



Askerlekene 2004

# Resultatliste

21.08.2004

FØYKA

| <b>G-11</b>    |     | <b>60 m</b>             |                     |       | <b>forsøk</b> |         |
|----------------|-----|-------------------------|---------------------|-------|---------------|---------|
| <b>Heat: 1</b> |     | Vind: +2.3              |                     |       |               | Tyrving |
| 1              | 500 | Espen Sotnakk           | Asker Sk. Friidrett | 9,32  |               | 823     |
| 2              | 517 | Kristian Gurholt        | Asker Sk. Friidrett | 9,46  |               | 779     |
| 3              | 507 | Henrik Brodtkorb        | Asker Sk. Friidrett | 9,91  |               | 640     |
| 4              | 647 | Marius Ihle Arnesen     | IL Tyrving          | 9,91  |               | 640     |
| 5              | 749 | Mads Westlie Gundersen  | IF Sturla           | 10,18 |               | 556     |
| 6              | 488 | Bjørn Berntzen Høgstedt | Asker Sk. Friidrett | 10,58 |               | 432     |
| <b>Heat: 2</b> |     | Vind: +1.7              |                     |       |               | Tyrving |
| 1              | 628 | Eivind Lenschow         | IL Tyrving          | 9,30  |               | 829     |
| 2              | 565 | Andreas M. Andersen     | IF Sturla           | 9,31  |               | 826     |
| 3              | 536 | Ole Raa                 | Asker Sk. Friidrett | 9,84  |               | 662     |
| 4              | 750 | Benjamin Andersen       | IL Tyrving          | 9,91  |               | 640     |
| 5              | 573 | Stein Marius Austveg    | IF Sturla           | 9,94  |               | 631     |
| 6              | 703 | Håvard Roald            | Ski IL              | 10,22 |               | 544     |
| <b>Heat: 3</b> |     | Vind: +2.8              |                     |       |               | Tyrving |
| 1              | 707 | Markus Foss Johansen    | Ski IL              | 9,25  |               | 845     |
| 2              | 702 | Fredrik Rodal Moe       | Ski IL              | 9,43  |               | 789     |
| 3              | 627 | Eivind Drabløs          | IL Tyrving          | 9,48  |               | 773     |
| 4              | 630 | Hallvard Boland Haugen  | IL Tyrving          | 9,51  |               | 764     |
| 5              | 518 | Kristoffer B. Birkeland | Asker Sk. Friidrett | 10,24 |               | 538     |
| <b>Heat: 4</b> |     | Vind: +1.5              |                     |       |               | Tyrving |
| 1              | 740 | Emilio Dunne            | Ull/Kisa IL         | 9,14  |               | 879     |
| 2              | 706 | Lars Andersen           | Ski IL              | 9,53  |               | 758     |
| 3              | 559 | Sindre Henriksen        | Bjørndal IF         | 9,68  |               | 711     |
| 4              | 548 | Stian Klungland         | Asker Sk. Friidrett | 9,96  |               | 624     |
| 5              | 656 | Truls Bache             | IL Tyrving          | 10,58 |               | 432     |
| <b>Heat: 5</b> |     | Vind: +0.7              |                     |       |               | Tyrving |
| 1              | 546 | Sondre Johre            | Asker Sk. Friidrett | 9,42  |               | 792     |
| 2              | 537 | Oliver Andersson        | Asker Sk. Friidrett | 9,80  |               | 674     |
| 3              | 484 | Andreas Drivenes        | Asker Sk. Friidrett | 9,95  |               | 628     |
| 4              | 745 | Lasse Tellevik          | Asker Sk. Friidrett | 10,93 |               | 324     |
| 5              | 487 | Benjamin Martens Lien   | Asker Sk. Friidrett | 11,35 |               | 194     |

**G-11****60 m, A Finale**

Vind: +3.1

|   |     |                      |                     |      | Tyrving |
|---|-----|----------------------|---------------------|------|---------|
| 1 | 740 | Emilio Dunne         | Ull/Kisa IL         | 8,98 | 928     |
| 2 | 546 | Sondre Johre         | Asker Sk. Friidrett | 9,03 | 913     |
| 3 | 565 | Andreas M. Andersen  | IF Sturla           | 9,12 | 885     |
| 4 | 628 | Eivind Lenschow      | IL Tyrving          | 9,23 | 851     |
| 5 | 500 | Espen Sotnakk        | Asker Sk. Friidrett | 9,24 | 848     |
| 6 | 707 | Markus Foss Johansen | Ski IL              | 9,38 | 804     |

**G-11****60 m, B Finale**

Vind: -1.3

|   |     |                        |                     |       | Tyrving |
|---|-----|------------------------|---------------------|-------|---------|
| 1 | 702 | Fredrik Rodal Moe      | Ski IL              | 9,83  | 665     |
| 2 | 706 | Lars Andersen          | Ski IL              | 9,85  | 659     |
| 3 | 517 | Kristian Gurholt       | Asker Sk. Friidrett | 9,88  | 649     |
| 4 | 627 | Eivind Drabløs         | IL Tyrving          | 9,96  | 624     |
| 5 | 630 | Hallvard Boland Haugen | IL Tyrving          | 10,01 | 609     |
| 6 | 559 | Sindre Henriksen       | Bjørndal IF         | 10,14 | 569     |

**G-11****Diskos****0,6kg**

|   |       |                        |       |       |       |       |  |  | Tyrving |
|---|-------|------------------------|-------|-------|-------|-------|--|--|---------|
| 1 | 559   | Sindre Henriksen       |       |       |       |       |  |  | 1045    |
|   | 31,48 | x                      | x     | x     | 26,40 | 31,36 |  |  |         |
| 2 | 532   | Mathias H. Koritsinsky |       |       |       |       |  |  | 724     |
|   | 19,68 | 16,87                  | x     | 15,22 | x     | 13,28 |  |  |         |
| 3 | 556   | Kristoffer Wold-Hansen |       |       |       |       |  |  | 662     |
|   | x     | 13,35                  | x     | 13,54 | 16,92 | 18,44 |  |  |         |
| 4 | 500   | Espen Sotnakk          |       |       |       |       |  |  | 610     |
|   | x     | x                      | 15,82 | 17,40 | 15,16 | -     |  |  |         |
| 5 | 706   | Lars Andersen          |       |       |       |       |  |  | 601     |
|   | 14,32 | 17,23                  | 12,90 | 16,88 | x     | 13,04 |  |  |         |
| 6 | 635   | Håkon Telle Bø         |       |       |       |       |  |  | 585     |
|   | x     | 16,90                  | 15,98 | -     | -     | -     |  |  |         |
| 7 | 507   | Henrik Brodtkorb       |       |       |       |       |  |  | 505     |
|   | 11,99 | 14,42                  | 15,24 | 14,00 | x     | 15,30 |  |  |         |
| 8 | 565   | Andreas M. Andersen    |       |       |       |       |  |  | 440     |
|   | x     | 12,54                  | 14,01 | -     | -     | -     |  |  |         |
| 9 | 703   | Håvard Roald           |       |       |       |       |  |  | 398     |
|   | x     | 12,30                  | 13,16 |       |       |       |  |  |         |



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## FØYKA

|    |       |                         |                     |       |     |
|----|-------|-------------------------|---------------------|-------|-----|
| 10 | 518   | Kristoffer B. Birkeland | Asker Sk. Friidrett | 12,81 | 380 |
|    | x     | 12,81                   | x                   |       |     |
| 11 | 517   | Kristian Gurholt        | Asker Sk. Friidrett | 12,67 | 373 |
|    | x     | 12,25                   | 12,67               |       |     |
| 12 | 548   | Stian Klungland         | Asker Sk. Friidrett | 12,14 | 347 |
|    | 12,14 | 11,59                   | 11,20               |       |     |
| 13 | 628   | Eivind Lenschow         | IL Tyrving          | 11,83 | 331 |
|    | x     | x                       | 11,83               |       |     |
| 14 | 756   | Simen Fossum            | Asker Skiklubb      | 11,65 | 322 |
|    | x     | 11,65                   | x                   |       |     |
| 15 | 567   | Ferdinand Kvam Edman    | IF Sturla           | 11,30 | 305 |
|    | 6,55  | 11,30                   | x                   |       |     |
| 16 | 713   | Snorre Sletner          | Ski IL              | 11,09 | 294 |
|    | 11,09 | x                       | x                   |       |     |
| 17 | 749   | Mads Westlie Gundersen  | IF Sturla           | 10,41 | 260 |
|    | x     | 10,41                   | x                   |       |     |
| 18 | 656   | Truls Bache             | IL Tyrving          | 10,02 | 241 |
|    | 8,26  | 10,02                   | 8,51                |       |     |
| 19 | 536   | Ole Raa                 | Asker Sk. Friidrett | 9,80  | 230 |
|    | 9,73  | 9,80                    | x                   |       |     |

## G-11

### Høyde

|   |      |                        |                     |      |      |      |      |      |      |      | Tyrving |
|---|------|------------------------|---------------------|------|------|------|------|------|------|------|---------|
| 1 | 565  | Andreas M. Andersen    | IF Sturla           | 130  |      |      |      |      |      |      |         |
|   | 0,90 | 0,95                   | 1,00                | 1,05 | 1,10 | 1,15 | 1,20 | 1,25 | 1,30 | 1,33 |         |
|   | o    | o                      | o                   | o    | o    | o    | o    | o    | o    | xxx  |         |
| 2 | 573  | Stein Marius Austveg   | IF Sturla           | 1,25 |      |      |      |      |      |      | 909     |
|   | 0,90 | 0,95                   | 1,00                | 1,05 | 1,10 | 1,15 | 1,20 | 1,25 | 1,30 |      |         |
|   | -    | -                      | -                   | -    | o    | o    | o    | o    | xxx  |      |         |
| 3 | 628  | Eivind Lenschow        | IL Tyrving          | 1,20 |      |      |      |      |      |      | 874     |
|   | 0,90 | 0,95                   | 1,00                | 1,05 | 1,10 | 1,15 | 1,20 | 1,25 |      |      |         |
|   | -    | o                      | o                   | o    | o    | o    | xxo  | xxx  |      |      |         |
| 3 | 559  | Sindre Henriksen       | Bjørndal IF         | 1,20 |      |      |      |      |      |      | 874     |
|   | 0,90 | 0,95                   | 1,00                | 1,05 | 1,10 | 1,15 | 1,20 | 1,25 |      |      |         |
|   | -    | -                      | o                   | o    | o    | o    | xxo  | xxx  |      |      |         |
| 5 | 702  | Fredrik Rodal Moe      | Ski IL              | 115  |      |      |      |      |      |      |         |
|   | 0,90 | 0,95                   | 1,00                | 1,05 | 1,10 | 1,15 | 1,20 |      |      |      |         |
|   | -    | o                      | o                   | xo   | xxo  | xo   | xxx  |      |      |      |         |
| 6 | 749  | Mads Westlie Gundersen | IF Sturla           | 1,10 |      |      |      |      |      |      | 804     |
|   | 0,90 | 0,95                   | 1,00                | 1,05 | 1,10 | 1,15 |      |      |      |      |         |
|   | o    | o                      | o                   | o    | o    | xxx  |      |      |      |      |         |
| 6 | 536  | Ole Raa                | Asker Sk. Friidrett | 1,10 |      |      |      |      |      |      | 804     |
|   | 0,90 | 0,95                   | 1,00                | 1,05 | 1,10 | 1,15 |      |      |      |      |         |
|   | o    | o                      | o                   | o    | o    | xxx  |      |      |      |      |         |
| 8 | 546  | Sondre Johre           | Asker Sk. Friidrett | 1,10 |      |      |      |      |      |      | 804     |
|   | 0,90 | 0,95                   | 1,00                | 1,05 | 1,10 | 1,15 |      |      |      |      |         |
|   | xo   | o                      | o                   | o    | o    | xxx  |      |      |      |      |         |



