim	17.08.1984
14:52.9	Aud Venke Rustad	45	Jessheim	17.08.1984
14:55.0	Kari Bentsdal	55	Jessheim	18.08.1993
15:12.8	Kari Ruud	40	Jessheim	20.08.1979
15:17.5	Grethe Bogstad	46	Jessheim	17.08.1984
15:22.0	Randi Bråthen	42	Jessheim	21.08.1981

<b>KVINNER VETERAN 35-39</b>	<b>381</b>
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<b>5000m</b>	
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19:32.6	Eva Blakkisrud	46	Oslo/St	28.09.1983
19:40.96	Marianne Opsahl	73	Oslo/Bi	30.06.2011

<b>10000m</b>	
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39:58.83	Anne-Torill Garli	57	Søgne	28.05.1992
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<b>10 km landevei</b>	
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45:27	Trine Bogstad Mangerud	51	Jessheim	07.10.1990
46:29	Berit Bamrud	55	Jessheim	02.10.1994
47:47	Laila Borge	51	Jessheim	07.10.1990
49:36	Kjersti Andersen	68	Jessheim	19.11.2006
56:44	Aud Venke Rustad	45	Jessheim	07.10.1984

<b>Halvmaraton 21098m</b>	
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1:26:10	Eva Blakkisrud	46	Oslo	31.08.1984
1:27:50	Marianne Opsahl	73	Oslo	22.09.2012
1:34:50	Anne-Torill Garli	57	Jessheim	02.10.1994
1:35:18	Bente Holter	62	Jessheim	18.11.2001
1:36:41	Anne Marie Frydenlund	49	Sandnes	05.04.1987
1:36:34	Claudia Asphaug	68	Jessheim	18.11.2001
1:43:42	Berit Bamrud	55	Oslo	24.09.1994
1:50:15.	Kjersti Andersen	68	Jessheim	16.11.2003
1:55:42	Elisabeth Mannion	76	Jessheim	17.11.2013
1:57:07	Inger Lise Wiig	49	Jessheim	07.10.1984
2:03:56	Anne May Boger	43	Sørum	17.10.1981

<b>Maraton 42195m</b>	
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3:10:22	Eva Blakkisrud	46	Paris, FRA	12.05.1984
3:28:46	Anne Marie Frydenlund	49	Drammen	02.10.1988

<b>Høyde</b>	
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1.48	Inger Lise Sundheim	55	Oslo/La	23.08.1994
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<b>Lengde</b>	
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4.75	Inger Lise Sundheim	55	Stord	05.08.1994
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<b>Kule 4 kg</b>	
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12.56	Else Opsahl	32	Ottestad	06.10.1968
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<b>KVINNER VETERAN 35-39</b>	<b>382</b>
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<b>Diskos 1 kg</b>	
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37.90	Else Opsahl	32	Jessheim	29.08.1967
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<b>KVINNER VETERAN 35-39</b>		<b>383</b>		
<b>INNENDØRS</b>				
<b>400m E</b>				
2:34.8	Anne Lillegård	72	Jyväskylä, FIN	21.03.2010
<b>800m</b>				
2:34.44	Anne Lillegård	73	Reykjavik, ISL	01.03.2008
<b>1500m</b>				
5:17.58	Anne Lillegård	73	Stange	16.02.2008
<b>3000m</b>				
12:06.68	Anne Lillegård	73	Reykjavik, ISL	01.03.2008
<b>Høyde</b>				
1.35	Inger Lise Sundheim55	55	Stange	06.02.1994
<b>Lengde</b>				
4.59	Inger Lise Sundheim	55	Stange	04.03.1994
<b>Høyde uten tilløp</b>				
1.27	Inger Lise Sundheim	55	Stange	19.03.1994
<b>Lengde uten tilløp</b>				
2.57	Inger Lise Sundheim	55	Stange	19.03.1994
<b>Kule 4 kg</b>				
12.05	Else Opsahl	32	Skien	02.03.1969
7.87	Tove Dønnum Jensen	40	Råholt	12.09.1975
<b>Diskos 1 kg</b>				
34.90	Else Opsahl	32	Oslo/Hu	02.04.1967

