

# INDEX

## Antall deltakende klubber i mesterskapene 2022

### Antall deltakende utøvere 2022

	Menn	Kvinner	Totalt
Totalt	1006	698	1704
Seniormesterskap	585	360	945
Juniormesterskap	291	249	540
Ungdomsmesterskap	467	409	876

### Antall starter i mesterskapene 2022

	Menn	Kvinner	Totalt
Totalt	3366	2871	6237
Seniormesterskap	1066	819	1885
Juniormesterskap	618	621	1239
Ungdomsmesterskap	1682	1431	3113

Slik leses indeksen:

Navn  
**Borge, Vebjørn (14.2.1994)**

År  
**2013**

Fødselsdato  
 14.2.1994

Plassering\*  
 \* Se nedenfor

Resultat  
**1000mR 5 1:56.10, 400m inne 3h2 51.84, 4x200mR inne DQ, 4x100mR DNF, 4x400mR 4 3:19.64, 400m U20 5 51.36, 800m U20 3h3 2:05.20, 1000mR U20 3 1:51.24, 4x100mR U20 0 DNFh1, 400mR U20 1 3:21.95, 400m G1 19 8 51.27, 800m G18/19**

Øvelse  
 Sort skrift: Seniormesterskap  
 Blå skrift: Juniormesterskap  
 Rød skrift: Ungdomsmesterskap

Klasse  
 Blank: Senior-NM  
 Øvre klasser benevnt

Inne  
Innendørskonkurransen  
 Utendørs er blank

**Plassering:**  
 Enkelttiffer: Finaleplassering  
 3h2: Nr. 3 i heat 2  
 4s3: Nr. 4 i semifinale 3  
 DNF: Brutt  
 DNFh2: Brutt løp i heat 2  
 DNS: Startet ikke  
 DQ: Diskvalifisert  
 Rxxx.xx: Diskvalifisert etter denne regel  
 NM: Ikke gyldig resultat  
 q eller k: kvalifiseringskonkurransen

Antall utøvere pr årsklasse i UM											
Gutter	15 år	16 år	17 år	18 år	19 år	Jenter	15 år	16 år	17 år	18 år	19 år
2022	106	110	89	126	←	2022	101	103	80	102	←

## Senior

**Mesterskap ikke arrangert**

NM kappgang

NM kappgang langdistanse

**Menn****A****Abdulaziz, Ebrahim** (17.11.1978)

2022 Maraton 1 2:20:47

**Abusdal, Jacob Bergmann** (15.6.2007)

2022 200 inne G15 4h3 25.56, 60 hekk inne G15 6 9.70, Høyde inne G15 =5 1.50, Tresteg inne G15 4 11.33

**Adrianjafintrimo, Riva** (???.???.???)

2022 Halvmaraton 90 1:43:17

**Agbo, Schaanning Edem** (3.12.1999)

2022 100 5 10.71, 2s2 10.88, 1h5 10.83, 1000 stafett 5 1:56.04, 4x100 DNF

**Akerlie, Tore** (19.2.1999)

2022 5000 10 (10h2) 14:43.16, 10000 13 (1h1) 31:14.31, 3km terreng 11 9:18, 1x6km terreng 2 17:11, 10km terreng 20 32:41

**Akse, Andreas Ytredal** (23.1.2001)

2022 Halvmaraton U23 5 1:15:01

**Allers-Hansen, Tobias** (6.1.2003)

2022 800 U20 4h1 1:57.58, 800 G18/19 20 (9h1) 2:08.60, 3000 G18/19 7 8:37.62, 2000 hinder G18/19 6:21.58

**Almås, Niklas** (26.12.2005)

2022 2km terreng G17 DNS

**Alvestad, Henrik** (3.4.1994)

2022 Motbakke 33 56:09

**Almli-Solheim, Ludvik Elenus** (30.4.2006)

2022 5000 U20 25 (10h1) 16:13.88, 3000 G16 15 9:24.80, 4km terreng G16 6 12:47

**Alvik, Eirik** (8.8.2006)

2022 3000 G16 11 9:11.05, 1500 hinder G16 6 4:40.61, 800 inne G16 8 (2h1) 2:07.75, 1500 inne G16 7 4:24.62

**Amundsen, Sondre Faugstad** (25.9.1998)

2022 100 DNS, 3s3 10.89, 1h6 10.74

**Anderl, Timmi Brandvik** (9.1.1999)

2022 800 8h2 1:59.36, 800 inne 5 1:57.99

**Andersen, Christian** (8.4.1978)

2022 Maraton 54 3:48:03

**Andersen, Hakim Mahbouli** (16.1.2006)

2022 60 inne G16 8s2 7.68, 5h1 7.64, 200 inne G16 4h1 25.38, Lengde inne G16 10 5.44

**Andersen, Mathias Øyvind** (???.???.???)

2022 1x6km terreng 20 19:47

**Andersen, Sindre Fidje** (1.9.2003)

2022 100 U20 7h2 11.55, 200 U20 6h1 23.57, 100 G18/19 6s2 11.49, 4h2 11.52, 200 G18/19 5h4 23.76

**Andreassen-Holm, Iver J.** (3.3.2007)

2022 800 inne G15 3 (3h2) 2:07.32

**Antonsen, Magnus Nergård** (2.2.2006)

2022 7-kamp inne G16 2 3.357, 10-kamp G16 4 4.451

**Apold, Lars-Olav Måkestad** (5.6.1992)

2022 10km terreng 22 32:56

**Armond, Sander Feness** (8.11.2005)

2022 100 G17 5h2 11.91, 200 G17 5h1 23.93, 400 G17 4 53.05, 60 inne G17 5h1 7.62, 200 inne G17 3h1 24.47

**Arntzen, Runa** (10.2.2007)

2022 4x100 G16 5 56.51, 4x600 J16 3 7:56.07

**Arstad, Lukas Stilson** (22.11.2007)

2022 100 G15 7h1 13.07

**Arud, Lars Andreas** (3.3.1995)

2022 Maraton 19 2:47:37

**Arumairasa, Brage Viljar** (18.1.2005)

2022 Diskos U20 6 48.92, Kule G17 1 15.35, Diskos G17 1 53.13, Spydd G17 4 50.24

**Arumairasa, Jarl Amund** (17.3.2007)

2022 Kule G15 2 12.18, Diskos G15 4 36.95, Slegge G15 6 35.02, Kule inne G15 2 12.60

**Arvola, Birk Alexander** (1.4.2005)

2022 200 U20 7h6 23.89, 100 G17 6h1 11.87, 200 G17 4h3 23.81, 200 inne G17 5 24.47, 1h2 23.60, 400 inne G17 4 54.08

**Askeland, Jonathan** (18.7.2003)

2022 100 U20 6h4 11.61, 200 U20 6h3 23.79

**Askeland, Jonathan** (18.7.2003)

2022 100 G18/19 4h4 11.60, 200 G18/19 5h1 23.64

**Askeland, Tor Johan Nedreberg** (30.8.1993)

2022 Motbakke 13 51.32

**Askim, Aron Mathisen** (1.12.2007)

2022 800 G15 18 (9h2) 2:12.67, 2000 G15 DNS, 800 inne G15 7 (7h2) 2:10.44, 1500 inne G15 6 4:27.42

**Augustson, Tage Morken** (17.11.1989)

2022 Maraton 3 2:29:30

**Aunevik, Erlend** (12.11.1988)

2022 Halvmaraton 84 1:38:22

**Aurstad, Bastian Elnan** (18.1.2005)

2022 400 h1 DNS, 400h 1 51.66, 400 U20 DNS, 1h2 49.45, 400 hekk U20 1 53.29, 1000 stafett U23 4 (4h2) 1:56.08, 400 G17 DNS, 800 G17 h2 DNS, 400 inne G17 1 48.23

**Austrheim, Reidar** (29.3.2001)

2022 Halvmaraton U23 1 1:11:22

**Austrheim, Stian Andre Lie** (30.7.2004)

2022 Høyde G18/19 DNS, Tresteg G18/19 6 12.74

**B****Bakke, Øystein** (18.8.1972)

2022 Halvmaraton 85 1:38:25

**Bakken, Mikkel** (29.9.2005)

2022 4km terreng G17 3 12:29

**Bakketun, Andreas Haara** (21.2.2001)

2022 400 2 47.21, 2h1 48.53, 1000 stafett 2 1:52.54, 200 inne 2 21.55, 1h4 21.62, 4x200 inne 1 1:36.91, 200 U23 8 22.80, 1h2 22.18, 1000 stafett U23 6 (5h2) 1:56.57, 60 inne G20-22 2 6.87, 1h2 6.96, 200 inne G20-22 1 21.21, 1h1 21.80, 400 inne G20-22 3 (3h2) 50.58

**Balto, Jan-Helge** (23.7.1953)

2022 Maraton 48 3:33:12

**Baranyi-Berge, Herman Sander** (6.3.2003)

2022 400 4h2 49.35, 400 U20 4 49.13, 3h1 49.34

**Bastesen, Julian René** (23.7.2004)

2022 110 hekk U20 DNF

**Becklund, Eric Christopher** (17.5.2005)

2022 Spydd G17 1 59.01

**Beeder, Daniel Alemayehu** (8.10.1991)

2022 10000 h1 DNF

**Benco, Ludvik Rød** (6.11.1996)

2022 Terrenghultra 4 7:53:46

**Benert, Ben Jeffrey** (1.2.2001)

2022 60 inne G20-22 7 7.54, 200 inne G20-22 3h3 23.57

**Berg, Aleksander** (23.5.2006)

2022 60 inne G16 4h2 7.82, 200 inne G16 4h4 25.31, 60 hekk inne G16 4 8.98, 3h2 9.19

**Berg, Ervin Kavara** (13.4.2006)

2022 100 U20 7h5 11.75, 200 U20 6h6 23.59, 100 G16 4h2 11.99, 200 G16 4h3 24.02, 60 inne G16 5s2 7.55, 3h1 7.54, 200 inne G16 3h3 24.01

**Berg, Håkon Moe** (26.6.2006)

2022 1500 9 3:50.28, 5h2 3:50.72, 1500 U20 4 3:47.72, 800 G16 1 (1h2) 1:53.25, 3000 G16 1 8:27.18

**Berg, Roar** (14.12.1971)

2022 1x6km terreng 23 22:41

**Berg, Simen Nordheim** (26.3.2003)

2022 60 inne 6s2 7.07, 2h1 7.07, 200 inne 1h3 22.29, 100 U20 3 10.97, 2s2 10.90, 1h6 10.98, 200 U20 DNS, 3s1 22.27, 2h1 22.60, 60 inne G18/19 1 7.06, 1s1 7.06, 1h3 7.05, 200 inne G18/19 2 22.15, 1h2 22.26

**Berge, Magne** (28.5.1972)

2022 Motbakke 42 67:54

**Bergheim, Bernt** (17.2.1972)

2022 Halvmaraton 48 1:25:05

**Bergheim, Elias August** (12.10.2003)

2022 400 inne G18/19 h2 DNF

**Bergheim, Luka** (19.2.2004)

2022 60 inne G18/19 7s2 7.58, 4h2 7.58, 200 inne G18/19 3h2 24.11

**Bergmann, Hallvard Yksnøy** (5.6.1983)

2022 Halvmaraton 36 1:21:56

**Bergmann, Webjørn Yksnøy** (11.10.1989)

2022 Halvmaraton 76 1:35:18

**Bergstrøm-Bendixen, Dennis** (6.6.2006)

2022 800 G16 19 (8h1) 2:11.93, 3000 G16 16 9:32.12, 800 inne G16 7 (1h1) 2:07.38, 1500 inne G16 5 4:19.97, 2km terreng G16 5 6:40

**Berli, Kjell Magnar** (10.11.1988)

2022 Halvmaraton 18 1:18:39

**Bernage, Gabriel (FRA)** (11.3.1999)

2022 800 inne 2 1:53.66

**Berntsen, Sesbastian** (7.2.2005)

2022 200 4s2 22.12, 5h2 22.51, Lengde 6 7.09, 60 inne 7s1 7.17, 2h4 7.14, Lengde inne 5 6.77, 100 G17 1 10.86, 1h1 10.98, 200 G17 1 21.97, 1h1 22.76, Lengde G17 1 6.74, 60 inne G17 2 7.02, 1s1 7.04, Lengde inne G17 1 6.84

**Berntzen, Kristian Eilefstjønn** (29.3.2006)

2022 800 G16 9 (1h1) 2:00.72, 3000 G16 7 9:05.41, 800 inne G16 10 (7h2) 2:09.03, 1500 inne G16 4:18.32

**Bernås, Thomas Bach** (6.8.1983)

2022 Maraton 32 3:08:30

**Berre, Nikolai See** (2.7.2007)

2022 200 G15 5h3 25.84, Høyde G15 6 1.70, Lengde G15 9 5.39

**Beyer, Vilmer Fossum** (26.7.2005)

2022 100 G17 4h2 11.90, 200 G17 6h3 24.06, 400 G17 5 54.21, 60 inne G17 6h3 7.66, 200 inne G17 2h2 24.70, 4x200 inne G18-22 4 1:38.65

**Bierman, Thomas Viksaas** (28.11.2007)

2022 1000 stafett U20 DNS, 100 G15 8 12.05, 4s2 11.90, 2h1 11.97, Lengde G15 3 6.06, 4x100 G16 DNF

**Bifuko, Patrick Monga** (12.1.1996)

2022 100 4s1 10.94, 2h1 10.96, 200 8s1 22.81, 4h4 22.40, 1000 stafett DNF

**Bitocchi, Peter Olav Pilskog** (30.6.2006)

2022 100 U20 5s2 11.07, 3h6 11.13, 200 U20 4s2 22.56, 2h4 22.57, 100 G16 2 11.33, 1h2 11.46, 200 G16 3 22.63, 2h3 23.28, 60 inne G16 5 7.33, 3s2 7.38, 2h1 7.43, 200 inne G16 3 23.17, 1h4 22.87

**Bjellaas, Torje** (21.6.1970)

2022 Halvmaraton 55 1:28:14

**Bjerk, Jesper Sandvik** (27.3.2005)

2022 Tresteg U20 5 13.09, 100 J17 8 11.69, 3h3 11.65, 200 G17 3h3 23.54, Tresteg G17 4 12.88, Tresteg inne G17 3 12.43

**Bjerva, Gunnar** (31.1.2007)

2022 4x100 G16 DQ, 4x600 G16 3 7:55.19

**Bjorvatn, Kenneth** (23.5.1997)

2022 Høyde uten tilløp 2 1.55, Lengde uten tilløp 1 3.48

**Bjørnbæk, Torkel Andreassen** (26.9.1999)

2022 Diskos 10 43.39

**Bjørge, Hallvar** (21.1.1989)

2022 Halvmaraton 86 1:39:21

**Bjørge, Lars-Erik Notevarp** (9.9.1989)

2022 10km terreng 28 36:07

**Bjørhovde, Aksel** (30.11.1999)

2022 Maraton 9 2:34:17

**Bjørhusdal, Mario Alexander Nilsskog** (13.12.2007)

2022 800 G15 8 (2h1) 2:04.98, 2000 G15 14 6:02.05, 2km terreng G15 DNS

**Bjørkhaug, Aksel** (14.10.2005)

2022 5000 U20 h1 DQ:R143.11

**Bjørndal, Anders** (8.7.1995)

2022 800 6 1:52.66, 2h1 1:56.93, 1500 8h2 3:53.23

**Bjørndal, Peter** (18.4.2007)

2022 100 G15 5h4 12.51, 200 G15 h2 DNF, 100 hekk G15 5 14.81, 4h2 15.22

**Bjørnerud, Atle** (28.2.1962)

2022 Terrenghultra 20 11:20:19

**Bjørnstad, Per Inge** (3.4.1971)

2022 Halvmaraton 41 1:22:49

**Bjørnstad, Benjamin** (14.5.2003)

2022 800 U20 4h2 1:58.16, 800 G18/19 14 (11h2) 2:01.40

**Bjørsvik, Arvid Johannes** (14.6.1943)

2022 Halvmaraton 101 2:09:24

**Blikra, Torstein Balstad** (18.1.1999)

2022 Halvmaraton 28 1:20:49

**Blix, Bendix** (5.11.2002)

2022 5000 13 (1h1) 14:56.81, 5000 U23 8 15:40.04

**Blom, Lasse** (24.11.1983)

2022 10000 19 (5h1) 32:19.37

**Bloom, Sean Karl (SWE)** (13.2.2004)

2022 4x400 U20 3 3:33.27, 400 G18/19 h2 DNS, 1000 stafett G17/19 6 2:04.59

**Bollerød, Moa Abounnachat** (2.11.2001)

2022 1500 7 3:44.79, 5h1 3:52.54, 800 U23 DNS, 1500 U23 DNS

**Bonesmo, Snorre Sliper** (9.5.2001)

2022 800 7h2 1:57.34, 800 inne G20-22 2 2:02.20

**Bongom, Bjørn Harald** (6.1.1967)

2022 Motbakke 30 53:59

**Borkholm, Knut** (7.6.2002)

2022 3km terreng 25 9:55, 5000 U23 DNF

**Botez, Albin Muhumuza Lydersen** (30.8.2004)

2022 100 G18/19 8s2 13.28, 3h4 11.41, 400 G18/19 h2 DNS, 60 inne G18/19 5s1 7.37, 3h1 7.29, Kule inne G18/19 9 9.19

**Bottenvik, Vebjørn Kaldahl** (13.1.1995)

2022 Spyd 8 59.23

**Boutera, Jacob** (29.4.1996)  
**2022** 3km terreng 1 8:52, 10km terreng 2 29:23

**Brandal, Arne Egge** (???.???.???)  
**2022** Maraton 52 3:42:51

**Brandal, Olav Egge** (6.5.1993)  
**2022** Maraton 29 3:00:40

**Brandsegg, Kristian Bjarnøe** (2.4.1979)  
**2022** 1x6km terreng 22 22:33

**Bratseth-Kiplesund, Ingar** (17.11.1996)  
**2022** Lengde 2 7.74, Lengde inne 2 7.59

**Brattaule, Thomas** (15.3.2004)  
**2022** Spyd U20 2 55.21

**Bratteli, John** (30.12.1976)  
**2022** Terrenkultra 16 10:24:58

**Bredahl, Eivind** (21.7.2005)  
**2022** Diskos G17 7 24.17, Slegge G17 4 36.66

**Bredesen, Christian** (15.8.2005)  
**2022** 800 U20 7h1 1:59.69, 5000 U20 h1 DNF, 400 G17 7 55.96, 800 G17 13 (9h2) 2:12.03, 2000 hinder G17 3 6:28.50, 400 inne G17 6 57.15, 800 inne G17 7 (2h1) 2:04.94, 2km terreng G17 6 6:47, 4km terreng G17 8 13:18

**Brennhovd, Herbjørn** (10.3.1948)  
**2022** Maraton 49 3:35:17

**Brkineh, Frew Zenebe (ETH)** (17.10.1984)  
**2022** Halvmaraton 1 1:06:35

**Brudevoll, Arvid** (25.9.1963)  
**2022** Motbakke 32 56:07

**Brune, Bjørn Arve** (13.9.1964)  
**2022** Halvmaraton 64 1:32:13

**Brunstad, Sverre Gunnar** (13.12.1967)  
**2022** Halvmaraton 20 1:19:47

**Brustad, Martin Aarbogh** (15.1.2004)  
**2022** 60 inne G18/19 6h4 7.65, 200 inne G18/19 4h2 24.84, 4x200 inne G18-22 DNS

**Bråten, Didrik** (28.7.2006)  
**2022** Spyd G16 6 38.24, Lengde inne G16 14 5.16

**Bue, Robert** (20.12.1989)  
**2022** Maraton 16 2:43:01

**Buras, Ibrahim** (21.8.2001)  
**2022** 10km terreng 8 30:42, 5000 U23 1 14:05.36

**Buraas, Sinde** (8.5.1989)  
**2022** Motbakke 6 44:42

**Bø, Johannes Sandvik** (23.1.2006)  
**2022** 800 U20 4h3 1:57.68, 1500 U20 12 4:05.01, 800 G16 6 (6h2) 1:59.95, 1500 hinder G16 4 4:19.87

**Bøe, Filip** (30.8.2000)  
**2022** 200 inne 6 22.18, 1h5 21.91, 4x200 inne 1 1:36.91, 200 U23 4 22.29, 3h1 22.09, 1000 stafett U23 6 (5h2) 1:56.57, 60 inne G20-22 6 7.05, 3h1 7.03

**Børresen, Håkon Aleksander** (25.11.1980)  
**2022** Maraton 59 4:23:23

**Børset, Sebastian** (28.12.2007)  
**2022** 2000 G15 24 6:36.22, 1500 inne G15 9 4:44.73, 2km terreng G15 4 7:13, 4km terreng G15 6 14:35

**Børve, Kristian Bråthen** (8.12.2006)  
**2022** 1500 14h1 3:59.20, 1500 U20 6 3:53.07, 5000 U20 6 (6h2) 14:34.34, 800 G16 4 (4h2) 1:57.88, 3000 G16 2 8:27.52, 800 inne G16 2 (2h2) 2:01.17, 1500 inne G16 1 4:05.42, 2km terreng G16 6:04, 4km terreng G16 1 11:57

C

**Campbell, Luke King (AUS)** (18.2.1980)

**2022** 1x6km terreng 19 19:41

**Carlsen-Brown, Benjamin** (2.1.2006)  
**2022** 4x100 U20 3 43.59, 4x100 G16 DNF

**Christiansen, Vetle** (25.9.1995)  
**2022** Terrenkultra 7 8:42:59

**Clausen, Casper Lye** (19.7.2005)  
**2022** 110 hekk G17 5 16.32, 300 hekk G17 6 44.30, Lengde G17 9 5.12

**Clements, Sigurd** (9.2.2003)  
**2022** 200 h1 DNF, 400h 7 56.42, 1000 stafett DNF, 200 inne 3h3 22.66, 400 inne 3h2 51.09, 400 U20 h1 DNF, 400 hekk U20 2 56.42, 1000 stafett U20 1 1:59.55, 4x100 U20 4 47.01, 4x400 U20 1 3:26.09, 400 G18/19 4 (4h3) 51.04, 400 hekk G18/19 1 55.77, 1000 stafett G17/19 2 1:59.49, 200 inne G18/19 DNS, 1h3 22.40, 400 inne G18/19 5 (1h2) 50.32

**Christensen, Børge Larsson** (19.10.1992)  
**2022** 10km terreng 21 32:47

D

**Dahir, Abdirahim Abdullahi** (26.2.1994)  
**2022** 4x400 1 3:36.46

**Dahl, Arne Olav Brøndbo** (20.7.2004)  
**2022** Diskos U20 7 38.09, Slegge U20 6 47.39, Diskos G18/19 4 39.15, Slegge G18/19 5 50.86, Kule inne G18/19 NM

**Dahl, Even Brøndbo** (29.3.1994)  
**2022** 1500 1 3:40.04, 3h2 3:50.53, 3km terreng 6 9:08, 10km terreng 6 30:21

**Dalbu, Sander** (28.9.2002)  
**2022** 60 inne 7h3 7.40, 200 inne 3h1 23.35, 200 U23 5h1 22.81, 1000 stafett U23 4 (4h2) 1:56.08, 200 inne G20-22 h3 DNS

**Dale, Mathias Andreas Reksten** (24.1.2003)  
**2022** Kule 4 15.89, Kule inne 2 15.28, Kule U20 2 16.90, Kule G18/19 1 17.06

**Dalhaug, Morten** (11.11.1992)  
**2022** Maraton 27 2:58:30

**Dalland, Johannes** (8.1.2003)  
**2022** 1x6km terreng 12 18:01, 4x1500 U20 1 16:49.90, 2km terreng U20 4 6:11

**Daviknes-Andreassen, Mats** (15.3.2006)  
**2022** 3000 G16 5 8:56.70, 4km terreng G16 4 12:42

**Debesay, Daniel Fikreyesus** (29.1.2006)  
**2022** 100 U20 5h4 11.43, 200 U20 6h5 23.81, 100 G16 3 11.39, 1h1 11.39, Lengde G16 4 6.05, 60 inne G16 4 7.32, 2s1 7.34, 2h3 7.40, 200 inne G16 2h5 23.45, Lengde inne G16 4 5.87, 4x200 inne G15-17 3 1:37.29

**Dixon, Andreas Joseph** (3.4.2001)  
**2022** 110h 4 16.06, 400h 4 53.65, 110 hekk U23 4 16.40, 400 hekk U23 1 54.47

**Dobson, Neo** (12.6.2007)  
**2022** 100 U20 8 11.15, 2s1 10.97, 2h6 11.01, 100 G15 1 11.17, 1s2 11.40, 1h1 11.70

**Drabløs, Kristian Brede** (29.1.2005)  
**2022** 200 inne 3h2 22.68, 4x100 U20 4 47.01, 4x400 U20 1 3:26.09, 60 inne G17 5 7.28, 3s2 7.29, 2h2 7.33, 200 inne G17 h2 DNF

**Drager, Thai** (16.7.2005)  
**2022** 100 G17 7h2 12.31, Lengde G17 8 5.47, Tresteg G17 6 11.99, 1000 stafett G17/19 6 2:04.59, 60 inne G17 5h4 7.70, Lengde inne G17 7 5.75, Tresteg inne G17 4 12.23, 4x200 inne G15-17 4 1:37.95

**Duncan, Henrik** (7.4.2003)  
 100 U20 8s1 11.49, 4h4 11.38, 200 U20 6s2 22.88, 3h6 22.87**2022** 100 8h3 11.44, 100 G18/19 7s1 11.58, 3h1 11.48,

200 G18/19 s1 DNS, 60 inne G18/19 7 7.30, 2s2 7.24, 2h1 7.28, 200 inne G18/19 1h7 22.77

**Duncan, Jon (GBR)** (6.10.1975)

2022 Motbakke 7 45.01

**Duodu, Roderick Appiadjei** (30.3.2002)

2022 800 6h1 1:57.96, 1500 11h2 3:56.08, 1x6km terreng 7 17:39, 800 U23 DNS, 1500 U23 DNS

**Dvergedal, Kennet** (29.3.1995)

2022 Halvmaraton 87 1:40:18

**Dybvik, Jens** (23.9.1987)

2022 Motbakke 11 47:46

**Dyrhovden, Joel** (12.5.1989)

2022 Motbakke 5 42:58

**Døske, Andreas Pedersen** (26.5.2003)

2022 5000 gang 2 24:15.69, 5000 gang inne 2 23:44.65, 3000 gang U20 1 14:54.66, 2000 gang G18/19 1 8:40.73

E

**Edman, Ferdinand Kvan** (12.2.1993)

2022 1500 2 3:40.30, 2h1 3:51.91

**Eftedal, Kristoffer Fjære** (11.7.1996)

2022 Terrengultra 3 7:35:47

**Eide, Helge** (15.12.1964)

2022 Maraton 40 2:23:07

**Eide, Trond Ørjan** (18.1.1990)

2022 3km terreng 10 9:18, 1x6km terreng 5 17:23

**Eide, Vidar** (14.6.1964)

2022 Halvmaraton 78 1:35:34

**Eidsten, Sigmund Vullumrød** (25.11.1990)

2022 Maraton 25 2:58:12

**Eikeland, Frode** (16.10.1956)

2022 Halvmaraton 99 2:04:42

**Eiken, Brede Bjerke** (26.12.1999)

2022 Maraton 35 3:12:26

**Eiksund, Johannes** (23.2.2003)

2022 100 U20 5h5 11.44, 200 U20 h5 DQ:R162.8, 100 G18/19 5s2 11.34, 3h3 11.41, 200 G18/19 5h3 23.61

**Eiksund, Ole Arne** (30.3.1967)

2022 Maraton 47 3:31:47

**Eilertsen, Sondre Færaas** (26.2.2007)

2022 100 G15 6h2 12.46, 200 G15 7s1 25.33, 4h3 24.89

**Eilifsen, Morten** (6.1.1984)

2022 Terrengultra DNF

**Ekenes, Eskil** (18.1.2207)

2022 300 hekk G15 4 (3h2) 42.50

**Ekerhovd, Asbjørn Norvald** (6.1.1967)

2022 Halvmaraton 62 1:31:28

**Ekra, Vetle Grønvik** (18.7.2003)

2022 1x6km terreng 18 19:26

**Eldrup, Erland Åkra** (5.11.1992)

2022 Terrengultra 2 7:23:50

**Ellevold, Karsten** (5.6.2007)

2022 800 G15 7 (1h1) 2:04.62, 2000 G15 11 5:57.40

**Ellevold, Ole Jacob** (5.6.3007)

2022 800 G15 5 (5h2) 2:03.18, 2000 G15 7 5:55.94

**Ellingsdalen, Simen Hernes** (18.8.1996)

2022 5000 12 (12h2) 14:55.22, 10000 10 (10h2) 30:57.66, 3000 inne 11 8:46.54, Halvmaraton 6 1:07:50, 3km terreng 15 9:25, 1x6km terreng 4 17:20, 10km terreng 14 31:43

**Ellingsen, Herman** (23.2.2002)

2022 200 DNF, 3s2 21.54, 1h5 21.88, 110h 2 14.69, 400h 2

53.01, 1000 stafett 4 1:55.09, 60 hekk inne DNS, 110 hekk U23 1 14.66, 400 hekk U23 3 58.31, 1000 stafett U23 2 (2h2) 1:54.50

**Ellingsen, Oscar** (2.6.2006)

2022 Høyde U20 7 1.85, 100 hekk G17 DNF, Høyde G16 2 1.87, 1000 stafett G17/19 3 1:59.55, 200 inne G16 5h3 25.63, 60 hekk inne G16 8 9.83, 2h1 8.85, Høyde inne G16 1 1.84, Lengde inne G16 8 5.51

**Ellingsen, Vetle Raa** (16.4.2000)

2022 Høyde =3 1.90, Høyde inne 2 2.00, Høyde U23 1 1.80, Lengde U23 6 5.95

**Elvegård, Johannes** (9.3.2006)

2022 Høyde inne G16 6 1.70

**Engell, Lars** (???.??.???)

2022 Motbakke 35 56:28

**Engvik, Kasper Vinje** (21.10.2007)

2022 100 G15 4h2 12.39, 200 G15 h3 DNS

**Eriksen, Jone** (28.2.2006)

2022 Høyde G16 6 1.65, Tresteg G16 3 12.06

**Eriksen, Lasse** (17.2.1986)

2022 Terrengultra 19 11:03:58

**Eriksen, Nicolas Alexander Baranyi** (3.3.2005)

2022 4x100 U20 2 43.16, 200 G17 4 22.75, 2h3 23.04, 110 hekk G17 2 14.49, 1000 stafett G17/19 4 2:01.56, 60 inne G17 6 7.40, 4s2 7.26, 3h1 3h1 7.43, 200 inne G17 2 23.05, 1h4 23.04, 60 hekk inne G17 2 8.24, 4x200 inne G18-22 2 1:34.14

**Erstad, Magnus Grøttum** (8.9.1988)

2022

**Ersøybakk Marius Kjeldsli** (26.4.2005)

2022 1000 stafett G17/19 7 2:06.56

**Espelid, Magne** (13.6.1964)

2022 Halvmaraton 57 1:29:32

**Espelid, Sondre Johannes** (26.5.2003)

2022 100 U20 8h6 11.68, 200 U20 7h1 23.63, 100 G18/19 6h1 11.91, 200 G18/19 7h1 23.81

**Evensen, Sondre** (18.10.2003)

2022 Lengde uten tilløp U20 1 3.00

F

**Fadnes, Daniel Måkestad** (13.9.2004)

2022 5000 U20 22 (7h1) 15:50.87, 4x1500 U20 3 18:25.67, 6km terreng U20 11 20:10, 3000 G18/19 11 9:01.94

**Fagerbakke, Eldar Thomassen** (27.6.1997)

2022 1500 inne 12 4:19.86, 3000 inne DNF

**Farbu-Solbakken, Vetle** (25.9.2003)

2022 800 8h1 2:00.08, 1500 13h1 3:58.91, 1x6km terreng 15 18:46, 1500 U20 7 3:53.14, 5000 U20 7 (7h2) 14:52.74, 4x1500 U20 1 16:49.90

**Fauske, Kåre** (28.4.1954)

2022 Maraton 58 4:09:59

**Fenes, Sander Frøseth** (24.4.2002)

2022 200 U23 6h2 24.20

**Fenre, Mathis Dahl** (7.5.1990)

2022 Terrengultra 11 9:17:44

**Fergestad, Sigurd Petersen** (26.10.2006)

2022 100 U20 6h6 11.56, 200 U20 7s1 22.85, 3h7 22.69, Lengde U20 8q1 6.05, 100 G16 5 11.49, 2h1 11.57, 200 G16 5 22.87, 2h1 22.93, 300 hekk G17 4 41.50, Høyde G16 7 1.65, Lengde G16 2 6.27, 60 inne G16 6 7.42, 3s1 7.41, 1h4 7.43, 200 inne G16 4 23.21, 1h2 23.22, Lengde inne G16 9 5.45

**Figuroa-Chavez, Nathaniel Andre** (10.2.2007)

2022 Spyd G15 1 46.97

**Fissehatsion, Senay Amlesom (ERI)** (10.12.1995)

2022 5000 6 (6h2) 14:22.29, 10000 6 (6h2) 30:02.15, 3km terreng 8 9:10, 10km terreng 7 30:23

**Fjeld, Markus Le** (4.4.2007)

2022 100 U20 4s3 11.16, 2h3 11.14, 200 U20 7s3 23.07, 3h2 23.94, 1000 stafett U20 1 1:59.55, 100 G15 2 11.32, 1s1 11.39, 1h2 11.79, 200 G15 1 22.70, 1s1 23.47, 1h1 24.14, 100 hekk G15 1 13.69, 3h2 14.82, Lengde G15 2 6.20, Tresteg G15 1 12.75, 1000 stafett G17/19 2 1:59.49, 60 inne G15 1 7.34, 1h2 7.45, 200 inne G15 1 23.27, 1h3 23.34, 60 hekk inne G15 1 8.51, Lengde inne G15 1 6.00, Tresteg inne G15 1 12.75, 4x200 inne G15-17 2 1:33.34

**Fjeld, Sigmund Le** (19.3.2005)

2022 100 U20 5h2 11.47, 200 U20 8s2 23.35, 4h4 23.19, Tresteg U20 4 13.14, 4x100 U20 3 43.59, 4x400 U20 1 3:26.09, 100 G17 7 11.49, 3h1 11.44, Tresteg G17 2 13.39, 60 inne G17 6s1 7.56, 4h1 7.53, 200 inne G17 6 26.22, 3h3 23.72, 4x200 inne G15-17 2 1:33.34

**Fjeldstad, Simon Cruz** (14.4.2003)

2022 60 inne G18/19 5s3 7.41, 4h4 7.31

**Fjellheim, Per Inge** (22:12.1956)

2022 Motbakke 40 64:06

**Fjermeros, Bastian** (27.7.1988)

2022 Maraton 28 2:59:39

**Fjordholm, Jonas** (10.8.2005)

2022 100 5h3 11.34, 200 h5 DNS, 60 inne 6h1 7.20, 4x100 2 42.33, 100 6s2 11.13, 4h3 11.18, 200 U20 6s1 22.77, 3h1 22.80, 1000 stafett U23 8 (3h1) 1:57.65, 4x100 U20 1 42.91, 100 G17 3 11.15, 2h3 11.29, 200 G17 3 22.74, 2h2 22.86, 1000 stafett G17/19 1 1:57.39, 60 inne G17 4 7.12, 2s2 7.14, 1h4 7.13, 200 inne G17 3 23.11, 2h3 23.49, 4x200 inne G15-17 1 1:31.81

**Fjøsne-Hexeberg, Odin** (10.2.2005)

2022 2km terreng G17 DNS

**Fjøsne-Hexeberg, Trym** (28.3.2003)

2022 800 U20 7 1:56.90, 3h1 1:56.85, 2km terreng U20 DNS

**Fladby, Halvard Grape** (15.5.2005)

2022 1500 U20 9 3:55.04, 1000 stafett U20 1 3 2:05.11, 800 G17 1 (1h2) 1:58.19, 3000 G17 2 8:43.13, 1000 stafett G17/19 4 2:01.56

**Flak, Mathias** (26.5.1999)

2022 5000 8 (8h2) 14:39.97, 10000 9 (9h2) 30:40.32, Halvmaraton DNF, 3km terreng 7 9:08, 1x6km terreng 4 17:20, 10km terreng 5 30:17

**Flasnes, Jonas Ellingsen** (25.10.2005)

2022 Slegge G17 3 41.67

**Flatjord, Ole Martin Moritsgård** (14.9.1994)

2022 100 6h5 11.32, 200 5h5 22.66, 1000 stafett 6 1:57.57

**Fleischer, Håkon** (1.10.2006)

2022 2km terreng G16 DNS

**Flekkje, Are** (2.4.1996)

2022 Maraton 56 3:55:13

**Flygansvær, Benjamin Aleksander Bøen** (11.2.2007)

2022 100 G15 7s2 12.38, 5h3 12.29, 200 G15 7s2 24.95, 2h1 24.20, 4x100 G16 1 45.65, 4x600 G16 2 6:17.89

**Flåtnes, Henrik** (26.12.2001)

2022 Lengde 1 7.87, Tresteg 1 15.63, Lengde inne 1 7.86, Tresteg inne 1 15.67, 200 U23 7 22.64, 2h2 22.31, Lengde U23 1 7.68

**Folven, Lars** (19.12.1990)

2022 Halvmaraton 34 1:21:41

**Forberg, Sebastian Gollo** (30.6.2007)

2022 Diskos G15 8 32.80, Slegge G15 8 30.73, Spyd G15 4 42.58

**Fossbekk, Truls-Roar** (21.5.1955)

2022 Maraton 57 3:56:18

**Fossen, Martin** (1.5.2005)

2022 2km terreng G17 8 7:49

**Fosser, Kasper** (2.7.1990)

2022 10km terreng 3 29:53

**Fossum, Matteus** (3.4.2006)

2022 800 inne G16 9 (3h1) 2:08.47, 2km terreng G16 7 6:51

**Fredriksen, Fridtjof Aure** (21.5.1966)

2022 Halvmaraton 59 1:29:59

**Fredriksen, Sindre** (16.1.2003)

2022 800 inne G18/19 5 (5h2) 2:02.74, 1500 inne G18/19 4 4:06.93

**Fremo, Thomas** (27.11.1987)

2022 10000 3 (3h2) 29:36.70

**Fremstad-Waldron, Per Tinus** (25.9.2000)

2022 100 6 10.98, 3s1 10.91, 3h6 10.90, 1000 stafett 5 1:56.04, 1000 stafett U23 3 (3h2) 1:55.45

**Fremstad-Waldron, Theodore Einar** (18.7.2002)

2022 100 U23 2 10.62, 200 U23 3 22.15, 2h1 21.95, 400 U23 4 49.29, 1000 stafett U23 3 (3h2) 1:55.45

**Frenay, Lion Wijman** (31.12.2005)

2022 800 G17 2 (1h1) 2:01.43, 3000 G17 15 10:00.28

**Frønsdal, Steinar** (10.11.2004)

2022 Motbakke 28 53:31

**Frøskeland, Roald Hagbart** (28.3.1994)

2022 10km terreng DNF

**Frøystein, Torgrim** (13.2.2004)

2022 Høyde U20 9 1.80, Høyde G18/19 DNS

**Fugelsøy, Olav** (20.8.2006)

2022 800 G16 15 (4h1) 2:05.44, 3000 G16 10 9:09.10

**Fuglestrand, Petter Overland** (23.1.2001)

2022 Høyde inne G20-22 NM, Lengde inne G20-22 6 4.53

**Fuglestrand, Tobias** (16.9.2003)

2022 800 U20 3h3 1:57.15, 5000 U20 21 (6h1) 15:50.36, Halvmaraton U23 7 1:18:33, 800 G18/19 9 (9h2) 1:58.73, 3000 G18/19 15 9:16.94

**Færø, Halfdan-Emil** (7.6.1991)

2022 Motbakke 2 41:52, 10km terreng 11 31:18

**Førde, Matias Andersen** (26.11.1998)

2022 800 9 1:53.90, 4h2 1:56.16, 1500 9h2 3:52.34, 1500 inne 8 3:55.83, 4x1500 1 16:04.20

**Førde, Åsmund Sunde** (11.1.2007)

2022 800 U20 5h2 1:58.57, 800 G15 4 (4h2) 2:03.09, 2000 G15 4 5:45.68, 1500 hinder G15 1 4:46.41, 800 inne G15 1 (1h2) 2:01.54, 1500 inne G15 3 4:23.50, 4km terreng G15 2 12:41

