

|                 |                                                      |                    |                |               |
|-----------------|------------------------------------------------------|--------------------|----------------|---------------|
| <b>J18</b>      |                                                      | <b>108</b>         |                |               |
| <b>7-kamp E</b> |                                                      |                    |                |               |
| 4919            | Caroline Fleischer                                   | Ski IL             | Konavogur, ISL | 07-08.06.2014 |
|                 | 15.35-1.0-1.74-8.19-26.91+0.3/5.61+2.1-28.31-2:13.66 |                    |                |               |
| 4619            | Kristin Lunner                                       | Aurskog-Høland FIL | Ålborg, DEN    | 16-17.07.1983 |
|                 | 15.43-1.66-9.82-27.79/4.95-36.16-2:27.69             |                    |                |               |
| 4223            | Annika Tollefsen                                     | Aurskog/Høland FIL | Trondheim/St   | 10-11.09.2011 |
|                 | 15.75-1.61-8.75-26.81/5.11-22.64-2:25.33             |                    |                |               |
| 3874            | Kamilla Brandt                                       | IL Tyrving         | Overhalla      | 02-03.09.1989 |
|                 | 16.11-7.01-1.50-26.75/5.07-23.20-2:41.5              |                    |                |               |
| 3453            | Mimi Storm Hansen                                    | IL Tyrving         | Trondheim/Le   | 03-04.07.1992 |
|                 | 18.48-1.62-7.87-28.34/4.34-21.88-2:42.2              |                    |                |               |

|                 |                                          |                |          |               |
|-----------------|------------------------------------------|----------------|----------|---------------|
| <b>7-kamp M</b> |                                          |                |          |               |
| 4634            | Lene Berger                              | IL Tyrving     | Ski      | 11-12.09.1999 |
|                 | 15.9-1.67-8.82-26.0/5.47-29.46-2:26.8    |                |          |               |
| 4577            | Siw Bakken                               | Asker Skiklubb | Nadderud | 02-03.08.1992 |
|                 | 15.7w-11.40-1.69-28.5/4.87-38.72-2:23.4  |                |          |               |
| 4142            | Berit Sylstad                            | Nittedal IL    | Moss/Me  | 02-03.06.1984 |
|                 | 16.3-1.62-8.99-27.9/4.69-33.16-2:34.6    |                |          |               |
| 4148            | Lise Margareth Jensen                    | Ski IL         | Ski      | 13-14.09.1997 |
|                 | 15.6-1.54-8.35-26.9/4.45-30.18-2:27.1    |                |          |               |
| 3818            | Berit Marstein                           | IL Tyrving     | Oslo/Bi  | 24-25.08.1983 |
|                 | 15.0-7.30-1.43-26.7/4.76w-12.78-2:26.2   |                |          |               |
| 3562            | Helga Øde                                | Ski IL         | Oslo/Bi  | 15-16.08.1985 |
|                 | 18.8-1.57-8.50-29.6/4.46-39.12-2:40.2    |                |          |               |
| 2743            | Lisa Digernes                            | Nittedal IL    | Oslo/La  | 09-10.08.1992 |
|                 | 21.94-8.29-1.31-30.84/4.20-27.26-2:42.81 |                |          |               |

|                                         |                              |       |                |            |
|-----------------------------------------|------------------------------|-------|----------------|------------|
| <b>5-kamp kast (Sl-Ku-Di-Sp-Ve9.08)</b> |                              |       |                |            |
| 2417                                    | Guro Rogstad Sørheim         | Ås IL | Asker-Heggedal | 28.09.2014 |
|                                         | 32.63-8.87-30.74-26.26-10.60 |       |                |            |

|                 |                                                              |                    |               |               |
|-----------------|--------------------------------------------------------------|--------------------|---------------|---------------|
| <b>J17</b>      |                                                              | <b>109</b>         |               |               |
| <b>7-kamp E</b> |                                                              |                    |               |               |
| 5273            | Camilla Rønning                                              | Nittedal IL        | Arna          | 26-27.05.2012 |
|                 | 14.99+2.6-1.54-16.16(3)-26.15+0.1/5.41+2.0-45.31-2:37.52     |                    |               |               |
| 4874            | Sunniva Indahl                                               | Ski IL             | Moss/Me       | 20-21.05.2023 |
|                 | 14.47-1.47-13.83-26.08/5.08-26.11-2:25.87                    |                    |               |               |
| 4766            | Caroline Fleischer                                           | Ski IL             | Huddinge, SWE | 08-09.06.2013 |
|                 | 15.16+0.2-1.71-8.79(3)-26.69-1.5/5.54+1.7-23.79(600)-2:20.45 |                    |               |               |
| 4615            | Siw Bakken                                                   | Asker Skiklubb     | Bergen/Fa     | 26-27.06.1982 |
|                 | 16.17-11.19(4)-1.60-27.88/5.19-39.38-2:31.80                 |                    |               |               |
| 4582            | Sunniva Indahl                                               | Ski IL             | Hamar         | 21-22.05.2022 |
|                 | 12.10-1.8-1.60-11.43-26.68-0.1/5.49?-18.89-2:29.45           |                    |               |               |
| 4475            | Kristin Lunner                                               | Aurskog-Høland FIL | Larvik/Lo     | 18-19.09.1982 |
|                 | 16.09-10.14(4)-1.68-28.58/5.00-33.04-2:27.5                  |                    |               |               |
| 4194            | Annika Tollefsen                                             | Aurskog-Høland FIL | Trondheim/St  | 11-12.09.2010 |
|                 | 15.44-1.58-10.50(3)-27.28/4.79-23.12-2:37.89                 |                    |               |               |
| 4148            | Berit Sylstad                                                | Nittedal IL        | Steinkjer/Gu  | 25-26.06.1983 |
|                 | 17.16-1.64-8.62(4)-27.68/4.82-37.12-2:40.50                  |                    |               |               |
| 4072            | Lene Marie Pedersen                                          | IL Tyrving         | Lunderød      | 27-28.05.1989 |
|                 | 17.12-1.54-10.26(4)-26.68/5.05-27.94-2:44.04                 |                    |               |               |
| 3891            | Miriam Barkbu                                                | IL Jardar          | Moss/Me       | 19-20.05.2023 |
|                 | 14,93(-2.0)1.44-9.04-27.73(-1.4)/5.00(+0.0)20.95-2:46.57     |                    |               |               |
| 3885            | Mimi Storm Hansen                                            | IL Tyrving         | Drammen/Ma    | 31.8-1.9.1991 |
|                 | 16.84-7.52(4)-1.68-27.44/4.88-20.74-2:42.39                  |                    |               |               |
| 3856            | Lene Berger                                                  | IL Tyrving         | Ski           | 30-31.05.1998 |
|                 | 18.31-8.64(4)-1.63-28.46/4.85-27.94-2:34.75                  |                    |               |               |
| 3558            | Maren Skaset                                                 | IL Tyrving         | Borre         | 04-05.05.1985 |
|                 | 16.20-8.52(4)-1.48-29.04/5.33w-0-2:34.76                     |                    |               |               |

