

**Hordaland FIK: Kretsstatistikk utendørs 2010****Menn veteran**

pr. 19.01.11

**Menn veteran I (35-39 år)****60m (M35-39)**

8.44 -1,1 (2)MSMh Mats Eirik Elvik, Osterøy IL (71) Hatland 01.10.2010

Utenfor NFIF:

8.43 +0,3 (3)MSMh Inge Vikane, Loftås TDS lag (75) Hatland 01.10.2010

Manuelle tider:

8.1 +0,0 (1) Odd André Byrknes, IL Norna-Salhus (71) Åstveit 29.09.2010

**100m (M35-39)**

13.78 -1,6 ( )MSMh Mats Eirik Elvik, Osterøy IL (71) Hatland 01.10.2010

14.24 +0,3 (1) Trond Leikvoll, IL Gneist (71) Fana 15.09.2010

Utenfor NFIF:

13.66 -1,0 (3)MSMh Inge Vikane, Loftås TDS lag (75) Hatland 01.10.2010

Manuelle tider:

12.7 (1)MS Roger Henriksen, IL Trio (73) Husnes 24.07.2010

**200m (M35-39)**

29.21 -5,1 (3)MSMh Mats Eirik Elvik, Osterøy IL (71) Hatland 02.10.2010

Utenfor NFIF:

28.51 -2,1 (3)MSMh Inge Vikane, Loftås TDS lag (75) Hatland 02.10.2010

Manuelle tider:

28.2 +0,0 (1) Odd André Byrknes, IL Norna-Salhus (71) Åstveit 29.09.2010

**400m (M35-39)**

65.94 ( )MSM Mats Eirik Elvik, Osterøy IL (71) Hatland 02.10.2010

Utenfor NFIF:

70.79 (13)MSM Inge Vikane, Loftås TDS lag (75) Hatland 02.10.2010

**800m (M35-39)**

2:23.58 (3) Petter Rasmussen, FIK BFG Fana (71) Florø 14.08.2010

2:36.6 (11)MSM Mats Eirik Elvik, Osterøy IL (71) Hatland 01.10.2010

Utenfor NFIF:

2:46.9 (14)MSM Inge Vikane, Loftås TDS lag (75) Hatland 01.10.2010

**1000m (M35-39)**

3:34.85 (8)MSM Mats Eirik Elvik, Osterøy IL (71) Hatland 02.10.2010

Utenfor NFIF:

4:01.79 (14)MSM Inge Vikane, Loftås TDS lag (75) Hatland 02.10.2010

**1500m (M35-39)**

4:04.69 (7)MS Terje Aggvin, IL Gular (74) Fana 27.06.2010

4:46.80 (3) Petter Rasmussen, FIK BFG Fana (71) Florø 15.08.2010

5:08.12 (1) Ove Måge, Strandebar IL (73) Strandebar 24.05.2010

5:27.6 (10)MSM Mats Eirik Elvik, Osterøy IL (71) Hatland 01.10.2010

Utenfor NFIF:

6:09.9 (15)MSM Inge Vikane, Loftås TDS lag (75) Hatland 01.10.2010

**3000m (M35-39)**

9:19.49 (7)MS Terje Simmenes, Osterøy IL (73) Fana 29.09.2010

10:11.06 (8)MS Petter Rasmussen, FIK BFG Fana (71) Fana 06.06.2010

10:15.41 (1) Ove Måge, Strandebar IL (73) Strandebar 04.07.2010

11:30.23 (2) Lars Måge, Strandebar IL (73) Strandebar 20.09.2010

12:08.9 (9)MSM Mats Eirik Elvik, Osterøy IL (71) Hatland 02.10.2010

Utenfor NFIF:

13:51.7 (13)MSM Inge Vikane, Loftås TDS lag (75) Hatland 02.10.2010

## Hordaland FIK: Kretsstatistikk utendørs 2010 - Menn veteran

**5000m (M35-39)**

|          |        |                                  |      |             |            |
|----------|--------|----------------------------------|------|-------------|------------|
| 14:50.88 | (15)MS | Terje Aggvin, IL Gular           | (74) | Sandnes     | 20.08.2010 |
| 16:34.45 | (1)    | Terje Simmenes, Osterøy IL       | (73) | Indre Arna  | 02.10.2010 |
| 17:04.37 | (1)    | Claus Sellevoll, IL Norna-Salhus | (73) | Fana        | 03.08.2010 |
| 17:55.34 | (1)    | Ove Måge, Strandebarm IL         | (73) | Strandebarm | 23.08.2010 |
| 21:41.0  | (8)MSM | Mats Eirik Elvik, Osterøy IL     | (71) | Hatland     | 01.10.2010 |

Utenfor NFIF:

|         |         |                             |      |         |            |
|---------|---------|-----------------------------|------|---------|------------|
| 23:45.6 | (11)MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 01.10.2010 |
|---------|---------|-----------------------------|------|---------|------------|

**10000m (M35-39)**

|          |       |                        |      |         |            |
|----------|-------|------------------------|------|---------|------------|
| 31:28.10 | (5)MS | Terje Aggvin, IL Gular | (74) | Sandnes | 22.08.2010 |
|----------|-------|------------------------|------|---------|------------|

**110m hekk 106.7 (M35-39)**

|       |      |         |                              |      |         |            |
|-------|------|---------|------------------------------|------|---------|------------|
| 19.29 | +0,0 | (1)MSMh | Mats Eirik Elvik, Osterøy IL | (71) | Hatland | 01.10.2010 |
|-------|------|---------|------------------------------|------|---------|------------|

Utenfor NFIF:

|       |      |         |                             |      |         |            |
|-------|------|---------|-----------------------------|------|---------|------------|
| 23.13 | -1,1 | ( )MSMh | Inge Vikane, Loftås TDS lag | (75) | Hatland | 01.10.2010 |
|-------|------|---------|-----------------------------|------|---------|------------|

**200m hekk 76.2 (M35-39)**

|       |      |         |                              |      |         |            |
|-------|------|---------|------------------------------|------|---------|------------|
| 32.74 | -3,6 | (1)MSMh | Mats Eirik Elvik, Osterøy IL | (71) | Hatland | 02.10.2010 |
|-------|------|---------|------------------------------|------|---------|------------|

Utenfor NFIF:

|       |      |         |                             |      |         |            |
|-------|------|---------|-----------------------------|------|---------|------------|
| 36.71 | -2,5 | (5)MSMh | Inge Vikane, Loftås TDS lag | (75) | Hatland | 02.10.2010 |
|-------|------|---------|-----------------------------|------|---------|------------|

**400m hekk 91.4 (M35-39)**

|       |  |        |                              |      |         |            |
|-------|--|--------|------------------------------|------|---------|------------|
| 71.58 |  | (7)MSM | Mats Eirik Elvik, Osterøy IL | (71) | Hatland | 02.10.2010 |
|-------|--|--------|------------------------------|------|---------|------------|

Utenfor NFIF:

|       |  |         |                             |      |         |            |
|-------|--|---------|-----------------------------|------|---------|------------|
| 79.58 |  | (11)MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 02.10.2010 |
|-------|--|---------|-----------------------------|------|---------|------------|

**3000m hinder 91.4 (M35-39)**

|          |  |        |                                  |      |         |            |
|----------|--|--------|----------------------------------|------|---------|------------|
| 9:31.03  |  | (5)MS  | Terje Aggvin, IL Gular           | (74) | Sandnes | 21.08.2010 |
| 11:09.18 |  | (3)MS  | Claus Sellevoll, IL Norna-Salhus | (73) | Fana    | 03.06.2010 |
| 13:23.21 |  | (9)MSM | Mats Eirik Elvik, Osterøy IL     | (71) | Hatland | 02.10.2010 |

Utenfor NFIF:

|          |  |         |                             |      |         |            |
|----------|--|---------|-----------------------------|------|---------|------------|
| 15:32.65 |  | (11)MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 02.10.2010 |
|----------|--|---------|-----------------------------|------|---------|------------|

**Høyde (M35-39)**

|      |  |        |                              |      |         |            |
|------|--|--------|------------------------------|------|---------|------------|
| 1.65 |  | (1)MS  | Per Harald Ottesen, IL Trio  | (74) | Husnes  | 24.07.2010 |
| 1.64 |  | ( )MSM | Mats Eirik Elvik, Osterøy IL | (71) | Hatland | 01.10.2010 |

Utenfor NFIF:

|      |  |        |                             |      |         |            |
|------|--|--------|-----------------------------|------|---------|------------|
| 1.48 |  | ( )MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 01.10.2010 |
|------|--|--------|-----------------------------|------|---------|------------|

**Stav (M35-39)**

|      |  |        |                              |      |         |            |
|------|--|--------|------------------------------|------|---------|------------|
| 3.10 |  | (1)MSM | Mats Eirik Elvik, Osterøy IL | (71) | Hatland | 02.10.2010 |
| 2.42 |  | (2)MS  | Roger Henriksen, IL Trio     | (73) | Husnes  | 24.06.2010 |

Utenfor NFIF:

|      |  |        |                             |      |         |            |
|------|--|--------|-----------------------------|------|---------|------------|
| 1.71 |  | ( )MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 02.10.2010 |
|------|--|--------|-----------------------------|------|---------|------------|

**Lengde (M35-39)**

|      |      |        |                                  |      |         |            |
|------|------|--------|----------------------------------|------|---------|------------|
| 6.04 | -0,6 | (3)MS  | Trond Erik Nilsen, Ask Friidrett | (72) | Oslo/Bi | 28.08.2010 |
| 5.54 | +0,7 | (5)MSM | Mats Eirik Elvik, Osterøy IL     | (71) | Hatland | 01.10.2010 |
| 5.43 |      | (1)MS  | Roger Henriksen, IL Trio         | (73) | Husnes  | 24.07.2010 |

Manglende informasjon om vind:

|      |  |     |                          |      |        |            |
|------|--|-----|--------------------------|------|--------|------------|
| 5.51 |  | (1) | Roger Henriksen, IL Trio | (73) | Husnes | 09.06.2010 |
|------|--|-----|--------------------------|------|--------|------------|

Utenfor NFIF:

|      |      |        |                             |      |         |            |
|------|------|--------|-----------------------------|------|---------|------------|
| 5.24 | +1,6 | (7)MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 01.10.2010 |
|------|------|--------|-----------------------------|------|---------|------------|

**Tresteg (M35-39)**

|       |      |        |                              |      |         |            |
|-------|------|--------|------------------------------|------|---------|------------|
| 10.68 | +1,9 | (7)MSM | Mats Eirik Elvik, Osterøy IL | (71) | Hatland | 02.10.2010 |
|-------|------|--------|------------------------------|------|---------|------------|

Utenfor NFIF:

|       |      |        |                             |      |         |            |
|-------|------|--------|-----------------------------|------|---------|------------|
| 10.12 | +2,0 | (9)MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 02.10.2010 |
|-------|------|--------|-----------------------------|------|---------|------------|

## Hordaland FIK: Kretsstatistikk utendørs 2010 - Menn veteran

**Kule 7.26 (M35-39)**

|       |       |                                |      |            |            |
|-------|-------|--------------------------------|------|------------|------------|
| 11.43 | (1)MS | Egil Vedå, Etne IL             | (71) | Husnes     | 25.07.2010 |
| 11.36 | (1)MS | Endre Reigstad, FIL AKS-77     | (74) | Knarvik    | 23.09.2010 |
| 11.21 | (1)M  | Eivind Svendsen, IL Fri        | (72) | Bergen/Sk  | 16.10.2010 |
| 10.99 | (2)MS | Sigurd Njerve, IL Norna-Salhus | (71) | Åstveit    | 27.09.2010 |
| 9.49  | (1)   | Mats Eirik Elvik, Osterøy IL   | (71) | Hatland    | 10.08.2010 |
| 9.40  | (1)MS | Johan Sørstrønen, FIK BFG Fana | (75) | Bergen/Sk  | 23.10.2010 |
| 8.86  | (5)MS | Roger Henriksen, IL Trio       | (73) | Husnes     | 25.07.2010 |
| 8.67  | (1)   | Trond Leikvoll, IL Gneist      | (71) | Fana       | 15.09.2010 |
| 8.25  | (1)   | Knut-Erik Middtun, IL Fri      | (71) | Indre Arna | 03.10.2010 |

Utenfor NFIF:

|      |         |                             |      |         |            |
|------|---------|-----------------------------|------|---------|------------|
| 7.58 | (13)MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 01.10.2010 |
|------|---------|-----------------------------|------|---------|------------|

**Diskos 2.0 (M35-39)**

|       |        |                              |      |           |            |
|-------|--------|------------------------------|------|-----------|------------|
| 34.36 | (1)MS  | Egil Vedå, Etne IL           | (71) | Husnes    | 24.07.2010 |
| 25.64 | (1)M   | Eivind Svendsen, IL Fri      | (72) | Bergen/Sk | 16.10.2010 |
| 25.50 | (3)MSM | Mats Eirik Elvik, Osterøy IL | (71) | Hatland   | 01.10.2010 |
| 25.33 | (1)    | Roger Henriksen, IL Trio     | (73) | Husnes    | 16.06.2010 |
| 24.87 | (1)MS  | Øyvind Kleiveland, IL Fri    | (71) | Hatland   | 25.05.2010 |

Utenfor NFIF:

|       |        |                             |      |         |            |
|-------|--------|-----------------------------|------|---------|------------|
| 18.92 | (9)MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 01.10.2010 |
|-------|--------|-----------------------------|------|---------|------------|

**Slegge 7.26 (M35-39)**

|       |        |                              |      |           |            |
|-------|--------|------------------------------|------|-----------|------------|
| 33.10 | (1)MS  | Egil Vedå, Etne IL           | (71) | Husnes    | 25.07.2010 |
| 26.09 | (1)M   | Eivind Svendsen, IL Fri      | (72) | Bergen/Sk | 16.10.2010 |
| 24.74 | (1)MSM | Mats Eirik Elvik, Osterøy IL | (71) | Hatland   | 01.10.2010 |

Utenfor NFIF:

|       |        |                             |      |         |            |
|-------|--------|-----------------------------|------|---------|------------|
| 17.22 | (7)MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 01.10.2010 |
|-------|--------|-----------------------------|------|---------|------------|