**Førsund, Julian Zhang** (7.10.2007)

2022 100 hekk G15 3 14.00, 2h1 14.20, 300 hekk G15 1 (1h2) 40.12, Lengde G15 6 5.58, 60 inne G15 4h2 7.82, 200 inne G15 3h3 24.88, 60 hekk inne G15 2 8.86, Lengde inne G15 3 5.19, 4x200 inne G18-22 DNS, 4x600 G16 1 6:03.44

## G

**Gagnås, Kjetil Brenno** (9.5.2000)

2022 800 3 1:51.49, 3h1 1:56.98

**Gald, Ingolf** (2.9.1975)

2022 Halvmaraton 22 1:20:07

**Gasiorowski, Marcin Tomasz** (2.8.1981)

2022 Kule 3 16.00

**Gaundal, Jon Arne** (8.7.1988)

2022 10000 h1 DNS

**Gausvik, Bjarne Martin** (4.8.1954)

2022

**Gausvik, Gunnar Mo** (18.2.2006)

2022 4x600 G16 2 6:17.89

**Gimmestad, Håvard Henden** (1.10.1984)

2022 Halvmaraton 45 1:23:38

**Gimnes, Simen** (22.8.2003)

2022 Lengde U20 3 6.68, 5q1 6.34, Lengde inne G18/19 4 6.30, Tresteg inne G18/19 1 13.84

**Gissinger, Olav Kvåle** (14.2.2000)

2022 400h 3 53.42, Stav 9 4.21, 1000 stafett 7 2:00.21, 60 hekk inne 3 8.92, Stav inne 6 4.30, 7-kamp inne 3 4.461, 10-kamp 3 5.091, 60 hekk inne G20-22 4 9.00, Stav inne G20-22 2 4.10, Lengde inne G20-22 3 6.13

**Gjendem, Morten** (22.4.1992)

2022 Halvmaraton 7 1:08:07

**Gjerde, Bjørn Kåre** (26.12.1955)

2022 Maraton 55 3:54:19

**Gjerde, Iver Lund** (15.6.2007)

2022 800 G15 14 (6h1) 2:10.09, 2000 G15 18 6:09.36, 2km terreng G15 3 6:54

**Gjerde, Ruben Alexander Eide** (6.2.2005)

2022 100 G17 7h1 12.06

**Gjerde, Viljar Helgestad** (29.3.2000)

2022 Tresteg 2 15.31, Tresteg inne 3 15.23, Lengde U23 4 6.92, Tresteg U23 3 14.68

**Gjerde, Vincent Samuel** (23.9.2004)

2022 400 G18/19 9 (3h2) 52.48, 800 G18/19 11 (10h2) 1:59.58, 400 inne G18/19 8 (2h2) 52.34, 800 inne G18/19 4 (4h2) 1:58.96

**Gjerstad, Dagfinn** (4.10.2006)

2022 800 G16 8 (8h2) 2:00.65, 3000 G16 4 8:37.76, 4km terreng G16 3 12:34

**Gjerstad, Øystein** (19.8.1976)

2022 Maraton 30 3:07:54

**Gjesdal, Andreas Fernandes Thomaz** (22.11.1995)

2022 Stav 5 4.81

**Gjesdal, Lucas Fernandez Thomaz** (24.6.2005)

2022 Stav U20 4 4.10, Stav G17 1 3.50, Stav inne G17 3 3.80

**Gjesdal, Sondre Lindaas** (19.5.1998)

2022 100 5s2 11.01, 2h4 10.96, 200 5 21.95, 2s2 21.54, 3h5 22.05, 1000 stafett 2 1:52.54, 60 inne 5s1 7.12, 4h2 7.13, 4x200 inne 1 1:36.91

**Gjessing, Geir** (10.1.1994)

2022 4x1500 2 17:56.84

**Gjetrang, Ole Einar** (5.2.2006)

2022 400 hekk U20 5 60.30, 1000 stafett U23 5 (1h1) 1:56.33, 800 G16 14 (3h1) 2:03.42, 100 hekk G17 5 15.40, 300 hekk G17 3 41.41, 200 inne G16 4h3 24.81, 60 hekk inne G16 6 9.48, 4h1 9.65

**Gjuvsland, Martin** (22.11.2007)

2022 4x100 G16 DQ, 4x600 G16 3 7:55.19

**Gjøen, Fredrik** (16.10.2003)

2022 Halvmaraton U23 10 1:31:35

**Glomnes, Ivar Mattias Linge** (24.6.1996)

2022 3km terreng 21 9:39, 1x6km terreng 14 18:10, 10km terreng 18 32:20

**Graftås, Thomas Ayo** (12.9.2001)

2022 100 6h4 11.38, 200 7h1 23.50, 4x100 DNF, 200 U23 6h3 22.89

**Gresslø, Benjamin** (4.12.2002)

2022 Spyd 3 63.09

**Grimeli, August** (8.1.2007)

2022 100 hekk G15 8 19.96, 3h1 15.11, 300 hekk G15 9 (3h1) 45.81, Stav G15 NM, Spyd G15 8 33.15, Høyde inne G15 =5 1.50, Stav inne G15 2 2.90, Lengde inne G15 8 4.49, 9-kamp G15 2 3.596

**Grimerud, Andreas** (11.7.2003)

2022 400 1 46.56, 2h2 47.44, 1000 stafett 3 1:52.79, 200 inne h1 DNF, 400 inne 3 47.74, 1h4 48.85, 4x200 inne 3 1:27.32, 200 U20 1 21.85, 1s1 21.85, 1h2 22.49, 400 U20 1 47.13, 1h1 48.47, 1000 stafett U23 1 (1h2) 1:51.60, 400 inne G18/19 1 (1h3) 47.25

**Grimstad, Torolf** (26.3.2006)

2022 Diskos G16 6 33.95

**Græsli, Magnus** (2.3.2005)

2022 5000 gang 1 22:00.35, 5000 gang inne 1 22:52.15, 1500 gang inne G17 1 6:10.6h

**Grøm, Didrik** (24.4.2002)

2022 100 7s1 11.03, 4h6 10.95, 200 6s1 22.83, 4h3 22.47, 4x100 5 45.69, 100 U23 6 11.03

**Grøndal, Herman Myren** (???.???.???)

2022 Halvmaraton 79 1:36:48

**Grønstad, Tobias** (6.7.2002)

2022 800 1 1:48.10, 1h1 1:55.78, 1000 stafett 1 1:52.08

**Grøvnæs, Syver Bråten** (29.1.2007)

2022 100 G15 5h2 12.45, Høyde G15 5 1.70, Lengde G15 =10 5.39

**Gulaker, Vetle A.** (2.7.2006)

2022 4x100 U20 5 48.47, 4x400 U20 4 3:59.11

**Gulbrandsen, Nikkolaj** (9.9.2004)

2022 100 para 3 13.19/442, lengde para 2 5.04/467, 100 G18/19 6h2 13.30, Lengde G18/19 11 4.66

**Gulbrandsen, Philip Storm Regbo** (24.7.2007)

2022 4km terreng G15 5 13:58

**Gulbrandsen, Syver Strand** (3.2.2007)

2022 2000 G15 12 5:58.37, 1500 hinder G15 2 4:47.94

**Gulbrandsen, Tobias Bang** (25.1.2006)

2022 4x400 U20 3 3:33.27, 60 inne G16 6s2 7.64, 4h3 7.64, 200 inne G16 3h4 24.01, 4x200 inne G15-17 4 1:37.95, 4x100 G16 DNF

**Gullachsen, Fredrik Haavardtun** (23.4.2003)

2022 200 G18/19 s2 DNS, 3h3 23.01, 200 inne G18/19 h7 DNS

**Gundersen, Emil** (28.5.2004)

2022 100 4h3 11.23, 200 7s1 103.78, 60 inne 6h3 7.20, 200 inne 2h4 22.50, 100 U20 4s2 11.07, 2h2 11.08, 200 U20 3s1 22.53, 2h7 22.67, Lengde U20 DNS, 6q1 6.19, Lengde uten tilløp U20 2 2.99, 100 G18/19 7 11.30, 3s2 11.17, 2h4 11.24, 200 G18/19 5s2 22.97, 3h4 22.99, 60 inne G18/19 2 7.07, 1s2 7.13, 1h4 7.16, 200 inne G18/19 3 22.57, 1h6 22.38

**Gundersen, Erik Tangen** (5.2.2001)

2022 5000 11 (11h2) 14:44.36, 3000 inne 9 8:35.87, 3km terreng 18 9:28, 1x6km terreng 13 18:02, 800 inne G20-22 3 2:03.30, 1500 inne G20-22 3:55.88

**Gundersen, Nikolai Magnus** (23.11.2003)

2022 1x6km terreng 13 18:02, 5000 U20 8 (8h2) 14:53.13, 2km terreng U20 5 6:22, 800 inne G18/19 10 (4h1) 2:06.61, 1500 inne G18/19 3 4:06.01

**Guttormsen, Simen** (19.1.2001)

2022 Stav 3 5.66

**Guttormsen, Sondre Mogens** (1.6.1999)

2022 Stav 2 5.66

**Guttulsrød, Ole Jørgen** (25.3.1955)

2022 Maraton 60 4:24:45

**Gyedu, Samuel** (1.5.1994)

2022 4x100 3 43.18



## H

**Hageskal, Lars Ole** (25.6.1976)

2022 Halvmaraton 13 1:13:27

**Hagos, Filmon Gidey (ERI)** (1.1.2006)

2022 800 G16 10 (9h2) 2:00.96

**Haile, Tedros Gebretensai** (30.1.1999)

2022 5000 17 (5h1) 15:00.98, 10000 15 (2h1) 31:33.99

**Hailemicheal, Merih Solomon (ERI)** (15.7.1991)

2022 4x400 1 3:36.46

**Halfdansen-Aspen, Eirik** (10.3.2004)

2022 Diskos U20 5 49.40, Kule G18/19 8 13.32, Diskos G18/19 2 47.80, 60 inne G18/19 7h1 7.98, Kule inne G18/19 6 12.51

**Halldorsson, Halldor** (26.2.1965)

2022 Motbakke 39 63:28

**Halldorsson, Øystein** (16.9.1997)

2022 Motbakke 21 50:54

**Halmøy, Erlend** (31.3.2005)

2022 100 G17 h3 DNS, 200 G17 7 23.51, 3h1 23.34, 400 G17 2 51.39

**Halnes, Victor Martinez** (15.6.1991)

2022 Maraton 50 3:38:36

**Hals, Jørgen Schulze** (21.10.1990)

2022 Maraton 15 2:42:49

**Halvorsen, Andreas Fjeld** (14.9.2005)

2022 1500 6 3:44.49, 4h1 3:52.51, 3000 inne 5 8:33.41, 1500 U20 3 3:45.98, 5000 U20 2 (2h2) 14:16.75, 6km terreng U20 4 17:55, 800 inne G17 1 (1h2) 1:53.34, 1500 inne G17 1 3:49.93

**Hammer, Kristian Riset** (1.8.1989)

2022 1x6km terreng 17 18:57

**Handeland, Johannes** (28.10.2006)

2022 Høyde U20 11 1.75, Høyde G16 3 1.84, Høyde inne G16 4 1.75

**Hannevig, Thomas Schjøtt** (31.8.1992)

2022 100km ultra DNF

**Hansen, Hans Magnar** (20.3.1969)

2022 Halvmaraton 91 1:43:51

**Hansen, Kim Are Bull** (27.4.1982)

2022 Maraton 11 2:35:28

**Hansen, Kristoffer** (???.???.????)

2022 Halvmaraton 31 1:21:17

**Hansen, Ludvig Dahle** (15.1.2005)

2022 60 inne G17 6h4 7.83, 200 inne G17 3h4 25.00, Kule inne G17 7 11.03

**Hansen, Simen Sebastian** (30.4.2000)

2022 Kule U23 5 11.08, Diskos U23 4 34.67

**Hansesæter, Håkon** (%.4.2004)

2022 Diskos 6 47.37, Slegge 8 45.44, Diskos U20 2 54.14, Slegge U20 3 54.68, Kule G18/19 6 14.22, Diskos G18/19 1 50.73, Slegge G18/19 3 60.45

**Hassen, Jonas Hakvåg** (20.2.2005)

2022 60 inne G17 7h1 7.97, 200 inne G17 3h2 25.66

**Haraldstad, Fredrik G. Gudheim** (1.4.2000)

2022 Høyde uten tilløp 5 1.50, Høyde U23 =2 1.75, Spyd U23 5 50.62, Høyde inne G20-22 2 1.75, Tresteg inne G20-22 3 12.13, Kule inne G20-22 5 9.82

**Harestad, Emil** (21.7.2006)

2022 1x6km terreng 15 18:46, 2km terreng G16 4 6:34

**Harestad, Oscar Alm** (27.4.2000)

2022 200 5s1 22.26, 3h4 22.40, 400h 5 54.48, 1000 stafett 4 1:55.09, 200 inne 2h1 22.53, 400 inne 2h2 50.45, 4x200 inne 2

1:27.03, 200 U23 4h3 22.56, 110 hekk U23 3 15.88, 1000 stafett U23 2 (2h2) 1:54.50

**Hatlelid, Didrik Stuhaug** (18.8.2007)

2022 800 G15 10 (4h1) 2:07.20, 2000 G15 15 6:03.08, 1500 hinder G15 3 4:50.52, 4km terreng G15 8 15:22

**Hatlevoll, Willy** (10.4.1958)

2022 Maraton 33 3:09:41

**Hauane, Alfred** (24.12.2001)

2022 400 hekk U23 2 56.58, 1000 stafett U23 5 (1h1) 1:56.33, 60 inne G20-22 8h2 7.58, 400 inne G20-22 5 (1h1) 50.91

**Hauen, Esten Hansen-Møllerud** (22.5.2003)

2022 1500 3 3:40.35, 2h2 3:50.29, 800 U20 2 1:49.89, 1h2 1:56.45, 1500 U20 2 3:44.59, 6km terreng U20 3 17:46, 800 G18/19 2 (2h2) 1:50.14, 3000 G18/19 1 8:24.07, 2000 hinder G18/19 1 5:50.77

**Haug, Aleksander** (18.7.2002)

2022 4x100 4 43.77

**Hauge, Mats** (24.3.1993)

2022 1500 DNF, 3h1 3:52.20, 1500 inne 3:48.64

**Hauge-Espeli, Markus** (22.7.1986)

2022 3km terreng 28 10:13

**Haugen, Håvard** (26.7.2005)

2022 400 U20 5 50.13, 4h2 49.87, 1000 stafett U23 8 (3h1) 1:57.65, 400 G17 1 50.17, 300 hekk G17 1 40.10, 1000 stafett G17/19 1 1:57.39, 400 inne G17 2 50.52, Kule inne G17 3 13.39, 4x200 inne G15-17 1 1:31.81, 7-kamp inne G17 2 4.587

**Haugen, Inge Asbjørn** (27.4.1953)

2022 Maraton 67 6:29:39, Halvmaraton 100 2:08:24

**Haugsbø, Andre** (10.3.1979)

2022 Halvmaraton 12 1:12:55

**Haukøy, Jon-Anders** (27.10.2004)

2022 5000 U20 h1 DNS

**Hauståker, Inge Magnar Skjerven** (23.5.1977)

2022 Halvmaraton 51 1:31:06

**Heggdal, Kenneth Jenssen** (11.1.1996)

2022 100 para 4 13.11/276

**Heggelund, Fredrik Klakken** (10.6.2003)

2022 4x100 4 43.77

**Heggelund, Mats Engan** (17.2.2006)

2022 3000 G16 18 9:40.50, 2km terreng G16 8 7:00

**Hegni, Sander Andreas** (11.1.1998)

2022 100 para 5 13.68/121

**Heksem, Oskar** (22.8.2006)

2022 4km terreng G16 14:36

**Heldal, Teodor** (8.10.2004)

2022 Høyde =3 1.90, Lengde 10 6.15, Høyde inne 3 1.85, Høyde U20 3 1.94, Høyde uten tilløp U20 1 1.58, Høyde G18/19 1 1.95, Lengde G18/19 4 6.33, Tresteg G18/19 2 13.77, 60 hekk inne G18/19 2 8.92, Høyde inne G18/19 1 1.91, Lengde inne G18/19 3 6.39

**Heldal, Tobias** (20.4.2006)

2022 Høyde U20 1 1.97, Høyde G16 1 1.93, Lengde G16 6 5.88, Tresteg G16 1 12.94, Høyde inne G16 2 1.84, Lengde inne G16 6 5.70

**Hella, Lars Sæterlid** (29.7.2001)

2022 Motbakke 19 50:19

**Helland, Timo** (3.1.2003)

2022 7h2 51.10

**Hellesvik, Tobias** (1.5.1994?)

2022 Maraton 26 2:58:15

**Hemstad, August** (12.4.2002)

**2022** 100 6s1 11.01, 3h2 11.03, 200 4s3 22.05, 4h2 22.39, 60 inne 5 7.07, 4s2 7.05, 3h3 7.09, 4x200 inne 3 1:27.32, [100 U23 DQ:R163.2B](#), 200 U23 3h2 22.40, 60 inne G20-22 3 6.98, 1h1 6.99

**Hendicott, Andrew Benestad** (11.3.2007)

**2022** Høyde G15 9 1.60, Diskos G15 10 22.72. Høyde inne G15 1 1.71

**Henriksen, Casper Bergmann** (26.10.1989)

**2022** 3km terreng 31 11:42

**Henriksen, Eivind Prestegård** (14.9.1990)

**2022** Slegge 1 80.17

**Henriksen, Marcus** (7.11.2002)

**2022** 100 7h3 11.40, Spyd 9 59.06, 4x100 4 43.77, [Spyd U23 1 64.32](#)

**Herdlevær, Mathias Myrmel** (24.10.2003)

**2022** Høyde inne =4 1.80, [Høyde U20 10 1.80](#), [Høyde G18/19 4 1.80](#), Høyde inne G18/19 3 1.85

**Herland, Jarl Odin** (15.3.1971)

**2022** Terrenkultra 22 13:30:57

**Hermans, Espen** (10.4.1991)

**2022** Halvmaraton 14 1:15:41

**Hermansen, Didrik** (24.3.1980)

**2022** Terrenkultra 1 7:22:35

**Hermansen, Trygve** (19.9.1978)

**2022** Halvmaraton 65 1:32:14

**Hernandez, Ivan Aris (ESP)** (16.3.1998)

**2022** 1x6km terreng 21 20:19

**Hersvik, Kristoffer Haldal** (14.8.2007)

**2022** 4km terreng G15 7 15:13

**Hertwig-Ødegaard, Jonathan** (28.7.2005)

**2022** 100 U20 8s3 11.51, 4h6 11.30, 200 U20 4h6 23.20, 110 hekk U20 1 14.78, Lengde U20 8 6.35, 3q1 6.39, Kule U20 8 14.25, 1000 stafett U20 1 1:59.55, 200 G17 6 23.00, 3h2 22.95, 110 hekk G17 1 14.32, Kule G17 2 15.27, Diskos G17 2 46.19, 1000 stafett G17/19 2 1:59.49, 60 inne G17 8 7.45, 4s1 7.36, 3h4 7.40, 400 inne G17 3 52.60, 60 hekk inne G17 1 8.23, Stav inne G17 1 4.20, Lengde inne G17 5 6.04, Kule inne G17 1 15.11, 4x200 inne G15-17 2 1:33.34

**Hesjedal-Tronstad, Fredrik** (20.4.2007)

**2022** 800 G15 12 (8h2) 2:07.65, 2000 G15 13 6:01.68

**Heskestad, Per Audun** (14.8.1955)

**2022** Halvmaraton 95 1:44:56, 100km ultra 8 11:05:09

**Hesla, Noah Aleksander Bakken** (9.2.2007)

**2022** Diskos G15 7 32.84, Spyd G15 6 40.41, 60 inne G15 5h3 8.19, 1500 gang inne G15 2 9:26.48, Lengde inne G15 4 5.00, Kule inne G15 5 10.19

**Hestnes, Morten Husebø** (18.12.2007)

**2022** 100 hekk G15 5h2 15.86, 300 hekk G15 11 (5h1) 46.55, Høyde G15 10 1.50, Stav G15 2 3.00, 60 hekk inne G15 7 10.88, Høyde inne G15 4 1.50, Stav inne G15 3 2.80, 7-kamp inne G15 3 2.305, 9-kamp G15 3 3.444

**Hildebrand, Elias** (28.4.2007)

**2022** Tresteg inne G15 5 11.20

**Hilding, Jan Erik** (2.10.1980)

**2022** Halvmaraton 83 1:38:21

**Hilleren, Jon-Henning Gullbrå** (17.7.2002)

**2022** 400 U23 6 51.35, 800 U23 5 2:01.17, 400 inne G20-22 6 (2h1) 51.23, 800 inne G20-22 6 2:05.43

**Hillesund, Eskild Gjesdal** (24.2.2006)

**2022** 100 6h1 11.38, 200 7h2 22.83, 4x100 2 42.33, [100 U20 7s3 11.36](#), 4h6 11.30, 200 U20 8s3 23.17, 4h7 22.93, 1000 stafett U23 8 (3h1) 1:57.65, 4x100 U20 1 42.91, [100 G16 6 11.50](#), 2h2

11.46, 200 G16 6 23.11, 2h2 23.15, 1000 stafett G17/19 1 1:57.39, 60 inne G16 1 7.25, 2s2 7.33, 1h3 7.36, 200 inne G16 2h3 23.54, 4x200 inne G15-17 1 1:31.81

**Hisdal, Erling** (21.3.1983)

**2022** Motbakke 18 50:16, 10km terreng 31 37:51

**Hjelbak-Eriksen, Iver** (8.6.2006)

**2022** 4x400 U20 2 3:32.37, 800 G16 7 (7h2) 2:00.64, 3000 G16 6 9:05.09, 4x600 G16 1 6:03.44

**Hjellum, Magnus Sirnes** (3.2.1994)

**2022** 10000 12 (12h2) 31:08:31

**Hjelmeland, Per Atle** (24.4.1959)

**2022** Halvmaraton 68 1:33:21

**Hjeltnes, Marius Bull** (22.6.1996)

**2022** 100 5s1 11.00, 3h5 10.94, Lengde 4 7.21, Tresteg 5 14.76, Lengde inne 6 6.75, Tresteg inne 6 14.50

**Hjertaker, Martin** (4.2.2005)

**2022** Høyde U20 6 1.85, Høyde G17 4 1.83, Lengde G17 6 5.85, Høyde inne G17 4 1.80, Tresteg inne G17 2 12.69

**Hjort-Larsen, Mads Gravråk** (8.1.2003)

**2022** 200 U20 8s1 23.11, 4h1 22.89, 400 U20 5h1 50.69, 200 G18/19 6h2 23.45, 400 G18/19 12 (3h1) 54.96, 200 inne G18/19 2h8 23.27, 400 inne G18/19 10 (4h2) 53.45, 4x200 inne G18-22 2 1:34.14

**Hjørnevik, Mats Rosland** (24.1.2003)

**2022** 100 7s2 11.19, 5h6 11.12, 200 s1 DNS, 4h5 22.57, 60 inne 8s1 7.26, 4h3 7.17, [100 U20 6s1 11.16](#), [2h5 11.23](#), [200 U20 4s1 22.58](#), [3h3 23.23](#), 60 inne G18/19 4 7.21, 2s3 7.16, 1h5 7.23, 200 inne G18/19 1h8 22.66

**Hoelsveen, Mathias** (25.1.2005)

**2022** 800 G17 8 (5h2) 2:04.59, 3000 G17 10 9:28.91

**Hoff, Jacob Nicolay Sederholm** (12.6.2006)

**2022** Kule U20 6 14.98, Kule G16 1 17.10, Diskos G16 4 37.83, Kule inne G16 1 14.53

**Hoff, Oscar Sebastian Sederholm** (15.5.2003)

**2022** Kule 8 13.85, [Kule U20 7 14.87](#), Kule G18/19 5 14.97, Diskos G18/19 5 37.53, Kule inne G18/19 4 14.34

**Hoff, Sondre Arne** (28.9.1993)

**2022** 800 4h1 1:57.07, 1500 8h2 3:51.19, 1500 inne 7 3:54.25, 3000 inne 7 8:34.29, 4x1500 1 16:04.20, 10km terreng 17 32:19

**Hoggen, Sverre** (8.1.1986)

**2022** Halvmaraton 21 1:19:59

**Holberg, Christopher** (29.1.2006)

**2022** 800 G16 16 (5h1) 2:05.98, 3000 G16 13 9:19.29

**Holdhus, Filip** (3.5.2004)

**2022** 1000 stafett 6 1:57.57, 60 inne G18/19 6s1 7.50, 4h5 7.51, 200 inne G18/19 2h2 23.43, 400 inne G18/19 9 (3h2) 52.77, 4x200 inne G18-22 1 1:30.24

**Holdhus, Nicolai** (29.8.2006)

**2022** 100 G16 5h2 12.07, 200 G16 8 23.98, 3h2 23.78, 1000 stafett G17/19 3 1:59.55, 60 inne G16 7s2 7.67, 3h4 7.65, 200 inne G16 3h2 24.10, 1500 inne G16 8 4:29.92

**Hole, Kjell Frode** (21.1.1960)

**2022** Halvmaraton 97 1:48:55

**Holen, Jonathan** (14.6.2001)

**2022** 100 6h2 11.34, 200 8h2 23.38, 4x100 DNF, [200 U23 6h1 23.41](#)

**Hollund, Lukas Pujol** (12.3.2006)

**2022** 200 inne G16 4h5 25.49, 800 inne G16 11 (4h1) 2:09.48

**Hollund, Steffen Tjensvoll** (19.9.2006)

**2022** 100 G16 4h3 12.07, 200 G16 5h2 24.57, Lengde G16 10 5.18, 4x200 inne G15-17 7 1:46.13

**Holm, Jacob Egeberg** (15.3.2007)

**2022** Lengde G15 7 5.56, Spyd G15 7 38.21  
**Holmefjord, Gustav Vincent** (25.6.2006)  
**2022** Stav U20 9 3.40, Stav G16 3 3.60, Stav inne G16 1 3.60  
**Holmelid, Jakob Heitmann** (22.4.2007)  
**2022** 100 G15 6s1 11.87, 4h4 12.02, Lengde G15 5 6.70, 4x100 G16 1 45.65, 4x600 G16 2 6:17.89  
**Holstad, Henrik Hareide** (25.6.2001)  
**2022** Halvmaraton U23 8 1:19:20  
**Holstad, Håkon** (8.9.2001)  
**2022** 3km terreng 29 10:15  
**Holsæker, Kenneth Abeltun** (18.4.1981)  
**2022** Halvmaraton 24 1:20:15  
**Holtet, Martin** (27.6.2007)  
**2022** 2000 G15 8 5:56.09  
**Holvik, Simen** (6.3.1977)  
**2022** 100km ultra DNF  
**Homble, Erlend Magnus** (21.6.2004)  
**2022** 4x1500 U20 2 17:41.38  
**Homstad, Jørgen** (31.7.2002)  
**2022** 100 U23 7 11.08  
**Hope, Magnus Bøen** (19.4.2006)  
**2022** 4x1500 U20 1 16:49.90, 3000 G16 9 9:07.04, 4km terreng G16 5 12:44  
**Hopland, Johannes** (23.10.2005)  
**2022** 800 U20 8h2 2:09.27, 400 G17 6 54.54, 800 G17 5 (3h2) 2:02.90  
**Hopland, Kristoffer** (7.7.2003)  
**2022** 400 G18/19 13 (7h3) 55.30  
**Hopsø, Vemund Dybvik** (9.8.2007)  
**2022** 4x200 inne G15-17 8 1:46.85  
**Hornnes, Atle Kristian Dahlgren** (10.4.1973)  
**2022** Halvmaraton 80 1:36:55  
**Hornvedt, Arild** (11.6.1975)  
**2022** Halvmaraton 61 1:31:06  
**Hosteland, Eldar** (18.3.1976)  
**2022** Terrengultra 28 14:36:04  
**Hovdejord, Vebjørn** (9.2.2003)  
**2022** 5000 20 (13h2) 15:03.03, 3000h 3 9:03.57, 5000 U20 4 (4h2) 14:29.74, 3000 hinder U20 1 8:55.97, 6km terreng U20 2 17:45  
**Hovig, Ulrik Strømmen Røstad** (5.7.1990)  
**2022** 1500 12h2 3:56.88  
**Hovland, Sebastian Røed** (27.11.2004)  
**2022** Stav 8 4.61, Stav inne 3 4.70, Stav U20 2 4.60, Stav G18/19 1 4.70, Stav inne G18/19 2 4.80  
**Husdal, Henrik** (29.8.1998)  
**2022** 10000 20 (6h1) 32:21.44  
**Husby, Jonas Hambornes** (7.12.2007)  
**2022** 100 G15 6h4 13.16, 200 G15 4h2 26.94, 60 inne G15 4h3 7.99, 200 inne G15 4h2 26.25  
**Hylleseth, Øyvind** (5.11.1965)  
**2022** Motbakke 31 54:44  
**Hystad, Joar** (7.6.1987)  
**2022** Motbakke 26 53:20  
**Hytten, Fredrik Solheim** (19.5.2006)  
**2022** Slegge G16 6 33.26  
**Hytten, Øystein Solheim** (7.1.2004)  
**2022** Slegge 6 51.57, Kule U20 4 15.46, Slegge U20 2 64.65, Kule G18/19 3 15.71, Slegge G18/19 1 63.77  
**Hæhre, Roger** (13.2.1977)  
**2022** Maraton 41 3:26:40

**Høgne, Markus** (14.6.1998)  
**2022** Maraton 4 2:29:48  
**Høgvold, August** (21.6.200)  
**2022** 100 hekk G15 7 15.11, 4h1 15.13, Høyde G15 =3 1-73, Lengde G15 =10 5.39, Tresteg G15 5 11.13, 60 hekk inne G15 4 9.52, Høyde inne G15 2 1.68, Tresteg inne G15 3 11.79  
**Høiaas, Håvard** (17.9.1974)  
**2022** Halvmaraton 27 1:20:46  
**Høva, William Holm** (18.1.2006)  
**2022** 200 G16 4h1 23.75  
**Høyland, Sondre Alexander** (20.5.1998)  
**2022** Spyd 1 72.09  
**Håberg, Tarjei Hordnes** (20.11.2005)  
**2022** 100 G17 4h3 12.05, Kule G17 4 12.16, Diskos G17 6 33.11  
**Haaheim, Lars Olaf** (19.12.1973)  
**2022** Motbakke 16 49:39  
**Håkansson, Sebastian Conrad** (29.9.1989)  
**2022** 5000 23 (10h1) 15:23.55, 10000 17 (3h1) 31:46.22, Maraton 2 2:23:57, 100km ultra 1 6:33:55  
**Hårberg, Sigve Brandtzæg** (18.2.2001)  
**2022** 400 inne 3h1 50.82, 200 inne G20-22 23.05, 2h1 22.60, 400 inne G20-22 4 (4h2) 50.85

**I**  
**Inayat, Shezad** (10.8.1970)  
**2022** Terrengultra 26 14:59:30  
**Inayat, Soban Mortaza** (30.7.1997)  
**2022** 100 5s3 11.04, 2h2 10.99, 200 5s2 22.14, 3h3 22.43, 60 inne 4h4 7.25  
**Ingebrigtsen, Gabriel** (17.10.1990)  
**2022** 10000 18 (4h1) 32:17.75  
**Ingemarsson, Per Johan Gunnar** (17.4.1989)  
**2022** Terrengultra DNF, 100km ultra 4 7:54:22  
**Ingvaldsen, Håvard Bentsdal** (21.9.2002)  
**2022** 400 DNS, 1h2 47.29, 200 inne h3 DNF, 400 inne 2 47.49, 1h2 50.19, 400 U23 1 45.98, 1000 stafett U23 1 (1h2) 1:51.60, 400 inne G20-22 1 (1h2) 46.50, 800 inne G20-22 1 2:01.71  
**Instebo, Eigil Magne Garfors** (21.12.1983)  
**2022** Halvmaraton 16 1:17:38  
**Ipsen, Nils Axel Munch** (30.9.1985)  
**2022** 4x1500 2 17:56.84  
**Irgens, Petter Nikolai Kaus** (9.5.2004)  
**2022** Stav U20 8 3.60, 7-kamp inne U20 4 3.353, 10-kamp U20 2 4.090, Stav G18/19 3 3.80, 60 inne G18/19 7h4 7.85, Stav inne G18/19 4 3.40, Tresteg inne G18/19 5 11.42, Kule inne G18/19 8 10.73  
**Isaksen, Finn** (9.10.1990)  
**2022** Motbakke 12 47:48  
**Isene, Ola Stunes** (29.1.1995)  
**2022** Diskos 1 60.86  
**Iversen, Torjus Emil** (31.5.2007)  
**2022** 200 G15 5h1 25.40, 100 hekk G15 5h1 15.95, 300 hekk G15 h2 DNF, 200 inne G15 5h1 26.21, Lengde inne G15 5 4.72  
**Iversen-Skoge, Thomas** (28.2.2003)  
**2022** 800 U20 8 2:01.14, 3h2 1:57.07, 4x1500 U20 3 18:25.67, 1500 inne G18/19 5 4:09.33

**J**  
**Jacobsen, Daniel Lundegaard** (30.12.1998)  
**2022** 3000h 7 9:19.21, 4x1500 1 16:04.20, Halvmaraton 3 1:07:04  
**Jacobsen, Theodor Berre** (23.5.2001)

**2022** 1500 inne 9 3:57.34, 10km terreng 16 32:13, 1500 U23 4 3:57.03, 5000 U23 7 15:09.18

**Jahren, Sondre** (2.2.2004)

**2022** Tresteg NM, Diskos 9 44.84, Høyde U20 2 1.97, Lengde U20 q1 NM, Kule U20 5 15.27, Diskos U20 4 50.59, 7-kamp inne U20 DNF, Høyde G18/19 2 1.95, Lengde G18/19 NM, Kule G18/19 4 15.00, Høyde inne G18/19 2 1.85, Lengde inne G18/19 6 6.17, Tresteg inne G18/19 4 13.30, Kule inne G18/19 5 13.46

**Jakobsen, Ken Robert** (3.9.1979)

**2022** Maraton 20 2:48:37

**Jarnung, Kristian Nestor** (31.7.1978)

**2022** 10km terreng 30 36:32

**Jatta, Muhammed Doodu** (30.1.1998)

**2022** 400 inne 3h3 51.03

**Jensen, Didrik Røssum** (24.2.2003)

**2022** 3000h 6 9:11.84, 6km terreng U20 7 18:50, 5000 U20 13 (13h2) 15:05.86, 3000 hinder U20 3 9:27.31

**Jensen, Mindor** (30.5.2005)

**2022** 100 G17 5h1 11.83

**Jensen, Valentin (DEN)** (30.5.2005)

**2022** 60 inne 8s2 7.18, 4h1 7.16, Lengde G17 3 6.28, 60 inne G17 3 7.11, 2s1 7.15, 1h2 7.11, 200 inne G17 h4 DNF, Lengde inne G17 DQ:R142.4a

**Johannesen, Baard Meidell** (17.10.1951)

**2022** Halvmaraton 92 1:43:55

**Johannesen, Kim** (22.8.1985)

**2022** Terrengultra 11 9:24:51

**Johannesen, Ole Daniel** (4.2.2003)

**2022** 4x400 U20 4 3:59.11, 3000 G18/19 17 9:31.15, 2000 hinder G18/19 4 6:59.76

**Johansen, August Østbø** (12.8.2004)

**2022** 100 G18/19 7h1 12.25, 400 G18/19 14 (4h1) 55.63, 60 inne G18/19 6h1 7.63, 200 inne G18/19 2h7 24.48, 400 inne G18/19 12 (3h1) 54.61, 4x200 inne G18-22 4 1:38.65, 4x200 inne G18-22 4 1:38.65

**Johansen, Frode** (16.10.1969)

**2022** 100km ultra DNF

**Johansen, Karl Johan** (1.10.1955)

**2022** Maraton 63 4:41:33

**Johansen, Mathias Hove** (27.9.1998)

**2022** 100 3 10.67, 2s1 10.67, 1h4 10.95, 200 2 21.39, 1s2 20.96, 1h1 22.48, 60 inne 3 6.88, 2s2 6.89, 1h3 7.01, 200 inne 1 21.23, 1h1 21.39, 4x100 1 41.50

**Johansen, Petter** (2.4.1998)

**2022** 10000 5 (5h2) 29:52.69, Halvmaraton 9 1:10:08, 1x6km terreng 3 17:15

**Johansen, Rolf** (???.???.???)

**2022** 1x6km terreng 22 22:33

**Johansen, Tobias** (22.8.2003)

**2022** 400 6 49.35, 4h1 49.23, 400 inne 2h3 50.85, 800 inne 6 1:58.54, 400 U20 3 48.92, 3h2 49.75, 400 G18/19 2 (2h3) 49.42, 800 G18/19 5 (5h2) 1:55.51, 200 inne G18/19 2h4 23.06, 400 inne G18/19 6 (5h3) 50.44, 800 inne G18/19 3 (3h2) 1:57.75

**Johansen, William Strøm** (3.1.2007)

**2022** Kule G15 4 11.94, Diskos G15 5 33.47, Slegge G15 7 31.27, Kule inne G15 3 11.42

**Johansen, William Østbø** (30.9.2006)

**2022** 100 G16 h2 DNF, 60 inne G16 7s1 7.68, 4h4 7.70, 200 inne G16 5h4 25.44

**Johansson, Erik Alexander Fauske** (25.6.2006)

**2022** Slegge U20 8 42.59, Slegge G16 3 48.99

**Johnsen, Anthony Ommundsen** (4.2.2007)

**2022** 110 hekk U20 3 15.61, Høyde U20 4 1.90, Lengde U20 4 6.65, 3q2 6.31, 100 hekk G15 2 13.94, 1h1 14.07, Høyde G15 1 1.88, Lengde G15 1 6.35, Kule G15 1 13.76, Diskos G15 3 39.36

**Johnsen, Daniel Alejandro** (19.8.1998)

**2022** 100 7 11.01, 2s3 10.85, 2h5 10.87

**Johnsen, Einar Nese** (6.9.2004)

**2022** 800 inne G18/19 12 (6h1) 2:12.47, 1500 inne G18/19 10 4:26.57

**Johnsen, Håkon Prøsch** (12.8.2007)

**2022** 1500 inne G15 DNF

**Johnsen, Magnus Birk** (3.6.2006)

**2022** 100 G16 5h3 12.12, 200 G16 3h1 24.40, Lengde G16 9 5.56, 200 inne G16 3h5 24.97, Lengde inne G16 15 5.14, 4x200 inne G15-17 8 1:46.85

**Johnson, Kristoffer** (18.6.2003)

**2022** 800 G18/19 17 (6h1) 2:02.86, 3000 G18/19 14 9:04.01

**Jordet, Lars Horten** (8.10.2005)

**2022** 5000 U20 12 (12h2) 15:03.82, 800 G17 3 (2h1) 2:02.17, 3000 G17 3 8:44.68, 2000 hinder G17 1 6:15.31, 4km terreng G17 1 12:03

**Jørgensen, Henrik** (23.5.2007)

**2022** 5000 U20 24 (9h1) 16:10.23

**K**

**Kamanzi, Kim Baliruno** (24.3.2001)

**2022** 100 7h6 11.30, 200 6h2 22.83, 1000 stafett DNF, 4x100 3 43.18, 200 U23 4h2 22.82, 1000 stafett U23 9 (4h1) 1:59.11, 60 inne G20-22 6h1 7.37, 200 inne G20-22 2h2 22.88, 4x200 inne G18-22 3 1:34.62

**Karlsen, Espen Roll** (27.8.1991)

**2022** 10km terreng DNF

**Karlsen, Henrik Nordlie** (4.9.2005)

**2022** 60 inne G17 8s1 7.71, 3h3 7.46

**Kashafali, Samuel Ageze** (25.11.1993)

**2022** 100 2 10.59, 1s1 10.60, 1h3 10.83, 100 para 1 10.64/1033, 60 inne 2 6.75, 1s1 6.88, 1h2 6.86

**Kauffmann, Philip** (22.1.2007)

**2022** 100 G15 7s1 12.01, 3h2 12.19, 200 G15 5s1 23.91, 2h2 24.11, 100 hekk G15 6 14.82, 2h2 14.75, 300 hekk G15 2 (2h2) 41.45

