

G18		26			
10-kamp E Seniortabell					
6810	Tom Erik Olsen	Ullensaker/Kisa IL		Trondheim/Le	04-05.07.1992
	11.21-6.82-12.91-1.80-51.24/15.14-32.62-4.60-43.68-5:03.00				
6154	Gunnar Ohma	Kolbotn IL		Byrkjelo	01-02.08.1987
	11.97-6.10-10.88-1.90-54.12/16.02-29.80-4.20-47.74-4:56.19				
6094	Trond Høiby	Ski IL		Ski	01-02.06.1991
	12.54-5.91-11.28-1.92-54.43/17.29-37.94-3.60-57.30-4:46.5				
5980	Terje Selberg	Ski IL		Ski	06-07.09.1992
	12.09-6.05-12.50(5.5)-1.72-54.03/16.89-32.74-3.40-44.68-4:22.7				
5274	Trond Tagge	Kolbotn IL		Sofiemyr	16-17.06.1990
	12.91-4.45w-8.87-1.59-60.58/21.74w-22.80-4.00-37.80-5:04.6				
5165	Sigurd Nilsen Ribu	IL Tyrving		Drammen/Ma	07-08.06.1997
	12.38-0-10.97-1.74-54.85/16.50-37.50-3.40-43.20-4:49.11				

10-kamp M Seniortabell					
6683	Tor Skotaam	Siggerud IL		Oslo/Bi	21-22.06.1976
	11.8-6.06-13.92-1.89-53.4/16.3-44.60-3.50-34.40-4:37.2 (Hadde 14.29 med 6.25kg)				
6052	Thomas Egtvedt	IL Tyrving		Lunderød	02-03.06.1990
	11.6w-6.24-12.13-1.90-54.10/17.61-35.18-3.60-48.46-4:59.43				
5891	Ole Gran	Fossum IF		København, DEN	09-10.09.1978
	12.42-6.15w-12.98-1.73-57.59/16.67w-34.72-3.60-43.80-4:59.2				
5807	Richard Dahl	Nesodden IF		Oslo/Bi	03-04.07.1977
	11.8-5.98-10.46-1.82-52.5/17.1-26.52-3.90-37.88-4:30.4				
5761	Bjørn Gulbrandsen	Fossum IF		Oslo/Fr	21-22.09.1974
	12.2-5.75-11.71-1.70-57.7/16.8-34.64-2.80-56.58-4:54.7				
5351	Eirik Kahrs	Ski IL		Ski	02-03.07.1987
	11.8-5.69-10.01-1.89-53.8/16.1-22.92-3.20-37.82-5:07.9				
5216	Johnny Børresen	Minerva		Lillestrøm	18-19.09.1976
	11.7-6.19-13.38-1.65-58.9/17.1-37.56-2.70-41.04-0				
5034	Wilhelm Sorteberg	Ski IL		Ski	05-06.10.1968
	11.8-6.18-10.57-1.75-54.5/15.9-28.58-0-36.74-5:06.1				
4978	Jørn Tagge	Kolbotn IL		Ski	02-03.07.1987
	12.4-5.73-9.12-1.77-57.7/18.9-28.12-4.00-40.20-5:13.8				
4954	Frode Gran	Fossum IF		Trondheim/Da	19-20.08.1981
	13.1-5.76-12.86-1.86-58.4/17.8-34.76-2.30-46.08-6:10.4				
4799	Bjørn Håvard Evjen	Ås IL		Ski	02-03.07.1987
	12.7-5.53-10.03-1.74-57.0/23.0-28.22-3.60-39.66-4:30.8				
4723	Trond Tagge	Kolbotn IL		Oslo/Tr	06-07.08.1990
	12.7-4.85-11.29-1.65-59.1/20.0-32.60-3.95-39.68-5:10.8				

G18		27		
10-kamp M Seniortabell forts.				
4677	Ole Hans Baadshaug	IL Vito	Jessheim	06-07.09.1958
	11.9-5.61-9.98-1.65-53.4/0-34.15-2.75-32.92-4:31.0			
4597	Bjørn Holte	Minerva	Lillestrøm	25-26.09.1971
	12.0-5.80-10.56-1.60-58.6/20.2-0-2.50-36.76-5:07.8			
4518	Tormod Lislørud	Ski IL	Ås/St	06-07.09.1958
	12.2-5.74-11.07-1.60-55.7/18.7-34.12-0-30.87-5:02.4			
4493	Hermann Ness	IL Tyrving	Ski	14-15.09.2002
	11.7-5.67-10.41-1.68-58.8/15.6-20.58-2.00-33.11-5:49.5			
4362	Aleksander Jankov	Oppegård IL	Ski	10-11.09.1994
	12.5-5.44-8.21-1.65-55.8/21.8-20.80-2.60-35.46-4:21.6			
4039	Morten Skaug	Ski IL	Ås	26-27.08.1978
	12.5-5.47-9.63-1.65-57.3/20.1-23.94-0-31.00-4:50.4			