**Spyd 800 (M35-39)**

|       |       |                              |      |             |            |
|-------|-------|------------------------------|------|-------------|------------|
| 49.65 | (1)   | Mats Eirik Elvik, Osterøy IL | (71) | Strandebarm | 04.07.2010 |
| 46.10 | (1)MS | Endre Reigstad, FIL AKS-77   | (74) | Knarvik     | 23.09.2010 |
| 42.46 | (1)MS | Egil Vedå, Etne IL           | (71) | Husnes      | 24.07.2010 |
| 33.39 | (1)M  | Eivind Svendsen, IL Fri      | (72) | Bergen/Sk   | 16.10.2010 |
| 15.95 | (1)   | Ove Måge, Strandebarm IL     | (73) | Strandebarm | 24.05.2010 |

Utenfor NFIF:

|       |         |                             |      |         |            |
|-------|---------|-----------------------------|------|---------|------------|
| 33.24 | (1)     | Tore Thorsland              | (71) | Bremnes | 26.08.2010 |
| 29.45 | (10)MSM | Inge Vikane, Loftås TDS lag | (75) | Hatland | 01.10.2010 |

**Vekt 15.88 (M35-39)**

|      |      |                         |      |           |            |
|------|------|-------------------------|------|-----------|------------|
| 8.12 | (1)M | Eivind Svendsen, IL Fri | (72) | Bergen/Sk | 16.10.2010 |
|------|------|-------------------------|------|-----------|------------|

**Kast-5-kamp (M35-39)**

|      |     |                                                           |      |           |            |
|------|-----|-----------------------------------------------------------|------|-----------|------------|
| 1978 | (1) | Eivind Svendsen, IL Fri<br>(26.09-11.21-25.64-33.39-8.12) | (72) | Bergen/Sk | 16.10.2010 |
|------|-----|-----------------------------------------------------------|------|-----------|------------|

**Menn veteran II (40-44 år)****60m (M40-44)**

|      |      |       |                            |      |         |            |
|------|------|-------|----------------------------|------|---------|------------|
| 7.78 | -0,3 | (4)MS | Asle Offerdal, Rosendal TL | (66) | Oslo/Bi | 27.09.2010 |
|------|------|-------|----------------------------|------|---------|------------|

Utenfor NFIF:

|      |      |         |                                      |      |         |            |
|------|------|---------|--------------------------------------|------|---------|------------|
| 9.45 | -1,0 | (5)MSMh | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|------|------|---------|--------------------------------------|------|---------|------------|

Manuelle tider:

|     |  |     |                               |      |            |            |
|-----|--|-----|-------------------------------|------|------------|------------|
| 8.8 |  | (1) | Bjørnar Eidsheim, Eikanger IL | (68) | Ostereidet | 15.06.2010 |
|-----|--|-----|-------------------------------|------|------------|------------|

**100m (M40-44)**

|       |      |        |                            |      |         |            |
|-------|------|--------|----------------------------|------|---------|------------|
| 12.31 | +0,3 | (8)MSB | Asle Offerdal, Rosendal TL | (66) | Oslo/Bi | 19.05.2010 |
|-------|------|--------|----------------------------|------|---------|------------|

|       |      |     |                      |      |      |            |
|-------|------|-----|----------------------|------|------|------------|
| 13.92 | +0,3 | (1) | Bård Storebø, IL Fri | (70) | Fana | 15.09.2010 |
|-------|------|-----|----------------------|------|------|------------|

|       |      |     |                        |      |      |            |
|-------|------|-----|------------------------|------|------|------------|
| 14.16 | +0,3 | (2) | Jostein Lie, IL Gneist | (66) | Fana | 15.09.2010 |
|-------|------|-----|------------------------|------|------|------------|

Utenfor NFIF:

|       |      |         |                                      |      |         |            |
|-------|------|---------|--------------------------------------|------|---------|------------|
| 15.63 | -1,5 | (4)MSMh | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|-------|------|---------|--------------------------------------|------|---------|------------|

Manuelle tider:

|      |  |     |                      |      |            |            |
|------|--|-----|----------------------|------|------------|------------|
| 13.7 |  | (1) | Bård Storebø, IL Fri | (70) | Indre Arna | 20.09.2010 |
|------|--|-----|----------------------|------|------------|------------|

**200m (M40-44)**

|       |      |       |                            |      |         |            |
|-------|------|-------|----------------------------|------|---------|------------|
| 24.23 | +1,6 | (3)MS | Asle Offerdal, Rosendal TL | (66) | Oslo/Bi | 22.09.2010 |
|-------|------|-------|----------------------------|------|---------|------------|

|       |      |     |                         |      |            |            |
|-------|------|-----|-------------------------|------|------------|------------|
| 26.99 | -1,5 | (1) | Yngve Endal, FIL AKS-77 | (70) | Indre Arna | 02.10.2010 |
|-------|------|-----|-------------------------|------|------------|------------|

|       |      |     |                      |      |      |            |
|-------|------|-----|----------------------|------|------|------------|
| 30.08 | +0,3 | (1) | Bård Storebø, IL Fri | (70) | Fana | 15.09.2010 |
|-------|------|-----|----------------------|------|------|------------|

Utenfor NFIF:

|       |      |         |                                      |      |         |            |
|-------|------|---------|--------------------------------------|------|---------|------------|
| 31.90 | -3,1 | (2)MSMh | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 02.10.2010 |
|-------|------|---------|--------------------------------------|------|---------|------------|

|       |      |     |                         |      |             |            |
|-------|------|-----|-------------------------|------|-------------|------------|
| 32.02 | +0,0 | (1) | Birger Rye, Statoil BIL | (70) | Strandebarm | 04.07.2010 |
|-------|------|-----|-------------------------|------|-------------|------------|

**300m (M40-44)**

|       |  |        |                            |      |         |            |
|-------|--|--------|----------------------------|------|---------|------------|
| 38.63 |  | (2)MSC | Asle Offerdal, Rosendal TL | (66) | Oslo/Bi | 19.05.2010 |
|-------|--|--------|----------------------------|------|---------|------------|

**400m (M40-44)**

|       |  |     |                            |      |           |            |
|-------|--|-----|----------------------------|------|-----------|------------|
| 53.00 |  | (1) | Asle Offerdal, Rosendal TL | (66) | Köln, GER | 04.08.2010 |
|-------|--|-----|----------------------------|------|-----------|------------|

|       |  |     |                     |      |            |            |
|-------|--|-----|---------------------|------|------------|------------|
| 77.47 |  | (1) | Trond Rutle, IL Fri | (68) | Indre Arna | 03.10.2010 |
|-------|--|-----|---------------------|------|------------|------------|

Utenfor NFIF:

|       |  |         |                                      |      |         |            |
|-------|--|---------|--------------------------------------|------|---------|------------|
| 76.93 |  | (14)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 02.10.2010 |
|-------|--|---------|--------------------------------------|------|---------|------------|

Manuelle tider:

|      |  |     |                          |      |        |            |
|------|--|-----|--------------------------|------|--------|------------|
| 68.8 |  | (1) | Jostein Saghaug, IL Trio | (66) | Husnes | 23.06.2010 |
|------|--|-----|--------------------------|------|--------|------------|

**800m (M40-44)**

|         |  |       |                        |      |             |            |
|---------|--|-------|------------------------|------|-------------|------------|
| 2:18.41 |  | (1)MS | Bjarte Vik, Osterøy IL | (69) | Strandebarm | 03.07.2010 |
|---------|--|-------|------------------------|------|-------------|------------|

|         |  |     |                   |      |         |            |
|---------|--|-----|-------------------|------|---------|------------|
| 2:21.84 |  | (1) | Erik Iden, IL Fri | (69) | Hatland | 14.09.2010 |
|---------|--|-----|-------------------|------|---------|------------|

|         |  |     |                                  |      |         |            |
|---------|--|-----|----------------------------------|------|---------|------------|
| 2:25.53 |  | (1) | John Steinar Urne, Ask Friidrett | (67) | Hatland | 25.05.2010 |
|---------|--|-----|----------------------------------|------|---------|------------|

|        |  |     |                          |      |        |            |
|--------|--|-----|--------------------------|------|--------|------------|
| 2:44.0 |  | (1) | Jostein Saghaug, IL Trio | (66) | Husnes | 23.08.2010 |
|--------|--|-----|--------------------------|------|--------|------------|

Utenfor NFIF:

|        |  |         |                                      |      |         |            |
|--------|--|---------|--------------------------------------|------|---------|------------|
| 2:59.1 |  | (17)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|--------|--|---------|--------------------------------------|------|---------|------------|

**1000m (M40-44)**

|         |  |     |                              |      |         |            |
|---------|--|-----|------------------------------|------|---------|------------|
| 3:17.38 |  | (1) | Per Martin Furevik, Stord IL | (67) | Leirvik | 06.09.2010 |
|---------|--|-----|------------------------------|------|---------|------------|

Utenfor NFIF:

|         |  |         |                                      |      |         |            |
|---------|--|---------|--------------------------------------|------|---------|------------|
| 3:59.09 |  | (13)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 02.10.2010 |
|---------|--|---------|--------------------------------------|------|---------|------------|

**1500m (M40-44)**

|         |  |     |                        |      |       |            |
|---------|--|-----|------------------------|------|-------|------------|
| 4:13.87 |  | (1) | Bjarte Vik, Osterøy IL | (69) | Florø | 15.08.2010 |
|---------|--|-----|------------------------|------|-------|------------|

|         |  |     |                   |      |            |            |
|---------|--|-----|-------------------|------|------------|------------|
| 4:48.39 |  | (1) | Erik Iden, IL Fri | (69) | Indre Arna | 03.10.2010 |
|---------|--|-----|-------------------|------|------------|------------|

|         |  |     |                                 |      |         |            |
|---------|--|-----|---------------------------------|------|---------|------------|
| 5:10.80 |  | (1) | Egil Johan Hessen, FIK BFG Fana | (68) | Hatland | 09.06.2010 |
|---------|--|-----|---------------------------------|------|---------|------------|

Utenfor NFIF:

|        |  |         |                                      |      |         |            |
|--------|--|---------|--------------------------------------|------|---------|------------|
| 6:13.9 |  | (16)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|--------|--|---------|--------------------------------------|------|---------|------------|

**3000m (M40-44)**

|         |  |       |                        |      |      |            |
|---------|--|-------|------------------------|------|------|------------|
| 8:55.71 |  | (3)MS | Bjarte Vik, Osterøy IL | (69) | Fana | 06.06.2010 |
|---------|--|-------|------------------------|------|------|------------|

|          |  |       |                              |      |      |            |
|----------|--|-------|------------------------------|------|------|------------|
| 10:27.75 |  | (5)MS | Frode Johansen, FIK BFG Fana | (69) | Fana | 11.05.2010 |
|----------|--|-------|------------------------------|------|------|------------|

|          |  |       |                                 |      |      |            |
|----------|--|-------|---------------------------------|------|------|------------|
| 10:51.61 |  | (9)MS | Egil Johan Hessen, FIK BFG Fana | (68) | Fana | 06.06.2010 |
|----------|--|-------|---------------------------------|------|------|------------|

|          |  |     |                               |      |             |            |
|----------|--|-----|-------------------------------|------|-------------|------------|
| 11:35.13 |  | (1) | Lars Tveitnes, Strandebarm IL | (67) | Strandebarm | 26.04.2010 |
|----------|--|-----|-------------------------------|------|-------------|------------|

|         |  |     |                               |      |        |            |
|---------|--|-----|-------------------------------|------|--------|------------|
| 12:01.9 |  | (1) | Lars Arve Røssland, IL Gneist | (67) | Husnes | 14.07.2010 |
|---------|--|-----|-------------------------------|------|--------|------------|

Utenfor NFIF:

|         |  |         |                                      |      |         |            |
|---------|--|---------|--------------------------------------|------|---------|------------|
| 13:38.4 |  | (12)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 02.10.2010 |
|---------|--|---------|--------------------------------------|------|---------|------------|

## Hordaland FIK: Kretsstatistikk utendørs 2010 - Menn veteran

**5000m (M40-44)**

|          |        |                                 |      |            |            |
|----------|--------|---------------------------------|------|------------|------------|
| 15:16.47 | (2)MS  | Bjarte Vik, Osterøy IL          | (69) | Fana       | 26.06.2010 |
| 16:55.6  | (4)MS  | Svein Glomnes, FIL AKS-77       | (67) | Ostereidet | 26.09.2010 |
| 17:12.78 | (1)    | Stig Atle Eide, IL Varegg       | (69) | Fana       | 03.08.2010 |
| 17:23.80 | (1)    | Erik Iden, IL Fri               | (69) | Indre Arna | 02.10.2010 |
| 19:26.31 | (10)MS | Egil Johan Hessen, FIK BFG Fana | (68) | Fana       | 26.06.2010 |
| 20:17.51 | (2)    | Jostein Lie, IL Gneist          | (66) | Indre Arna | 02.10.2010 |
| 20:25.71 | (3)    | Lars Arve Røssland, IL Gneist   | (67) | Indre Arna | 02.10.2010 |
| 20:30.81 | (4)    | Aleksander Grieg, IL Fri        | (70) | Indre Arna | 02.10.2010 |
| 20:46.3  | (9)MS  | Bjørnar Eidsheim, Eikanger IL   | (68) | Ostereidet | 26.09.2010 |

Utenfor NFIF:

|         |         |                                      |      |         |            |
|---------|---------|--------------------------------------|------|---------|------------|
| 24:24.8 | (13)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|---------|---------|--------------------------------------|------|---------|------------|

**10000m (M40-44)**

|          |        |                        |      |         |            |
|----------|--------|------------------------|------|---------|------------|
| 31:49.45 | (12)MS | Bjarte Vik, Osterøy IL | (69) | Sandnes | 22.08.2010 |
|----------|--------|------------------------|------|---------|------------|

**110m hekk 106.7 (M40-44)**

Utenfor NFIF:

|       |      |         |                                      |      |         |            |
|-------|------|---------|--------------------------------------|------|---------|------------|
| 25.36 | -1,1 | ( )MSMh | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|-------|------|---------|--------------------------------------|------|---------|------------|

**200m hekk 76.2 (M40-44)**

|       |      |       |                            |      |         |            |
|-------|------|-------|----------------------------|------|---------|------------|
| 28.84 | +0,4 | (6)MS | Asle Offerdal, Rosendal TL | (66) | Oslo/Be | 20.09.2010 |
|-------|------|-------|----------------------------|------|---------|------------|

Utenfor NFIF:

|       |      |         |                                      |      |         |            |
|-------|------|---------|--------------------------------------|------|---------|------------|
| 39.80 | -3,3 | (2)MSMh | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 02.10.2010 |
|-------|------|---------|--------------------------------------|------|---------|------------|

