

# IL Fri: Klubbstatistikk utendørs 2004

## Menn/Gutter

### 40m

6.35	Martin Roe (92)	6.54 (03)
6.78	Sondre Håbrekke (92)	6.85 (03)
6.64	Adrian Dåvøy (92)	6.86 (03)
7.03	Ole Espen Aldal (92)	7.10 (03)
7.22	Øyvind Håbrekke (95)	7.25 (03)
7.57	Thomas Bysheim (93)	7.68 (02)
7.87	Preben Holm Paulsen (95)	Debut

### Manuelle tider

7.1	Øyvind Håbrekke (95)	7.25 (03)
8.8	Sivert Skulstad ( )	Debut

### 60m

7.24	Espen Kvalheim (80)	7.28 (01)
7.88	Vegar Håbrekke (88)	8.47 (02)/8.1 (02)
7.90	Håkon Eriksson (86)	7.74 (03)
8.83	Martin Roe (92)	9.31 (03)
8.96	Mikal Roe (90)	9.54 (03)
9.62	Adrian Dåvøy (92)	9.81 (03)
9.75	Ole Espen Aldal (92)	10.14 (03)
9.82	Sondre Håbrekke (92)	9.50 (03)
10.05	Øyvind Håbrekke (95)	11.15 (03)
11.24	Thomas Bysheim (93)	11.16 (02)
13.59	Andreas E. Ekeland (97)	14.7 (03)

### Manuelle tider

9.2	Sondre Håbrekke (92)	9.50 (03)
10.1	Gustav Iden (96)	Debut
10.3	Håvard Erdal (95)	Debut
10.5	Andreas Eliassen (93)	Debut
10.5	Jan-Ove Laastad Arnesen (96)	13.1 (03)
10.8	Kristoffer Kvamme (94)	Debut
10.9	Adrian Lie (96)	Debut
11.0	Marius Kvamme (96)	Debut
11.0	Mikal Iden (94)	Debut
11.1	Sondre M. Aardal (96)	11.6 (03)
11.3	Preben Holm Paulsen (95)	12.1 (03)
11.3	Vegard T. Justad (95)	Debut
11.3	Håkon Rolland (94)	11.9 (03)
11.4	Mats Akselberg (94)	Debut
11.4	Jørgen Austnes (94)	11.9 (03)
11.5	Jan Gunnar Garli (96)	Debut

12.0	Stian Stokke Rading (95)	14.0 (01)
12.0	Markus Lerpold (96)	12.8 (03)
12.1	Glenn Tomas Rønhovde (94)	Debut
12.2	Karl Erik Heimvik (97)	Debut
12.2	Lars Sandal (95)	12.6 (03)
12.3	Ørjan Sygnestveit (94)	Debut
12.5	Thomas Veseth (94)	14.0 (02)
12.7	Simon Bøsæter (97)	Debut
12.8	Eivind Haugland (95)	Debut
12.9	Håvard Johansen (98)	Debut
12.9	Ivar Jostein Vatile (98)	Debut
12.9	Andreas E. Ekeland (97)	14.7 (03)
12.9	Vidar Hauge (97)	15.1 (03)
13.2	Jahn Brusdal Eriksen (97)	Debut
13.3	Joachim Vevle (95)	Debut
13.5	Marius Olsen (97)	Debut
13.6	Jonas Lie (98)	Debut
13.6	Tage Unneland Weiseth (97)	Debut
13.8	Even Gran Madsen (97)	Debut
13.8	Espen Hirth (98)	Debut
13.8	Preben Risnes (98)	Debut
13.8	Mats William Reine (97)	Debut
13.8	Vegar Nævdal (96)	20.0 (03)
13.9	Jonas Storsæter (97)	Debut
13.9	Sean Louis Solberg (96)	Debut
14.2	Gard Askeland (97)	Debut
14.3	Sondre F. Amundsen (98)	Debut
14.4	Patrick Bragstad (97)	Debut
14.5	Magnus Askeland (95)	Debut
14.7	Even Loftås (98)	Debut
14.8	Kristoffer Olsnes (97)	Debut
14.8	Håkon Næss (97)	Debut
14.8	Henrik Førland (98)	Debut
15.0	Jan Gran Madsen (97)	Debut
15.0	Knut Åsgard Kirkgård (96)	Debut
15.0	Martin Johan Fredriksen (96)	Debut
15.0	Anders H. Rokne (96)	Debut
15.0	Brede Å. Fjæra (98)	Debut
15.0	Christian Førland (97)	Debut
15.1	Jostein Thomassen (98)	Debut
15.3	Even Haga Trettenes (98)	Debut
15.4	Håvard Økland (98)	Debut
15.6	Fredrik H. Indrehus (98)	Debut
15.7	Harri Ulland (98)	Debut
16.3	Robin André Haugen (98)	Debut

16.5	Vegar Eide Andersen (98)	Debut
16.6	Åsmund H. Rokne (98)	Debut
16.6	Mathias Dyngeland (97)	Debut
16.8	Thord Andreas Thorsen (98)	Debut
17.2	Gabriel Shuler (98)	Debut
17.4	Even W. Enger (98)	Debut
17.5	Tobias Skjæveland (97)	Debut
17.6	Odin Skårnes (97)	Debut
17.7	Sindre Veseth (98)	Debut

18.2	Christian Eriksen (99)	Debut
19.0	Sander Kvilhaug Aakre (97)	Debut
19.1	Johannes Reine (99)	Debut
21.2	Sander Nævdal (99)	Debut

### 80m

11.80	Mikal Roe (90)	12.60 (03)
12.02	Martin Roe (92)	Debut
12.82	Sondre Håbrekke (92)	Debut
13.78	Øyvind Håbrekke (95)	Debut

### 100m

11.32	Espen Kvalheim (80)	11.15 (02)
12.04	Håkon Eriksson (86)	12.18 (03)
12.22	Øystein Pettersen (78)	11.84 (01)
12.58	Vegar Håbrekke (88)	12.75 (03)
14.48	Mikal Roe (90)	15.34 (03)
14.50	Martin Roe (92)	15.15 (03)