**Kibrab, Awet Mftalem** (9.5.1995)

**2022** 10000 h2 DNF, 10km terreng 12 31:21

**Kilander, Sven Axel** (24.11.1977)

**2022** Maraton 7 2:32:23, Terrengultra 5 8:05:57

**Kilde, Irvin** (3.5.1985)

**2022** Terrengultra 10 9:18:01

**Kinnunen, Adrian Antero** (3.5.2003)

**2022** 60 inne 7h1 7.33, 100 U20 5s1 11.11, 1h5 11.11, 1000 stafett U23 4 (4h2) 1:56.08, Høyde uten tilløp U20 3 1.45, Lengde uten tilløp U20 3 2.98, 100 G18/19 6 11.24, 4s1 11.11m 2h1 11.21

**Kiplesund, Ingar, se Bratseth-Kiplesund, Ingar**

**Kirkeberg, Alexander Bratreit** (24.6.1996)

**2022** 10000 h2 DNF

**Kiserud, Yngve** (4.6.1978)

**2022** Motbakke 13 48:13

**Kittang, Ole Bjørn** (18.3.1966)

**2022** Terrengultra 18 10:38:39

**Kjeldsli, Ørjan** (29.4.1996)

**2022** Halvmaraton 2 1:07:02, 3km terreng 14 9:24, 1x6km terreng 11 17:59

**Kjemhus, Lewis Alexander** (7.1.2004)

**2022** 800 U20 8h1 1:59.84, 800 G18/19 16 (5h1) 2:02.04, 3000 G18/19 12 9:02.48, 800 inne G18/19 9 (3h1) 2:05.99, 1500 inne G18/19 8 4:17.52, 4x200 inne G18-22 3 1:34.62

**Kjønstad-Prestvik, Bjørn Einar** (20.11.2006)

**2022** 100 hekk G17 4 14.94, 60 inne G16 6h3 7.83, 60 hekk inne G16 5 9.13, 3h1 8.86, Lengde inne G16 12 5.28, 10-kamp G16 5 3.951

**Kleppa, Hermund** (17.9.1996)

**2022** Halvmaraton 105 3:10:22

**Klungland, Sverre Amundsen** (14.3.2007)

**2022** 800 G15 16 (8h1) 2:10.93, 2000 G15 23 6:35.06

**Knapskog, Fredrik** (22.3.1996)

**2022** Maraton 14 2:42:23

**Knutsen, Mads** (20.6.1990)

**2022** Halvmaraton 23 1:20:16

**Knutsen, Tom Audun Rossland** (29.8.1977)

**2022** Halvmaraton 63 1:32:09

**Knutsen, Vetle Mathiesen** (10.1.2004)

**2022** 5000 27 (14h1) 16:01.48, 10000 h1 DNF

**Knygh-Rossdal, Waldemar** (27.3.2005)

**2022** 800 U20 6h2 2:01.38, 800 G17 6 (4h2) 2:04.06, 3000 G17 5 8:51.05, Spyd G17 2 52.22, 800 inne G17 5 (1h1) 2:03.62, 1500 inne G17 5 4:14.94, Kule inne G17 4 12.44

**Kojen, Adrian** (27.9.2003)

**2022** 110 hekk U20 2 15.46, Stav U20 3 4.20, 110 hekk G18/19 1 15.15, Stav G18/19 NM

**Kolbjørnsen, Sondre** (12.8.1995)

**2022** Slegge 8 49.08

**Kollberg, William Aleksander** (30.4.2004)

**2022** 7-kamp inne U20 4.600, Høyde inne G18/19 4 1.80, Kule inne G18/19 7 11.46

**Kongolo, Caleb Muamba** (18.4.2000)

**2022** Høyde uten tilløp 4 1.50, Tresteg U23 4 11.89, Kule U23 3 11.96, Lengde inne G20-22 5 5.41, Tresteg inne G20-22 2 12.81, Kule inne G20-22 3 11.73

**Kongolo, Ilunga Josue** (20.8.2002)

**2022** 100 5h1 11.17, 200 8h4 23.32, 1000 stafett 6 1:57.57, 60 inne 5s2 7.05, 3h2 7.10, Lengde uten tilløp 3 3.16, 100 U23 5 11.02, Kule U23 4 11.31, 1000 stafett U23 2 (2h2) 1:54.50, 60 inne G20-22 4 7.02, 3h2 7.07, 200 inne G20-22 2h3 23.20, Kule inne G20-22 4 11.23, 4x200 inne G18-22 1 1:30.24

**Kongolo, Tshishimbi Nissi** (27.3.2006)

**2022** 100 U20 8h4 11.89, 200 U20 7h7 24.36, Lengde U20 7q2 5.88, Høyde uten tilløp U20 2 1.50, Lengde uten tilløp U20 6 2.90, Lengde G16 1 6.37, Kule G16 2 13.56, 60 inne G16 5s1 7.59, 3h3 7.52, Lengde inne G16 1 6.27, Kule inne G16 2 13.21

**Kongssund, Lavrants** (3.5.2000)

**2022** 1000 stafett U23 1 (1h2) 1:51.60

**Kongssund, Skjalg** (6.2.2006)

**2022** 1500 para 1 4:32.83/543, 800 G16 20 (9h1) 2:12.97, 3000 G16 19 9:46.62

**Kragl, Egil Ernst** (22.10.1971)

**2022** Terrengultra 27 14:35:00

**Kreken, Martin Beitnes** (23.5.2006)

**2022** 100 hekk G17 3 14.48, Stav G16 2 3.70, Lengde G16 5 5.99, Kule G16 9 11.49, Diskos G16 8 33.28, Spyd G16 4 46.24, 7-kamp inne G16 1 4.773, 10-kamp G16 1 5.524

**Kristensen, Remi** (4.5.1971)

**2022** Terrengultra 21 11:32:42

**Kristiansen, Eirik-André** (21.3.2005)

**2022** 60 inne G17 6h1 7.73, 200 inne G17 5h3 24.79

**Kristoffersen, Oscar Julsvik** (14.3.2005)

**2022** Kule G17 5 9.89, Spyd G17 6 39.71

**Krohn-Hansen, Thomas** (5.11.2007)

**2022** 200 G15 7h1 25.69, Tresteg G15 4 11.34

**Krossøy, Jonas** (19.12.1995)

**2022** 4x400 1 3:36.46

**Kruke, Torgeir** (28.7.1965)

**2022** Terrengultra 17 10:37:12

**Kråkenes, Anders** (16.5.1990)

**2022** Halvmaraton 53 1:27:14

**Kråkenes, Hilmar** (15.2.1978)

**2022** Halvmaraton 44 1:23:19

**Kråkenes, Ole Henrik** (24.4.1989)

**2022** Halvmaraton 64 1:26:38, Maraton 43 3:28:57

**Ktorides-Valen, Marios** (28.7.2006)

**2022** 800 G16 12 (2h1) 2:01.78, 800 inne G16 4 (4h2) 2:03.20, 1500 inne G16 6 4:21.46

**Kubon, Kjell Augustin** (16.8.2006)

**2022** Stav G16 1 4.00, Lengde G16 8 5.65, Stav inne G16 2 3.50, Lengde inne G16 3 5.95

**Kubon, Philip Andreas** (12.6.2004)

**2022** Stav 4 5.01, Stav inne 2 4.80, Stav U20 1 4.80, Lengde uten tilløp U20 5 2.91, Stav G18/19 2 4.70, Stav inne G18/19 1 5.05

**Kula, Nani (ERI)** (4.12.2001)

**2022** 4x400 1 3:36.46

**Kulseng, Andreas Ofstad** (19.5.2001)

**2022** 200 4 21.82, 1s1 21.48, 2h5 21.92, 400 3 47.65, 3h2 48.93, 200 U23 1 21.54, 1h1 21.51, 400 U23 2 46.24, 1000 stafett U23 5 (1h1) 1:56.33, 60 inne G20-22 8 7.07, 4h2 7.16, 200 inne G20-22 3 21.89, 1h3 22.08, 400 inne G20-22 2 (2h2) 49.17

**Kveen, Jonas** (16.5.2003)

**2022** 4x1500 U20 2 17:41.38

**Kvithyll-Haugen, Aksel** (12.8.2005)

**2022** 1000 stafett G17/19 7 2:06.56

**Kværner, Andreas Lindebø** (2.7.2006)

**2022** 800 U20 5h3 1:58.58, 4x400 U20 2 3:32.37, 4x1500 U20 2 17:41.38, 800 G16 5 (5h2) 1:59.83, 3000 G16 8 9:06.51, 1500 hinder G16 3 4:18.12, 800 inne G16 3 (3h2) 2:02.25, 4x600 G16 1 6:03.44, 2km terreng G16 6 6:41, 4km terreng G16 8 13:15

**Kværner, Ole-Kristian Lindebø** (6.2.2005)

**2022** 800 G17 10 (4h1) 2:07.48, 3000 G17 8 9:21.28, 2000 hinder G17 2 6:27.59, 2km terreng G17 5 6:38, 4km terreng G17 7 13:02

**Kværnrød, Asbjørn** (???.???.????)

**2022** Halvmaraton 102 2:14:46

**Kvåle, Gaute** (18.3.1995)

**2022** Motbakke 4 42:42

**Kvaale, Jesper Dypvik** (11.6.2007)

**2022** 100 G15 5h1 12.44

**Kyeremeh, Syephan Skogheim** (24.1.2001)

**2022** 200 inne G20-22 DNS, 1h2 22.52

**Kårbø, Harald** (18.5.1992)

**2022** 10km terreng 13 31:34

**Kårbø, Tom Erling** (4.2.1989)

**2022** 3000h 1 8:31.13

**Kaasa, Even Ryslett** (10.10.2006)

**2022** Slegge G16 4 46.79

**Kåshagen, Carl Emil** (9.2.1991)

**2022** 200 6 22.66, 3s3 21.79, 2h1 22.51, 1000 stafett 3 1:52.79, 200 inne 5 22.16, 2h2 21.97, 4x200 inne 3 1:27.32

**Kåstad, Martin** (10.8.1990)

**2022** Halvmaraton 39 1:22:31

**Kåshagen, Mauritz** (15.2.1989)

2022 400 DNF, 5h1 49.29, 1000 stafett 3 1:52.79, 200 inne 2h3 22.59, 4x200 inne 3 1:27.32

**L****Laitinen, Kim Berland** (19.12.1984)

2022 10km terreng 32 38:54

**Laksfoss, Alexander Mathiassen** (22.3.2006)

2022 100 U20 7s1 11.44, 3h1 11.41, 100 G16 4 11.44, 2h3 11.42

**Lande, Storm Magnus Grødem** (17.2.2007)

2022 Slegge G15 3 42.95

**Landsvik, Carl Erik Gjellestad** (13.3.2001)

2022 Lengde inne 7 6.68, Tresteg 7 13.78

**Lange, Petter** (19.9.1962)

2022 Terrenkultra 23 13:39:53

**Langhelle, Andreas Lorentz** (1.8.2007)

2022 400 U20 6h1 51.79, 100 G15 4 11.69, 3s2 11.85, 2h2 11.94, 200 G15 4 23.57, 3s2 23.61, 2h4 24.31, 60 inne G15 6 7.56, 2h1 7.57, 200 inne G15 DQ:R162.8, 4x100 G16 1 45.65, 4x600 G16 2 6:17.89

**Langøy, Eivind** (24.1.2005)

2022 800 G17 12 (8h2) 2:11.40, 3000 G17 14 9:50.88

**Langøy, Sondre** (29.9.2006)

2022 Kule G16 6 12.83, Diskos G16 1 42.13, Slegge G16 1 51.93

**Larsen, Lauritz** (12.8.2004)

2022 4x100 5 45.69, 4x100 U20 5 48

**Larsen, Simen Tjelta** (4.1.1994)

2022 100 4s2 11.01, 2h6 10.90, 200 6s2 22.17, 2h4 22.38, 4x100 1 41.50

**Larsson, Børge Bjørsvik** (19.10.1992)

2022 5000 16 (4h1) 14:59.40

**Larsson, Tobias Dybos** (30.4.2002)

2022 60 inne 5h4 7.34, 200 inne 4h2 24.23, 200 U23 h1 DNF, 1000 stafett U23 7 (2h1) 1:57.02

**Laukli, Henrik Marius** (8.4.2001)

2022 5000 14 (2h1) 14:57.08, 10000 26 (12h1) 32:58.20, 3km terreng 19 9:34, 1x6km terreng 9 17:42, 10km terreng 19 32:35

**Laukli, Sivert** (25.5.1999)

2022 3km terreng 27 10:10

**Laulo, Lars** (12.5.1998)

2022 Maraton 18 2:46:11

**Lehman, Sondre Søgård** (22.6.2006)

2022 800 G15 3 (3h2) 2:01.78

**Leite, Levi-Andre** (9.9.1986)

2022 Halvmaraton 70 1:33:34

**Levorsen, Estin** (27.4.2006)

2022 60 inne G16 6h4 8.07, 800 inne G16 12 (5h1) 2:25.44, 4x200 inne G15-17 7 1:46.13

**Lian, Håvard Rekve** (22.2.2006)

2022 800 inne G16 13 (6h1) 2:27.33

**Liberg, Erik** (9.7.2005)

2022 Kule U20 10 12.09, Slegge U20 7 46.73, Diskos G17 5 33.74, Slegge G17 2 57.08, Kule inne G17 2 13.94

**Lidal, Simon Hjelle** (19.4.1998)

2022 Spyd 6 61.54

**Lie, Espen** (3.1.1984)

2022 10000 23 (9h1) 32:41.04

**Lie, Lukas Landro** (27.3.2004)

2022 4x1500 U20 3 18:25.67

**Lie, Aamund** (7.10.2002)

2022 Halvmaraton 66 1:32:46

**Lie-Nordsjø, Markus** (1.1.2006)

2022 100 G16 6h2 12.15, 200 G16 4h2 24.24, 1000 stafett G17/19 5 2:02.59

**Lien, Tobias** (28.1.1998)

2022 4x100 5 45.69

**Liland, Niklas** (4.11.2004)

2022 Diskos U20 8 35.19, Slegge U20 NM, Kule G18/19 9 10.71, Diskos G18/19 6 29.66, Slegge G18/19 4 54.66

**Lileng, Anders Westem** (29.5.2007)

2022 4x100 G16 DQ, 4x600 G16 3 7:55.19

**Liljedal, Magnus Skinlo** (20.12.2007)

2022 2000 G15 10 5:56.56

**Lillebø, Sigve Jørgensen** (19.2.2006)

2022 100 G16 6h1 12.47, 800 G16 11 (10h2) 2:01.41, 200 inne G16 2h1 24.69, 800 inne G16 6 (6h2) 2:06.74

**Lillefosse, Bjørnar Sandnes** (17.7.1992)

2022 1500 4 3:43.17, 1h2 3:50.29, 5000 3 (3h2) 14:16.6, 1500 inne 4 3:52.72, 3000 inne 3 8:32.88

**Lillefosse, Pål Haugen** (4.6.2001)

2022 Stav 1 5.86, Stav inne 1 5.70

**Lillehagen, Mathias** (11.2.2002)

2022 5000 U23 9 15:43.61

**Lillejord, Jonas** (9.2.1998)

2022 Maraton 8 2:34:12

**Limstrand, Simon** (6.3.2000)

2022 100 para utviklinghemmet 2 13.05

**Lindhjem-Godal, Magnus** (25.3.2005)

2022 3000 G17 11 9:31.77

**Lindø, Eirik** (14.9.1994)

2022 100 para utviklingshemmet 3 13.31, 1500 para 5:24.72/50, Lengde para 3 4.79/120

**Litland, Håkon Eik** (24.2.2001)

2022 Slegge 4 64.60, Slegge U23 1 61.60

**Liverød, Sivert Vataker** (16.3.2004)

2022 100 6h1 11.79, Lengde U20 6q2 6.12, 100 G18/19 6h3 11.66, 200 G18/19 8h2 23.94, Lengde G18/19 7 6.17

**Liverud, Theodor Tjåland** (18.3.2007)

2022 Kule G15 7 9.57, Spyd G15 5 41.01, 9-kamp G15

**Loennechen, Jørgen Brenna** (6.12.2003)

2022 Kule inne G18/19 3 14.81

**Lomås, Erik** (12.1.1993)

2022 10000 7 (7h2) 30:24.24

**Longva, Simen** (4.12.1989)

2022 Halvmaraton 72 1:33:54

**Lothe, Jørn** (21.2.1968)

2022 Halvmaraton 60 1:31:02

**Lubsen, Mike (Lubowa) (UGA)** (22.4.1995)

2022 4x100 1 41.50

**Lund, Jørgen Evensen** (5.5.2003)

2022 200 3 21.81, 2s3 21.30, 1h4 22.17, 100 U20 2 10.92, 1s2 10.79, 3h5 11.27

**Lundberg, Bjørn Rusten** (24.3.1994)

2022

**Lundberg, Magnar Fossbakken** (28.3.1997)

2022 800 9h2 1:59.68

**Lunde, Johannes Steinsland Gulbrandsen** (22.12.03)

2022 100 7s3 11.29, 4h4 11.16, 200 4s1 22.24, 3h2 22.23, 60 inne 5h2 7.22, Lengde inne 8 6.03, Tresteg inne NM, 200 U20 2 22.11, 2s1 22.15, 1h7 22.62, Lengde U20 7 6.42, 2q1 6.43, 1000 stafett U23 7 (2h1) 1:57.02, 100 G18/19 5 11.19, 3s1 11.06, 2h3 11.39, 200 G18/19 8 34.52, 2s2 22.48, 1h4 22.72, Lengde G18/19 5 6.50, 60 inne G18/19 5 7.22, 3s3 7.24, 1h1 7.20, 200

inne G18/19 5 22.85, 2h3 22.53, Lengde inne G18/19 1 6.67, Tresteg inne G18/19 2 13.74

**Lundin, Jesper Andreas Matsson** (8.8.2002)

2022 3000h 4 9:06.70, 3km terreng DNS, 10km terreng 10 31:15, 3000 hinder U23 1 8:55.70, 1500 inne G20-22 3 4:02.09

**Lütken, Odd Markus** (11.3.1964)

2022 100 para 4 21.18/184, 1500 para 2 5:29.07/421

**Løken, Egil** (15.9.1968)

2022 Maraton 37 3:16:07

**Løland, Leif Inge** (8.7.1977)

2022 Motbakke 36 60:50

**Lømo, Tobias** (13.5.2000)

2022 Terrenghultra 12 10:06:41

**Løn-Håkanes, Lucas Øverbakke** (7.4.2007)

2022 100 G15 6s2 12.19, 4h3 12.05, 200 G15 7 24.31, 4s2 24.33, 3h4 24.38

**Løvås, Even Bentzen** (???.1989)

2022 Maraton 6 2:31:49

## M

**Malkevics, Ralfs (LAT)** (25.3.2004)

2022 60 inne G18/19 s2 DNS, 5h3 7.57

**Mardal, Thomas** (16.4.1997)

2022 Slegge 2 72.95

**Martinsen, Ruben** (26.8.2001)

2022 Spyd U23 4 61.26

**Martinsen, Sondre** (15.6.2003)

2022 5000 U20 15 (1h1) 15:36.27, 800 G18/19 15 (4h1) 2:01.63, 3000 G18/19 8 8:49.92

**Massacand, Philip Anders Athelme** (12.5.2002)

2022 10000 16 (14h2) 31:45.27, Motbakke 8 46:26, 1500 U23 5 3:58.06, 5000 U23 6 14:48.53

**Mastervik, Torstein Olai Leiren** (28.12.2003)

2022 400 G18/19 15 (5h1) 59.14, 800 G18/19 h1 DNF

**Mathiesen, Sander Dybwad** (10.11.2003)

2022 800 h1 DNS, 1500 10h2 3:55.99, 1500 U20 5 3:50.57, 800 G18/19 6 (6h2) 1:55.81, 3000 G18/19 4 8:27.09

**Matre, Ola** (31.12.1989)

2022 10000 h1 DNS

**Mauren, Frode Nordstrand** (16.1.1973)

2022 Halvmaraton 42 1:22:50

**Medhus, Bård Olav Steinsland** (24.2.2002)

2022 Motbakke 17 50:02

**Meinseth, Even** (22.5.1996)

2022 100 1 10.56, 1s2 10.82, 1h1 10.91, 1000 stafett 2 1:52.54, 60 inne 1 6.69, 1s2 6.82, 1h1 6.98, 4x200 inne 1 1:36.91

**Meland, Balder** (11.6.2006)

2022 3000 G16 12 9:15.45

**Melbø, Mads Egseth** (26.12.1979)

2022 Halvmaraton 82 1:38:13

**Melheim, Lars-Martin** (6.10.2002)

2022 10km terreng 24 33:14, Halvmaraton U23 4 1:13:14

**Melheim, Steffen** (1.8.2003)

2022 Kule U20 1 17.29, Diskos U20 1 56.82

**Melling, Daniel (GBR)** (???.2002)

2022 10km terreng 27 35:31

**Melsås, Halvard Martin** (29.4.2005)

2022 Slegge G17 1 57.88

**Menkerud, Lauritz Grønvold** (10.11.2007)

2022 2000 G15 DNF

**Mensah, Christian** (20.4.1996)

2022 100 6s3 11.06, 3h3 11.05, 200 5s3 22.08, 2h3 22.42, 60 inne 6s1 7.13, 3h4 7.19, 200 inne h6 DNS

**Meo, Filip Aleksander** (19.3.2002)

2022 1500 inne 11 4:08.88, 3000 inne 12 8:58.31

**Merheb, Noah Digernes** (30.11.2007)

2022 60 inne G15 4h1 7.82, 200 inne G15 4 24.18, 1h4 24.07, 800 inne G15 8 (1h1) 2:11.05

**Mezngi, Zerei Kbrom** (12.1.1986)

2022 5000 2 (2h2) 14:15.85, 10000 1 (1h2) 28:21.16

**Michelsen, Trond Are** (13.12.1973)

2022 Motbakke 29 53:50

**Mikkelfjord, Erik Tanawat** (1.2.1999)

2022 100 7h4 11.58, 60 inne 7h2 7.33

**Miller, Teodor** (30.1.2005)

2022 100 G17 5h3 12.22, 200 G17 6h2 24.35, 60 inne G17 6h2 7.84, 200 inne G17 4h3 24.73, 4x200 inne G15-17 7 1:46.13

**Miltz, Moritz (GER)** (7.9.2004)

2022 60 inne G18/19 6h2 7.71, 200 inne G18/19 4h8 24.88, 400 inne G18/19 13 (4h1) 56.85

**Minsaas, Thor Anders Mannes** (17.4.2007)

2022 100 G15 7h2 12.46, 200 G15 6s1 24.60, 3h3 24.47

**Mjelde, Kenneth** (11.11.1998)

2022 1x6km terreng 21 20:19

**Mjelde, Johannes Jemer** (5.1.2005)

2022 200 G17 5h3 24.02, Tresteg G17 5 12.37

**Mjølkariid, Sondre** (25.6.2001)

2022 110h DNS, 60 hekk inne G20-22 2 8.34

**Mjør, Axel Andreas** (22.5.2006)

2022 4x100 U20 3 43.59, 4x100 G16 DNF

**Mjaaland, Leon Samuel Douglas** (6.9.2000)

2022 400 5 48.97, 3h1 49.05, 1000 stafett 5 1:56.04, 800 inne 4 1:56.41, 200 U23 5h2 22.84, 400 U23 3 48.67, 1000 stafett U23 3 (3h2) 1:55.45

**Moen, Asbjørn** (4.12.1963)

2022 Maraton 44 3:29:16

**Moen, Benjamin Christiansen** (19.7.2007)

2022 100 hekk G15 4 1h2 14.68, Lengde G15 4 6.02, Tresteg G15 2 11.98

**Moen, Mathias** (16.3.1988)

2022 5000 18 (6h1) 15:01.02, 10000 22 (8h1) 32:33.59

**Moen, Sivert** (3.8.2004)

2022 200 U20 5h1 23.39, 1000 stafett U23 4 (4h2) 1:56.08, 200 G18/19 4h4 23.57

**Moland, Sindre Swan** (5.10.2004)

2022 2km terreng U20 2 6:09

**Molenaar, Kristoffer** (3.10.2006)

2022 7-kamp inne G16 3 3.205

**Momrak, Sondre Røed** (22.3.2007)

2022 2000 G15 20 6:20.78

**Morken, Philip** (1.2.2004)

2022 800 U20 4 1:52.17, 1h3 1:56.54, 400 G18/19 8 (6h3) 52.00, 800 G18/19 4 (4h2) 1:54.01, 800 inne G18/19 2 (2h2) 1:56.03, 1500 inne G18/19 2 4:04.77

**Morstøl, Øyvind Magnus** (15.7.2007)

2022 800 G15 11 (7h2) 2:07.45, 2000 G15 19 6:19.09, 800 inne G15 h2 DNS, 1500 inne G15 7 4:31.54

**Mortensen, Tore** (8.12.1973)

2022 Maraton 53 3:44:39

**Moshagen, Nikolai Stavik** (18.5.2005)

2022 100 U20 7h1 11.87, Høyde U20 NM, Høyde G17 2 1.86, Kule G17 3 12.94, Diskos G17 4 35.20, Høyde inne G17 2 1.83,

Lengde inne G17 8 5.60, Kule inne G17 6 11.41, 7-kamp inne G17 3 3.867, 10-kamp G17 2 5.481

**Myhre, Magnus Tuv** (15.6.2000)

2022 5000 1 (1h2) 14:14.32, 10km terreng 1 29:23

**Myklebust, Henrik Espelund** (27.2.1999)

2022 Maraton 45 3:29:16

**Myrvang, Sander Steen** (7.2.2000)

2022 100 8s1 11.17, 6h6 11.12, 200 6s3 22.57, 6h4 22.60, 1000 stafett 1 1:52.08, 200 U23 h2 DQ:R162.8

**Mæhle, Henning** (18.9.1991)

2022 Halvmaraton 11 1:11:57

**Mæhlum, Christian Frich** (25.11.2002)

2022 400h 8 59.62, 400 hekk U23 4 58.73

**Møller, Lars Wold** (30.6.2005)

2022 800 U20 7h3 2:00.71, 800 G17 4 (2h2) 2:02.88, 3000 G17 9:18.92, 800 inne G17 3 (3h2) 2:02.45, 1500 inne G17 6 4:20.86

**Måge, Sondre Svåsand** (22.10.2004)

2022 6km terreng U20 13 22:01, 3000 G18/19 18 9:58.88

## N

**Nalliah, Memarthaen** (5.11.2007)

2022 100 G15 5s1 11.82, 2h3 11.99, 200 G15 8 24.37, 4s1 23.88, 3h2 24.13, 60 inne G15 DQ:R162.8, 3h2 7.76, 200 inne G15 2h1 24.88

**Nadarajah, Akshathan** (14.7.2003)

2022 100 U20 7h6 11.64, 200 U20 5h2 23.53, 1000 stafett U20 1 3 2:05.11, 4x100 U20 2 43.16, 4x400 U20 3 3:33.27, 100 G18/19 5h1 11.64, 200 G18/19 6s2 23.45, 4h3 23.34, 400 hekk G18/19 3 65.53, 1000 stafett G17/19 4 2:01.56, 60 inne G18/19 8s1 7.67, 5h2 7.59, 200 inne G18/19 4h5 24.25

**Nedregård, Kristian** (28.8.1974)

2022 3000 inne 13 9:30.70

**Nedrehagen, Robin Wathne** (27.2.1999)

2022 800 h2 DNS

**Nedrelid, Stian** (24.3.1978)

2022 Halvmaraton 26 1:20:45

**Nerdal, Jon Bernhard Steinkopf** (17.2.1996)

2022 Slegge 3 65.75

**Nesgård, Arne** (20.9.1973)

2022 Motbakke 45 74:36

**Nesgård, Mathias** (9.5.2004)

2022 Motbakke 22 51:12, Halvmaraton U23 9 1:19:54

**Neshagen-Celius, Linus** (3.10.2007)

2022 2km terreng G15 8:02

**Nesheim, Ola Åge** (2.11.1975)

2022 Halvmaraton 81 1:37:04

**Nesholen, Markus Aseged** (14.5.2007)

2022 800 G15 20 (10h2) 2:15.44, 800 inne G15 5 (5h2) 2:07.82

**Nesse, Andreas Nedrebø** (21.4.2004)

2022 200 G18/19 7h4 24.37, Slegge G18/19 7 17.48, Spyd G18/19 3 32.42

**Nesse, Petter Nedrebø** (7.1.2006)

2022 Diskos G16 9 28.72, Slegge G16 NM

**Nessler, Theodor Volline** (9.7.2006)

2022 100 G16 5h1 12.29, 200 G16 5h3 24.52, 60 inne G16 6h2 7.97

**Nevin, Sven William** (4.7.2007)

2022 800 G15 9 (3h1) 2:06.91, 2000 G15 5 5:53.85, 800 inne G15 9 (2h1) 2:11.79, 1500 inne G15 4 4:24.87, 2km terreng G15 2 6:39

**Nilsen, Elias Hovden** (19.7.2001)

2022 Spyd 4 62.40, Spyd U23 3 63.29

**Nilsen, Erik Fossen** (11.5.1987)

2022 10000 29 (15h1) 33:36.42

**Nilsen, Lucas Grimstad** (6.6.2005)

2022 110 hekk G17 DNF, 300 hekk G17 4 41.04

**Nilsen, Sander Werge** (23.6.2003)

2022 100 5h5 11.21, 200 7h5 23.68, 4x100 DNF, 100 U20 4 11.01, 1s1 10.92, 1h3 10.95, 1000 stafett U20 1 3 2:05.11, 4x100 U20 2 43.16, 100 G18/19 2 11.00, 1s2 10.83, 1h1 11.10, 200 G18/19 6 22.73, 4s2 22.66, 2h1 22.71, 1000 stafett G17/19 4 2:01.56, 60 inne G18/19 4s3 7.25, 3h4 7.29, 200 inne G18/19 2h1 23.16, 4x200 inne G18-22 2 1:34.14

**Nilsson, Henrik Mobakk** (27.9.1993)

2022 10000 23 (10h1) 32.56.83

**Njerne, Eskil Reier** (25.7.2002)

2022 Stav 6 4.61, Stav inne 5 4.50, Stav inne G20-22 1 4.40

**Nordal, Emil** (11.4.2003)

2022 400 U20 7h1 52.20, 800 U20 7h2 2:04.68, 200 G18/19 7s2 23.53, 4h1 23.36, 400 G18/19 7 (2h2) 51.86, 800 G18/19 12 (2h1) 1:59.61, 1000 stafett G17/19 DNF, 200 inne G18/19 2h6 23.17, 800 inne G18/19 8 (2h1) 2:05.76, 4x200 inne G18-22 DNS

**Nordtug, Henrik** (7.2.1987)

2022 10000 h1 DNF

**Nordviken, Jonas** (14.10.2007)

2022 2000 G15 21 6:24.07, 60 inne G15 6h2 8.66, 800 inne G15 12 (5h1) 2:19.04, Lengde inne G15 7 4.53

**Norheim, Stig Morten** (???.???.???)

2022 Motbakke 37 62:09

**Norum, Jo Inge** (16.12.1977)

2022 100km ultra 2 6:53:46

**Nybakk, Brage Henden** (2.4.2003)

2022 800 inne G18/19 6 (6h2) 2:03.81

**Nybakke, Amund** (2.10.2007)

2022 800 G15 15 (7h1) 2:10.13, 2000 G15 16 6:07.44

**Nyberget, Alexander** (29.4.2000)

2022 Høyde uten tilløp 3 1.55, Lengde uten tilløp 7 2.94

**Nygård, Andreas Penne** (23.7.1982)

2022 10000 11 (11h2) 30:55.53

**Nygaard, Jon Per** (28.6.1967)

2022 Maraton 23 2:56:11

**Nyrnes, Oddmar** (1.7.1973)

2022 Halvmaraton 89 1:42:11

**Næss, Erlend Bergfjord** (18.4.2002)

2022 Kule 9 11.82, Diskos 12 41.06, Kule U23 1 13.61, Diskos U23 2 46.28, Slegge U23 3 45.47, Kule inne G20-22 1 12.92

## O

**Obaidi, Obaidullah (AFG)** (3.7.2000)

2022 200 inne G20-22 3h4 24.01, 400 inne G20-22 8 (4h1) 53.36

**Oen, Knut** (13.1.1964)

2022 Motbakke 38 63:20

**Offigstad, Henning Halvorsen** (24.7.1985)

2022 5000 22 (9h1) 15:18.15, 1x6km terreng 10 17:52

**Olsen, Benjamin** (16.6.2004)

2022 1500 8 3:49.65, 6h2 3:50.76, 800 inne 3 1:54.86, 1500 inne 10 3:57.90, 4x400 U20 2 3:32.37, 1000 stafett G17/19 DNF

**Olsen, Hugo Jan** (12.7.1968)

2022 Halvmaraton 19 1:19:37

**Olsen, Kjell Arne** (20.9.1960)

2022 Maraton 24 2:57:05

**Olsen, Mads Orø** (7.5.2002)

2022 5000 U23 4 14:36.65, Halvmaraton U23 3 1:12:45

**Olsen, Roy** (30.3.1978)



2022 Halvmaraton 40 1:33:47  
**Olsen, Truls Engen** (18.1.2003)  
 2022 Slegge 7 51.39, Slegge U20 1 65.56, Slegge G18/19 2 63.65  
**Olsen, Åge Bryan** (23.8.1975)  
 2022 Maraton 51 3:32:35  
**Olstad, Sverre Ranæs** (16.6.2006)  
 2022 Kule inne G16 4 11.99  
**Omland, Sondre Strande** (25.4.2007)  
 2022 5000 U20 11 (11h2) 15:02.79, 800 G15 2 (2h2) 2:00.50, 2000 G15 2 5:37.57, 1500 inne G15 1 4:05.59, 4x600 G16 1 6:03.44  
**Omvik, Sindre Solbakken** (18.8.1993)  
 2022 800 5h1 1:57.42, 1500 10h1 3:54.52, 10000 h1 DNF  
**Opdahl, Imre Marius Skiftesvik** (5.4.2005)  
 2022 800 inne G17 12 (6h1) 2:12.48, 1500 inne G17 10 4:31.97  
**Oppen, Sander** (17.12.2004)  
 2022 Stav inne 4 4.60, Stav inne G18/19 3 4.60  
**Opsal, Toralv** (9.3.1998)  
 2022 400 h1 DNF, 400 inne 5 52.78, 2h4 49.39  
**Ose, Jonas Andre** (13.6.2002)  
 2022 100 7h5 11.53, 60 inne G20-22 7 7.07, 2h2 7.02  
**Overvåg, Gabriel** (21.2.2004)  
 2022 100 G18/19 7h3 11.91, 200 G18/19 6h3 24.71, 60 inne G18/19 7h3 7.99  
**Owusu, Benjamin Kwadjo** (26.7.2004)  
 2022 200 U20 7h4 24.32, 1000 stafett U20 DNS, 60 inne G18/19 5h5 7.71, 200 inne G18/19 4h3 24.15

**P**

**Palmgren, Odin Gundersen** (18.9.2006)  
 2022 Lengde G16 7 5.87, Kule G16 8 11.59, Spyd G16 2 49.20  
**Pasanen, Tommi Aslaksrud** (7.2.2004)  
 2022 Spyd 7 59.46, Spyd U20 1 58.44, Spyd G18/19 1 56.97  
**Paulides, Johannes Paulus** (18.1.2007)  
 2022 100 G15 6h1 12.62, 200 G15 8s2 25.15, 4h1 24.90, Lengde G15 12 5.07  
**Pay, Bjørn Terje Newman** (5.3.1974)  
 2022 Diskos 7 46.95  
**Pedersen, Erik Udø** (9.4.1994)  
 2022 10km terreng 4 30:05  
**Pedersen, Even Elias Grannes** (3.4.2006)  
 2022 100 U20 s2 DQ:R162.8, 2h1 11.21, 200 U20 3s2 22.56, 2h6 22.71, 100 G16 h1 DQ:R162.6, 200 G16 1 22.43, 1h3 22.96, 100 hekk G17 1 13.39, 300 hekk G17 1 37.84, 200 inne G16 2 22.77, 1h3 22.81, 60 hekk inne G16 1 8.30, 1h2 8.38, Lengde inne G16 5 5.77  
**Pedersen, Theodor Trægde** (25.5.2006)  
 2022 60 inne G16 8s1 7.73, 3h2 7.71  
**Pedersli, Trond Einar Moen** (21.2.1994)  
 2022 3km terreng 4 9:05, 1x6km terreng 9 17:42  
**Persen, Kristoffer** (18.3.2000)  
 2022 100 7h2 11.57  
**Persson, Ivan Andre** (25.4.1984)  
 2022 Terrenkultra DNF  
**Pettersen, Even** (12.10.1993)  
 2022 200 sf3 DBF, 5h4 22.46, 4x100 3 43.18  
**Pettersen, Martin** (16.2.2002)  
 2022 100 5h4 11.32, 200 5h1 22.90, 4x100 4 43.77, 200 U23 4h1 22.70  
**Pinås, Fredrik** (5.6.2005)  
 2022 4x100 U20 5 48.47, 4x400 U20 4 3:59.11  
**Placht, Rudi Andre** (30.9.1972)

2022 Terrenkultra 24 13:53:16  
**Plukkerud, Ivar** (11.4.2005)  
 2022 400 hekk U20 4 57.30, 400 G17 3 52.42, 800 G17 h1 DNS, 300 hekk G17 2 40.17  
**Pollestad, Rune** (22.10.1975)  
 2022 Halvmaraton 56 1:29:26  
**Porjajev, Timofei (EST)** (3.1.2003)  
 2022 400 inne G18/19 3 (3h3) 49.17  
**Prigge, Ole Daniel** (24.12.2005)  
 2022 800 inne G17 8 (3h1) 2:05.10, 1500 inne G17 4 4:09.23, 2km terreng G17 DNS  
**Prommetta, Atcha G. (THA)** (26.2.1999)  
 2022 Stav inne NM, Lengde uten tilløp 6 3.02

**Q**

**Quarcoo, Jonathan Tetteh** (13.10.1996)  
 2022 200 DNS, 2s1 21.70, 1h2 21.88

**R**

**Rabi, Abdullahi Dahir** (27.3.2003)  
 2022 5000 4 (4h2) 14:18.34, 1500 U20 1 3:43.77, 5000 U20 1 (1h2) 13:45.98, 6km terreng U20 1 17:44  
**Raknes, Gisle** (24.8.1970)  
 2022 Halvmaraton 54 1:28:00  
**Ramirez, Elijah Narciso** (15.5.2007)  
 2022 100 G15 7 11.83, 4s1 11.76, 3h4 11.82, 200 G15 6 23.94, 3s1 23.75, 2h3 24.31, 60 inne G15 7.51, 1h3 7.48, 200 inne G15 3 23.81, 1h2 23.80, 4x200 inne G15-17 3 1:37.29  
**Ramirez, Zion Narciso** (15.5.2007)  
 2022 100 G15 8s2 14.58, 3h1 12.09, 60 inne G15 5 7.55, 2h2 7.52, 4x200 inne G15-17 3 1:37.29  
**Ramstad, Jonas** (15.2.2006)  
 2022 1000 stafett G17/19 DNF, 200 inne G16 5h1 27.01, Lengde inne G16 19 4.12, 4x200 inne G15-17 8 1:46.85  
**Randall, Kristoffer** (19.3.2007)  
 2022 3000 gang U20 2 15:27.29, 2000 gang G15 1 9:45.47, Stav G15 3 2.20, 1500 gang inne G15 1 7:25.67, Stav inne G15 4 2.30, 4km terreng G15 DNF, 4km terreng G15 9 15:33  
**Rangassamy, Rayan Niven (MRI)** (21.1.2008)  
 2022 60 inne G16 3 7.30, 1s2 7.25, 1h1 7.41, 60 hekk inne G16 h1 DQ:R162.8, Lengde inne G16 7 5.70, Tresteg inne G16 NM  
**Rasmussen, Stig** (5.7.1975)  
 2022 100km ultra DNF  
**Ravndal, Dennis Kvame** (28.3.2007)  
 2022 4x1500 U20 1 16:49.90, 2000 G15 3 5:44.16, 4km terreng G15 3 12:48  
**Refsland, Didrik** (12.3.2006)  
 2022 4x1500 U20 3 18:25.67  
**Reigstad, Eirik** (17.2.2007)  
 2022 300 hekk G15 13 (6h1) 50.45, Høyde G15 7 1.65, Lengde G15 8 5.47  
**Reigstad, Magnus** (31.3.2003)  
 2022 200 7h4 23.19, Lengde 8 6.60, 200 U20 5h3 23.71, Lengde U20 2 6.87, 4q1 6.37, Lengde G18/19 2 6.73  
**Reimers, Johannes Ottemo** (30.8.2006)  
 2022 200 G16 6h3 25.53, 300 hekk G17 5 47.26  
**Reitan, Thomas** (16.1.2006)  
 2022 Høyde U20 8 1.80, Stav U20 7 3.75, Høyde G16 4 1.78, Stav G16 4 3.50, Høyde inne G16 3 1.81, Stav inne G16 3 3.20, 10-kamp G16 2 4.561  
**Reklev, Michael Chen** (11.9.2005)  
 2022 Høyde G17 1 1.89, 1000 stafett G17/19 DNF, Høyde inne G17 1 1.86, Lengde inne G17 3 6.14, 4x200 inne G18-22 DNS