**400m hekk 91.4 (M40-44)**

|       |  |       |                            |      |         |            |
|-------|--|-------|----------------------------|------|---------|------------|
| 62.05 |  | (1)MS | Asle Offerdal, Rosendal TL | (66) | Oslo/Bi | 22.09.2010 |
|-------|--|-------|----------------------------|------|---------|------------|

Utenfor NFIF:

|       |  |         |                                      |      |         |            |
|-------|--|---------|--------------------------------------|------|---------|------------|
| 90.41 |  | (14)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 02.10.2010 |
|-------|--|---------|--------------------------------------|------|---------|------------|

**3000m hinder (M40-44)**

Utenfor NFIF:

|          |  |         |                                      |      |         |            |
|----------|--|---------|--------------------------------------|------|---------|------------|
| 15:41.67 |  | (12)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 02.10.2010 |
|----------|--|---------|--------------------------------------|------|---------|------------|

**Høyde (M40-44)**

|      |  |       |                                |      |             |            |
|------|--|-------|--------------------------------|------|-------------|------------|
| 1.75 |  | (2)MS | Endre Raa, FIK BFG Fana        | (67) | Strandebarm | 03.07.2010 |
| 1.40 |  | (3)MS | Jostein Saghaug, IL Trio       | (66) | Husnes      | 24.07.2010 |
| 1.25 |  | (1)   | Eystein Markmanrud, Osterøy IL | (69) | Hatland     | 29.06.2010 |

Utenfor NFIF:

|      |  |        |                                      |      |         |            |
|------|--|--------|--------------------------------------|------|---------|------------|
| 1.32 |  | ( )MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|------|--|--------|--------------------------------------|------|---------|------------|

**Stav (M40-44)**

|      |  |     |                       |      |        |            |
|------|--|-----|-----------------------|------|--------|------------|
| 3.30 |  | (1) | Håvard Lunde, IL Trio | (70) | Husnes | 09.10.2010 |
|------|--|-----|-----------------------|------|--------|------------|

**Lengde (M40-44)**

|      |      |       |                                |      |            |            |
|------|------|-------|--------------------------------|------|------------|------------|
| 4.79 |      | (1)   | Bjørnar Eidsheim, Eikanger IL  | (68) | Ostereidet | 15.06.2010 |
| 4.59 | +1,4 | (1)   | Eystein Markmanrud, Osterøy IL | (69) | Hatland    | 29.06.2010 |
| 4.56 |      | (2)MS | Jostein Saghaug, IL Trio       | (66) | Husnes     | 24.07.2010 |
| 4.13 | +1,0 | (1)   | Jostein Lie, IL Gneist         | (66) | Indre Arna | 02.10.2010 |

Utenfor NFIF:

|      |      |         |                                      |      |         |            |
|------|------|---------|--------------------------------------|------|---------|------------|
| 3.96 | +0,0 | (17)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|------|------|---------|--------------------------------------|------|---------|------------|

**Tresteg (M40-44)**

Utenfor NFIF:

|      |      |         |                                      |      |         |            |
|------|------|---------|--------------------------------------|------|---------|------------|
| 7.91 | +0,0 | (18)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 02.10.2010 |
|------|------|---------|--------------------------------------|------|---------|------------|

**Kule 7.26 (M40-44)**

|       |  |       |                                 |      |            |            |
|-------|--|-------|---------------------------------|------|------------|------------|
| 11.76 |  | (1)MS | Stein Fossen, IL Fri            | (68) | Knarvik    | 27.04.2010 |
| 9.67  |  | (2)MS | Håvard Lunde, IL Trio           | (70) | Husnes     | 25.07.2010 |
| 9.38  |  | (1)   | Arne Torget, IL Trio            | (66) | Husnes     | 28.06.2010 |
| 9.38  |  | (1)   | Haakon L. Aarø, IL Norna-Salhus | (69) | Fana       | 03.08.2010 |
| 8.98  |  | (1)   | Heine Helland, IL Trio          | (70) | Husnes     | 23.06.2010 |
| 8.44  |  | (1)   | Bjarte Lohne, Osterøy IL        | (66) | Hatland    | 18.09.2010 |
| 8.38  |  | (1)   | Jostein Saghaug, IL Trio        | (66) | Husnes     | 14.07.2010 |
| 7.63  |  | (2)   | Trond Rutle, IL Fri             | (68) | Indre Arna | 03.10.2010 |

Utenfor NFIF:

|      |  |         |                                      |      |         |            |
|------|--|---------|--------------------------------------|------|---------|------------|
| 7.00 |  | (14)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|------|--|---------|--------------------------------------|------|---------|------------|

Hordaland FIK: Kretsstatistikk utendørs 2010 - Menn veteran

**Diskos 2.0 (M40-44)**

|       |       |                                |      |            |            |
|-------|-------|--------------------------------|------|------------|------------|
| 32.06 | (1)MS | Stein Fossen, IL Fri           | (68) | Knarvik    | 24.06.2010 |
| 28.52 | (1)   | Arne Torget, IL Trio           | (66) | Husnes     | 28.06.2010 |
| 27.53 | (2)   | Håvard Lunde, IL Trio          | (70) | Husnes     | 09.10.2010 |
| 26.48 | (1)   | Heine Helland, IL Trio         | (70) | Husnes     | 23.06.2010 |
| 24.87 | (2)   | Jostein Lie, IL Gneist         | (66) | Indre Arna | 02.10.2010 |
| 19.63 | (2)   | Jostein Saghaug, IL Trio       | (66) | Husnes     | 23.08.2010 |
| 19.22 | (1)   | Eystein Markmanrud, Osterøy IL | (69) | Hatland    | 01.07.2010 |
| 18.22 | (1)   | Bjarte Lohne, Osterøy IL       | (66) | Hatland    | 18.09.2010 |

Utenfor NFIF:

|       |        |                                      |      |         |            |
|-------|--------|--------------------------------------|------|---------|------------|
| 20.77 | (6)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|-------|--------|--------------------------------------|------|---------|------------|

**Slegge 7.26 (M40-44)**

|       |       |                          |      |           |            |
|-------|-------|--------------------------|------|-----------|------------|
| 38.21 | (1)MS | Stein Fossen, IL Fri     | (68) | Bergen/Sk | 01.06.2010 |
| 25.29 | (2)MS | Arne Torget, IL Trio     | (66) | Husnes    | 24.07.2010 |
| 17.19 | (1)   | Jostein Saghaug, IL Trio | (66) | Husnes    | 14.07.2010 |

Utenfor NFIF:

|       |        |                                      |      |         |            |
|-------|--------|--------------------------------------|------|---------|------------|
| 16.72 | (8)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland | 01.10.2010 |
|-------|--------|--------------------------------------|------|---------|------------|

**Spyd 800 (M40-44)**

|       |       |                                |      |           |            |
|-------|-------|--------------------------------|------|-----------|------------|
| 34.07 | (1)M  | Stein Fossen, IL Fri           | (68) | Bergen/Sk | 16.10.2010 |
| 31.56 | (3)MS | Jostein Saghaug, IL Trio       | (66) | Husnes    | 24.07.2010 |
| 27.29 | (1)   | Eystein Markmanrud, Osterøy IL | (69) | Hatland   | 01.07.2010 |
| 24.78 | (1)   | Ove Halleraker, Bremnes IL     | (66) | Bremnes   | 26.08.2010 |

Utenfor NFIF:

|       |         |                                      |      |             |            |
|-------|---------|--------------------------------------|------|-------------|------------|
| 31.03 | (1)     | Birger Rye, Statoil BIL              | (70) | Strandebarm | 04.07.2010 |
| 23.51 | (18)MSM | Geir Mjelstad, Mjelstad & Stokke BIL | (66) | Hatland     | 01.10.2010 |

**Vekt 15.88 (M40-44)**

|       |       |                      |      |         |            |
|-------|-------|----------------------|------|---------|------------|
| 13.73 | (1)MS | Stein Fossen, IL Fri | (68) | Knarvik | 27.03.2010 |
| 8.01  | (1)   | Arne Torget, IL Trio | (66) | Husnes  | 28.06.2010 |

**Supervekt 25.4 (M40-44)**

|      |       |                      |      |           |            |
|------|-------|----------------------|------|-----------|------------|
| 9.27 | (1)MS | Stein Fossen, IL Fri | (68) | Bergen/Sk | 04.05.2010 |
|------|-------|----------------------|------|-----------|------------|

**Kast-5-kamp (M40-44)**

|      |     |                                                         |      |           |            |
|------|-----|---------------------------------------------------------|------|-----------|------------|
| 2694 | (1) | Stein Fossen, IL Fri<br>(34.74-11.10-28.71-34.07-12.79) | (68) | Bergen/Sk | 16.10.2010 |
|------|-----|---------------------------------------------------------|------|-----------|------------|

**Menn veteran III (45-49 år)****60m (M45-49)**

Utenfor NFIF:  
9.17 -1,0 (3)MSMh Tore Stokke, Mjelstad & Stokke BIL (63) Hatland 01.10.2010

Manuelle tider / Handtiming:  
10.0 -0,5 (1) Oddvar Hanstveit, Mjøsdaalen IL (63) Hosanger 28.06.2010

**100m (M45-49)**

12.58 -0,6 (1) Geir Sjursen, FIK BFG Fana (65) Fana 29.09.2010  
13.39 +0,2 (3) Tor Inge Vikane, Laksevåg T&IL (62) Florø 13.08.2010  
13.43 +0,5 (2) Asgeir Thomassen, IL Gular (62) Indre Arna 03.10.2010  
14.39 +1,1 (1) Helge Tysse, Osterøy IL (64) Haukås 20.05.2010

Utenfor NFIF:  
14.78 -1,5 (2)MSMh Tore Stokke, Mjelstad & Stokke BIL (63) Hatland 01.10.2010

**200m (M45-49)**

27.31 -1,5 (1) Asgeir Thomassen, IL Gular (62) Indre Arna 02.10.2010  
27.40 +1,9 (2) Tor Inge Vikane, Laksevåg T&IL (62) Florø 14.08.2010  
29.65 -1,5 (3) Helge Tysse, Osterøy IL (64) Indre Arna 02.10.2010

Utenfor NFIF:  
33.08 -3,1 (4)MSMh Tore Stokke, Mjelstad & Stokke BIL (63) Hatland 02.10.2010

Medvind:  
29.08 +3,1 (1) Helge Tysse, Osterøy IL (64) Haukås 20.05.2010

**300m (M45-49)**

45.38 (1) Helge Tysse, Osterøy IL (64) Hatland 09.06.2010

**400m (M45-49)**

60.77 (1) Tor Inge Vikane, Laksevåg T&IL (62) Florø 15.08.2010  
61.73 (1) Asgeir Thomassen, IL Gular (62) Indre Arna 03.10.2010  
62.40 (2) Helge Tysse, Osterøy IL (64) Florø 15.08.2010

Utenfor NFIF:  
88.30 (17)MSM Tore Stokke, Mjelstad & Stokke BIL (63) Hatland 02.10.2010

**600m (M45-49)**

1:44.78 (1) Helge Tysse, Osterøy IL (64) Hatland 09.06.2010

**800m (M45-49)**

2:23.38 (2)MS Helge Tysse, Osterøy IL (64) Strandebarne 03.07.2010  
2:23.85 (1) Oddvar Hanstveit, Mjøsdaalen IL (63) Hatland 02.08.2010  
2:25.34 (2) Øystein Hanstveit, Mjøsdaalen IL (63) Hatland 02.08.2010  
2:36.71 (4) Petter Henning Sæbø, Osterøy IL (62) Hatland 02.08.2010

Utenfor NFIF:  
2:58.6 (16)MSM Tore Stokke, Mjelstad & Stokke BIL (63) Hatland 01.10.2010

**1000m (M45-49)**

3:24.8 (1) Petter Henning Sæbø, Osterøy IL (62) Hatland 28.04.2010

Utenfor NFIF:  
4:06.51 (15)MSM Tore Stokke, Mjelstad & Stokke BIL (63) Hatland 02.10.2010

**1500m (M45-49)**

4:15.79 (1) Bjarte Bogstad, IL Gular (63) Fana 15.09.2010  
5:28.29 (1) Petter Henning Sæbø, Osterøy IL (62) Hatland 09.06.2010

Utenfor NFIF:  
6:16.4 (18)MSM Tore Stokke, Mjelstad & Stokke BIL (63) Hatland 01.10.2010

**3000m (M45-49)**

9:05.36 (1) Bjarte Bogstad, IL Gular (63) Strandebarne 04.07.2010  
9:58.18 (1) Oddvar Hanstveit, Mjøsdaalen IL (63) Hatland 10.08.2010  
11:23.54 (3) Petter Henning Sæbø, Osterøy IL (62) Hatland 10.08.2010  
11:53.52 (1) Arve Sletten Hansen, FIL AKS-77 (64) Knarvik 23.09.2010

Utenfor NFIF:  
13:53.9 (14)MSM Tore Stokke, Mjelstad & Stokke BIL (63) Hatland 02.10.2010

## Hordaland FIK: Kretsstatistikk utendørs 2010 - Menn veteran

**5000m (M45-49)**

|          |     |                                 |      |            |            |
|----------|-----|---------------------------------|------|------------|------------|
| 15:42.35 | (1) | Bjarte Bogstad, IL Gular        | (63) | Florø      | 13.08.2010 |
| 16:52.25 | (1) | Kjell Raa, FIK BFG Fana         | (63) | Fana       | 03.08.2010 |
| 17:40.46 | (1) | Oddvar Hanstveit, Mjøsdaalen IL | (63) | Hatland    | 12.07.2010 |
| 17:59.07 | (1) | Johannes Gjesdal, IL Varegg     | (61) | Indre Arna | 02.10.2010 |
| 18:19.67 | (2) | Brynjulf Vonen, IL Varegg       | (61) | Indre Arna | 02.10.2010 |
| 19:39.90 | (2) | Petter Henning Sæbø, Osterøy IL | (62) | Hatland    | 12.07.2010 |
| 19:55.80 | (3) | Magne Espelid, Mjøsdaalen IL    | (64) | Hatland    | 12.07.2010 |

Utenfor NFIF:

|         |         |                                    |      |         |            |
|---------|---------|------------------------------------|------|---------|------------|
| 24:30.3 | (14)MSM | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 01.10.2010 |
|---------|---------|------------------------------------|------|---------|------------|