<b>KVINNER VETERAN 40-44</b>			<b>384</b>	
<b>60m M</b>				
10.2	Astrid Willersrud	42	Årnes	28.08.1985
<b>100m E</b>				
14.64	Inger Lise Sundheim	55	Jessheim	26.09.1997
14.76	Lena Opaker Øines	69	Jessheim	19.09.2009
15.63	Irene Schulze Toverud	67	Drammen/Ma	26.08.2011
<b>100m M</b>				
14.0	Inger Lise Sundheim	55	Oslo/So	15.09.1996
14.4	Kari Kamstrup Hovind	56	Jessheim	04.06.1996
15.8	Unn Helen Grønvold	61	Jessheim	19.08.2002
<b>200m E</b>				
31.37	Kari Kamstrup Hovind	56	Jessheim	25.06.1996
31.52	Irene Schultze Toverud	67	Drammen/Ma	27.08.2011
<b>200m M</b>				
30.8	Inger Lise Sundheim	55	Oslo/Bi	18.09.1999
32.9	Anne Lillegård	73	Oslo/St	21.08.2013
<b>400m E</b>				
71.63	Anne Lillegård	73	Moss/Me	30.06.2013
78.74	Anne-Torill Garli	57	Jessheim	24.09.1999
<b>800m</b>				
2:37.91	Anne Lillegård	73	Lillehammer/Ss	21.06.2015
2:41.9	Anne-Torill Garli	57	Jessheim	01.06.1997
2:42.1	Bente Holter	62	Jessheim	23.09.2002
2:50.8	Ann-Marie Bakkerud	49	Jessheim	28.09.1989
2:52.5	Claudia Asphaug	68	Jessheim	18.09.2010
2:52.7	Norunn Skildheim	50	Lørenfallet	08.06.1993
3:02.1	Kjersti Andersen	68	Jessheim	19.09.2009
3:02.2	Kari Kamstrup Hovind	56	Jessheim	02.09.1996
3:15.7	Inger Finstad	51	Jessheim	17.08.1992
3:17.5	Inger Neramo	62	Jessheim	23.09.2006
3:19.5	Julie Rudihaugen	69	Jessheim	28.09.2013
3:21.2	Marit Skolt Skafle	56	Jessheim	18.08.1997
3:25.75	Hege Jacobsen	85	Jessheim	26.06.1997
3:28.8	Jorunn Sørum	49	Jessheim	16.08.1993

<b>KVINNER VETERAN 40-44</b>	<b>385</b>
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<b>1000m</b>
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3:34.6	Bente holter	62	Jessheim	19.08.2002
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<b>1500m</b>
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5:11.81	Line Mathiesen	71	Oslo/Bi	29.06.2011
5:18.8	Siri Fjellberg Larsen	69	Jessheim	10.06.2010
5:21.4	Eva Blakkisrud	46	Jessheim	20.08.1986
5:23.75	Marianne Opsahl	73	Jessheim	06.06.2013
5:34.6	Laila Skibakk	40	Jessheim	08.06.1984
5:35.01	Bente Holter	62	Jessheim	21.08.2006
5:36.1	Trine Bogstad Mangerud	51	Jessheim	12.06.1995
5:37.3	Anita Wennemo	65	Jessheim	14.06.2007
5:39.0	Anne Lillegård	73	Oslo/St	29.05.2013
5:44.0	Anne-Torill Garli	57	Jessheim	13.06.2001
5:45.4	Marie Tømmerberg	65	Jessheim	09.06.2005
5:49.7	Laila Borge	51	Jessheim	19.06.1992
5:50.3	Norunn Skildheim	50	Jessheim	19.06.1992
5:50.8	Caludia Berger (Asphaug)	68	Jessheim	10.06.2010
5:51.0	Ann-Marie Frydenlund	49	Jessheim	19.06.1992
5:52.2	Ann-Mari Bakkerud	49	Jessheim	12.06.1989
5:58.3	Cora Halsan Schøyen	47	Jessheim	13.06.1988
5:59.1	Marit Louise Aadnøy	67	Jessheim	10.06.2010
5:59.1	Grethe Hansen	63	Jessheim	15.06.2006
6:00.5	Åshild Olsen	39	Jessheim	09.06.1980
6:01.8	Berit Bamrud	55	Jessheim	12.06.1995
6:02.8	Bergljot Bjørnsveen	38	Jessheim	16.06.1982
6:06.5	Eva Blakkisrud	46	Jessheim	12.06.1989
6:08.5	Thora Sand	48	Jessheim	12.06.1989
6:09.3	Sissel Dønnum Ullerud	43	Jessheim	08.06.1984
6:10.8	Gunn Kristin Sunde	66	Jessheim	14.06.2007
6:12.0	Eva Blakkisrud	46	Jessheim	13.06.1990
6:20.8	Inger Gustavson	64	Jessheim	12.06.2008
6:21.2	Gry Vera Haslie	60	Jessheim	10.06.2004
6:22.7	Aase Dahl Klepsvik	37	Jessheim	11.06.1979
6:24.1	Bjørg Gjelsvik	41	Jessheim	12.06.1981
6:29.2	Line Røen Hansen	66	Jessheim	04.06.2009
6:32.4	Inger Finstad	61	Jessheim	10.06.1991
6:34.5	Wenche Løland	65	Jessheim	04.06.2009
6:37.9	Irene Schultze	67	Jessheim	10.06.2010
6:43.9	Randi Bråthen	42	Jessheim	16.06.1982
6:45.0	Jorunn Sørum	49	Jessheim	10.06.1991
6:45.0	Anne Sofie Korslund	60	Jessheim	12.06.2003
6:45.5	Marit Skolt Skafle	56	Jessheim	16.06.1997
6:52.9	Tove Rutle	47	Jessheim	12.06.1989