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21.08.2004

**FØYKA**

|    |      |                         |      |      |                     |      |     |
|----|------|-------------------------|------|------|---------------------|------|-----|
| 8  | 500  | Espen Sotnakk           |      |      | Asker Sk. Friidrett | 1,10 | 804 |
|    | 0,90 | 0,95                    | 1,00 | 1,05 | 1,10                | 1,15 |     |
|    | o    | xo                      | o    | o    | o                   | xxx  |     |
| 10 | 518  | Kristoffer B. Birkeland |      |      | Asker Sk. Friidrett | 1,10 | 804 |
|    | 0,90 | 0,95                    | 1,00 | 1,05 | 1,10                | 1,15 |     |
|    | o    | o                       | o    | xo   | xo                  | xxx  |     |
| 11 | 706  | Lars Andersen           |      |      | Ski IL              | 110  |     |
|    | 0,90 | 0,95                    | 1,00 | 1,05 | 1,10                | 1,15 |     |
|    | -    | o                       | o    | o    | xxo                 | xxx  |     |
| 12 | 517  | Kristian Gurholt        |      |      | Asker Sk. Friidrett | 1,05 | 769 |
|    | 0,90 | 0,95                    | 1,00 | 1,05 | 1,10                |      |     |
|    | o    | o                       | xo   | xo   | xxx                 |      |     |
| 13 | 703  | Håvard Roald            |      |      | Ski IL              | 1,05 | 769 |
|    | 0,90 | 0,95                    | 1,00 | 1,05 | 1,10                |      |     |
|    | o    | xxo                     | o    | xo   | 110                 |      |     |
| 14 | 548  | Stian Klungland         |      |      | Asker Sk. Friidrett | 90   |     |
|    | 0,90 | 0,95                    |      |      |                     |      |     |
|    | o    | xxx                     |      |      |                     |      |     |
|    | 656  | Truls Bache             |      |      | IL Tyrving          | -    |     |
|    | 0,90 |                         |      |      |                     |      |     |
|    | xxx  |                         |      |      |                     |      |     |

**G-12****60 m****forsøk****Heat: 1**

Vind: +2.0

Tyrving

|   |     |                      |  |  |                          |       |     |
|---|-----|----------------------|--|--|--------------------------|-------|-----|
| 1 | 725 | Anthony Davies       |  |  | Ull/Kisa IL              | 8,83  | 835 |
| 2 | 660 | Lutz Eberle          |  |  | LG-Lauf                  | 9,06  | 764 |
| 3 | 524 | Mads Steinfeldt-Foss |  |  | Asker Sk. Friidrett      | 9,08  | 758 |
| 4 | 700 | Eirik Rolland        |  |  | Ski IL                   | 9,26  | 702 |
| 5 | 729 | Christopher Aadna    |  |  | Ull/Kisa IL              | 10,08 | 448 |
|   | 746 | Lars Georg Aas       |  |  | Eidsvoll Turn, friidrett | DNS   |     |

**Heat: 2**

Vind: +1.8

Tyrving

|   |     |                       |  |  |                     |      |     |
|---|-----|-----------------------|--|--|---------------------|------|-----|
| 1 | 586 | Håvard Hildeskor      |  |  | IL i Bul            | 8,90 | 814 |
| 2 | 596 | Mads Vedeld           |  |  | IL i Bul            | 9,13 | 742 |
| 3 | 727 | Christer Amundsen     |  |  | Ull/Kisa IL         | 9,17 | 730 |
| 4 | 498 | Espen Frøseth Solheim |  |  | Asker Sk. Friidrett | 9,41 | 655 |
| 5 | 682 | Audun Hokholt         |  |  | Oppegård IL         | 9,75 | 550 |

**Heat: 3**

Vind: +1.1

Tyrving

|   |     |                      |  |  |                     |      |     |
|---|-----|----------------------|--|--|---------------------|------|-----|
| 1 | 730 | Hans G. Kærsgaard    |  |  | Ull/Kisa IL         | 8,89 | 817 |
| 2 | 683 | Espen Lie Arnesen    |  |  | Oppegård IL         | 9,34 | 677 |
| 3 | 541 | Pål Magnus Hannisdal |  |  | Asker Sk. Friidrett | 9,60 | 597 |
| 4 | 494 | Eirik Wiese          |  |  | Asker Sk. Friidrett | 9,69 | 569 |



## FØYKA

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|   |     |               |         |       |     |
|---|-----|---------------|---------|-------|-----|
| 5 | 659 | Jan Haussmann | LG-Lauf | 10,10 | 442 |
|---|-----|---------------|---------|-------|-----|

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**G-12****60 m, Finale**

Vind: +2.9

|   |     |                      |                     |      | Tyrving |  |
|---|-----|----------------------|---------------------|------|---------|--|
| 1 | 725 | Anthony Davies       | Ull/Kisa IL         | 8,61 | 903     |  |
| 2 | 730 | Hans G. Kærsgaard    | Ull/Kisa IL         | 8,67 | 885     |  |
| 3 | 586 | Håvard Hildeskor     | IL i Bul            | 8,89 | 817     |  |
| 4 | 660 | Lutz Eberle          | LG-Lauf             | 9,01 | 779     |  |
| 5 | 596 | Mads Vedeld          | IL i Bul            | 9,10 | 752     |  |
| 6 | 524 | Mads Steinfeldt-Foss | Asker Sk. Friidrett | 9,11 | 748     |  |

**G-12****Diskos****0,75kg**

|   |       |                       |                     |       | Tyrving |       |
|---|-------|-----------------------|---------------------|-------|---------|-------|
| 1 | 617   | Fredrik Simensen      | IL Sandvin          | 31,33 | 1004    |       |
|   | 27,00 | x                     | x                   | 23,69 | x       | 31,33 |
| 2 | 683   | Espen Lie Arnesen     | Oppegård IL         | 27,40 | 910     |       |
|   | x     | 24,94                 | x                   | 26,33 | 27,40   | 27,14 |
| 3 | 660   | Lutz Eberle           | LG-Lauf             | 21,69 | 689     |       |
|   | 17,04 | 17,21                 | x                   | 21,69 | 19,05   | 20,17 |
| 4 | 540   | Petter Fossum         | Asker Sk. Friidrett | 20,80 | 645     |       |
|   | x     | x                     | 19,88               | 17,07 | 18,16   | 20,80 |
| 5 | 700   | Eirik Rolland         | Ski IL              | 19,97 | 603     |       |
|   | 17,50 | x                     | 18,92               | x     | 19,97   | 17,26 |
| 6 | 686   | Thomas Gifstad        | Oppegård IL         | 19,81 | 595     |       |
|   | 13,81 | x                     | 19,81               | 16,49 | 18,17   | 17,42 |
| 7 | 682   | Audun Hokholt         | Oppegård IL         | 19,66 | 588     |       |
|   | 14,40 | 19,14                 | 17,37               | 19,66 | 16,36   | 14,75 |
| 8 | 498   | Espen Frøseth Solheim | Asker Sk. Friidrett | 12,47 | 228     |       |
|   | x     | 12,47                 | x                   | 11,69 | 10,87   | 11,85 |
| 9 | 541   | Pål Magnus Hannisdal  | Asker Sk. Friidrett | 12,45 | 227     |       |
|   | x     | x                     | 9,73                | 10,51 | 9,85    | 12,45 |

**G-12****Høyde**

|   |      |                   |             |      | Tyrving |      |      |      |      |
|---|------|-------------------|-------------|------|---------|------|------|------|------|
| 1 | 725  | Anthony Davies    | Ull/Kisa IL | 1,35 | 895     |      |      |      |      |
|   | 1,00 | 1,05              | 1,10        | 1,15 | 1,20    | 1,25 | 1,30 | 1,35 | 1,40 |
|   | o    | o                 | o           | o    | o       | o    | o    | o    | xxx  |
| 2 | 683  | Espen Lie Arnesen | Oppegård IL | 1,35 | 895     |      |      |      |      |
|   | 1,00 | 1,05              | 1,10        | 1,15 | 1,20    | 1,25 | 1,30 | 1,35 | 1,40 |
|   | -    | -                 | o           | o    | o       | o    | xo   | o    | xxx  |



Askerlekene 2004

# Resultatliste

21.08.2004

## FØYKA

|   |      |                       |      |      |                     |      |      |      |      |     |
|---|------|-----------------------|------|------|---------------------|------|------|------|------|-----|
| 3 | 700  | Eirik Rolland         |      |      | Ski IL              |      |      |      | 1,35 | 895 |
|   | 1,00 | 1,05                  | 1,10 | 1,15 | 1,20                | 1,25 | 1,30 | 1,35 | 1,40 |     |
|   | -    | -                     | -    | xo   | xo                  | o    | xo   | xxo  | xxx  |     |
| 4 | 682  | Audun Hokholt         |      |      | Oppegård IL         |      |      |      | 1,30 | 860 |
|   | 1,00 | 1,05                  | 1,10 | 1,15 | 1,20                | 1,25 | 1,30 | 1,35 |      |     |
|   | -    | -                     | -    | o    | o                   | o    | o    | xxx  |      |     |
| 5 | 541  | Pål Magnus Hannisdal  |      |      | Asker Sk. Friidrett |      |      |      | 1,25 | 825 |
|   | 1,00 | 1,05                  | 1,10 | 1,15 | 1,20                | 1,25 | 1,30 |      |      |     |
|   | -    | o                     | o    | o    | o                   | xo   | xxx  |      |      |     |
| 6 | 503  | Fredrik Hanserud      |      |      | Asker Sk. Friidrett |      |      |      | 1,20 | 790 |
|   | 1,00 | 1,05                  | 1,10 | 1,15 | 1,20                | 1,25 |      |      |      |     |
|   | o    | o                     | o    | xo   | o                   | xxx  |      |      |      |     |
| 7 | 498  | Espen Frøseth Solheim |      |      | Asker Sk. Friidrett |      |      |      | 1,05 | 685 |
|   | 1,00 | 1,05                  | 1,10 |      |                     |      |      |      |      |     |
|   | o    | o                     | xxx  |      |                     |      |      |      |      |     |