**10000m (M45-49)**

|          |     |                                  |      |         |            |
|----------|-----|----------------------------------|------|---------|------------|
| 36:13.98 | (1) | Kjetil Dyrvik, Voss IL           | (64) | Hatland | 30.10.2010 |
| 38:49.20 | (2) | Øystein Hanstveit, Mjøsdaalen IL | (63) | Hatland | 30.10.2010 |
| 41:46.25 | (3) | Petter Henning Sæbø, Osterøy IL  | (62) | Hatland | 30.10.2010 |

**110m hekk 99.1 (M45-49)**

|       |      |     |                                |      |            |            |
|-------|------|-----|--------------------------------|------|------------|------------|
| 21.20 | -0,9 | (1) | Tor Inge Vikane, Laksevåg T&IL | (62) | Indre Arna | 02.10.2010 |
|-------|------|-----|--------------------------------|------|------------|------------|

**110m hekk 106.7 (M45-49)**

Utenfor NFIF:

|       |      |         |                                    |      |         |            |
|-------|------|---------|------------------------------------|------|---------|------------|
| 30.24 | -1,1 | ( )MSMh | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 01.10.2010 |
|-------|------|---------|------------------------------------|------|---------|------------|

**200m hekk 76.2 (M45-49)**

Utenfor NFIF:

|       |      |         |                                    |      |         |            |
|-------|------|---------|------------------------------------|------|---------|------------|
| 42.68 | -3,3 | (4)MSMh | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 02.10.2010 |
|-------|------|---------|------------------------------------|------|---------|------------|

**400m hekk 91.4 (M45-49)**

Utenfor NFIF:

|       |  |         |                                    |      |         |            |
|-------|--|---------|------------------------------------|------|---------|------------|
| 91.64 |  | (16)MSM | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 02.10.2010 |
|-------|--|---------|------------------------------------|------|---------|------------|

**Høyde (M45-49)**

|      |  |     |                                |      |       |            |
|------|--|-----|--------------------------------|------|-------|------------|
| 1.51 |  | (2) | Tor Inge Vikane, Laksevåg T&IL | (62) | Florø | 14.08.2010 |
|------|--|-----|--------------------------------|------|-------|------------|

Utenfor NFIF:

|      |  |        |                                    |      |         |            |
|------|--|--------|------------------------------------|------|---------|------------|
| 1.24 |  | ( )MSM | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 01.10.2010 |
|------|--|--------|------------------------------------|------|---------|------------|

**Stav (M45-49)**

|      |  |     |                                |      |       |            |
|------|--|-----|--------------------------------|------|-------|------------|
| 2.50 |  | (3) | Tor Inge Vikane, Laksevåg T&IL | (62) | Florø | 13.08.2010 |
|------|--|-----|--------------------------------|------|-------|------------|

**Lengde (M45-49)**

|      |      |     |                                 |      |          |            |
|------|------|-----|---------------------------------|------|----------|------------|
| 4.75 | -0,1 | (4) | Tor Inge Vikane, Laksevåg T&IL  | (62) | Florø    | 13.08.2010 |
| 3.82 | -0,5 | (1) | Oddvar Hanstveit, Mjøsdaalen IL | (63) | Hosanger | 28.06.2010 |

Utenfor NFIF:

|      |      |         |                                    |      |         |            |
|------|------|---------|------------------------------------|------|---------|------------|
| 4.22 | +1,4 | (16)MSM | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 01.10.2010 |
|------|------|---------|------------------------------------|------|---------|------------|

**Tresteg (M45-49)**

Utenfor NFIF:

|      |      |         |                                    |      |         |            |
|------|------|---------|------------------------------------|------|---------|------------|
| 8.02 | +1,9 | (16)MSM | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 02.10.2010 |
|------|------|---------|------------------------------------|------|---------|------------|

**Kule 7.26 (M45-49)**

|      |  |       |                                 |      |           |            |
|------|--|-------|---------------------------------|------|-----------|------------|
| 9.38 |  | (1)   | Tor Inge Vikane, Laksevåg T&IL  | (62) | Bergen/Sk | 21.09.2010 |
| 8.77 |  | (1)   | Bjørge Pedersen, IL Gular       | (64) | Bergen/Sk | 10.08.2010 |
| 8.49 |  | (1)   | Håkon Solberg, Bergens TF       | (61) | Knarvik   | 27.04.2010 |
| 7.57 |  | (4)MS | Tom Geir Jensen, IL Noma-Salhus | (62) | Åstveit   | 27.09.2010 |
| 6.57 |  | (1)   | Oddvar Hanstveit, Mjøsdaalen IL | (63) | Hosanger  | 28.06.2010 |

Utenfor NFIF:

|      |  |         |                                    |      |         |            |
|------|--|---------|------------------------------------|------|---------|------------|
| 6.87 |  | (16)MSM | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 01.10.2010 |
|------|--|---------|------------------------------------|------|---------|------------|

**Diskos 2.0 (M45-49)**

|       |  |     |                                |      |           |            |
|-------|--|-----|--------------------------------|------|-----------|------------|
| 24.67 |  | (1) | Bjørge Pedersen, IL Gular      | (64) | Bergen/Sk | 10.08.2010 |
| 22.49 |  | (1) | Tor Inge Vikane, Laksevåg T&IL | (62) | Bergen/Sk | 21.09.2010 |
| 22.40 |  | (1) | Håkon Solberg, Bergens TF      | (61) | Knarvik   | 27.03.2010 |
| 20.23 |  | (1) | Tor Martinsen, Laksevåg T&IL   | (62) | Bergen/Sk | 29.06.2010 |

Utenfor NFIF:

|       |  |         |                                    |      |         |            |
|-------|--|---------|------------------------------------|------|---------|------------|
| 17.69 |  | (14)MSM | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 01.10.2010 |
|-------|--|---------|------------------------------------|------|---------|------------|



Hordaland FIK: Kretsstatistikk utendørs 2010 - Menn veteran

**Slegge 7.26 (M45-49)**

|       |       |                                    |      |            |            |
|-------|-------|------------------------------------|------|------------|------------|
| 32.99 | (3)MS | Robert Ingvaldsen, IL Norna-Salhus | (65) | Fana       | 18.07.2010 |
| 20.87 | (1)   | Tor Inge Vikane, Laksevåg T&IL     | (62) | Bergen/Sk  | 13.07.2010 |
| 16.63 | (2)   | Bjørge Pedersen, IL Gular          | (64) | Indre Arna | 02.10.2010 |

Utenfor NFIF:

|       |         |                                    |      |         |            |
|-------|---------|------------------------------------|------|---------|------------|
| 12.98 | (15)MSM | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 01.10.2010 |
|-------|---------|------------------------------------|------|---------|------------|

**Spyd 800 (M45-49)**

|       |     |                                |      |           |            |
|-------|-----|--------------------------------|------|-----------|------------|
| 29.25 | (1) | Bjørge Pedersen, IL Gular      | (64) | Bergen/Sk | 10.08.2010 |
| 28.44 | (1) | Tor Inge Vikane, Laksevåg T&IL | (62) | Bergen/Sk | 13.07.2010 |

Utenfor NFIF:

|       |         |                                    |      |         |            |
|-------|---------|------------------------------------|------|---------|------------|
| 27.28 | (15)MSM | Tore Stokke, Mjelstad & Stokke BIL | (63) | Hatland | 01.10.2010 |
|-------|---------|------------------------------------|------|---------|------------|

**Vekt 15.88 (M45-49)**

|      |     |                                |      |           |            |
|------|-----|--------------------------------|------|-----------|------------|
| 7.58 | (1) | Tor Inge Vikane, Laksevåg T&IL | (62) | Bergen/Sk | 13.07.2010 |
|------|-----|--------------------------------|------|-----------|------------|

**Menn veteran IV (50-54 år)****60m (M50-54)**

|      |      |     |                            |      |           |            |
|------|------|-----|----------------------------|------|-----------|------------|
| 8.29 | +1,4 | (1) | Bjørn Fluge, Ask Friidrett | (60) | Ravnanger | 25.08.2010 |
|------|------|-----|----------------------------|------|-----------|------------|

Manuelle tider / Handtiming:

|     |      |     |                                |      |          |            |
|-----|------|-----|--------------------------------|------|----------|------------|
| 9.2 | -0,5 | (1) | Øystein Øvsthus, Mjøsdaalen IL | (58) | Hosanger | 28.06.2010 |
|-----|------|-----|--------------------------------|------|----------|------------|

**100m (M50-54)**

|       |      |     |                            |      |      |            |
|-------|------|-----|----------------------------|------|------|------------|
| 13.09 | +1,2 | (1) | Bjørn Fluge, Ask Friidrett | (60) | Fana | 28.07.2010 |
|-------|------|-----|----------------------------|------|------|------------|

|       |      |     |                                |      |            |            |
|-------|------|-----|--------------------------------|------|------------|------------|
| 14.29 | +0,5 | (1) | Øystein Øvsthus, Mjøsdaalen IL | (58) | Indre Arna | 03.10.2010 |
|-------|------|-----|--------------------------------|------|------------|------------|

Manuelle tider:

|      |  |     |                              |      |            |            |
|------|--|-----|------------------------------|------|------------|------------|
| 12.9 |  | (1) | Vidar Wangen Rolland, IL Fri | (60) | Indre Arna | 20.09.2010 |
|------|--|-----|------------------------------|------|------------|------------|

|      |  |     |                       |      |        |            |
|------|--|-----|-----------------------|------|--------|------------|
| 14.7 |  | (1) | Gunnar Vaage, IL Trio | (58) | Husnes | 08.09.2010 |
|------|--|-----|-----------------------|------|--------|------------|

**200m (M50-54)**

|       |      |     |                            |      |      |            |
|-------|------|-----|----------------------------|------|------|------------|
| 26.01 | +0,7 | (1) | Bjørn Fluge, Ask Friidrett | (60) | Fana | 28.07.2010 |
|-------|------|-----|----------------------------|------|------|------------|

|       |      |     |                                |      |            |            |
|-------|------|-----|--------------------------------|------|------------|------------|
| 29.05 | -1,2 | (1) | Øystein Øvsthus, Mjøsdaalen IL | (58) | Indre Arna | 02.10.2010 |
|-------|------|-----|--------------------------------|------|------------|------------|

Manuelle tider:

|      |  |     |                       |      |        |            |
|------|--|-----|-----------------------|------|--------|------------|
| 31.0 |  | (1) | Gunnar Vaage, IL Trio | (58) | Husnes | 08.09.2010 |
|------|--|-----|-----------------------|------|--------|------------|

**400m (M50-54)**

|       |  |     |                                |      |            |            |
|-------|--|-----|--------------------------------|------|------------|------------|
| 63.22 |  | (1) | Øystein Øvsthus, Mjøsdaalen IL | (58) | Indre Arna | 03.10.2010 |
|-------|--|-----|--------------------------------|------|------------|------------|

Manuelle tider:

|      |  |     |                       |      |        |            |
|------|--|-----|-----------------------|------|--------|------------|
| 67.1 |  | (1) | Gunnar Vaage, IL Trio | (58) | Husnes | 23.06.2010 |
|------|--|-----|-----------------------|------|--------|------------|

**800m (M50-54)**

|         |  |     |                        |      |       |            |
|---------|--|-----|------------------------|------|-------|------------|
| 2:22.66 |  | (2) | Helge Færø, FIL AKS-77 | (60) | Florø | 14.08.2010 |
|---------|--|-----|------------------------|------|-------|------------|

|         |  |     |                         |      |         |            |
|---------|--|-----|-------------------------|------|---------|------------|
| 2:24.28 |  | (1) | Bright Strømmen, IL Fri | (59) | Hatland | 02.08.2010 |
|---------|--|-----|-------------------------|------|---------|------------|

|         |  |     |                                |      |            |            |
|---------|--|-----|--------------------------------|------|------------|------------|
| 2:26.60 |  | (1) | Øystein Øvsthus, Mjøsdaalen IL | (58) | Indre Arna | 02.10.2010 |
|---------|--|-----|--------------------------------|------|------------|------------|

|        |  |     |                          |      |            |            |
|--------|--|-----|--------------------------|------|------------|------------|
| 2:29.2 |  | (1) | Arvid Hauge, Eikanger IL | (60) | Ostereidet | 24.08.2010 |
|--------|--|-----|--------------------------|------|------------|------------|

|        |  |     |                       |      |        |            |
|--------|--|-----|-----------------------|------|--------|------------|
| 2:30.6 |  | (1) | Gunnar Vaage, IL Trio | (58) | Husnes | 23.08.2010 |
|--------|--|-----|-----------------------|------|--------|------------|

**1000m (M50-54)**

|        |  |     |                          |      |            |            |
|--------|--|-----|--------------------------|------|------------|------------|
| 3:15.8 |  | (1) | Arvid Hauge, Eikanger IL | (60) | Ostereidet | 07.09.2010 |
|--------|--|-----|--------------------------|------|------------|------------|

**1500m (M50-54)**

|         |  |     |                         |      |      |            |
|---------|--|-----|-------------------------|------|------|------------|
| 4:40.96 |  | (1) | Bright Strømmen, IL Fri | (59) | Fana | 15.09.2010 |
|---------|--|-----|-------------------------|------|------|------------|

|         |  |     |                          |      |      |            |
|---------|--|-----|--------------------------|------|------|------------|
| 5:06.91 |  | (2) | Morten Straume, IL Gular | (56) | Fana | 15.09.2010 |
|---------|--|-----|--------------------------|------|------|------------|

|        |  |     |                       |      |        |            |
|--------|--|-----|-----------------------|------|--------|------------|
| 5:13.9 |  | (1) | Gunnar Vaage, IL Trio | (58) | Husnes | 16.06.2010 |
|--------|--|-----|-----------------------|------|--------|------------|

|        |  |     |                          |      |            |            |
|--------|--|-----|--------------------------|------|------------|------------|
| 5:15.7 |  | (1) | Arvid Hauge, Eikanger IL | (60) | Ostereidet | 15.06.2010 |
|--------|--|-----|--------------------------|------|------------|------------|

**2000m (M50-54)**

|        |  |     |                          |      |            |            |
|--------|--|-----|--------------------------|------|------------|------------|
| 7:09.4 |  | (-) | Arvid Hauge, Eikanger IL | (60) | Ostereidet | 07.09.2010 |
|--------|--|-----|--------------------------|------|------------|------------|