<b>KVINNER VETERAN 40-44</b>	<b>386</b>
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<b>1500m forts.</b>	
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6:58.1	Ragnhild Aas	71	Jessheim	12.06.2008
6:58.7	Elise Wogstad	44	Jessheim	10.06.1987
7:02.3	Kari Kamstrup Hovind	56	Jessheim	14.06.1999
7:06.2	Inger Lise Wiig	49	Jessheim	12.06.1989
7:18.9	Laila Hole	42	Jessheim	10.06.1983

<b>3000m</b>	
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11:23.2	Eva Blakkisrud	46	Lørenfallet	25.06.1987
11:47.04	Marianne Opsahl	73	Lillehammer/Ss	22.06.2013
11:50.7	Laila Skibakk	40	Lørenfallet	25.06.1983
12:15.1	Bente Tenold Holter	62	Jessheim	16.08.2004
12:23.6	Anne-Torill Garli	57	Jessheim	17.08.1998
12:27.7	Trine Bogstad Mangerud	51	Jessheim	31.08.1994
12:29.4	Berit Bamrud	55	Jessheim	23.08.1996
12:36.3	Anne-Marie Frydenund	49	Jessheim	22.08.1990
12:49.3	Ann-Mari Bakkerud	49	Jessheim	21.08.1989
12:59.1	Eva Blakkisrud	46	Jessheim	22.08.1990
13:01.1	Norunn Skildheim	50	Jessheim	31.08.1994
13:12.9	Sissel Dønnum Ullerud	43	Jessheim	19.08.1983
13:35.8	Åshild Olsen	39	Jessheim	19.08.1983
13:43.8	Cora Halsan Schøyen	47	Jessheim	19.08.1988
13:46.5	Bjørg Gjelsvik	41	Jessheim	21.08.1981
13:54.7	Inger Finstad	51	Jessheim	19.08.1991
14:11.2	Karin Sveen	42	Jessheim	19.08.1983
14:12.6	Randi Bråthen	42	Jessheim	19.08.1983
14:13.7	Thora Sand	48	Jessheim	17.08.1992
14:52.0	Tove Rutle	47	Jessheim	17.08.1992
14:57.3	Elise Wogstad	44	Jessheim	17.08.1984

<b>5000m</b>	
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20:31.4	Line Mathiesen	71	Oslo/Bi	30.06.2011
20:42.9	Laila Skibakk	40	Oslo/St	28.09.1983

<b>10 km landevei</b>	
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40.54	Eva Blakkisrud	46	Jessheim	11.10.1987
43:51	Laila Skibakk	40	Jessheim	07.10.1984
47.33	Berit Bamrud	55	Jessheim	06.10.1986
48:26	Sissel Dønnum Ullerud	43	Jessheim	09.10.1983
49.38	Ann-Mari Bakkerud	49	Jessheim	08.10.1989
52.29	Cora Halsan Schøyen	47	Jessheim	11.10.1987
52:56	Anne-May Bogar	43	Jessheim	07.10.1984

<b>KVINNER VETERAN 40-44</b>	<b>387</b>
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<b>10 km landevei forts.</b>	
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53:00	Gunn Sunde	66	Jessheim	18.11.2007
53:50	Tove Rutle	47	Jessheim	07.10.1990