## G-13

60 m

forsøk

### Heat: 1

Vind: +3.4

Tyrving

|   |     |                      |  |  |             |  |  |      |     |
|---|-----|----------------------|--|--|-------------|--|--|------|-----|
| 1 | 752 | Henruk Agerup Kildal |  |  | IL Tyrving  |  |  | 8,28 | 897 |
| 2 | 732 | Jonathan Joo         |  |  | Ull/Kisa IL |  |  | 8,39 | 863 |
| 3 | 674 | Eivind Sagli         |  |  | Nittedal IL |  |  | 8,54 | 817 |
| 4 | 644 | Magnus Haug          |  |  | IL Tyrving  |  |  | 8,70 | 767 |
| 5 | 736 | Ole G. Eriksen       |  |  | Ull/Kisa IL |  |  | 8,77 | 745 |
| 6 | 689 | Kjetil Kleiv         |  |  | Sigdal FIK  |  |  | 8,87 | 714 |

### Heat: 2

Vind: +2.3

Tyrving

|   |     |                              |  |  |                     |  |  |      |     |
|---|-----|------------------------------|--|--|---------------------|--|--|------|-----|
| 1 | 712 | Sindre Wiken Langfeldt       |  |  | Ski IL              |  |  | 8,25 | 907 |
| 2 | 543 | Rolf Aleksander F. Andersson |  |  | Asker Sk. Friidrett |  |  | 8,72 | 761 |
| 3 | 530 | Marius Slemdal               |  |  | Asker Sk. Friidrett |  |  | 9,05 | 659 |
| 4 | 661 | Max Görtl                    |  |  | LG-Lauf             |  |  | 9,12 | 637 |
| 5 | 692 | Sigmund Båsen                |  |  | Sigdal FIK          |  |  | 9,76 | 438 |

## G-13

60 m, Finale

Vind: +4.4

Tyrving

|   |     |                              |  |  |                     |  |  |      |     |
|---|-----|------------------------------|--|--|---------------------|--|--|------|-----|
| 1 | 712 | Sindre Wiken Langfeldt       |  |  | Ski IL              |  |  | 8,19 | 925 |
| 2 | 752 | Henruk Agerup Kildal         |  |  | IL Tyrving          |  |  | 8,31 | 888 |
| 3 | 732 | Jonathan Joo                 |  |  | Ull/Kisa IL         |  |  | 8,34 | 879 |
| 4 | 674 | Eivind Sagli                 |  |  | Nittedal IL         |  |  | 8,44 | 848 |
| 5 | 543 | Rolf Aleksander F. Andersson |  |  | Asker Sk. Friidrett |  |  | 8,64 | 786 |
| 6 | 644 | Magnus Haug                  |  |  | IL Tyrving          |  |  | 8,82 | 730 |



## FØYKA

**G-13****Diskos****0,75kg**

|   |       |                    |       |       |                         |       |  |       |  |  | Tyrving |
|---|-------|--------------------|-------|-------|-------------------------|-------|--|-------|--|--|---------|
| 1 | 612   | Magnus Kristiansen |       |       | IL Røyken og Spikkestad |       |  | 28,62 |  |  | 631     |
|   | x     | 27,62              | 28,62 | x     | 22,63                   | x     |  |       |  |  |         |
| 2 | 692   | Sigmund Båsen      |       |       | Sigdal FIK              |       |  | 22,78 |  |  | 339     |
|   | 20,52 | x                  | 20,82 | 21,57 | 22,78                   | 21,79 |  |       |  |  |         |

**G-13****Høyde**

|   |      |                    |      |      |                         |      |      |      |      |      | Tyrving |
|---|------|--------------------|------|------|-------------------------|------|------|------|------|------|---------|
| 1 | 612  | Magnus Kristiansen |      |      | IL Røyken og Spikkestad |      |      | 1,48 |      |      | 909     |
|   | 1,10 | 1,15               | 1,20 | 1,25 | 1,30                    | 1,35 | 1,40 | 1,45 | 1,48 | 1,51 |         |
|   | o    | o                  | o    | o    | o                       | o    | o    | xo   | o    | xxx  |         |
| 2 | 661  | Max Görnt          |      |      | LG-Lauf                 |      |      | 1,40 |      |      | 853     |
|   | 1,10 | 1,15               | 1,20 | 1,25 | 1,30                    | 1,35 | 1,40 | 1,45 |      |      |         |
|   | o    | xo                 | xo   | o    | x                       | o    | xo   | xxx  |      |      |         |
| 3 | 530  | Marius Slemdal     |      |      | Asker Sk. Friidrett     |      |      | 1,30 |      |      | 783     |
|   | 1,10 | 1,15               | 1,20 | 1,25 | 1,30                    | 1,35 |      |      |      |      |         |
|   | xo   | o                  | o    | xo   | xo                      | xxx  |      |      |      |      |         |
| 4 | 689  | Kjetil Kleiv       |      |      | Sigdal FIK              |      |      | 1,25 |      |      | 748     |
|   | 1,10 | 1,15               | 1,20 | 1,25 | 1,30                    |      |      |      |      |      |         |
|   | o    | o                  | o    | o    | xxx                     |      |      |      |      |      |         |

**G-14****60 m**

Vind: +2.4

|   |     |                         |  |  |             |  |  |      |  |  | Tyrving |
|---|-----|-------------------------|--|--|-------------|--|--|------|--|--|---------|
| 1 | 625 | Carl Blydt              |  |  | IL Tyrving  |  |  | 7,82 |  |  | 962     |
| 2 | 753 | Eirik Kornelliussen     |  |  | Strømmen IF |  |  | 7,82 |  |  | 962     |
| 3 | 642 | Knut Arne Kirkeng Oseid |  |  | IL Tyrving  |  |  | 9,29 |  |  | 507     |
| 4 | 557 | Eivind Henriksen        |  |  | Bjørndal IF |  |  | 9,47 |  |  | 451     |

**G-14****Diskos****1,0kg**

|   |       |                          |       |       |                     |       |  |       |  |  | Tyrving |
|---|-------|--------------------------|-------|-------|---------------------|-------|--|-------|--|--|---------|
| 1 | 557   | Eivind Henriksen         |       |       | Bjørndal IF         |       |  | 41,64 |  |  | 966     |
|   | 41,07 | 40,68                    | x     | 40,12 | 41,64               | 40,98 |  |       |  |  |         |
| 2 | 681   | Paul Redford             |       |       | Nittedal IL         |       |  | 36,40 |  |  | 835     |
|   | 25,59 | 36,40                    | 35,68 | x     | x                   | x     |  |       |  |  |         |
| 3 | 496   | Erik Andrew Vogt-Eriksen |       |       | Asker Sk. Friidrett |       |  | 31,26 |  |  | 628     |
|   | 31,26 | x                        | 30,06 | 26,42 | 25,91               | 27,72 |  |       |  |  |         |
| 4 | 625   | Carl Blydt               |       |       | IL Tyrving          |       |  | 28,46 |  |  | 488     |
|   | 28,46 | x                        | 23,08 | x     | 27,98               | x     |  |       |  |  |         |
| 5 | 672   | Truls Martinsen          |       |       | Minerva IS          |       |  | 22,83 |  |  | 206     |
|   | 19,44 | 22,83                    | 21,75 | 20,35 | x                   | x     |  |       |  |  |         |

**G-14****Høyde**



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|   |     |                         |      |      |             |      |      |      |      |         |
|---|-----|-------------------------|------|------|-------------|------|------|------|------|---------|
|   |     |                         |      |      |             |      |      |      |      | Tyrving |
| 1 | 681 | Paul Redford            |      |      | Nittedal IL |      |      |      | 1,67 | 965     |
|   |     |                         | 1,32 | 1,37 | 1,42        | 1,47 | 1,52 | 1,62 | 1,67 | 1,73    |
|   |     |                         | -    | -    | -           | o    | o    | xo   | xxo  | xxx     |
| 2 | 625 | Carl Blydt              |      |      | IL Tyrving  |      |      |      | 1,47 | 825     |
|   |     |                         | 1,32 | 1,37 | 1,42        | 1,47 | 1,52 |      |      |         |
|   |     |                         | o    | o    | o           | xo   | xxx  |      |      |         |
| 3 | 642 | Knut Arne Kirkeng Oseid |      |      | IL Tyrving  |      |      |      | 1,37 | 755     |
|   |     |                         | 1,32 | 1,37 | 1,42        |      |      |      |      |         |
|   |     |                         | o    | o    | xxx         |      |      |      |      |         |

**G-15****300 m hekk****76,2 35m**

|   |     |                 |  |  |          |  |  |  |       |         |
|---|-----|-----------------|--|--|----------|--|--|--|-------|---------|
|   |     |                 |  |  |          |  |  |  |       | Tyrving |
| 1 | 599 | Marius Eriksrud |  |  | IL i Bul |  |  |  | 50,76 |         |

**G-15****60 m****Heat: 1**

Vind: +1.2

|   |     |                      |  |  |                     |  |  |  |      |         |
|---|-----|----------------------|--|--|---------------------|--|--|--|------|---------|
|   |     |                      |  |  |                     |  |  |  |      | Tyrving |
| 1 | 581 | Bjørn Hanholm        |  |  | IL i Bul            |  |  |  | 7,56 | 981     |
| 2 | 701 | Eivind Johan Folland |  |  | Ski IL              |  |  |  | 7,77 | 916     |
| 3 | 588 | Jonas Foss           |  |  | IL i Bul            |  |  |  | 7,79 | 910     |
| 4 | 514 | Joachim Krogvold     |  |  | Asker Sk. Friidrett |  |  |  | 7,90 | 876     |
| 5 | 699 | Bo André Bergan      |  |  | Ski IL              |  |  |  | 8,20 | 783     |
| 6 | 502 | Fredrik Flikka       |  |  | Asker Sk. Friidrett |  |  |  | 8,26 | 764     |

**G-15****Kule****4,0kg**

|   |     |                 |       |       |          |   |       |      |       |         |
|---|-----|-----------------|-------|-------|----------|---|-------|------|-------|---------|
|   |     |                 |       |       |          |   |       |      |       | Tyrving |
| 1 | 699 | Bo André Bergan |       |       | Ski IL   |   |       |      | 10,61 | 599     |
|   |     |                 | 9,80  | 10,61 | x        | x | 10,18 | x    |       |         |
| 2 | 605 | Simen Knutzen   |       |       | IL i Bul |   |       |      | 10,19 | 548     |
|   |     |                 | 10,19 | 10,11 | 9,94     | x | x     | 9,87 |       |         |

**G-15****Lengde**

|   |     |                      |      |      |                     |      |      |      |      |         |
|---|-----|----------------------|------|------|---------------------|------|------|------|------|---------|
|   |     |                      |      |      |                     |      |      |      |      | Tyrving |
| 1 | 701 | Eivind Johan Folland |      |      | Ski IL              |      |      |      | 5,61 |         |
|   |     |                      | +0,0 | +1,5 | -1,8                |      | +0,4 | +0,1 |      |         |
|   |     |                      | 4,98 | 5,49 | 5,47                | -    | 5,61 | 3,96 |      |         |
| 2 | 588 | Jonas Foss           |      |      | IL i Bul            |      |      |      | 5,48 |         |
|   |     |                      | +1,3 | -0,1 | +0,0                |      |      |      |      |         |
|   |     |                      | 5,48 | 5,39 | 5,04                | -    | x    | x    |      |         |
| 3 | 502 | Fredrik Flikka       |      |      | Asker Sk. Friidrett |      |      |      | 5,08 | 775     |
|   |     |                      | +0,1 | +0,2 | +0,7                | +1,3 | +0,9 | +0,0 |      |         |
|   |     |                      | 5,08 | 4,02 | 4,75                | 4,62 | 4,40 | 4,63 |      |         |