**3000m (M50-54)**

|         |  |     |                        |      |      |            |
|---------|--|-----|------------------------|------|------|------------|
| 9:58.11 |  | (1) | Jan Frode Seim, IL Fri | (59) | Voss | 07.06.2010 |
|---------|--|-----|------------------------|------|------|------------|

|          |  |        |                         |      |      |            |
|----------|--|--------|-------------------------|------|------|------------|
| 10:03.63 |  | (12)MS | Bright Strømmen, IL Fri | (59) | Fana | 29.09.2010 |
|----------|--|--------|-------------------------|------|------|------------|

|          |  |     |                          |      |      |            |
|----------|--|-----|--------------------------|------|------|------------|
| 10:45.71 |  | (1) | Morten Straume, IL Gular | (56) | Fana | 17.08.2010 |
|----------|--|-----|--------------------------|------|------|------------|

|         |  |     |                          |      |            |            |
|---------|--|-----|--------------------------|------|------------|------------|
| 10:48.1 |  | (1) | Arvid Hauge, Eikanger IL | (60) | Ostereidet | 07.09.2010 |
|---------|--|-----|--------------------------|------|------------|------------|

|         |  |     |                       |      |        |            |
|---------|--|-----|-----------------------|------|--------|------------|
| 11:07.5 |  | (1) | Gunnar Vaage, IL Trio | (58) | Husnes | 09.06.2010 |
|---------|--|-----|-----------------------|------|--------|------------|

|         |  |     |                            |      |         |            |
|---------|--|-----|----------------------------|------|---------|------------|
| 12:33.7 |  | (1) | Ole Gisle Polden, Stord IL | (57) | Leirvik | 24.03.2010 |
|---------|--|-----|----------------------------|------|---------|------------|

**5000m (M50-54)**

|          |  |     |                         |      |            |            |
|----------|--|-----|-------------------------|------|------------|------------|
| 17:24.01 |  | (1) | Bright Strømmen, IL Fri | (59) | Indre Arna | 02.10.2010 |
|----------|--|-----|-------------------------|------|------------|------------|

|         |  |       |                         |      |            |            |
|---------|--|-------|-------------------------|------|------------|------------|
| 18:05.9 |  | (7)MS | Einar Færø, Eikanger IL | (56) | Ostereidet | 26.09.2010 |
|---------|--|-------|-------------------------|------|------------|------------|

|          |  |     |                        |      |       |            |
|----------|--|-----|------------------------|------|-------|------------|
| 18:12.78 |  | (1) | Helge Færø, FIL AKS-77 | (60) | Florø | 13.08.2010 |
|----------|--|-----|------------------------|------|-------|------------|

|         |  |     |                          |      |            |            |
|---------|--|-----|--------------------------|------|------------|------------|
| 18:52.9 |  | (1) | Arvid Hauge, Eikanger IL | (60) | Ostereidet | 24.08.2010 |
|---------|--|-----|--------------------------|------|------------|------------|

|          |  |     |                                  |      |            |            |
|----------|--|-----|----------------------------------|------|------------|------------|
| 19:00.78 |  | (1) | Tom-Roger Johansen, FIK BFG Fana | (59) | Indre Arna | 10.10.2010 |
|----------|--|-----|----------------------------------|------|------------|------------|

|         |  |     |                       |      |        |            |
|---------|--|-----|-----------------------|------|--------|------------|
| 19:19.0 |  | (1) | Gunnar Vaage, IL Trio | (58) | Husnes | 04.08.2010 |
|---------|--|-----|-----------------------|------|--------|------------|

Utenfor NFIF:

|         |  |        |           |      |            |            |
|---------|--|--------|-----------|------|------------|------------|
| 20:52.6 |  | (10)MS | Rolf Vabø | (59) | Ostereidet | 26.09.2010 |
|---------|--|--------|-----------|------|------------|------------|

**10000m (M50-54)**

|          |  |     |                         |      |         |            |
|----------|--|-----|-------------------------|------|---------|------------|
| 37:31.18 |  | (1) | Bright Strømmen, IL Fri | (59) | Hatland | 30.10.2010 |
|----------|--|-----|-------------------------|------|---------|------------|

|         |  |     |                          |      |            |            |
|---------|--|-----|--------------------------|------|------------|------------|
| 39:17.4 |  | (1) | Arvid Hauge, Eikanger IL | (60) | Ostereidet | 15.06.2010 |
|---------|--|-----|--------------------------|------|------------|------------|

|         |  |     |                       |      |        |            |
|---------|--|-----|-----------------------|------|--------|------------|
| 40:10.0 |  | (1) | Gunnar Vaage, IL Trio | (58) | Husnes | 11.08.2010 |
|---------|--|-----|-----------------------|------|--------|------------|

**Høyde (M50-54)**

|      |  |     |                                    |      |          |            |
|------|--|-----|------------------------------------|------|----------|------------|
| 1.40 |  | (1) | Jan Roald Hanstvedt, Mjøsdaalen IL | (57) | Hosanger | 06.09.2010 |
|------|--|-----|------------------------------------|------|----------|------------|

|      |  |     |                                |      |            |            |
|------|--|-----|--------------------------------|------|------------|------------|
| 1.40 |  | (1) | Øystein Øvsthus, Mjøsdaalen IL | (58) | Indre Arna | 02.10.2010 |
|------|--|-----|--------------------------------|------|------------|------------|

Hordaland FIK: Kretsstatistikk utendørs 2010 - Menn veteran

|                             |      |                                                                 |                                      |            |            |            |
|-----------------------------|------|-----------------------------------------------------------------|--------------------------------------|------------|------------|------------|
| <b>Stav (M50-54)</b>        |      |                                                                 |                                      |            |            |            |
| 2.64                        | (1)  | Ole Viken, FIK BFG Fana                                         | (60)                                 | Fana       | 23.05.2010 |            |
| 2.20                        | (2)  | Agnar Aadland, Laksevåg T&IL                                    | (60)                                 | Florø      | 13.08.2010 |            |
| <b>Lengde (M50-54)</b>      |      |                                                                 |                                      |            |            |            |
| 4.17                        | +0,3 | (3)                                                             | Agnar Aadland, Laksevåg T&IL         | (60)       | Florø      | 13.08.2010 |
| <b>Tresteg (M50-54)</b>     |      |                                                                 |                                      |            |            |            |
| 10.80                       | -1,1 | (1)                                                             | Bjørn Fluge, Ask Friidrett           | (60)       | Ravnanger  | 08.09.2010 |
| 10.30                       | +1,5 | (1)                                                             | Kjell-Eirik Mikkelsen, Ask Friidrett | (56)       | Florø      | 15.08.2010 |
| <b>Kule 6.0 (M50-54)</b>    |      |                                                                 |                                      |            |            |            |
| 12.91                       | (1)  | Pål Ivar Holm, FIK BFG Fana                                     | (60)                                 | Florø      | 13.08.2010 |            |
| 12.15                       | (1)M | Agnar Aadland, Laksevåg T&IL                                    | (60)                                 | Bergen/Sk  | 16.10.2010 |            |
| 8.96                        | (1)  | Ole Viken, FIK BFG Fana                                         | (60)                                 | Bergen/Sk  | 17.04.2010 |            |
| 7.88                        | (1)  | Trond Matre, FIL AKS-77                                         | (57)                                 | Knarvik    | 27.04.2010 |            |
| <b>Kule 7.26 (M50-54)</b>   |      |                                                                 |                                      |            |            |            |
| 10.42                       | (1)  | Agnar Aadland, Laksevåg T&IL                                    | (60)                                 | Bergen/Sk  | 13.07.2010 |            |
| 9.03                        | (1)  | Øystein Øvsthus, Mjøsdalen IL                                   | (58)                                 | Hosanger   | 28.06.2010 |            |
| 7.92                        | (1)  | Jan Roald Hanstvedt, Mjøsdalen IL                               | (57)                                 | Hosanger   | 06.09.2010 |            |
| <b>Diskos 1.5 (M50-54)</b>  |      |                                                                 |                                      |            |            |            |
| 36.34                       | (1)  | Pål Ivar Holm, FIK BFG Fana                                     | (60)                                 | Florø      | 14.08.2010 |            |
| 30.37                       | (1)  | Bjørn Fluge, Ask Friidrett                                      | (60)                                 | Ravnanger  | 08.09.2010 |            |
| 28.29                       | (1)M | Agnar Aadland, Laksevåg T&IL                                    | (60)                                 | Bergen/Sk  | 16.10.2010 |            |
| 23.01                       | (1)  | Ole Viken, FIK BFG Fana                                         | (60)                                 | Bergen/Sk  | 17.04.2010 |            |
| 19.76                       | (1)  | Arvid Hauge, Eikanger IL                                        | (60)                                 | Ostereidet | 15.06.2010 |            |
| <b>Diskos 2.0 (M50-54)</b>  |      |                                                                 |                                      |            |            |            |
| 18.50                       | (1)  | Arvid Hauge, Eikanger IL                                        | (60)                                 | Ostereidet | 15.06.2010 |            |
| <b>Slegge 6.0 (M50-54)</b>  |      |                                                                 |                                      |            |            |            |
| 31.72                       | (1)  | Agnar Aadland, Laksevåg T&IL                                    | (60)                                 | Bergen/Sk  | 30.10.2010 |            |
| 23.95                       | (1)  | Arvid Hauge, Eikanger IL                                        | (60)                                 | Ostereidet | 15.06.2010 |            |
| <b>Slegge 7.26 (M50-54)</b> |      |                                                                 |                                      |            |            |            |
| 24.96                       | (1)  | Harald Heier, Laksevåg T&IL                                     | (56)                                 | Laksevåg   | 27.12.2010 |            |
| 22.80                       | (1)  | Arvid Hauge, Eikanger IL                                        | (60)                                 | Ostereidet | 15.06.2010 |            |
| <b>Spyd 700 (M50-54)</b>    |      |                                                                 |                                      |            |            |            |
| 44.58                       | (1)  | Pål Ivar Holm, FIK BFG Fana                                     | (60)                                 | Florø      | 15.08.2010 |            |
| 38.97                       | (2)  | Agnar Aadland, Laksevåg T&IL                                    | (60)                                 | Florø      | 15.08.2010 |            |
| <b>Vekt 11.34 (M50-54)</b>  |      |                                                                 |                                      |            |            |            |
| 11.04                       | (1)  | Agnar Aadland, Laksevåg T&IL                                    | (60)                                 | Florø      | 15.08.2010 |            |
| <b>Vekt 15.88 (M50-54)</b>  |      |                                                                 |                                      |            |            |            |
| 5.93                        | (1)  | Agnar Aadland, Laksevåg T&IL                                    | (60)                                 | Bergen/Sk  | 13.07.2010 |            |
| <b>Kast-5-kamp (M50-54)</b> |      |                                                                 |                                      |            |            |            |
| 2622                        | (1)  | Agnar Aadland, Laksevåg T&IL<br>(28.00-12.15-28.29-37.18-10.53) | (60)                                 | Bergen/Sk  | 16.10.2010 |            |

**Menn veteran V (55-59 år)****100m (M55-59)**

|       |      |     |                               |      |               |            |
|-------|------|-----|-------------------------------|------|---------------|------------|
| 13.80 | +0,5 | (1) | Terje Onstad, Laksevåg T&IL   | (55) | Indre Arna    | 03.10.2010 |
| 16.82 | +0,0 | (1) | Arvid Tangerås, Strandebar IL | (53) | Strandebar IL | 14.06.2010 |

**200m (M55-59)**

|       |      |     |                             |      |            |            |
|-------|------|-----|-----------------------------|------|------------|------------|
| 29.04 | -1,2 | (1) | Terje Onstad, Laksevåg T&IL | (55) | Indre Arna | 02.10.2010 |
|-------|------|-----|-----------------------------|------|------------|------------|

**800m (M55-59)**

|         |  |     |                               |      |               |            |
|---------|--|-----|-------------------------------|------|---------------|------------|
| 2:33.80 |  | (1) | Aksel Øvsthus, Mjøsdaalen IL  | (53) | Hatland       | 12.07.2010 |
| 2:53.11 |  | (1) | Magne Vikne, Osterøy IL       | (54) | Hatland       | 25.05.2010 |
| 3:06.26 |  | (1) | Arvid Tangerås, Strandebar IL | (53) | Strandebar IL | 14.06.2010 |

**1500m (M55-59)**

|         |  |     |                                   |      |            |            |
|---------|--|-----|-----------------------------------|------|------------|------------|
| 5:08.50 |  | (1) | Aksel Øvsthus, Mjøsdaalen IL      | (53) | Indre Arna | 03.10.2010 |
| 5:17.63 |  | (2) | Bjarne Martin Gausvik, FIL AKS-77 | (54) | Florø      | 15.08.2010 |
| 5:45.07 |  | (1) | Magne Vikne, Osterøy IL           | (54) | Hatland    | 10.08.2010 |

**3000m (M55-59)**

|          |  |     |                               |      |               |            |
|----------|--|-----|-------------------------------|------|---------------|------------|
| 12:21.98 |  | (1) | Sverre Solberg, FIL AKS-77    | (52) | Knarvik       | 23.09.2010 |
| 13:20.16 |  | (1) | Arvid Tangerås, Strandebar IL | (53) | Strandebar IL | 14.06.2010 |

**5000m (M55-59)**

|          |  |        |                                   |      |              |            |
|----------|--|--------|-----------------------------------|------|--------------|------------|
| 17:50.65 |  | (2)MS  | Anbjørn Mellingen, IL Gular       | (54) | Kristiansand | 01.09.2010 |
| 18:59.36 |  | (1)    | Bjarne Martin Gausvik, FIL AKS-77 | (54) | Florø        | 13.08.2010 |
| 21:36.7  |  | (11)MS | Sverre Solberg, FIL AKS-77        | (52) | Ostereidet   | 26.09.2010 |
| 21:44.9  |  | (12)MS | Gunnar Hauge, Eikanger IL         | (55) | Ostereidet   | 26.09.2010 |

**10000m (M55-59)**

|          |  |     |                                   |      |         |            |
|----------|--|-----|-----------------------------------|------|---------|------------|
| 39:09.58 |  | (1) | Ove Bernes, Osterøy IL            | (52) | Hatland | 30.10.2010 |
| 39:38.23 |  | (1) | Bjarne Martin Gausvik, FIL AKS-77 | (54) | Florø   | 15.08.2010 |