<b>Halvmaraton 21098m</b>	
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1:26.46	Eva Blakkisrud	46	Drammen	04.10.1986
1:30.46	Bente Holter	62	Drammen	06.10.2002
1:33.56	Marianne Opsahl	73	Orlando, USA	24.01.2014
1:39:03	Berit Bamrud	55	Oslo	14.09.1996
1:38:53	Norunn Skildheim	50	Kragerø	12.06.1994
1:37:14	Trine Bogstad Mangerud	51	Jessheim	01.10.1995

<b>Maraton 42195m</b>	
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3:05:15	Eva Blakkisrud	46	Oslo	13.09.1986
3:23:08	Ann-Marie Frydenlund	49	Kristiansand	24.06.1992
3:40:52	Berit Bamrud	55	Berlin, GER	24.09.1995

<b>Høyde</b>	
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1.48	Inger Lise Sundheim	55	Oslo/So	15.09.1996
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<b>Lengde</b>	
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4.81	Inger Lise Sundheim	55	Jessheim	25.06.1996
4.46	Kari Kamstrup Hovind	56	Jessheim	02.06.1996

<b>Tresteg</b>	
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9.64	Inger Lise Sundheim	55	Lillehammer/Ss	17.08.1997
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<b>Kule 4 kg</b>	
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10.00	Astrid Willersrud	42	Årnes	07.08.1985
8.96	Kari Kamstrup Hovind	56	Jessheim	25.06.1996
7.84	Gunn Kristin Sunde	66	Asker/Fø	31.05.2007
7.66	Unn Helen Grønvold	61	Jessheim	19.08.2002
6.86	Irene Schultze Toverud	67	Lillehammer/Ss	19.06.2010

<b>Diskos 1 kg</b>	
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28.50	Astrid Willersrud	42	Jessheim	11.08.1986
17.33	Irene Schultze Toverud	67	Lillehammer/Ss	24.06.2011

<b>KVINNER VETERAN 40-44</b>		<b>388</b>		
<b>Spyd 600 g Ny type fra og med 1999</b>				
21.60	Irene Schultze	67	Lillehammer/Ss	20.06.2010
<b>4-kamp 100m-Kule-Lengde-800m</b>				
2057	Kari Kamstrup Hovind	56	Jessheim	02.06.1996
	14.4-8.04-4.46-3:02.2			
1966	Inger Lise Sundheim	55	Jessheim	01.06.1997
	14.11-7.79-4.43-3:18.4			
1579	Anne-Torill Garli	57	Jessheim	01.06.1997
	16.46-6.27-3.31-2:41.9			
<b>4x100m E</b>				
58.50	KV40-49		Jessheim	19.05.2012
	Inger Birgitte Monster68-Anne Lillegård73-Irene Schultze67-Lena Opaker Øines69			

<b>KVINNER VETERAN 40-44</b>		<b>389</b>		
<b>INNENDØRS</b>				
<b>60m E</b>				
8.95	Inger Lise Sundheim	55	Stange	03.03.1996
<b>400m E</b>				
71.67	Anne Lillegård	73	Haugesund	07.03.2014
<b>800m</b>				
2:46.20	Anne Lillegård	73	Haugesund	03.03.2013
<b>1500m</b>				
6:15.13	Anne Lillegård	73	Haugesund	09.03.2014
<b>3000m</b>				
12:19.15	Magdolna Takats	74	Hvam	13.03.2016
<b>Høyde</b>				
1.40	Inger Lise Sundheim	55	Stange	02.03.1997
<b>Lengde</b>				
4.75	Inger Lise Sundheim	55	Stange	20.03.1999
<b>Tresteg</b>				
9.38	Inger Lise Sundheim	55	Stange	02.03.1997
<b>Høyde uten tilløp</b>				
1.33	Inger Lise Sundheim	55	Stange	02.03.1996
<b>Lengde uten tilløp</b>				
2.60	Kari Fjeldberg	55	Stange	20.03.1999