### For sterk medvind

13.99w	Mikal Roe (90)	15.34 (03)
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### Manuelle tider

14.4	Martin Roe (92)	15.15 (03)
15.2	Sondre Håbrekke (92)	15.48 (03)
16.1	Ørjan Borge (91)	Debut
16.5	Håvard T. Lilletvedt (92)	Debut
16.8	Ole Espen Aldal (92)	16.45 (03)
17.4	Jo Benjamin Nesse (92)	Debut
18.4	Sam Aaron Gebremichael (93)	Debut
18.5	Sindre Bysheim Lohne (90)	18.9 (03)
19.5	Tor Vegard Berg (92)	19.2 (03)

### 200m

22.47	Espen Kvalheim (80)	22.50 (02)
23.84	Bjørnar Pettersen (81)	22.97 (00)
24.15	Øystein Pettersen (78)	23.66 (03)
24.99	Magnus Hjortås (85)	23.51 (03)
29.05	Mikal Roe (90)	31.49 (03)
29.80	Martin Roe (92)	Debut

30.13           Brikt Strømmen (59)

### **300m**

35.29	Espen Kvalheim (80)	35.33 (02)
36.78	Bjørnar Pettersen (81)	36.06 (00)
37.51	Øystein Pettersen (78)	36.93 (03)
47.18	Mikal Roe (90)	52.53 (03)

### **400m**

48.95	Espen Kvalheim (80)	48.51 (02)
51.98	Jon Are Sundland (78)	48.02 (98)
64.06	Brikt Strømmen (59)	

### **Manuelle tider**

53.5	Ørjan Vie (78)	49.99 (99)
56.5	Morten Solheim (76)	50.55 (94)/50.3 (94)
57.0	Jan Erik Lie Thorkildsen (77)	50.98 (96)
58.9	Jonny Andersen (75)	52.14 (94)
71.0	Martin Roe (92)	74.1 (03)
78.0	Ole Espen Aldal (92)	1:24.8 (03)
1:21.9	Sondre Håbrekke (92)	Debut
1:22.4	Erlend Storegjerde (92)	Debut
1:24.2	Jo Benjamin Nesse (92)	Debut
1:26.4	Thomas Hopland (92)	Debut
1:27.5	Andreas D. Borge (92)	Debut
1:34.2	Joachim Halleraker (92)	Debut
1:37.3	Espen Arnetvedt (93)	Debut
1:37.5	Ivan Unneland Weiseth (93)	Debut
1:40.5	Thomas Bysheim (93)	Debut

### **600m**

1:55.23	Martin Roe (92)	1:57.6 (03)
2:01.64	Ole Espen Aldal (92)	Debut
2:11.1	Øyvind Håbrekke (95)	Debut
2:36.56	Thomas Bysheim (93)	Debut

### **800m**

1:58.68	Jon Are Sundland (78)	1:49.56 (00)
2:10.9	Jan Ove Landøy (69)	
2:17.19	Brikt Strømmen (59)	1:57.3 (86)
2:50.52	Martin Roe (92)	2:46.32 (03)
3:02.80	Øyvind Håbrekke (95)	Debut

### **1500m**

4:14.84	Torgils Fossen (70)	4:07.09 (98)
4:30.8	Jan Ove Landøy (69)	
4:31.19	Brikt Strømmen (59)	3:55.67 (87)
4:40.84	Stig Atle Eide (69)	

**3000m**

9:02.49	Torgils Fossen (70)	8:51.14 (03)
9:41.06	Bright Strømmen (59)	8:26.3 (89)
9:50.29	Jan Ove Landøy (69)	9:14.6 (86)
10:02.49	Stig Atle Eide (69)	

**5000m**

16:40.12	Bright Strømmen (59)	14:40.27 (87)
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**10000m**

32:52.82	Torgils Fossen (70)	32:00.37 (98)
34:47.79	Bright Strømmen (59)	31:20.63 (86)

**60m hekk 68.0/6m**

10.72	Martin Roe (92)	11.44 (03)
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**60m hekk 76.2**

10.83	Martin Roe (92)	Debut
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**110m hekk 106.7**

16.72	Espen Kvalheim (80)	16.28 (02)
18.84	Øystein Pettersen (78)	16.63 (03)

**200m hekk 68.0**

34.39	Martin Roe (92)	Debut
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**200m hekk 76.2**

26.46	Espen Kvalheim (80)	25.29 (02)
27.30	Øystein Pettersen (78)	26.14 (02)

**400m hekk 91.4**

58.77	Espen Kvalheim (80)	55.25 (02)
59.15	Øystein Pettersen (78)	55.54 (02)

**Høyde**

1.70	Aleksander André Olsen (87)	1.72 (03)
1.35	Martin Roe (92)	1.20 (03)
1.35	Mikal Roe (90)	1.30 (03)
1.30	Ørjan Borge (91)	Debut
1.30	Ole Espen Aldal (92)	1.27 (03)
1.25	Sindre Bysheim Lohne (90)	1.15 (01)
1.25	Kjell Fossen (39)	1.56 (84)
1.20	Joachim Halleraker (92)	Debut
1.15	Sondre Håbrekke (92)	Debut
1.05	Thomas Bysheim (93)	1.00 (03)
1.00	Ivan Unneland Weiseth (93)	Debut

**Stav**

4.71	Aleksander André Olsen (87)	4.60 (03)
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3.80	Håkon Eriksson (86)	3.60 (03)
3.60	Bjørn Åge Herdlevær (84)	4.20 (01)
2.82	Gerry Borge (89)	2.80 (02)
2.72	Martin Roe (92)	Debut
2.50	Mikal Roe (90)	Debut
1.70	Ole Espen Aldal (92)	Debut

#### Lengde - planke

6.68	Espen Kvalheim (80)	6.54 (03)
6.21	Aleksander André Olsen (87)	6.10 (03)
6.19	Gøran Moen (71)	7.80 (95)
5.71	Håkon Eriksson (86)	5.83 (03)
5.46	Vegar Håbrekke (88)	5.34 (03)

