

Norge / Norway: 2013 - Innendørs / Indoor**Kvinner / Women 55-59 år / years**

pr. 30.06.2013 (oppdatert / updated 03.01.2014)

g - Grop / Pit (for hopp u.t. / Standing Jump Events)

u - Utendørs / Outdoor (for hopp u.t. / Standing Jump Events)

60m (K55-59)

9.40	(1)	Anny Undheim, IL Framsteg	(56)	Haugesund	03.03.2013
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200m (K55-59)

30.49	(1)	Anny Undheim, IL Framsteg	(56)	Haugesund	02.03.2013
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3000m (K55-59)

13:49.79	(2)KS	Anita Ødegaard, Ballangen Friidrett	(56)	Tromsø	02.02.2013
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60m hekk / hurdles 76.2 cm (K55-59)

10.82	(1)	Anny Undheim, IL Framsteg	(56)	Haugesund	02.03.2013
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Høyde u.t. / Standing High Jump (K55-59)

0.90	(1)	Mette Bøthun, Laksevåg T&IL	(57)	Laksevåg	26.01.2013
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Lengde / Long Jump (K55-59)

4.09	(1)	Anny Undheim, IL Framsteg	(56)	Haugesund	02.03.2013
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Lengde u.t. / Standing Long Jump (K55-59)

2.47	(1)	Inger-Lise Sundheim, Ullensaker/Kisa IL	(55)	Oslo/Bi	31.08.2012
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2.17	(1)	Anny Undheim, IL Framsteg	(56)	Haugesund	02.03.2013
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1.82	(1)	Mette Bøthun, Laksevåg T&IL	(57)	Laksevåg	26.01.2013
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Utenfor NFIF / Club outside NAA:

1.80	(2)	Ruth Solveig Terjesen, PIL Kristiansand	(57)	Oslo/Bi	31.08.2012
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1.54	(3)	Berit Rasmussen, PIL Trondheim	(56)	Oslo/Bi	31.08.2012
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1.47	(4)	Lillian Nyborg, BRING	(56)	Oslo/Bi	31.08.2012
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