<b>KVINNER VETERAN 45-49</b>		<b>390</b>		
<b>60m M</b>				
9.5	Laila Skibakk	40	Årnes	27.08.1986
<b>100m E</b>				
14.89	Inger Lise Sundheim	55	Ravnanger	02.07.2000
<b>100m M</b>				
14.2	Laila Skibakk	40	Jessheim	07.10.1985
14.7	Inger Lise Sundheim	55	Oslo/St	15.06.2000
<b>200m E</b>				
30.78	Inger Lise Sundheim	55	Jessheim	19.08.2001
<b>200m M</b>				
30.8	Inger Lise Sundheim	55	Oslo/Tr	14.06.2000
<b>400m E</b>				
74.53	Trine Bogstad Mangerud	51	Jessheim	01.09.1997
<b>400m M</b>				
71.1	Laila Skibakk	40	Jessheim	18.08.1986
74.9	Trine Bogstad Mangerud	51	Jessheim	13.07.2000
<b>800m</b>				
2:42.6	Trine Bogstad Mangerud	51	Jessheim	03.08.2000
2:49.8	Unn Helen Grønvold	61	Jessheim	23.09.2006
2:51.7	Laila Skibakk	40	Lørenfallet	04.06.1985
2:54.4	Bente Tenold Holter	62	Drammen/Ma	01.10.2011
2:58.1	Irene Schultze	67	Jessheim	19.05.2012
3:29.0	Inger Finstad	51	Jessheim	17.08.1998
3:31.0	Line Røen Hansen	66	Jessheim	28.09.2013
3:38.0	Jorunn Sørum	49	Jessheim	29.08.1994
3:40.5	Bjørg Aas	51	Jessheim	14.08.2000
3:41.1	Åse Nessiøy	68	Jessheim	25.09.2993
<b>1500m</b>				
5:30.2	Bente Holter	62	Jessheim	14.06.2007
5:32.9	Trine Bogstad Mangerud	51	Jessheim	19.06.1996

<b>KVINNER VETERAN 45-49</b>	<b>391</b>
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<b>1500m forts.</b>	
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5:39.9	Laila Skibakk	40	Jessheim	12.06.1987
5:41.4	Berit Ruud	39	Jessheim	14.08.1993
5:44.0	Anne Torill Garli	57	Jessheim	13.06.2002
5:52.2	Eva Blakkisrud	46	Jessheim	19.06.1992
5:53.9	Unn Helen Grønvold	61	Jessheim	14.06.2007
6:08.9	Gerda Tunhøvd	61	Jessheim	16.06.1997
6:10.9	Åshild Olsen	39	Jessheim	08.06.1984
6:19.1	Wenche Løland	65	Jessheim	05.06.2012
6:20.4	Berit Bamrud	55	Jessheim	14.06.2001
6:22.3	Inger Gustavson	64	Jessheim	04.06.2009
6:37.7	Berit Gulbrandsen	38	Jessheim	10.06.1987
6:47.6	Tove Rutle	47	Jessheim	15.06.1992
6:48.0	Tone Merete Fjeld	67	Jessheim	05.06.2014
6:50.0	Marit Skolt Skafle	56	Jessheim	13.06.2002
6:53.1	Anne Regine Hals	37	Jessheim	09.09.1985
6:52.5	Bjørn Nagel	40	Jessheim	13.06.1986
6:56.3	Unn Haaland	61	Jessheim	04.06.2009
7:00.9	Berit Vestengen	34	Jessheim	12.06.1981
7:01.9	Bergljot Bjørnsveen	38	Jessheim	08.06.1984
7:02.4	Bjørn Aas	51	Jessheim	14.06.1999
7:02.8	Aud Venke Rustad	45	Jessheim	13.06.1986
7:03.5	Jorunn Sørnum	49	Jessheim	13.06.1994
7:04.7	Inger Finstad	51	Jessheim	19.06.1996
7:17.39	Line Røen Hansen	66	Jessheim	06.06.2013
7:31.5	Judith Bibbi Knutsen	33	Jessheim	16.06.1982
7:38.0	Åse Nessiøy	58	Jessheim	12.06.2003
7:44.0	Kari Kamstrup Hovind	56	Jessheim	13.06.2002
8:06.8	Gerd Bakkeløkken	36	Jessheim	09.09.1985