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|   |      |                 |      |      |        |      |
|---|------|-----------------|------|------|--------|------|
| 4 | 699  | Bo André Bergan |      |      | Ski IL | 4,89 |
|   | +0,2 | +2,5            | +1,2 | -1,0 | +1,0   | -0,4 |
|   | 4,65 | 4,83            | 4,89 | 4,74 | 4,82   | 4,58 |

**G-16****60 m**

Vind: +1.2

|   |     |                   |  |  |                     |      |         |     |
|---|-----|-------------------|--|--|---------------------|------|---------|-----|
| 1 | 523 | Mads Kloster      |  |  | Asker Sk. Friidrett | 7,57 | Tyrving | 947 |
| 2 | 601 | Ola Gilen Røysamb |  |  | IL i Bul            | 7,85 |         | 860 |

**G-16****Kule****5,0kg**

|   |     |                  |   |       |             |       |         |     |
|---|-----|------------------|---|-------|-------------|-------|---------|-----|
| 0 | 560 | Vegard Henriksen |   |       | Bjørndal IF | 12,84 | Tyrving | 870 |
|   | x   | x                | x | 12,84 | x           | 12,73 |         |     |

**G-16****Lengde**

|   |      |              |   |   |                     |      |         |     |
|---|------|--------------|---|---|---------------------|------|---------|-----|
| 0 | 523  | Mads Kloster |   |   | Asker Sk. Friidrett | 5,45 | Tyrving | 800 |
|   | +0,5 |              |   |   | +0,4                | +1,2 |         |     |
|   | 5,09 | x            | x | x | 5,11                | 5,45 |         |     |

**G-17****60 m**

Vind: +1.2

|   |     |                       |  |  |          |      |         |     |
|---|-----|-----------------------|--|--|----------|------|---------|-----|
| 1 | 594 | Lars Grytli Seim      |  |  | IL i Bul | 7,49 | Tyrving | 941 |
| 2 | 592 | Karl Magnus Stenersen |  |  | IL i Bul | 7,89 |         | 817 |

**G-17****Kule****5,0kg**

|   |     |                  |       |       |                     |       |         |     |
|---|-----|------------------|-------|-------|---------------------|-------|---------|-----|
| 0 | 551 | Tommy Lillehagen |       |       | Asker Sk. Friidrett | 14,04 | Tyrving | 852 |
|   | x   | 14,04            | 13,03 | 13,01 | x                   | x     |         |     |

**G-17****Lengde**

|   |      |                       |   |      |          |      |         |     |
|---|------|-----------------------|---|------|----------|------|---------|-----|
| 1 | 594  | Lars Grytli Seim      |   |      | IL i Bul | 6,13 | Tyrving | 901 |
|   | +0,4 | +0,4                  |   | +0,5 |          | +0,5 |         |     |
|   | 5,99 | 6,13                  | x | 4,19 | x        | 6,07 |         |     |
| 2 | 592  | Karl Magnus Stenersen |   |      | IL i Bul | 5,77 |         | 825 |
|   | +0,4 |                       |   | 0,2  |          |      |         |     |
|   | 3,42 | x                     | x | 5,77 | x        | x    |         |     |

**G-18/19****60 m**

Vind: +2.3

|   |     |               |  |  |                     |      |         |     |
|---|-----|---------------|--|--|---------------------|------|---------|-----|
| 1 | 519 | Lawrence Pupo |  |  | Asker Sk. Friidrett | 7,35 | Tyrving | 938 |
|---|-----|---------------|--|--|---------------------|------|---------|-----|



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|   |     |                  |                     |      |     |
|---|-----|------------------|---------------------|------|-----|
| 2 | 515 | Jørgen Jervidalo | Asker Sk. Friidrett | 7,47 | 900 |
| 3 | 590 | Jørn Kristiansen | IL i Bul            | 7,47 | 900 |
| 4 | 547 | Steffen Bugge    | Asker Sk. Friidrett | 7,52 | 885 |

**G-18/19****Kule****5,0kg**

|   |       |               |                     |       |   |
|---|-------|---------------|---------------------|-------|---|
| 0 | 547   | Steffen Bugge | Asker Sk. Friidrett | 11,96 |   |
|   | 11,77 | 11,96         | 11,83               | x     | x |

Tyrving

**G-18/19****Lengde**

|   |      |               |                     |      |      |      |
|---|------|---------------|---------------------|------|------|------|
| 1 | 751  | Morten Haave  | IL Tyrving          | 6,14 |      |      |
| 0 |      | -1,3          | +1,6                | -0,2 | +0,5 |      |
|   | 5,94 | 5,79          | 5,78                | x    | 5,60 | 6,14 |
| 2 | 547  | Steffen Bugge | Asker Sk. Friidrett | 5,86 |      |      |
|   | +1,8 | -0,9          | +0,3                | -0,5 | 0    |      |
|   | 5,77 | 5,66          | 5,73                | 5,86 | 5,75 | x    |

Tyrving

840

781

**J-11****60 m****forsøk****Heat: 1**

Vind: +0.0

|   |     |                   |                     |       |      |
|---|-----|-------------------|---------------------|-------|------|
| 1 | 722 | Marte Jørgensen   | Strømmen IF         | 8,69  | 1029 |
| 2 | 704 | Iben Flem         | Ski IL              | 9,83  | 721  |
| 3 | 747 | Hedda Kristian    | Asker Sk. Friidrett | 10,42 | 562  |
| 4 | 709 | Oda Rygg Arntzen  | Ski IL              | 10,48 | 546  |
| 5 | 527 | Marie Hollerud    | Asker Sk. Friidrett | 10,80 | 460  |
| 6 | 743 | Susann Lillehagen | Asker Sk. Friidrett | 11,25 | 338  |

Tyrving

**Heat: 2**

Vind: -0.3

|   |     |                        |                     |       |     |
|---|-----|------------------------|---------------------|-------|-----|
| 1 | 483 | Andrea Risan           | Asker Sk. Friidrett | 10,56 | 524 |
| 2 | 481 | Agnete Winsnes Astrup  | Asker Sk. Friidrett | 10,62 | 508 |
| 3 | 563 | Michela Baldacchino    | Fredrikstad IF      | 10,91 | 430 |
| 4 | 528 | Marie Myhre Michaelsen | Asker Sk. Friidrett | 11,51 | 268 |
| 5 | 741 | Karoline Vik           | Asker Sk. Friidrett | 11,62 | 238 |

Tyrving

**Heat: 3**

Vind: -1.1

|   |     |                            |                     |       |     |
|---|-----|----------------------------|---------------------|-------|-----|
| 1 | 589 | Julie Farseth Berg         | IL i Bul            | 9,91  | 700 |
| 2 | 511 | Ine Marie Raa              | Asker Sk. Friidrett | 10,12 | 643 |
| 3 | 568 | Hege Høgli Andersen        | IF Sturla           | 10,30 | 595 |
| 4 | 744 | Camilla Gausemel Henriksen | Asker Sk. Friidrett | 10,91 | 430 |
| 5 | 486 | Annette Falch Lothe        | Asker Sk. Friidrett | 12,29 | 57  |

Tyrving

**J-11****60 m, Finale**

Vind: +2.6

|   |     |                     |                     |       |  | Tyrving |
|---|-----|---------------------|---------------------|-------|--|---------|
| 1 | 722 | Marte Jørgensen     | Strømmen IF         | 8,48  |  | 1086    |
| 2 | 704 | Iben Flem           | Ski IL              | 9,47  |  | 819     |
| 3 | 589 | Julie Farseth Berg  | IL i Bul            | 9,62  |  | 778     |
| 4 | 568 | Hege Høgli Andersen | IF Sturla           | 9,88  |  | 708     |
| 5 | 511 | Ine Marie Raa       | Asker Sk. Friidrett | 9,97  |  | 684     |
| 6 | 483 | Andrea Risan        | Asker Sk. Friidrett | 10,08 |  | 654     |

**J-11****Diskos****0,6kg**

|   |       |                        |                     |       |       |       |  |  |  | Tyrving |
|---|-------|------------------------|---------------------|-------|-------|-------|--|--|--|---------|
| 1 | 563   | Michela Baldacchino    | Fredrikstad IF      | 16,90 |       |       |  |  |  | 937     |
|   | x     | x                      | 16,90               | x     | 10,98 | x     |  |  |  |         |
| 2 | 511   | Ine Marie Raa          | Asker Sk. Friidrett | 13,67 |       |       |  |  |  | 794     |
|   | 11,26 | x                      | 13,09               | 12,82 | 12,42 | 13,67 |  |  |  |         |
| 3 | 743   | Susann Lillehagen      | Asker Sk. Friidrett | 12,98 |       |       |  |  |  | 752     |
|   | 12,98 | 11,28                  | 11,44               | x     | 10,60 | 9,40  |  |  |  |         |
| 4 | 531   | Martine Irene Østlie   | Asker Sk. Friidrett | 11,81 |       |       |  |  |  | 682     |
|   | 10,73 | 10,03                  | 11,81               | 9,40  | 10,58 | 11,16 |  |  |  |         |
| 5 | 528   | Marie Myhre Michaelsen | Asker Sk. Friidrett | 10,60 |       |       |  |  |  | 610     |
|   | x     | 8,63                   | 10,06               | 9,26  | 10,60 | 10,12 |  |  |  |         |
| 6 | 589   | Julie Farseth Berg     | IL i Bul            | 10,43 |       |       |  |  |  | 599     |
|   | 10,43 | x                      | 9,37                | 8,83  | x     | x     |  |  |  |         |

**J-11****Høyde**

|   |      |                       |                     |      |      |      |      |      |      | Tyrving |
|---|------|-----------------------|---------------------|------|------|------|------|------|------|---------|
| 1 | 511  | Ine Marie Raa         | Asker Sk. Friidrett | 1,20 |      |      |      |      |      | 904     |
|   | -    | -                     | 0,95                | 1,00 | 1,05 | 1,10 | 1,15 | 1,20 | 1,23 |         |
|   |      |                       | o                   | o    | o    | o    | xo   | o    | xxx  |         |
| 2 | 481  | Agnete Winsnes Astrup | Asker Sk. Friidrett | 1,15 |      |      |      |      |      | 864     |
|   | 0,80 | 0,85                  | 0,95                | 1,00 | 1,05 | 1,10 | 1,15 | 1,20 |      |         |
|   | o    | o                     | o                   | o    | xo   | o    | xo   | xxx  |      |         |
| 3 | 704  | Iben Flem             | Ski IL              | 1,10 |      |      |      |      |      | 824     |
|   | -    | 0,90                  | 0,95                | 1,00 | 1,05 | 1,10 | 1,15 |      |      |         |
|   |      | o                     | xo                  | o    | o    | o    | xxx  |      |      |         |
| 4 | 483  | Andrea Risan          | Asker Sk. Friidrett | 1,10 |      |      |      |      |      | 824     |
|   | 0,85 | 0,90                  | 0,95                | 1,00 | 1,05 | 1,10 | 1,15 |      |      |         |
|   | xo   | o                     | o                   | o    | xo   | o    | xxx  |      |      |         |
| 5 | 589  | Julie Farseth Berg    | IL i Bul            | 1,05 |      |      |      |      |      | 784     |
|   | 0,85 | 0,90                  | 0,95                | 1,00 | 1,05 | 1,10 |      |      |      |         |
|   | o    | o                     | o                   | o    | o    | xxx  |      |      |      |         |