10-kamp E G18 øvelser				
6974	Tom Erik Olsen	Ullensaker/Kisa IL	Stockholm, SWE	01-02.09.1992
	11.31-6.78-13.40-1.87-51.10/14.72-39.32-4.30-42.64-5:02.12			
6460	Trond Høiby	Ski IL	Drammen/Ma	31.8-1.09.1991
	12.34-5.90-14.64-1.97-54.50/16.90-39.42-3.70-54.64-4:42.40			
6408	Ole Stristian Strømberg	Ski IL	Parkano, FIN	07-08.07.1990
	11.61-6.73-1.79-13.02-59.04/16.10-49.34-3.00-57.50-5:14.0			
6189	Jonas Mögenburg	IL Tyrving	Bernhausen, GER	17-18.05.2008
	11.50-6.78-11.54(6)-1.82-50.49/16.41(100)-33.66(1.75)-3.50-40.16(800)-5:09.02			
6168	Stian Tanum Sigvartsen	Minerva	Drammen/Ma	10-11.06.1996
	12.49-5.98w-12.76-1.89-55.81/15.28w-33.44-3.70-59.46-4:52.61			
6074	Thomas Egtvedt	IL Tyrving	Sola	06-07.08.1990
	12.32-5.83-14.50-1.94-55.32/17.30-39.34-3.90-52.38-5:27.23			
6017	Sigurd Nilsen Ribu	IL Tyrving	Oslo/St	06-07.08.1997
	11.90-6.20-13.92-1.84-53.83/15.92-39.56-3.60-39.08-5:48.40			
6005	Marius Sagen	Asker Skiklubb	Drammen/Ma	31.8-1.09.19.91
	12.57-6.08-14.26-1.85-57.38/16.74-45.84-3.60-43.36-5:10.3			
5980	Terje Selberg	Ski IL	Ski	05-06.09.1992
	12.09-6.05-12.50-1.72-54.03/16.89-32.74-3.40-44.68-4:22.7			
5751	Mikkel Bugge	Asker Skiklubb	Vejle, DEN	23-24.06.2007
	11.50-5.94-12.74(6)-1.71-53.69/16.13(110-100)-29.37(1.75)3.13-43.55(800)-5:07.82			
5555	Steffen Bugge	Asker Skiklubb	Nadderud	04-05.09.2004
	11.81-5.97-11.90(6)-1.71-54.87/16.97(100)-35.34(1.75)-2.66-40.54(800)4:52.06			
5178	Hans Christian Egtvedt	IL Tyrving	Oslo/St	06-07.08.1997
	11.85-5.67-13.08-1.54-58.79/18.50-2.40-37.04-44.48-4:46.24			
5026	Ole Vee-Haugen	Lørenskog FIL	Hammerfest	28-29.07.2007
	12.52-5.64-11.55(6)-1.70-58.39/19.32(100)-37.05(1.75)-3.70-38.60(800)-5:29.05			

G18		28		
10-kamp M G18 øvelser				
6476	Ole Christian Strømberg	Ski IL	Sola	01-02.09.1990
	11.55-6.44-13.96-1.76-54.6/16.1-47.22-3.60-56.14-5:25.49			
6426	Jo Henning Hals Nilssen	Ullensaker/Kisa IL	Florø	13-14.09.1986
	11.6-6.80-13.12-1.76-54.2/14.9-41.35-3.50-46.75-5:04.5			
6310	Sigurd Nilsen Ribbu	IL Tyrving	Ski	13-14.09.1997
	11.9-6.22-14.12-1.70-54.6/16.2-40.68-3.50-39.62-4:57.6			
6294	Svenn Erik Bolle	Vestby IL	Fana	26-27.06.1982
	12.2-6.11-13.73-1.84-56.5/15.1-(91.4)-37.08-3.50-46.72-4:37.0			
5918	Gunnar Ohma	Kolbotn IL	Nadderud	26-27.05.1987
	12.2-5.88-12.11-1.85-53.4/15.6-34.19-3.70-43.52-5:06.8			
5599	Dagfinn Aarskog	Nittedal IL	Oslo/La	07-08.08.1991
	12.0-6.04-12.36-1.83-55.1/16.6-35.54-2.60-39.62-4:57.9			
5451	Eirik Kahrs	Ski IL	Nadderud	26-27.05.1987
	11.9-5.80-11.05-1.90-54.6/16.3-28.52-3.10-42.18-5:26.4			
5254	Jørn Tagge	Kolbotn IL	Nadderud	26-27.05.1987
	12.3-5.73-11.28-1.75-56.4/18.2-35.78-3.70-42.82-5:28.0			
5084	Øystein Lie	Ski IL	Oslo/La	07-08.08.1991
	12.1-5.95-10.09-1.71-56.0/16.3-30.66-2.90-32.70-5:10.4			
4734	Atle Aaltvedt	Minerva	Trondheim/Da	13-14.09.2003
	12.5-5.57-11.31-1.65-58.84/15.43-29.64-3.30-35.41-5:54.85			
4362	Christoffer Gundersen	Ski IL	Ski	14-15.09.2002
	12.2-5.10-9.11(5.5)-1.56-57.4/18.3(91.4)-22.12(1.75)-2.60-37.68-4:55.0			
4198	Kristoffer Gressli	Vestby IL	Ski	15-16.09.2001
	12.5-5.69-8.64-1.83-60.1/17.2-21.09-2.00-25.50-5:19.0			

5-kamp seniortabell				
2502	Steffen Bugge	Asker Skiklubb	Øyestad	16.05.2004
	5.57-33.48-25.29-39.18-5:17.88			

4-kamp kast Sl-Ku-Di-Sp				
1539	Atle Aaltvedt	Minerva	Asker-Heggedal	28.09.2002
	28.72-10.01-27.45-30.61			

5-kamp kast Sl-Ku-Di-Sp-Ve 7.26				
2237	Espen Bugge	Asker Skiklubb	Asker-Heggedal	26.09.2004
	28.58(6)-11.13(6)-35.92(1.75)-39.49(800)8.27(7.26)			

5-kamp kast Sl-Ku-Di-Sp-Ve 15.8				
3436	Thor Olav Rosvold	Asker Skiklubb	Asker-Heggedal	28.09.2014
	47.25-14.52-50.56-48.43-12.59			
2919	Erik Johannes Rosvold	Asker Skiklubb	Asker-Heggedal	25.09.2016

38.68-12.28-44.14-31.73-14.94

G17		29		
10-kamp E Seniortabell				
5093	Marius Sagen	Asker Skiklubb	Sofiemyr	16-17.06.1990
12.76-5.74w-10.56-1.83-60.83/17.44w-32.34-3.40-41.46-5:13.14				