#### For sterk medvind

6.33w	Gøran Moen (71)	7.80 (95)
5.86w	Håkon Eriksson (86)	5.83 (03)

#### Lengde - satssone 0.5m

4.45	Mikal Roe (90)	4.18 (03)
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#### Lengde - satssone 1.0m

4.83	Martin Roe (92)	4.30 (03)
3.97	Ole Espen Aldal (92)	3.72 (03)
3.95	Sondre Håbrekke (92)	3.98 (03)
3.84	Adrian Dāvøy (92)	3.78 (03)
3.33	Øyvind Håbrekke (95)	2.98 (03)
2.92	Mikal Iden (94)	Debut
2.81	Andreas Eliassen (93)	Debut
2.76	Jørgen Austnes (94)	2.47 (03)
2.60	Andreas E. Ekeland (97)	1.68 (03)
2.60	Jan Gunnar Garli (96)	Debut
2.57	Gustav Iden (96)	Debut
2.55	Håvard Erdal (95)	Debut
2.47	Sondre M. Aardal (96)	2.28 (02)
2.43	Preben Holm Paulsen (95)	2.03 (03)
2.41	Håkon Rolland (94)	2.48 (03)
2.40	Vegard T. Justad (95)	Debut
2.37	Mats Akselberg (94)	Debut
2.29	Kristoffer Kvamme (94)	Debut
2.23	Jan-Ove Laastad Arnesen (96)	1.93 (03)
2.22	Eivind Haugland (95)	Debut
2.22	Adrian Lie (96)	Debut
2.18	Tage Unneland Weiseth (97)	Debut
2.16	Glenn Tomas Rønhovde (94)	Debut
2.14	Karl Erik Heimvik (97)	Debut
2.08	Stian Stokke Rading (95)	1.70 (01)
2.05	Marius Kvamme (96)	Debut

2.04	Thomas Veseth (94)	1.50 (02)
2.02	Simon Bøsæter (97)	Debut
2.01	Markus Lerpold (96)	1.91 (03)
1.99	Marius Olsen (97)	Debut
1.98	Sivert Skulstad ( )	Debut
1.97	Jahn Brusdal Eriksen (97)	Debut
1.97	Lars Sandal (95)	1.77 (03)
1.92	Gard Askeland (97)	Debut
1.91	Even Haga Trettenes (98)	Debut
1.90	Jonas Storsæter (97)	Debut
1.85	Christian Førland (97)	Debut
1.80	Patrick Bragstad (97)	Debut
1.77	Mats William Reine (97)	Debut
1.70	Magnus Askeland (95)	Debut
1.70	Brede Å. Fjæra (98)	Debut
1.67	Kristoffer Olsnes (97)	Debut
1.66	Harri Ulland (98)	Debut
1.65	Jonas Lie (98)	Debut
1.63	Anders H. Rokne (96)	Debut
1.60	Tobias Skjæveland (97)	Debut
1.59	Sondre F. Amundsen (98)	Debut
1.58	Odin Skårnes (97)	Debut
1.58	Vegar Nævdal (96)	1.82 (03)
1.57	Martin Johan Fredriksen (96)	Debut
1.57	Vidar Hauge (97)	1.53 (03)
1.50	Åsmund H. Rokne (98)	Debut
1.49	Ivar Jostein Vatlø (98)	Debut
1.47	Knut Åsgard Kirkgård (96)	Debut
1.45	Håkon Næss (97)	Debut
1.45	Preben Risnes (98)	Debut
1.43	Håvard Johansen (98)	Debut
1.42	Espen Hirth (98)	Debut
1.41	Even Gran Madsen (97)	Debut
1.41	Sean Louis Solberg (96)	Debut
1.40	Jan Gran Madsen (97)	Debut
1.40	Robin André Haugen (98)	Debut
1.38	Håvard Økland (98)	Debut
1.37	Even Loftås (98)	Debut
1.29	Henrik Førland (98)	Debut
1.27	Fredrik H. Indrehus (98)	Debut
1.19	Thord Andreas Thorsen (98)	Debut
1.16	Johannes Reine (99)	Debut
1.14	Jostein Thomassen (98)	Debut
1.10	Sander Kvilhaug Aakre (97)	Debut
1.10	Mathias Dyngeland (97)	Debut

1.08	Vegar Eide Andersen (98)	Debut
1.05	Gabriel Shuler (98)	Debut
1.04	Sindre Veseth (98)	Debut
1.02	Even W. Enger (98)	Debut
1.00	Sander Nævdal (99)	Debut

#### **For sterk medvind**

4.08	Ole Espen Aldal (92)	3.72 (03)
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#### **Tresteg - satssone 0.5m**

9.82	Mikal Roe (90)	9.14 (03)
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#### **Tresteg - satssone 1.0m**

9.58	Martin Roe (92)	8.44 (03)
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#### **Kule 7.26**

12.21	Eivind Svendsen (72)	15.68 (95)
12.17	Per Hordnes (81)	11.30 (01)
11.93	Stein Fossen (68)	11.91 (02)
11.28	Sigurd Larsen (66)	14.91 (87)
10.32	Edgar Henriksen (51)	14.95 (80)
10.25	Øyvind Kleiveland (71)	13.93 (92)
9.36	Daniel Fonnes (85)	Debut
9.35	Kjell Fossen (39)	14.19 (71)
8.57	Espen Kvalheim (80)	7.95 (02)
8.08	Sturle Hordnes (85)	Debut