<b>3000m</b>	
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11:07.1	Bjørn Moen	47	Jessheim	29.08.1994
11:53.3	Trine Bogstad Mangerud	51	Jessheim	14.08.2000
11:58.2	Berit Ruud	47	Jessheim	17.08.1992
12:12.4	Laila Skibakk	40	Lørenfallet	13.08.1985
12:52.0	Eva Blakkisrud	46	Jessheim	31.08.1994
13:34.1	Grethe Johansen	36	Jessheim	21.08.1981
13:44.9	Åshild Olsen	39	Jessheim	17.08.1984
14:15.9	Berit Gulbrandsen	38	Jessheim	21.08.1987
14:27.5	Anne Regine Hals	37	Jessheim	15.08.1986
14:50.5	Berit Bamrud	55	Jessheim	14.08.2000
15:13.2	Bjørn Nagell	40	Jessheim	15.08.1986
15:32.5	Tove Rutle	47	Jessheim	19.08.1996
16:28.5	Bjørn Aas	51	Jessheim	16.08.1999
16:47.7	Berit Vestengen	34	Jessheim	19.08.1983
16:52.0	Judith Bibbi Knutsen	33	Jessheim	20.08.1982

<b>KVINNER VETERAN 45-49</b>	<b>392</b>
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<b>5000m</b>	
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18:52.74	Bjørg Moen	47	Søgne	02.07.1992
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<b>80m hekk 76.2 M</b>	
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14.7	Inger Lise Sundheim	55	Oslo/St	05.06.2000
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<b>10 km landevei</b>	
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43.09	Trine Bogstad Mangerud	51	Jessheim	05.10.1997
45.55	Eva Blakkisrud	46	Jessheim	02.10.1994
46:02	Laila Skibakk	40	Jessheim	12.10.1986
46:47	Berit Ruud	47	Jessheim	03.10.1993
49.37	Gry Vera Haslie	60	Jessheim	19.11.2006

<b>Halvmaraton 21098m</b>	
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1:34.14	Hanna Blom Breivik	69	Jessheim	16.11.2014
1:34:19	Trine Bogstad Mangerud	51	Drammen	05.10.2000
1:35:12	Laila Skibakk	40	Oslo	03.09.1988
1:40.12	Bente Holter	62	Jessheim	16.11.2008
1:40:21	Eva Blakkisrud	46	Oslo	24.09.1994

<b>Maraton 42195m</b>	
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3:35:43	Bente Holter	62	Oslo	30.09.2007
3:57:03	Anne Marie Frydenlund	49	Drammen	03.10.1996
3:37:59	Trine Bogstad Mangerud	51	Jessheim	16.11.1997

<b>Høyde</b>	
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1.45	Inger Lise Sundheim	55	Jessheim	18.08.2001
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<b>Lengde</b>	
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4.68	Inger Lise Sundheim	55	Ravnanger	30.09.2000
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<b>Tresteg</b>	
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9.18	Inger Lise Sundheim	55	Oslo/St	05.06.2000
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<b>Kule 4</b>	
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7.40	Kari Kamstrup Hovind	56	Jessheim	25.09.2003
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<b>KVINNER VETERAN 45-49</b>	<b>393</b>
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<b>Spyd 600 g Ny type fra og med 1999</b>	
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19.25	Irene Schultze	67	Jessheim	23.08.2012
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<b>KVINNER VETERAN 45-49</b>		<b>394</b>		
<b>INNENDØRS</b>				
<b>Høyde</b>				
1.43	Inger Lise Sundheim	55	Stange	25.03.2000
<b>Lengde</b>				
4.68	Inger Lise Sundheim	55	Stange	25.03.2000
<b>Tresteg</b>				
9.47	Inger Lise Sundheim	55	Stange	25.03.2000
<b>Høyde uten tilløp</b>				
1.27	Inger Lise Sundheim	55	Fjellhamar	02.04.2001
<b>Lengde uten tilløp</b>				
2.53	Inger Lise Sundheim	55	Drammen	22.03.2003

<b>KVINNER VETERAN 50-54</b>	<b>395</b>
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<b>100m E</b>	
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15.52	Inger Lise Sundheim	55	Geithus	30.06.2006
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<b>100m M</b>	
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15.3	Inger Lise Sundheim	55	Trondheim/St	25.08.1976
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<b>400m E</b>	
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74.04	Trine Bogstad Mangerud	51	Jessheim	21.06.2001
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<b>800m</b>	
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2:42.66	Trine Bogstad Mangerud	51	Jessheim	26.05.2003
2:52.8	Bente Tenold Holter	62	Jessheim	19.05.2012
3:31.0	Ann-Marie Bakkerud	49	Jessheim	23.09.2002
3:35.6	Tove Rutle	47	Jessheim	17.08.1998
3:45.5	Rita Raastad	47	Jessheim	17.08.1998
4:38.0	Gerd Bakkeløkken	36	Jessheim	22.08.1990