**Rennan, Theodor Haugberg** (23.11.2007)  
**2022** 60 inne G15 6h3 8.20, 800 inne G15 h1 DQ:R163.3, Lengde inne G15 6 4.64, 4x100 G16 2 50.84

**Rettore, Benjamin Storm** (27.12.2003)  
**2022** 3000 G18/19 5 8:29.31

**Reyes, Benjamin Talens** (30.4.2007)  
**2022** 60 inne G15 4 7.54, 2h3 7.56, 200 inne G15 3h1 24.96

**Rian, Tobias** (12.4.2005)  
**2022** 7-kamp inne G17 4 3.376

**Ricanek, Maria Finsrud** (20.7.2005)  
**2022** 4x100 U20 DQ

**Riekes, Haakon Peter** (2.1.1986)  
**2022** Maraton 46 3:29:51

**Riiser, Amund** (8.7.1977)  
**2022** Halvmaraton 33 1:21:26

**Rinde, Vegard Oppedal** (3.1.2006)  
**2022** 110 hekk U20 4 15.74, 400 hekk U20 3 56.83, 3000 G16 14 9:19.33, 100 hekk G17 2 13.81, 300 hekk G17 2 39.88, 60 inne G16 6s1 7.59, 4h1 7.60, 200 inne G16 2h4 23.62, 60 hekk inne G16 3 8.45, 1h1 8.58

**Ringdal, Peder N.** (30.9.1944)  
**2022** Halvmaraton 103 2:26:56

**Rise, Jan Endre** (12.4.1975)  
**2022** Halvmaraton 30 1:20:50

**Riseth, Jonas** (4.6.1994)  
**2022** 5000 15 (3h1) 14:58.19, 3000h 9 9:14.56, 3km terreng 23 9:45, 1x6km terreng 14 18:10, 10km terreng 25 33:48

**Rishøi, Sondre** (30.4.2000)  
**2022** 1500 6h1 3:53.03, 1500 inne 3 3:50.87, 3000 inne 4 8:33.00, 3km terreng 17 9:26, 1x6km terreng 8 17:41, 800 U23 3 1:55.51, 1500 U23 3 3:54.69

**Rogstad, Jostein** (8.6.1987)  
**2022** 5000 19 (7h1) 15:01.10, 10000 27 (13h1) 33:07.00

**Rooth, Edvin** (6.1.2007)  
**2022** 200 G15 6h4 25.52, 300 hekk G15 6 (2h1) 44.76, 7-kamp inne G15 2 2.652

**Rooth, Markus** (22.12.2001)  
**2022** Stav 7 4.61, Kule 7 14.29, Diskos 8 46.43

**Rosenkilde, Herman Skjensvold** (8.10.2003)  
**2022** Tresteg inne 8 13.74, Tresteg G18/19 4 13.06, Tresteg inne G18/19 3 13.36

**Roset, Håkon Hjelle** (19.2.2000)  
**2022** Slegge 5 55.88, Slegge U23 2 54.65

**Rosholt, Jonas Mæland** (20.7.2007)  
**2022** 1000 stafett U20 DNS, 200 G15 5s2 24.41, 3h1 24.40, 300 hekk G15 3 (1h1) 41.59, 200 inne G15 3h2 25.40, 800 inne G15 6 (6h2) 2:07.85, 4x200 inne G15-17 4 1:37.95, 4x100 G16 DNF

**Rosnes, Jan** (4.12.65)  
**2022** Motbakke 44 73:36

**Rosvold, Erik Johannes** (13.11.1998)  
**2022** Diskos 3 51.02

**Rotmo, Jesper Marelus** (12.5.2006)  
**2022** 2km terreng G16 10 7:24

**Rudi, Sondre Matias Kui** (12.6.2000)  
**2022** 100 3s2 10.99, 3h1 10.99, 200 7s3 24.52, 3h1 22.64, 1000 stafett 3 1:52.79, 1000 stafett U23 1 (1h2) 1:51.60

**Rustad, Nils August Flornes** (5.5.2007)  
**2022** 2000 G15 17 6:08.45, 1500 hinder G15 4 4:54.73, 800 inne G15 10 (3h1) 2:12.90, 1500 inne G15 8 4:38.54

**Rustad-Johansen, Sander** (18.4.2006)

**2022** 1500 hinder G16 7 5:07.80, 60 inne G16 7h3 8.02, 200 inne G16 5h2 26.03, Lengde inne G16 11 5.30, 4x200 inne G15-17 3 1:37.29

**Rye, Einar Johannes** (11.10.2001)  
**2022** 100 7h1 11.65, 4x100 3 43.18, 100 U23 4 11.00, 200 U23 h3 DNS, 1000 stafett U23 9 (4h1) 1:59.11, 60 inne G20-22 5h2 7.17, 200 inne G20-22 3h1 23.08, 4x200 inne G18-22 3 1:34.62

**Ryen, Ole Håkon Bråten** (9.12.2006)  
**2022** 800 G16 18 (7h1) 2:10.77

**Rygh, Linus August** (16.5.2005)  
**2022** Lengde U20 10 6.23, 5q2 6.13, Tresteg U20 3 13.19

**Rygh, Linus August** (16.5.2005)  
**2022** Lengde G17 5 5.99, Tresteg G17 3 12.92, 60 inne G17 7s2 7.51, 4h2 7.53, Lengde inne G17 6 5.79

**Rypdal, Petter Mekvik** (30.10.1993)  
**2022** 10000 4 (4h2) 29:49.81, 3km terreng DNS

**Røe, Herman Norman** (5.10.2007)  
**2022** 100 G15 6h3 12.45, 200 G15 6h1 25.41, 4x100 G16 DNF

**Røed, Emil Aslaksen** (12.9.2006)  
**2022** 2km terreng G16 DNS

**Røgeberg-Ortiz, Emiliano Storm** (31.5.2006)  
**2022** 100 U20 6s3, 3h4 11.21, 400 U20 7 50.57, 4h1 50.49, 200 G16 2 22.49, 1h1 22.75, 60 inne G16 7 7.49, 4s2 7.49, 2h4 7.54, 200 inne G16 5 23.40, 2h2 23.31, 60 hekk inne G16 2 8.40, 2h2 8.62

**Røgenes, Øyvind** (19.12.1990)  
**2022** Motbakke 15 48:51

**Røstad-Larsen, Mathias** (1.6.2007)  
**2022** Kule G15 6 10.73, Slegge G15 2 43.20

**Røttingen, Vegard** (3.7.2007)  
**2022** Diskos G15 6 32.89, Slegge G15 4 38.11

**Røv, Njord** (1.6.1969)  
**2022** 1x6km terreng 23 22:41

**Røyhus, Ole Sivert** (11.3.2003)  
**2022** 800 7h1 1:59.07, 1000 stafett 7 2:00.21, 800 inne 7 2:01.92, 800 U20 5 1:55.23, 2h2 1:56.64, 1000 stafett U20 1 2 2:02.88, 400 G18/19 6 (1h2) 51.72, 800 G18/19 8 (8h2) 1:58.60, 1000 stafett G17/19 5 2:02.59

**Raa, Erlend Bolstad** (31.3.2000)  
**2022** Høyde 2 2.06

**Råmkes, Kjell-Otto** (5.7.1968)  
**2022**

**S**

**Sagli, Kristoffer** (30.1.2002)  
**2022** 1500 11 3:56.86, 1h1 3:51.83, 1500 inne 5 3:53.26, 10km terreng 23 33:05, 1500 U23 2 3:53.86, 5000 U23 2 14:23.04

**Sagmo, Ørjan Millerjord** (19.6.2005)  
**2022** 400 inne G17 5 54.95, 800 inne G17 10 (4h1) 2:06.98

**Salberg, Magnus Halvorsrud** (6.4.1988)  
**2022** 10000 28 (14h1) 33:33.46

**Samuelsen, Jens Kristian** (29.12.2006)  
**2022** 5000 U20 h1 DNF, 800 G16 17 (6h1) 2:06.40, 3000 G16 DNF, 4km terreng G16 7 12:58

**Sandal, Kristoffer** (9.5.2005)  
**2022** 800 G17 11 (7h2) 2:09.36, 3000 G17 12 9:38.82, 800 inne G17 6 (5h2) 2:04.25, 1500 inne G17 8 4:25.52

**Sande, Jo Sverre** (5.2.1991)  
**2022** 3km terreng 30 10:18

**Sandholtbråten, Adrian** (22.4.2007)  
**2022** 800 G15 13 (5h1) 2:09.79, 100 hekk G15 7 (5h2) 45.08, 1500 hinder G15 5 4:55.15, Høyde G15 8 1.65, 4x100 G16 2 50.84

**Sandnes, Daniel Winther** (1.3.2006)

2022 Kule G16 4 13.04, Diskos G16 3 38.80, Slegge G16 5 38.16, Kule inne G16 3 13.01

**Sandness, Terje** (18.10.1964)

2022 Terrenkultra DNF

**Sandvik, Fredrik** (23.3.1998)

2022 3000h 2 8:38.53, 1500 inne 2 3:49.72, 3000 inne 2 8:32.64, 3km terreng 2 8:53, 1x6km terreng 1 16:21

**Sandvik, Håkon** (26.3.2005)

2022 100 U20 6h2 11.54, 200 U20 5h5 23.63, 100 G17 4h1 11.65, 200 G17 4h1 23.82, 60 inne G17 5s2 7.38, 2h3 7.41

**Sandvik, Jo-Inge** (10.5.1993)

2022 3km terreng 26 10:06, 1x6km terreng 17 18:57

**Schei, Mats** (6.2.2001)

2022 100km ultra 5 8:41:50

**Schjøberg, Hallvard** (17.8.1975)

2022 Terrenkultra 6 8:11:56

**Schonhowd, Fredrik Sveen** (20.9.2003)

2022 60 inne G18/19 4s1 7.27, 3h3 7.32, 200 inne G18/19 3h1 23.72

**Seeberg-Rommetveit, Simen** (29.4.2000)

2022 800 7 1:53.54, 6h2 1:56.34, 3km terreng 16 9:25, 1x6km terreng 7 17:39

**Sel, Harald** (17.8.1942)

2022 Maraton 62 4:38:06

**Seliussen, André** (5.4.2001)

2022 5000 26 (13h1) 15:34.45, 10000 h1 DNF, 3000 hinder U23 2 10:21.54

**Sellevoid, Sivert Fløgstad** (4.12.2000)

2022 1000 stafett U23 6 (5h2) 1:56.57

**Sellevoid, Øystein** (3.1.1984)

2022 Halvmaraton 47 1:24:17

**Sellgren, Tryge Bror Helset** (2.8.2007)

2022 100 hekk G15 6h1 16.51, 300 hekk G15 h1 DNF

**Selnes, Stig Ove Dahlen** (19.7.1994)

2022 Kule 6 15.00, Diskos 11 43.16, Kule inne 3 14.39, Høyde uten tilløp 1 1.60, Lengde uten tilløp 5 3.05

**Seltvedt, Nathaniel** (???.???.???)

2022 Motbakke DNF

**Sheath, Robert David (GBR)** (16.1.2002)

2022 60 inne G20-22 7h1 7.40, 200 inne G20-22 3h2 23.78

**Shegani, Ariand** (26.8.2005)

2022 1000 stafett U20 DNS, 100 G17 h3 DQ:R162.6. 1h4 (extra) 11.77, 200 G17 5h2 24.12, 1000 stafett G17/19 6 2:04.59, 60 inne G17 5h2 7.67, 200 inne G17 4h1 25.98, 4x200 inne G15-17 4 1:37.95

**Silva, Andre Cruz da** (18.12.2004)

2022 60 inne G18/19 6h5 7.79, 200 inne G18/19 3h6 24.53, 400 inne G18/19 11 (2h1) 54.06

**Simonsen, Aleksander Børstad** (18.12.2002)

2022 800 U23 4 1:57.94, 1500 inne G20-22 4 4:12.74

**Simonsen, Pål Simon** (13.2.1960)

2022 Maraton 38 3:18:05

**Sinnes, Jan Bjarne** (10.4.1947)

2022 Halvmaraton 98 1:55:17

**Sjursen, Amund Høie** (16.1.1996)

2022 60 inne 7 7.11, 2s1 7.02, 3h1 7.07

**Sjursen, Gjert Høie** (9.1.2000)

2022 100 6s2 11.19, 3h4 11.00, 110h 3 14.71, Lengde 9 6.34, 1000 stafett 4 1:55.09, 60 inne 8 7.12, 3s1 7.08, 1h4 7.12, 60 hekk inne 1 8.28, 4x200 inne 2 1:27.03, 7-kamp inne 2 5.179,

10-kamp 2 6.954, 110 hekk U23 2 14.97, Høyde U23 =2 1.75, Stav U23 1 3.75, Lengde U23 3 7.00, Kule U23 2 12.58, 1000 stafett U23 2 (2h2) 1:54.50, 60 inne G20-22 6h2 7.18, 60 hekk inne G20-22 1 8.33, Høyde inne G20-22 1 1.80, Lengde inne G20-22 1 6.92, Kule inne G20-22 2 12-65, 4x200 inne G18-22 1 1:30.24

**Sjåholm, Mathias** (26.1.2004)

2022 60 inne G18/19 5h1 7.61, 200 inne G18/19 3h7 24.76, 60 hekk inne G18/19 3 9.41

**Sjåstad, Edvard Aleksei** (2.2.2006)

2022 Slegge G16 2 49.61

**Skagestad, Sven Martin N.** (13.1.1995)

2022 Kule 2 17.46, Diskos 2 60.10

**Skalle, Elmer Mulleri** (15.8.1992)

2022 Halvmaraton 10 1:10:30, 1x6km terreng 3 17:15

**Skalstad-Aaker, Thomas** (14.12.2005)

2022 100 U20 5h3 11.40, 200 U20 5h4 23.81, Lengde U20 5 6.58, 1q1 6.45, 100 G17 6 11.44, 2h2 11.44, Lengde G17 2 6.34, 60 inne G17 7 7.43, 3s1 7.32, 2h4 7.24, Lengde inne G17 2 6.23

**Skare, Felix Maximillian** (30.12.2006)

2022 Spyd U20 3 50.89, Kule G16 5 13.00, Diskos G16 2 40.59, Spyd G16 1 55.25

**Skaten, Geir Storetvedt** (17.4.1974)

2022 Motbakke 20 50:48

**Skilbrei, Ørjan** (23.2.1987)

2022 Halvmaraton 15 1:17:05

**Skjelbred, Sebastian Ruud** (9.10.2005)

2022 800 inne G17 11 (5h1) 2:07.76, 1500 inne G17 9 4:31.57

**Skjerven, Jonas** (19.4.2005)

2022 800 G17 7 (3h1) 2:04.32, 3000 G17 4 8:48.33, 4km terreng G17 5 12:41

**Skjeseth, Sigurd Ruud** (24.12.1996)

2022 3km terreng 5 9:06, 1x6km terreng 1 16:21

**Skjetne, Andreas Olav** (26.11.1988)

2022 Maraton 21 2:48:43

**Skjønhau, Joachim Peter** (28.5.2000)

2022 Lengde uten tilløp 2 3.24

**Skoczylas, Igor (POL)** (17.5.2004)

2022 Slegge G18/19 NM

**Skog, Tobias Holdø** (29.9.2002)

2022 800 U23 6 2:01.84, 800 inne G20-22 4 2:03.45

**Skogen, Andreas Lieng** (30.5.1995)

2022 Terrenkultra 15 10:24:22

**Skoglund, Asbjørn** (10.11.1974)

2022 Motbakke 34 56:19

**Skotheim, Sander Aae** (31.5.2002)

2022 110h 1 14.52, Høyde 1 2.08, Lengde 3 7.67, 1000 stafett 1 1:52.08, Høyde inne 1 2.08, Lengde inne 3 7.50, Tresteg inne 2 15.64, 7-kamp inne 1 5.965, 10-kamp 1 8.126, 200 U23 6 22.38, 2h3 21.82, 800 U23 2 1:55.18, Lengde U23 2 7.52, Tresteg U23 1 15.58, Diskos U23 3 43.71

**Skovly, Håvard Dale Foyn** (6.2.2003)

2022 800 G18/19 21 (12h2) 2:11.62

**Skovseth, Tobias Hansen** (21.10.2007)

2022 2000 G15 22 6:28.68, 1500 hinder G15 6 4:56.38

**Skre, Vebjørn Sæten** (15.12.2002)

2022 Diskos 5 47.43

**Skrede, Alexander** (11.10.2005)

2022 100 4h2 11.20, 200 6h1 23.03, 60 inne 6 7.08, 4s1 7.12, 2h2 7.04, 200 inne 2h6 22.50, 100 U20 5 11.03, 2s3 10.95, 3h3 11.15, 200 U20 DNF, 2s3 22.22, 3h5 22.89, 4x100 U20 1 42.91, 100 G17 2 11.10, 1h2 11.32, 200 G17 2 22.32, 1h2 22.64, 1000

stafett G17/19 1 1:57.39, 60 inne G17 1 7.00, 1s2 7.13, 1h1 7.20, 200 inne G17 1 22.33, 1h1 22.80, 4x200 inne G15-17 1 1:31.81

**Skrede, Atle** (13.5.1973)

2022 4x100 2 42.33

**Skrede, Stefan Jinopong** (10.11.2004)

2022 100 G18/19 5h2 11.72

**Skraastad, Erlend Kristian** (29.3.2004)

2022 400 U20 5h2 50.67, 800 U20 5h1 1:57.72, 2km terreng U20 7 6:46, 200 G18/19 7s1 23.42, 5h2 23.39, 400 G18/19 5 (5h3) 51.18, 800 G18/19 10 (1h1) 1:59.42, 200 inne G18/19 3h4 23.54, 400 inne G18/19 7 (1h1) 51.71

**Skåden, Jonas Berggård** (5.9.2002)

2022 100 s3 DNS, 2h3 11.00, 60 inne 4 6.97, 3s2 7.01, 2h3 7.08, 200 inne 4 22.15, 1h6 22.02, 4x100 2 42.33, 100 U23 3 10.81, 200 U23 5 22.31, 1h3 21.76, 1000 stafett U23 8 (3h1) 1:57.65, 60 inne G20-22 5 7.03, 4h1 7.13, 200 inne G20-22 2 21.69, 1h4 21.74

**Skaarer, Martin** (2.3.1985)

2022 Maraton 39 3:19:09

**Skårild, Martin Haugen** (2.3.2004)

2022 1000 stafett 7 2:00.21, 100 U20 6h3 11.59, 200 U20 6h2 23.61, 1000 stafett U20 1 2 2:02.88, 60 inne G18/19 5s2 7.44, 4h3 7.43

**Sletvold, Odd Ivar** (1.4.1976)

2022 Halvmaraton 49 1:25:21

**Sliper, Trond** (6.2.1984)

2022 1x6km terreng 19 :41

**Sløgedal, Martin Ukkelberg** (15.4.2005)

2022 5000 U20 23 (8h1) 15:50.99, 3000 G17 6 9:01.64

**Slåtten, Jakob** (12.2.2005)

2022 60 hekk inne 4 9.05, 100 U20 8h2 11.83, 400 hekk U20 6 60.40, 110 hekk G17 DNF, 300 hekk G17 3 40.98, 60 inne G17 4h4 7.63, 60 hekk inne G17 3 8.76

**Smitt-Ingebretsen, Sigurd** (28.5.2007)

2022 Kule G15 5 11.67, Diskos G15 1 50.78, Slegge G15 1 45.92, Kule inne G15 4 11.09

**Smaamo, Per Jarle** (17.1.1983)

2022 Halvmaraton 17 1:18:36

**Solbakken, Vetle** (???.?.2003)

2022 2km terreng U20 6 6:25

**Solberg, Eilif André** (7.6.2006)

2022 60 inne G16 5h2 7.85, 200 inne G16 3h1 24.92, Lengde inne G16 13 5.25

**Solbu, Ole Jakob Høstelend** (19.8.2003)

2022 400 U20 2 47.81, 2h1 48.64, 800 U20 1 1:47.41, 2h1 1:56.80, 800 G18/19 1 (1h2) 1:49.56

**Solheim, Christopher** (15.1.2005)

2022 Slegge U20 NM

**Solli, Iver** (5.8.2004)

2022 1000 stafett G17/19 7 2:06.56

**Sollid, Andreas Solheim** (22.3.2004)

2022 100 6h3 11.40, 200 6h5 22.75, 100 U20 7s2 11.37, 4h5 11.36, 200 U20 4s3 22.54, 2h2 22.80

**Sollid, Andreas Solheim** (22.3.2004)

2022 100 G18/19 7s2 11.54, 5h3 11.54, 200 G18/19 7 22.93, 4s1 22.71, 3h1 22.82, 60 inne G18/19 4s2 7.36, 1h2 7.36, 200 inne G18/19 2h5 22.87, Lengde inne G18/19 5 6.17

**Sollid, Elias Solheim** (9.2.2007)

2022 100 U20 4h1 11.42, 200 U20 6s3 22.96, 1h5 22.86, 100 G15 3 11.53, 2s1 11.50, 1h3 11.58, 200 G15 2 22.80, 1s2 22.86,

1h3 23.76, 60 inne G15 7 7.76, 3h1 7.73, 200 inne G15 5 24.74, 2h3 24.23

**Solligård, Sverre** (4.1.1991)

2022 3km terreng DNS

**Solsvik, Oliver August** (13.8.2004)

2022 100 U20 3s1 11.03, 4h2 11.15, 100 G18/19 8 11.52, 4s2 11.26, 2h2 11.33

**Solum, Nikolai** (22.12.2005)

2022 4x400 U20 2 3:32.37, 800 inne G17 2 (2h2) 1:56.22, 2km terreng G17 1 6:10

**Sommerseth, Stian Dahl** (16.1.1997)

2022 Motbakke 1 41:24

**Spilker, Hendrik Ernst Andreas Storstein** (25.6.1965)

2022 Halvmaraton 69 1:33:32

**Staub, Axel Henrik** (11.1.1945)

2022 Maraton 65 4:58:48

**Stattin, Oskar (DEN)** (8.5.2006)

2022 200 inne G16 4h2 25.38, Tresteg inne G16 3 11.56

**Staver, Øyvind Vegsund** (19.3.2004)

2022 800 inne G18/19 13 (7h1) 2:13.37, 1500 inne G18/19 11 4:34.95

**Stavik, Alexander** (17.6.1986)

2022 Halvmaraton 43 1:22:53

**Stavrum, Viljar** (19.8.2005)

2022 2km terreng G17 7 7:08

**Steen, John-Arild** (9.5.1995)

2022 Lengde uten tilløp 4 3.12

**Steen, Kristian Trigueno** (22.7.2001)

2022 400h 6 55.62, 400 U23 5 50.79, 110 hekk U23 5 18.19, 1000 stafett U23 5 (1h1) 1:56.33, 400 inne G20-22 7 (3h1) 51.27, 800 inne G20-22 5 2:03.93

**Steien, Aasmund** (25.10.1993)

2022 Terrengultra DNF

**Steig, Geir** (24.2.1995)

2022 Motbakke 14 48:40

**Steine, Torje Bronken** (2.8.2007)

2022 200 inne G15 5h2 28.22, 800 inne G15 13 (6h1) 2:22.18, 4x100 G16 2 50.84

**Steinhoff, Jürgen** (26.7.1952)

2022 Halvmaraton 93 1:44:06

**Steinsland, Erik** (10.4.2000)

2022 4x100 1 41.50

**Stengle-Håkonsen, Marius** (30.9.1980)

2022 Terrengultra 8 8:48:37

**Stensrud, Simen Gløggård** (22.1.2005)

2022 1500 11h1 3:56.61, 6km terreng U20 6 18:20

**Stensø, Alf Håvard Bråten** (27.5.2006)

2022 800 G16 21 (10h1) 2:14.35, 3000 G16 20 10:10.73, 2km terreng G16 9 7:07

**Stevik, Jon Petter** (2.1.2003)

2022 800 5 1:52.40, 5h2 1:56.29, 800 U20 3 1:51.35, 2h3 1:56.56, 800 G18/19 3 (3h2) 1:52.96, 800 inne G18/19 1 (1h2) 1:52.69

**Stokke, Arild** (8.12.1956)

2022 Halvmaraton 74 1:34:42

**Stoltenberg, Sander Pedersen** (20.2.2006)

2022 Kule G16 10 8.76, Slegge G16 8 29.12

**Storfjord, Magnus** (17.4.2003)

2022 Høyde G18/19 5 1.65, Lengde G18/19 8 6.02, Tresteg G18/19 5 12.89

**Stornes, Simon** (14.7.2004)

**2022** 200 U20 6h4 23.84, 400 U20 8h2 53.62, 1000 stafett U20 1 3 2:05.11, 4x100 U20 2 43.16, 4x400 U20 3 3:33.27, 200 G18/19 6h1 23.68, 400 G18/19 10 (1h1) 53.19, 1000 stafett G17/19 6 2:04.59, 60 inne G18/19 7s3 7.52, 3h2 7.56, 200 inne G18/19 3h3 23.69, 4x200 inne G18-22 2 1:34.14

**Strupstad, John Henry** (21.1.1980)

**2022** Maraton 17 2:43:25

**Strupstad, Linus Andre Hellem** (4.1.2007)

**2022** 100 hekk G15 6h2 16.49, 300 hekk G15 10 (4h1) 46.27, Slegge G15 5 35.72, 60 inne G15 5h2 8.16, 200 inne G15 4h1 26.07, 60 hekk inne G15 5 9.68, 4x200 inne G15-17 5 1:39.23

**Strøm, Henrik** (21.9.2007)

**2022** 200 G15 5h2 29.39, 300 hekk G15 12 (7h2) 48.74, 60 inne G15 5h1 7.94, 200 inne G15 2h4 25.35

**Strønstad-Løseth, Sindre** (10.11.2005)

**2022** 400 6h2 50.54, 1000 stafett 6 1:57.57, 200 inne 3h5 22.71, 400 inne 3h4 49.89, 4x200 inne 2 1:27.03, 200 U20 7s2 23.03, 3h4 23.10, 100 G17 5 11.36, 2h1 11.32, 200 G17 5 22.85, 1h3 22.92, 1000 stafett G17/19 3 1:59.55

**Strønstad-Løseth, Thomas** (7.9.2003)

**2022** 400 4 48.49, 1h1 48.48, 1000 stafett 4 1:55.09, 400 inne 4 48.53, 1h3 50.23, 4x200 inne 2 1:27.03, 400 U20 6 50.19, 2h2 49.64, 200 G18/19 4 22.40, 2s1 22.23, 1h2 22.77, 400 G18/19 1 (1h3) 49.33, 1000 stafett G17/19 3 1:59.55, 200 inne G18/19 4 22.62, 1h1 22.48, 400 inne G18/19 2 (2h3) 48.63, 4x200 inne G18-22 1 1:30.24

**Stråbø, Oddgeir** (4.8.1961)

**2022** Motbakke 41 67:06

**Stuhr, Oscar Barikmo** (18.4.2005)

**2022** Tresteg 8 13.52, Høyde inne =4 1.85, Tresteg inne 9 13.40, Tresteg U20 2 14.19, Lengde uten tilløp U20 7 2.80, Høyde G17 5 1.80, Lengde G17 7 5.78, Tresteg G17 1 13.84, Høyde inne G17 3 1.83, Tresteg inne G17 1 13.93

**Sture, Johannes** (1.5.2005)

**2022** 800 inne G17 4 (4h2) 2:03.14, 1500 inne G17 7 4:22.72

**Stuvøy, Adrian Woll** (13.8.2007)

**2022** 4x100 G16 DQ, 4x600 G16 3 7:55.19

**Stæger-Breisnes, Kristen** (20.6.1971)

**2022** Halvmaraton 94 1:44:07

**Stähli, Mathias Mordal** (20.6.2003)

**2022** 4x1500 2 17:56.84, 5000 U20 26 (11h1) 16:20.51, 3000 G18/19 16 9:21.54

**Støa-Aanensen, Bendik** (4.4.1987)

**2022** 5000 25 (12h1) 15:31.44, 1x6km terreng 16 18:49

**Støylen, Bjørnar Ramstad** (19.1.1993)

**2022** 100 para utviklingshemmet 1 12.92

**Stålby, Marcus Devantes Gardner** (24.2.2007)

**2022** 200 U20 4h5 23.52, 100 G15 5 11.75, 2s2 11.68, 1h4 11.71, 200 G15 23.60, 2s2 23.53, 1h2 23.85, 60 inne G15 2 7.42, 1h1 7.50, 200 inne G15 23.66, 1h1 23.81

**Suleiman, Adil Abdulqadir Mohamad** (31.8.2007)

**2022** 4x100 G16 2 50.84

**Sund, Oliver** (1.10.2005)

**2022** 800 G17 9 (6h2) 2:04.69, 3000 G17 DNF, 800 inne G17 9 (6h2) 2:06.10, 2km terreng G17 4 6:35, 4km terreng G17 6 12:57

**Sund, Snorre Cornelius** (10.10.2006)

**2022** 100 U20 8h3 11.70, 200 U20 4h2 23.40, 1000 stafett U23 7 (2h1) 1:57.02, 100 G16 8 11.88, 3h2 11.93, 200 G16 7 23.81, 3h3 23.69

**Sundby, Øyvind Heiberg** (5.9.1983)

**2022** Motbakke 3 42:34

**Sunde, Matias Tinsai** (22.4.2003)

**2022** 5000 U20 17 (15h2) 15:44.38, 3000 G18/19 9 8:56.01

**Svare, August Larem** (11.12.2003)

**2022** 60 hekk inne G18/19 4 9.71, Høyde inne G18/19 5 1.75

**Svarholt, Sondre** (16.2.2006)

**2022** 1x6km terreng 11 17:59, 400 U20 7h2 51.15, 800 U20 6 1:55.72, 1h1 1:56.66, 800 G16 2 (2h2) 1:55.03, 1500 hinder G16 2 4:17.71, 800 inne G16 1 (1h2) 2:00.54, 1500 inne G16 2 4:17.39, 2km terreng G16 3 6:18

**Svarva, Marcus Sebastian Andersen** (4.5.2004)

**2022** 800 G18/19 19 (8h1) 2:06.30, 800 inne G18/19 7 (1h1) 2:04.62, 4x200 inne G18-22 3 1:34.62

**Sveen, August da Silva** (3.8.2004)

**2022** 1500 U20 8 3:53.51, 5000 U20 14 (14h2) 15:24.69, 800 G18/19 7 (7h2) 1:57.15, 3000 G18/19 6 8:31.80

**Sveinsson, Herman Hogstad** (28.2.2004)

**2022** 100 U20 5s3 11.19, 2h4 11.15, 200 U20 5 22.50, 1s2 22.39, 1h6 22.63, 100 G18/19 5s1 11.19, 3h2 11.36, 200 G18/19 3 22.33, 3s1 22.38, 2h3 22.56

**Svela, Per** (19.3.1992)

**2022** 3000 inne 1 8:32.26

**Sverd, Vegard Dragsund** (1.6.1999)

**2022** 100 4s3 11.00, 4h5 10.95, 100 para 2 11.07/917, Lengde para 1 6.47/813, 60 inne 7s2 7.16, 5h1 7.17

**Svoren, Peter Horvati** (18.4.2001)

**2022** 60 inne 6h2 7.29, 200 inne 3h4 22.74, 1000 stafett U23 9 (4h1) 1:59.11

**Svorkdal, Lars Lystad** (6.7.2005)

**2022** 1x6km terreng DNS, 1500 inne G17 3 4:06.08, 2km terreng G17 3 6:19, 4km terreng G17 2 12:26

**Sælid, Sander August Losnegaard** (19.4.2007)

**2022** 800 G15 6 (6h2) 2:03.45, 2000 G15 9 5:56.23, 200 inne G15 3h4 26.00, 800 inne G15 4 (4h2) 2:07.55

**Sørli, Marius Garmann** (26.8.1997)

**2022** 5000 9 (9h2) 14:42.17, 10000 8 (8h2) 30:36.08, Halvmaraton 5 1:07:47, 3km terreng 9 9:17

**Sørstad, Vemund Prem Heltzer** (6.1.2006)

**2022** Høyde G16 8 1.65, Lengde G16 NM, Tresteg G16 4 11.01, Spyd G16 3 47.33, 60 inne G16 5h4 7.91, Høyde inne G16 7 1.70, Lengde inne G16 16 5.01, Tresteg inne G16 DQ:UM20.1, 7-kamp inne G16 DNF

**Sørtveit, Erlend Gjerdevik** (17.12.1994)

**2022** 5000 21 (8h1) 15:13.18, 10000 25 (11h1) 32:57.63

**Søvik, Elias Sanden** (10.4.2000)

**2022** Tresteg 4 14.89, Tresteg inne 4 14.65, Lengde U23 5 6.26, Lengde inne G20-22 2 6.16, Tresteg inne G20-22 1 14.35

## T

**Tahlil, Sabir Bashir (SOM)** (27.0.2005)

**2022** 1500 inne G17 DNF

**Tandstad, Henning** (27.12.1989)

**2022** Halvmaraton 96 1:46:28

**Tandstad, Vegard Riksheim** (30.4.1990)

**2022** Halvmaraton 37 1:22:03

**Tangedal, Kim** (4.12.1983)

**2022** Halvmaraton 50 1:26:36

**Taranger, Bjørn Tore Kronen** (23.4.1979)

**2022** 100km ultra 3 7:30:37

**Tegnander, Trygve Johan K.** (19.8.2001)

**2022** 1500 U23 7 4:10.47

**Teigland, Johannes** (17.4.1995)

**2022** 1500 9h1 3:53.26, 10000 14 (13h2) 31.30.92, 4x1500 1 16:04.20

**Teigstad, Simen Johan** (24.10.2005)

**2022** Stav inne 7 4.20, 110 hekk G17 3 15.37, Høyde G17 3 1.83, Stav G17 DNS, Lengde G17 4 6.02, Diskos G17 3 40.83, Spyd G17 5 47.43, 60 hekk inne G17 4 8.87, Stav inne G17 2 4.10, Lengde inne G17 4 6.12, Kule inne G17 5 11.84, 4x200 inne G15-17 6 1:40.00, 7-kamp inne G17 1 4.773, 10-kamp G17 1 6.552

**Tellmann, Sverre Sandve** (25.7.2007)

**2022** 100 G15 5s2 12.08, 3h3 12.02, 200 G15 8s1 DNF, 5h4 25.14

**Tewelde, Nahom Tesfalem (ERI)** (4.8.2006)

**2022** 5000 U20 9 (9h2) 14:54.81, 3000 G16 3 8:35.27, 1500 hinder G16 1 4:15.51, 1500 inne G16 DNF, 2km terreng G16 2 6:10, 4km terreng G16 2 12:13

**Thallaug, Sjur Grong** (25.3.2006)

**2022** 200 U20 5h6 23.38, 100 G16 7 11.86, 3h3 11.84, 200 G16 h1 DQ:R162.6, 60 inne G16 8 7.50, 4s1 7.57, 2h2 7.56, 200 inne G16 6 23.90, 1h5 23.43

**Thomassen, Christian Andre** (12.3.2003)

**2022** Lengde 7 6.94, Tresteg 6 14.47, Lengde inne 4 6.79, Tresteg inne 7 14.24, Høyde U20 5 1.90, Lengde U20 1 6.92, 1q2 6.58, Tresteg U20 1 15.06, Høyde G18/19 3 1.95, Lengde G18/19 1 6.82, Tresteg G18/19 1 14.54

**Thomassen, Mikkel Blikstad** (13.10.2003)

**2022** 5000 U20 h2 DNF, 6km terreng U20 5 17:55, 3000 G18/19 DNF

**Thompson, Luca** (24.11.2000)

**2022** 200 inne G20-22 5 23.29, 2h4 22.77, 1500 inne G20-22 2 3:57.86

**Thomsen, Marcus** (7.1.1998)

**2022** Kule 1 20.50, Kule inne 1 20.87

**Thorbjørnsen, Bendik Schartum** (13.2.1998)

**2022** Maraton 12 2:36:29

**Thorbjørnsen, Tobias Kalmo** (9.6.2006)

**2022** 100 hekk G17 6 17.62, Stav G16 5 2.90, Kule G16 7 11.71, Diskos G16 5 35.66, Spyd G16 5 38.54, 60 inne G16 7h1 8.54, 60 hekk inne G16 5h2 10.05, Lengde inne G16 17 4.78, Tresteg inne G16 4 10.65, Kule inne G16 5 11.10, 4x200 inne G15-17 6 1:40.00, 10-kamp G16 3 4.460

**Thorsen, Steffen** (18.4.1976)

**2022** Motbakke 43 68:43

**Thrana, Daniel** (17.10.2002)

**2022** Spyd 5 61.54, Spyd U23 2 63.79

**Tijani-Ajayi, Kenny Emi** (5.5.2003)

**2022** 200 1 21.38, 1s3 21.22, 1h3 21.92, 1000 stafett 1 1:52.08, 200 inne 3 21.97, 1h2 21.80, 100 U20 1 10.60, 1s3 10.91, 1h4 11.06, 200 U20 DNS, 1s3 21.52, 1h4 22.41, 100 G18/19 1 10.72, 1s1 10.94, 1h2 11.20, 200 G18/19 1 21.40, 1s2 22.13, 1h1 22.57, 60 Inne G18/19 DNS, 1s3 7.09, h2 DQ:R162.8, 1h6 7.14 (omløp)

**Tobiassen, Eivind** (3.11.2003)

**2022** 5000 U20 19 (4h1) 15:48.98, 6km terreng U20 12 20:58, 800 G18/19 18 (7h1) 2:04.40, 3000 G18/19 13 9:03.17, 800 inne G18/19 11 (5h1) 2:07.49, 1500 inne G18/19 9 4:26.49

**Tollefsen, Melvin** (15.1.2007)

**2022** Høyde G15 2 1.76, Stav G15 1 3.40, Tresteg G15 3 11.84, Kule G15 3 11.96, Diskos G15 2 39.42, Spyd G15 2 44.61, 60 hekk inne G15 3 9.52, Høyde inne G15 3 1.65, Stav inne G15 1 3.10, Lengde inne G15 2 5.31, Tresteg inne G15 2 11.99, Kule inne G15 1 12.68, 7-kamp inne G15 1 3.491, 9-kamp G15 1 4.989

**Tollefsen, Oliver** (10.11.2004)

**2022** 100 8s2 11.24, 4h1 11.01, 200 7s2 22.37, 4h1 22.84, 60 inne 5h3 7.20, 200 inne 2h5 22.45, 100 U20 6 11.04, 3s3 11.02, 1h1 11.02, 200 U20 3 22.30, 3s3 22.26, 2h3 22.72, 100 G18/19 3

11.01, 2s1 10.97, 1h4 11.24, 200 G18/19 2 22.04, 1s1 22.14, 1h3 22.53, 60 inne G18/19 6 7.24, 3s1 7.22, 2h4 7.16, 200 inne G18/19 1 22.00, 1h4 22.27

**Tomala, Alexander Tadeusz** (22.4.2005)

**2022** 100 G17 6h2 11.99, 60 inne G17 6s2 7.46, 2h1 7.39, 200 inne G17 4 23.26, 1h3 23.21, 4x200 inne G15-17 6 1:40.00

**Tomala, Oliver Tadeusz** (10.7.2007)

**2022** 100 U20 7h4 11.72, 200 U20 4h3 23.50, 100 G15 6 11.82, 3s1 11.64, 2h4 11.79, 200 G15 3 23.37, 2s1 23.52, 1h4 23.50, 60 inne G15 3h3 7.81, 200 inne G15 DNS, 2h2 24.45, 4x200 inne G15-17 6 1:40.00

**Tonning, Andreas Ullern** (26.12.2004)

**2022** 5000 U20 16 (2h1) 15:38.19, 3000 G18/19 10 8:57.06

**Torbergsen, Christoffer Nicolai** (13.7.2006)

**2022** 60 inne G16 6h1 8.27

**Torgersen, Dag Tore** (???.??.???)

**2022** 100km ultra 7 9:21:22

**Torjussen, Elias Haugen** (9.3.2007)

**2022** 5000 U20 20 (5h1) 15:49.50, 800 G15 17 (9h1) 2:11.35, 2000 G15 6 5:55.25, 800 inne G15 11 (4h1) 2:14.57, 1500 inne G15 5 4:25.70, 4km terreng G15 4 13:10