10-kamp M Seniortabell				
5985	Ole Gran	Fossum IF	Haugesund	01-02.09.1979
12.2-6.14-15.04-1.86-56.6/16.7w-39.50-3.50-43.66-4:55.0				
5222	Per Brox	Fossum IF	Oslo/Bi	28-29.08.1982
12.8-5.95-12.05-1.85-56.7/20.1-30.80-3.20-45.24-4:44.6				
4887	Thomas Egtvedt	IL Tyrving	Drammen/Ma	12-13.08.1989
12.0-5.93-11.94-1.77-56.6/19.0-31.64-3.70-45.06-0				

10-kamp E G17 øvelser				
6875	Sondre Jahren	Asker Skiklubb	Hamar	21-22.08.2021
1174+1.4-6.71+0.8-16.68-1.86-54.53/16.14-52.48-3.50-48.07-5:00.84				
6267	Mikkel Bugge	Asker Skiklubb	Moss/Me	17-18.06.2006
15.51-33.66-3.00-45.25-37.10/11.69-5.97-13.22-1.83-2:59.23				
6191	Sondre Guttormsen	Ski IL	Huddinge, SWE	11-12.06.2016
12.50-0.8-5.94-1.4-12.18-1.71-54.92/15.25-0.6-30.20-4.68-48.83-4:50.17				
6075	Jonas Mögenburg	IL Tyrving	Vejle, DEN	23-24.06.2007
15.63(110-100-35.65(1.5))-3.53-42.74(700)-36.90(300/11.80-6.66-10.63(5)1.71-3:19.62				
5919	Thomas Egtvedt	IL Tyrving	Lunderød	27-28.05.1989
12.40-6.40-13.78-1.80-55.08/17.41-39.42-3.40-47.54-5:12.86				
5918	Simen Sebastian Hansen	Ås IL	Arna	20-21.05.2017
15.81-0.6-46.67-3.00-49.75sp-53.33/11.99+1.2-6.05-1.5-12.54-1.-63-5:07.17				
5881	Stian Tanum Sigvartsen	Minerva	Fredrikstad/Li	20-21.06.1995
12.53-5.92-11.27-1.90-58.54/16.80-33.28-3.40-54.14-5:01.4				
5810	Terje Selberg	Ski IL	Drammen/Ma	31.8-1.09.1991
12.43-5.77-11.15-1.76-53.70/17.22-38.12-3.30-40.28-4:21.9				
5752	Christer af Geijerstam	IL Tyrving	Drammen/Ma	31.8-1.09.1991
11.89-6.00-10.22-1.76-54.49/16.55-38.14-3.80-36.26-5:04.8				
5427	Hans Christian Egtvedt	IL Tyrving	Jessheim	14-15.08.1996
12.36-6.11-13.78-1.75-55.77/16.73-36.72-3.30-47.14-4:52.31				
5122	Wilhelm Kolberg	Asker Skiklubb	Hamar	21-22.08.2021
12.16+1-4-6.20+0.0-11.78-1.80-55.07/16.13-28.17-0-34.90-5:03.46				
5012	Hans Åsnes Holter	IL Tyrving	Oslo/St	06-07.08.1997
11.75-5.71-11.47-1.60-52.36/17.50-29.90-2.20-25.58-4:48.59				
4891	Sigurd Nilsen Ribu	IL Tyrving	Nadderud	14-15.09.1996
12.43-5.16-11.15-1.65-62.3/18.38-32.74-2.62-41.38-5:46.89				
4770	Torbjørn Moldestad	Nittedal IL	Nittedal	30-31.08.2014

	16.17-0.6-26.28-2.60-48.91-40.47/12.66+1.4-5.26+0.9-11.73-1.53-3:24.54			
4510	Ole Vee-Haugen	Lørenskog FIL	Rena	15-16.07.2006
	12.65-0-11.63-1.69-42.08/15.50-37.51-3.23-25.07-3:20.79			

G17		30		
10-kamp M G17 øvelser				
6512	Tom Erik Olsen	Kløfta IL	Oslo/La	07-08.08.1991
	11.3-6.92-13.96-1.92-52.7/16.3-36.66-3.80-45.78-5:15.1			
5766	Trond Høiby	Ski IL	Bjørkelangen-Jessheim	18-19.06.1990
	12.4-5.61-12.19-1.85-56.4/16.9-38.06-3.40-54.20-4:59.6			
5267	Ole Vee-Haugen	Lørenskog FIL	Ski	02-03.09.2006
	15.2-35.00-3.53-28.72-40.8/12.1-5.46-12.18-1.70-3:15.1			
5240	Marius Sagen	Asker Skiklubb	Oslo/Tr	06-07.08.1990
	12.8-5.42-12.71-1.80-60.5/17.5-42.40-3.35-41.48-5:15.2			
4933	Steffen Bugge	Asker Skiklubb	Ski	13-14.09.2003
	11.9-5.36-11.54-1.60-58.7/15.5-34.03-2.80-37.47-5:39.1			
4290	Einar Aasprong	Asker Skiklubb	Nadderud	26-27.05.1987
	12.9-5.24-9.94-1.70-57.2/20.4-27.68-2.30-39.98-5:06.3			
3857	Christoffer Gundersen	Ski IL	Ski	15-16.09.2001
	12.2-4.65-9.52-1.50-57.6/21.4-21.11-2.20-35.32-5:00.7			

4-kamp kast Slegge-Kule-Diskos-Spyd				
2051	Tommy Lillehagen	Asker Skiklubb	Asker-Heggedal	26.09.2004
	21.89(5)-13.18(5)-36.56(1.5)-47.76(700)			

5-kamp kast Sl-Ku-Di-Sp-Ve 15.8				
2093	Magnus Kvale Thom	Asker Skiklubb	Asker-Heggedal	28.09.2014
	26.60-11.73-36.56-32.71-6.78			
1386	Espen Høgstedt Berntzen	Asker Skiklubb	Asker-Heggedal	28.09.2014
	19.35-8.60-22.08-29.69-5.34			

G16	31			
10-kamp E				
6218	Jonathan H-Ødegaard	IL Tyrving	Hamar	21-22-08.2021
	11.69-0.3-6.21-0.4-13.47-1.56-53.16/14.02-36.47-3.60-47.74-4.55.00			