|                 |                                             |               |           |               |
|-----------------|---------------------------------------------|---------------|-----------|---------------|
| <b>7-kamp M</b> |                                             |               |           |               |
| 4242            | Lene Berger                                 | IL Tyrving    | Ski       | 12-12.09.1998 |
|                 | 16.9-1.64-8.85(4)-26.8/5.00-28.60-2:28.9    |               |           |               |
| 4172            | Ellen Aasum                                 | Ski IL        | Ås        | 26-27.06.1984 |
|                 | 16.0-8.34(4)-1.75-29.1/4.48-34.34-2:34.4    |               |           |               |
| 4169            | Mette Aarheim                               | Ski IL        | Nadderud  | 03-04.09.1983 |
|                 | 15.3w-1.44-10.23(4)-27.0w/5.29-28.82-2:45.5 |               |           |               |
| 4167            | Elisabeth Skaset                            | IL Tyrving    | Overhalla | 02-03.09.1989 |
|                 | 15.91-9.19(4)-1.50-26.84/5.21-23.54-2:33.7  |               |           |               |
| 4076            | Maren Skaset                                | IL Tyrving    | Nadderud  | 30-31.05.1985 |
|                 | 15.8-1.50-8.92(4)-28.0/5.11-24.50-2:28.4    |               |           |               |
| 3980            | Anne Sofie D. Skre                          | Lørenskog FIL | Larvik/Lo | 05-06.06.1983 |
|                 | 16.2-1.50-10.74(4)-28.1w/4.84-32.82-2:20.4  |               |           |               |
| 3796            | Helga Merete Øde                            | Siggerud IL   | Oslo/Bi   | 02-03.08.1984 |
|                 | 18.0-1.58-8.13(4)-29.0/4.70-32.34-2:30.7    |               |           |               |
| 3694            | Kristine Thoresen                           | Fossum IF     | Oslo/Bi   | 17-18.06.1981 |
|                 | 16.6-9.80(4)-1.51-28.0/4.40-21.82-2:28.3    |               |           |               |
| 3676            | Kamilla Brandt                              | IL Tyrving    | Hønefoss  | 27-28.08.1988 |
|                 | 15.8-1.53-7.28(4)-27.4w/4.66-22.62-2:47.2   |               |           |               |

|                        |                                            |                    |          |               |
|------------------------|--------------------------------------------|--------------------|----------|---------------|
| <b>J17</b>             |                                            | <b>110</b>         |          |               |
| <b>7-kamp M forts.</b> |                                            |                    |          |               |
| 3553                   | Beate Schiøll                              | Nesodden IF        | Oslo/Bi  | 17-18.06.1981 |
|                        | 17.5-7.66(4)-1.39-27.2/4.88-22.44-2:35.9   |                    |          |               |
| 3427                   | Marit Rogstad                              | Ullensaker/Kisa IL | Moss/Me  | 02-03.06.1984 |
|                        | 17.0-6.98(4)-1.44-29.0/4.66-18.06-2:28.7   |                    |          |               |
| 3274                   | Marianne Johansen                          | Ski IL             | Nadderud | 30-31.05.1985 |
|                        | 19.5-1.45-9.21(4)-29.7/4.34-40.62-3:01.3   |                    |          |               |
| 3075                   | Mari Jagman                                | IL Tyrving         | Ski      | 12-13.09.1998 |
|                        | 19.1-1.52-7.12(4)-28.5/4.63-14.06-2:45.4   |                    |          |               |
| 2789                   | Mari Hauge                                 | IL Tyrving         | Ski      | 02-03.09.2006 |
|                        | 19.4-1.37-7.21(3)-29.3/4.01-13.21-2:34.5   |                    |          |               |
| 2706                   | Kristin Lie                                | Ski IL             | Ski      | 28-29.05.1988 |
|                        | 19.6-1.41-7.19(4)-32.1w/4.11w-28.40-2:55.3 |                    |          |               |
| 2698                   | Gro Helen Randem                           | Strømmen IF        | Jessheim | 29-30.06.1986 |
|                        | 20.8w-1.26-7.54(4)-29.7w-4.17-15.86-2:30.1 |                    |          |               |