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|   |      |                        |      |                     |      |     |
|---|------|------------------------|------|---------------------|------|-----|
| 6 | 741  | Karoline Vik           |      | Asker Sk. Friidrett | 1,00 | 744 |
|   | 0,85 | 0,90                   | 0,95 | 1,00                | 1,05 |     |
|   | o    | o                      | o    | o                   | xxx  |     |
| 6 | 527  | Marie Hollerud         |      | Asker Sk. Friidrett | 1,00 | 744 |
|   | 0,85 | 0,90                   | 0,95 | 1,00                | 1,05 |     |
|   | o    | o                      | o    | o                   | xxx  |     |
| 6 | 747  | Hedda Kristian         |      | Asker Sk. Friidrett | 1,00 | 744 |
|   | 0,85 | 0,90                   | 0,95 | 1,00                | 1,05 |     |
|   | o    | o                      | o    | o                   | xxx  |     |
| 9 | 528  | Marie Myhre Michaelsen |      | Asker Sk. Friidrett | 1,00 | 744 |
|   | 0,85 | 0,90                   | 0,95 | 1,00                | 1,05 |     |
|   | o    | o                      | o    | xo                  | xxx  |     |

**J-12****60 m****forsøk****Heat: 1**

Vind: -0.1

Tyrving

|   |     |                         |  |                     |       |     |
|---|-----|-------------------------|--|---------------------|-------|-----|
| 1 | 608 | Tereza Lamadrid         |  | IL i Bul            | 9,06  | 862 |
| 2 | 670 | Ragnhild Hafskjær       |  | Minerva IS          | 9,16  | 835 |
| 3 | 663 | Camilla Bjørnstad       |  | Minerva IS          | 9,82  | 657 |
| 4 | 620 | Marianne Steinbakk      |  | IL Sandvin          | 10,51 | 470 |
| 5 | 542 | Ragnhild Meling Enoksen |  | Asker Sk. Friidrett | 10,53 | 465 |
| 6 | 485 | Ane Fossli              |  | Asker Sk. Friidrett | 10,79 | 395 |

**Heat: 2**

Vind: -0.9

Tyrving

|   |     |                     |  |                     |       |     |
|---|-----|---------------------|--|---------------------|-------|-----|
| 1 | 539 | Pernille Ski Torp   |  | Asker Sk. Friidrett | 9,19  | 827 |
| 2 | 688 | Ingeborg Helgetveit |  | Sigdal FIK          | 9,20  | 824 |
| 3 | 495 | Elen Julie Rolfsen  |  | Asker Sk. Friidrett | 9,86  | 646 |
| 4 | 505 | Heidi Ekle Lund     |  | Asker Sk. Friidrett | 10,48 | 478 |
| 5 | 520 | Linda Falch Lothe   |  | Asker Sk. Friidrett | 10,55 | 460 |
| 6 | 636 | Ida Nesse           |  | IL Tyrving          | 10,62 | 441 |

**Heat: 3**

Vind: -1.1

Tyrving

|   |     |                     |  |                     |       |     |
|---|-----|---------------------|--|---------------------|-------|-----|
| 1 | 685 | Matilde Ringheim    |  | Oppegård IL         | 9,00  | 878 |
| 2 | 609 | Therese Cappelen    |  | IL i Bul            | 9,29  | 800 |
| 3 | 646 | Malin Pettersen     |  | IL Tyrving          | 9,74  | 678 |
| 4 | 721 | Maria Sæther Hansen |  | Strømmen IF         | 9,81  | 659 |
| 5 | 508 | Ida Fossli          |  | Asker Sk. Friidrett | 10,70 | 419 |
| 6 | 490 | Cecilie E. Vik      |  | Asker Sk. Friidrett | 11,39 | 233 |

**Heat: 4**

Vind: -0.8

Tyrving

|   |     |                      |  |          |      |     |
|---|-----|----------------------|--|----------|------|-----|
| 1 | 585 | Hennie Heiss Schøyen |  | IL i Bul | 8,86 | 916 |
| 2 | 604 | Sharon Souradji      |  | IL i Bul | 9,24 | 813 |



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|   |     |                          |                     |       |     |
|---|-----|--------------------------|---------------------|-------|-----|
| 3 | 550 | Thale Sætre Skulberg     | Asker Sk. Friidrett | 9,91  | 632 |
| 4 | 545 | Solveig Hermansen        | Asker Sk. Friidrett | 10,05 | 595 |
| 5 | 552 | Torunn Slettemark Hovden | Asker Sk. Friidrett | 10,08 | 586 |

**J-12****60 m, A Finale**

Vind: +1.1

Tyrving

|   |     |                      |                     |      |     |
|---|-----|----------------------|---------------------|------|-----|
| 1 | 608 | Tereza Lamadrid      | IL i Bul            | 8,82 | 927 |
| 2 | 585 | Hennie Heiss Schøyen | IL i Bul            | 8,87 | 913 |
| 3 | 685 | Matilde Ringheim     | Oppegård IL         | 8,91 | 902 |
| 4 | 670 | Ragnhild Hafskjær    | Minerva IS          | 8,92 | 900 |
| 5 | 539 | Pernille Ski Torp    | Asker Sk. Friidrett | 8,99 | 881 |
| 6 | 688 | Ingeborg Helgetveit  | Sigdal FIK          | 9,20 | 824 |

**J-12****60 m, B Finale**

Vind: -0.3

Tyrving

|   |     |                     |                     |       |     |
|---|-----|---------------------|---------------------|-------|-----|
| 1 | 609 | Therese Cappelen    | IL i Bul            | 9,40  | 770 |
| 2 | 604 | Sharon Souradji     | IL i Bul            | 9,48  | 748 |
| 3 | 663 | Camilla Bjørnstad   | Minerva IS          | 9,60  | 716 |
| 4 | 721 | Maria Sæther Hansen | Strømmen IF         | 9,74  | 678 |
| 5 | 646 | Malin Pettersen     | IL Tyrving          | 9,83  | 654 |
| 6 | 495 | Elen Julie Rolfsen  | Asker Sk. Friidrett | 10,03 | 600 |

**J-12****Diskos****0,6kg**

Tyrving

|   |       |                 |                     |       |       |       |
|---|-------|-----------------|---------------------|-------|-------|-------|
| 1 | 646   | Malin Pettersen | IL Tyrving          | 21,22 | 886   |       |
|   | 21,22 | x               | 18,51               | x     | 17,66 | 20,64 |
| 2 | 505   | Heidi Ekle Lund | Asker Sk. Friidrett | 18,49 | 759   |       |
|   | 18,49 | 17,13           | 17,05               | x     | 17,62 | 14,98 |
| 3 | 636   | Ida Nesse       | IL Tyrving          | 14,72 | 533   |       |
|   | 11,70 | 11,72           | 14,72               | x     | 12,10 | x     |

**J-12****Høyde**

Tyrving

|   |      |                   |                     |      |      |      |      |      |      |
|---|------|-------------------|---------------------|------|------|------|------|------|------|
| 1 | 670  | Ragnhild Hafskjær | Minerva IS          | 1,35 | 944  |      |      |      |      |
|   | 1,10 | 1,15              | 1,20                | 1,25 | 1,30 | 1,35 | 1,40 |      |      |
|   | o    | o                 | o                   | o    | o    | o    | xxx  |      |      |
| 2 | 545  | Solveig Hermansen | Asker Sk. Friidrett | 1,30 | 904  |      |      |      |      |
|   | 0,95 | 1,00              | 1,05                | 1,10 | 1,15 | 1,20 | 1,25 | 1,30 | 1,35 |
|   | o    | o                 | o                   | o    | o    | o    | xo   | xo   | xxx  |



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**FØYKA**

|    |     |                          |      |                     |      |      |      |      |      |      |
|----|-----|--------------------------|------|---------------------|------|------|------|------|------|------|
| 3  | 665 | Ida Høgstad              |      | Minerva IS          |      |      |      |      | 1,30 | 904  |
|    |     | 1,15                     | 1,20 | 1,25                | 1,30 | 1,35 |      |      |      |      |
|    |     | xo                       | o    | o                   | xxx  | xxx  |      |      |      |      |
| 4  | 552 | Torunn Slettemark Hovden |      | Asker Sk. Friidrett |      |      |      |      | 1,25 | 864  |
|    |     | 0,90                     | 0,95 | 1,00                | 1,05 | 1,10 | 1,15 | 1,20 | 1,25 | 1,30 |
|    |     | o                        | o    | o                   | o    | o    | o    | xo   | o    | xxx  |
| 5  | 620 | Marianne Steinbakk       |      | IL Sandvin          |      |      |      |      | 1,20 | 824  |
|    |     | 0,95                     | 1,00 | 1,05                | 1,10 | 1,15 | 1,20 | 1,25 |      |      |
|    |     | o                        | o    | xo                  | o    | o    | o    | xxx  |      |      |
| 6  | 688 | Ingeborg Helgetveit      |      | Sigdal FIK          |      |      |      |      | 1,20 | 824  |
|    |     | 1,10                     | 1,15 | 1,20                | 1,25 |      |      |      |      |      |
|    |     | xo                       | o    | xo                  | xxx  |      |      |      |      |      |
| 7  | 636 | Ida Nesse                |      | IL Tyrving          |      |      |      |      | 1,15 | 784  |
|    |     | 1,00                     | 1,05 | 1,10                | 1,15 | 1,20 |      |      |      |      |
|    |     | o                        | o    | o                   | o    | xxx  |      |      |      |      |
| 8  | 495 | Elen Julie Rolfsen       |      | Asker Sk. Friidrett |      |      |      |      | 1,15 | 784  |
|    |     | 0,90                     | 0,95 | 1,00                | 1,05 | 1,10 | 1,15 | 1,20 |      |      |
|    |     | o                        | -    | o                   | o    | xo   | o    | xxx  |      |      |
| 9  | 505 | Heidi Ekle Lund          |      | Asker Sk. Friidrett |      |      |      |      | 1,15 | 784  |
|    |     | 0,90                     | 0,95 | 1,00                | 1,05 | 1,10 | 1,15 | 1,20 |      |      |
|    |     | o                        | xo   | xo                  | xo   | o    | o    | xxx  |      |      |
| 10 | 508 | Ida Fossli               |      | Asker Sk. Friidrett |      |      |      |      | 1,15 | 784  |
|    |     | 0,90                     | 0,95 | 1,00                | 1,05 | 1,10 | 1,15 | 1,20 |      |      |
|    |     | o                        | o    | o                   | o    | o    | xo   | xxx  |      |      |
| 10 | 539 | Pernille Ski Torp        |      | Asker Sk. Friidrett |      |      |      |      | 1,15 | 784  |
|    |     | 0,95                     | 1,00 | 1,05                | 1,10 | 1,15 | 1,20 |      |      |      |
|    |     | o                        | o    | o                   | o    | xo   | xxx  |      |      |      |
| 12 | 663 | Camilla Bjørnstad        |      | Minerva IS          |      |      |      |      | 1,15 | 784  |
|    |     | 1,00                     | 1,05 | 1,10                | 1,15 | 1,20 |      |      |      |      |
|    |     | o                        | o    | xo                  | xo   | xxx  |      |      |      |      |