**Høyde (M55-59)**

|      |  |     |                             |      |            |            |
|------|--|-----|-----------------------------|------|------------|------------|
| 1.45 |  | (1) | Terje Onstad, Laksevåg T&IL | (55) | Indre Arna | 02.10.2010 |
|------|--|-----|-----------------------------|------|------------|------------|

**Stav (M55-59)**

|      |  |     |                                   |      |       |            |
|------|--|-----|-----------------------------------|------|-------|------------|
| 1.80 |  | (1) | Bjarne Martin Gausvik, FIL AKS-77 | (54) | Florø | 13.08.2010 |
|------|--|-----|-----------------------------------|------|-------|------------|

**Lengde (M55-59)**

|      |      |     |                             |      |            |            |
|------|------|-----|-----------------------------|------|------------|------------|
| 4.50 | -0,1 | (1) | Terje Onstad, Laksevåg T&IL | (55) | Indre Arna | 02.10.2010 |
|------|------|-----|-----------------------------|------|------------|------------|

**Kule 5.5 (M55-59)**

|      |  |     |                         |      |        |            |
|------|--|-----|-------------------------|------|--------|------------|
| 8.32 |  | (1) | Dagfinn Jensen, IL Trio | (55) | Husnes | 16.10.2010 |
|------|--|-----|-------------------------|------|--------|------------|

**Kule 6.0 (M55-59)**

|      |  |     |                            |      |            |            |
|------|--|-----|----------------------------|------|------------|------------|
| 9.14 |  | (1) | Stanley Hauge, Eikanger IL | (52) | Ostereidet | 07.09.2010 |
| 9.06 |  | (1) | Dagfinn Jensen, IL Trio    | (55) | Husnes     | 17.07.2010 |
| 8.63 |  | (1) | Tjerand Espeland, Stord IL | (55) | Leirvik    | 06.09.2010 |

**Kule 7.26 (M55-59)**

|      |  |     |                              |      |            |            |
|------|--|-----|------------------------------|------|------------|------------|
| 8.51 |  | (1) | Stanley Hauge, Eikanger IL   | (52) | Ostereidet | 15.06.2010 |
| 5.63 |  | (1) | Aksel Øvsthus, Mjøsdaalen IL | (53) | Hosanger   | 06.09.2010 |

**Diskos 1.5 (M55-59)**

|       |  |     |                            |      |            |            |
|-------|--|-----|----------------------------|------|------------|------------|
| 28.73 |  | (1) | Stanley Hauge, Eikanger IL | (52) | Ostereidet | 07.09.2010 |
| 26.10 |  | (1) | Dagfinn Jensen, IL Trio    | (55) | Husnes     | 14.07.2010 |
| 19.56 |  | (1) | Bjarte Aartun, Bremnes IL  | (55) | Bremnes    | 15.07.2010 |

**Diskos 2.0 (M55-59)**

|       |  |     |                            |      |            |            |
|-------|--|-----|----------------------------|------|------------|------------|
| 25.02 |  | (1) | Stanley Hauge, Eikanger IL | (52) | Ostereidet | 15.06.2010 |
|-------|--|-----|----------------------------|------|------------|------------|

**Slegge 6.0 (M55-59)**

|       |  |     |                            |      |            |            |
|-------|--|-----|----------------------------|------|------------|------------|
| 29.33 |  | (1) | Stanley Hauge, Eikanger IL | (52) | Ostereidet | 15.06.2010 |
| 29.17 |  | (1) | Dagfinn Jensen, IL Trio    | (55) | Husnes     | 17.07.2010 |

**Slegge 7.26 (M55-59)**

|       |  |     |                            |      |            |            |
|-------|--|-----|----------------------------|------|------------|------------|
| 25.82 |  | (1) | Stanley Hauge, Eikanger IL | (52) | Ostereidet | 15.06.2010 |
|-------|--|-----|----------------------------|------|------------|------------|

**Spyd 700 (M55-59)**

|       |  |     |                           |      |         |            |
|-------|--|-----|---------------------------|------|---------|------------|
| 22.31 |  | (1) | Bjarte Aartun, Bremnes IL | (55) | Bremnes | 15.07.2010 |
|-------|--|-----|---------------------------|------|---------|------------|

**Vekt 11.34 (M55-59)**

|       |  |     |                            |      |            |            |
|-------|--|-----|----------------------------|------|------------|------------|
| 10.57 |  | (1) | Stanley Hauge, Eikanger IL | (52) | Ostereidet | 07.09.2010 |
|-------|--|-----|----------------------------|------|------------|------------|

**Menn veteran VI (60-64 år)****100m (M60-64)**

|       |      |     |                                |      |           |            |
|-------|------|-----|--------------------------------|------|-----------|------------|
| 14.83 | +0,1 | (1) | Einar Havsgård, IL Fri         | (49) | Fana      | 17.08.2010 |
| 15.50 | -1,1 | (1) | Svein Fammestad, FIL AKS-77    | (48) | Knarvik   | 23.09.2010 |
| 16.81 | -0,3 | (1) | Erling B. Juvik, Ask Friidrett | (49) | Ravnanger | 08.09.2010 |

## Manuelle tider:

|      |  |     |                        |      |            |            |
|------|--|-----|------------------------|------|------------|------------|
| 15.2 |  | (1) | Johnny Isaksen, IL Fri | (48) | Indre Arna | 20.09.2010 |
|------|--|-----|------------------------|------|------------|------------|

**200m (M60-64)**

|       |      |     |                             |      |            |            |
|-------|------|-----|-----------------------------|------|------------|------------|
| 28.83 | +1,2 | (3) | Johan Bergersen, Osterøy IL | (46) | Florø      | 14.08.2010 |
| 30.39 | -0,5 | (2) | Magnus Skjoldal, IL Fri     | (49) | Indre Arna | 02.10.2010 |
| 30.77 | +0,1 | (1) | Einar Havsgård, IL Fri      | (49) | Hatland    | 10.08.2010 |

**400m (M60-64)**

|       |  |     |                             |      |       |            |
|-------|--|-----|-----------------------------|------|-------|------------|
| 62.23 |  | (3) | Johan Bergersen, Osterøy IL | (46) | Florø | 15.08.2010 |
|-------|--|-----|-----------------------------|------|-------|------------|

**800m (M60-64)**

|         |  |     |                             |      |       |            |
|---------|--|-----|-----------------------------|------|-------|------------|
| 2:28.66 |  | (3) | Johan Bergersen, Osterøy IL | (46) | Florø | 14.08.2010 |
|---------|--|-----|-----------------------------|------|-------|------------|

**1500m (M60-64)**

|         |  |     |                             |      |         |            |
|---------|--|-----|-----------------------------|------|---------|------------|
| 5:32.20 |  | (1) | Johan Bergersen, Osterøy IL | (46) | Hatland | 10.08.2010 |
|---------|--|-----|-----------------------------|------|---------|------------|

**3000m (M60-64)**

|          |  |     |                          |      |            |            |
|----------|--|-----|--------------------------|------|------------|------------|
| 13:48.43 |  | (1) | Asbjørn Havsgård, IL Fri | (50) | Indre Arna | 02.10.2010 |
|----------|--|-----|--------------------------|------|------------|------------|

**100m hekk 84.0 (M60-64)**

|       |      |     |                            |      |       |            |
|-------|------|-----|----------------------------|------|-------|------------|
| 21.40 | -1,1 | (2) | Jan Kristian Olsen, IL Fri | (47) | Florø | 15.08.2010 |
|-------|------|-----|----------------------------|------|-------|------------|

**Høyde (M60-64)**

|      |  |     |                                    |      |            |            |
|------|--|-----|------------------------------------|------|------------|------------|
| 1.55 |  | (1) | Jan Kristian Olsen, IL Fri         | (47) | Florø      | 14.08.2010 |
| 1.40 |  | (2) | Jan Norvald Borgen, Os TF          | (46) | Indre Arna | 02.10.2010 |
| 1.30 |  | (3) | Sverre T. Blakstad, Mjøsaldalen IL | (46) | Indre Arna | 02.10.2010 |
| 1.00 |  | (6) | Olav P. Fimland, Voss IL           | (49) | Florø      | 14.08.2010 |

**Stav (M60-64)**

|      |  |     |                          |      |       |            |
|------|--|-----|--------------------------|------|-------|------------|
| 0.80 |  | (3) | Olav P. Fimland, Voss IL | (49) | Florø | 13.08.2010 |
|------|--|-----|--------------------------|------|-------|------------|

**Lengde (M60-64)**

|      |      |     |                             |      |         |            |
|------|------|-----|-----------------------------|------|---------|------------|
| 4.42 | +0,8 | (2) | Arne Reigstad, FIL AKS-77   | (50) | Florø   | 13.08.2010 |
| 4.26 | +1,6 | (1) | Vidar Simmenes, Osterøy IL  | (48) | Hatland | 29.06.2010 |
| 3.91 | -0,2 | (4) | Jan Kristian Olsen, IL Fri  | (47) | Florø   | 13.08.2010 |
| 3.86 | +0,2 | (1) | Svein Fammestad, FIL AKS-77 | (48) | Knarvik | 23.09.2010 |
| 1.61 | -0,6 | (1) | Olav P. Fimland, Voss IL    | (49) | Ulvik   | 13.06.2010 |

**Tresteg (M60-64)**

|      |      |     |                            |      |            |            |
|------|------|-----|----------------------------|------|------------|------------|
| 8.95 | +1,2 | (2) | Jan Kristian Olsen, IL Fri | (47) | Florø      | 15.08.2010 |
| 8.93 | +0,0 | (1) | Arne Reigstad, FIL AKS-77  | (50) | Hatland    | 02.08.2010 |
| 8.83 | +0,0 | (1) | Vidar Simmenes, Osterøy IL | (48) | Hatland    | 29.06.2010 |
| 8.69 | +1,7 | (3) | Jan Norvald Borgen, Os TF  | (46) | Florø      | 15.08.2010 |
| 3.64 | -0,7 | (3) | Olav P. Fimland, Voss IL   | (49) | Indre Arna | 03.10.2010 |

## Medvind:

|      |      |     |                            |      |            |            |
|------|------|-----|----------------------------|------|------------|------------|
| 8.98 | +2,2 | (1) | Jan Kristian Olsen, IL Fri | (47) | Indre Arna | 03.10.2010 |
| 4.46 | +3,2 | (3) | Olav P. Fimland, Voss IL   | (49) | Florø      | 15.08.2010 |
| 3.98 |      | (-) | Olav P. Fimland, Voss IL   | (49) | Florø      | 15.08.2010 |

**Kule 4.0 (M60-64)**

|      |  |     |                          |      |      |            |
|------|--|-----|--------------------------|------|------|------------|
| 8.59 |  | (1) | Olav P. Fimland, Voss IL | (49) | Voss | 27.05.2010 |
|------|--|-----|--------------------------|------|------|------------|

**Kule 5.0 (M60-64)**

|       |  |      |                                    |      |            |            |
|-------|--|------|------------------------------------|------|------------|------------|
| 11.88 |  | (1)  | Nils Sigurd Glesnes, FIL AKS-77    | (50) | Indre Arna | 03.10.2010 |
| 11.87 |  | (2)  | Per Helge Iversen, Laksevåg T&IL   | (49) | Florø      | 13.08.2010 |
| 11.02 |  | (2)  | Arne Reigstad, FIL AKS-77          | (50) | Bergen/Sk  | 29.06.2010 |
| 10.75 |  | (3)  | Jan Norvald Borgen, Os TF          | (46) | Indre Arna | 03.10.2010 |
| 9.66  |  | (5)  | Jan Kristian Olsen, IL Fri         | (47) | Indre Arna | 03.10.2010 |
| 9.62  |  | (1)  | Vidar Simmenes, Osterøy IL         | (48) | Hatland    | 01.07.2010 |
| 9.61  |  | (1)  | Oddvar Johan Jensen, Ask Friidrett | (50) | Bergen/Sk  | 04.05.2010 |
| 9.18  |  | (3)M | Sverre T. Blakstad, Mjøsaldalen IL | (46) | Bergen/Sk  | 16.10.2010 |
| 8.09  |  | (6)  | Olav P. Fimland, Voss IL           | (49) | Indre Arna | 03.10.2010 |

**Kule 7.26 (M60-64)**

|       |  |     |                                  |      |           |            |
|-------|--|-----|----------------------------------|------|-----------|------------|
| 10.18 |  | (1) | Per Helge Iversen, Laksevåg T&IL | (49) | Bergen/Sk | 13.07.2010 |
|-------|--|-----|----------------------------------|------|-----------|------------|