|                                         |                                 |                |                |            |
|-----------------------------------------|---------------------------------|----------------|----------------|------------|
| <b>5-kamp kast (Sl-Ku-Di-Sp-Ve9.08)</b> |                                 |                |                |            |
| 3424                                    | Elisabeth Thon Rosvold          | Asker Skiklubb | Asker-Heggedal | 29.09.2019 |
|                                         | 48.23-12.28-42.52-22.20-15.27   |                |                |            |
| 2804                                    | Katja Vangsnes                  | Oppegård IL    | Asker-Heggedal | 30.09.2007 |
|                                         | 50.37-7.54(3)-27.11-28.61-12.32 |                |                |            |
| 2055                                    | Agnes Rogstad Sørheim           | Ås IL          | Asker-Heggedal | 24.09.2017 |
|                                         | 39.19-8.50-19.70-18.56-8.41     |                |                |            |
| 1941                                    | Charlotte Aanonsen              | Asker Skiklubb | Asker-Heggedal | 24.09.2006 |
|                                         | 24.31-9.24(4)-25.39-19.89-8.92  |                |                |            |
| 1895                                    | Guro Rogstad Sørheim            | Ås IL          | Asker-Heggedal | 29.09.2013 |
|                                         | 38.70-8.85-28.20-0-7.28         |                |                |            |
| 1794                                    | Line Kloster                    | Asker Skiklubb | Asker-Heggedal | 30.09.2007 |
|                                         | 24.31-9.24(3)-25.39-19.89-8.92  |                |                |            |

|                 |                                                           |                    |  |                |               |
|-----------------|-----------------------------------------------------------|--------------------|--|----------------|---------------|
| <b>J16</b>      |                                                           | <b>111</b>         |  |                |               |
| <b>7-kamp E</b> |                                                           |                    |  |                |               |
| 4966            | Hedda Marie Hauge                                         | Ski IL             |  | Kourtane, FIN  | 10-11-06.2017 |
|                 | 14.74+0.4-1.65-10.85-26.33-0.3/5.48+1.0-29.54-2:23.50     |                    |  |                |               |
| 4874            | Susanne T. Amundsen                                       | Asker Skiklubb     |  | Moss/Me        | 20-21.05.2023 |
|                 | 12.03-1.51-12.31-26.72/5.08-35.39-2:20.78                 |                    |  |                |               |
| 4659            | Camilla Rønning                                           | Nittedal IL        |  | Trondheim/St   | 10-11.09.2011 |
|                 | 16.63-1.41-15.13-26.08/5.26-41.84-2:46.31                 |                    |  |                |               |
| 4592            | Ingborg Rønningen                                         | Ski IL             |  | Trondheim/St   | 11-12-09-2010 |
|                 | 15.80-1.45-10.60-27.18/5.20-41.90-2:29.17                 |                    |  |                |               |
| 4413            | Kine Aaltvedt                                             | Minerva            |  | Trondheim/St   | 01-02.09.2007 |
|                 | 15.08-1.40-9.70-26.29/5.36-34.30-2:40.29                  |                    |  |                |               |
| 4119            | Anastasia Schnell                                         | IL Tyrving         |  | Arna           | 20-21-05.2017 |
|                 | 16.17-2.7-1.54-9.35-28.24-0.9/4.97+0.6-25.32-600-2:27.79  |                    |  |                |               |
| 4117            | Charlotte Aanonsen                                        | Asker Skiklubb     |  | Drammen/Ma     | 23-24.07.2005 |
|                 | 15.54-1.46-12.51(3)-27.04(+2.7)/4.74-27.64-2:52.03        |                    |  |                |               |
| 4065            | Lise Margareth Jensen                                     | Ski IL             |  | Ski            | 10-11.06.1995 |
|                 | 16.12-4.46-7.94-27.19/29.62-1.53-2:26.90                  |                    |  |                |               |
| 4044            | Frida Rimstad                                             | Ullensaker/Kisa IL |  | Moss/Me        | 19-20.05.2023 |
|                 | 12.82(-1.9)1.54-10.53-27.63(-1.1)/5.34(-0.2)24.03-2:54.02 |                    |  |                |               |
| 3991            | Lene Berger                                               | IL Tyrving         |  | Nadderud       | 26-27.05.1987 |
|                 | 17.57-9.20-1.57-27.47/5.08-27.16-2:37.06                  |                    |  |                |               |
|                 |                                                           |                    |  |                |               |
| 3776            | Anika Tollefsen                                           | Aurskog-Høland FIL |  | Arendal        | 24-25.05.2009 |
|                 | 16.03-1.50-9.38-28.18/4.77-23.89-2:48.50                  |                    |  |                |               |
| 3608            | Silje Helmersen                                           | IL Tyrving         |  | Fredrikstad/Li | 20-21.06.1995 |
|                 | 13.81-1.41-10.23-28.36/4.56-30.76-2:50.94                 |                    |  |                |               |
| 3090            | Anna Overvoll                                             | Ås IL              |  | Moss/Me        | 19-20.05.2023 |
|                 | 14.44(-1.9)1.21-7.74-29.50(-1.8)/4.49(+1.3)17.40-2:29.29  |                    |  |                |               |
| 2923            | Mari Jagman                                               | IL Tyrving         |  | Oslo/St        | 06-07.08.1997 |
|                 | 20.94-8.62-1.48-29.26/3.28-17.44-2:51.56                  |                    |  |                |               |
| 2552            | Ebba Beyer                                                | Ullensaker/Kisa IL |  | Nittedal       | 30-31.08.2014 |
|                 | 2.44-0.4-1.45-9.90-32.45-0.1/3.98-0.4-25.88-3:24.81       |                    |  |                |               |

|                 |                                       |                |  |          |               |
|-----------------|---------------------------------------|----------------|--|----------|---------------|
| <b>7-kamp M</b> |                                       |                |  |          |               |
| 3171            | Anette Tryti                          | Ski IL         |  | Ski      | 11-12.09.1999 |
|                 | 17.8-1.49-6.78-29.2/4.54-18.84-2:43.9 |                |  |          |               |
| 2993            | Anne Aasprong                         | Asker Skiklubb |  | Nadderud | 26-27.05.1987 |
|                 | 17.5-7.59-1.45-28.3/4.20-11.14-2:49.7 |                |  |          |               |