**Trefall, Vegard Høylo** (4.10.2006)

**2022** 400 U20 6h2 50.97, 800 U20 6h1 1:57.95, 800 G16 3 (3h2) 1:56.84

**Trobe, Nathaniel Laukhammer** (13.5.2005)

**2022** Spyd G17 3 51.78

**Tronvoll, Ove Erik** (21.9.1972)

**2022** Motbakke 27 53:27

**Tveit, Sigurd** (16.3.2000)

**2022** 800 2 1:48.91, 1h2 1:54.08, 800 inne 1 1:49.41, 800 U23 1 1:51.06, 1500 U23 1 3:52.96, 1000 stafett U23 7 (2h1) 1:57.02

**Tveten, Stian** (11.2.1978)

**2022** Terrenghula 13 10:12:17

**Tveitå, Aanund Olavson** (13.9.2003)

**2022** Lengde 5 7.14, Kule inne G18/19 2 15.18

**Tvergrov, David** (13.7.1984)

**2022** Halvmaraton 73 1:34:13

**Tysse, Rune Pettersen** (23.3.1958)

**2022** Halvmaraton 75 1:35:06

**Tøfte, Tore Marius Engebretsen** (29.7.2003)

**2022** 800 U20 8h3 2:04.69

**Tømmerdal, Håvard** (2.3.1993)

**2022** 1x6km terreng 16 18:49

**Tønnesen, Trym Halvard Sagstuen** (4.2.2000)

**2022** 5000 7 (7h2) 14:35.85, 10000 h2 DNF, 5000 U23 3 14:33.16

**Tørdsdal, Ole Mikal** (21.6.1991)

**2022** 5000 h1 DNF, 10000 h1 DNF

**Tørum, Gard Smevik** (24.12.2003)

**2022** 4x1500 U20 2 17:41.38

**Tårneby, Emil Lukassen** (21.11.2003)

**2022** Slegge U20 5 48.00, Slegge G18/19 6 47.06

**U****Ukkelberg, Fredrik Kjøenstad** (6.2.2006)

**2022** 2000 gang G17 1 12:22.71, Kule G16 11 8.49, 60 hekk inne G16 7 9.54, 4h2 9.57

**Ulekleiv, Øystein** (26.7.1993)

**2022** Halvmaraton 8 1:08:29

**Ullavik, Kristian Johan Getuiza** (1.7.2007)

**2022** 100 G15 8s1 12.17, 4h1 12.34, 200 G15 6s2 24.69, 4h4 24.98

**Ulriksen, Kristian** (2.10.1986)  
**2022** 10000 21 (7h1) 32:23.80

**Ulset, Tord Franke** (6.5.2003)  
**2022** 10000 h2 DNS, 1x6km terreng 8 17:41, 5000 U20 5 (5h2) 14:33.11, 2km terreng U20 3 6:10, 6km terreng U20 8 19:05, 800 G18/19 13 (3h1) 2:00.60, 3000 G18/19 3 8:26.73, 1500 inne G18/19 6 4:10.81

**Ulsnes, Steinar** (9.3.1965)  
**2022** 100km ultra 6 8:57:07

**Ulvund, Nikolai Røeggen** (24.1.2003)  
**2022** Kule U20 9 13.50, Kule G18/19 7 13.52

**Ulvøy, Leander** (23.7.2007)  
**2022** 4x100 U20 5 48.47

**Utengen, Øyvind Ytrehus** (24.1.1989)  
**2022** 3km terreng 13 9:23, 1x6km terreng 10 17:52

**V**

**Valseth, Sigurd Egeland** (13.3.2005)  
**2022** 1500 13h2 4:03.02, 1500 U20 11 3:58.08, 5000 U20 10 (10h2) 14:57.94, 3000 G17 1 8:43.02, 1500 inne G17 2 4:04.85, 2km terreng G17 2 6:16, 4km terreng G17 4 12:35

**Vamråk, Christoffer da Silva** (1.2.2006)  
**2022** 800 G16 13 (11h2) 2:02.26, 3000 G16 17 9:32.41

**Varsi, Agnar Øystein** (15.1.1964)  
**2022** Maraton 42 3:28:52

**Vassbotn, Bjørn Ole** (25.2.1967)  
**2022** Halvmaraton 25 1:20:30

**Vassnes, Harald-Inge** (2.2.1999)  
**2022** Maraton 31

**Vaula, Jacob** (1.8.2001)  
**2022** 100 4 10.70, 1s3 10.80, 1h2 10.96, 1000 stafett 2 1:52.54, 100 U23 1 10.53, 200 U23 2 22.08, 3h3 21.87, 1000 stafett U23 6 (5h2) 1:56.57, 60 inne G20-22 1 6.83

**Vedde, Tor-Junor Kringstad** (7.8.1997)  
**2022** 200 6h3 22.59, 400 5h2 49.36, 1000 stafett 5 1:56.04, 400 inne DNS, 2h1 49.29

**Vedvik, Marius Øyre** (18.3.1992)  
**2022** 5000 5 (5h2) 14:18.55, 10000 2 (2h2) 29:22.33, 3km terreng 3 8:58, 1x6km terreng 2 17:11

**Vedvik, Oliver Andersen** (21.8.1998)  
**2022** 800 8 1:53.70, 2h2 1:55.28, 1500 7h1 3:53.11

**Veen, Sebastian van der** (6.8.2002)  
**2022** 3km terreng 24 9:51, 1x6km terreng 12 18:01, 1500 U23 6 4:02.80, 5000 U23 DNF

**Veland, Simon Østreng** (9.11.2000)  
**2022** 1500 12h1 3:57.09

**Velle, Henrik** (28.11.1991)  
**2010** 3km terreng DNS, 10km terreng 29 36:23

**Vereide, Vegard** (16.3.1972)  
**2022** Halvmaraton 77 1:35:27

**Vestbø, Stian** (13.6.1982)  
**2022**

**Vesterlid, Henrik From** (20.9.2004)  
**2022** Kule 5 15.39, Kule U20 3 16.25, Slegge U20 4 47.39, Kule G18/19 2 16.35, Diskos G18/19 3 43.43, Kule inne G18/19 1 16.95

**Vestre, Emil** (14.3.2005)  
**2022** 1000 stafett 7 2:00.21, 100 U20 6h5 11.69, 200 U20 7h2 23.89, 1000 stafett U20 1 2 2:02.88, 100 G17 3h2 11.72, 200 G17 4h2 23.57, 110 hekk G17 4 15.59, 1000 stafett G17/19 5 2:02.59, 60 inne G17 7s1 7.59, 5h3 7.57, 200 inne G17 2h1 23.96, 60 hekk inne G17 5 8.98, 4x200 inne G15-17 5 1:39.23

**Vidvei, Lars-Olav** (30.11.1990)  
**2022** Maraton 22 2:53:08

**Vik, Anders** (7.3.2003)  
**2022** Diskos U20 3 53.58, Lengde uten tilløp U20 4 2.98

**Vik, Ole Jørgen** (6.10.1979)  
**2022** Terrengultra 14 10:20:22

**Vik, Sondre Audahl** (26.1.2004)  
**2022** 60 inne 6h4 7.62, 100 U20 7h3 11.61, 200 U20 5h7 23.62, 1000 stafett U23 9 (4h1) 1:59.11, 4x100 U20 4 47.01, 100 G18/19 5h4 11.73, 200 G18/19 6h4 23.88, 60 inne G18/19 6s2 3h5 7.37, 200 inne G18/19 3h5 23.84

**Viken, Ånung** (23.3.1993)  
**2022** 800 4 1:52.32, 3h2 1:55.50

**Villard, Lucas Pollet** (???.???.????)  
**2022** 1x6km terreng 20 19:47

**Vincent, Aiden Floyd** (8.3.2004)  
**2022** 200 8h3 23.39, 400 6h1 49.66, 200 U20 5s2 22.80, 2h5 22.87, 400 hekk U20 DNS, Lengde U20 6 6.57, 2q2 6.47, 100 G18/19 8s1 11.85, 4h1 11.48, 200 G18/19 5s1 22.72, 2h2 22.93, 400 G18/19 3 (3h3) 49.98, 400 hekk G18/19 2 56.64, Lengde G18/19 6 6.33, Spyd G18/19 2 49.46, 60 inne G18/19 6s3 7.49, 2h2 7.41, 200 inne G18/19 1h5 22.56, 400 inne G18/19 4 (4h3) 50.14, Lengde inne G18/19 2 6.64

**Vincent, Antoine Gabriel (FRA)** (22.2.2001)  
**2022** 60 hekk inne 2 8.35, 60 inne G20-22 5h1 7.29, 60 hekk inne G20-22 3 8.44, Lengde inne G20-22 4 5.98

**Vogel, Simon** (27.4.1993)  
**2022** 4x1500 2 17:56.84

**Vonheim, Anders** (26.5.1987)  
**2022** Halvmaraton 38 1:22:09

**Vonheim, Bjørn** (30.6.1962)  
**2022** Halvmaraton 58 1:29:47

**Vukicevic, Vladimir Erik** (6.5.1991)  
**2022** 110h DNS

**Vågen, Andreas** (15.5.2000)  
**2022** 3000 hinder U23 DNS

**Vaaje, Eivind Duelien** (24.7.2004)  
**2022** 5000 U20 18 (3h1) 15:44.82, 6km terreng U20 10 20:10

**W**

**Wad-Gylderud, Terje Andre** (18.2.1980)  
**2022** Maraton 34 3:11:38

**Walaker, Per Ove** (28.3.1973)  
**2022** Halvmaraton 32 1:21:17

**Walhovd, Sakarias Eirik Fjeld** (16.10.2006)  
**2022** Kule G16 3 13.20, Diskos G16 7 33.66, Slegge G16 7 32.34

**Walvåg, Oliver Charles** (20.2.2005)  
**2022** 60 inne G17 8s2 7.58, 4h3 7.55, 200 inne G17 2h4 24.27, 4x200 inne G15-17 5 1:39.23

**Wang, Marius Liljeberg** (3.10.2001)  
**2022** 10km terreng 15 32:01, 5000 U23 5 14:42.85

**Warnes, Vegard Vesterhaug** (16.5.2003)  
**2022** 3000h 5 9:08.91, 3000 inne 10 8:40.17, 1x6km terreng 5 17:23, 5000 U20 3 (3h2) 14:24.70, 3000 hinder U20 2 9:08.89, 2km terreng U20 1 6:01, 6km terreng U20 9 19:18, 3000 G18/19 2 8:25.67, 2000 hinder G18/19 2 6:01.46, 1500 inne G18/19 1 4:04.64

**Warncke-Wang, Leander** (19.1.2005)  
**2022** 3000 G17 13 9:39.49

**Watne, Øyvind** (26.11.1951)  
**2022** Maraton 64 4:46:48

**Wayu, Bereket Geda** (6.10.2001)

2022 200 U23 5h3 22.84, 1000 stafett U23 3 (3h2) 1:55.45

**Weinberg, Fabian** (26.5.2001)

2022 Diskos 4 50.36, Diskos U23 1 51.25

**Weinberg, Myron** (9.12.1999)

2022 Spyd 2 68.52

**Werge-Olsen, Knut Arvid Tibor** (8.1.2003)

2022 60 inne G18/19 3s2 7.32, 3h4 7.29, 200 inne G18/19 4h1 24.57

**Westerheim, Kenneth** (22.7.1971)

2022 Motbakke 25 52.41, Halvmaraton 29 1:20:51

**Westerheim, Lars Helge** (15.3.1951)

2022 Halvmaraton 88 1:42:00

**Wigdahl, Anders** (20.4.1989)

2022 Halvmaraton 46 1:23:53

**Wiggen, Christopher Bergsagel** (1.5.2001)

2022 10000 h1 DNF, Maraton 10 2:34:33, Halvmaraton U23 2 1:11:43

**Wigaard, Endre** (25.6.1996)

2022 5000 24 (11h1) 15:28.49, 10000 h1 DNS

**Wik, Kristoffer Strømdal** (3.10.2005)

2022 1x6km terreng 18 19:26

**Wikshåland, Eivind Trym** (16.11.1997)

2022 1500 5 3:44.26, 7h2 3:51.16, 3000 inne 6 8:33.42

**Winberg, Halvor Nymoene** (29.4.1999)

2022 1500 10 3:51.44, 4h2 3:50.71, 1500 inne 6 3:53.53, 3000 inne 8 8:35.53, 3km terreng 12 9:20, 1x6km terreng 6 17:29

**Winberg, Pål** (31.1.1971)

2022 Maraton 36 3:12:15

**With, Theodor** (22.1.2006)

2022 100 G16 3h1 11.97, 60 inne G16 5h3 7.71, 4x100 G16 1 45.65

**Witzøe, Sondre** (15.2.2004)

2022 100 U20 7 11.10, 3s2 10.99, 1h2 11.08, 200 U20 4 22.45, 2s2 22.46, 1h1 22.48, 100 G18/19 4 11.11, 2s2 10.94, 1h3 11.08, 200 G18/19 5 22.66, 3s2 22.54, 2h4 22.84, Lengde G18/19 10 4.87, 60 inne G18/19 7.17, 2s1 7.16, 2h3 7.14, 200 inne G18/19 4h4 23.79, Lengde inne G18/19 7 5.28

**Wold, Morten Olaf** (10.4.1951)

2022 Maraton 61 4:28:09

**Wold, Theodor Skancke** (21.10.2006)

2022 100 G16 6h3 12.91, 200 G16 6h2 27.86, Lengde inne G16 18 4.63, 4x200 inne G15-17 8 1:46.85

**Wormdahl, Aksel** (1.2.2006)

2022 Lengde U20 9 6.27, 7q1 6.16, Tresteg U20 6 12.86, 1000 stafett U20 1 2 2:02.88, Lengde G16 3 6.25, Tresteg G16 2 12.44, 1000 stafett G17/19 5 2:02.59, Høyde inne G16 5 1.70, Lengde inne G16 NM, Tresteg inne G16 2 12.27, 4x200 inne G15-17 5 1:39.23

**Wright, Christian Nicholas** (17.3.2006)

2022 100 5h2 11.31, 200 7h3 22.92, 1000 stafett DNF, 100 U20 4s1 11.05, 3h2 11.10, 200 U20 5s3 22.62, 1h3 22.72, 1000 stafett U20 1 1:59.55, 4x100 U20 4 47.01, 4x400 U20 1 3:26.09, 100 G16 1 11.20, 1h3 11.25, 200 G16 4 22.76, 1h2 22.75, 1000 stafett G17/19 2 1:59.49, 60 inne G16 2 7.26, 1s1 7.34, 1h2 7.34, 200 inne G16 1 22.71, 1h1 22.80, 4x200 inne G15-17 2 1:33.34, 4x100 G16 DNF

**Waaen, Kristian** (5.3.1949)

2022 Maraton 66 5:31:24

## Y

**Ytrearne, Sondre Vie** (21.8.2001)

2022 Tresteg 3 14.97, Tresteg inne 5 14.52, Tresteg U23 2 14.83

**Yousif, Abdalla Tambaw Targan (SUD)** (28.9.1996)

2022 3000h 8 9:19.87, 3km terreng 22 9:40, 1x6km terreng 6 17:29

## Z

## Ø

**Ødegaard, Tor Øivind** (28.2.1969)

2022 4x100 5 45.69

**Øina, Odin August Østreim** (30.8.2006)

2022 Stav U20 6 3.75, Lengde U20 11 6.10, 4q2 6.27, Stav inne G16 4 3.20, Lengde inne G16 2 5.97, Tresteg inne G16 1 12.38

**Øiseth, Lukas Casey** (29.8.2004)

2022 100 U20 5h1 11.60, 200 U20 6h7 23.72, 100 G18/19 h2 DQ:R162.6, 200 G18/19 7h2 23.60, 60 inne G18/19 6h3 7.62, 200 inne G18/19 3h8 24.49, 4x200 inne G18-22 4 1:38.65

**Ørke, Johan Christie** (26.12.2000)

2022 Motbakke 10 46:52

**Østebø, Brage** (21.7.2005)

2022 300 hekk G17 5 44.00

**Østerbø, Øystein Kvaal** (7.7.1981)

2022 3km terreng 20 9:35, 10km terreng 26 33:55

**Østgaard, Marius Ose** (28.6.1984)

2022 Halvmaraton 67 1:33:14

**Øvereng, Fredrik Gerhardsen** (10.5.1999)

2022 200 3s1 21.83, 2h2 22.18, 400 inne 1 47.13, 1h1 48.14

**Øvereng, Johannes Bredesen** (26.6.2003)

2022 5000 h1 DNF, 1500 inne G18/19 7 4:12.06

**Øvre-Helland, Sondre** (28.9.1995)

2022 Maraton 5 2:30:25

**Øvrebø, Lars** (16.8.2000)

2022 Halvmaraton U23 6 1:16:25

**Øvrebø, Odd Martin** (5.10.1967)

2022 Halvmaraton 104 2:29:02

**Øxnevad, Clemens Sundby** (11.12.201)

2022 Motbakke 9 46:38

**Øydne, Christian** (14.9.2005)

2022 100 U20 h1 DNS, 100 G17 4 11.22, 1h3 11.23, 200 G17 8 29.25, 2h1 23.25, 60 inne G17 5s1 7.41, 2h3 7.43

**Øyehaug, Olve** (19.7.1967)

2022 Halvmaraton 71 1:33:44

**Øyen, Aleksander Hauge** (10.1.2006)

2022 800 U20 6h3 2:00.25, 1500 hinder G16 5 4:33.50, 800 inne G16 5 (5h2) 2:05.24, 1500 inne G16 4 4:18.39

**Øyen, Joakim Andre** (27.3.1988)

2022 Maraton 13 2:37:57

**Øyen, Magnus** (26.4.2007)

2022 1500 U20 10 3:57.15, 800 G15 1 (1h2) 2:00.20, 2000 G15 1 5:36.14, 800 inne G15 2 (2h2) 2:02.79, 1500 inne G15 2 4:15.75, 2km terreng G15 1 6:18, 4km terreng G15 1 12:14

**Øygaard, Eivind** (18.2.1992)

2022 Halvmaraton 4 1:07:39, 3km terreng DNS, 10km terreng 9 30:49

## Å

**Ådland, Herman Bjørke** (31.3.2006)

2022 4x100 U20 3 43.59, 60 inne G16 7h2 8.28, 4x200 inne G15-17 7 1:46.13, 4x100 G16 DNF

**Aae, Ole Johannes** (18.1.2002)

2022 Halvmaraton U23 11 1:44:08

**Aaland, Reidar** (???.???.???)

2022 Motbakke 24 52.07

**Aamot, Erlend Teigum** (22.3.2007)

2022 800 G15 19 (20h1) 2:14.37, 300 hekk G15 8 (6h2) 45.09

**Ånderå, Oscar Sørvik** (29.7.2007)



**2022** 300 hekk G15 5 (4h2) 42.95, Høyde G15 =3 1.73, Lengde G15 13 5.02, Diskos G15 9 26.73

**Årdal, Jens Ole** (25.2.1960)

**2022** Halvmaraton 52 1:27:00

**Aarseth, Fredrik** (12.1.2007)

**2022** Spyd G15 3 42.90

**Aarseth, Gunnar Hallvard Morch** (12.2.1958)

**2022** Terrenkultra 25 13:54:02

**Aas, Jens Kristian** (4.8.2005)

**2022** 800 G17 14 (5h1) 2:18.19, 3000 G17 9 9:21.74

**Aase, Theodor** (26.4.2006)

**2022** 100 G16 4h1 12.15, Høyde G16 5 1.70

**Aasen, Henning** (28.12.1972)

**2022** Halvmaraton 35 1:21:44

**Aasmo, Gaute Humstad** (4.10.2004)

**2022** 7-kamp inne U20 2 4.131, 10-kamp U20 1 5.825, 100 G18/19 6s1 11.49, 4h3 11.50, 200 G18/19 6s1 22.99, 3h2 23.09, Lengde G18/19 3 6.53, Tresteg G18/19 3 13.22

**Aasmo, Sondre Humstad** (4.10.2004)

**2022** 7-kamp inne U20 3 3.927, 4x100 U20 1 42.91, 100 G18/19 h4 DNS, 110 hekk G18/19 2 15.99, Lengde G18/19 9 5.67, 60 inne G18/19 7s1 7.55, 4h1 7.54, 60 hekk inne G18/19 1 8.85

**Åstrand, Hampus Ludvig (SWE)** (6.9.2004)

**2022** 200 G18/19 h3 DNS, 400 G18/19 11 (2h1) 54.12, 60 inne G18/19 8s3 7.55, 5h4 7.47, 200 inne G18/19 h6 DNS

## Kvinner

### A

**Abdulle, Anisa Abdihakim** (22.1.2005)

**2022** 100 J17 7h1 19.88, 400 J17 7 67.18

**Aberhalden, Jogscha** (???.???.???)

**2022** 1x6km terreng 8 23:00

**Aders, Hilde** (2.4.1991)

**2022** Motbakke 9 61:21

**Ahmad, Sana** (17.9.1992)

**2022** Maraton 26 5:07:52

**Alvik, Sigrid** (30.5.2003)

**2022** 3000 hinder 3 10:32.75, 800 inne 5 2:13.68, 1500 inne 7 4:33.65

**Al-Saiddi, Line Safaa** (17.12.2006)

**2022** 400 4 54.17, 3h1 54.82, 1000 stafett 1 2:08.59, 200 U20 4 25.45, 1s1 25.09, 1h3 25.79, 400 U20 1 54.63, 1h1 56.05, 1000 stafett U20 1 2:13.38, 100 J16 1 12.29, 1h3 12.46, 200 J16 1 24.81, 1h1 25.33, 1000 stafett J15/16 1 2:18.14, 4x600 J16 1 6:39.75

**Al-Saiddi, Sarah Safaa** (18.12.2005)

**2022** 400 hekk U20 3 63.88, 2h2 66.58, 1000 stafett U20 1 2:13.38, 100 J17 4h1 13.38, 300 hekk J17 4 45.67

**Alsaker, Maren Storaas** (23.7.2005)

**2022** 100 J17 6h3 13.77, 300 hekk J17 6 51.39, 1000 stafett J18/19 DQ:R162.8

**Alvik, Sigrid** (30.5.2003)

**2022** 3000 hinder U20 DNF

**Ampong, Dorothy McManus** (17.2.2005)

**2022** 100 U20 4s3 13.02, 2h6 12.77, 200 U20 3s3 25.89, 3h3 26.33, 1000 stafett U23 2 2:16.75, 100 J17 4 12.81, 1h3 12.78, 200 J17 1 25.85, 2h1 26.44, 200 inne J17 5 27.34, 2h3 27.03, Lengde inne J17 8 4.60, Tresteg inne J17 3 10.18, 4x200 inne J17 1 1:47.29

**Amundsen, Maren Bakke** (8.3.2003)

**2022** 100 5 12.07, 3s1 12.04, 2h1 12.25, 200 4 24.31, 3s2 24.63, 2h4 25.94, 100 U20 h3 DNS, 200 U20 h2 DNS, 60 inne J18/19 1 7.65, 2s1 7.77, 1h1 7.76, 400 inne J18/19 1 (1h2) 55.98

**Amundsen, Mathilde Alfarnes** (19.1.2006)

**2022** Kule J16 6 10.50, Spyd J16 2 39.06

**Amundsen, Susanne Tveit** (23.1.2007)

**2022** 400 hekk U20 4 67.37, 3h2 66.70, Tresteg U20 3 11.44, 4q 11.15, 200 J15 4 26.28, 1h2 26.28, 800 J15 11 (9h2) 2:23.59, 300 hekk J15 2 (2h2) 44.85, Lengde J15 1 5.31, Tresteg J15 1 11.48, Kule J15 3 11.45, Diskos J15 1 41.54, Spyd J15 5 31.26, 200 inne J15 3 26.37, 1h3 26.16, 800 inne J15 3 2:25.13, 60 hekk inne J15 4 9.37, 3h1 9.46, Høyde inne J15 4 1.45, Lengde inne J15 1 5.18, Tresteg inne J15 1 11.31, Kule inne J15 1 11.46, 7-kamp J15 1 4.873

**Amundsgård, Kirsten Hindhammer** (17.3.1989)

**2022** 6km terreng 12 22.24

**Andersen, Ingrid Mæland** (25.1.2007)

**2022** 100 J15 7h2 14.12, 80 hekk J15 5h2 14.09, 300 hekk J15 10 (4h1) 50.37, 60 inne J15 5h4 8.73, 200 inne J15 4h2 29.24, 60 hekk inne J15 5h3 10.23, Lengde inne J15 13 4.23

**Andreassen, Ane Bakstad** (6.5.2005)

**2022** 3000 J17 6 12:03.60, 2000 gang J17 1 10:35.06, 2km terreng J17 6 8:43

**Andresen, Lovise Skarbøvik** (17.1.2004)

**2022** 100 8s1 22.62, 2h3 12.34, 100 hekk 8 38.33, 4h1 14.21, 100 U20 s3 DNF, 1h5 12.59, 100 hekk U20 1 14.07, 1h1 14.40, 100 J18/19 1 12.33, 1h3 12.51, 100 hekk J18/19 1 14.34

**Angelsen, Tonje** (17.1.1990)

**2022** Høyde 1 1.83

**Ansteensen, Tuva Kristine** (20.6.2007)

**2022** 100 J15 8 13.29, 3h3 13.20, 200 J15 6 26.61, 2h1 26.92, 1000 stafett J15/16 6 2:28.15, 4x100 J16 3 51.53

**Antonsen, Henrikke** (21.8.2003)

**2022** Slegge 9 44.89, Diskos U20 14 20.53, Slegge U20 3 47.03, 2q 46.36, Kule J18/19 7 8.96, Slegge J18/19 3 45.79, Kule inne J18/19 8 9.66

**Antonsen, Ida Langgård** (31.1.2004)

**2022** 100 J18/19 6h3 13.68, Kule J18/19 8 8.34

**Antonsen, Inger Marie** (24.7.2006)

**2022** 4x100 J16 2 51.16

**Antonsen, Pernille Karlsen** (13.12.2002)

**2022** 800 2 2:06.41, 2h2 2:13.30, 800 inne 2 2:09.32, 4x400 2 3:49.46, 800 U23 2 2:08.71, 1000 stafett U23 1 2:15.76

**Askeland, Sølvi Renate Nedreberg** (28.8.1997)

**2022** Motbakke 11 63:05

**Aspaas, Helle Margrethe** (31.10.2002)

**2022** Diskos 8 39.00

**Aune, Liza Sofie** (5.10.2007)

**2022** 200 J15 5h2 27.81, Lengde J15 8 4.75, Tresteg J15 3 11.18

**Aune, Nora** (7.1.2004)

**2022** 100 7 12.30, 4s2 12.33, 2h4 12.33, 200 8 25.48, 4s2 24.99, 2h1 25.66, 1000 stafett 4 2:13.33, 100 U20 2 12.28, 1s2 12.39, 1h6 12.53, 200 U20 2 25.25, 2s1 25.29, 1h5 25.72, 1000 stafett U20 2 2:13.47, 100 J18/19 2 12.35, 1h2 12.57, 200 J18/19 1 25.04, 1h1 25.35, 1000 stafett J18/19 1 2:14.68, 60 inne J18/19 4 7.75, 1s2 7.82, 1h3 7.81, 200 inne J18/19 2 24.71, 1h4 24.93, 4x200 inne J18-22 2 1:40.52

## B

**Baggethun, Junifer Isadora Cornelia** (14.5.2006)

**2022** 100 J16 6h1 13.41, 200 J16 7h1 28.42

**Bakke, Hanna Hagevik** (20.4.2003)

**2022** 400 U20 4 57.97, 2h2 58.66, 400 J18/19 3 (3h2) 58.23, 800 J18/19 3 2:18.49

**Bakkeliid, Else Lundestad** (25.12.1976)

**2022** Diskos 3 44.22

**Bakken, Ine** (28.5.1996)

2022 5000 3 16:07.02, 10000 1 34:12.79

**Bakken, Thea** (18.5.2004)

2022 400 J18/19 7 (2h1) 61.52

**Banoun, Ninette Solveig** (13.10.1964)

2020 Terrengultra 9 11:33:58

**Bardal, Marie Aune** (12.3.1995)

2022 100 para 4 31.52/50

**Barkbu, Mirian Gjertsen** (10.1.2006)

2022 Stav U20 6 3.10, 4x100 U20 DQ, Stav J16 NM, 60 inne J16 h2 DQ:R162.8, 60 hekk inne J16 5 9.43, 3h2 9.32, Høyde inne J16 5 1.45, Stav inne J16 2 2.70, 5-kamp inne J16 3 2.781, 7-kamp J16 2 3.543

**Bekkestad, Maren Karlsen** (30.8.2003)

2022 5000 gang 1 24:45.88, 3000 gang inne 1 13:48.70 3000 gang U20 1 14:04.56, 3000 J18/19 5 10:49.32, 2000 gang J18/19 1 9:03.03, 1500 gang inne J18/19 1 6:31.16

**Bekkevik, Emma Skibstad** (19.8.2004)

2022 400 hekk 7 65.83, 4h1 66.06, 1000 stafett 3 2:10.92, 400 inne 6 60.02, 4x400 1 3:48.03, 4x100 U20 4 50.94, 400 hekk J18/19 1 66.79, 1000 stafett J18/19 4 2:22.68

**Bell, Ebba Jakobine** (24.5.2005)

2022 Kule inne J17 4 9.55

**Bell, Petra Helene** (20.11.2007)

2022 1500 gang inne J15 1 8:33.97

**Belsvik, Thea Steiro** (29.6.2006)

2022 100 U20 6h4 13.17, 100 J16 5h2 13.42

**Belsås, Maja** (8.8.2004)

2022 3000 U20 12 10:46.49, 3000 J18/19 4 10:32.94

**Benert, Britney** (22.5.2003)

2022 60 inne J18/19 7h3 8.60

**Benhamou, Eden Orre** (4.5.2006)

2022 60 inne J16 6h1 9.15, 200 inne J16 5h2 30.61

**Benum, Ingrid Wollan** (6.4.2007)

2022 2km terreng J15 1 7:18 2 7:21

**Benum, Marie Wollan** (10.1.2006)

2022 2km terreng J16 3 7:25

**Berg, Alice Ulla** (29.1.1997)

2022 60 inne 4 7.75, 1s2 7.62, 1h2 7.68, 200 inne 2h2 25.11, 4x200 inne 5 1:43.41, 4x100 1 46.99

**Berg, Anita** (???.??.???)

2022 6km terreng 19 37:43

**Berg, Mille Baastad** (5.2.2004)

2022 200 U20 6h5 26.94, 400 U20 7h2 62.61, 1000 stafett U20 DQ:R170.7, 4x100 U20 2 48.69, 4x400 U20 1 4:11.55, 200 J18/19 4h1 26.87, 400 J18/19 8 (3h1) 62.78, 1000 stafett J18/19 5 2:24.91, 60 inne J18/19 6h4 8.49, 200 inne J18/19 4h2 27.29, 400 inne J18/19 5 (2h1) 62.94, 4x200 inne J18-22 3 1:45.68

**Berge, Marit** (6.1.2003)

2022 Spyd 9 41.86, Spyd U20 5 39.95

**Berget, Johanne Gylthe** (6.9.2006)

2022 Kule J16 7 9.90, Spyd J16 4 33.88

**Bergh, Hannah Emilie Qvenild** (26.6.2004)

2022 4x400 3 4:22.12, 100 hekk U20 h1 DNF, 100 J18/19 7h2 13.85, 200 J18/19 7h2 28.77, 1000 stafett J18/19 6 2:26.14, 60 inne J18/19 6h3 8.60, 60 hekk inne J18/19 7 4h2 9.84, 4x200 inne J18-22 5 1:54.29

**Bergslid, Inger** (25.6.2004)

2022 Tresteg inne J18/19 8 9.97

**Bergsvik, Inger Risholt** (19.9.2007)

2022 4km terreng J15 6 15:11

**Bergtun, Anne Renate** (26.10.1972)

2022 Maraton 21 3:55:46

**Bergum, Sofie Kjus** (9.3.1990)

2022 5000 14 18:25.10

**Berntsen, Astrid Cecilie** (12.7.2007)

2022 800 U20 4 2:12.90, 3h2 2:15.35, 1500 U20 6h1 4:48.55, 800 J15 1 (1h2) 2:15.94, 1500 hinder J15 1 5:03.43, 4x600 J16 1 6:39.75, 4km terreng J15 3 14:39

**Bersagel, Annie** (30.3.1983)

2022 10000 34:25.57, Maraton 1 2:43:26, Motbakke 2 49:49, 6km terreng 10 21:30

**Biernacki, Josefina Maria** (12.11.2003)

2022 100 hekk 4 14.00, 2h2 14.08, 4x100 3 47.67

**Birkeland, Birgitte Langeland** (29.10.2007)

2022 100 U20 6h3 13.53, 100 J15 5h2 13.63, 80 hekk J15 4h2 13.49, 1000 stafett J15/16 3 2:21.83, 60 inne J15 6 8.44, 4s2 8.42, 2h4 8.43, 60 hekk inne J15 3h2 10.00

**Bjelland, Hannah** (19.5.1999)

2022 6km terreng 14 23:13

**Bjorland, Thea** (12.2.2005)

2022 2km terreng J17 DNF

**Bjørdal, Astrid** (6.7.1977)

2022 Halvmaraton 14 1:43:39

**Bjørge, Malin Christensen** (9.7.2003)

2022 Spyd J18/19 5 30.71

**Bjørnstad, Amalie Grande** (7.2.2000)

2022 100 7h4 12.88, 100 U23 7 12.81, 3h1 12.90, 200 U23 8 27.36, Lengde U23 5 5.04, 60 inne J20-22 8 8.25, 4h1 8.16, Lengde inne J20-22 3 5.06

**Blagojevic, Ana** (20.11.2007)

2022 60 inne J15 7h3 9.70, 200 inne J15 5h1 32.03, 60 hekk inne J15 6h3 11.66, Lengde inne J15 19 3.61, Tresteg inne J15 10 8.57

**Blaauw, Emma Sofie Andenes** (29.12.2000)

2022 1500 12h1 4:42.09

**Bock, Elea Jørstad** (4.11.2002)

2022 100 hekk 5 14.04, 3h1 14.08, 60 inne 5s2 7.29, 4h3 7.84, 60 hekk inne 3 8.57, 1h2 8.52

**Bolme, Nina Næss** (7.11.2006)

2022 60 inne J16 4s1 8.38, 3h4 8.37, Høyde inne J16 =3 1.50, Lengde inne J16 4 4.93

**Borander, Linn Rynning** (21.8.2005)

2022 60 inne J17 6 8.48, 3h2 8.44, 60 hekk inne J17 2 9.39

**Borge, Sigrid** (3.12.1995)

2022 Spyd 2 52.08

**Borgen, Sophia Oliva** (3.5.2004)

2022 4x400 3 4:22.12, Lengde U20 10 4.92, 5q2 5.01, 200 J18/19 7h3 28.81, 100 hekk J18/19 DNF, Lengde J18/19 3 5.12, 1000 stafett J18/19 6 2:26.14, 60 inne J18/19 7h1 8.69, 60 hekk inne J18/19 6 9.88, 4h1 10.00, Lengde inne J18/19 7 5.05, 4x200 inne J18-22 5 1:54.29

**Borning, Kajsa Victoria Liene** (12.2.2004)

2022 4x800 DNS, 4x400 U20 4 2:31.04, 60 inne J18/19 7h2 8.78, 60 hekk inne J18/19 h1 DNF, Lengde inne J18/19 11 4.52, Tresteg inne J18/19 7 10.03

**Bos, Jennie Irene** (17.11.2007)

2022 Stav U20 7 2.80, Stav J15 2 2.90, 60 inne J15 5h3 8.65, Stav inne J15 2 3.10

**Botnen, Fride Skurdal Stave** (13.8.2007)

2022 Kule J15 10 8.36, Slegge J15 3 40.99

**Brakstad, Serine** (4.10.2006)

2022 100 U20 5h6 13.19, 200 U20 6s3 27.11, 6h4 26.74, 100 J16 7 12.96, 2h1 12.90, 200 J16 3 26.48, 2h2 26.67, 80 hekk J16 5h1

15.29, 1000 stafett J15/16 2 2:19.44, 60 inne J16 5s2 8.42, 4h1 8.46, 200 inne J16 2h1 27.29, 60 hekk inne J16 8 11.03, 4h1 10.38

**Brandal, Ane Rise** (19.4.2007)

2022 Høyde J15 2 1.60, Lengde J15 9 4.22, Høyde inne J15 2 1.53

**Bratteng, Linnea Marie Zacho** (23.4.2007)

2022 4x100 U20 5 52.54, 4x400 U20 2 4:21.22, 100 J15 7h3 13.94, 200 J15 7h2 29.35, Høyde J15 DNS, 1000 stafett J15/16 7 2:29.27, 4x100 J16 4 52.43

**Brautaset, Anne-Marit** (22.7.1997)

2022 Halvmaraton 4 1:22:34

**Breigan, Ida Andrea** (22.7.2004)

2022 4x200 inne 2 1:38.87

**Brekke, Ane** (27.12.2000)

2022 Halvmaraton U23 5 1:27:59

**Brekke, Marie** (11.10.2000)

2022 Høyde 7 1.69, Høyde U23 2 1.63

**Bremset, Thale Leirfall** (12.4.1999)

2022 Lengde 1 5.90, Lengde inne 2 6.13, 2q 5.96, 4x200 inne 4 1:43.40

**Bremset, Thea Leirfall** (12.4.1999)

2022 Høyde 2 1.75, Lengde 6 5.58, Lengde inne 4 5.85, 3q 5.67, 4x200 inne 4 1:43.40

**Brenne, Eilén** (27.4.2003)

2022 800 U20 5 2:13.32, 3h1 2:16.66, 1000 stafett U20 3 2:19.02, 400 J18/19 4 (4h2) 58.97, 800 J18/19 1 2:14.35, 1000 stafett J18/19 3 2:17.97

**Brenne, Mari Lauvstad** (21.8.2007)

2022 1000 stafett J15/16 8 2:46.77

**Bringedal, Mathea Ekberg** (13.3.2004)

2022 60 inne J18/19 8h4 8.61, 200 inne J18/19 5h1 28.58

**Broström, Lina** (???.???.???)

2022 Motbakke 8 60:26

**Brummenæs, Cornelia Eline** (23.8.2001)

2022 1x6km terreng 9 23:31

**Brundtland, Mona** (7.9.1968)

2022 100km ultra DNF

**Brunsaøl, Carina Gregusson** (20.4.2007)

2022 60 inne J15 6s2 8.60, 4h4 8.64, 200 inne J15 3h3 27.97, 4x200 inne J18-22 4 1:52.69

**Brynlund, Solveig Fjeldså** (23.9.2007)

2022 Tresteg J15 NM, 4x100 J16 6 59.00

**Bryntesson, Frida Antonia Ramböl** (5.4.1994)

2022 Terrenkultra DNF

**Brække, Andrea** (16.8.2007)

2022 1500 U20 11 4:46.73, 5h1 4:48.49, 800 J15 6 (1h1) 2:19.26, 2000 J15 3 6:32.87

**Bråten, Mari Arntsberg** (16.4.2007)

2022 Stav J15 3 2.70, 60 inne J15 6h2 8.89, Stav inne J15 3 2.60

**Buer, Frida Kristine** (21.9.2006)

2022 100 J16 3h2 13.08, 200 J16 3h1 27.06

**Busic, Sara** (11.2.2002)

2022 1500 7 4:19.82, 1h2 4:31.91, 1500 inne 4 4:31.77, 6km terreng 6 21:09, 800 U23 3 2:09.71, 1500 U23 2 4:25.21, 3000 U23 4 9:30.57

**Byfuglien, Frida** (27.2.2002)

2022 5000 13 18:12.10, 3000 U23 7 10:20.65, Halvmaraton U23 2 1:21:03

**Byggland, Ingrid Stigen** (3.6.2005)

2022 100 U20 8s2 13.14, 4h6 13.11, 200 U20 7h4 27.24, 100 J17 4h3 13.31, 200 J17 7 27.60, 4h2 27.50, 400 J17 6 65.04

**Bø, Maren Austevik** (2.4.2001)

2022 6km terreng 15 24:02, 1500 U23 8 4:54.80, 3000 U23 8 10:29.43, Halvmaraton U23 3 1:23:53