**J-13****60 m****forsøk****Heat: 1**

Vind: +0.0

Tyrving

|   |     |                         |  |                     |  |  |  |  |       |     |
|---|-----|-------------------------|--|---------------------|--|--|--|--|-------|-----|
| 1 | 733 | Linn Bakke              |  | Ull/Kisa IL         |  |  |  |  | 8,62  | 940 |
| 2 | 576 | Tonje Høgli Andersen    |  | IF Sturla           |  |  |  |  | 9,19  | 786 |
| 3 | 720 | Malene Skjold Pettersen |  | Strømmen IF         |  |  |  |  | 9,34  | 746 |
| 4 | 710 | Pernille Kvernaas       |  | Ski IL              |  |  |  |  | 9,35  | 743 |
| 5 | 619 | Iselin Lund Melby       |  | IL Sandvin          |  |  |  |  | 10,27 | 495 |
| 6 | 742 | Kristin Skolem          |  | Asker Sk. Friidrett |  |  |  |  | 11,65 | 122 |

**Heat: 2**

Vind: +0.0

Tyrving

|   |     |                     |  |                     |  |  |  |  |      |     |
|---|-----|---------------------|--|---------------------|--|--|--|--|------|-----|
| 1 | 667 | Kine Aaltvedt       |  | Minerva IS          |  |  |  |  | 8,97 | 846 |
| 2 | 738 | Tonje Oliversen     |  | Ull/Kisa IL         |  |  |  |  | 9,08 | 816 |
| 3 | 491 | Cecilie Giske Holth |  | Asker Sk. Friidrett |  |  |  |  | 9,16 | 794 |
| 4 | 748 | Helene Hoven        |  | IF Hellas           |  |  |  |  | 9,18 | 789 |



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**FØYKA**

|                |     |                            |                         |       |         |
|----------------|-----|----------------------------|-------------------------|-------|---------|
| 5              | 492 | Charlotte Raa              | Asker Sk. Friidrett     | 9,43  | 721     |
| 6              | 525 | Margrethe Onarheim         | Asker Sk. Friidrett     | 9,71  | 646     |
| <b>Heat: 3</b> |     | Vind: -1.1                 |                         |       | Tyrving |
| 1              | 714 | Silje Skodvin              | Ski IL                  | 8,73  | 910     |
| 2              | 626 | Catharina Wahl             | IL Tyrving              | 8,80  | 892     |
| 3              | 572 | Nikoline Sørvik Skogmo     | IF Sturla               | 8,93  | 856     |
| 4              | 598 | Marit Elisabeth von Düring | IL i Bul                | 9,22  | 778     |
| 5              | 544 | Sanne S. Vereide           | Asker Sk. Friidrett     | 9,60  | 676     |
| 6              | 509 | Ida Klungland              | Asker Sk. Friidrett     | 9,74  | 638     |
| <b>Heat: 4</b> |     | Vind: -0.7                 |                         |       | Tyrving |
| 1              | 708 | Marte Wang Engen           | Ski IL                  | 9,18  | 789     |
| 2              | 724 | Vibeke Neraker Solem       | Strømmen IF             | 9,35  | 743     |
| 3              | 726 | Charlotte Oliversen        | Ull/Kisa IL             | 9,46  | 713     |
| 4              | 616 | Cristhine Endrerud         | IL Sandvin              | 10,10 | 541     |
| 5              | 629 | Elly Nesse                 | IL Tyrving              | 11,29 | 219     |
| <b>Heat: 5</b> |     | Vind: -1.0                 |                         |       | Tyrving |
| 1              | 654 | Therese Bache              | IL Tyrving              | 8,89  | 867     |
| 2              | 716 | Catrine Krogseth           | Strømmen IF             | 9,03  | 829     |
| 3              | 624 | Bente Hvistendahl          | IL Tyrving              | 9,36  | 740     |
| 4              | 728 | Christine Ørvik Nerhagen   | Ull/Kisa IL             | 9,45  | 716     |
| 5              | 621 | Marthine Endrerud          | IL Sandvin              | 9,90  | 595     |
| <b>Heat: 6</b> |     | Vind: -0.6                 |                         |       | Tyrving |
| 1              | 696 | Aurora Flem                | Ski IL                  | 9,01  | 835     |
| 2              | 684 | Felicia Færeveag           | Oppegård IL             | 9,19  | 786     |
| 3              | 613 | Malin Norén Eriksen        | IL Røyken og Spikkestad | 9,87  | 603     |
| 4              | 640 | Karoline Madsen            | IL Tyrving              | 10,06 | 551     |
| 5              | 739 | Carine Rodal Moe           | Ski IL                  | 10,19 | 516     |

**J-13****60 m, A Finale**

|   |     |                        |             |      |         |
|---|-----|------------------------|-------------|------|---------|
|   |     | Vind: +1.4             |             |      | Tyrving |
| 1 | 733 | Linn Bakke             | Ull/Kisa IL | 8,31 | 1024    |
| 2 | 626 | Catharina Wahl         | IL Tyrving  | 8,41 | 997     |
| 3 | 714 | Silje Skodvin          | Ski IL      | 8,52 | 967     |
| 4 | 572 | Nikoline Sørvik Skogmo | IF Sturla   | 8,73 | 910     |
| 5 | 654 | Therese Bache          | IL Tyrving  | 8,94 | 854     |



## FØYKA

|   |     |               |            |      |     |
|---|-----|---------------|------------|------|-----|
| 6 | 667 | Kine Aaltvedt | Minerva IS | 9,07 | 819 |
|---|-----|---------------|------------|------|-----|

## J-13

## 60 m, B Finale

Vind: -0.7

Tyrving

|   |     |                     |                     |      |     |
|---|-----|---------------------|---------------------|------|-----|
| 1 | 716 | Catrine Krogseth    | Strømmen IF         | 9,01 | 835 |
| 2 | 738 | Tonje Oliversen     | Ull/Kisa IL         | 9,14 | 800 |
| 3 | 696 | Aurora Flem         | Ski IL              | 9,24 | 773 |
| 4 | 491 | Cecilie Giske Holth | Asker Sk. Friidrett | 9,42 | 724 |
| 5 | 748 | Helene Hoven        | IF Hellas           | 9,49 | 705 |
| 6 | 708 | Marte Wang Engen    | Ski IL              | 9,54 | 692 |

## J-13

## 60 m, C Finale

Vind: -2.7

Tyrving

|   |     |                            |             |      |     |
|---|-----|----------------------------|-------------|------|-----|
| 1 | 598 | Marit Elisabeth von Düring | IL i Bul    | 9,20 | 784 |
| 2 | 684 | Felicia Færevaaag          | Oppegård IL | 9,34 | 746 |
| 3 | 576 | Tonje Høgli Andersen       | IF Sturla   | 9,35 | 743 |
| 4 | 724 | Vibeke Neraker Solem       | Strømmen IF | 9,53 | 694 |
| 5 | 720 | Malene Skjold Pettersen    | Strømmen IF | 9,54 | 692 |

## J-13

## Diskos

0,6kg

Tyrving

|   |       |                     |                         |       |       |       |
|---|-------|---------------------|-------------------------|-------|-------|-------|
| 1 | 611   | Kari Mette Hole     | IL Røyken og Spikkestad | 35,03 | 1060  |       |
|   | 31,36 | 35,03               | 32,02                   | x     | 34,82 | 34,28 |
| 2 | 614   | Nina Stokkerud      | IL Røyken og Spikkestad | 26,54 | 866   |       |
|   | x     | x                   | x                       | 26,54 | 23,27 | 25,33 |
| 3 | 613   | Malin Norén Eriksen | IL Røyken og Spikkestad | 23,82 | 755   |       |
|   | 23,82 | -                   | 20,47                   | x     | 22,62 | 21,19 |
| 4 | 654   | Therese Bache       | IL Tyrving              | 23,67 | 746   |       |
|   | x     | 15,75               | 23,19                   | 19,77 | 23,67 | 22,60 |
| 5 | 667   | Kine Aaltvedt       | Minerva IS              | 21,38 | 608   |       |
|   | 15,98 | x                   | x                       | 15,86 | 18,58 | 21,38 |
| 6 | 621   | Marthine Endrerud   | IL Sandvin              | 21,10 | 592   |       |
|   | 16,77 | 21,10               | x                       | 20,19 | x     | 14,60 |
| 7 | 616   | Cristhine Endrerud  | IL Sandvin              | 19,35 | 487   |       |
|   | 15,35 | 16,29               | 15,24                   | 17,64 | 19,14 | 19,35 |
| 8 | 509   | Ida Klungland       | Asker Sk. Friidrett     | 18,76 | 451   |       |
|   | 13,06 | 18,76               | 15,46                   | 13,17 | 16,51 | 15,86 |
| 9 | 491   | Cecilie Giske Holth | Asker Sk. Friidrett     | 18,16 | 415   |       |
|   | x     | 16,28               | 18,16                   | x     | 12,60 | 15,52 |





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## FØYKA

|    |       |                   |       |       |            |       |     |
|----|-------|-------------------|-------|-------|------------|-------|-----|
| 10 | 629   | Elly Nesse        |       |       | IL Tyrving | 15,84 | 276 |
|    | 15,84 | 11,98             | x     | x     | x          | 13,47 |     |
| 11 | 619   | Iselin Lund Melby |       |       | IL Sandvin | 15,18 | 236 |
|    | 15,02 | x                 | 11,64 | 14,10 | 13,82      | 15,18 |     |
| 12 | 640   | Karoline Madsen   |       |       | IL Tyrving | 14,33 | 185 |
|    | x     | 14,33             | 13,08 | x     | 13,56      | 12,92 |     |