|                               |                                          |        |  |     |               |
|-------------------------------|------------------------------------------|--------|--|-----|---------------|
| <b>7-kamp E Seniorøvelser</b> |                                          |        |  |     |               |
| 4065                          | Lise Margareth Jensen                    | Ski IL |  | Ski | 10-11.06.1995 |
|                               | 16.12-1.53-7.94-27.19/4.46-29.62-2:26.90 |        |  |     |               |

|                               |                                        |                    |              |               |
|-------------------------------|----------------------------------------|--------------------|--------------|---------------|
| <b>J16</b>                    |                                        | <b>112</b>         |              |               |
| <b>7-kamp M Seniorøvelser</b> |                                        |                    |              |               |
| 3889                          | Kristin Lunner                         | Aurskog-Høland FIL | Trondheim/La | 19-20.09.1981 |
|                               | 17.5-9.30-1.62-29.6/4.71w-36.26-2:41.2 |                    |              |               |
| 3171                          | Anette Tryti                           | Ski IL             | Ski          | 11-12.09.1999 |
|                               | 17.8-1.49-6.78-29.2/4.54-18.84-2:43.9  |                    |              |               |

|                                |                            |         |                |            |
|--------------------------------|----------------------------|---------|----------------|------------|
| <b>4-kamp kast SI-Ku-Di-Sp</b> |                            |         |                |            |
| 3012                           | Katrin Mella               | Minerva | Asker-Heggedal | 23.09.2001 |
|                                | 33.66(4)-10.10-31.40-29.40 |         |                |            |
| 1844                           | Katrine Bråthen            | Minerva | Asker-Heggedal | 28.09.2003 |
|                                | 30.53(3)-10.00-25.84-27.28 |         |                |            |

|                                          |                                              |                |                |            |
|------------------------------------------|----------------------------------------------|----------------|----------------|------------|
| <b>5-kamp kast SI-Ku-Di-Sp-Vekt 9.08</b> |                                              |                |                |            |
| 2650                                     | Elisabeth Thon Rosvold                       | Asker Skiklubb | Asker-Heggedal | 23.09.2018 |
|                                          | 48.21(3)-12.38(3)-0-19.29(500)14.90(7.26)    |                |                |            |
| 2598                                     | Susanne T. Amundsen                          | Asker Skiklubb | Asker-Heggedal | 24.09.2023 |
|                                          | 27.09-12.04-35.38-31.51-9.03                 |                |                |            |
| 2354                                     | Malin Pettersen                              | IL Tyrving     | Asker-Heggedal | 28.09.2008 |
|                                          | 34.06(4)-9.33-28.63-21.22-10.74              |                |                |            |
| 2347                                     | Ida Pedersen Amble                           | IL Tyrving     | Asker-Heggedal | 24.09.2023 |
|                                          | 36.86-9.23-28.87-19.02-10.59                 |                |                |            |
| 2201                                     | Tiril Lappegård                              | Nittedal IL    | Asker-Heggedal | 29.09.2010 |
|                                          | 37.54(3)10.22(3)-0(1)-18.14(500)-14.33(7.26) |                |                |            |
| 2131                                     | Ida Petersen Amble                           | IL Tyrving     | Asker-Heggedal | 25.09.2022 |
|                                          | 32.25-8.49-25.89-18.43-10.32                 |                |                |            |
| 1823                                     | Martine Brenna Steinbakken                   | Minerva        | Asker-Heggedal | 24.09.2006 |
|                                          | 22.49(4)-8.23-20.44-33.87-5.80               |                |                |            |
| 1784                                     | Charlotte Aanonsen                           | Asker Skiklubb | Asker-Heggedal | 24.09.2005 |
|                                          | 33.66(4)-10.10-31.40-29.40-0                 |                |                |            |