#### **Kule 6.0**

10.97	Edgar Henriksen (51)	12.29 (01)
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#### **Kule 5.5**

11.44	Kjell Fossen (39)	15.57 (58)
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#### **Kule 5.0**

12.45	Kjell Fossen (39)	13.38 (01)
8.95	Runar Stikholmen (88)	Debut

#### **Kule 4.0**

13.27	Kjell Fossen (39)	15.16 (55)
8.28	Mikal Roe (90)	Debut
7.60	Sindre Bysheim Lohne (90)	Debut

#### **Kule 3.0**

9.41	Martin Roe (92)	Debut
7.12	Sondre Håbrekke (92)	Debut

#### **Kule 2.0**

9.48	Martin Roe (92)	8.99 (03)
8.98	Sondre Håbrekke (92)	7.36 (03)
6.58	Aleksander H. Hansen (94)	Debut



4.70	Øyvind Håbrekke (95)	Debut
3.34	Andreas E. Ekeland (97)	Debut

### Diskos 2.0

34.02	Edgar Henriksen (51)	47.60 (80)
31.48	Stein Fossen (68)	29.41 (02)
30.55	Øyvind Kleiveland (71)	41.92 (90)
30.19	Sigurd Larsen (66)	39.84 (88)
28.60	Per Hordnes (81)	26.14 (01)
24.28	Espen Kvalheim (80)	19.62 (03)
19.82	Daniel Fonnes (85)	Debut
19.73	Espen Christian Halvorsen (70)	27. ( )
15.15	Sturle Hordnes (85)	Debut

### Diskos 1.5

36.96	Edgar Henriksen (51)	40.27 (02)
19.39	Runar Stikholmen (88)	Debut

### Diskos 1.0

36.20	Kjell Fossen (39)	37.60 (00)
28.02	Mikal Roe (90)	18.93 (03)
21.02	Sindre Bysheim Lohne (90)	12.80 (03)

### Diskos 0.75

28.29	Martin Roe (92)	Debut
17.55	Ørjan Borge (91)	Debut

### Diskos 0.6

15.03	Aleksander H. Hansen (94)	Debut
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### Slegge 7.26

64.08	Bjørnar Halvorsen (73)	67.48 (97)
61.50	Espen Christian Halvorsen (70)	60.89 (02)
41.57	Stein Fossen (68)	41.84 (03)
31.23	Per Hordnes (81)	26.84 (01)
25.78	Edgar Henriksen (51)	29.95 (01)
18.82	Espen Kvalheim (80)	Debut
16.35	Daniel Fonnes (85)	Debut

### Slegge 6.0

27.66	Edgar Henriksen (51)	33.38 (01)
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### Slegge 5.0

30.65	Kjell Fossen (39)	34.19 (00)
20.05	Morten Bysheim (88)	Debut
14.50	Runar Stikholmen (88)	Debut

### Slegge 4.0

17.79	Sindre Bysheim Lohne (90)	Debut
12.78	Mikal Roe (90)	Debut

10.16	Martin Roe (92)	Debut
<b>Slegge 3.0</b>		
26.89	Martin Roe (92)	Debut
<b>Slegge 2.0</b>		
17.32	Aleksander H. Hansen (94)	Debut
<b>Spyd 800</b>		
46.64	Leif Småland (86)	50.48 (03)
43.43	Jan Ove Landøy (69)	48.45 (00)
38.63	Vegar Håbrekke (88)	Debut
37.73	Per Hordnes (81)	32.34 (01)
37.71	Espen Kvalheim (80)	Debut
35.53	Daniel Fonnes (85)	Debut
33.44	Stein Fossen (68)	34.04 (03)
27.88	Runar Stikholmen (88)	Debut
26.66	Sturle Hordnes (85)	Debut
<b>Spyd 700</b>		
35.56	Vegar Håbrekke (88)	Debut
<b>Spyd 600</b>		
36.83	Kjell Fossen (39)	39.49 (99)
23.37	Sindre Bysheim Lohne (90)	15.92 (03)
21.36	Mikal Roe (90)	Debut
<b>Spyd 400</b>		
30.57	Martin Roe (92)	22.70 (03)
24.31	Ørjan Borge (91)	Debut
21.36	Sondre Håbrekke (92)	18.41 (03)
12.56	Ole Espen Aldal (92)	10.89 (03)
<b>Vekt 15.88</b>		
14.20	Stein Fossen (68)	12.86 (03)
9.94	Per Hordnes (81)	Debut
8.04	Daniel Fonnes (85)	Debut
<b>Vekt 9.08</b>		
12.45	Kjell Fossen (39)	13.18 (00)
<b>Liten ball 150</b>		
56.90	Martin Roe (92)	Debut
41.27	Erlend Storegjerde (92)	Debut
40.14	Anders Flataker (91)	Debut
38.76	Adrian Dåvøy (92)	Debut
35.60	Martin Ottesen Wichstad (91)	Debut
35.32	Sondre Håbrekke (92)	Debut
32.98	Gøran Magnussen (92)	Debut
24.04	Thomas Bysheim (93)	Debut

**Liten ball 80**

48.78	Martin Roe (92)	51.18 (03)
45.30	Andreas Eliassen (93)	Debut
39.80	Lasse N. Mjelde (93)	18.72 (00)
37.30	Sondre Håbrekke (92)	33.50 (02)
34.80	Aleksander H. Hansen (94)	28.94 (03)
34.70	Jørgen Austnes (94)	34.90 (03)
32.70	Håvard Erdal (95)	Debut
31.30	Espen Hordvik Eriksen (93)	12.80 (01)
30.00	Sondre M. Aardal (96)	22.75 (03)
28.70	Eivind Haugland (95)	Debut
24.50	Even Loftås (98)	Debut
24.10	Glenn Tomas Rønhovde (94)	Debut
23.20	Mikal Iden (94)	Debut
23.10	Håkon Rolland (94)	17.55 (02)
22.50	Jan-Ove Laastad Arnesen (96)	17.90 (03)
22.00	Vegard T. Justad (95)	Debut
21.90	Adrian Lie (96)	Debut
21.40	Øyvind Håbrekke (95)	20.55 (03)
21.20	Ivar Jostein Vatle (98)	Debut
20.90	Kristoffer Kvamme (94)	Debut
20.30	Gustav Iden (96)	Debut
20.20	Markus Lerpold (96)	18.56 (03)
19.80	Ørjan Sygnestveit (94)	Debut
19.00	Mats Akselberg (94)	Debut
18.70	Marius Olsen (97)	Debut
17.80	Simon Bøsæter (97)	Debut
16.80	Vidar Hauge (97)	13.49 (03)
16.30	Thomas Veseth (94)	11.35 (02)
16.00	Vegar Nævdal (96)	20.0 (03)
15.00	Preben Risnes (98)	Debut
14.90	Marius Kvamme (96)	Debut
14.80	Patrick Bragstad (97)	Debut
14.40	Joachim Vevle (95)	Debut
14.05	Stian Stokke Rading (95)	4.60 (01)
13.05	Even Gran Madsen (97)	Debut
12.90	Brede Å. Fjæra (98)	Debut
12.67	Jonas Storsæter (97)	Debut
12.60	Christian Førland (97)	Debut
12.40	Martin Johan Fredriksen (96)	Debut
11.90	Thord Andreas Thorsen (98)	Debut
11.60	Håvard Johansen (98)	Debut
11.55	Preben Holm Paulsen (95)	15.50 (03)
11.30	Jahn Brusdal Eriksen (97)	Debut
11.30	Magnus Askeland (95)	Debut