**Bø, Mia Austevik** (3.11.2007)

2022 4km terreng J15 7 15:12

**Bønøgård, Camilla Ek** (3.12.1996)

2022 Maraton 4 2:51:51

**Baade, Maja Fuglestrand** (15.6.2005)

2022 Spyd 10 41.49, Spyd U20 9 35.23, Spyd J17 5 40.67

## C

**Carlsen, Bethine Riise** (18.5.2004)

2022 4km terreng U20 5 15:04

**Carlsen-Brown, Kaja** (11.8.2004)

2022 200 8s2 26.36, 5h2 26.18, Lengde 8 5.42, 1000 stafett 6 2:16.51, 4x100 1 46.99, Lengde U20 3 5.51, 3q2 5.30, 1000 stafett U20 DQ:R170.7, 4x100 U20 2 48.69, 4x400 U20 1 4:11.55, 200 J18/19 4h2 26.79, Lengde J18/19 1 5.62, 1000 stafett J18/19 5 2:24.91, 60 inne J18/19 7s1 8.32, 2h1 8.29, 200 inne J18/19 2h1 26.11, Lengde inne J18/19 3 5.37, Tresteg inne J18/19 4 10.74, 4x200 inne J18-22 3 1:45.68

**Chelliah, Elinila** (26.12.2004)

2022 60 inne J18/19 4h1 8.43, 200 inne J18/19 3h3 26.92, 400 inne J18/19 4 (1h1) 62.67

**Chevalier, Lucille (FRA)** (4.1.2007)

2022 100 J15 6h3 13.82, 200 J15 6h1 28.10, 1000 stafett J15/16 1 2:18.14

**Christie, Caroline Konow** (11.6.2002)

2022 Motbakke 12 64:39

**Collett-Østensen, Henriette** (26.4.2004)

2022 Lengde U20 10q1 4.75, Tresteg U20 13q 10.30, Lengde J18/19 8 4.86, Tresteg J18/19 5 10.35

**Coulson, Nicoline Pallesen** (31.5.2004)

2022 4x100 U20 3 48.78, 100 J18/19 4h3 13.55, Lengde inne J18/19 8 4.92

## D

**Dagestad, Telma Eckhoff** (1.5.2000)

2022 5000 12 17:35.35

**Dahl, Guro Martine Brøndbo** (20.7.2004)

2022 Diskos 9 38.36, Slegge 13 40.78, Diskos U20 7 35.73, Slegge U20 12 39.83, 9q 41.92, Diskos J18/19 3 36.92, Slegge J18/19 4 43.30

**Dahl, Thea Marianne** (24.7.2004)

2022 Slegge U20 6 45.23, 6q 42.62

**Dahle, Vienna Søyland** (6.1.1992)

2022 5000 4 16:26.26, 10000 6 35:17.11

**Dahlen, Mina Stienessen** (22.1.2005)

2022 4x100 U20 DQ

**Damsgaard, Tora Ugland** (20.10.2005)

2022 100 U20 7h2 13.57, 200 U20 7h5 27.82, Lengde U20 8q2 4.81, Tresteg U20 10 10.49, 8q 10.59, 100 J17 5h1 13.57, Lengde J17 5 4.95, Tresteg J17 1 10.67, 1000 stafett J18/19 7 2:30.37

**Danielsen, Anne Øi Tharaldsen** (9.4.2004)

2022 4x100 U20 3 48.78, 60 inne J18/19 6h1 8.57, Lengde inne J18/19 13 4.10

**Davodova, Erika** (5.11.2003)

2022 100 J18/19 6h1 13.18, 200 J18/19 6h1 27.64

**Dehli, Anna Knapstad** (20.9.2007)

2022 1500 hinder J15 3 5:37.09

**Deliler, Ann Seida** (13.1.1999)

2022 100 para 2 18.83/209

**Digerud, Mina Hielsbrekken** (2.2.2007)

2022 60 inne J15 5h1 8.75, Høyde inne J15 6 1.40, Lengde inne J15 10 4.47, Tresteg inne J15 6 10.09, Kule inne J15 5 9.39

**Dixon, Frida Rose** (11.11.2003)

2022 Slegge 8 45.00, Slegge U20 13q 38.75, Slegge J18/19 6 39.15

**Dolmen, Anna Leonora Isdal** (10.2.2003)

2022 Slegge U20 10 41.26, 10q 41.22

**Dolmen, Marte Helene Isdal** (14.3.2007)

2022 Slegge J15 2 47.37

**Dommersnes, Kristine Lande** (20.5.1999)

2022 1500 8 4:20.10, 6h2 4:32.89, 5000 DNF, 1500 inne 10 4:34.33, 3000 inne 7 9:54.57, 3km terreng 8 7:04, 1x6km terreng 2 20:03, 6km terreng 11 21:33

**Drangfelt, Vega Hanna** (7.2.2006)

2022 100 J16 7h3 13.50, 200 J16 4h1 27.51

**Dvergsdal, Eli Anne** (19.11.1991)

2022 1500 inne 9 4:34.10, 3000 inne DNF, Halvmaraton 3 1:22:31

**Dørstad, Pernille** (8.1.1979)

2022 6km terreng 17 25:40

**Døske, Maria Pedersen** (2.2.2005)

2022 Kule U20 7 11.59, Diskos U20 8 32.65, Kule J17 4 12.53, Diskos J17 4 32.94, Kule inne J17 3 12.06

## E

**Edland, Malin** (31.3.1999)

2022 1500 4 4:18.70, 2h2 4:32.17, 2km terreng 1 6:41, 1x6km terreng 1 17:11

**Een, Marie Sofie Borø** (26.6.2006)

2022 Stav U20 9 2.70, Tresteg U20 16q 10.10, Høyde J16 5 1.48, Stav J16 1 2.80, Tresteg J16 1 10.22

**Eide, Signe By** (20.4.2001)

2022 Maraton 6 3:00:03

**Eidsmo, Mari** (13.4.2003)

2022 2km terreng U20 4 8:09

**Eikeland, Elise** (29.8.2005)

2022 100 7h3 12.92, 200 6s2 25.96, 4h3 26.25, 1000 stafett 5 2:14.56, 100 U20 3s3 12.93, 3h2 12.96, 200 U20 4s3 26.13, 3h4 25.95, 4x100 U20 1 47.40, 100 J17 6 12.96, 2h2 13.00, 200 J17 2 25.87, 1h1 26.24, 300 hekk J17 3 45.10, 1000 stafett J18/19 2 2:17.76

**Eikeland, Synne** (25.5.2002)

2022 200 5h4 27.44, 400 hekk 8 58.26, 4h2 65.21, 60 inne 8h1 8.32, Lengde uten tilløp 10 2.34

**Eikeng, Nora** (24.3.2006)

2022 60 inne J16 3 7.99, 2s3 7.04, 1h4 8.12, Stav inne J16 1 3.50

**Eklund, Silje** (19.9.1980)

2022 Maraton 3 2:50:28

**Elfenbein, Lotta** (6.1.2007)

2022 800 U20 8h2 2:26.95, Tresteg U20 17q 10.10, 800 J15 12 (3h1) 2:24.66, 300 hekk J15 9 (3h1) 50.28, Tresteg J15 9 9.78, 3h1 28.39, 800 inne J15 4 2:26.27, 60 hekk inne J15 4h3 10.17, Lengde inne J15 8 4.59, Tresteg inne J15 5 10.17

**Eliassen, Sigri Hundven** (20.7.2006)

2022 100 J16 3h3 13.17, 80 hekk J16 6 12.34, 3h1 12.69, 300 hekk J16 4 46.57, 1000 stafett J15/16 5 2:26.61, 60 inne J16 4s3 8.39, 2h4 8.34, 200 inne J16 3h3 26.89, 60 hekk inne J16 3 8.90, 2h2 9.08, 4x200 inne J17 3 1:48.14

**Eliassen, Ulrikke Bjørkmo** (9.8.2006)

2022 60 inne J16 4s2 8.41, 3h1 8.39, 200 inne J16 4h1 28.23

**Ellefsen, Aurora** (23.6.2006)

2022 4x400 U20 3 4:27.17, 3000 J16 10 13:10.81, 1000 stafett J15/16 6 2:28.15, 4x100 J16 3 51.53

**Ellefsen, Hermine** (23.6.2006)

2022 4x400 U20 3 4:27.17, 3000 J16 9 13:10.36, 1000 stafett J18/19 4 2:22.68, 4x100 J16 3 51.53

**Ellingvåg, Asta** (12.7.1982)

2022 Halvmaraton 2 1:22:23

**Elvestuen, Maria** (30.4.2007)

2022 Kule J15 5 10.27, Spyd J15 8 27.59, 7-kamp J15 3 3.045

**Engdahl, Selma Løchen** (20.12.2001)

2022 1500 6 4:19.44, 5h2 4:32.60, 800 U23 DNF, 1500 U23 3 4:25.54, 3000 U23 1 9:24.15

**Engebreetsen, Synne Marie** (31.7.2002)

2022 3000 hinder 5 10:51.38

**Engelbrektsen, Emilie Sandal** (9.4.2005)

2022 100 6h1 13.01, 60 inne 5h2 8.20, 200 inne 4h1 27.10, 100 J17 5 12.96, 2h3 13.02

**Engen, Martine** (22.9.2001)

2022 1x6km terreng 8 23:00

**Engeset, Kristine Eikrem** (15.11.1988)

2022 3000 inne 3 9:26.79, 6km terreng DNF

**Engesæth, Andrea Modin** (6.7.2001)

2022 6km terreng 1 20:01

**Engevik, Ingrid Heiberg-Andersen** (13.6.2005)

2022 100 J17 5h2 13.92, 200 J17 7h1 28.36

**Ersøybakk, Agnete Johanne Kjeldsli** (17.3.2003)

2022 1000 stafett J18/19 8 2:30.88

**Ertzgaard, Astri Ayo Lakeri** (28.3.2002)

2022 400 2 52.97, 2h2 55.52, 400 inne 2 54.06, 4x200 inne 1 1:38.83, 60 inne J20-22 4 7.78, 2h1 7.84, 200 inne J20-22 2 24.67, 1h2 24.77, Høyde inne J20-22 2 1.50, Kule inne J20-22 4 8.22, 4x200 inne J18-22 1 1:40.36

**Ertzgaard, Kaitesi Auma** (20.7.2000)

2022 200 5 24.56, 3s1 24.54, 1h3 26.03, 400 3 54.07, 2h1 54.73, 1000 stafett 2 2:10.52, 200 inne 2 24.32, 1h5 24.47, 400 inne 3 54.83, 4x200 inne 1 1:38.83, 60 inne J20-22 2 7.74, 1h2 7.83, 200 inne J20-22 1 24.29, 1h1 24.58, Kule inne J20-22 3 9.66, 4x200 inne J18-22 1 1:40.36

**Espetvedt, Martine Lundberg** (27.1.2007)

2022 100 U20 5h4 13.15, 200 U20 8s2 27.31, 4h3 26.87, 200 J15 3h1 27.04, 80 hekk J15 3 12.28, 2h2 12.57, 300 hekk J15 5 (5h2) 47.25, 1000 stafett J15/16 2 2:19.44, 60 inne J15 7 8.45, 3s2 8.56, 2h1 8.47, 200 inne J15 5 27.28, 1h4 26.58, 60 hekk inne J15 3 9.35, 2h1 9.34, 4x200 inne J17 2 1:47.71

**Evensen, Iselin** (22.9.2004)

2022 100 6h3 12.63, 200 5s1 25.66, 3h2 25.43, 200 inne 2h5 25.20, 100 U20 5s3 13.05, 3h1 12.91, 200 U20 s3 DNF, 2h5 25.95, 100 J18/19 3h3 12.94, 200 J18/19 3 25.65, 1h3 25.89, 60 inne J18/19 8s2 8.20, 5h3 8.19, 200 inne J18/19 4 25.74, 2h4 25.62

**Evensen, Jonette Celia** (11.4.2007)

2022 2000 J15 DNF, 2000 gang J15 1 10:48.95

**Evensen, Mia Popovic** (25.11.2002)

2022 4x100 =4 49.43

**Evensmo, Siri Schøne Ness** (3.7.1984)

2022 Maraton 2 2:48:01

## F

**Falch, Runa Skrove** (23.6.1990)

2022 10000 5 34:54.55

**Fagerli, Eiril Hermansen** (4.2.2006)

2022 Kule J16 8 9.23, Slegge J16 3 50.67, Spyd J16 6 27.15

**Falck, Josefine** (25.4.2006)

2022 4x100 J16 1 50.45

**Fauske, Ingvill Heilevang** (25.12.1978)

2022 Terrengultra 13 12:23:36

**Faye, Kitty Augusta Friele** (17.8.2002)

2022 Stav 2 3.80, Stav inne 2 3.75, Stav U23 1 3.70, Stav inne J20-22 1 3.90

**Fearnley, Sonia Elisabeth** (29.1.2003)

2022 Spyd U20 4 40.44

**Fenre, Mari Klakegg** (29.5.1987)

2022 Terrengultra 1 8:31:52

**Fenstad, Amalie Hellesvik** (17.8.2004)

2022 800 J18/19 5 2:26.59, 1000 stafett J18/19 8 2:30.88

**Finnesand, Guro Oppistov** (17.1.2007)

2022 100 J15 6 13.19, 3h1 13.19, 200 J15 8 26.83, 4h2 26.78, 1000 stafett J15/16 1 2:18.14

**Finnestad, Astrid Bakkevik** (17.2.2006)

2022 800 inne J16 8 (6h2) 2:30.85, 1500 inne J16 4 5:01.73

**Fiske, Nora Berg** (22.6.2004)

2022 400 U20 6h1 61.82, 200 J18/19 7h1 27.87, 400 J18/19 9 (4h1) 63.08, 200 inne J18/19 3h2 27.11, 400 inne J18/19 3 (3h2) 61.07, 4x200 inne J18-22 6 1:54.77

**Fjalestad, Louise Skovgaard** (3.3.2005)

2022 100 U20 6h6 13.32, 100 hekk U20 h2 DNF, 100 J17 8 14.91, 3h3 13.11, 100 hekk J17 3 15.23, 1000 stafett J18/19 3 2:17.97

**Fjeld, Sunniva** (25.4.2005)

2022 200 U20 7h1 27.48, 400 U20 5h1 60.25, 200 J17 8 27.62, 4h1 27.21, 400 J17 4 62.10, Lengde J17 8 4.82, 60 inne J17 5h1 8.59, 200 inne J17 6 27.61, 3h1 27.08, 400 inne J17 3 61.13, Lengde inne J17 4 4.92

**Fjeldberg, Synne Heggøy** (28.2.2000)

2022 1500 U23 7 4:52.50, 3000 U23 9 10:33.70

**Fjelde, Line Amalie** (22.6.2003)

2022 800 inne J18/19 4 2:34.45

**Fjordheim, Kjellaug** (13.10.1955)

2022 Maraton 23 4:08:52

**Flatin, Fride Møller** (28.9.1997)

2022 5000 gang 3 24:37.02, 3000 gang inne 14:05.21

**Flatum (Fallingen), Lotta** (19.9.2002)

2022 Kule 1 14.88, Diskos 1 53.22, Kule inne 1 14.04, Lengde uten tilløp 1 2.62, Kule U23 1 14.43, Diskos U23 1 47.65

**Fleischer, Caroline Sophie Røhm** (26.10.1996)

2022 Høyde 3 1.75, Høyde inne 2 1.70

**Fløttum, Tone** (18.12.1978)

2022 Maraton 15 3:30:09

**Folland, Hedda Storejorde** (16.6.2005)

2022 800 inne J17 4 2:30.73, 1500 inne J17 2 5:14.30

**Forseth, Dordi** (3.8.2005)

2022 800 inne J17 1 2:20.87, 2km terreng J17 DNS, 4km terreng J17 2 15:34

**Forsmo, Ida Grytass** (12.12.2004)

2022 6km terreng 16 24:19

**Foss, Claudia Maria Hastie** (9.8.2005)

2022 100 U20 7 12.62, 2s3 12.81, 2h4 12.76, 200 U20 6s1 26.65, 3h2 26.59, 100 J17 3 12.71, 1h2 12.97, 200 J17 5 26.55, 1h2 26.48, 60 inne J17 1 7.99, 1h1 8.03, 200 inne J17 4 26.84, 1h3 26.65, 4x200 inne J17 4 1:50.20

**Franck-Petersen, Birthe** (18.3.2001)

2022 Kule 6 12.78, Slegge NM

**Fredman, Emma Matilda Silje Pontén** (30.12.2006)

2022 Slegge J16 5 34.39

**Fredriksen, Solveig** (16.12.1992)

2022 Diskos 5 43.52, Slegge 5 51.58

**Fredriksen, Vilde** (28.1.2006)

2022 800 inne J16 10 (4h1) 2:38.32, 1500 inne J16 8 5:34.44

**Fremnesvik, Aurelia** (5.4.2005)

2022 Slegge U20 11 40.67, 11q 40.79, Kule J17 7 10.45, Slegge J17 3 45.93

**Fremnesvik, Aurora** (23.7.2003)

2022 Slegge 6 46.64, Slegge U20 2 50.46, 3q 46.27, Slegge J18/19 2 49.94

**Frick, Tuva Moa** (5.10.2006)

2022 60 inne J16 s1 DNS, 200 inne J16 5h1 28.69

**Friestad, Eva Pasini** (11.7.2005)

2022 800 U20 4h1 2:17.84, 3000 U20 8 10:35.26, 800 J17 2 2:19.59, 3000 J17 2 10:45.43, 1000 stafett J18/19 7 2:30.37

**Frydenlund, Synne** (2.5.1997)

2022 100 h1 DNS, 200 h2 DNS

**Frøynes, Amanda Marie Grefstad** (13.9.1998)

2022 800 inne 3 2:09.78

**Fursa, Hanna** (???.???.???)

2022 Maraton 19 3:42:12

**Furuhaug, Malin** (4.12.2002)

2022 4x100 =4 49.43, 100 U23 2 12.27, 1h1 12.30, 200 U23 5 26.16

**Færø, Bertine-Helene** (27.12.1992)

2022 1500 9h2 4:37.89

## G

**Garvik, Marit Ingeborg** (1.8.2005)

2022 60 inne J17 6h3 8.96, 60 hekk inne J17 7 9.92

**Gaustad, Julie Margrete** (30.5.1996)

2022 Tresteg 8 10.90

**Gautadottir, Marin Stray** (26.5.2003)

2022 400 hekk 5 61.59, 3h1 64.42, 1000 stafett 1 2:08.59, 1000 stafett U20 1 2:13.38

**Gilje, Elisabet Stemshaug** (16.11.2004)

2022 60 inne J18/19 8s1 8.36, 3h1 8.38

**Gjerstad, Oda Rosland** (2.9.2007)

2022 800 7h2 2:17.25, 1500 11h2 4:40.47, 1500 U20 10 4:39.78, 7h2 4:46.58, 3000 U20 3 10:01.64, 800 J15 8 (7h2) 2:20:30, 2000 J15 4 6:33.04, 4x600 J16 1 6:39.75, 4km terreng J15 2 14:26

**Glittenberg, Siri Gamst** (10.9.2002)

2022 5000 kappgang 2 24:30.34, 3000 gang U23 1 14:53.99

**Gran, Solveig Bustgård** (2.3.2002)

2022 100 6 12.24, 2s2 12.25, 2h2 12.26, 400 7 56.78, 5h1 56.76, 4x100 3 47.67, 100 U23 4 12.40, 2h2 12.49, 400 hekk U23 2 64.05, Tresteg U23 2 11.73, Spyd U23 1 20.69, 1000 stafett U23 2 2:16.75, 60 inne J20-22 1 7.73, 2h2 7.83, 200 inne J20-22 3 25.12, 2h1 25.01, 400 inne J20-22 1 56.60

**Greiff, Linnea** (16.5.1998)

2022 Spyd 7 44.61

**Greneresen, Signe Kristine Kjerulf** (28.10.2006)

2022 80 hekk J16 h2 DNF, 300 hekk J16 6 49.93, Lengde J16 10 2.85

**Grimstad, Sigrid Helene** (1.3.2007)

2022 60 inne J15 8 8.55, 4s1 8.56, 3h4 8.57

**Grimstad, Synnøve Verås** (12.4.2005)

2022 100 J17 3h2 13.57, Høyde J17 2 1.55, Lengde J17 7 4.84

**Grindberg, Mona** (14.4.1973)

2022 Maraton 7 3:08:21

**Grønbech, Cathrine** (27.2.2004)

2022 800 U20 9h1 2:30.29, 1500 U20 12h2 5:04.41, 800 J18/19 8 2:27.47, 3000 J18/19 6 10:59.78

**Grønnevet, Live Qvindesland** (29.3.2006)

2022 4km terreng J16 2 17:11

**Grønning, Inger Elise** (27.11.2005)

2022 Slegge J17 NM

**Grøva, Victoria** (6.4.2007)

2022 4x800 1 10:34.78

**Gulbrandsen, Lilli Margaret** (6.5.2005)

2022 100 U20 5h5 13.45, 100 hekk U20 h1 DQ, 100 hekk J17 4 15.34

**Gulvik, Vilde Terjesdatter** (23.4.2003)

2022 400 inne J18/19 9 (5h1) 66.49, 800 inne J18/19 DNS

**Gundersen, Lea Alise** (2.11.2006)

2022 100 6h4 12.76, Lengde 7 5.45, Lengde inne 9 5.24, 9q 5.36

**Gundersen, Lea Alise** (2.11.2006)

2022 100 U20 4s2 12.72, 2h1 12.87, Lengde U20 11q2 4.77, Lengde uten tilløp U20 4 2.45, 4x100 U20 3 48.78, 100 J16 4 12.81, 2h2 12.77, 80 hekk J16 1 11.40, 1h1 11.59, Lengde J16 3 5.18, 60 hekk inne J16 1 8.84, 1h2 8.95, Høyde inne J16 1 1.55, Lengde inne J16 1 5.59

**Gussiås, Vibeke Ovidia** (9.3.2003)

2022 400 hekk U20 5h1 74.96, 100 J18/19 5h1 13.12, 400 hekk J18/19 3 70.72, 60 inne J18/19 7h4 8.53, 200 inne J18/19 3h1 27.89, 400 inne J18/19 8 (4h1) 64.85

**Guttormsen, Sara Benedikte** (10.2.2005)

2022 Stav 6 3.40, Stav inne 4 3.30, Stav U20 4 3.45, Stav J17 1 3.20, Stav inne J17 3.35

**Gystad, Margrethe Hamland** (24.9.2005)

2022 60 inne J17 6h1 9.19, 400 inne J17 5 65.11, Lengde inne J17 12 3.57, 4x200 inne J18-22 6 1:54.77, 2km terreng J17 5 8:37

## H

**Haas, Anouk de (NED)** (9.5.2004)

2022 60 inne J18/19 6h2 8.53, Lengde inne J18/19 12 4.50, Kule inne J18/19 9 7.75

**Hageler, Stine Gilje** (28.5.2005)

2022 60 inne J17 5h3 8.74, Lengde inne J17 10 4.28, 4x200 inne J18-22 6 1:54.77

**Hagen, Ingunn Nilsen** (24.10.2000)

2022 800 U23 DNS, 1500 U23 10 5:18.23

**Hagen, Mali Jåvall** (7.5.2007)

2022 800 J15 16 (7h1) 2:29.19, 2000 J15 9 6:47.89, 2km terreng J15 1 7:18 5 7:49

**Hageselle, Emma** (2.2.2006)

2022 60 inne 8h3 8.88, 60 inne J16 6h4 8.83, 60 hekk inne J16 6h1 11.13, 1500 gang inne J16 3 10:36.16, Lengde inne J16 7 4.63

**Hageskal, Mie** (15.11.2005)

2022 2km terreng J17 7 8:55

**Hakonardottir, Alma Eir Kolberg** (21.3.2006)

2022 800 inne J16 3 (1h1) 2:21.28, 1500 inne J16 2 4:43.08

**Halldorsson, Mali** (26.5.2006)

2022 Høyde J16 1 1.56, Kule J16 3 12.55, Spyd J16 1 42.08

**Halle, Edel** (25.4.2003)

2022 60 inne 7h2 8.21, 100 U20 7s1 13.11, 4h3 13.15, Lengde U20 7q2 4.81, Lengde uten tilløp U20 5 2.43, 60 inne J18/19 6 8.21, 4h2 8.22

**Halle, Petronella Tordsdatter** (7.10.2002)

2022 6km terreng 13 22:37

**Handeland, Mathilde** (27.8.2005)

2022 Stav U20 5 3.20, Tresteg U20 7 10.80, 11q 10.34, Stav J17 2 3.00, Tresteg J17 4 10.23, Stav inne J17 2 3.10, Tresteg inne J17 1 10.80

**Hanem, Helene** (20.9.2007)

2022 100 J15 6h2 14.02, Tresteg J15 11 9.57, 60 inne J15 7s1 8.67, 4h2 8.64, Tresteg inne J15 8 9.89

**Hansen, Hermine** (17.12.2004)

2022 4x100 =4 49.43

**Hansen, Oda Asdal** (11.8.2007)

2022 100 U20 4s1 12.68, 1h1 12.82, 100 hekk U20 4 14.88, 2h2 15.09, 1000 stafett U20 1 2:13.38, 100 J15 3 12.84, 1h3 12.96, 80 hekk J15 1 11.62, 1h1 11.76, 1000 stafett J15/16 1 2:18.14, 60 inne J15 2 8.12, 2s1 8.16, 1h2 8.20, 200 inne J15 4 27.21, 2h2 26.81, 60 hekk inne J15 1 8.94, 1h2 8.87

**Hansen, Ragnhild Arnsteinsdatter** (4.11.2007)

2022 2000 J15 13 7:49.27

**Harkestad, Elise Skarpeteig** (15.8.2006)

2022 800 U20 8h1 2:25.06, 1500 U20 10h2 4:55.08, 800 J16 7 (7h2) 2:23.84, 3000 J16 6 10:42.50, 800 inne J16 7 (5h2) 2:28.97, 1500 inne J16 5 5:15.73, 2km terreng J16 4 7:33

**Hasmo, Nora** (???.???.???)

2022 1000 stafett J15/16 8 2:46.77

**Hatløy, Lillian** (30.4.2005)

2022 2km terreng J17 2 8:00

**Hauane, Anna** (14.1.2005)

2022 60 inne J17 h1 DQ:R162.8, 60 hekk inne J17 8 11.36, Lengde inne J17 11 4.12, 4x200 inne J18-22 4 1:52.69

**Haug, Irja Lie** (28.3.1986)

2022 Maraton 10 3:14:18

**Haugen, Ina Halle** (22.11.2003)

2022 1500 5 4:19.44, 2h1 4:30.78, 1500 inne 1 4:25.03, 3000 inne 1 9:25.47, 800 U20 3 2:10.23, 2h2 2:15.26, 1500 U20 2 4:17.71, 2h2 4:44.30, 3000 U20 1 9:43.19, 4km terreng U20 2 13:20

**Haugen, Maren Halle** (22.11.2003)

2022 4km terreng U20 4 13:57

**Haugen, Nora** (22.7.2003)

2022 400 6 56.27, 4h1 56.19, 1000 stafett 5 2:14.56, 4x100 DNF, 4x100 U20 1 47.40, 400 inne J18/19 2 (2h2) 57.05

**Haugersveen, Thea Emilie Selstø** (28.3.2003)

2022 Spyd 12 40.08, Spyd U20 6 39.47, Spyd J18/19 1 41.63 2 39.91

**Haugsvær, Hanna** (7.7.2005)

2022 Kule 11 11.04, Diskos 16 29.26, Kule inne 4 11.58, Kule U20 9 10.82, Diskos U20 5 36.17, Kule J17 5 12.23, Diskos J17 3 35.70

**Haukanes, Una** (30.3.2003)

2022 60 inne 6h1 8.23, Lengde inne 13q 5.05, 100 U20 6s3 13.09, 4h1 13.11, 200 U20 h3 DNF, 400 hekk U20 6 69.85, 4h2 68.89, 100 J18/19 7 12.81, 2h2 12.92, 200 J18/19 3h2 26.64, 400 hekk J18/19 2 69.33, 60 inne J18/19 6s2 8.19, 4h4 8.20, 200 inne J18/19 3h4 26.92

**Hausberg, Sofie Olsvold** (17.5.2000)

2022 Lengde 12 4.95, Tresteg 7 11.31, Lengde inne 11 5.17, 12q 5.13, Tresteg inne 7 11.38, Lengde inne J20-22 4 4.96, Tresteg inne J20-22 1 11.01

**Hausberg, Thea Olsvold** (27.4.2004)

2022 Kule U20 13 8.94, Diskos U20 12 27.95, Kule inne J18/19 7 9.74

**Havik, Frida Elise** (13.10.2003)

2022 Kule inne J18/19 4 10.33

**Heddeland, Malene Kverneland** (18.9.2007)

2022 Spyd J15 4 32.55

**Hegdahl, Nora Amalie** (30.1.2003)

2022 3000 hinder U20 DNS

**Hegreberg, Nora** (22.4.2005)

2022 Slegge J17 5 29.06

**Heier, Josefin Victoria** (1.5.1996)

2022 800 6 2:11.04, 3h2 2:13.92, 1500 8h2 4:37.63

**Heieren, Maria Hella Voje** (27.6.2005)

2022 Spyd 13 39.73, Spyd U20 7 38.39, Kule J17 6 10.76, Spyd J17 3 42.55

**Helgesen, Anna Theodora** (16.6.2007)

2022 300 hekk J15 h2 DNF, Høyde J15 4 1.54, Tresteg J15 8 9.92

**Henriksen, Adele Norheim** (8.3.2002)

2022 5000 10 17:10.06, 10000 8 36:12.76, Halvmaraton U23 1 1:16:46

**Henriksen, Mari Kvarberg** (10.5.2006)

2022 Stav inne J16 NM, 4x100 J16 6 59.00

**Henriksen, Vilde Våge** (16.9.2000)

2022 3000 hinder 2 10:18.52, 3km terreng 4 6:50, 1x6km terreng 2 20:03, 3000 U23 2 9:25.09, 3000 hinder U23 1 10:27.10

**Hepsø, Maia Kristine** (7.5.2006)

2022 Diskos J16 3 26.20, Slegge J16 6 34.20, Kule inne J16 7 8.94

**Hernes, Nora Margrethe** (30.5.2006)

2022 4x100 J16 5 56.51, 4x600 J16 3 7:56.07

**Hestvik, Hedda Isnes** (2.12.2005)

2022 4x100 U20 DQ

**Hetlesæter, Mari** (8.1.1999)

2022 1x6km terreng 10 24:28

**Hilton, Live Haugstad** (12.9.1999)

2022 100 5s2 12.34, 3h3 12.43, Lengde 3 5.80, 1000 stafett 5 2:14.56, 60 inne 5s1 7.77, 2h2 7.83, 200 inne 3h3 25.40, Lengde uten tilløp 8 2.43, 4x100 DNF

**Hjalmsdottir, Adda Hrund (ISL)** (10.3.2000)

2022 Stav U23 2 2.90

**Hjeltnes, Guro Navelsaker** (24.4.2004)

2022 100 U20 8s1 13.19, 3h3 13.14, 200 U20 6h1 27.17, 4x100 U20 3 48.78, 100 J18/19 4h1 12.99, 200 J18/19 5h2 27.24, 60 inne J18/19 7s2 8.19, 2h2 8.13

**Hjeltnes, Hanna Emilie** (23.6.2004)

2022 Kule 8 11.97, Diskos 4 44.05, Kule inne 3 12.20, Kule U20 3 12.22, Diskos U20 2 42.70, Kule J18/19 2 12.14, Diskos J18/19 1 42.50, Spyd J18/19 1 41.63 4 35.06

**Hjorteland, Malene** (11.6.1994)

2022 Maraton 11 3:14:40

**Hjørnevik, Martine Kolbeinshavn** (18.2.2001)

2022 60 hekk inne 6 8.80, 3h2 8.73, 200 U23 3 25.14, 100 hekk U23 1 13.67, 60 hekk inne J20-22 2 8.67

**Hoelsveen, Malin** (25.1.2005)

2022 800 4 2:06:45, 2h1 2:15.81, 1500 3 4:15.41, 4h1 4:32.44

**Hoelsveen, Malin** (25.1.2005)

2022 800 U20 2 2:06.08, 2h1 2:16.41, 1500 U20 3 4:18.25, 2h1 4:48.21, 800 J17 1 2:06.84, 3000 J17 1 9:41.25

**Hoff, Siv Grethe Berge** (3.11.1970)

2022 Halvmaraton 11 1:39:38

**Holck, Kaija Emilie Rypås** (28.12.2006)

2022 80 hekk J16 7 13.24, 4h2 13.16, Stav J16 2 2.60

**Hole, Ingeborg Synstnes** (28.3.2007)

2022 4km terreng J15 1 13:43

**Holm-Lombnæs, Selma** (23.1.2006)

2022 100 J16 8h3 13.88, 200 J16 4h3 27.35, 60 inne J16 6s1 8.62, 6h3 8.65, 200 inne J16 4h2 27.96, 4x100 J16 2 51.16

**Holstad, Borghild Oline** (25.4.2006)

2022 200 8s1 26.08, 3h3 26.21, 200 inne 3h2 25.63, 100 U20 4 12.54, 3s1 12.53, 3h5 12.68, 200 U20 6 25.75, 3s2 25.38, 2h4 25.78, Lengde U20 12q2 4.62, 100 J16 3 12.61, 2h3 12.72, 200 J16 2 25.81, 1h2 26.42, 60 inne J16 4 7.99, 1s3 7.96, 2h2 8.37, 200 inne J16 2 25.68, 1h2 25.94, Lengde inne J16 5 4.89

**Holt, Ester** (29.5.2001)

2022 Lengde uten tilløp 6 2.53

**Horvathova, Eliska** (26.5.2004)

2022 Diskos J18/19 8 23.68, Slegge J18/19 8 31.87

**Hostad, Mina Sofie Rong** (2.4.2006)

2022 100 J16 6h2 13.40, Lengde J16 8 4.62, 1000 stafett J15/16 5 2:26.61, 60 inne J16 6 8.22, 2s2 8.21, 2h3 8.20, 200 inne J16 3h2 26.84, 4x200 inne J17 3 1:48.14

**Hovde, Kari Beate Holm** (20.9.1974)

2022 Maraton 16 3:30:36

**Hovland, Karoline Røed** (13.11.2006)

2022 60 inne J16 8s3 8.64, 5h5 8.60, 60 hekk inne J16 h2 DNF

**Hovland, Marte** (23.2.2005)

2022 1500 inne 8 4:33.92, 1500 inne J17 1 4:30.38, 4km terreng J17 13:18

**Hustad, Sofie** (25.1.2006)

2022 200 J16 6h3 28.90, 80 hekk J16 8 14.00, 4h1 13.31, 300 hekk J16 7 50.57, 1000 stafett J15/16 5 2:26.61, 60 inne J16 7h3 8.93, 60 hekk inne J16 5h1 10.47, 4x200 inne J17 3 1:48.14

**Hval, Johanna** (4.4.2006)

2022 800 inne J16 5 (2h1) 2:26.69

**Hvitsand, Eline Raddum** (4.3.2007)

2022 Kule J15 4 10.61, Diskos J15 4 28.95, Slegge J15 8 26.23, Spyd J15 3 33.87, 60 inne J15 8h4 9.50, Høyde inne J15 DQ:R142.4a, Lengde inne J15 17 3.67, Kule inne J15 4 9.83

**Hynne, Hedda** (13.3.1990)

2022 800 1 2:06.15, 3h12:15.84

**Hystad-Haaland, Mari** (26.4.2006)

2022 80 hekk J16 4 12.02, 2h1 12.11, 300 hekk J16 5 47.26, 1000 stafett J15/16 3 2:21.83, 60 inne J16 6s3 8.53, 4h3 8.37, 200 inne J16 3h4 27.55, 60 hekk inne J16 4 9.05, 2h1 9.09

**Hølleland, Nathalie Svanevik** (12.5.2007)

2022 400 U20 8 60.01, 4h2 49.85, 200 J15 3h3 27.37, 80 hekk J15 7 12.85, 4h1 13.15, 300 hekk J15 4 (4h2) 46.17, 1000 stafett J15/16 2 2:19.44, 60 inne J15 5s2 8.53, 3h1 8.48, 200 inne J15 2h4 26.83, 60 hekk inne J15 6 9.64, 2h3 9.63, 4x200 inne J17 2 1:47.71

**Høntorp, Hedda** (3.7.2004)

2022 1x6km terreng 5 21:44, 1500 U20 11h2 4:56.20, 3000 U20 9 10:35.54, 2km terreng U20 3 8:00, 800 J18/19 6 2:26.94, 3000 J18/19 3 10:32.85

**Høntorp, Malin** (5.1.2006)

2022 800 J16 10 (3h1) 2:25.01, 3000 J16 4 10:34.19

**Haaland, Alida Røed** (3.2.2006)

2022 Stav J16 3 2.30, 60 inne J16 5h2 9.01, Stav inne J16 3 2.40

**Haarberg, Kristin Arida** (4.6.2006)

2022 1000 stafett J18/19 8 2:30.88

**Haavind, Marthe** (1.5.1978)

2022 Maraton 9 3:13:36

I

**Ims, Selma** (27.9.2005)

2022 Lengde uten tilløp 7 2.43, 60 inne 7 7.80, 4s2 7.74, 2h3 7.81, 200 inne 6 25.50, 4h1 25.04, 4x100 DNF, 4x100 U20 1 47.40, 100 J17 1 12.09, 1h1 12.20, 100 hekk J17 1 13.96, 300

hekk J17 1 42.66, Lengde J17 1 5.77, 1000 stafett J18/19 2 2:17.76, 200 inne J17 1 24.54, 1h1 25.02, 60 hekk inne J17 1 8.51, Lengde inne J17 1 5.98

**Indahl, Sunniva** (23.7.2006)

2022 60 hekk inne 6h2 9.17, Lengde inne 10 5.20, 10q 5.28, 100 hekk U20 3 14.88, 2h1 14.89, Lengde U20 5 5.45, 3q1 5.38, 200 J16 DNS, 3h2 27.00, 80 hekk J16 3 12.00, 2h2 12.08, Høyde J16 3 1.53, Lengde J16 5 5.13, Kule J16 2 12.93, 200 inne J16 6 26.86, 1h4 26.28, 60 hekk inne J16 2 8.89, 1h1 9.00, Lengde inne J16 3 5.18, Kule inne J16 2 11.57, 5-kamp inne J16 1 3.626, 7-kamp J16 1 4.582

**Indrebø, Isabella Alida** (15.7.2004)

2022 100 U20 6 12.59, 2s2 12.60, 2h2 12.75, 200 U20 7 26.15, 2s3 25.83, 1h2 25.96, 100 J18/19 6 12.80, 3h2 12.93, 200 J18/19 6 26.35, 2h3 26.28, 60 inne J18/19 5s2 8.14, 3h2 8.18, 60 hekk inne J18/19 4 9.34, 3h1 9.41, 4x200 inne J18-22 1 1:40.36

**Indrebø, Leah Marie Henriksen** (15.12.2002)

2022 100 8s2 24.77, 4h4 12.60, 100 U23 5 12.65, 2h1 12.69, 200 U23 4 26.00, 60 inne J20-22 5 7.81, 3h1 7.89, 200 inne J20-22 5 26.15, 3h1 25.41

**Ingerø, Emilie** (28.9.1995)

2022 Spyd 5 48.52

**Innerdal, Aurora Jenstad** (26.5.2007)

2022 60 inne J15 4 8.14, 1s2 8.09, 1h3 8.07

**Irgens, Alexandra Martjushova** (31.7.2006)

2022 100 J16 8h2 13.56, 200 J16 6h2 27.94

**Irgens, Hanne Berit** (27.6.1994)

2022 Lengde 4 5.67, 60 inne DQ:R162.6, 3s1 7.58, 2h1 7.76, Lengde inne 3 5.99, 7q 5.45, 4x100 DNF

**Isaksen, Åsne Øverlie** (13.1.2006)

2022 Tresteg J16 2 10.20, Spyd J16 5 33.40

**Isene, Berit Stunes** (1.5.1998)

2022 Diskos 6 40.59

**Isman, Jamila** (21.8.2005)

2022 400 inne 5 59.50, Høyde inne 5 1.55, 4x400 1 3:48.03, Høyde U20 3 1.66, Lengde U20 4 5.47, 2q1 5.51, Høyde uten tilløp U20 =2 1.35, Lengde uten tilløp U20 3 2.49, 4x100 U20 4 50.94, 400 J17 1 58.44, 100 hekk J17 2 14.27, 300 hekk J17 2 44.75, Lengde J17 2 5.40, 1000 stafett J18/19 4 2:22.68, 7-kamp J17 4.845