|                 |                                                                         |                    |  |            |               |
|-----------------|-------------------------------------------------------------------------|--------------------|--|------------|---------------|
| <b>J15</b>      |                                                                         | <b>113</b>         |  |            |               |
| <b>7-kamp E</b> |                                                                         |                    |  |            |               |
| 4873            | Susanne T. Amundsen                                                     | Asker Skiklubb     |  | Hamar      | 21-22.05.2022 |
|                 | 12.39-1.8-1.45-11.92-26.23-0.1/5.39+0.9-35.88-2:18.64                   |                    |  |            |               |
| 4654            | Mia Haave                                                               | IL Tyrving         |  | Drammen/Ma | 23-24.07.2005 |
|                 | 12.21(76.2)-10.73(3)-1.67-26.81(+2.7)/5.07-35.34-2:40.15                |                    |  |            |               |
| 4371            | Cassandra Ø. Nilsen                                                     | Nittedal IL        |  | Hamar      | 21-22-08.2021 |
|                 | 11.83(76.2) +1.0-1.28-11.58(3)26.95-1.2/5.21+0.3-28.78-2:29.34          |                    |  |            |               |
| 4355            | Lotte Selvåg Nordås                                                     | Romerike Friidrett |  | Nittedal   | 23-24-05.2015 |
|                 | 13.12(76.2)+1.4-11.64(3)-1.57-28.69-1.9/4.53-39.12-400g-2:30.80         |                    |  |            |               |
| 4307            | Hedda Kjølberg Hauge                                                    | Ski IL             |  | Nittedal   | 21-22.05.2016 |
|                 | 12.63-0-3-9.39-3k-1.61-27.46-2.5/4.89+2.1-30.85-400g-2:34.97            |                    |  |            |               |
| 4216            | Marie Skjeggestad                                                       | IL Tyrving         |  | Nittedal   | 30-31.08.2014 |
|                 | 12.20-0.9-8.68-1.54-26.44-0.2/4.27-0.2-21.03-2:16.99                    |                    |  |            |               |
| 4166            | Charlotte Aanonsen                                                      | Asker Skiklubb     |  | Nadderud   | 04-05.09.2004 |
|                 | 13.12-11.85-1.53-27.45(+3.1)/4.44-40.00-2:52.93                         |                    |  |            |               |
| 3923            | Lene Berger                                                             | IL Tyrving         |  | Nadderud   | 14-15.09.1996 |
|                 | 13.99-1.59-8.55-27.27/5.29-20.74-2:37.34                                |                    |  |            |               |
| 3910            | Tale Ørving                                                             | Minerva            |  | Nadderud   | 04-05.09.2004 |
|                 | 12.52-7.84-1.56-26.86/4.93-24.05-2:51.59                                |                    |  |            |               |
| 3740            | Annika Tollefsen                                                        | Aurskog-Høland FIL |  | Overhalla  | 23-24.08.2008 |
|                 | 12.82(-0.5)-9.31-1-55-28-20(0.0)/4.96(+5.0)-26.03-3:07.29               |                    |  |            |               |
|                 |                                                                         |                    |  |            |               |
| 3579            | Marit Kongtorp                                                          | Aurskog-Høland FIL |  | Lisleby    | 20-21.06.1995 |
|                 | 13.82-10.32-1.41-28.68/4.47-28.16-2:44.89                               |                    |  |            |               |
| 3458            | Marte Aaltvedt                                                          | Minerva            |  | Nadderud   | 04-05.09.2004 |
|                 | 13.17-9.35-1.38-29.12/4.22-31.08-2:54.82                                |                    |  |            |               |
| 3211            | Marte Kristine Sørhagen                                                 | Minerva            |  | Nadderud   | 04-05.09.2004 |
|                 | 13.13-8.16-1.41/28.67-4.47-19.23-3:03.35                                |                    |  |            |               |
| 3070            | Sara Guttormsen                                                         | Ski IL             |  | Fagernes   | 08-09.08.2020 |
|                 | 14.02(hekk)-1.2-8.77(3)-1.26-29.05+0.4/4.38-1.0-26.30(500)-3:02.20(800) |                    |  |            |               |
| 2994            | Siri Westengen                                                          | Asker Skiklubb     |  | Oslo/St    | 06-07.08.1997 |
|                 | 14.98-7.61-1.45-28.47/4.27-18.18-2:54.35                                |                    |  |            |               |
| 2749            | Cornelia Ricanek                                                        | IL Jardar          |  | Moss/Me    | 19-20.05.2023 |
|                 | 14.57(-1.8)1.38-6.67-30.86(-2.7)3.94(-0.1-13.75-2:40.43                 |                    |  |            |               |

|                 |                                        |                    |  |            |               |
|-----------------|----------------------------------------|--------------------|--|------------|---------------|
| <b>7-kamp M</b> |                                        |                    |  |            |               |
| 3958            | Annika Tollefsen                       | Aurskog-Høland FIL |  | Ski        | 13-14.09.2008 |
|                 | 12.8-9.43-1.52-28.0/5.01-27.76-2:43.6  |                    |  |            |               |
| 3870            | Elisabeth Skaset                       | IL Tyrving         |  | Nadderud   | 26-27.05.1987 |
|                 | 15.7-9.64-1.45-26.7/4.82-16.28-2:35.3  |                    |  |            |               |
| 3810            | Lene Marie Pedersen                    | IL Tyrving         |  | Nadderud   | 26-27.05.1987 |
|                 | 16.0-10.40-1.50-26.7/4.76-21.52-2:48.6 |                    |  |            |               |
| 3559            | Kristin Skolt                          | IL Tyrving         |  | Ski        | 12-13.09.2009 |
|                 | 13.4-8.62-1.51-30.1/4.46-21.09-2:29.4  |                    |  |            |               |
| 3151            | Weronica Rundqvist                     | Minerva            |  | Drammen/Ma | 12-13.06.1993 |
|                 | 14.6-19.42-28.8/4.23-9.89-1.10-2:42.4  |                    |  |            |               |

|                        |                                             |                    |          |               |
|------------------------|---------------------------------------------|--------------------|----------|---------------|
| <b>J15</b>             |                                             | <b>114</b>         |          |               |
| <b>7-kamp M forts.</b> |                                             |                    |          |               |
| 3143                   | Katrine Kjensli                             | Nesodden IF        | Oslo/La  | 07-08.08.1991 |
|                        | 19.1-8.96-1.34-28.8/4.80-17.50-2:40.0       |                    |          |               |
| 2775                   | Lisa Digernes                               | Nittedal IL        | Oslo/La  | 20-21.06.1989 |
|                        | 22.3-7.38-1.32-29.3/3.99-20.80-2:34.7       |                    |          |               |
| 2749                   | Tonje Berg                                  | Ullensaker/Kisa IL | Oslo/Tr  | 05-06.06.2000 |
|                        | 1.28-31.24-200-8.47/16.28-4.10-26.32-2:50.7 |                    |          |               |
| 2433                   | Anja Ruud                                   | Ski IL             | Ski      | 15-16.09.2007 |
|                        | 15.7-5.77-1.38-29.7/3.74-16.96-2:58.1       |                    |          |               |
| 2212                   | Anne Marte Bakken                           | IL Tyrving         | Nadderud | 26-27.05.1987 |
|                        | 17.6-9.74-1.50-28.5/4.59-29.92-2:51.4       |                    |          |               |
| 2168                   | Eva Mette Selmer                            | IL Tyrving         | Nadderud | 26-27.05.1987 |
|                        | 17.2-8.78-1.45-28.1/4.53-19.14-2:53.9       |                    |          |               |

|                         |                                      |                                       |         |               |
|-------------------------|--------------------------------------|---------------------------------------|---------|---------------|
| <b>7-kamp M med 60m</b> |                                      | <b>Utregnet etter Tyrvingtabellen</b> |         |               |
| 4794                    | Caroline Fleischer                   | Oppegård IL                           | Oslo/Be | 09-10.09.2011 |
|                         | 9.0(-0.6)-4.66-6.91/13.7-1.55-1:47.5 |                                       |         |               |