11.20	Harri Ulland (98)	Debut
11.20	Mats William Reine (97)	Debut
11.10	Espen Hirth (98)	Debut
11.05	Karl Erik Heimvik (97)	Debut
11.00	Lars Sandal (95)	11.15 (03)
10.80	Henrik Førland (98)	Debut
10.60	Andreas E. Ekeland (97)	11.88 (03)
10.40	Jostein Thomassen (98)	Debut
10.40	Tage Unneland Weiseth (97)	Debut
10.20	Knut Åsgard Kirkgård (96)	Debut
9.40	Vegar Eide Andersen (98)	Debut
9.20	Håvard Økland (98)	Debut
9.10	Kristoffer Olsnes (97)	Debut
9.10	Robin André Haugen (98)	Debut
9.00	Even Haga Trettenes (98)	Debut
8.90	Sean Louis Solberg (96)	Debut
8.90	Even W. Enger (98)	Debut
8.80	Johannes Reine (99)	Debut
8.70	Sander Nævdal (99)	Debut
8.63	Odin Skårnes (97)	Debut
8.30	Jonas Lie (98)	Debut
8.30	Sondre F. Amundsen (98)	Debut
8.20	Fredrik H. Indrehus (98)	Debut
7.85	Jan Gran Madsen (97)	Debut
7.70	Jan Gunnar Garli (96)	Debut
7.50	Sander Kvilhaug Aakre (97)	Debut
7.10	Marius Unneland (98)	Debut
7.10	Anders H. Rokne (96)	Debut
6.95	Tobias Skjæveland (97)	Debut
6.80	Håkon Næss (97)	Debut
6.15	Gard Askeland (97)	Debut
6.00	Mathias Dyngeland (97)	Debut
4.90	Sindre Veseth (98)	Debut
4.40	Gabriel Shuler (98)	Debut
4.30	Christian Eriksen (99)	Debut
2.37	Åsmund H. Rokne (98)	Debut

### Slengball 1.0

32.32	Martin Roe (92)	Debut
29.71	Mikal Roe (90)	21.52 (03)
22.34	Sondre Håbrekke (92)	Debut
15.87	Øyvind Håbrekke (95)	Debut

### 4-kamp

3033	Martin Roe (92)	3122 (03)
	(9.04-4.46-8.77-1:57.27) / +1.4/+0,6	

**Kast-5-kamp (slegge 7.26-kule 7.26-diskos 2.0-spyd 800-vekt 15.88)**

2535	Stein Fossen (68)	2202 (03)
	(39.48-11.41-29.22-33.44-13.05) (seniorpoeng: 2496 (2142 (03)))	

**Kast-5-kamp (slegge 5.0-kule 5.0-diskos 1.0-spyd 600-vekt 9.08)**

3829	Kjell Fossen (39)	3691 (99)
	(30.65-12.20-34.09-36.48-12.03)	

**4x100m**

45.42	Øystein Pettersen-Ørjan Vie-Bjørnar Pettersen-Espen Kvalheim	
59.46	??? (Gutter 12)	
62.13	Ole Espen Aldal-Adrian Dåvøy-Øyvind Håbrekke-Martin Roe	

**Kvinner/Jenter****40m**

6.60	Victoria Bjørgås (93)	6.86 (03)
6.81	Agathe Holtan Wathne (94)	7.28 (03)
7.31	Amalie Ekeland (94)	7.90 (03)
8.06	Matilde Roe (96)	8.78 (03)
8.10	Linn Bysheim Lohne (96)	8.87 (03)
8.16	Elina Thomassen (96)	Debut
8.40	Andrea Wallem Enger (96)	Debut
8.76	Sara Marie Reiersen Kleiveland (96)	Debut
8.90	Benedikte Holm Paulsen (96)	Debut
9.15	Hege Borge ( )	Debut

**Manuelle tider**

8.0	Linn Bysheim Lohne (96)	8.87 (03)
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**60m**

8.44	Irene Høvik Helgesen (85)	8.27 (03)
9.40	Victoria Bjørgås (93)	9.98 (03)
9.58	Agathe Holtan Wathne (94)	10.38 (03)
10.03	Amalie Ekeland (94)	11.47 (03)
11.56	Matilde Roe (96)	12.37 (03)
11.91	Tonje Indrehus (94)	12.03 (03)
11.95	Linn Bysheim Lohne (96)	13.51 (03)
12.53	Sara Marie Reiersen Kleiveland (96)	Debut
12.63	Andrea Wallem Enger (96)	Debut

**Manuelle tider**

10.0	Amalie Ekeland (94)	11.47 (03)
10.2	Stine Unneland (95)	Debut
10.3	Marianne B. Brækhus (94)	Debut
10.6	Linn Heggertveit (93)	11.7 (03)
11.0	Annelen Gangstø (95)	11.6 (03)
11.2	Maren Totland Aase (95)	Debut
11.2	Amalie Drabløs (94)	Debut