9-kamp E				
5981	Jonas Mögenburg	IL Tyrving	Porsgrunn/Kj	23-24.09.2006
	15.00(100/91)-33.64(1.5)-3.04-41.89(700)36.62/11.96(+2.2)-6.84-10.76(5)-1.80-3:14.57			
5719	Sondre Jahren	Asker Skiklubb	Fagernes	08-09.08.2020
	16.04+0.0-45.45(1.5)-3.00-41.46(700)56.46-400m-/12.17-1.4-6.000-1.0-14.76(5)-1.76-5:25.55			
5611	Mariusz Musial	Minerva	Oslo/La	21-22.06.1994
	13.97-3.10-44.94-32.32/1.70-6.15w-11.42w-12.50-3:07.42			
5166	Sigurd Nilsen Ribu	IL Tyrving	Ørsta	02-03.09.1995
	12.60-5.28-14.79-1.66/15.20-34.12-39.34-3.30-2:59.70			
4837	Steffen Bugge	Asker Skiklubb	Sand	01-02.06.2002
	12.78(84)-32.84-2.73-43.16/12.15-1.56-13.96-5.91-3:05.95			
4745	Atle Aaltvedt	Minerva	Fredrikstad/Li	25-26.08.2001
	15.17-29.20-2.80-39.61/12.26-5.74-12.01-1.49-3:12.12			
4477	Sindre Kvålsgard	Ski IL	Nadderud	04-05.09.2004
	16.19-33.66-3.35-38.98-45.01/13.30-4.72-10.78-1.60-3:29.70			
4388	Stein Erik Lund	IL Tyrving	Oslo/St	06-07.08.1997
	14.38-19.54-2.40-31.64/11.98-9.83-6.00-3:18.61			
4264	Alexander Leirvåg	Ski IL	Nadderud	04-05.09.2004
	16.42-24.26-2.35-31.48-40.25/12.58-4.64-9.87-1.54-3:17.37			
3458	Espen Hofoss	Nittedal IL	Oslo/La	11-12.08.1992
	13.52-4.70-9.14-1.48/16.78-1.90-22.58-34.62-3:00.1			

9-kamp M				
5484	Stian Tanum Sigvartsen	Minerva	Sandnes	03-04.09.1994
	14.9-33.76-3.30-54.62/12.7w-5.52-12.87-1.85-2:53.2			
4876	Marius Sollie	Minerva	Trondheim/Da	13-14.09.2003
	11.5(80-84)-31.79-3.30-47.78/12.30-5.85-11.30-1.54-3:20.26			

10-kamp E				
4995	Sondre Guttormsen	Ski IL	København	13-14.06.2015
	12.81-0.2-5.50-0.0-9.25(5)-1.66-58.37/16.15+0.5(110/91.4)4.00-40.56(700)-5:19.56			
4242	Mikkel Bugge	Asker Skiklubb	Drammen/Ma	23-24.07.2005
	14.20(100/91.4)-28.19(1.5)-2.55-40.14(700)-37.93(300)/11.92(+2.4)0-9.57(5)-1.25-3:10.33			

4937	Sondre Guttormsen	Ski IL	Nittedal	23-24.05.2015
	14.73+0.8(100/91.4)18.95(1.5)4.40-41.43(700)42.52(300)/13.21-0.7-5.36+2.7-1.58-3:14.87			
46.63	Simen Guttormsen	Ski IL	Arna	20-21.05.2017
	15.46+2.9-25.25-4.00-42.71-44.47/13.45-0.3-5.12+1.8-8.39-1.57-3:13.42			
3908	Tobias Rian	Ski IL	Hamar	21-22-08.2021

13.07-5.57-9.42-1.50-62.04/16.27-25.08-0-32.82-5:10.37	10-kamp
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10-kamp M				
4494	Ole Vee-Haugen	Lørenskog FIL	Ski	10-11.09.2005
15.8(100/91.4)-33.82(1.5)2.30-30.60(700)-43.2(300)/13.1-5.33-11.06(5)-3:20.7				

G16		32		
4-kamp kast Sl-Ku-Di-Sp				
2100	Steffen Bugge	Asker Skiklubb	Asker-Heggedal	29.09.2002
32.39-13.30-32.64-44.54				

5-kamp kast Sl-Ku-Di-Sp-Vekt				
2752	Amund Andreassen Qvale	Minerva	Tårnby, DEN	03.07.2005
32.93-9.80-31.36-29.72-10.44				
2437	Magnus Røsholm Berntsen	Aurskog-Høland FIL	Asker-Heggedal	24.09.2005
42.74-11.09-40.17-33.31-7.53				
2241	Mikkel Bugge	Asker Skiklubb	Asker-Heggedal	24.09.2005
26.68-11.58-32.61-43.36-8.28				

5-kamp kast Sl-Ku-Di-Sp-Vekt		Vekt:6-6-1.75-800-11.34		
2563	Thor Olav Rosvold	Asker Skiklubb	Oslo/So	16.09.2012
37.81-11.95-42.51-37.57-8.35				

5-kamp kast Sl-Ku-Di-Sp-Vekt		Vekt:5-5-1.5-700-15.88		
3127	Martin Kornerud	IL Tyrving	Asker-Heggedal	28.09.2014
56.73-14.43-34.90-47.39-10.35				
2658	Erik Johannes Rosvold	Asker Skiklubb	Asker-Heggedal	28.09.2014
39.27-12.41-46.88-29.17-10.00				