**luel, Amalie Hammild** (17.4.1994)

2022 400 DNS, 1h1 54.64, 400 hekk 1 55.03, 1h2 59.18

J

**Jacobsen, Karine** (9.5.1999)

2022 100 6h2 12.73, Tresteg 5 11.61

**Jaidi, Mona Ekroll** (1.2.1995)

2022 Kule 4 12.87, Slegge NM, Spyd NM

**Jakobsen, Anna Bogunovic** (19.3.1993)

2022 400 6h1 57.71, 1000 stafett 1 2:08.59

**Jakobsen, Ingrid Helene** (13.9.2007)

2022 200 J15 6h2 28.42, 300 hekk J15 11 (5h1) 51.97

**Jakobsen, Nora** (16.4.2007)

2022 800 6h2 2:16.73, 1500 8h1 4:39.42, 1500 U20 9 4:39.39, 4h2 4:44.64, 3000 U20 5 10:26.61, 800 J15 2 (2h2) 2:17.21, 2000 J15 2 6:32.86, 1000 stafett J18/19 DQ:R162.8, 4km terreng J15 5 14:46

**Jansen, Sofie Østerbø** (26.1.1996)

2022 100 para 4 23.98/51, 1500 para 1 7:37.69/413

**Jensen, Anna** (???.???.????)

2022 1x6km terreng 7 22:13

**Jensen, Anna Kolstø** (8.9.2004)

2022 100 7h2 12.81, 200 4h4 26.69, 100 U20 5s1 12.75, 2h3 12.87, 200 U20 5s2 26.47, 3h5 26.31, 100 J18/19 8 13.00, 3h1 12.69, 200 J18/19 DNF, 3h3 26.61, 1000 stafett J18/19 DQ:R162.8

**Jensen, Christine Bjelland** (16.6.1994)

2022 100 2 11.67, 2s1 11.99, 1h2 12.23, 200 3 23.89, 2s1 24.24, 2h3 26.09

**Jensen, Maria Børstad** (12.12.1994)

2022 Spyd 3 51.28

**Jervidalo, Sonja** (7.2.2005)

2022 Kule 12 10.85, Kule U20 5 11.73, Kule J17 1 13.71, Kule inne J17 2 12.52

**Johannessen, Hannah** (27.12.2006)

2022 Kule inne J16 3 10.49

**Johansen, Frida Theodora** (4.2.2007)

2022 100 U20 6h2 13.23, Lengde U20 13q1 4.60, Tresteg U20 8 10.65, 10q 10.46

**Johansen, Hedda-Elida** (18.4.2007)

2022 1500 gang inne J15 3 10:27.37, Lengde inne J15 18 3.65

**Johansen, Regine Sofie Vatland** (13.4.2000)

2022 Tresteg inne J20-22 2 11.01

**Johansson, Line Myrestøl** (9.2.1998)

2022 800 5h1 2:16.62, 1500 7h2 4:38.03

**Johsen, Guro Bakke** (27.4.2000)

2022 1500 h2 DQ, 3km terreng 15 7:37

**Johsen, Linnea Elisabeth Sjöström** (16.2.2006)

2022 4x100 U20 5 52.54, 100 J16 7h1 13.55, 200 J16 5h2 27.80, 1000 stafett J15/16 7 2:29.27, 60 inne J16 7s3 8.58, 5h3 8.58, 4x200 inne J17 5 1:52.59, 4x100 J16 4 52.43, 4x600 J16 2 7:24.96

**Johsen, Mia Prøsch** (1.8.2005)

2022 400 U20 7 59.54, 4h1 59.40, 1000 stafett U23 1 2:15.76, 200 J17 3 26.18, 2h2 26.58, 400 J17 3 59.95

**Johsen, Nathalie Ommundsen** (2.7.1998)

2022 Kule inne 7 8.89, Høyde uten tilløp 1 1.30

**Jæger, Henriette** (30.6.2003)

2022 Høyde DNS, Kule 7 12.40, 100 U20 1 11.67, 1s1 11.78, 1h2 12.32, 200 U20 1 24.07, 1s2 24.21, 1h4 25.20, Lengde U20 1 5.86, 1q1 5.94

**Jøransen, Nathalia Norbeck** (24.2.2007)

2022 4x100 U20 5 52.54, 4x400 U20 2 4:21.22, 300 hekk J15 8 (2h1) 50.12, 800 inne J15 7 2:40.37, 4x200 inne J17 5 1:52.59, 4x100 J16 4 52.43, 4x600 J16 2 7:24.96

**Jørgensen, Marit** (???.???.????)

2022 Terrenghula 12 12:05:68

**Jåsund, Beate** (29.5.1972)

2022 Motbakke 17 100:40

K

**Kallåk, Hedvig** (8.11.2004)

2022 Høyde 4 1.75, 1000 stafett 6 2:16.51, Høyde inne 1 1.78, 4x200 inne 5 1:43.41, 100 hekk U20 5 15.62, 4h2 15.96, Høyde U20 1 1.75, 1000 stafett U20 DQ:R170.7, Høyde uten tilløp U20 =2 1.35, 100 hekk J18/19 4 17.11, Høyde J18/19 1 1.73, 1000 stafett J18/19 5 2:24.91

**Kapskarmo, Sigrid Forsmo** (22.6.2004)

2022 Tresteg 4 11.62, Tresteg inne 8 11.23, Lengde U20 8 5.20, 4q1 5.24, Tresteg U20 4 11.37, 5q 11.00, Høyde J18/19 5 1.45, Lengde J18/19 2 5.30, Tresteg J18/19 2 11.28, Høyde inne J18/19 5 1.55, Lengde inne J18/19 4 5.29, Tresteg inne J18/19 3 11.75

**Karlberg, Julie Lie** (28.10.2006)



**2022** Slegge 10 44.86, Slegge U20 4 45.61, 4q 45.06, Kule J16 4 10.87, Diskos J16 4 23.70, Slegge J16 1 53.93

**Karlsen, Angelica** (26.11.2000)

**2022** Halvmaraton U23 1:25:04

**Karlsen, Elise Haug** (27.10.2006)

**2022** 100 J16 7h2 13.54, 200 J16 6h1 27.97, 4x100 J16 2 51.16

**Karlsen, Mathea Wego** (22.6.2005)

**2022** 200 U20 6h2 27.94, 200 J17 5h1 27.81, 400 J17 5 62.79, 60 inne J17 4h1 8.52, 200 inne J17 3h2 27.79, 400 inne J17 4 62.42, 4x200 inne J17 4 1:50.20

**Kavli, Ida Emilia** (21.1.2007)

**2022** 800 U20 6h1 2:23.17, 800 J15 9 (2h1) 2:21.99

**Kibalcica, Emilija Lorina** (4.2.2004)

**2022** 100 hekk U20 6 16.08, 3h2 15.85, Høyde U20 5 1.60, Lengde U20 7 5.22, 7q1 5.04, 100 hekk J18/19 5 29.82, Høyde J18/19 3 1.61, Lengde J18/19 5 4.95, 60 hekk inne J18/19 5 9.53, 3h2 9.44, Høyde inne J18/19 =3 1.55, Lengde inne J18/19 9 4.90

**Kibalcica, Patricija Luiza (LAT)** (17.3.2006)

**2022** Høyde J16 2 1.53, Tresteg J16 3 10.19, Kule J16 5 10.81, Høyde inne J16 =3 1.50, Tresteg inne J16 2 10.19, Kule inne J16 5 9.58

**Kjetland, Hedda Sandvik** (20.7.2007)

**2022** 60 inne 7h1 8.26, 200 inne 4h2 26.27, 4x200 inne 6 1:46.74, 100 U20 3 12.46, 2s1 12.47, 2h5 12.60, 400 hekk U20 5 68.44, 2h1 68.52, 1000 stafett U23 3 2:22.10, 100 J15 2 12.82, 1h2 12.87, 200 J15 3 25.91, 1h3 26.58, 80 hekk J15 2 11.91, 1h2 12.52, 300 hekk J15 3 (3h2) 45.69, 60 inne J15 s1 DNS, 2h2 8.30, 60 hekk inne J15 2 9.23, 1h3 9.61, Lengde inne J15 2 5.12

**Kjuus, Birgitte** (30.5.1999)

**2022** Stav 3 3.70

**Kjærås, Henriette** (17.5.2007)

**2022** 100 J15 6h1 13.62, 200 J15 7h1 28.49, 60 inne J15 5s2 8.58, 2h3 8.46, 200 inne J15 2h1 27.33, 4x200 inne J17 4 1:50.20

**Kjølbjerg, Elina Ingrid** (18.1.2005)

**2022** Slegge U20 9 42.00, 12q 40.79, Slegge J17 2 51.99

**Klausen, Emma Sofie** (20.10.2007)

**2022** 60 inne J15 7h4 9.05, 60 hekk inne J15 5h2 10.60, Høyde inne J15 7 1.40, Lengde inne J15 14 4.20, Kule inne J15 6 9.35, 5-kamp inne J15 1 2.439, 7-kamp J15 2 3.480

**Klokseth, Mathilde Sofie Karlsen** (15.3.2003)

**2022** Tresteg 3 12.45, Tresteg inne 5 12.07, Tresteg U20 1 12.03, 1q 11.89, Lengde inne J18/19 6 5.25, Tresteg inne J18/19 2 12.02

**Klokseth, Sunniva Oline** (10.6.2004)

**2022** Tresteg J18/19 1 11.88

**Kloster, Line** (27.2.1990)

**2022** 100 1 11.40, 1s1 11.63, 1h4 11.74, 200 1 23.51, 1s2 24.23, 1h1 25.25

**Knutsen, Thea Charlotte** (26.9.2004)

**2022** 3000 hinder DNS

**Kollberg, Malene** (16.5.1999)

**2022** 100 hekk 7 14.74, 4h2 14.64, Høyde 10 1.60, Lengde 11 5.11

**Kolseth, Alma Iben Graver** (28.7.2005)

**2022** 4x400 3 4:22.12, 100 J17 5h3 13.60, 200 J17 6h2 28.22, 1000 stafett J18/19 6 2:26.14, 60 inne J17 3h3 8.64, 200 inne J17 4h2 28.24, 4x200 inne J18-22 5 1:54.29

**Kongolo, Gracia Thiana** (18.10.1997)

**2022** Lengde uten tilløp 3 2.60

**Kostaris, Anna Maria** (26.7.2007)

**2022** 400 U20 8h2 63.75, Tresteg U20 18q 9.84, 80 hekk J15 6h1 13.38, 300 hekk J15 7 (1h1) 49.47, Tresteg J15 12 9.54, 200 inne J15 3h2 28.51

**Kristiansen, Camilla Dahl** (1.7.2005)

**2022** 200 7h1 27.56, 400 7h2 60.30, 1000 stafett 6 2:16.51, 400 U20 6 59.21, 3h2 59.05, 1000 stafett U20 DQ:R170.7, 4x100 U20 2 48.69, 4x400 U20 1 4:11.55, 200 J17 5 26.70, 3h1 26.75, 400 J17 2 59.57, 1000 stafett J18/19 5 2:24.91, 60 inne J17 7 8.51, 2h3 8.50, 200 inne J17 3 26.37, 2h3 8.50, 400 inne J17 1 58.76, 4x200 inne J18-22 3 1:45.68

**Kristiansen, Ingrid Emilsen** (19.12.1992)

**2022** 1500 10 4:21.73, 4h2 4:32.55

**Kristjansson, Telma Bjørk Rostoft** (8.8.2005)

**2022** Høyde U20 4 1.66, 100 hekk J17 5 15.35, Høyde J17 1 1.67, Lengde J17 3 5.07, 60 hekk inne J17 4 9.40, Høyde inne J17 1 1.65, Lengde inne J17 5 4.88, 7-kamp J17 2 3.933

**Krutnes, Ingrid** (28.4.2006)

**2022** Diskos J16 2 27.38, Slegge J16 4 41.33, Kule inne J16 6 9.07

**Kullerud, Ingrid Elise** (5.2.2005)

**2022** 3000 hinder U20 DNS

**Kulseth, Malin Bårdsgård** (24.12.1996)

**2022** 100 5h2 12.71

**Kvålseth, Gunhild** (8.7.2002)

**2022** Maraton 8 3:08:52

**Kvalvåg, Hedda Kronstrand** (25.7.2002)

**2022** Tresteg NM, Lengde inne NM, 4q 5.65, Tresteg inne 1 13.15

**Kvandal, Amalie Kristin** (11.11.1996)

**2022** 3km terreng 17 7:49

**Kylland, Tuva Meinke** (12.7.2006)

**2022** 3000 hinder U20 2 11:37.38, 1000 stafett U20 4 2:29.94, 800 J16 11 (8h2) 2:28.98, 1500 hinder J16 2 5:12.79, 1000 stafett J15/16 4 2:25.88, 2km terreng J16 5 7:40

**L**

**Langbakk, Aurora Kristiansen** (7.8.2007)

**2022** 800 U20 8 2:17.79, 1h1 2:16.33, 1500 U20 7h1 4:50.32, 1000 stafett U23 2 2:16.75, 800 J15 3 (3h2) 2:17.64, 2000 J15 7 6:42.39

**Langhelle, Ingeborg Aske** (12.7.1996)

**2022** Terrenkultra 5 10:06:53

**Lappegård, Tiril** (4.8.2003)

**2022** Slegge 3 52.46, Slegge U20 1 52.57, 1q 47.18, Slegge J18/19 1 51.23

**Larsen, Åse Vik** (5.2.2006)

**2022** 60 inne J16 h2 DQ:R162.8, Tresteg inne J16 3 10.16

**Laugen, Anna** (12.5.2007)

**2022** 60 inne J15 6h3 9.01, 4x100 J16 5 56.51, 4x600 J16 3 7:56.07

**Laulo, Marit Ann** (24.11.1965)

**2022** Terrenkultra 10 11:49:02

**Lauritzen, Margrethe** (7.2.2000)

**2022** 200 inne J20-22 3h2 28.04, 4x200 inne J18-22 4 1:52.69

**Lauvstad, Miranda** (22.11.2003)

**2022** 100 8 12.50, 4s1 12.50, 3h1 12.42, Lengde 5 5.60, 1000 stafett 6 2:16.51, 60 inne 5 7.78, 3s2 7.78, 2h4 7.77, 200 inne 5 25.26, 2h1 24.83, Lengde inne 6 5.68, 8q 5.42, 4x200 inne 5 1:43.41, 4x100 1 46.99, 4x400 3 4:22.12, 5-kamp inne U20 3 3.495, 4x100 U20 2 48.69, 4x400 U20 1 4:11.55, 7-kamp U20 1 4.310, 60 inne J18/19 3 7.74, 1s1 7.77, 1h2 7.90, 200 inne J18/19 3 24.82, 1h2 25.02, 60 hekk inne J18/19 DNF, 2h1 9.11, 4x200 inne J18-22 3 1:45.68

**Leiknes, Kristine Moland** (9.3.2003)

**2022** Tresteg inne 6 11.48, [Lengde J18/19 7 4.91](#)

**Leir, Ida Sophie** (15.3.2003)  
**2022** 200 inne 3h5 26.73, 60 hekk inne 7h1 9.56, Lengde inne 14q 4.86, 4x200 inne 5 1:43.41, 200 U20 5h2 27.37, 100 hekk U20 DQ:R162.8, 3h1 16.04, 400 hekk U20 7 70.18, 3h1 69.97, Lengde U20 6q2 5.00, 5-kamp inne U20 6 2.661, 1000 stafett J18/19 6 2:26.14

**Leirvik, Hedda** (9.4.2002)  
**2022** 1500 7h2 4:35.53, 3km terreng 10 7:04, 1500 U23 5 4:40.12, 3000 U23 6 9:51.81, 800 inne J20-22 2 2:19.61, 1500 inne J20-22 1 4:46.43

**Leite, Venche Vartdal** (7.2.1976)  
**2022** Halvmaraton 13 1:41:36

**Leivestad, Anne** (5.6.2006)  
**2022** 200 J16 7h2 29.34

**Lekman, Linnea Birkelid** (14.5.2003)  
**2022** 100 U20 7s3 13.09, 4h5 13.09, 200 U20 7s2 26.69, 4h1 26.80, 1000 stafett U20 3 2:19.02, 100 J18/19 5h2 13.20, 200 J18/19 5h3 27.12

**Lerøen-Pedersen, Christine-Sofie** (21.12.2006)  
**2022** 200 J16 5h3 28.79

**Lid, Ingrid Margrethe** (5.9.1991)  
**2022** 100km ultra 1 8:10:37

**Lien, Marte** (???.???.???)  
**2022** 1x6km terreng 7 22:13

**Lien, Mia Guldteig** (20.1.2001)  
**2022** Lengde inne 1 6.20, 1q 6.10, 4x200 inne 3 1:41.08

**Liikanen, Marjo Maria** (16.4.1989)  
**2022** Terrenkultra 2 8:33:31

**Liland, Hanne** (7.8.1969)  
**2022** Motbakke 15 68:20

**Lilleheier, Tiril** (10.1.2003)  
**2022** 4x800 U20 1 12:06.55

**Lilleskare, Anita Iversen** (22.8.1978)  
**2022** Motbakke 3 50:20, 6km terreng 9 21:29

**Lindevik, Linn Andrea Svensson** (24.5.2004)  
**2022** 4x800 DNS, 800 U20 5h1 2:20.50, 4x400 U20 4 2:31.04, 200 inne J18/19 4h1 28.39, 400 inne J18/19 7 (4h2) 63.32, 800 inne J18/19 3 2:25.03

**Lindhjem-Godal, Ragnhild** (29.4.2003)  
**2022** 1500 U20 12h1 5:06.07, 800 J18/19 7 2:27.40

**Lindstad, Silje** (4.4.1997)  
**2022** 3000 hinder 6 11:14.64

**Lindtvedt, Turid** (14.3.2007)  
**2022** Slegge J15 9 19.53

**Lindvall, Berit Vide** (1.10.2007)  
**2022** 800 J15 15 (6h1) 2:27.59

**Litland, Vår Eik** (21.5.2003)  
**2022** Spyd 11 41.09

**Lorentzen, Anne Rudjord** (24.8.2006)  
**2022** 800 J16 6 (6h2) 2:23.19

**Lorne, Leah Maria Prestholt** (7.3.2006)  
**2022** 100 J16 8h1 13.57, 200 J16 h3 DNS

**Lothe, Grete Håvåg** (16.1.1952)  
**2022** Maraton 24 4:42:37

**Lous, Julie** (10.6.2005)  
**2022** 2km terreng J17 3 8:17

**Ludvigsen, Lill Synnøve** (5.8.2007)  
**2022** Kule inne J15 7 9.24

**Luktvasslimo, Ella** (9.3.2004)  
**2022** 100 7s2 12.67, 3h2 12.52, 200 h4 DNS

**Lund, Alexandra Tunes** (23.1.2007)  
**2022** 800 J15 10 (8h2) 2:22.16, 1000 stafett J15/16 3 2:21.83

**Lund, Pernille Sina** (23.12.1993)  
**2022** 100 6h1 12.57, 5h3 12.57, 200 6s2 25.94, 4h2 25.80, 60 inne 7s1 7.92, 4h1 8.07

**Lund, Tuva Lysberg** (13.12.2007)  
**2022** 60 inne J15 8h1 9.50, Kule inne J15 9 6.39

**Lundeby, Oda Andersen** (18.5.2002)  
**2022** 10000 12 40:08.78, 800 U23 5 2:23.94, 1500 U23 6 4:51.13, 800 inne J20-22 3 2:25.64, 1500 inne J20-22 2 4:47.60

**Lyng, Erle Musum** (8.7.2002)  
**2022** 800 6h1 2:18.57, 800 U23 4 2:12.09, 800 inne J20-22 1 2:14.76

**Lyngholm, Andrea Igeltjørn** (10.1.2005)  
**2022** Høyde J17 4 1.50, 60 hekk inne J17 5 9.41, Høyde inne J17 2 1.45, Lengde inne J17 7 4.66, 7-kamp J17 DNF

**Lægran, Mathea** (11.6.2007)  
**2022** 1500 U20 9h1 4:55.11, 3000 U20 6 10:30.01, 800 J15 5 (5h2) 2:18.32, 2000 J15 6 6:38.45, 800 inne J15 2 2:22.91, 1500 inne J15 2 4:51.11, 4x600 J16 1 6:39.75, 2km terreng J15 1 7:18 3 7:25

**Löser, Clara Luise (GER)** (2.11.2004)  
**2022** 60 inne J18/19 5h4 8.40

**Løvnes, Anne Gine** (14.3.2003)  
**2022** 800 5 2:07.49, 1h1 1:15.53, 4x400 2 3:49.46, 800 inne J18/19 1 2:10.29

**Låhne, Linnea Hover** (27.8.2007)  
**2022** 1500 U20 11h1 5:05.78, 800 J15 13 (4h1) 2:25.25, 2000 J15 12 7:18.73

## M

**Madsen, Julie Bjørge** (2.12.2005)  
**2022** 60 inne J17 4 8.35, 1h3 8.75, 60 hekk inne J17 3 9.39

**Madsen, Kamille-My Bak** (29.9.2005)  
**2022** 400 J17 8 68.82, 800 J17 7 2:33.80

**Magnussen, Karine** (17.5.2005)  
**2022** Stav U20 2.70, 4x100 U20 4 50.94, 4x400 U20 3 4:27.17, Stav J17 3 2.70, 1000 stafett J18/19 4 2:22.68

**Malde, Andrea** (24.9.2007)  
**2022** Stav J15 4 2.60

**Maridal, Hanne Mjøen** (21.9.1996)  
**2022** 5000 6 16:37.61, 10000 7 35:56.48, 1500 inne 11 4:36.35, 3000 inne 5 9:36.04, 3km terreng 7 7:02, 1x6km terreng 3 20:43, 6km terreng 3 20:16

**Maristuen, Linda Uglenes** (19.2.1975)  
**2022** Halvmaraton 10 1:39:02

**Markhus, Nora** (25.8.1997)  
**2022** Motbakke 4 51:30

**Markussen, Synne Mørk** (31.1.2007)  
**2022** 4x400 U20 2 4:21.22, 800 J15 h1 DNF, 1000 stafett J15/16 7 2:29.27, 800 inne J15 6 2:29.51, 4x200 inne J17 5 1:52.59

**Marstad, Mali Ingeborg Vollan** (9.12.1997)  
**2022** Spyd 4 48.80

**Matsen, Paula Aunvåg** (19.12.2006)  
**2022** 800 J16 9 (2h1) 2:24.61, 800 inne J16 6 (4h2) 2:28.57

**Maurtvedt, Thea** (17.10.1998)  
**2022** 1x6km terreng 10 24:28

**Medic, Maja Emilia** (28.6.2000)  
**2022** 100 U23 3 12.39, 3h2 12.53, 200 U23 6 26.17

**Melbø, Ingunn Barmen** (24.10.1979)  
**2022** Halvmaraton 20 2:16:02

**Melzer, Ida Brekke** (26.11.2005)

2022 800 J17 6 2:26.45, 800 inne J17 3 2:30.35, 4x200 inne J18-22 5 1:54.29

**Midlang, Anita Foss** (1.4.1986)

2022 Halvmaraton 7 1:33:35

**Mikkelsen, Sarah-Christine K.** (6.2.2002)

2022 Slegge 1 57.17, Slegge U23 1 52.94

**Miltz, Lill-Joelle** (2.2.2002)

2022 60 inne J20-22 6h1 8.92, Lengde inne J20-22 5 4.69

**Min, Angelina** (16.10.2004)

2022 60 inne J18/19 5h1 8.55, 60 hekk inne J18/19 6h2 10.17, Tresteg inne J18/19 5 10.29

**Mjølvsnes, Freya** (24.11.2003)

2022 1500 10h2 4:40.19

**Mjømen, Ingeborg Skei** (5.2.2007)

2022 800 J15 17 (8h1) 2:34.64

**Mo, Emilie** (25.12.2001)

2022 3000 inne 6 9:37.48, 4x800 1 10:34.78, 3km terreng 9 7:04

**Mobrenna, Elise** (16.2.2005)

2022 3000 J17 5 11:26.19

**Moe, Kaja Langvad** (24.3.2005)

2022 Lengde U20 9q1 4.90, Tresteg U20 15q 10.15, Lengde J17 6 4.91, Tresteg J17 3 10.37, 60 inne J17 6h2 8.75, Lengde inne J17 6 4.66, Tresteg inne J17 4 9.32

**Mohn, Sidsel Skjæggestad** (4.4.1965)

2022 Maraton 14 3:26:01

**Moldskred, Sarah Saunes** (29.12.2004)

2022 Stav inne 5 3.30, 4x200 inne 6 1:46.74, Stav U20 3 3.50, 1000 stafett U23 3 2:22.10, Høyde uten tilløp U20 4 1.25, Stav J18/19 2 3.20, Stav inne J18/19 1 3.20

**Mollestad, Marie** (26.3.2007)

2022 100 U20 7h6 13.69, 200 U20 8h5 28.76, Lengde U20 10q2 4.77, 100 J15 4h3 13.64, Lengde J15 6 4.87, 60 inne J15 8s2 8.77, 3h3 8.53, 200 inne J15 3h4 28.42, Lengde inne J15 5 4.77, Tresteg inne J15 3 10.45

**Mongstad, Karoline Harnes** (4.4.1992)

2022 5000 9 17:08.77, 10000 10 37:02.67

**Monsen, Helene** (27.5.2006)

2022 2000 gang J16 2 12:07.52, Spyd J16 7 19.11, 800 inne J16 12 (6h1) 3:01.31, 1500 gang inne J16 1 9:10.79

**Monsen, Ingunn** (24.1.1963)

2022 Maraton 20 3:50:36

**Morken, Mariell Hetlesæter** (15.12.2003)

2022 Kule 3 13.47, Diskos 13 35.34, Kule U20 1 13.40, Diskos U20 3 36.97, Slegge U20 5 45.47, 7q 42.17, Kule J18/19 1 13.47, Diskos J18/19 4 36.02, Slegge J18/19 5 43.20

**Morland, Kaia** (25.3.2003)

2022 200 inne J18/19 4h3 27.71, 400 inne J18/19 6 (3h1) 62.98

**Morud, Agnes Elisabeth** (10.9.2003)

2022 200 5h3 26.37, Stav 4 3.60, 1000 stafett 4 2:13.33, 60 inne 5h1 8.07, 200 inne 3h1 25.60, 4x200 inne 3 1:41.08, 200 U20 4s1 25.79, 2h3 26.10, Stav U20 2 3.50, 1000 stafett U20 2 2:13.47, 100 J18/19 5 12.62, 2h3 12.67, 200 J18/19 2 25.52, 2h1 25.68, Stav J18/19 1 3.60, 1000 stafett J18/19 1 2:14.68, 60 inne J18/19 5s1 8.05, 4h3 8.03, 200 inne J18/19 6 25.92, 2h3 25.65, 4x200 inne J18-22 2 1:40.52

**Murai-Ubbi, Hannah Rebekkah** (13.11.2007)

2022 400 5 55.69, 3h2 56.49, 1000 stafett 4 2:13.33, 60 inne 6s2 7.86, 4h4 7.89, 200 inne 2h3 25.29, 4x200 inne 3 1:41.08, 200 U20 3 25.32, 1s3 25.09, 1h1 25.26, Tresteg U20 2 11.60, 2q 11.47, 1000 stafett U20 2 2:13.47, 200 J15 1 24.96, 1h1 25.59, 300 hekk J15 1 (1h2) 41.95, Høyde J15 1 1.63, 1000 stafett J18/19 1 2:14.68, 60 inne J15 1 7.87, 1s1 7.90, 1h1 7.91, 200

inne J15 1 24.90, 1h1 25.02, Høyde inne J15 3 1.50, Lengde inne J15 6 4.77, 4x200 inne J18-22 2 1:40.52

**Myhre, Sunniva Bakkene** (25.6.2005)

2022 Høyde J17 3 1.50, Lengde J17 10 4.41, Tresteg J17 3 5 9.99

**Myklebust, Oda Marie** (22.3.2001)

2022 Diskos 11 35.81, Slegge 2 54.12, Diskos U23 4 35.63, Slegge U23 2 52.55

**Myrvang, Mari Steen** (30.8.2006)

2022 Høyde J16 4 1.48, Diskos J16 5 19.63, Høyde inne J16 2 1.55

**Møkkelgård, Sanna Johnsen** (31.5.2003)

2022 100 8h2 12.83, 200 6h3 26.51, 60 inne 5h3 8.10, 200 inne 3h4 26.13, 4x200 inne 3 1:41.08, 100 J18/19 4h2 13.08, 200 J18/19 7 26.69, 3h1 26.43, 60 inne J18/19 8 8.09, 4s2 8.14, 3h4 8.09, 200 inne J18/19 2h2 26.45, 4x200 inne J18-22 2 1:40.52

## N

**Nebell, Vilde Marie** (22.9.2007)

2022 Kule U20 10 9.80, Diskos U20 10 29.93, Slegge U20 16q 32.71, Kule J15 2 11.51, Diskos J15 3 33.41, Slegge J15 4 39.90, Spyd J15 7 28.18, Kule inne J15 3 10.49, 5-kamp inne J15 3 1.058

**Nedberg, Tonje** (25.12.1999)

2022 60 hekk inne 5 8.80, 4h1 8.78, Lengde uten tilløp 2.60

**Nesheim, May Evy** (2.11.1975)

2022 Halvmaraton 9 1:37:20

**Ness, Siri Schøne** (3.7.1984)

2022 Halvmaraton 1 1:19:01

**Nesse, Ida Yessica** (19.10.1992)

2022 Kule para 1 8.65/444, Diskos para 1 27.74/590, Spyd para 1 29.17/6.96

**Nevin, Selma** (26.10.2004)

2022 1x6km terreng 6 22:11, 2km terreng U20 2 7:41

**Nilsen, Cassandra Ødegård** (8.1.2006)

2022 400 hekk 6 63.56, 3h2 64.79, 400 hekk U20 2 63.17, 1h1 67.30, 80 hekk J16 2 11.76, 1h2 12.07, 300 hekk J16 2 44.57, Lengde J16 1 5.22, Spyd J16 3 35.86, 5-kamp inne J16 2 3.456

**Nilsen, Ingvild Hognestad** (8.9.2001)

2022 60 inne J20-22 6h2 8.61, 200 inne J20-22 h2 DNS

**Nilsen, Julie Noraberg** (4.1.2000)

2022 Kule U23 4 11.17, Diskos U23 3 39.46, Slegge U23 3 36.84

**Nilsen, Linnea-Kristine Austad** (29.11.2005)

2022 Slegge 7 46.36, Slegge U20 8 42.73, 5q 43.67, Slegge J17 1 54.22

**Nilsen, Ruth-Margrethe Austad** (7.6.2003)

2022 Slegge 4 52.27

**Nilssen, Ingrid Kilvær** (21.1.2003)

2022 800 7 2:14.21, 4h2 2:14.18, 800 inne 6 2:15.73, 800 U20 6 2:14.63, 4h2 2:15.55, 2km terreng U20 5 44:12, 400 J18/19 5 (5h2) 59.75, 800 J18/19 2 2:15.59, 800 inne J18/19 2 2:17.94

**Njerne, Embla Matilde** (22.2.2007)

2022 Stav 5 3.60, Stav inne 6 3.30, Stav U20 1 3.60, Tresteg U20 6 10.94, 7q 10.60, Stav J15 1 3.80, Lengde J15 3 5.15, Tresteg J15 5 10.53, Stav inne J15 1 3.30, Lengde inne J15 4 4.82, Tresteg inne J15 4 10.43

**Njå, Hedda** (17.4.2007)

2022 2000 gang J15 11:12.05, 800 inne J15 8 2:51.46, 1500 gang inne J15 2 9:19.00

**Nordanger, Thea Lovise** (12.7.2003)

2022 200 U20 6s2 26.61, 5h1 26.91, 400 U20 6h2 60.95, Lengde U20 13q2 4.34, 1000 stafett U20 3 2:19.02, 200 J18/19 4h3 26.70, 400 J18/19 6 (1h1) 60.66, 1000 stafett J18/19 3 2:17.97

**Nordengen, Ida Marie Sirevåg** (9.3.2007)

2022 4x800 1 10:34.78, 3000 U20 DNF, 2000 J15 5 6:38.27, 1500 hinder J15 2 5:25.86, 4km terreng J15 8 15:42

**Nordengen, Liv** (24.4.1998)

2022 3km terreng 16

**Nordheim, Liv** (???.???.???)

2022 1x6km terreng 6 22:11

**Noss, Henriette Sæbø** (16.5.2007)

2022 60 inne J15 h3 DNS, 200 inne J15 h3 DNS, 60 hekk inne J15 4h1 10.24, Høyde inne J15 8 1.35, Lengde inne J15 21 2.32

**Nyberget, Michelle Marie** (18.10.2003)

2022 Høyde 6 1.72, Høyde inne 4 1.65, Høyde U20 2 1.69, Høyde J18/19 2 1.70, Høyde inne J18/19 2 1.60

**Nyfors, Malin Ingeborg** (12.7.1997)

2022 800 3 2:06.44, 1h2 2:12.96, 1000 stafett 2 2:10.52, 800 inne 1 2:07.68, 4x200 inne 1 1:38.83

**Nyhus, Ine Birgitte** (28.9.1994)

2022 Halvmaraton 5 1:26:38

**Nyhus, Ingrid Helene** (15.3.1997)

2022 5000 DNF, 3km terreng 12 7:24, 1x6km terreng 3 20:43

**Nyhus, Mille Eide** (1.5.2003)

2022 4x100 =4 49.43

**Næss, Christine** (18.12.2000)

2022 1500 inne 6 4:33.30, 3km terreng 6 6:54

**Næss, Hanne Stamnefest** (5.12.2004)

2022 3000 J18/19 8 11:44.18

**Næss, Kristine** (10.1.2007)

2022 100 J15 5h1 13.62, 200 J15 6h3 28.44

O

**Okparaebo, Angelica** (13.10.1997)

2022 60 inne 6h3 8.11, Lengde uten tilløp 11 2.33, 4x100 3 47.67

**Olofsson, Freja Charlotte (SWE)** (1.12.2002)

2022 Diskos 7 39.43

**Olsen, Thea Engen** (1.5.2005)

2022 Slegge U20 15q 35.11, Diskos J17 6 29.10, Slegge J17 4 45.08

**Olszak, Charlotte Weirum** (13.10.1996)

2022 1500 13h1 4:51.77, 3km terreng 18 8:04

**Omane, Comfort (GHA)** (10.4.2005)

2022 100 U20 5 12.56, 3s2 12.61, 1h3 12.79, 100 J17 2 12.68, 2h1 12.76, 200 J17 h2 DNS

**Ombeni, Rachel** (20.6.2001)

2022 Tresteg 1 12.79, Tresteg inne 2 12.40, 100 U23 6 12.68, 4h2 12.60, Lengde U23 2 5.70, Tresteg U23 1 12.85

**Omvik, Siri** (21.6.1976)

2022 Halvmaraton 17 1:57:09

**Opdahl, Malin** (10.5.2003)

2022 5000 gang 4 27:25.10, 3000 gang inne 3 15:23.74, 1500 gang inne J18/19 2 7:19.38

**Opland, Kristin Waaktaar** (2.5.1982)

2022 10000 11 37:19.79, 6km terreng 7 21:21

**Oppegaard, Linn** (23.12.98)

2022 400 1 52.78, 1h2 55.40, 400 inne 1 53.62

**Opsøen, Hedda Børø** (5.1.2005)

2022 800 U20 7h2 2:24.75, 1500 U20 8h2 4:53.84, 800 J17 4 2:21.45, 2000 hinder J17 1 7:24.87, 2km terreng J17 1 7:34, 4km terreng J17 DNF

**Os-Tradem, Ingrid** (2.10.2007)

2022 100 J15 5h3 13.65, 200 J15 5h1 27.82

**Osa, Amanda Totland** (17.9.2006)

2022 5000 kappgang 5 28:46.76, 3000 gang U20 2 16:23.20, 2000 gang J16 1 10:20.79

**Ose, Julie Ekeland** (10.5.2004)

2022 100 U20 5h3 13.43, Tresteg U20 9 10.50, 9q 10.52, 100 J18/19 6h2 13.41, Tresteg J18/19 4 10.44, 60 inne J18/19 5h2 8.31, 200 inne J18/19 4h4 27.45

**Osen, Pernille Aaslid** (3.4.2004)

2022 Høyde J18/19 DNS, Lengde J18/19 10 4.39, Høyde inne J18/19 NM, Lengde inne J18/19 14 3.82, Tresteg inne J18/19 9 8.97

**Otervik, Kristin Svendby** (15.9.2001)

2022 3000 hinder 4 10:45.27, 3km terreng DNS

**Oulie, Helene** (17.5.2001)

2022 60 inne 4h2 8.09, 60 hekk inne 5h2 8.86

**Overland, Sofie** (16.1.2007)

2022 Slegge J15 7 29.93

**Overvoll, Anna Reisæter** (8.2.2007)

2022 4x800 U20 1 12:06.55, 200 J15 7h3 30.02, 300 hekk J15 12 (6h1) 53.15, 60 inne J15 7h2 8.98, 800 inne J15 6 2:40.35, 60 hekk inne J15 6h1 10.97, Lengde inne J15 12 4.38, 5-kamp inne J15 2 2.343

P

**Panyarat, Gulisara (THA)** (14.9.2006)

2022 100 U20 6h1 13.49, 100 J16 6h3 13.36, Lengde J16 7 4.66, 60 inne J16 s1 DNS, 4h5 8.48, Lengde inne J16 6 4.85

**Papierska, Agnieszko (POL)** (8.3.1982)

2022F Halvmaraton 18 1:58:06

**Patey, Lilje Lopes (DEN)** (15.2.2007)

2022 4x100 3 47.67, 100 U20 5s2 12.79, 3h6 12.83, 200 U20 8 26.31, 3s1 25.68, 2h2 25.99, 1000 stafett U23 2 2:16.75, 100 J15 4 12.96, 1h1 12.91, 200 J15 2 25.91, 2h2 26.30, 60 inne J15 5 8.29, 3s2 8.35, 3h2 8.39, 200 inne J15 2 26.37, 1h2 26.21, 4x200 inne J17 1 1:47.29, 4x100 J16 1 50.45

**Pedersen, Thea Aase** (3.4.2000)

2022 100 U23 DNS, 60 inne J20-22 3 7.76, 1h1 7.82

**Pedersen, Tone Lise** (28.4.2003)

2022 800 U20 6h2 2:19.67, 1500 U20 9h2 4:54.77, 3000 U20 7 10:30.15, 800 J18/19 4 2:21.98, 3000 J18/19 2 10:32.58

**Pettersen, Andrea Indseth** (25.7.2007)

2022 300 hekk J15 h1 DNF, Tresteg J15 NM, 60 inne J15 7h1 9.19, 60 hekk inne J15 6h2 11.26, Lengde inne J15 16 3.73

**Pettersen, Kaja Mørch** (6.11.2001)

2022 Spyd 1 55.43

**Pettersen, Marte** (30.4.1997)

2022 200 6 24.63, 2s2 24.53, 1h4 25.71, 60 inne 3 7.62, 2s2 7.62, 1h4 7.67, 200 inne 3 24.59, 1h3 24.83

**Pettersen-Lund, Alette** (12.10.2006)

2022 100 J16 5h3 13.34, 60 inne J16 s2 DQ:R162.8, 3h3 8.26, 200 inne J16 2h4 27.00

**Proctor, Nora Jazz Werenskiold** (22.2.2006)

2022 60 inne J16 3s2 8.26, 2h5 8.31, 4x200 inne J17 1 1:47.29, 4x100 J16 1 50.45

**Prøitz, Maiken Homlung** (16.6.2004)

2022 3000 J18/19 1 9:57.59, 2000 hinder J18/19 1 6:47.82

Q

R

**Ramslien, Helene Mariell** (16.5.2006)

2022 Kule U20 2 12.35, Diskos U20 1 43.75, Kule J16 1 13.97, Diskos J16 1 42.85, Slegge J16 2 52.31, Kule inne J16 1 14.06