11.3	Caroline Sandal (94)	11.5 (03)
11.5	Anita Straume (94)	12.5 (02)
11.6	Elina Thomassen (96)	12.3 (03)
11.7	Tonje Indrehus (94)	12.03 (03)
11.8	Camilla Trefall (94)	Debut
11.9	Mette Holm (94)	Debut
11.9	Malin Jensen (94)	Debut
11.9	Malin Njaastad Angel (94)	12.4 (03)
12.0	Kari Elisabeth Justad (96)	Debut
12.2	Sara Aaland (97)	Debut
12.3	Linn Anita Haugland (94)	Debut
12.3	Charlotte Ekse (94)	Debut
12.4	Ane Rolland (96)	13.8 (03)
12.5	Benedikte Holm Paulsen (96)	Debut
12.5	Silje Grindheim (95)	Debut
12.6	Marianne Aga (94)	Debut
12.6	Maren Eikeland (95)	Debut
12.6	Sunniva Otterlei (95)	Debut
12.9	Karoline Hasti Rutle (97)	Debut
12.9	Victoria Tangen (97)	Debut
12.9	Amalie Vesth Fjellanger (96)	Debut
12.9	Marlene Sørsdal (95)	Debut
13.0	Amalie Kvamme (96)	Debut
13.0	Elise Bratland (96)	14.3 (03)
13.1	Maria Otterlei (97)	Debut
13.1	Stine Mjeldheim Fanebust (94)	Debut
13.3	Ingvill Nilsen (97)	Debut
13.4	Vilde Haugland (96)	Debut
13.4	Kristine Sørebo (97)	Debut
13.4	Heidi Hauge (96)	14.6 (03)
13.7	Karine Olausen (94)	Debut
14.0	Silje Veseth (96)	16.8 (02)
14.1	Tina H. Bruvik (97)	Debut
14.2	Ingrid Liabø Hauge (97)	Debut
14.2	Eline Pedersen (96)	Debut
14.2	Marthe Flom Gustavsen (96)	Debut
14.2	Lene Eriksen (97)	Debut
14.3	Sunniva Løkkevik (96)	Debut
14.3	Kristine Mæland (96)	Debut
14.4	June Eikefjord (98)	Debut
14.7	Julie Viken (97)	Debut
14.7	Synne Steinset (97)	Debut
14.7	Christine Johnsen (96)	Debut
14.7	Vivian B. Ringheim (98)	Debut
14.7	Hanne Thune (97)	Debut

14.7	Silje Ingebriktsen (94)	Debut
14.8	Hanne Bakke Nesbø (94)	Debut
14.8	Maylinn B. Panahi (98)	Debut
14.8	Lotte Grøttå (97)	Debut
15.0	Oda Rømo Ystaas (97)	Debut
15.2	Hanna Hægernes (97)	Debut
15.4	Kathrine Anthun (97)	Debut
15.5	Hege Rognevær (98)	Debut
15.5	Helena C. Mo (98)	Debut
15.6	Tonje Åsheim (97)	Debut
16.6	Ingvild Løkkevik (97)	Debut
16.7	Helene Gran Madsen (98)	Debut
19.8	Wanja Marie Jenssen Tveit (97)	Debut
23.7	Eirin Bysheim Lohne (99)	Debut

### For sterk medvind

11.6w	Marion Skulstad (94)	Debut
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### 80m

12.89	Victoria Bjørgås (93)	Debut
13.65	Amalie Ekeland (94)	Debut
15.54	Matilde Roe (96)	Debut

### 100m

13.21	Irene Høvik Helgesen (85)	12.76 (02)
15.79	Agathe Holtan Wathne (94)	Debut
15.87	Victoria Bjørgås (93)	Debut
16.43	Ingunn Gatland Jacobsen (67)	
16.81	Amalie Ekeland (94)	Debut

### Manuelle tider

16.1	Carina Thunestvedt (91)	Debut
16.3	Kristina Rolland (92)	17.2 (03)
17.6	Ingeborg Jenny Siverstøl (92)	19.4 (03)
18.0	Marthe Eide (92)	18.8 (03)
18.1	Cathrine Hauge (91)	Debut
18.6	Ruth Gebremichael (92)	Debut
18.9	Linn Heggertveit (93)	Debut
19.8	Tonje Borge (93)	Debut
20.3	Matilde Roe (96)	Debut

### 200m

26.04	Irene Høvik Helgesen (85)	25.89 (03)
30.66	Marte Unneland (88)	Debut
33.20	Victoria Bjørgås (93)	Debut

### 300m

41.88	Irene Høvik Helgesen (85)	40.85 (03)
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**400m**

57.99 Irene Høvik Helgesen (85) 57.27 (03)

**Manuelle tider**

77.1 Carina Thunestvedt (91) Debut  
1:20.7 Victoria Bjørgås (93) Debut  
1:22.2 Eirin Rygg Veseth (91) 1:23.3 (03)  
1:25.2 Kristina Rolland (92) 1:26.1 (03)  
1:37.4 Marthe Flatabø Hauge (93) Debut

**600m**

2:01.68 Victoria Bjørgås (93) Debut  
2:07.78 Agathe Holtan Wathne (94) Debut  
2:12.31 Amalie Ekeland (94) Debut  
2:26.74 Tonje Indrehus (94) Debut

**60m hekk 68.0/6m**

11.77 Agathe Holtan Wathne (94) Debut  
12.70 Amalie Ekeland (94) Debut

**60m hekk 68.0/6,5m**

10.75 Victoria Bjørgås (93) Debut  
11.93 Agathe Holtan Wathne (94) Debut  
14.56 Amalie Ekeland (94) Debut

**60m hekk 76.2**

12.46 Victoria Bjørgås (93) Debut

**200m hekk 68.0**

37.83 Victoria Bjørgås (93) Debut

**200m hekk 76.2**

32.04 Irene Høvik Helgesen (85) Debut

**400m hekk 76.2**

66.42 Irene Høvik Helgesen (85) 66.04 (03)

**Høyde**

1.15 Victoria Bjørgås (93) Debut  
1.10 Agathe Holtan Wathne (94) 0.95 (03)  
1.00 Amalie Ekeland (94) Debut  
0.95 Cathrine Hauge (91) Debut  
0.80 Linn Bysheim Lohne (96) 8.87 (03)  
0.70 Andrea Wallem Enger (96) Debut  
0.70 Matilde Roe (96) 8.78 (03)  
0.70 Sara Marie Reiersen Kleiveland (96) Debut