<b>1500m</b>	
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5:23.8	Trine Bogstad Mangerud	51	Jessheim	15.06.2003
5:44.66	Bente Tenold Holter	62	Jessheim	06.06.2013
6:59.6	Aase Dahl Klepsvik	37	Jessheim	13.06.1988
7:04.9	Marit Skolt Skafle	56	Jessheim	15.06.2006
7:06.0	Judith Bibbi Knutsen	33	Jessheim	08.06.1984
7:08.7	Tove Rutle	47	Jessheim	17.06.1998
7:13.0	Ann-Marie Bakkerud	49	Jessheim	13.06.2002
7:38.5	Berit Vestengen	34	Jessheim	08.06.1984
7:52.5	Inger Finstad	51	Jessheim	14.06.2001
7:53.7	Rita Raastad	47	Jessheim	17.06.1998
8:16.6	Gerd Bakkeløkken	36	Jessheim	10.06.1987
8:25.5	Else Johanne Husa	51	Jessheim	04.06.2015

<b>3000m</b>	
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11:33.82	Trine Bogstad Mangerud	51	Askim	28.06.2002
15:26.8	Judith Bibbi Knutsen	33	Jessheim	19.08.1983
15:45.2	Tove Rutle	47	Jessheim	18.08.1997
16:58.9	Gerd Bakkeløkken	36	Jessheim	19.08.1988

<b>10000m</b>	
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44:09.9	Trine Bogstad Mangerud	51	Oslo/Bi	30.07.2005
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<b>KVINNER VETERAN 50-54</b>	<b>396</b>
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<b>10 km landevei</b>	
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45.10	Laila Skibakk	40	Jessheim	07.10.1990
61:25	Gerd Bakkeløkken	36	Jessheim	12.10.1986

<b>Halvmaraton 21098m</b>	
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1:30.06	Trine Bogstad Mangerud	51	Drammen	31.08.2003
2:04.:41	Anne-Marie Frydenlund	49	Jessheim	18.11.2001

<b>Maraton 42195m</b>	
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3:46:51	Trine Bogstad Mangerud	51	Drammen	07.10.2001
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<b>Høyde</b>	
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1.41	Inger Lise Sundheim	55	Trondheim/St	26.08.2006
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<b>Lengde</b>	
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4.38	Inger Lise Sundheim	55	Gjøvik	26.08.2005
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<b>Kule 3 kg</b>	
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10.47	Astrid Willersrud	42	Bjørkelangen	08.08.1992
7.77	Inger Lise Sundheim	55	Trondheim/St	26.08.2006

<b>Kule 4 kg</b>	
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8.67	Astrid Willersrud	42	Jessheim	20.08.1996
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<b>Diskos 1 kg</b>	
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24.20	Astrid Willersrud	42	Jessheim	20.08.1996
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<b>Slegge 3 kg</b>	
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28.22	Astrid Willersrud	42	Oslo/La	31.08.1996
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<b>Spyd 400 g</b>	
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20.26	Astrid Willersrud	42	Oslo/La	31.08.1996
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<b>Vektkast 7.26 kg</b>	
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9.63	Astrid Willersrud	42	Oslo/La	31.08.1996
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<b>KVINNER VETERAN 50-54</b>	<b>397</b>
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<b>5-kamp kast Slegge-KuleDiskos-Spyd-Vekt</b>	
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2808	Astrid Willersrud	42	Oslo/La	31.08.1996
	26.26-7.89-25.98-21.74-9.20			

<b>KVINNER VETERAN 50-54</b>	<b>398</b>
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<b>INNENDØRS</b>	
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<b>Høyde uten tilløp</b>	
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1.16	Inger Lise Sundheim	55	Jessheim/No	13.03.2006
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<b>Lengde uten tilløp</b>	
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2.50	Inger Lise Sundheim	55	Råholt	31.10.2005
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<b>KVINNER VETERAN 55-59</b>	<b>399</b>
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<b>100m E</b>	
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16.19	Inger Lise Sundheim	55	Oslo/Bi	31.08.2012
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<b>800m</b>	
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2:49.4	Trine Bogstad Mangerud	51	Jessheim	20.09.2008
3:29.6	Kari Mo Larsen	38	Jessheim	16.06.1993
3:47.1	Anne Regine Hals	37	Jessheim	17.08.1992
3:48.0	Ann-Marie Bakkerud	49	Jessheim	23.09.2006
3:26.0	Else Johanne Husa	51	Jessheim	20.09.2008
3:34.5	Marit Skolt Skafle	56	Jessheim	19.05.2012
4:13.0	Trude Gudrun Ask	54	Jessheim	28.09.2013