## Hordaland FIK: Kretsstatistikk utendørs 2010 - Menn veteran

|                               |       |                                                                                                |      |            |            |
|-------------------------------|-------|------------------------------------------------------------------------------------------------|------|------------|------------|
| <b>Diskos 1.0 (M60-64)</b>    |       |                                                                                                |      |            |            |
| 42.59                         | (2)   | Nils Sigurd Glesnes, FIL AKS-77                                                                | (50) | Florø      | 14.08.2010 |
| 38.19                         | (1)   | Oddvar Johan Jensen, Ask Friidrett                                                             | (50) | Bergen/Sk  | 04.05.2010 |
| 35.98                         | (1)   | Arne Reigstad, FIL AKS-77                                                                      | (50) | Bergen/Sk  | 27.07.2010 |
| 35.66                         | (1)M  | Jan Norvald Borgen, Os TF                                                                      | (46) | Bergen/Sk  | 16.10.2010 |
| 31.30                         | (7)   | Per Helge Iversen, Laksevåg T&IL                                                               | (49) | Florø      | 14.08.2010 |
| 27.29                         | (4)   | Sverre T. Blakstad, Mjøsdaalen IL                                                              | (46) | Indre Arna | 02.10.2010 |
| 26.50                         | (5)   | Jan Kristian Olsen, IL Fri                                                                     | (47) | Indre Arna | 02.10.2010 |
| 25.48                         | (1)   | Vidar Simmenes, Osterøy IL                                                                     | (48) | Hatland    | 01.07.2010 |
| 23.40                         | (6)   | Olav P. Fimland, Voss IL                                                                       | (49) | Indre Arna | 02.10.2010 |
| <b>Diskos 2.0 (M60-64)</b>    |       |                                                                                                |      |            |            |
| 33.43                         | (1)   | Nils Sigurd Glesnes, FIL AKS-77                                                                | (50) | Bergen/Sk  | 27.07.2010 |
| <b>Slegge 5.0 (M60-64)</b>    |       |                                                                                                |      |            |            |
| 46.25                         | (1)   | Nils Sigurd Glesnes, FIL AKS-77                                                                | (50) | Indre Arna | 02.10.2010 |
| 34.12                         | (2)   | Jan Norvald Borgen, Os TF                                                                      | (46) | Indre Arna | 02.10.2010 |
| 28.02                         | (1)   | Arne Reigstad, FIL AKS-77                                                                      | (50) | Knarvik    | 27.03.2010 |
| 19.51                         | (3)M  | Sverre T. Blakstad, Mjøsdaalen IL                                                              | (46) | Bergen/Sk  | 16.10.2010 |
| <b>Slegge 7.26 (M60-64)</b>   |       |                                                                                                |      |            |            |
| 40.97                         | (1)MS | Nils Sigurd Glesnes, FIL AKS-77                                                                | (50) | Holum      | 11.05.2010 |
| <b>Spyd 600 (M60-64)</b>      |       |                                                                                                |      |            |            |
| 40.88                         | (1)   | Arne Reigstad, FIL AKS-77                                                                      | (50) | Bergen/Sk  | 27.07.2010 |
| 29.24                         | (2)   | Jan Norvald Borgen, Os TF                                                                      | (46) | Indre Arna | 03.10.2010 |
| 26.84                         | (3)   | Sverre T. Blakstad, Mjøsdaalen IL                                                              | (46) | Indre Arna | 03.10.2010 |
| 25.64                         | (1)   | Vidar Simmenes, Osterøy IL                                                                     | (48) | Hatland    | 01.07.2010 |
| 24.77                         | (4)   | Nils Sigurd Glesnes, FIL AKS-77                                                                | (50) | Indre Arna | 03.10.2010 |
| 22.56                         | (5)   | Jan Kristian Olsen, IL Fri                                                                     | (47) | Indre Arna | 03.10.2010 |
| 18.62                         | (6)   | Olav P. Fimland, Voss IL                                                                       | (49) | Indre Arna | 03.10.2010 |
| <b>Spyd 800 (M60-64)</b>      |       |                                                                                                |      |            |            |
| 37.02                         | (2)MS | Arne Reigstad, FIL AKS-77                                                                      | (50) | Fana       | 27.06.2010 |
| <b>Vekt 9.08 (M60-64)</b>     |       |                                                                                                |      |            |            |
| 17.85                         | (1)   | Nils Sigurd Glesnes, FIL AKS-77                                                                | (50) | Florø      | 15.08.2010 |
| 14.31                         | (1)   | Jan Norvald Borgen, Os TF                                                                      | (46) | Bergen/Sk  | 16.10.2010 |
| 12.29                         | (1)   | Arne Reigstad, FIL AKS-77                                                                      | (50) | Knarvik    | 24.06.2010 |
| 8.12                          | (3)M  | Sverre T. Blakstad, Mjøsdaalen IL                                                              | (46) | Bergen/Sk  | 16.10.2010 |
| <b>Vekt 15.88 (M60-64)</b>    |       |                                                                                                |      |            |            |
| 13.22                         | (1)   | Nils Sigurd Glesnes, FIL AKS-77                                                                | (50) | Knarvik    | 24.06.2010 |
| <b>Kast-5-kamp (M60-64)</b>   |       |                                                                                                |      |            |            |
| 2964                          | (1)   | Jan Norvald Borgen, Os TF<br>(29.68-10.38-35.66-28.94-14.31)                                   | (46) | Bergen/Sk  | 16.10.2010 |
| 2835                          | (2)   | Arne Reigstad, FIL AKS-77<br>(25.60-10.54-32.18-37.52-11.63)                                   | (50) | Bergen/Sk  | 16.10.2010 |
| 2025                          | (3)   | Sverre T. Blakstad, Mjøsdaalen IL<br>(19.51-9.18-26.58-25.11-8.12)                             | (46) | Bergen/Sk  | 16.10.2010 |
| <b>1000m stafett (M60-69)</b> |       |                                                                                                |      |            |            |
| 3:18.08                       | (1)   | IL Fri<br>(Einar Havsgård(49)-Jan Kristian Olsen(47)-Svein Arne Angvik(45)-Otto Hellegård(44)) |      | Indre Arna | 03.10.2010 |

**Menn veteran VII (65-69 år)**

|                                |      |        |                                 |      |                  |            |
|--------------------------------|------|--------|---------------------------------|------|------------------|------------|
| <b>100m (M65-69)</b>           |      |        |                                 |      |                  |            |
| 17.56                          | -1,1 | (1)    | Svein Arne Angvik, IL Fri       | (45) | Indre Arna       | 03.10.2010 |
| Manuelle tider:                |      |        |                                 |      |                  |            |
| 15.8                           |      | (1)    | Otto Hellegård, IL Fri          | (44) | Indre Arna       | 20.09.2010 |
| <b>200m (M65-69)</b>           |      |        |                                 |      |                  |            |
| 31.93                          | -0,5 | (1)    | Arne Mjelde, Osterøy IL         | (42) | Indre Arna       | 02.10.2010 |
| 33.94                          | +0,0 | (1)    | John Svahn, Øystese IL          | (44) | Strandebarm      | 20.09.2010 |
| <b>300m (M65-69)</b>           |      |        |                                 |      |                  |            |
| 49.88                          |      | (1)    | Arne Mjelde, Osterøy IL         | (42) | Hatland          | 09.06.2010 |
| <b>400m (M65-69)</b>           |      |        |                                 |      |                  |            |
| 68.94                          |      | (1)    | Arne Mjelde, Osterøy IL         | (42) | Fana             | 30.06.2010 |
| 70.47                          |      | (1)    | John Bernes, Osterøy IL         | (44) | Hatland          | 10.08.2010 |
| <b>600m (M65-69)</b>           |      |        |                                 |      |                  |            |
| 1:53.01                        |      | (1)    | Arne Mjelde, Osterøy IL         | (42) | Hatland          | 09.06.2010 |
| <b>800m (M65-69)</b>           |      |        |                                 |      |                  |            |
| 2:34.29                        |      | (1)    | John Bernes, Osterøy IL         | (44) | Hatland          | 25.05.2010 |
| 2:43.11                        |      | (2)    | Arne Mjelde, Osterøy IL         | (42) | Hatland          | 25.05.2010 |
| 2:44.98                        |      | (2)    | Gunnar Gaulen, FIL AKS-77       | (41) | Hatland          | 02.08.2010 |
| 3:22.07                        |      | (2)    | Steinar Tysse, Mjøsdaalen IL    | (45) | Hatland          | 14.09.2010 |
| <b>1500m (M65-69)</b>          |      |        |                                 |      |                  |            |
| 5:20.40                        |      | (2)    | John Bernes, Osterøy IL         | (44) | Florø            | 15.08.2010 |
| 5:47.42                        |      | (12)   | Arne Mjelde, Osterøy IL         | (42) | Nyiregyhaza, HUN | 19.07.2010 |
| 6:36.54                        |      | (1)    | Steinar Tysse, Mjøsdaalen IL    | (45) | Indre Arna       | 03.10.2010 |
| <b>3000m (M65-69)</b>          |      |        |                                 |      |                  |            |
| 11:38.62                       |      | (2)    | Gunnar Gaulen, FIL AKS-77       | (41) | Florø            | 13.08.2010 |
| 12:19.99                       |      | (1)    | John Svahn, Øystese IL          | (44) | Strandebarm      | 20.09.2010 |
| 12:48.11                       |      | (1)    | Arne Mjelde, Osterøy IL         | (42) | Indre Arna       | 02.10.2010 |
| <b>5000m (M65-69)</b>          |      |        |                                 |      |                  |            |
| 20:26.42                       |      | (1)    | Gunnar Gaulen, FIL AKS-77       | (41) | Florø            | 15.08.2010 |
| 25:47.4                        |      | (15)MS | Karl Johan Reigstad, Osterøy IL | (44) | Ostereidet       | 26.09.2010 |
| <b>300m hekk 76.2 (M65-69)</b> |      |        |                                 |      |                  |            |
| 54.06                          |      | (3)    | John Bernes, Osterøy IL         | (44) | Florø            | 14.08.2010 |
| <b>Høyde (M65-69)</b>          |      |        |                                 |      |                  |            |
| 1.20                           |      | (1)    | Otto Hellegård, IL Fri          | (44) | Indre Arna       | 20.09.2010 |
| 1.15                           |      | (2)    | Arthur Lillefosse, T&IF Viking  | (44) | Indre Arna       | 02.10.2010 |
| <b>Stav (M65-69)</b>           |      |        |                                 |      |                  |            |
| 2.20                           |      | (1)    | John Bernes, Osterøy IL         | (44) | Hatland          | 29.06.2010 |
| 2.00                           |      | (2)    | Karl Johan Reigstad, Osterøy IL | (44) | Hatland          | 29.06.2010 |
| 1.96                           |      | (1)    | Steinar Tysse, Mjøsdaalen IL    | (45) | Indre Arna       | 03.10.2010 |
| <b>Lengde (M65-69)</b>         |      |        |                                 |      |                  |            |
| 3.10                           | +1,1 | (1)    | Arthur Lillefosse, T&IF Viking  | (44) | Indre Arna       | 02.10.2010 |
| <b>Tresteg (M65-69)</b>        |      |        |                                 |      |                  |            |
| 7.68                           | -0,5 | (1)    | Arthur Lillefosse, T&IF Viking  | (44) | Indre Arna       | 03.10.2010 |
| 6.75                           | +0,2 | (2)    | Steinar Tysse, Mjøsdaalen IL    | (45) | Indre Arna       | 03.10.2010 |
| <b>Kule 5.0 (M65-69)</b>       |      |        |                                 |      |                  |            |
| 9.84                           |      | (1)    | Otto Hellegård, IL Fri          | (44) | Bergen/Sk        | 01.06.2010 |
| 9.39                           |      | (1)    | Arne Mjelde, Osterøy IL         | (42) | Haus             | 05.05.2010 |
| 9.20                           |      | (2)    | John Bernes, Osterøy IL         | (44) | Haus             | 05.05.2010 |
| 8.33                           |      | (1)    | Karl Johan Reigstad, Osterøy IL | (44) | Knarvik          | 27.03.2010 |
| 8.10                           |      | (1)    | Arthur Lillefosse, T&IF Viking  | (44) | Strandebarm      | 23.08.2010 |
| 6.68                           |      | (1)M   | Steinar Tysse, Mjøsdaalen IL    | (45) | Bergen/Sk        | 16.10.2010 |
| <b>Diskos 1.0 (M65-69)</b>     |      |        |                                 |      |                  |            |
| 24.38                          |      | (1)    | Otto Hellegård, IL Fri          | (44) | Indre Arna       | 02.10.2010 |
| 23.79                          |      | (1)    | Karl Johan Reigstad, Osterøy IL | (44) | Knarvik          | 27.03.2010 |
| 22.51                          |      | (1)M   | Steinar Tysse, Mjøsdaalen IL    | (45) | Bergen/Sk        | 16.10.2010 |
| 17.52                          |      | (1)    | Arthur Lillefosse, T&IF Viking  | (44) | Bergen/Sk        | 21.09.2010 |

Hordaland FIK: Kretsstatistikk utendørs 2010 - Menn veteran

**Slegge 5.0 (M65-69)**

|       |     |                                 |      |            |            |
|-------|-----|---------------------------------|------|------------|------------|
| 19.81 | (1) | Karl Johan Reigstad, Osterøy IL | (44) | Knarvik    | 27.03.2010 |
| 16.25 | (1) | Steinar Tysse, Mjøsdaalen IL    | (45) | Indre Arna | 02.10.2010 |

**Spyd 600 (M65-69)**

|       |     |                                 |      |             |            |
|-------|-----|---------------------------------|------|-------------|------------|
| 33.00 | (2) | John Bernes, Osterøy IL         | (44) | Florø       | 15.08.2010 |
| 24.49 | (1) | Arthur Lillefosse, T&IF Viking  | (44) | Strandebarn | 24.05.2010 |
| 22.79 | (1) | Karl Johan Reigstad, Osterøy IL | (44) | Hatland     | 01.07.2010 |
| 20.86 | (1) | Steinar Tysse, Mjøsdaalen IL    | (45) | Indre Arna  | 03.10.2010 |

**Vekt 9.08 (M65-69)**

|      |      |                                |      |           |            |
|------|------|--------------------------------|------|-----------|------------|
| 7.17 | (1)M | Steinar Tysse, Mjøsdaalen IL   | (45) | Bergen/Sk | 16.10.2010 |
| 6.71 | (1)  | Arthur Lillefosse, T&IF Viking | (44) | Bergen/Sk | 21.09.2010 |

**Kast-5-kamp (M65-69)**

|      |     |                                                               |      |           |            |
|------|-----|---------------------------------------------------------------|------|-----------|------------|
| 1691 | (1) | Steinar Tysse, Mjøsdaalen IL<br>(15.96-6.68-22.51-18.57-7.17) | (45) | Bergen/Sk | 16.10.2010 |
|------|-----|---------------------------------------------------------------|------|-----------|------------|



**Menn veteran VIII (70-74 år)****100m (M70-74)**

|       |  |     |                             |      |       |            |
|-------|--|-----|-----------------------------|------|-------|------------|
| 16.19 |  | (6) | Kjell Sælensminde, IL Gular | (37) | Florø | 13.08.2010 |
|-------|--|-----|-----------------------------|------|-------|------------|

## Medvind:

|       |      |     |                             |      |            |            |
|-------|------|-----|-----------------------------|------|------------|------------|
| 15.69 | +3,1 | (1) | Kjell Sælensminde, IL Gular | (37) | Indre Arna | 03.10.2010 |
| 16.14 | +3,1 | (2) | Kjell Ulltang, Øystese IL   | (38) | Indre Arna | 03.10.2010 |
| 17.65 | +3,1 | (3) | Rolf Mjøs, IL Gular         | (38) | Indre Arna | 03.10.2010 |
| 21.00 | +3,1 | (4) | Jakob Aga, IL Gular         | (38) | Indre Arna | 03.10.2010 |

**200m (M70-74)**

|       |      |     |                             |      |            |            |
|-------|------|-----|-----------------------------|------|------------|------------|
| 33.56 | -0,5 | (1) | Kjell Sælensminde, IL Gular | (37) | Indre Arna | 02.10.2010 |
| 33.61 | -0,5 | (2) | Kjell Ulltang, Øystese IL   | (38) | Indre Arna | 02.10.2010 |
| 37.53 | +0,3 | (7) | Rolf Mjøs, IL Gular         | (38) | Florø      | 14.08.2010 |