|                                |                          |                    |                |            |
|--------------------------------|--------------------------|--------------------|----------------|------------|
| <b>4-kamp kast Sl-Di-Ku-Sp</b> |                          |                    |                |            |
| 2652                           | Tonje Berg               | Ullensaker/Kisa IL | Asker-Heggedal | 30.09.2000 |
|                                | 19.95-29.85-8.43-26.30   |                    |                |            |
| 2248                           | Irene Spersrud           | Minerva            | Asker-Heggedal | 30.09.2000 |
|                                | 17.72-21.16-7.43-15.94   |                    |                |            |
| 1807                           | Marte Aaltvedt           | Minerva            | Asker-Heggedal | 26.09.2004 |
|                                | 30.81-9.16-25.49-28.20sp |                    |                |            |
| 1751                           | Charlotte Aanonsen       | Asker Skiklubb     | Asker-Heggedal | 26.09.2004 |
|                                | 0-10.65-33.82-38.78sp    |                    |                |            |

|                                               |                               |                    |                |            |
|-----------------------------------------------|-------------------------------|--------------------|----------------|------------|
| <b>5-kamp kast Sl3-Di750-Ku3-Sp400-Ve9.08</b> |                               |                    |                |            |
| 3156                                          | Elisabeth Rosvold             | Asker Skiklubb     | Asker-Heggedal | 24.09.2017 |
|                                               | 43.31-45.00-12.17-16.61-13.73 |                    |                |            |
| 2816                                          | Katja Vangsnes                | Oppegård IL        | Asker-Heggedal | 24.09.2006 |
|                                               | 49.45-8.26-27.1432.92-10.75   |                    |                |            |
| 2741                                          | Susanne Tveit Amundsen        | Asker Skiklubb     | Asker-Heggedal | 25.09.2022 |
|                                               | 26.50-11.13-40.71-33.91-10.12 |                    |                |            |
| 2472                                          | Clara Helland                 | IL Tyrving         | Asker-Heggedal | 27.09.2009 |
|                                               | 27.52-9.82-31.41-39.70-7.86   |                    |                |            |
| 2204                                          | Silje Disserud                | Ullensaker/Kisa IL | Asker-Heggedal | 24.09.2006 |
|                                               | 29.27-11.21-22.21-32.04-6.55  |                    |                |            |
| 2184                                          | Ane Dahlen                    | IL Tyrving         | Asker-Heggedal | 27.09.2009 |
|                                               | 25.01-10.03-24.60-39.31-5.98  |                    |                |            |
| 1795                                          | Martine Brenna Steinbakken    | Minerva            | Asker-Heggedal | 24.09.2005 |
|                                               | 23.58-8.06-23.60-29.63-5.52   |                    |                |            |
| 1782                                          | Line Kloster                  | Asker Skiklubb     | Asker-Heggedal | 24.09.2005 |
|                                               | 19.25-9.39-19.05-35.24-4.95   |                    |                |            |
| 1763                                          | Agnes Rogstad Sørheim         | Ås IL              | Asker-Heggedal | 27.09.2015 |

31.41-8.01-17.06-14.78-8.81

|                 |                                                           |                    |  |            |               |
|-----------------|-----------------------------------------------------------|--------------------|--|------------|---------------|
| <b>J14</b>      |                                                           | <b>115</b>         |  |            |               |
| <b>6-kamp E</b> |                                                           |                    |  |            |               |
| 5602            | Tonje Ørving                                              | Minerva            |  | Ørsta      | 07-08.09.1996 |
|                 | 8.24-4.73-9.52/12.24-1.46-2:40.60                         |                    |  |            |               |
| 5416            | Rikke Sollie                                              | Minerva            |  | Ørsta      | 07-08.09.1996 |
|                 | 8.48-4.63-9.05/12.26-1.49-2:46.38                         |                    |  |            |               |
| 5402            | Lotte Selvåg Nordås                                       | Romerike Friidrett |  | Lillestrøm | 19-20.09.2014 |
|                 | 8.89+0.1-4.22+0.1-10.55(3) /10.05(76.2) +0.4-1.49-1:43.89 |                    |  |            |               |
| 5358            | Katrine Bråthen                                           | Minerva            |  | Borre      | 14-15.08.2001 |
|                 | 8.52-4.67w-8.57/12.68w-1.50-2:44.10                       |                    |  |            |               |
| 5265            | Ingrid Bernice Folland                                    | Ås IL              |  | Oslo/St    | 06-07.08.1997 |
|                 | 8.17-4.91-8.02/12.89-1.47-2:52.76                         |                    |  |            |               |
| 5260            | Nina Johannessen                                          | Minerva            |  | Nadderud   | 05-06.09.1992 |
|                 | 8.28-5.04-7.38/12.84-1.34-2:41.4                          |                    |  |            |               |
| 5145            | Marianne Asak                                             | Minerva            |  | Ørsta      | 07-08.09.1996 |
|                 | 8.86-4.70-8.44/13.18-1.46-2:45.08                         |                    |  |            |               |
| 5071            | Linn Jeanette Linnerud                                    | Minerva            |  | Ørsta      | 07-08.09.1996 |
|                 | 8.76-4.50-8.46/13.50-1.34-2:39.02                         |                    |  |            |               |
| 5045            | Lene Berger                                               | IL Tyrving         |  | Drammen/Ma | 06-07.06.1995 |
|                 | 8.41-5.05-8.22/14.21w-1.44-2:38.54                        |                    |  |            |               |
|                 |                                                           |                    |  |            |               |
| 4996            | Silje Helmersen                                           | IL Tyrving         |  | Nadderud   | 03-04.09.1993 |
|                 | 8.50-4.87-9.56/14.41-1.35-2:51.1                          |                    |  |            |               |
| 4681            | Martine Bjugan Aam                                        | Ski IL             |  | Oslo/Sp    | 31.8-1.9.2018 |
|                 | 8.88-4.59-8.35/10.51-1,34.2:01.3                          |                    |  |            |               |
| 4550            | Elena White                                               | Gui SK             |  | Moss/Me    | 19-20.05.2023 |
|                 | 5.78-8.89-4.59/10.86-(1.4)1.49-1:55.62                    |                    |  |            |               |