**Stav**

2.74 Liv Anita Johannessen (83) 2.80 (99)  
2.71 Lene Secher Myrmel (86) 2.84 (03)



2.12	Sandra Borge (92)	1.95 (03)
1.13	Matilde Roe (96)	Debut

### Uapprobert stevne

2.72	Lene Secher Myrmel (86)	2.84 (03)
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### Lengde - planke

4.75	Irene Høvik Helgesen (85)	4.86 (03)
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### Lengde - satssone 0.5m

3.68	Eirin Rygg Veseth (91)	3.42 (03)
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### Lengde - satssone 1.0m

4.17	Victoria Bjørgås (93)	3.18 (03)
3.82	Agathe Holtan Wathne (94)	3.18 (03)
3.68	Amalie Ekeland (94)	3.13 (03)
3.37	Ann Kristin Bjørnberg (92)	3.28 (03)
3.30	Marianne B. Brækhus (94)	Debut
3.07	Linn Heggertveit (93)	2.69 (03)
3.04	Marthe Flatabø Hauge (93)	2.35 (03)
2.98	Julie U. Reknes (92)	2.09 (03)
2.86	Camilla Trefall (94)	Debut
2.75	Amalie Drabløs (94)	Debut

2.67	Katrine Skage (92)	2.45 (03)
2.66	Ingrid Mæland (93)	2.46 (03)
2.58	Annelen Gangstø (95)	2.16 (03)
2.54	Elina Thomassen (96)	2.09 (03)
2.49	Tonje Indrehus (94)	2.65 (03)
2.48	Maren Totland Aase (95)	Debut
2.44	Matilde Roe (96)	2.46 (03)
2.40	Maren Eikeland (95)	Debut
2.40	Caroline Sandal (94)	11.5 (03)
2.39	Sara Marie Reiersen Kleiveland (96)	Debut

2.38	Stine Unneland (95)	Debut
2.30	Linn Bysheim Lohne (96)	2.10 (03)
2.29	Malin Jensen (94)	Debut
2.26	Malin Njaastad Angel (94)	12.4 (03)
2.25	Silje Grindheim (95)	Debut
2.24	Linn Anita Haugland (94)	Debut
2.22	Mette Holm (94)	Debut
2.21	Sara Aaland (97)	Debut
2.19	Ane Rolland (96)	1.76 (03)
2.17	Stine Grøttå (94)	2.01 (01)

2.15	Charlotte Ekse (94)	Debut
2.12	Marianne Aga (94)	Debut
2.10	Stine Mjeldheim Fanebust (94)	Debut
2.07	Sunniva Otterlei (95)	Debut

2.03	Elise Bratland (96)	1.60 (03)
2.02	Silje Ingebriksen (94)	Debut
2.00	Andrea Wallem Enger (96)	Debut
1.99	Kristine Mæland (96)	Debut
1.98	Benedikte Holm Paulsen (96)	Debut
1.98	Ingvill Nilsen (97)	Debut
1.98	Heidi Hauge (96)	1.72 (03)
1.98	Karine Olausen (94)	Debut
1.97	Hanne Thune (97)	Debut
1.94	Hege Rognevær (98)	Debut
1.88	Anita Straume (94)	12.5 (02)
1.87	Silje Veseth (96)	1.14 (02)
1.83	Amalie Vesth Fjellanger (96)	Debut
1.82	Victoria Tangen (97)	Debut
1.80	Ingrid Liabø Hauge (97)	Debut
1.80	Hege Borge ( )	Debut
1.79	Kari Elisabeth Justad (96)	Debut
1.78	Karoline Hasti Rutle (97)	Debut
1.77	Sunniva Løkkevik (96)	Debut
1.76	Marlene Sørsdal (95)	Debut
1.75	Hanne Bakke Nesbø (94)	Debut
1.75	Tina H. Bruvik (97)	Debut
1.74	Eline Pedersen (96)	Debut
1.74	Vilde Haugland (96)	Debut
1.73	Amalie Kvamme (96)	Debut
1.68	Ingvild Løkkevik (97)	Debut
1.67	Synne Steinset (97)	Debut
1.65	Vivian B. Ringheim (98)	Debut
1.65	Helena C. Mo (98)	Debut
1.63	Oda Rømo Ystaas (97)	Debut
1.62	Karoline Rolland (93)	1.65 (02)
1.62	Maria Otterlei (97)	Debut
1.60	Julie Viken (97)	Debut
1.56	Marthe Flom Gustavsens (96)	Debut
1.56	Kristine Sørebo (97)	Debut
1.48	Christine Johnsen (96)	Debut
1.46	Lotte Grøttå (97)	Debut
1.41	Wanja Marie Jenssen Tveit (97)	Debut
1.41	Tonje Åsheim (97)	Debut
1.37	June Eikefjord (98)	Debut
1.35	Kathrine Anthun (97)	Debut
1.34	Maylenn B. Panahi (98)	Debut
1.28	Lene Eriksen (97)	Debut
1.23	Helene Gran Madsen (98)	Debut

**For sterk medvind**

3.48	Sandra Borge (92)	3.28 (02)
2.66	Elina Thomassen (96)	2.09 (03)

### **Tresteg - satssone 1.0m**

8.65	Victoria Bjørgås (93)	Debut
7.68	Amalie Ekeland (94)	Debut
5.58	Marion Skulstad (94)	Debut

### **Kule 4.0**

10.06	Ingelin Bareksten (79)	9.75 (99)
7.98	Ingunn Gatland Jacobsen (67)	

### **Kule 2.0**

7.01	Cathrine Hauge (91)	Debut
6.36	Victoria Bjørgås (93)	Debut
6.09	Amalie E. Ekeland (94)	Debut
5.86	Agathe Holtan Wathne (94)	Debut
5.12	Matilde Roe (96)	Debut
4.65	Marion Skulstad (94)	Debut
4.49	Tonje Indrehus (94)	Debut
4.14	Sara Marie Reiersen Kleiveland (96)	Debut
3.80	Linn Bysheim Lohne (96)	Debut