<b>1500m</b>	
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5:15.9	Anne-Siri Larsen	49	Jessheim	12.06.2008
5:32.27	Trine Bogstad Mangerud	51	Geithus	30.06.2006
6:59.6	Else Johanne Huse	51	Jessheim	14.06.2007
7:04.4	Kari Mo Larsen	38	Jessheim	16.06.1993
7:05.7	Marit Skolt Skafle	56	Jessheim	12.06.2012
7:25.1	Ann-Marie Bakkerud	49	Jessheim	09.06.2005
7:56.3	Anne Regine Hals	37	Jessheim	15.06.1992

<b>10 km landevei</b>	
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46.09	Trine Bogstad Mangerud	51	Jessheim	15.11.2009
52:10	Else Johanne Husa	51	Jessheim	16.11.2008

<b>Halvmaraton 21098m</b>	
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1:34:12	Trine Bogstad Mangerud	51	Oslo	30.09.2007
1:56.25	Else Johanne Husa	51	Lørenskog	01.11.2008

<b>Høyde</b>	
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1.25	Inger Lise Sundheim	55	Oslo/Bi	01.09.2012
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<b>Kule 3 kg</b>	
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9.70	Astrid Willersrud	42	Lillehammer/Ss	17.08.1997
7.61	Inger Lise Sundheim	55	Oslo/Bi	01.09.2012

<b>Kule 4 kg</b>	
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8.19	Astrid Willersrud	42	Jessheim	24.08.1998
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<b>KVINNER VETERAN 55-59</b>		<b>400</b>		
<b>Lengde uten tilløp</b>				
2.47	Inger Lise Sundheim	55	Oslo/Bi	31.08.2013
<b>Diskos 1 kg</b>				
25.97	Astrid Willersrud	42	Rolvsrud	30.08.2001
<b>Slegge 3 kg</b>				
31.71	Astrid Willersrud	42	Odense, DEN	05.09.1999
<b>Slegge 4 kg</b>				
26.88	Astrid Willersrud	42	Rolvsrud	03.09.1988
<b>Spyd 400 g</b>				
24.78	Astrid Willersrud	42	Ski	18.08.1999
<b>Spyd 500 g</b>				
22.46	Astrid Willersrud	42	Bismo	03.08.2001
<b>Vektkast 7.26 kg</b>				
11.83	Astrid Willersrud	42	Odense, DEN	04.09.1999
<b>5-kamp kast Slegge-Kule-Diskos-Spyd-Vekt</b>				
3386	Astrid Willersrud	42	Søre Trysil	22.08.1998
29.11-9.37-22.37-23.51-10.73				

<b>KVINNER VETERAN 60-64</b>		<b>401</b>		
<b>800m</b>				
3:05.2	Trine Bogstad Mangerud	51	Jessheim	28.09.2013
<b>1500m</b>				
6:10.00	Trine Bogstad Mangerud	51	Jessheim	06.06.2013
7:32.2	Ann-Marie Bakkerud	49	Jessheim	04.06.2009
<b>Diskos 1 kg</b>				
20.44	Astrid Willersrud	42	Jessheim	19.08.2002
<b>Slegge 3 kg</b>				
29.08	Astrid Willersrud	42	Jessheim	19.08.2002
<b>Spyd 400 g</b>				
20.80	Astrid Willersrud	42	Jessheim	19.08.2002
<b>Vektkast 5.45 kg</b>				
12.93	Astrid Willersrud	42	Jessheim	19.08.2002
<b>5-kamp kast Slegge-Kule-Diskos-Spyd-Vekt</b>				
3592	Astrid Willersrud	42	Jessheim	19.08.2002
29.02-8.43-20.16-20.80-12.83				



<b>KVINNER VETERAN 65-69</b>	<b>402</b>
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<b>1500m</b>	
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7:32.9	Ann-Marie Bakkerud	49	Jessheim	05.06.2014
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