|                 |                                 |                    |            |               |
|-----------------|---------------------------------|--------------------|------------|---------------|
| <b>6-kamp M</b> |                                 |                    |            |               |
| 4898            | Lisa Svarva                     | IL Tyrving         | Oslo/La/Tr | 20-21.08.1994 |
|                 | 8.4-4.21-8.02/14.3-1.30-2:33.7  |                    |            |               |
| 4820            | Weronica Rundqvist              | Minerva            | Oslo/Tr    | 10-11.08.1992 |
|                 | 8.4-3.97-8.83/14.3-1.29-.2:39.2 |                    |            |               |
| 4721            | Marit Kongtorp                  | Aurskog-Høland FIL | Mora, SWE  | 22-23.07.1994 |
|                 | 8.8-4.39-9.89/14.2-1.33-2:53.4  |                    |            |               |

|                          |                                                     |                    |            |               |
|--------------------------|-----------------------------------------------------|--------------------|------------|---------------|
| <b>6-kamp E med 600m</b> |                                                     |                    |            |               |
| 5696                     | Frida Rimstad                                       | Raumnes & Årnes IL | Oslo/Sp    | 03-04.09.2021 |
|                          | 8.64+1.0-5.10+0.0-10.36/9.99+0.8-1.51-1:42.10       |                    |            |               |
| 5188                     | Matea Kjærnes                                       | Strømmen IF        | Oslo/Sp    | 03-04.09.2010 |
|                          | 8.48-8.77-4.81/9.76-1.40-1:56.15                    |                    |            |               |
| 5351                     | Anastasia Schnell                                   | IL Tyrving         | Oslo/SP    | 28-29.08.2015 |
|                          | 8.75(+0.1)-4.43(+0.1)-8.46/10.21(+0.6)-1.55-1:42.9  |                    |            |               |
| 5066                     | Camilla Olsen                                       | Strømmen IF        | Lillestrøm | 15-16.09.2009 |
|                          | 8.85(-2.1)-4.68(+0.5)-9.56/10.06(+0.8)-1.32-1:54.17 |                    |            |               |
| 4764                     | Anna Synnøve Holen                                  | IL Tyrving         | Lillestrøm | 15-16-05.2009 |
|                          | 9.00(-2.1)4.61(0)-6.84/10.36(+0.8)-1.47-1:53.17     |                    |            |               |



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|--------------------------|----------------------------------|--------------------|---------|---------------|
|                          |                                  |                    |         |               |
| <b>J14</b>               |                                  | <b>116</b>         |         |               |
| <b>6-kamp M med 600m</b> |                                  |                    |         |               |
| 5364                     | Kine Aaltvedt                    | Minerva            | Oslo/La | 18-19.05.2005 |
|                          | 8.1-4.82-8.71/9.4-1.40-1:53.1    |                    |         |               |
| 5307                     | Linn Helene Bakke                | Ullensaker/Kisa IL | Oslo/La | 18-19.05.2005 |
|                          | 8.0-4.69-8.27/9.6-1.60-1:58.3    |                    |         |               |
| 5252                     | Mia Haave                        | IL Tyrving         | Oslo/La | 26-27.05.2004 |
|                          | 8.4-5.00-9.88/10.2-1.55-1:58.2   |                    |         |               |
| 5152                     | Ingeborg S. Rønningen            | Ski IL             | Oslo/Bi | 27-28.08.2008 |
|                          | 8.49-4.71-8.44/9.95-1.25-1:49.2  |                    |         |               |
| 5062                     | Lene Marie Hansen                | Nittedal IL        | Oslo/Bi | 27-28.08.2007 |
|                          | 8.3-5.00-9.05/9.8-1.40-2:04.2    |                    |         |               |
| 4789                     | Stella Seraina Wang              | Romerike Friidrett | Oslo/Sp | 01-02.09.2017 |
|                          | 8.36-4.57-8.40/10.25-1.21-2:01.1 |                    |         |               |
| 4752                     | Karin Busch                      | IL Tyrving         | Oslo/Bi | 23-24.08.2006 |
|                          | 8.5-4.82-6.87/10.3-1.45-1:57.5   |                    |         |               |
| 4666                     | Annika Tollefsen                 | Aurskog-Høland     | Oslo/Bi | 27-28.08.2007 |
|                          | 8.7-4.85-8.53/10.5-1.45-2:07.2   |                    |         |               |
| 4655                     | Tale Ørving                      | Minerva            | Oslo/La | 19-20.05.2003 |
|                          | 8.6-4.74-7.37/10.5-1.48-2:05.8   |                    |         |               |