## J-13

### Høyde

|    |      |                    |      |      |                     |      |      |      |      |      | Tyrving |
|----|------|--------------------|------|------|---------------------|------|------|------|------|------|---------|
| 1  | 748  | Helene Hoven       |      |      | IF Hellas           | 1,52 |      |      |      |      | 1016    |
|    | 1,12 | 1,17               | 1,22 | 1,27 | 1,32                | 1,37 | 1,42 | 1,47 | 1,52 | 1,57 |         |
|    | -    | -                  | -    | -    | o                   | o    | o    | o    | xo   | xxx  |         |
| 2  | 733  | Linn Bakke         |      |      | Ull/Kisa IL         | 1,52 |      |      |      |      | 1016    |
|    | 1,12 | 1,17               | 1,22 | 1,27 | 1,32                | 1,37 | 1,42 | 1,47 | 1,52 | 1,57 |         |
|    | -    | -                  | -    | -    | o                   | xo   | o    | o    | xxo  | xxx  |         |
| 3  | 667  | Kine Aaltvedt      |      |      | Minerva IS          | 1,32 |      |      |      |      | 856     |
|    | 1,12 | 1,17               | 1,22 | 1,27 | 1,32                | 1,37 |      |      |      |      |         |
|    | -    | o                  | o    | o    | o                   | xxx  |      |      |      |      |         |
| 4  | 654  | Therese Bache      |      |      | IL Tyrving          | 1,32 |      |      |      |      | 856     |
|    | 1,12 | 1,17               | 1,22 | 1,27 | 1,32                | 1,37 |      |      |      |      |         |
|    | -    | o                  | o    | o    | xo                  | xxx  |      |      |      |      |         |
| 5  | 640  | Karoline Madsen    |      |      | IL Tyrving          | 1,32 |      |      |      |      | 856     |
|    | 1,12 | 1,17               | 1,22 | 1,27 | 1,32                | 1,37 |      |      |      |      |         |
|    | o    | o                  | o    | xxo  | xxo                 | xxx  |      |      |      |      |         |
| 6  | 619  | Iselin Lund Melby  |      |      | IL Sandvin          | 1,27 |      |      |      |      | 816     |
|    | 1,12 | 1,17               | 1,22 | 1,27 | 1,32                |      |      |      |      |      |         |
|    | -    | o                  | o    | o    | xxx                 |      |      |      |      |      |         |
| 7  | 616  | Cristhine Endrerud |      |      | IL Sandvin          | 1,22 |      |      |      |      | 776     |
|    | 1,12 | 1,17               | 1,22 | 1,27 |                     |      |      |      |      |      |         |
|    | o    | xo                 | o    | xxx  |                     |      |      |      |      |      |         |
| 8  | 538  | Pernille Kloster   |      |      | Asker Sk. Friidrett | 1,17 |      |      |      |      | 736     |
|    | 1,12 | 1,17               | 1,22 |      |                     |      |      |      |      |      |         |
|    | o    | xxo                | xxx  |      |                     |      |      |      |      |      |         |
| 8  | 509  | Ida Klungland      |      |      | Asker Sk. Friidrett | 1,17 |      |      |      |      | 736     |
|    | 1,12 | 1,17               | 1,22 |      |                     |      |      |      |      |      |         |
|    | o    | xxo                | xxx  |      |                     |      |      |      |      |      |         |
| 10 | 621  | Marthine Endrerud  |      |      | IL Sandvin          | 1,12 |      |      |      |      | 696     |
|    | 1,12 | 1,17               |      |      |                     |      |      |      |      |      |         |
|    | o    | xxx                |      |      |                     |      |      |      |      |      |         |
| 10 | 629  | Elly Nesse         |      |      | IL Tyrving          | 1,12 |      |      |      |      | 696     |
|    | 1,12 | 1,17               |      |      |                     |      |      |      |      |      |         |
|    | o    | xxx                |      |      |                     |      |      |      |      |      |         |

## J-14

### 60 m

*forsøk*

#### Heat: 1

Vind: -0.3

Tyrving

|   |     |                     |  |  |            |      |     |
|---|-----|---------------------|--|--|------------|------|-----|
| 1 | 648 | Marte Hergot Festøy |  |  | IL Tyrving | 8,88 | 829 |
| 2 | 575 | Tine M. Andersen    |  |  | IF Sturla  | 8,94 | 813 |



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**FØYKA**

|   |     |                       |                     |      |     |
|---|-----|-----------------------|---------------------|------|-----|
| 3 | 549 | Tea Chanel Cummings   | Asker Sk. Friidrett | 8,98 | 802 |
| 4 | 655 | Tine Teigene Dalen    | IL Tyrving          | 9,05 | 784 |
| 5 | 664 | Charlotte Bråthen     | Minerva IS          | 9,08 | 775 |
| 6 | 641 | Kathrine Ihle Arnesen | IL Tyrving          | 9,51 | 659 |

**Heat: 2**

Vind: -1.1

Tyrving

|   |     |                                |                     |      |     |
|---|-----|--------------------------------|---------------------|------|-----|
| 1 | 521 | Line Kloster                   | Asker Sk. Friidrett | 8,62 | 900 |
| 2 | 649 | Marte Holter                   | IL Tyrving          | 8,75 | 865 |
| 3 | 717 | Charlotte Halle                | Strømmen IF         | 8,85 | 838 |
| 4 | 516 | Karoline Hillestad Koritzinsky | Asker Sk. Friidrett | 9,10 | 770 |
| 5 | 697 | Benedicte Holum                | Ski IL              | 9,21 | 740 |

**Heat: 3**

Vind: -1.0

Tyrving

|   |     |                             |                     |      |     |
|---|-----|-----------------------------|---------------------|------|-----|
| 1 | 650 | Mia Haave                   | IL Tyrving          | 8,64 | 894 |
| 2 | 653 | Stephanie Carr              | IL Tyrving          | 8,89 | 827 |
| 3 | 506 | Helene Hegna                | Asker Sk. Friidrett | 9,34 | 705 |
| 4 | 510 | Ida Knudsen                 | Asker Sk. Friidrett | 9,36 | 700 |
| 5 | 638 | Inger Johanne Weum Carlsson | IL Tyrving          | 9,43 | 681 |

**J-14****60 m, Finale**

Vind: +2.6

Tyrving

|   |     |                    |                     |      |     |
|---|-----|--------------------|---------------------|------|-----|
| 1 | 650 | Mia Haave          | IL Tyrving          | 8,30 | 986 |
| 2 | 521 | Line Kloster       | Asker Sk. Friidrett | 8,39 | 962 |
| 3 | 653 | Stephanie Carr     | IL Tyrving          | 8,53 | 924 |
| 4 | 649 | Marte Holter       | IL Tyrving          | 8,59 | 908 |
| 5 | 648 | Marte Hegot Festøy | IL Tyrving          | 8,65 | 892 |
| 6 | 717 | Charlotte Halle    | Strømmen IF         | 8,72 | 873 |

**J-14****Diskos****0,75kg**

Tyrving

|   |       |                     |                     |       |       |       |
|---|-------|---------------------|---------------------|-------|-------|-------|
| 1 | 653   | Stephanie Carr      | IL Tyrving          | 27,72 | 841   |       |
|   | x     | 26,94               | x                   | 26,19 | 21,58 | 27,72 |
| 2 | 521   | Line Kloster        | Asker Sk. Friidrett | 20,07 | 422   |       |
|   | x     | x                   | 20,07               | 17,80 | -     | -     |
| 3 | 648   | Marte Hergot Festøy | IL Tyrving          | 19,03 | 359   |       |
|   | x     | 17,46               | 19,03               | 18,32 | 16,20 | 15,24 |
| 4 | 655   | Tine Teigene Dalen  | IL Tyrving          | 16,92 | 233   |       |
|   | 16,92 | x                   | 11,30               | -     | -     | -     |



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**FØYKA**

|   |       |              |       |            |   |   |  |  |       |  |     |
|---|-------|--------------|-------|------------|---|---|--|--|-------|--|-----|
| 5 | 649   | Marte Holter |       | IL Tyrving |   |   |  |  | 15,42 |  | 143 |
|   | 13,30 | 15,38        | 15,42 | -          | - | - |  |  |       |  |     |

**J-14****Høyde**

|   |      |                             |      |                     |      |      |      |      |      |      | Tyrving |
|---|------|-----------------------------|------|---------------------|------|------|------|------|------|------|---------|
| 1 | 521  | Line Kloster                |      | Asker Sk. Friidrett |      |      |      |      | 1,60 |      | 1032    |
|   | 1,10 | 1,15                        | 1,20 | 1,25                | 1,30 | 1,35 | 1,40 | 1,45 | 1,50 | 1,55 |         |
|   | -    | -                           | -    | -                   | -    | -    | o    | xxo  | xo   | o    |         |
|   | 1,60 | 1,65                        |      |                     |      |      |      |      |      |      |         |
|   | o    | xxx                         |      |                     |      |      |      |      |      |      |         |
| 2 | 650  | Mia Haave                   |      | IL Tyrving          |      |      |      |      | 1,60 |      | 1032    |
|   | 1,10 | 1,15                        | 1,20 | 1,25                | 1,30 | 1,35 | 1,40 | 1,45 | 1,50 | 1,55 |         |
|   | -    | -                           | -    | -                   | -    | -    | -    | o    | o    | o    |         |
|   | 1,60 | 1,65                        |      |                     |      |      |      |      |      |      |         |
|   | xo   | xxx                         |      |                     |      |      |      |      |      |      |         |
| 3 | 655  | Tine Teigene Dalen          |      | IL Tyrving          |      |      |      |      | 1,35 |      | 832     |
|   | 1,10 | 1,15                        | 1,20 | 1,25                | 1,30 | 1,35 | 1,40 |      |      |      |         |
|   | -    | -                           | o    | o                   | o    | o    | xxx  |      |      |      |         |
| 4 | 649  | Marte Holter                |      | IL Tyrving          |      |      |      |      | 1,25 |      | 752     |
|   | 1,10 | 1,15                        | 1,20 | 1,25                | 1,30 |      |      |      |      |      |         |
|   | o    | o                           | o    | o                   | xxx  |      |      |      |      |      |         |
| 5 | 638  | Inger Johanne Weum Carlsson |      | IL Tyrving          |      |      |      |      | 1,25 |      | 752     |
|   | 1,10 | 1,15                        | 1,20 | 1,25                | 1,30 |      |      |      |      |      |         |
|   | o    | o                           | o    | xxo                 | xxx  |      |      |      |      |      |         |

**J-15****300 m hekk****76,2 35m**

|   |     |                    |  |                     |  |  |  |  |       |  | Tyrving |
|---|-----|--------------------|--|---------------------|--|--|--|--|-------|--|---------|
| 1 | 493 | Charlotte Aanonsen |  | Asker Sk. Friidrett |  |  |  |  | 50,26 |  |         |

**J-15****60 m****forsøk****Heat: 1**

Vind: -1.2

|   |     |                            |  |                     |  |  |  |  |      |  | Tyrving |
|---|-----|----------------------------|--|---------------------|--|--|--|--|------|--|---------|
| 1 | 671 | Tale Ørving                |  | Minerva IS          |  |  |  |  | 8,54 |  | 894     |
| 2 | 723 | Stine Eriksen              |  | Strømmen IF         |  |  |  |  | 8,77 |  | 832     |
| 3 | 533 | Mathilde Okkenhaug Pilskog |  | Asker Sk. Friidrett |  |  |  |  | 9,11 |  | 740     |
| 4 | 526 | Marianne Bjelke            |  | Asker Sk. Friidrett |  |  |  |  | 9,28 |  | 694     |