G15	33			
9-kamp E				
5382	Mariusz Musial	Minerva	Lunderød	04-05.09.1993
	11.87-6.06-10.21(5.5)-1.78/12.6-35.56-3.42-42.72-3:06.0			
5155	Jonathan Hertwig-Ødegaard	IL Tyrving	Fagernes	08-09.08.2020
	14.67+0.1-45.15(1)-2.90-45.32(600)/612.67-1.8-5.51-2.1-13.22(4)-1.64-3:06.1			
4951	Stian Tanum Sigvartsen	Minerva	Sofiemyr	07-08.08.1993
	13.43-5.40-12.42-1.78/15.45-29.90-3.30-50.08-3:09.6			
4815	Mikkel Bugge	Asker Skiklubb	Nadderud	04-09.09.2004
	15.85-40.32-2.75-44.08/12.44-5.53-5.53-13.31-1.63-3:16.80			
4759	Maciej Musial	Minerva	Oslo/La	21-22.06.1994
	15.09-2.90-39.72-23.40-1.58/5.57-12.48-10.75-3:03.23			
4353	Filip Dolatowski	Minerva	Oslo/La	21-22.06.1994
	16.02-2.40-37.24-28.46-1.52/5.07w-12.92-10.33-3:05.69			
4340	Elias Aarlid	Ski IL	Fagernes	08-09.08.2020
	16.08+0.1-25.70(1)-3.90-35.49(600)/13.10-1.4-5.51-1.2-10.90(4)-1.52-3:14.1			
4198	Stein Erik Lund	IL Tyrving	Jessheim	14-15.08.1996
	15.00-17.76-2.00-28.30/12.32-6.00-10.92-1.55-3:19.60			
4174	Henrik Vineshaugen	Gui SK	Hamar	21-22-08.2021
	15.49-22.59-2.80-31.33/12.64-5.27-10.50-1.64-3:06.60			
4119	Even Ragnhildsløkken	Ullensaker/Kisa IL	Moss/Me	20-21.05.2023
	12.91-5-32-11.44-1.65/16.02-24.49-2.20-27.34-3:06.78			
4073	Even Granli Jokstad	Minerva	Oslo/St	06-07.08.1997
	17.43-25.50-3.20-29.52/13.45-1.56-9.86-5.15-3:25.02			
3984	Tobias Rian	Ski IL	Fagernes	08-09.08.2020
	16.68+0.1-27.07(1)-3.50-31.87(600)/13.30-1.4-5.14-1.2-10.01(4)-1.52-3:14.1			
3456	Hans Christian Egtvedt	IL Tyrving	Oslo/La	21-22.06.1994
	17.60-2.00-25.62-23.28-1.46/5.05-12.81-11.68-3:37.94			
3736	Sondre Guttormsen	Ski IL	Nittedal	30-31.08.2014
	16.80-0.6-21.65-3.60-39.27/13.99+1.4-4.81+0.5-8.90-1.53-3:18.52			
3731	Simen Guttormsen	Ski IL	Nittedal	21-22.05.2016
	16.62-1.1-25.21-1.5-3.50-37.84-600/14.09-4.79-1.4-8.16-4-1.60-3:22.74			
3456	Hans Christian Egtvedt	IL Tyrving	Oslo/La	21-22.06.1994
	17.60-2.00-25.62-23.28-1.46/5.05-12.81-11.68-3:37.94			

9-kamp M				
5049	Sigurd Nilsen Ribu	IL Tyrving	Sandnes	03-04.09.1994
	15.4-36.60-2.60-44.20/12.3-5.23-14.19-1.64-2:56.4			
3385	Sindre Kvålsgard	Ski IL	Ski	13-19.09.2003
	13.74-4.52-11.69-1.51/14.1-29.11-2.90-40.25-3:58.0			

3294	Kristian Storm Hansen	IL Tyrving	Oslo/La	11-12.08.1992
	13.28-5.22-12.20-1.51/21.31-28.86-38.82-3:24.6			

G15		34			
4-kamp kast Sl-Di-Ku-Sp					
2872	Atle Aaltvedt	Minerva		Asker-Heggedal	30.09.2000
	38.44-28.14-11.93-37.80				

4-kamp kast Sl-Ku-Di-Sp				
1717	Tommy Lillehagen	Asker Skiklubb	Asker-Heggedal	29.09.2002
	23.68-11.81-32.09-34.72			
1473	Sindre Kvålsgard	Ski IL	Asker-Heggedal	28.09.2003
	23.68-11.81-32.09-34.72			
1430	Magnus Røsholm Berntsen	Aurskog-Høland FIL	Asker-Heggedal	26.09.2004
	41.53-11.02 - 0 - 33.34			

5-kamp kast Sl-Ku-Di-Sp-Ve				
3658	Sondre Jahren	Asker Skiklubb	Asker-Heggedal	29.09.2019
	49.57-14.88-57.87-39.64-14.98			
3367	Thor Olav Rosvold	Asker Skiklubb	Asker-Heggedal	25.09.2011
	47.81-13.31-48.35-40.20-15.44			
2987	Erik Johannes Rosvold	Asker Skiklubb	Asker-Heggedal	29.09.2013
	39.34-11.77-51.96-28.74-14.40			
2636	Magnus Kvale Thom	Asker Skiklubb	Asker-Heggedal	30.09.2012
	33.03-13.11-34.60-33.26-13.90			
2023	Mathias Hillestad	Asker Skiklubb	Asker-Heggedal	28.09.2008
	24.58-12.09-27.23-28.79-10.05			
1995	Vebjørn Sæten Skre	Asker Skiklubb	Asker-Heggedal	24.09.2017
	23.86-0-46.71-24.75-14.63			
1859	Sondre Høiland	IL Tyrving	Asker-Heggedal	29.09.2013
	25.17-10.95-33.62-44.40-0			
1835	Christoffer Kristiansen	Minerva	Asker-Heggedal	30.09.2007
	0-11.25-37.28-26.05-9.45			

5-kamp kast Sl-Ku-Di-Sp-Ve				
1963	Thor Olav Rosvold	Asker Skiklubb	Asker-Heggedal	25.09.2011
	24.10-9.41-32.58-34.34-8.70			

