

Norge / Norway: 2013 - Innendørs / Indoor**Kvinner / Women 50-54 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)**200m (K50-54)**

33.67	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Haugesund	03.03.2013
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3000m (K50-54)

12:55.3	(1)	Jorunn Helene Saltvik Winnberg, Ytterøy IL	(63)	Trondheim/Ra	11.02.2013
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Høyde / High Jump (K50-54)

1.15	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Haugesund	03.03.2013
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Høyde u.t. / Standing High Jump (K50-54)

0.98	(1)	Janice Terjesen Flaathe, Lillesand IL	(59)	Haugesund	02.03.2013
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0.95	(2)	Kate Moane Alnes, Stovnerkameratene	(61)	Haugesund	02.03.2013
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Lengde / Long Jump (K50-54)

2.80	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Haugesund	02.03.2013
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Lengde u.t. / Standing Long Jump (K50-54)

2.02	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Haugesund	02.03.2013
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1.83 <u>gu</u>	(1)45	Elise Thomassen, Porsanger IL	(63)	Lakselv	05.09.2012
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1.81	(2)	Janice Terjesen Flaathe, Lillesand IL	(59)	Haugesund	02.03.2013
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Utenfor NFIF / Club outside NAA:

1.92	(1)	Rita Normann, PIL Harstad	(60)	Oslo/Bi	31.08.2012
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Tresteg / Triple Jump (K50-54)

7.27	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Haugesund	03.03.2013
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Kule / Shot Put 3.0 kg (K50-54)

9.80	(1)	Janice Terjesen Flaathe, Lillesand IL	(59)	Haugesund	03.03.2013
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Kule / Shot Put 4.0 kg (K50-54)

8.40	(1)KS	Janice Terjesen Flaathe, Lillesand IL	(59)	Kristiansand	26.01.2013
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