**400m (M70-74)**

|       |  |     |                    |      |            |            |
|-------|--|-----|--------------------|------|------------|------------|
| 78.13 |  | (1) | Leif Osa, IL Gular | (39) | Indre Arna | 03.10.2010 |
|-------|--|-----|--------------------|------|------------|------------|

**3000m (M70-74)**

|          |  |     |                          |      |            |            |
|----------|--|-----|--------------------------|------|------------|------------|
| 13:18.18 |  | (1) | Sigurd Henriksen, IL Fri | (40) | Indre Arna | 02.10.2010 |
|----------|--|-----|--------------------------|------|------------|------------|

**Høyde (M70-74)**

|      |  |     |                         |      |            |            |
|------|--|-----|-------------------------|------|------------|------------|
| 1.30 |  | (1) | Jens Mjeldheim, IL Fri  | (40) | Indre Arna | 02.10.2010 |
| 1.20 |  | (1) | Gunnar Helland, IL Trio | (38) | Husnes     | 21.06.2010 |

**Stav (M70-74)**

|      |  |     |                         |      |        |            |
|------|--|-----|-------------------------|------|--------|------------|
| 2.25 |  | (1) | Gunnar Helland, IL Trio | (38) | Husnes | 01.09.2010 |
|------|--|-----|-------------------------|------|--------|------------|

**Lengde (M70-74)**

|      |      |     |                           |      |        |            |
|------|------|-----|---------------------------|------|--------|------------|
| 3.78 | -0,2 | (2) | Herman Henriksen, Odda IL | (37) | Florø  | 13.08.2010 |
| 3.71 |      | (1) | Gunnar Helland, IL Trio   | (38) | Husnes | 04.08.2010 |

**Tresteg (M70-74)**

|      |      |     |                           |      |        |            |
|------|------|-----|---------------------------|------|--------|------------|
| 8.35 | +1,1 | (1) | Herman Henriksen, Odda IL | (37) | Florø  | 15.08.2010 |
| 7.68 |      | (1) | Gunnar Helland, IL Trio   | (38) | Husnes | 04.08.2010 |

**Kule 4.0 (M70-74)**

|       |  |     |                           |      |              |            |
|-------|--|-----|---------------------------|------|--------------|------------|
| 11.29 |  | (1) | Kjell Fossen, IL Fri      | (39) | Knarvik      | 27.03.2010 |
| 11.08 |  | (1) | Gunnar Helland, IL Trio   | (38) | Husnes       | 01.09.2010 |
| 9.79  |  | (1) | Herman Henriksen, Odda IL | (37) | Stavanger/St | 26.10.2010 |

**Kule 7.26 (M70-74)**

|      |  |     |                      |      |         |            |
|------|--|-----|----------------------|------|---------|------------|
| 8.31 |  | (1) | Kjell Fossen, IL Fri | (39) | Knarvik | 27.03.2010 |
|------|--|-----|----------------------|------|---------|------------|

**Diskos 1.0 (M70-74)**

|       |  |     |                           |      |            |            |
|-------|--|-----|---------------------------|------|------------|------------|
| 37.67 |  | (1) | Herman Henriksen, Odda IL | (37) | Egersund   | 02.10.2010 |
| 28.81 |  | (1) | Gunnar Helland, IL Trio   | (38) | Husnes     | 01.09.2010 |
| 28.58 |  | (1) | Kjell Fossen, IL Fri      | (39) | Knarvik    | 27.03.2010 |
| 19.95 |  | (2) | Jens Mjeldheim, IL Fri    | (40) | Indre Arna | 02.10.2010 |

**Slegge 4.0 (M70-74)**

|       |  |     |                         |      |                  |            |
|-------|--|-----|-------------------------|------|------------------|------------|
| 42.72 |  | (1) | Arne Lothe, IL Gular    | (38) | Indre Arna       | 02.10.2010 |
| 42.30 |  | (4) | Alf Alsaker, IL Fri     | (39) | Nyiregyhaza, HUN | 19.07.2010 |
| 30.78 |  | (1) | Gunnar Helland, IL Trio | (38) | Husnes           | 01.09.2010 |
| 30.61 |  | (1) | Kjell Fossen, IL Fri    | (39) | Knarvik          | 27.03.2010 |

**Spyd 500 (M70-74)**

|       |  |     |                           |      |              |            |
|-------|--|-----|---------------------------|------|--------------|------------|
| 29.36 |  | (1) | Gunnar Helland, IL Trio   | (38) | Husnes       | 01.09.2010 |
| 27.36 |  | (3) | Kjell Fossen, IL Fri      | (39) | Florø        | 15.08.2010 |
| 23.62 |  | (1) | Herman Henriksen, Odda IL | (37) | Stavanger/St | 26.10.2010 |

## Feil resultat:

|       |  |     |                         |      |        |            |
|-------|--|-----|-------------------------|------|--------|------------|
| 39.36 |  | (1) | Gunnar Helland, IL Trio | (38) | Husnes | 01.09.2010 |
|-------|--|-----|-------------------------|------|--------|------------|

## Alternativt resultat:

|       |  |     |                         |      |        |            |
|-------|--|-----|-------------------------|------|--------|------------|
| 27.82 |  | (1) | Gunnar Helland, IL Trio | (38) | Husnes | 28.06.2010 |
|-------|--|-----|-------------------------|------|--------|------------|

**Spyd 600 (M70-74)**

|       |  |     |                           |      |              |            |
|-------|--|-----|---------------------------|------|--------------|------------|
| 18.88 |  | (1) | Herman Henriksen, Odda IL | (37) | Stavanger/St | 19.10.2010 |
|-------|--|-----|---------------------------|------|--------------|------------|

**Vekt 7.26 (M70-74)**

|       |  |      |                         |      |           |            |
|-------|--|------|-------------------------|------|-----------|------------|
| 17.16 |  | (1)  | Arne Lothe, IL Gular    | (38) | Hyen      | 13.07.2010 |
| 16.23 |  | (1)  | Alf Alsaker, IL Fri     | (39) | Bergen/Sk | 15.06.2010 |
| 14.75 |  | (1)  | Gunnar Helland, IL Trio | (38) | Husnes    | 01.09.2010 |
| 11.36 |  | (1)M | Kjell Fossen, IL Fri    | (39) | Bergen/Sk | 16.10.2010 |

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**Kast-5-kamp (M70-74)**

|      |     |                                                         |      |           |            |
|------|-----|---------------------------------------------------------|------|-----------|------------|
| 2837 | (1) | Kjell Fossen, IL Fri<br>(25.31-10.46-24.85-26.25-11.36) | (39) | Bergen/Sk | 16.10.2010 |
|------|-----|---------------------------------------------------------|------|-----------|------------|

**1000m stafett (M70-79)**

|         |     |                                                                                        |  |            |            |
|---------|-----|----------------------------------------------------------------------------------------|--|------------|------------|
| 3:15.75 | (1) | IL Gular 1.lag<br>(Harry Tvedt(33)-Kjell Sælensminde(37)-Håkon Tvedt(33)-Leif Osa(39)) |  | Indre Arna | 03.10.2010 |
|---------|-----|----------------------------------------------------------------------------------------|--|------------|------------|

Alternative tider:

|         |     |                                                                                   |  |       |            |
|---------|-----|-----------------------------------------------------------------------------------|--|-------|------------|
| 3:39.06 | (2) | IL Gular<br>(Magne Limevåg(29)-Jakob Aga(38)-Kjell Sælensminde(37)-Rolf Mjøs(38)) |  | Florø | 14.08.2010 |
|---------|-----|-----------------------------------------------------------------------------------|--|-------|------------|

|         |     |                                                                                            |  |            |            |
|---------|-----|--------------------------------------------------------------------------------------------|--|------------|------------|
| 3:44.99 | (2) | IL Gular 2.lag<br>(Magne Limevåg(29)-Per Einar Sønnesyn(32)-Arne Nymark(33)-Rolf Mjøs(38)) |  | Indre Arna | 03.10.2010 |
|---------|-----|--------------------------------------------------------------------------------------------|--|------------|------------|

**Menn veteran IX (75-79 år)****60m (M75-79)**

Manuelle tider / Handtiming:

11.3      -0,5      (1)      Johannes Mjøs, Mjøsдалen IL      (33)      Hosanger      28.06.2010

**100m (M75-79)**

17.89      +1,6      (1)      Per Einar Sønnesyn, IL Gular      (32)      Indre Arna      03.10.2010

**Høyde (M75-79)**

1.15      (1)      Gunnar Tellevik, Ask Friidrett      (33)      Indre Arna      02.10.2010

**Lengde (M75-79)**

2.60      -0,5      (1)      Johannes Mjøs, Mjøsдалen IL      (33)      Hosanger      28.06.2010

**Tresteg (M75-79)**

6.01      +0,2      (1)      Gunnar Tellevik, Ask Friidrett      (33)      Indre Arna      03.10.2010

**Kule 4.0 (M75-79)**

9.07      (1)      Halldor Helland, IL Trio      (32)      Husnes      17.07.2010

7.66      (1)      Johannes Mjøs, Mjøsдалen IL      (33)      Hosanger      28.06.2010

6.89      (1)M      Gunnar Tellevik, Ask Friidrett      (33)      Bergen/Sk      16.10.2010

6.15      (1)      Tjerand Lunde, IL Trio      (34)      Husnes      01.09.2010

**Diskos 1.0 (M75-79)**

30.97      (1)      Gunnar Tellevik, Ask Friidrett      (33)      Ravnanger      05.05.2010

27.71      (1)      Halldor Helland, IL Trio      (32)      Husnes      17.07.2010

21.78      (1)      Leiv Mjelde, Osterøy IL      (34)      Hatland      18.09.2010

20.65      (2)      Harry Tvedt, IL Gular      (33)      Indre Arna      02.10.2010

17.09      (1)      Tjerand Lunde, IL Trio      (34)      Husnes      09.10.2010

**Slegge 4.0 (M75-79)**

36.36      (1)      Gunnar Tellevik, Ask Friidrett      (33)      Ravnanger      08.09.2010

**Spyd 500 (M75-79)**

15.65      (1)      Tjerand Lunde, IL Trio      (34)      Husnes      01.09.2010

13.08      (1)M      Gunnar Tellevik, Ask Friidrett      (33)      Bergen/Sk      16.10.2010

**Vekt 7.26 (M75-79)**

12.49      (1)M      Gunnar Tellevik, Ask Friidrett      (33)      Bergen/Sk      16.10.2010

9.03      (1)      Halldor Helland, IL Trio      (32)      Husnes      17.07.2010

6.41      (1)      Tjerand Lunde, IL Trio      (34)      Husnes      28.06.2010

**Kast-5-kamp (M75-79)**2927      (1)      Gunnar Tellevik, Ask Friidrett      (33)      Bergen/Sk      16.10.2010  
(30.84-6.89-29.81-13.08-12.49)

**Menn veteran X (80-84 år)****100m (M80-84)**

|       |      |     |                         |      |            |            |
|-------|------|-----|-------------------------|------|------------|------------|
| 17.78 | +1,6 | (1) | Magne Limevåg, IL Gular | (29) | Indre Arna | 03.10.2010 |
|-------|------|-----|-------------------------|------|------------|------------|

**200m (M80-84)**

|       |      |     |                         |      |       |            |
|-------|------|-----|-------------------------|------|-------|------------|
| 34.80 | +0,2 | (1) | Knut Bergesen, IL Gular | (30) | Florø | 14.08.2010 |
|-------|------|-----|-------------------------|------|-------|------------|

**Kule 3.0 (M80-84)**

|      |  |     |                         |      |            |            |
|------|--|-----|-------------------------|------|------------|------------|
| 8.07 |  | (1) | Magne Limevåg, IL Gular | (29) | Indre Arna | 03.10.2010 |
|------|--|-----|-------------------------|------|------------|------------|

|      |  |     |                        |      |            |            |
|------|--|-----|------------------------|------|------------|------------|
| 7.42 |  | (2) | Leif Bjordal, IL Gular | (30) | Indre Arna | 03.10.2010 |
|------|--|-----|------------------------|------|------------|------------|

**Kule 4.0 (M80-84)**

|      |  |     |                                |      |          |            |
|------|--|-----|--------------------------------|------|----------|------------|
| 6.06 |  | (1) | Audun Hellevang, Mjøsdaalen IL | (26) | Hosanger | 28.06.2010 |
|------|--|-----|--------------------------------|------|----------|------------|

**Diskos 1.0 (M80-84)**

|       |  |     |                        |      |           |            |
|-------|--|-----|------------------------|------|-----------|------------|
| 15.66 |  | (1) | Leif Bjordal, IL Gular | (30) | Bergen/Sk | 24.08.2010 |
|-------|--|-----|------------------------|------|-----------|------------|

**Spyd 400 (M80-84)**

|       |  |     |                        |      |            |            |
|-------|--|-----|------------------------|------|------------|------------|
| 21.03 |  | (1) | Leif Bjordal, IL Gular | (30) | Indre Arna | 03.10.2010 |
|-------|--|-----|------------------------|------|------------|------------|

**1000m stafett (M80-89)**

|         |  |     |          |  |       |            |
|---------|--|-----|----------|--|-------|------------|
| 4:26.10 |  | (1) | IL Gular |  | Florø | 14.08.2010 |
|---------|--|-----|----------|--|-------|------------|

(Walther Olsen(25)-Peder Heggestad(30)-Leif Bjordal(30)-Knut Bergesen(30))

**Menn veteran XI (85-89 år)****100m (M85-89)**

|       |      |     |                         |      |            |            |
|-------|------|-----|-------------------------|------|------------|------------|
| 27.67 | +1,6 | (1) | Walther Olsen, IL Gular | (25) | Indre Arna | 03.10.2010 |
|-------|------|-----|-------------------------|------|------------|------------|

**Kule 3.0 (M85-89)**

|      |  |     |                         |      |       |            |
|------|--|-----|-------------------------|------|-------|------------|
| 6.16 |  | (3) | Walther Olsen, IL Gular | (25) | Florø | 13.08.2010 |
|------|--|-----|-------------------------|------|-------|------------|

**Diskos 1.0 (M85-89)**

|       |  |     |                         |      |       |            |
|-------|--|-----|-------------------------|------|-------|------------|
| 14.85 |  | (3) | Walther Olsen, IL Gular | (25) | Florø | 14.08.2010 |
|-------|--|-----|-------------------------|------|-------|------------|