G14		35		
6-kamp E				
5580	Hans Åsnes Holter	IL Tyrving	Nadderud	03-04.09.1994
	7.66-1.63-5.36/11.65-12.26-2:16.77			
5550	Mariusz Musial	Minerva	Nadderud	05-06.09.1992
	7.51-5.55-12.18/11.34-1.58-2:23.75			
5283	Markus Theodor Moen	Ullensaker/Kisa IL	Oslo/Sp	06-07.09.2013
	8.61-4.74-9.73/14.10-1.46-2:35.76			
5215	Pål Gade Halvorsen	Minerva	Nadderud	05-06.09.1992
	7.96-4.00-11.15/12.66-1.52-2:19.14			
5146	Haakon Asmyhr	Aurskog-Høland FIL	Ørsta	07-08.09.1996
	8.24-1.81-14.26/13.12-5.36-2:30.90			
5136	Martin Bjune	Minerva	Nadderud	03-04.09.1994
	7.91w-1.63-5.33/12.64-11.40-2:21.09			
5021	Sigurd Nilsen Ribbu	IL Tyrving	Sofiemyr	07-08.08.1993
	8.23-4.97-15.12/13.13-1.46-2:23.7			
5015	Maciej Musial	Minerva	Sofiemyr	07-08.08.1993
	8.17-5.50-11.68/12.67-1.58-2:25.0			
5007	Sindre Sollien	IL Tyrving	Sofiemyr	07-08.08.1993
	7.87-5.54-11.31/12.98-1.55-2:24.3			
4718	Stein Erik Lund	IL Tyrving	Nadderud	02-03.09.1995
	7.85-1.54-5.57/9.07-11.88w-2:32.37			
4676	Christian Strand	Siggerud IL	Oslo/La	21-22.06.1994
	7.85-9.60-5.28/13.05w-1.39-2:49.45			
4611	Filip Dolatowski	Minerva	Sofiemyr	07-08.08.1993
	8.42-4.97-11.79/13.42-1.40-2:23.1			
4543	Stian Tanum Sigvartsen	Minerva	Nadderud	05-06.09.1992
	8.72-4.85-12.76/13.50-1.58-2:30.2			
4412	Øystein Haagonsen Midtbøen	Nesodden IF	Oslo/La	21-22.06.1994
	8.12-13.58-5.04/14.40-1.60-2:46.81			
3950	Even Granli Jokstad	Minerva	Jessheim	14-15.08.1996
	8.61-4.74-9.73/14.10-1.46-2:35.76			

G14		36			
6-kamp M					
4961	Paul Redford	Nittedal IL		Oslo/La	26-27.05.2004
	8.2-5.25-9.79/12.8-1.65-1:39.9				
4936	Simen Sebastian Hansen	Ås IL		Oslo/Sp	05-06.09.2014
	8.25-4.99-11.66/13.81-1.45-1:40.3				
4548	Aleksander Jankov	Oppegård IL		Kristiansand	23-24.07.1990
	8.2-4.88-10.53/13.6-1.55-2:19.6				
4512	Iver Løvgaard Faksvåg	Ullensaker/Kisa IL		Oslo/Sp	08-09.09.2023
	8.45-5.00-8.67/16.09-1.48-1:31.66				
4088	Robert Hilton	Nesodden IF		Oslo/Fr	06-07.08.1990
	8.4-5.12-9.70/13.3-1.61-2:49.9				
3978	Ole Johan Aarnes	Aurskog-Høland FIL		Oslo/Fr	06-07.08.1990
	8.7-4.98-8.74/13.4-1.52-2:32.7				

6-kamp M Med 80m hekk 76.2 og lengde med sats i sone				
5588	Torbjørn Espelien	IL Tyrving	Jessheim	02-03.09.1989
	7.5-5.50-13.36/11.7-1.68-2:18.2			
5534	Tom Erik Olsen	Kløfta IL	Jessheim	03-04.09.1988
	7.7-5.83-13.10/11.8-1.70-2:25.3			
4859	Terje Selberg	Ski IL	Jessheim	03-04.09.1988
	8.4-5.03-11.51/13.4-1.49-2:14.1			
4785	Jørgen Hjelm Bakkerud	Ullensaker/Kisa IL	Jessheim	03-04.09.1988
	8.3-4.88-10.00/12.2-1.49-2:19.8			
4661	Gøran Paulsen	Kolbotn IL	Sofiemyr	08-09.08.1989
	8.40-5.26-10.31/12.9-1.69-2:25.5			

6-kamp M Med 600m - 60m hekk 76.2 og lengde med sats i sone				
4639	Eirik Reehorst	IL Tyrving	Oslo/Bi	23-24.08.2006
	7.8-5.35-9.55/13.5-1.40-1:45.0			
4375	Christer Amundsen	Ullensaker/Kisa IL	Oslo/Bi	23-24.08.2006
	8.0-5.12-9.63/14.9-1.50-1:45.6			
4085	Jonathan Joo	Ullensaker/Kisa IL	Oslo/La	18-19.05.2005
	7.9-4.64-8.67/14.1-1.50-1:53.5			
4014	Eivind Johan Folland	Ski IL	Oslo/La	19-20.05.2003
	8.5-4.93-9.19/10.2-1.52-1:55.8			