**Heat: 2**

Vind: -0.3

|   |     |                    |  |                     |  |  |  |  |      |  | Tyrving |
|---|-----|--------------------|--|---------------------|--|--|--|--|------|--|---------|
| 1 | 493 | Charlotte Aanonsen |  | Asker Sk. Friidrett |  |  |  |  | 8,49 |  | 908     |
| 2 | 718 | Henriette Slåttum  |  | Strømmen IF         |  |  |  |  | 8,83 |  | 816     |
| 3 | 580 | Anna Bjerkreim     |  | IL i Bul            |  |  |  |  | 8,86 |  | 808     |
| 4 | 591 | Kaia N. Kongsli    |  | IL i Bul            |  |  |  |  | 8,97 |  | 778     |

**J-15****60 m, Finale**



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**FØYKA**

|   |     |                    |  | Vind: +3.5          |      |  | Tyrving |
|---|-----|--------------------|--|---------------------|------|--|---------|
| 1 | 671 | Tale Ørving        |  | Minerva IS          | 8,27 |  | 967     |
| 2 | 493 | Charlotte Aanonsen |  | Asker Sk. Friidrett | 8,30 |  | 959     |
| 3 | 723 | Stine Eriksen      |  | Strømmen IF         | 8,48 |  | 910     |
| 4 | 580 | Anna Bjerkreim     |  | IL i Bul            | 8,71 |  | 848     |
| 5 | 591 | Kaia N. Kongsli    |  | IL i Bul            | 8,75 |  | 838     |
| 6 | 718 | Henriette Slåttum  |  | Strømmen IF         | 8,76 |  | 835     |

**J-15****Kule****3,0kg**

|   |       |                    |       |                     |       | Tyrving |
|---|-------|--------------------|-------|---------------------|-------|---------|
| 1 | 493   | Charlotte Aanonsen |       | Asker Sk. Friidrett | 12,61 | 1038    |
|   | x     | 12,61              | 11,86 | x                   | x     |         |
| 2 | 718   | Henriette Slåttum  |       | Strømmen IF         | 10,62 | 938     |
|   | 10,62 | 9,99               | x     | 10,00               | x     |         |

**J-15****Lengde**

|   |      |                            |      |                     |      | Tyrving |
|---|------|----------------------------|------|---------------------|------|---------|
| 1 | 671  | Tale Ørving                |      | Minerva IS          | 5,00 |         |
|   | +1,5 | +0,0                       | +0,0 | +0,0                | +0,6 |         |
|   | 5,00 | 4,79                       | 5,00 | 4,93                | x    | 4,75    |
| 2 | 718  | Henriette Slåttum          |      | Strømmen IF         | 4,73 |         |
|   | +0,7 |                            | -1,8 | -0,2                | +0,5 |         |
|   | 4,73 | x                          | x    | 3,59                | 3,64 | 4,56    |
| 3 | 493  | Charlotte Aanonsen         |      | Asker Sk. Friidrett | 4,67 |         |
|   | +0,0 |                            | +0,0 | +2,6                | -1,0 | +1,2    |
|   | 4,67 | x                          | 4,47 | 4,51                | 4,29 | 4,47    |
| 4 | 723  | Stine Eriksen              |      | Strømmen IF         | 4,64 |         |
|   | +0,0 |                            | +0,8 | -0,2                | +0,0 | +2,4    |
|   | 4,38 | x                          | 4,45 | 4,64                | 4,57 | 4,49    |
| 5 | 533  | Mathilde Okkenhaug Pilskog |      | Asker Sk. Friidrett | 3,85 |         |
|   | +1,1 | +0,0                       | +1,6 | +0,7                | +0,0 | +0,2    |
|   | 3,56 | 2,91                       | 3,53 | 3,45                | 3,66 | 3,85    |

**J-16****60 m**

|   |     |                  |  | Vind: +2.4  |      |  | Tyrving |
|---|-----|------------------|--|-------------|------|--|---------|
| 1 | 583 | Ezinne Okparaebo |  | IL i Bul    | 8,07 |  | 994     |
| 2 | 719 | Linn Gustafson   |  | Strømmen IF | 8,48 |  | 883     |
| 3 | 564 | Lindsay Aasen    |  | IF Hellas   | 8,84 |  | 786     |

**J-16****Kule****3,0kg**



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|   |      |                     |      |      |  |               |      |      |  |         |
|---|------|---------------------|------|------|--|---------------|------|------|--|---------|
|   |      |                     |      |      |  |               |      |      |  | Tyrving |
| 0 | 687  | Mari Lauritzen Næss |      |      |  | Ringerike FIK |      | 8,86 |  | 728     |
|   | 8,86 | 8,82                | 8,76 | x    |  | 8,66          | 8,71 |      |  |         |
| 0 | 583  | Ezinne Okparaebo    |      |      |  | IL i Bul      |      | 9,16 |  | 770     |
|   | 8,26 | x                   | 7,67 | 9,16 |  | 7,22          | 8,02 |      |  |         |

**J-16****Lengde**

|   |      |                     |       |      |  |           |      |      |  |         |
|---|------|---------------------|-------|------|--|-----------|------|------|--|---------|
|   |      |                     |       |      |  |           |      |      |  | Tyrving |
| 1 | 583  | Ezinne Okparaebo    |       |      |  | IL i Bul  |      | 4,48 |  |         |
|   | +1,0 | +0,5                | -0,16 |      |  | +0,1      | +1,4 |      |  |         |
|   | 4,44 | 4,18                | 4,41  | x    |  | 4,06      | 4,48 |      |  |         |
| 2 | 754  | Alexandra Backstrøm |       |      |  | IK Tjalve |      | 4,13 |  |         |
|   | +0,4 | 1,8                 | -0,8  | +0,0 |  | -1,7      | +1,1 |      |  |         |
|   | 3,78 | 4,08                | 3,95  | 4,11 |  | 3,92      | 4,13 |      |  |         |

**J-17****Lengde**

|   |      |                 |      |      |  |             |      |      |  |         |
|---|------|-----------------|------|------|--|-------------|------|------|--|---------|
|   |      |                 |      |      |  |             |      |      |  | Tyrving |
| 1 | 735  | Mari Solbrekken |      |      |  | Ull/Kisa IL |      | 4,57 |  |         |
|   | +1,5 | +0,0            | -2,4 | -0,4 |  | 0,0         | +0,1 |      |  |         |
|   | 4,38 | 4,57            | 3,02 | 4,16 |  | 4,29        | 4,31 |      |  |         |
| 2 | 731  | Hilde Gustavson |      |      |  | Ull/Kisa IL |      | 3,97 |  |         |
|   |      | +1,3            | -1,0 |      |  |             |      |      |  |         |
|   | x    | 3,87            | 3,97 | -    |  | x           | x    |      |  |         |

**J-18/19****300 m hekk****76,2 35m**

|   |     |                |  |  |  |            |  |       |  |         |
|---|-----|----------------|--|--|--|------------|--|-------|--|---------|
|   |     |                |  |  |  |            |  |       |  | Tyrving |
| 1 | 694 | Stine Desserud |  |  |  | Sigdal FIK |  | 48,80 |  |         |

**J-18/19****60 m**

Vind: +2.3

|   |     |                    |  |  |  |                     |  |      |  |         |
|---|-----|--------------------|--|--|--|---------------------|--|------|--|---------|
|   |     |                    |  |  |  |                     |  |      |  | Tyrving |
| 1 | 584 | Guro Fredheim Lian |  |  |  | IL i Bul            |  | 8,11 |  | 943     |
| 2 | 694 | Stine Desserud     |  |  |  | Sigdal FIK          |  | 8,28 |  | 897     |
| 3 | 695 | Tone Helgetveit    |  |  |  | Sigdal FIK          |  | 8,32 |  | 886     |
| 4 | 600 | Marthe Gunnerød    |  |  |  | IL i Bul            |  | 8,39 |  | 867     |
| 5 | 512 | Ingrid Tyridal     |  |  |  | Asker Sk. Friidrett |  | 9,31 |  | 619     |

**J-18/19****Kule****4,0 kg**

|   |     |                 |      |      |  |            |      |      |  |         |
|---|-----|-----------------|------|------|--|------------|------|------|--|---------|
|   |     |                 |      |      |  |            |      |      |  | Tyrving |
| 0 | 695 | Tone Helgetveit |      |      |  | Sigdal FIK |      | 9,26 |  |         |
|   | x   | 8,73            | 9,26 | 8,99 |  | x          | 7,96 |      |  |         |

**J-18/19****Lengde**





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**FØYKA**

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|   |     |                    |       |   |          |       |       |
|---|-----|--------------------|-------|---|----------|-------|-------|
| 2 | 582 | Christian Eriksrud |       |   | IL i Bul |       | 11,81 |
|   |     |                    | -1,2  |   | +1,7     | +0,0  |       |
|   | -   | x                  | 11,35 | - | 11,81    | 11,39 |       |

**MS****60 m**

Vind: +2.2

|   |     |                |  |  |                     |  |      |  |         |
|---|-----|----------------|--|--|---------------------|--|------|--|---------|
|   |     |                |  |  |                     |  |      |  | Tyrving |
| 1 | 499 | Espen Jahren   |  |  | Asker Sk. Friidrett |  | 7,93 |  |         |
| 2 | 482 | Anders Slemdal |  |  | Asker Sk. Friidrett |  | 8,03 |  |         |

**MS****Diskos****2,0kg**

|   |       |                 |       |       |                         |       |       |  |         |
|---|-------|-----------------|-------|-------|-------------------------|-------|-------|--|---------|
|   |       |                 |       |       |                         |       |       |  | Tyrving |
| 1 | 755   | Bjørn Terje Pay |       |       | IL Røyken og Spikkestad |       | 43,86 |  |         |
|   | 40,56 | x               | 43,04 | 40,86 | x                       | 43,86 |       |  |         |
| 2 | 499   | Espen Jahren    |       |       | Asker Sk. Friidrett     |       | 38,20 |  |         |
|   | 36,16 | 37,11           | 38,20 | x     | x                       | 34,91 |       |  |         |

**MS****Kule****7,26kg**

|   |      |            |       |       |        |   |       |  |         |
|---|------|------------|-------|-------|--------|---|-------|--|---------|
|   |      |            |       |       |        |   |       |  | Tyrving |
| 0 | 698  | Bjørn Flem |       |       | Ski IL |   | 10,57 |  |         |
|   | 9,86 | 10,53      | 10,43 | 10,57 | 9,82   | x |       |  |         |

**MS****Tresteg**

|   |       |              |   |   |                     |   |       |  |         |
|---|-------|--------------|---|---|---------------------|---|-------|--|---------|
|   |       |              |   |   |                     |   |       |  | Tyrving |
| 1 | 513   | Jan Berntzen |   |   | Asker Sk. Friidrett |   | 12,09 |  |         |
|   | +0,3  | +1,3         |   |   |                     |   |       |  |         |
|   | 11,96 | 12,09        | x | - | x                   | - |       |  |         |