**Ramslien, Ida** (23.9.2007)

2022 Diskos U20 9 30.41, Kule J15 1 12.71, Diskos J15 2 40.94, Slegge J15 1 47.86, Kule inne J15 2 11.44

**Ranestad, Mari Ovidia** (10.5.2005)  
**2022** 3000 J17 4 11:13.57, Spyd J17 6 37.18

**Refvik, Julie Eveline** (26.5.2004)  
**2022** Diskos U20 13 27.37, Diskos J18/19 7 27.07

**Rehn, Sarah** (25.8.2005)  
**2022** 4x800 1 10:34.78

**Reimers, Inga Rabben** (19.1.2005)  
**2022** Spyd 8 43.42, Kule U20 6 11.61, Diskos U20 6 35.79, Spyd U20 1 44.18, Kule J17 2 13.30, Diskos J17 1 37.21, Spyd J17 1 47.60, Kule inne J17 1 13.37

**Reppe, Kristina Stensvoll** (3.4.2000)  
**2022** 60 hekk inne J20-22 1 8.60

**Reppesgård, Elena Garcia** (7.10.2007)  
**2022** 1000 stafett U20 4 2:29.94, 80 hekk J15 8 13.26, 5h1 13.31, 300 hekk J15 6 (6h2) 49.20, 1000 stafett J15/16 4 2:25.88, 200 inne J15 4h1 28.65, 60 hekk inne J15 8 9.86, 3h3 9.99, Høyde inne J15 5 1.40, Lengde inne J15 15 3.93

**Retzius, Lene Onsrud** (4.1.1996)  
**2022** Stav 1 4.35, Stav inne 1 4.20, Lengde uten tilløp 5 2.56

**Richenberg, Oda Bråten** (20.2.2006)  
**2022** 3000 J16 2 10:26.96, 2km terreng J16 2 7:15

**Riege, Nina Ragnhild Margrethe Eskild** (16.5.1968)  
**2022**

**Rimstad, Frida** (27.5.2007)  
**2022** Lengde U20 2 5.59, 1q2 5.33, Tresteg U20 5 11.21, 3q 11.24, Høyde J15 6 1.46, Lengde J15 2 5.26, Tresteg J15 2 11.44, Kule J15 7 9.91, Høyde inne J15 1 1.53, Lengde inne J15 3 5.00, Tresteg inne J15 2 10.94, 4x200 inne J17 DNF

**Rindal, Ida Gudrun** (12.4.1982)  
**2022** Terrenghultra 8 11:25:44

**Rismark, Ingrid Pernille** (24.6.2001)  
**2022** 100 hekk 13.79, 2h1 13.91, 400 hekk h2 DNF, 200 inne 2h4 25.16, 60 hekk inne 7 8.80, 2h1 8.69, 4x400 2 3:49.46, 200 U23 1 24.78, 400 U23 1 56.94, 100 hekk U23 2 13.85, 400 hekk U23 1 63.39, 1000 stafett U23 1 2:15.76, 60 inne J20-22 6 8.10, 3h2 8.02, 200 inne J20-22 4 25.17, 2h2 25.40, 60 hekk inne J20-22 3 8.70

**Rooth, Andrea** (6.3.2002)  
**2022** 100 hekk 1 13.29, 1h1 13.53, 400 hekk 2 56.58, 2h2 59.88, 60 inne h2 DNS, 60 hekk inne 1 8.34, 1h1 8.38, 5-kamp inne 1 4.096, 7-kamp 1 5.352, 100 U23 1 12.06, 1h2 12.22, 200 U23 2 24.81, 100 hekk U23 DNS, Høyde U23 1 1.66, Lengde U23 1 5.92

**Rooth, Kajsa** (23.9.2003)  
**2022** 100 4h2 12.61, 100 hekk 6h2 14.96, 100 hekk U20 2 14.56, 1h2 14.66, Lengde U20 6 5.28, 2q2 5.31, 5-kamp inne U20 2 3.532, 100 J18/19 4 12.56, 2h1 12.50, 100 hekk J18/19 2 14.34, 60 inne J18/19 5 7.90, 4s1 7.94, 3h3 7.93, 60 hekk inne J18/19 1 8.71, 1h1 8.71, Lengde inne J18/19 5 5.28

**Roppen, Kornelia** (1.3.2002)  
**2022** 100 8h4 13.03, Lengde 9 5.30, 60 inne 6h2 8.21, Lengde inne 5 5.71, 6q 5.53, 4x200 inne 6 1:46.74, Høyde uten tilløp 2 1.25, 100 U23 5h1 13.53, Lengde U23 3 5.38, 1000 stafett U23 3 2:22.10, 60 inne J20-22 5h2 8.29, Høyde inne J20-22 1 1.57, Lengde inne J20-22 1 5.20, Tresteg inne J20-22 3 10.52

**Rosvold, Elisabeth Thon** (13.11.2002)  
**2022** Kule 2 13.58, Diskos 2 49.55

**Rosvoll, Anniken Markusen** (22.9.2007)  
**2022** 100 J15 8h3 14.40, 60 inne J15 5h2 8.86, 60 hekk inne J15 5h1 10.37, Lengde inne J15 20 3.57, Tresteg inne J15 9 9.19

**Rud, Mari Emilie Andreassen** (1.11.2001)  
**2022** 800 8 2:15.12, 5h2 2:14.71, 4x400 2 3:49.46, 3km terreng 13 7:24

**Rustlie, Signy Henden** (29.5.1938)  
**2022** Halvmaraton 21 2:57:58

**Ruud, Elise Grong** (25.4.1996)  
**2022** 100 hekk 5h2 14.93, 60 hekk inne 7h2 9.71, 4x200 inne 4 1:43.40

**Ruud, Mari Roligheten** (2.9.2002)  
**2022** 5000 7 16:39.90, 6km terreng 8 21:24, 1500 U23 4 4:33.51, 3000 U23 5 9:50.84

**Ruud, Stine Grong** (29.3.1994)  
**2022** 100 6s2 12.50, 4h1 12.46, 100 hekk 5h1 15.00, 60 inne s2 DQ:R162.6, 5h4 7.98, 60 hekk inne 6h1 9.18, 4x200 inne 4 1:43.40

**Ryste, Bodil Vartdal** (26.7.1979)  
**2022** Halvmaraton 8 1:34:41

**Rød, Kristine Meinert** (18.2.2001)  
**2022** 5000 5 16:21.73, 10000 4 34:41.38, 3km terreng 11 7.10, 1x6km terreng 5 21:44, 6km terreng 2 20:05, 3000 U23 3 8:27.55

**Rønningen, Helene** (4.9.1998)  
**2022** 60 inne 1 7.46, 1s1 7.49, 1h1 7.57, 4x100 1 46.99

**Rørset, Jenny** (15.1.2004)  
**2022** 3000 U20 11 10:46.23, 3000 J18/19 7 11:04.83, 1500 inne J18/19 1 5:08.38

**Røsæg, Mille Matilde** (23.7.2002)  
**2022** 100 5h4 12.67, 200 6h1 27.07, 1000 stafett 3 2:10.92, 60 inne 6h4 8.17, 4x100 2 47.31

**Røvik, Tuva** (16.9.2006)  
**2022** 2km terreng J16 9:53

**Røynealand, Live Havorsdatter** (4.5.2005)  
**2022** 60 inne J17 3 8.21, 2h2 8.20, 200 inne J17 2h2 27.38

**S**

**Sagerup-Norkild, Erle** (14.3.2006)  
**2022** 800 J16 8 (1h1) 2:24.14, 3000 J16 8 11:18.70

**Sagevik, Pernille Hvamsal** (3.6.2004)  
**2022** 100 J18/19 5h3 13.63, Lengde J18/19 6 4.92, Tresteg J18/19 3 10.79

**Sagli, Meera** (11.4.2000)  
**2022** 800 U23 6 2:24.25, 1500 U23 9 4:58.20

**Salemonsens, Kaja Kleppe** (8.9.2001)  
**2022** Tresteg 6 11.56

**Salte, Eli Rosseland** (20.7.2007)  
**2022** Spyd J15 1 41.65

**Sand-Hanssen, Julie** (13.4.2006)  
**2022** 1500 U20 12 5:02.54, 6h2 4:45.71, 3000 U20 DNF, 800 J16 5 (5h2) 2:21.33, 3000 J16 3 10:29.18, 1500 hinder J16 4 5:17.35

**Sand-Hanssen, Norah** (13.4.2006)  
**2022** 1500 U20 10h1 5:01.43, 3000 U20 13 11:11.48, 3000 J16 7 11:13.34

**Sandberg, Emilie** (12.2.2000)  
**2022** 200 7s2 26.05, 3h4 26.51, 100 hekk 6h1 15.09, 60 inne 7h4 8.19, 60 hekk inne 5h1 9.07, 200 U23 7 26.85, 100 hekk U23 DNS, 60 inne J20-22 4h2 8.26, 60 hekk inne J20-22 4 9.08, 4x200 inne J18-22 1 1:40.36

**Sande, Annette Velde** (14.10.1982)  
**2022** Maraton 12 3:19:06, Terrenghultra 4 9:50:24, 100km ultra 2 8:20:35

**Sandem, Cornelia Bjerkestrand** (18.1.2006)  
**2022** 800 inne J16 11 (5h1) 2:54.89, 4x200 inne J17 DNF

**Sandness, Andrea** (15.11.1991)  
**2022** Maraton 17 3:32:10

**Sandness, Kirsten** (24.12.1962)

2022 Maraton 25 5:05:06

**Sandstad, Henriette** (12.7.2007)

2022 60 inne J15 6h4 8.88

**Sangesland, Ingvild** (22.3.1994)

2022 Motbakke 6 54:19

**Sanyang, Tida Katrine Köller** (21.9.2006)

2022 60 inne J16 5s3 8.49, 3h5 8.45, 200 inne J16 4h3 27.99,

4x200 inne J17 1 1:47.29, 4x100 J16 1 50.45

**Saursaunet, Julie Lervik** (20.7.1983)

2022 100 para 3 21.35/100, 1500 para 2 6:48.96/237

**Schou, Emilia Høyland** (21.2.2005)

2022 200 J17 5h2 27.91, 100 hekk J17 6 16.08, 1000 stafett J18/19 DQ:R162.8

**Schytz, Mari** (16.9.2006)

2022 4x800 U20 1 12:06.55, 4x100 J16 6 59.00

**Scott, Julia Alice** (5.3.2004)

2022 Motbakke 13 66:14

**Seger, Elsie Hjartholm** (21.2.2004)

2022 200 U20 7s3 27.56, 4h2 27.33, Kule U20 4 11.75, 5-kamp inne U20 5 3.247, 4x100 U20 1 47.40, 200 J18/19 6h3 27.13, Høyde J18/19 6 1.45, Kule J18/19 3 11.29, 1000 stafett J18/19 2 2:17.76

**Selseth, Ingrid Louise** (7.7.2007)

2022 60 inne J15 7s2 8.67, 4h3 8.63, 60 hekk inne J15 7 9.66, 2h2 9.62, Lengde inne J15 11 4.45, 4x200 inne J17 4 1:50.20

**Silseth, Anne Kolstad** (11.1.2006)

2022 100 J16 5 12.82, 1h2 12.76, 200 J16 4 26.50, 2h3 26.84, 1000 stafett J15/16 5 2:26.61, 60 inne J16 5 8.04, 1s2 8.03, 1h5 8.00, 200 inne J16 4 26.47, 2h3 26.20, 4x200 inne J17 3 1:48.14

**Sirevåg, Anna Marie Nordengen** (24.5.2004)

2022 3000 hinder U20 1 10:54.95, 1000 stafett U23 1 2:15.76, 4km terreng U20 3 13:38

**Skar, Elén Linchhausen** (29.6.2006)

2022 400 U20 h1 DNS, 4x100 U20 5 52.54, 200 J16 5h1 27.94, 800 J16 DNF, 1000 stafett J15/16 7 2:29.27, 60 inne J16 6s1 8.61, 4h4 8.58, 200 inne J16 4h4 27.86, 4x200 inne J17 5 1:52.59, 4x100 J16 4 52.43, 4x600 J16 2 7:24.96

**Skarbøvik, Mia Sofie Borchgrevink** (4.10.2007)

2022 2000 J15 10 6:53.40

**Skare, Ellevine Kathleen Artesia Octavia Svensen** (19.10.2005)

2022 Kule 14 10.71, Diskos 10 37.40, Spyd 6 45.46, Kule J17 3 12.72, Diskos J17 2 36.93, Spyd J17 2 46.04

**Skaset, Freia Haraldsen** (8.5.2007)

2022 100 J15 1 12.75, 2h2 12.92, 200 J15 7 26.66, 2h3 26.77, 80 hekk J15 4 12.64, 3h2 12.79, 60 inne J15 3 8.13, 2s2 8.13, 1h4 8.18, 200 inne J15 DNF, 2h3 26.30, 60 hekk inne J15 5 9.38, 1h1 9.31

**Skatvedt, Hedda Aakre** (20.12.2000)

2022 6km terreng 18 26:41

**Skisaker, Selma Alison Boesen** (16.8.2006)

2022 800 U20 7h1 2:23.33, 800 J16 2 (2h2) 2:12.21, 3000 J16 5 10:41.75, 1500 hinder J16 3 5:12.91, 800 inne J16 2 (2h2) 2:17.58, 4x200 inne J18-22 4 1:52.69

**Skjerve, Mia** (30.6.2005)

2022 3000 J17 3 11:09.43

**Skjesol, Ella Njaastad** (19.4.2004)

2022 200 7s1 25.99, 4h1 26.25, 400 6h2 57.86, 1000 stafett 4 2:13.33, 400 U20 5 59.01, 3h1 58.35, 1000 stafett U20 2 2:13.47, 200 J18/19 5 26.02, 2h2 25.91, 400 J18/19 2 (2h2) 58.15, 1000 stafett J18/19 1 2:14.68

**Skjevdaal, Astrid** (18.1.2006)

2022 4x100 J16 6 59.00

**Skjevdaal, Eline** (30.9.2003)

2022 4x800 U20 1 12:06.55

**Skraastad, Mari** (10.3.2006)

2022 400 7h1 57.90, 800 4h1 2:16.28, 400 U20 2 56.95, 2h1 57.01, 400 hekk U20 1 61.71, 1h2 65.11, 800 J16 1 (1h2) 2:11.78, 300 hekk J16 1 43.47, 1000 stafett J18/19 8 2:30.88, 60 inne J16 8 8.24, 3s1 8.21, 2h1 8.27, 200 inne J16 5 26.78, 2h2 26.59, 60 hekk inne J16 7 9.56, 3h1 9.58, 2km terreng J16 6 7:41

**Skundberg, Pernille** (21.9.2007)

2022 60 hekk inne J15 4h2 10.28

**Skyttermoen, Silje Therese** (16.9.1999)

2022 4x100 =4 49.43

**Skyvang, Mari Hytten** (11.11.2003)

2022 Slegge 11 44.86, Slegge U20 7 44.37, 8q 42.07

**Skaar, Eline** (1.1.2007)

2022 1500 U20 7 4:38.24, 5h2 4:44.96, 800 J15 4 (4h2) 2:18.24, 2000 J15 8 6:43.41, 2km terreng J15 1 7:18

**Skåtøy, Kirsti Johnsen** (2.3.1975)

2022 100km ultra DNF

**Skåtøy, Ronja Johnsen** (29.10.2006)

2022 100 U20 5h1 13.29, Lengde U20 9 5.01, 5q1 5.17, 100 J16 4h2 13.20, Lengde J16 2 5.19, 60 inne J16 7 8.23, 2s1 8.13, 1h2 8.27, Lengde inne J16 2 5.23

**Slettan, Matilde Tørudbakken** (20.10.2006)

2022 3000 J16 11 14:28.65, 1500 hinder J16 5 7:05.40

**Slettebø, Maria** (6.11.2003)

2022 Diskos J18/19 5 32.08, Spyd J18/19 1 41.63 6 28.54

**Slettum, Elisabeth** (31.8.1986)

2022 200 2 23.69, 1s1 23.63, 1h2 24.61, 1000 stafett 1 2:08.59, 200 inne 1 23.58, 1h1 24.02

**Smith, Julie** (2.8.2004)

2022 4x800 DNS, 4x400 U20 4 2:31.04

**Solberg, Malin Sørtorp** (21.4.2006)

2022 1500 12 4:34.65, 5h1 4:33.23, 1500 U20 5 4:31.75, 1h1 4:48.01, 3000 U20 2 9:56.57, 800 J16 3 (3h2) 2:13.35, 3000 J16 1 10:01.45, 800 inne J16 1 (1h2) 2:16.96, 1500 inne J16 1 4:39.81, 2km terreng J16 1 7:08, 4km terreng J16 1 14:26

**Solberg, Marit** (???.???.???)

2022 Halvmaraton 19 2:02:33

**Solemdal, Live Johannessen** (23.9.1996)

2022 3000 inne DNF, 6km terreng 5 21:06

**Solli-Mork, Amalie** (18.5.2006)

2022 800 J16 12 (4h1) 2:31.92, 800 inne J16 9 (3h1) 2:36.77, 1500 inne J16 6 5:16.57

**Solheim, Anna** (18.2.2004)

2022 100 U20 7s2 13.11, 4h4 13.02, 100 hekk U20 h1 DNS, Kule U20 12 9.08, 5-kamp inne U20 4 3.357, 200 J18/19 5h1 26.94, 100 hekk J18/19 3 15.86, Høyde J18/19 4 1.50, Kule J18/19 6 10.00, Spyd J18/19 1 41.63 5 29.34, 60 hekk inne J18/19 3 9.02, 2h2 8.95, Høyde inne J18/19 =2 1.55, Kule inne J18/19 9.98

**Soma, Eline** (15.6.2007)

2022 Høyde J15 3 1.54, Tresteg J15 7 10.03

**Sommer, Nora Storås** (15.8.2004)

2022 4x200 inne J18-22 6 1:54.77

**Stang, Julie Andrine** (29.6.2005)

2022 60 inne J17 3h1 8.47, 200 inne J17 4h1 28.46

**Starheim, Beate** (28.6.2007)

2022 100 J15 4h2 13.51, 200 J15 5h3 28.26, Lengde J15 5 4.92, 60 inne J15 6s2 8.64, 4h1 8.53, 200 inne J15 4h4 28.62, Lengde inne J15 9 4.53

**Steen, Ida Kristine Sola** (18.10.2007)

**2022** 1000 stafett U20 4 2:29.94, 100 J15 3h2 13.33, 200 J15 4h3 27.42, 1000 stafett J15/16 4 2:25.88

**Steiro-Darén, Linea** (26.10.2004)

**2022** Spyd U20 2 42.84, Spyd J18/19 1 41.63

**Stensøy, Lisa Maylen** (26.1.2004)

**2022** 200 5s2 25.72, 3h1 25.76, 400 5h2 57.74, 400 U20 3 57.21, 1h2 58.20, 1000 stafett U20 3 2:19.02, 200 J18/19 4 25.77, 1h2 25.63, 400 J18/19 1 (1h2) 57.31, 1000 stafett J18/19 3 2:17.97

**Stiansen, Mari Schøyen** (7.5.2006)

**2022** 60 inne J16 5h4 8.78, 4x100 J16 2 51.16

**Stillerud, Anne-Grethe Løwe** (5.9.2005)

**2022** 400 hekk U20 8 71.16, 4h1 70.75, 800 J17 5 2:25.23, 400 inne J17 6 66.90, 800 inne J17 2 2:29.91, 5-kamp inne J17 1 2.421

**Storøygard, Malene** (15.1.2004)

**2022** Spyd U20 8 36.84, Spyd J18/19 1 41.63 3 36.63

**Storaa, Stine** (25.5.2005)

**2022** 200 U20 5h3 27.08, 400 U20 5h2 60.42, Lengde U20 8q1 4.92, 100 J17 7 13.18, 3h1 13.25, 200 J17 6 27.12, 3h2 27.22, Lengde J17 4 4.96, 60 inne J17 2 8.12, 1h2 8.16, 200 inne J17 2 26.33, 2h1 26.44, 400 inne J17 2 59.10, Lengde inne J17 2 5.11

**Strand, Leah Nygaard** (28.5.2005)

**2022** 4x100 U20 4 50.94

**Strand, Monica Jakobsen** (9.7.1987)

**2022** Halvmaraton 12 1:39:49

**Straume, Marie Mjelva** (7.5.2005)

**2022** 800 U20 7 2:16.65, 5h2 2:17.00, 1500 U20 8h1 4:51.98, 800 J17 3 2:19.92

**Størset, Rakel Lerfald** (4.2.2007)

**2022** Kule J15 8 9.37, Slegge J15 6 31.55, Spyd J15 2 36.14

**Størvold, Matilde Flor** (3.12.2004)

**2022** Lengde U20 11q1 4.70, Tresteg U20 12 10.30, 12q 10.33, Lengde J18/19 9 4.59, Tresteg J18/19 6 10.06, Lengde inne J18/19 10 4.57, Tresteg inne J18/19 6 10.07

**Støten, Magdali** (17.8.1998)

**2022** 100 hekk h1 DNF, 60 hekk inne DQ:R162.6, 3h1 8.69

**Støyva, Malin** (9.8.1994)

**2022** Høyde 9 1.65

**Sund, Sophie** (24.2.2005)

**2022** 100 hekk J17 7 16.37, 300 hekk J17 5 49.35, 60 inne J17 8 8.51, 4h2 8.45, 60 hekk inne J17 6 9.51

**Sunde, Tiril Malm** (29.1.1997)

**2022** Stav 7 3.40, Stav inne 3 3.35

**Svalheim, Mathea** (1.6.2007)

**2022** 80 hekk J15 6 12.79, 3h1 12.86, Høyde J15 5 1.51, Lengde J15 7 4.86, Tresteg J15 6 10.38

**Svarstad, Sara Aarsvoll** (16.1.1997)

**2022** 3000 hinder 1 10:16.49, 3km terreng 5 6:51

**Sveinungsen, Madelen Haaheim** (23.5.2002)

**2022** Høyde 5 1.72

**Svidal, Irene** (21.6.1980)

**2022** Halvmaraton 6 1:29:49

**Swift, India Ruby** (25.8.2006)

**2022** 1500 inne J16 7 5:16.59

**Sæten, Amalie Manshaus** (12.12.1997)

**2022** 1500 2 4:13.84, 3h2 4:32.34, 5000 1 16:02.16

**Sætre, Birte Skeide** (7.8.2006)

**2022** 1500 gang inne J16 2 10:34.46, Kule inne J16 4 10.06

**Sætrum, Frida** (19.7.2005)

**2022** Lengde inne 15q 4.50, Tresteg inne 9 10.52, Tresteg U20 14q 10.28, Lengde J17 NM, Tresteg J17 2 10.43, Tresteg inne J17 2 10.66

**Sørbo, Emma Dahl** (10.10.2003)

**2022** 60 inne 6s1 7.91, 3h2 7.88, Lengde inne 8 5.42, 11q 5.27, 60 inne J18/19 7 7.92, 3s2 7.88, 1h4 7.82, Lengde inne J18/19 2 5.40

**Sørensen, Hedda Guldseth** (13.11.2007)

**2022** Lengde U20 NM, 4q2 5.28, Tresteg U20 11 10.49, 6q 10.69, 100 J15 4h1 13.41, Lengde J15 4 5.09, Tresteg J15 4 10.64, Kule J15 6 9.99, 60 inne J15 6h1 8.82, Lengde inne J15 7 4.77, Tresteg inne J15 7 10.05

**Sørensen, Mina Mikkelsen** (14.2.2005)

**2022** 60 inne J17 4h3 8.64

**Sørland, Victoria** (17.4.2006)

**2022** 100 5h1 12.91, 200 5h1 26.56, 1000 stafett 5 2:14.56, 100 U20 6s2 13.07, 3h4 13.02, 200 U20 5s1 26.34, 4h5 26.55, 100 J16 6 12.89, 3h1 12.98, 200 J16 6 26.70, 1h3 26.63, 1000 stafett J18/19 2 2:17.76, 60 inne J16 2 7.97, 3s3 8.06, 1h3 8.14, 200 inne J16 3 26.07, 1h3 26.15

**Sørli, Anna Louise Astad** (17.2.1993)

**2022** Terrenkultra 3 9:47:05

**Sørmo, Maja Kristin** (21.12.2006)

**2022** 80 hekk J16 5 12.31, 3h2 12.57, 300 hekk J16 3 46.05, Høyde J16 5 1.38, Lengde J16 4 5.16

**Søvik, Elise Sanden** (16.7.1997)

**2022** Tresteg 2 12.46, 1000 stafett 2 2:10.52, Tresteg inne 4 12.35

## T

**Tangen, Laura Koubova** (30.1.2007)

**2022** 100 J15 7 13.20, 2h3 13.47, 200 J15 4h1 27.08

**Tangestuen, Erle** (3.3.2007)

**2022** 60 inne J15 8h2 9.20, 4x200 inne J17 DNF

**Tharaldsen, Martine** (8.8.2004)

**2022** 60 inne J18/19 2 7.73, 3s1 7.79, 2h3 7.81, 200 inne J18/19 5 25.87, 1h1 25.68

**Thomassen, Benedikte** (13.7.2000)

**2022** 100 5s1 12.52, 3h3 12.44, 4x100 =4 49.43

**Thorjussen, Charlotte Celine** (24.6.2000)

**2022** 60 inne J20-22 7 8.22, 5h1 8.25, 200 inne J20-22 6 28.16, 4h1 27.80, Lengde inne J20-22 2 5.09

**Thorkildsen, Emma** (26.8.2006)

**2022** 100 8h3 13.22, 200 6h2 26.94, 100 U20 6h5 13.45, 200 U20 6h3 27.23, 100 J16 8 13.31, 4h1 13.01, 200 J16 7 26.95, 3h3 26.89, 60 inne J16 h1 DQ:R162.8

**Thorsheim, Andrea** (3.2.2001)

**2022** Lengde 10 5.23, 100 U23 8 13.30, 4h1 13.19, Lengde U23 4 5.38

**Thunem, Kristina** (20.5.1998)

**2022** Kule 9 11.54, Slegge 12 43.06, Kule inne 5 11.21

**Thunem, Nikoline** (13.7.2004)

**2022** Lengde U20 9q2 4.80, Diskos U20 11 28.95, Slegge U20 14q 37.09, Lengde J18/19 4 4.99, Diskos J18/19 6 31.06, Slegge J18/19 7 35.85

**Tingleff, Øyvor Audunsdatter** (9.6.2007)

**2022** Kule J15 9 9.21, Diskos J15 5 27.20, Kule inne J15 8 8.76

**Tjøstheim, Ella** (3.3.2007)

**2022** Motbakke 10 62:30

**Toogood, Christina Maria** (23.1.1989)

**2022** 1500 9 4:20.88, 1h1 4:30.77, 1500 inne 2 4:29.07, 3000 inne 4 9:33.18

**Torbiörnson, Wilma Anna Bekkemoen** (31.5.2007)

**2022** 1500 10h1 4:46.59, 1500 U20 6 4:33.44, 4h1 4:48.43, 3000 U20 4 10:18.94, 4x400 U20 2 4:21.22, 800 J15 7 (6h2) 2:20.11.  
2000 J15 6:31.04, 800 inne J15 1 2:18.88, 1500 inne J15 1 4:38.50, 4x200 inne J17 DNF, 4x600 J16 2 7:24.96, 2km terreng J15 1 7:18 4 7:31, 4km terreng J15 4 14:44

**Torp, Synnøve Antonsen** (17.7.1999)

**2022** 1500 11 4:33.65, 6h1 4:33.93

**Torsvik, Silje** (2.10.1990)

**2022** 5000 8 17:00.81, 10000 9 36:19.49

**Torvund, Vilde Sofie** (28.1.2006)

**2022** 800 8h1 2:22.48, 1500 11h1 4:46.66, 1500 U20 8 4:38.54, 3h2 4:44.48

**Tovik, Elena Harumi** (11.10.2005)

**2022** Lengde U20 12q1 4.63, 100 J17 6h2 13.98, Lengde J17 9 4.57, 60 inne J17 5h2 8.51, 200 inne J17 4h3 28.07, Lengde inne J17 3 4.95

**Tresselt, Pia Omdahl** (13.7.2005)

**2022** 100 J17 6h1 14.17, 300 hekk J17 7 56.93

**Trøen, Cathrine** (10.9.2001)

**2022** 4x100 =4 49.43

**Tunkara, Iyna (GAM)** (1.6.2005)

**2022** 100 J17 4h2 13.69, 200 J17 6h1 28.18, Diskos J17 5 30.37, 60 inne J17 5 8.41, 2h1 8.33, 200 inne J17 3h3 27.44

**Turk, Elisabeth Pettersen** (12.8.2001)

**2022** Kule U23 3 11.59

**Turner, Charlotte Lindland** (28.4.2007)

**2022** 1000 stafett U20 4 2:29.94, 100 J15 7h1 14.11, 80 hekk J15 6h2 14.16, 1000 stafett J15/16 4 2:25.88

**Tveit, Cecilie** (2.4.2004)

**2022** Halvmaraton U23 6 1:52:36

**Tveitå, Anette** (9.10.2004)

**2022** Kule U20 11 9.37, Kule J18/19 5 10.26, Kule inne J18/19 2 10.92

**Tveitå, Emelia** (3.3.2000)

**2022** Kule 5 12.81, Diskos 14 32.86, Kule inne 2 12.26, Høyde uten tilløp 3 1.15, Lengde uten tilløp 9 2.41, Kule U23 2 12.53, Diskos U23 2 40.29, Kule inne J20-22 1 12.26

**Tveitå, Unni Olavsdatte** (14.2.2002)

**2022** Kule 10 11.05, Diskos 15 32.74, Kule inne 6 10.98, Kule U23 5 10.13, Diskos U23 5 34.21, Kule inne J20-22 2 10.58

**Tyldum, Grethe** (8.7.2001)

**2022** 1500 inne 3 4:29.10, 3km terreng 3 6:45, 1x6km terreng 4 21:05, 800 U23 1 2:08.20, 1500 U23 1 4:23.32

**Tyldum, Sofie** (1.8.2003)

**2022** 1x6km terreng 4 21:05

**Tysnes, Ingeborg Opdøl** (13.12.1973)

**2022** Halvmaraton 16 1:47:38

**Tærum, Frida Røe** (29.4.2001)

**2022** 4x200 inne 6 1:46.74, 1000 stafett U23 3 2:22.10

**Tørstad, Marit** (6.10.1969)

**2022** Maraton 18 3:39:37

**Tøsdal, Margunn Bye** (5.2.1985)

**2022** Terrengultra 6 10:08:28, 100km ultra 3 8:32:28

## U

**Ukkelberg, Ingrid Eikaas** (3.10.1983)

**2022** Maraton 5 2:57:49

**Uldal, Camilla Kristiane Mendes** (7.6.2006)

**2022** 100 U20 7h4 13.29, 200 U20 8s1 27.18, 5h4 26.59, Lengde U20 11 4.83, 6q1 5.06, 100 J16 4h3 13.30, 200 J16 4h2 27.27, Lengde J16 6 4.90, 1000 stafett J18/19 7 2:30.37

**Ulla-Zahl, Sophie** (6.11.2006)

**2022** 60 inne J16 5s1 8.42, 3h2 8.38, 200 inne J16 3h1 27.31, 60 hekk inne J16 6 9.48, 4h2 9.48, Tresteg inne J16 1 10.81, 4x200 inne J17 2 1:47.71

**Ulseth, Elise Hoel** (23.12.1999)

**2022** 100 hekk h2 DNS, Høyde 8 1.69, Lengde 2 5.87

**Ulseth, Karene** (8.1.1982)

**2022** Maraton 22 3:58.42

**Urseth, Mia** (4.5.2005)

**2022** 4km terreng J17 3 15:43

## V

**Vaboen, Ingrid** (7.10.2003)

**2022** 4x800 DNS, 4x400 U20 4 2:31.04

**Vabø, Kristin** (6.9.1993)

**2022** 5000 11 17:10.33, 10000 DNF

**Valencia, Sofia Colorado** (???.???.???)

**2022**

**Vaskinn, Mette-Elise Ødegård** (13.1.2004)

**2022** Kule 13 10.78, Diskos 12 35.78, Kule U20 8 11.27, Diskos U20 4 36.85, Kule J18/19 4 11.20, Diskos J18/19 2 38.87, Kule inne J18/19 3 10.64

**Vatland, Hege Linn Eie** (14.11.1979)

**2022** Motbakke 7 56:13

**Vedø-Carlsen, Erika** (22.6.2006)

**2022** 300 hekk J16 8 52.03, Lengde J16 9 4.19, 60 inne J16 7s1 8.87, 4h2 8.80, Lengde inne J16 8 4.42, Tresteg inne J16 4 9.39

**Veen, Laura Tietje Johanna van der (NED)**

(25.1.2003)

**2022** 100 4 12.06, 3s2 12.26, 1h1 12.17, 200 7 24.92, 4s1 24.85, 2h2 24.85, 60 inne 8s1 7.93, 4h3 7.84, 200 U20 5 25.51, 2s2 25.15, 2h1 25.90, 100 J18/19 3 12.37, 1h1 12.42, 60 inne J18/19 6 7.91, 2s2 7.86, 2h4 7.93, 200 inne J18/19 1 24.39, 1h3 2.77

**Vie, Andrea Nygård** (4.7.2006)

**2022** 1500 U20 4 4:30.08, 3h1 4:48.40, 800 J16 4 (4h2) 2:13.57, 1500 hinder J16 1 4:52.97, 1000 stafett J15/16 3 2:21.83, 800 inne J16 4 (3h2) 2:21.70, 1500 inne J16 3 4:54.39

**Vik, Martine** (30.9.2007)

**2022** 100 U20 5h2 13.21, 200 U20 5s3 26.64, 4h4 26.57, 100 J15 5 13.09, 2h1 13.02, 200 J15 5 26.47, 3h2 26.55, 80 hekk J15 5 12.78, 2h1 12.75, 1000 stafett J15/16 2 2:19.44

**Vik, Mathea** (18.4.2007)

**2022** Motbakke 14 65:36

**Viken, Solveig** (7.6.2006)

**2022** 4x100 J16 5 56.51, 4x600 J16 3 7:56.07

**Vingerhagen, Ruth Sarah** (10.3.1985)

**2022** Terrengultra 7 11:20:19

**Volden, Helen Solheim** (20.5.2003)

**2022** 100 J18/19 7h1 13.59, 200 J18/19 6h2 28.14, 400 J18/19 10 (5h2) 63.57

**Vråle, Solveig Cristina Hernandez** (26.7.1999)

**2022** 800 inne 4 2:10.02, 1500 inne 5 4:33.01

**Våer, Iben Amalie Skov** (15.5.2007)

**2022** Slegge J15 5 33.82

**Våg, Sigrid Jervell** (6.6.1992)

**2022** 3000 inne 2 9:25.92, 3km terreng 2 6:41, 1x6km terreng 1 17:11, 6km terreng 4 20:30

## W

**Waldal, Astri** (4.1.1977)

**2022** Motbakke 5 54:05

**Waldal, Ida** (18.6.2004)

**2022** Motbakke 1 49:10

**Washington, Lillian Amponsah** (26.10.2003)



**2022** Høyde inne 3 1.70, Tresteg inne 12.37, Høyde uten tilløp U20 1 1.41, Lengde uten tilløp U20 1 2.79, Høyde inne J18/19 1 1.65, Tresteg inne J18/19 1 12.06

**Wathne, Agathe Holtan** (25.7.1994)

**2022** 100 7s1 12.68, 3h4 12.59, 100 hekk 6 14.34, 3h2 14.42, 60 inne 7h1 8.12, 60 hekk inne 4 8.76, 4h2 8.85

**Wedege, Amalie** (17.8.1996)

**2022** 800 7 2:19.74, 1500 9h1 4:44.03, 3km terreng 14 7:33

**Weinberg, Lena** (18.10.2005)

**2022** Spyd U20 3 40.95, Spyd J17 4 42.41

**Wekre, Leonora** (30.4.2005)

**2022** Lengde inne J17 9 4.32

**Westberg, Ingrid** (25.3.2006)

**2022** 200 U20 7s1 26.90, 5h5 26.78, 4x400 U20 3 4:27.17, 100 J16 5h1 13.11, 200 J16 5 26.63, 2h1 26.50, 1000 stafett J15/16 6 2:28.15, 4x100 J16 3 51.53

**Westgaard, Amalie Heisel** (4.4.2007)

**2022** 800 J15 14 (5h1) 2:26.22, 2000 J15 11 7:15.60, 1000 stafett J18/19 7 2:30.37

**Wikre, Sunniva Langseth** (27.12.2005)

**2022** 2km terreng J17 4 8:23

**Wilker, Anja (GER)** (9.10.2004)

**2022** Kule U20 14 8.93, Kule inne J18/19 6 9.78

**Wilker, Lisa** (12.6.2003)

**2022** Lengde inne 7 5.59, 5q 5.55, 5-kamp inne U20 1 3.572, Lengde uten tilløp U20 2 2.57, 60 hekk inne J18/19 2 8.72, 1h2 8.72, Lengde inne J18/19 1 5.41, Kule inne J18/19 1 11.09

**Wold, Nora Kollerød** (21.6.1997)

**2022** 400 hekk 3 57.17, 1h1 62.89, 1000 stafett 3 2:10.92, 400 inne 4 55.64, 4x200 inne 2 1:38.87, 4x100 2 47.31, 4x400 1 3:48.03

**Wolden, Sanna** (6.5.2006)

**2022** 1000 stafett J15/16 8 2:46.77

**Worthy, Amanda** (???.??.????)

**2022** 1x6km terreng 9 23:31

**Wågan, Maria Sagnes** (22.5.1992)

**2022** 5000 2 16:03.31, 10000 2 34:15.56

Y

Z

**Zielinkiewicz, Anna Emilia** (17.10.1989)

**2022** 800 8h2 2:22.81, 1500 12h1 4:49.50

Ø

**Øien, Erika Ryan** (15.7.2006)

**2022** 60 inne J16 5h1 8.76, Lengde inne J16 9 4.00, Kule inne J16 8 7.78

**Østerdal, Lilly Mari** (29.8.2007)

**2022** Spyd J15 6 29.15

**Østgård, Ingeborg** (5.10.2003)

**2022** 1500 1 4:13.41, 3h1 4:31.22, 800 U20 1 2:06.04, 1h2 2:15.20, 1500 U20 1 4:17.54, 1h2 4:44.23, 2km terreng U20 1 6:56, 4km terreng U20 1 13:15

**Østmo, Ylva Charlotte Leschbrandt** (11.3.2007)

**2022** Tresteg J15 10 9.69

**Øvrebø, Marita Nesbø** (14.12.1997)

**2022** Maraton 13 3:19:37

**Øverland, Ida-Louise** (8.9.2003)

**2022** 100 para 1 13.24/785

**Øverland, Maria Erichsen** (10.6.1992)

**2022** Terrenkultra 11 12:01:56

**Øygard, Aase Britt Eide** (2.9.1965)

**2022** Halvmaraton 15 1:47:22

Å

**Aakre, Marlen Elisabeth Johansson** (17.9.1993)

**2022** 100 hekk 2 13.78, 1h2 14.00, 400 hekk 4 58.16, 2h1 63.43, 1000 stafett 3 2:10.92, 200 inne 4 24.81, 1h2 24.77, 60 hekk inne 2 8.55, 2h2 8.58, 4x200 inne 2 1:38.87, 4x100 2 47.31, 4x400 1 3:48.03

**Aamdal, Marit** (11.3.1979)

**2022** Terrenkultra 14 12:51:09

**Aamillom, Sofia Chayanis** (9.6.2006)

**2022** 100 U20 6s1 12.97, 4h2 13.02, 200 U20 4s2 25.96, 3h1 26.31

**Aarebrot, Anniken Alise** (18.8.2002)

**2022** 400 4h2 57.42, 4x100 =4 49.43, 400 U23 2 58.44

**Aarekol, Ragnhild** (25.7.2001)

**2022** Motbakke 16 73:26

**Årvik, Therese Dahl** (1.1.1994)

**2022** Terrenkultra 6 6:15:00

**Aasen, Dina Rosenvinge** (10.3.2006)

**2022** 60 inne 7s2 7.82, 3h4 7.86, 4x200 inne 2 1:38.87, 4x100 2 47.31, 100 U20 8 12.70, 1s3 12.70, 1h4 12.61, 100 J16 2 12.59, 1h1 12.59, 1000 stafett J15/16 6 2:28.15, 60 inne J16 1 7.77, 1s1 7.81, 1h1 7.90, 200 inne J16 1 25.47, 1h1 25.75

**Aasmo, Vilde Humstad** (10.10.1998)

**2022** 100 3 11.81, 1s2 12.12, 1h3 12.05, 1000 stafett 2 2:10.52, 4x200 inne 3 1:27.32, 60 inne 2 7.54, 2s1 7.52, 1h3 7.72, 4x200 inne 1 1:38.83

**Aasvang, Marte** (13.11.1994)

**2022** 100 para 6 40:05/50, 1500 para 3 10:10.59/77