G14		37			
5-kamp kast Sl-Ku-Di-Sp-Slb					
4526	Simen Sebastian Hansen	Ås IL		Asker-Heggedal	28.09.2014
	39.73-12.09-43.38-38.08-40.02				
4473	Thor Olav Rosvold	Asker Skiklubb		Asker-Heggedal	26.09.2010
	45.05-11.08-44.89-35.62-39.54				
4369	Nikolai Grotmoll Myhre	Oppegård IL		Asker-Heggedal	24.09.2006
	41.02-10.63-38.11-36.41-39.90				
4238	Paul Redford	Nittedal IL		Asker-Heggedal	26.09.2004
	36.43-11.55-35.76-48.87-33.00				
3875	Marius Sollie	Minerva		Asker-Heggedal	23.09.2001
	27.83-11.02-31.51-46.35-43.52				
3720	Fredrik Halvorsen	Nittedal IL		Asker-Heggedal	23.09.2001
	21.81-12.33-36.98-36.19-43.10				
3499	Joakim Martinsen	Minerva		Asker-Heggedal	29.09.2013
	32.15-9.74-28.92-37.40-36.46				
3142	Magnus Kvale Thom	Asker Skiklubb		Asker-Heggedal	25.09.2011
	29.35-12.41-24.66-27.74-39.68				
2886	Bo André Bergan	Ski IL		Asker-Heggedal	28.09.2003
	41.34-10.43-27.77-31.18-31.79				
2789	Magnus Røsholm Berntsen	Aurskog-Høland FIL		Asker-Heggedal	28.09.2003
	35.39-9.36-30.84-29.45-34.78				
2738	Sindre Kvålsgard	Ski IL		Asker-Heggedal	29.09.2002
	33.87-11.35-33.70-35.04-0				
2355	Tommy Lillehagen	Asker Skiklubb		Asker-Heggedal	23.09.2001
	16.73-12.27-34.63-31.98-0				
1931	Eivind Johan Folland	Ski IL		Asker-Heggedal	28.09.2003
	21.37-11.61-21.16-30.82-33.91				
1922	Thomas Gifstad	Oppegård IL		Asker-Heggedal	23.09.2006
	20.47-7.24-22.65-31.75-28.27				
1902	Mathias Hillestad	Asker Skiklubb		Asker-Heggedal	30.09.2007
	23.94-8.67-0-22.18-35.27				
1705	Torbjørn Mannsåker	Minerva		Asker-Heggedal	23.09.2001
	23.94-8.67-0-22.18-35.27				

4-kamp kast Sl-Ku-Di-Sp				
1917	Jørgen Loennechen	IL Tyrving	Asker-Heggedal	24.09.2017
	23.41-10.35-23.58-27.74			

5-kamp kast Sl-Ku-Di-Sp-Ve				
2898	Sondre Jahren	Asker Skiklubb	Asker-Heggedal	23.09.2018
	37.60-12.54-50.40-32.31-12.19			

G13		38		
6-kamp E				
5447	Håkon Skogseid	IL Tyrving	Borre	14-15.08.2001
	8.22-5.10w-10.01/12.96w-1.53-2:20.04			
5340	Hans Åsnes Holter	IL Tyrving	Nadderud	04-05.09.1993
	7.91-4.83-9.54/12.63-1.59-2:23.1			
5056	Stein Erik Lund	IL Tyrving	Nadderud	03-04.09.1994
	8.09-1.36-4.69/9.25-12.61-2:30.81			
4977	Øystein Haagonsen Midtbøen	Nesodden IF	Nadderud	04-05.09.1993
	8.35-4.89-12.21/14.66-1.46-2:33.52			
4553	Michal Sienkiewicz	Minerva	Nadderud	03-04.09.1994
	8.48-1.36-4.45/8.93-13.60-2:38.89			
4380	Magne Skovli	IL Tyrving	Nadderud	02-03.09.1995
	8.21w-1.29-4.17/18.55-11.76-2:31.50			
4336	Rune Johansen	Siggerud IL	Oslo/La	21-22.06.1994
	8.63-10.03-4.39/15.58-1.39-2:34.77			
4135	Thomas Hansen	Siggerud IL	Oslo/La	21-22.06.1994
	8.79-10.93-4.43/15.45-1.27-2:44.56			
3952	Didrik Frydenlund	IL Tyrving	Nadderud	02-03.09.1995
	9.21-1.29-4.22/8.89-15.57-2:41.21			
3915	Bjørn Granli Jokstad	Minerva	Oslo/St	06-07.08.1997
	8.74-4.18-8.21/14.95-1.24-2:42.21			

6-kamp M				
5268	Sindre Sollien	IL Tyrving	Nadderud	06-07.09.1992
	7.9-5.12-8.86/12.39-1.47-2:26.8			
4876	Maciej Musial	Minerva	Nadderud	06-07.09.1992
	8.2-4.73-9.00/12.98-1.47-2:35.02			
4736	Michael Tomala	Minerva	Nadderud	06-07.09.1992
	8.4-4.36-7.19/13.12-1.29-2:36.04			
4003	Filip Dolatowski	Minerva	Oslo/Tr	10-11.08.1992
	8.9-4.23-9.53/15.0-1.20-2:36.4			

G13		39		
6-kamp M Lengde med sats i sone				
5789	Mariusz Musial	Minerva	Nadderud	31.8-1.9.1991
	7.8-5.72-10.90/11.6-1.50-2:26.6			
5474	Torbjørn Espelien	IL Tyrving	Jessheim	03-04.09.1988
	7.9-5.17-11.70/12.9-1.50-2:29.5			
5261	Tom Erik Olsen	Kløfta IL	Jessheim	12-13.09.1988
	8.3-5.54-9.90/12.4-1.52-2:31.6			
5011	Bjørn Olsson	Asker Skiklubb	Jessheim	03-04.09.1988
	8.9-4.89-9.31/13.2-1.59-2:28.2			
4868	Pål Gade Halvorsen	Minerva	Nadderud	31.8-1.09.1991
	8.4-5.02-10.11/14.7-1.51-2:23.7			
4820	Stian Tanum Sigvartsen	Minerva	Nadderud	31.8-1.09.1991
	8.9-4.72-10.92/13.4-1.50-2:27.2			
4126	Ole Johan Aarnes	Aurskog-Høland FIL	Sofiemyr	08-09.08.1989
	9.01-4.65-7.90/14.3-1.45-2:35.8			
4042	Jan Fredrik Edbo	IL Tyrving	Sofiemyr	08-09.08.1989
	8.38-4.04-9.65/15.0-1.42-2:41.1			