### **Diskos 1.0**

35.62	Ingelin Bareksten (79)	33.50 (99)
26.20	Ingunn Gatland Jacobsen (67)	24.24 (85)

### **Diskos 0.6**

15.43	Amalie E. Ekeland (94)	Debut
13.09	Matilde Roe (96)	Debut
11.74	Victoria Bjørgås (93)	Debut
7.14	Sara Marie Reiersen Kleiveland (96)	Debut
4.50	Linn Bysheim Lohne (96)	Debut

### **Slegge 4.0**

56.45	Ingelin Bareksten (79)	53.04 (03)
19.70	Anita Reiersen (65)	Debut
18.28	Ingunn Gatland Jacobsen (67)	Debut
16.73	Randi H. Bysheim (66)	Debut

### **Slegge 2.0**

16.72	Victoria Bjørgås (93)	Debut
12.06	Matilde Roe (96)	Debut
9.29	Sara Marie Reiersen Kleiveland (96)	Debut
6.95	Linn Bysheim Lohne (96)	Debut

### **Spyd 400**

20.32	Cathrine Hauge (91)	Debut
16.37	Victoria Bjørgås (93)	Debut

**Vekt 9.08**

6.63 Ingunn Gatland Jacobsen (67) Debut

**Liten ball 150**

31.46 Cathrine Hauge (91) Debut

**Liten ball 80**

31.90 Victoria Bjørgås (93) 20.50 (02)

29.21 Amalie Ekeland (94) 22.22 (03)

26.90 Camilla Trefall (94) Debut

25.60 Annelen Gangstø (95) 2.16 (03)

24.50 Linn Heggertveit (93) 11.7 (03)

24.43 Tonje Indrehus (94) 23.74 (03)

23.29 Matilde Roe (96) 18.65 (03)

21.67 Agathe Holtan Wathne (94) 14.04 (03)

21.22 Sandra A. Helle Hansen (92) 12.87 (00)

20.20 Maria Magnussen Aardal (92) 22.30 (03)

19.70 Iselin Hals (93) 12.08 (00)

19.20 Marianne B. Brækhus (94) Debut

18.50 Sunniva Otterlei (95) Debut

18.30 Silje Grindheim (95) Debut

17.00 Mette Holm (94) Debut

17.00 Stine Mjeldheim Fanebust (94) Debut

16.70 Elise Bratland (96) 1.60 (03)

16.40 Maren Totland Aase (95) Debut

16.20 Caroline Sandal (94) 11.5 (03)

15.70 Linn Anita Haugland (94) Debut

15.60 Malin Njaastad Angel (94) 12.4 (03)

15.00 Sara Marie Reiersen Kleiveland (96) Debut

14.70 Hanna Hægernes (97) Debut

14.30 Charlotte Ekse (94) Debut

13.90 Elina Thomassen (96) 2.09 (03)

13.84 Linn Bysheim Lohne (96) 9.80 (03)

13.10 Amalie Drabløs (94) Debut

12.80 Marianne Aga (94) Debut

12.40 Stine Unneland (95) Debut

12.20 Silje Veseth (96) 1.14 (02)

12.20 Karine Olausen (94) Debut

11.90 Stine Grøttå (94) 2.01 (01)

11.80 Andrea Wallem Enger (96) Debut

11.30 Tina H. Bruvik (97) Debut

10.80 Marlene Sørsdal (95) Debut

10.60 Kristine Sørebo (97) Debut

10.60 Ane Rolland (96) 1.76 (03)

10.40 Silje Ingebriktsen (94) Debut

10.25 Hanne Bakke Nesbø (94) Debut

10.00 Maren Eikeland (95) Debut

9.80	Marthe Flom Gustavsen (96)	Debut
9.15	Malin Jensen (94)	Debut
8.90	Hege Rognevær (98)	Debut
8.90	Hanne Thune (97)	Debut
8.80	Benedikte Holm Paulsen (96)	Debut
8.60	Ingvill Nilsen (97)	Debut
8.20	Kari Elisabeth Justad (96)	Debut
7.90	Sunniva Løkkevik (96)	Debut
7.90	Eirin Bysheim Lohne (99)	Debut
7.60	Synne Steinset (97)	Debut
7.60	Christine Johnsen (96)	Debut
7.50	Karoline Hasti Rutle (97)	Debut
7.15	Eline Pedersen (96)	Debut
6.90	Ingvild Løkkevik (97)	Debut
6.70	Tonje Åsheim (97)	Debut
6.60	Vivian B. Ringheim (98)	Debut
6.30	Maria Otterlei (97)	Debut
6.15	Ingrid Liabø Hauge (97)	Debut
6.10	Lotte Grøttå (97)	Debut
6.10	Heidi Hauge (96)	1.72 (03)
6.00	Kathrine Anthun (97)	Debut
5.80	Maylinn B. Panahi (98)	Debut
5.80	Helena C. Mo (98)	Debut
5.50	Anita Straume (94)	12.5 (02)
5.40	Julie Viken (97)	Debut
5.30	Victoria Tangen (97)	Debut
4.85	Sara Aaland (97)	Debut
4.80	Lene Eriksen (97)	Debut
4.30	Wanja Marie Jenssen Tveit (97)	Debut
3.64	Helene Gran Madsen (98)	Debut
3.05	Oda Rømo Ystaas (97)	Debut

### Slengball 1.0

13.87	Matilde Roe (96)	Debut
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### 4x100m

67.98	Amalie E. Ekeland-Victoria Bjørgås-Matilde Roe-Agathe Holtan Wathne	
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