6-kamp M 600m - Lengde med sats i sone				
5366	Philip Bjørnå Berntsen	Ski IL	Horten	14-15.08.2002
	7.8-5.21(+2.8)-11.58/10.4-1.45-1:41.7			
4746	Tor Håkon Åvitsland	Ski IL	Horten	14-15.08.2002
	8.0-4.58-10.20/10.2-1.33-1:52.1			
4361	Eivind Johan Folland	Ås IL	Horten	14-15.08.2002
	8.7-4.85(+2.6)-8.85/10.2-1.51-1:59.1			
4233	Erik Haugstad	Nesodden IF	Oslo/Bi	27-28.08.2007
	8.7-4.09-6.79/10.1-1.50-1:48.5			
4016	Simen Guttormsen	Ski IL	Oslo/Sp	05-06.09.2014
	9.46-4.20-7.91/10.97-1.39-1:52.29			

6-kampE Med 600m - 60m hekk 76.2 og lengde med sats i sone				
5834	Aiden Vincent	Romerike Friidrett	Oslo/Sp	01-02.09.2017
	7.88(+0.5)-5.68(0.0)-10.98/9.58(+0.7)-1.45-1:36.19			
5269	Jonathan Hertwig-Ødegaard	IL Tyrving	Oslo/Sp	31.8-1.09.2018
	8.42+1.0-5.02-0.8-9.78/9.61+0.1-1.43-1:42.31			

5259	Mathias Bentzen Engevik	Nittedal IL	Lillestrøm	15-16.05.2009
9.46(+0.8)-4.34(+0.3)7.07/10.44(+1.4)-1.44-1:52.70				

6-kampM Med 600m - 60m hekk 76.2 og lengde med sats i sone				
4269	Christer Amundsen	Ullensaker/Kisa IL	Oslo/La	18-19.05.2005
8.4-4.63-10.24/11.5-1.45-1:56.4				

G13		40		
5-kamp kast Sl-Ku-Di-Sp-Slb				
4310	Paul Redford	Nittedal IL	Asker-Heggedal	28.09.2003
32.82-9.79-30.04-37.66-36.53				
4246	Nikolai Grotmoll Myhre	Oppegård IL	Asker-Heggedal	24.09.2005
34.62-9.87-34.61-35.02-36.27				
4200	Thor Olav Rosvold	Asker Skiklubb	Asker-Heggedal	27.09.2009
37.17-10.83-36.92-29.74-32.98				
4164	Simen Sebastian Hansen	Ås IL	Asker-Heggedal	29.09.2013
34.45-11.19-33.90-31.26-33.83				
4025	Joakim Martinsen	Minerva	Asker-Heggedal	30.09.2012
30.65-10.01-28.88-43.66-30.87				
3962	Henrik Baumann	Asker Skiklubb	Asker-Heggedal	27.09.2009
28.31-10.82-26.04-47.47-32.30				
3848	Lars Sutterud	Ullensaker/Kisa IL	Asker-Heggedal	28.09.2003
27.60-9.90-28.14-29.85-34.22				
3808	Alexander Eric Burlin	Ski IL	Asker-Heggedal	30.09.2012
27.37-10.45-25.69-39.50-33.77				
3795	Espen Lie Arnesen	Oppegård IL	Asker-Heggedal	24.09.2005
32.61-8.97-32.37-33.95-28.44				
3762	Erik Johannes Rosvold	Asker Skiklubb	Asker-Heggedal	25.09.2011
34.96-9.45-35.83-24.52-34.20				
3500	Magnus Kvale Thom	Asker Skiklubb	Asker-Heggedal	26.09.2010
31.00-11.44-26.16-26.70-30.75				
3338	Sindre Kvålsgard	Ski IL	Asker-Heggedal	23.09.2001
16.02-8.67-24.80-28.62-34.05				
3327	Jørgen Frydenlund	Minerva	Asker-Heggedal	29.09.2002
26.66-8.32-23.53-33.79-30.75				
3291	Martin Vinje	Oppegård IL	Asker-Heggedal	28.09.2008
35.61-8.85-23.42-26.74-34.09				
3248	Bo Andre Bergan	Ski IL	Asker-Heggedal	29.09.2002
32.06-8.27-23.12-26.72-30.14				
2984	Theodor Kleven Svendsen	Asker Skiklubb	Asker-Heggedal	28.09.2014
21.72-8.40-25.80-32.81-28.35				
2857	Haakon Telle Bø	IL Tyrving	Asker-Heggedal	24.09.2006

	28.67-9.47-23.88-22.67-28.14			
2845	Vladimir Vukicevic	Ski IL	Asker-Heggedal	26.09.2004
	21.54-8.69-23.83-33.40-28.49			
2837	Sondre Guttormsen	Ski IL	Asker-Heggedal	30.09.2012
	21.31-7.98-22.39-39.40-24.86			
2582	Mikkel Bugge	Asker Skiklubb	Asker-Heggedal	29.09.2002
	18.84-9.03-23.20-27.22-26.40			

G13		41		
5-kamp kast Sl-Ku-Di-Sp-Slb				
2531	Thomas Gifstad	Oppegård IL	Asker-Heggedal	24.09.2005
	20.78-7.54-26.50-28.52-25.96			
2353	Jørgen Brenna Loennechen	IL Tyrving	Asker-Heggedal	25.09.2016
	22.44-9.79-18.06-21.32-27.10			
2251	Mathias Hillestad	Asker Skiklubb	Asker-Heggedal	24.09.2006
	21.43-11.35-23.85-29.77-0			
2171	Mathias Vangsnes	Oppegård IL	Asker-Heggedal	28.09.2008
	21.76-7.85-27.40-11.36-26.93			
1899	Ole Jakob Raa	Asker Skiklubb	Asker-Heggedal	24.09.2006
	11.45-7.87-23.97-25.57-23.23			
1826	Espen Berntzen Høgstedt	Asker Skiklubb	Asker-Heggedal	26.09.2010
	17.93-6.06-20.73-23.20-26.43			

4-kamp kast Sl-Ku-Di-Sp				
2838	Felix Skare	Ski IL	Asker-Heggedal	29.09.2019
	30.26-9.17-31.54-29.35			