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|----------------------------------------|-----------------------------------|--------------------|----------|---------------|
| <b>6-kamp E Lengde med sats i sone</b> |                                   |                    |          |               |
| 4950                                   | Kristin Lunner                    | Ullensaker/Kisa IL | Lunderød | 27-28.05.1989 |
|                                        | 9.05-4.91-7.31/10.59-1.63-2:39.75 |                    |          |               |

|                                        |                                |                    |          |               |
|----------------------------------------|--------------------------------|--------------------|----------|---------------|
| <b>6-kamp M Lengde med sats i sone</b> |                                |                    |          |               |
| 5206                                   | Kristin Urnes                  | Ullensaker/Kisa IL | Jessheim | 02-03.09.1989 |
|                                        | 8.7-5.16-8.31/10.5-1.64-2:36.7 |                    |          |               |

|                                            |                                         |                    |                |            |
|--------------------------------------------|-----------------------------------------|--------------------|----------------|------------|
| <b>4-kamp kast Slegge-Kule-Diskos-Spyd</b> |                                         |                    |                |            |
| 3949                                       | Hanna Emilie Hjeltnes                   | Ullensaker/Kisa IL | Asker-Heggedal | 23.09.2018 |
|                                            | 36.39(3)-12.53(3)-40.02(750)-32.61(400) |                    |                |            |
| 3793                                       | Ellevine Skare                          | Ski IL             | Asker-Heggedal | 29.09.2018 |
|                                            | 34.34(3)-11.69(3)-29.27(750)-43.56(400) |                    |                |            |

| <b>J14</b>                                    |                                |                | <b>117</b>     |            |
|-----------------------------------------------|--------------------------------|----------------|----------------|------------|
| <b>5-kamp kast Sl3-Di600-Ku3-Slb1-Spyd400</b> |                                |                |                |            |
| 4538                                          | Charlotte Aanonsen             | Asker Skiklubb | Asker-Heggedal | 28.09.2003 |
|                                               | 25.17-11.45-30.03-37.45-36.68  |                |                |            |
| 4468                                          | Clara Hallan Larsen            | IL Tyrving     | Asker-Heggedal | 28.09.2008 |
|                                               | 24.84-9.40-31.69-39.36-32.08   |                |                |            |
| 4400                                          | Katja Vangsnes                 | Oppegård IL    | Asker-Heggedal | 24.09.2005 |
|                                               | 42.84-8.62-24.03-33.05-35.13   |                |                |            |
| 4268                                          | Ane Dahlen                     | IL Tyrving     | Asker-Heggedal | 28.09.2008 |
|                                               | 24.62-9.30-25.84-37.35-32.95   |                |                |            |
| 4227                                          | Kine Aaltvedt                  | Minerva        | Asker-Heggedal | 24.09.2005 |
|                                               | 30.64-8.60-23.10-38.18-32.79   |                |                |            |
| 4152                                          | Vilde Indseth Holten           | Minerva        | Asker-Heggedal | 26.09.2010 |
|                                               | 40.62-11.24-32.04-21.86-29.06  |                |                |            |
| 3397                                          | Helle Christiansen             | Vestby IL      | Asker-Heggedal | 24.09.2006 |
|                                               | 25.56-8.46-21.80-27.04-28.20   |                |                |            |
| 3223                                          | Elisabeth Thon Rosvold         | Asker Skiklubb | Asker-Heggedal | 25.09.2016 |
|                                               | 35.21-0-38.58-37.32-22.15      |                |                |            |
| 3130                                          | Lisa Kristine Farstad          | Minerva        | Asker-Heggedal | 28.09.2008 |
|                                               | 38.72-8.99-17.71-17.78-30.54   |                |                |            |
| 3091                                          | Ida Nesse                      | IL Tyrving     | Asker-Heggedal | 24.09.2006 |
|                                               | 24.63-7.76-20.51-29.20-24.00   |                |                |            |
|                                               |                                |                |                |            |
| 2793                                          | Marte Aaltvedt                 | Minerva        | Asker-Heggedal | 28.09.2003 |
|                                               | 28.05-8.28-0-23.81-28.89       |                |                |            |
| 2687                                          | Katrine Bråthen                | Minerva        | Asker-Heggedal | 23.09.2001 |
|                                               | 23.66-7.98-20.60-22.20-25.40   |                |                |            |
| 2514                                          | Ida Elise Høgstad              | Minerva        | Asker-Heggedal | 24.09.2006 |
|                                               | 19.40-7.99-15.60-24.40-27.47   |                |                |            |
| 2506                                          | Cecilie Pettersen              | Minerva        | Asker-Heggedal | 23.09.2001 |
|                                               | 18.84-6.89-24.52-20.76-27.37   |                |                |            |
| 2466                                          | Martine Brenna Steinbakken     | Minerva        | Asker-Heggedal | 26.09.2004 |
|                                               | 15.80-6.74-19.33-30.10-23.44sb |                |                |            |
| 2249                                          | Marit Berntzen Høgstedt        | Asker Skiklubb | Asker-Heggedal | 28.09.2014 |
|                                               | 21.29-8.40-26.48-16.62-24.84   |                |                |            |

|                 |                                   |                    |         |               |
|-----------------|-----------------------------------|--------------------|---------|---------------|
| <b>J13</b>      |                                   | <b>118</b>         |         |               |
| <b>6-kamp E</b> |                                   |                    |         |               |
| 4800            | Helen Christine Pedersen          | Minerva            | Oslo/La | 21-22.06.1994 |
|                 | 9.09-7.15-3.94/9.98-1.35-3:00.74  |                    |         |               |
| 4685            | Ragnhild Nilsen                   | Aurskog-Høland FIL | Oslo/La | 21-22.06.1994 |
|                 | 8.95-8.45-3.95/10.57-1.29-3:07.29 |                    |         |               |

|                 |                                  |                    |          |               |
|-----------------|----------------------------------|--------------------|----------|---------------|
| <b>6-kamp M</b> |                                  |                    |          |               |
| 5342            | Victoria Eriksen (5221p-2002T.)  | Minerva            | Nadderud | 05-06.09.1992 |
|                 | 8.38-4.59-8.54/10.10-1.30-2:51.1 |                    |          |               |
| 4935            | Marit Kongtorp                   | Aurskog-Høland FIL | Nadderud | 03-04.09.1993 |
|                 | 9.00-4.16-9.17/11.00-1.33-2:49.2 |                    |          |               |
| 4898            | Lisa Svarva                      | IL Tyrving         | Nadderud | 03-04.09.1993 |
|                 | 8.81-3.93-7.04/11.33-1.24-2:34.2 |                    |          |               |
| 4792            | Katrine Bråthen                  | Minerva            | Oslo/Tr  | 05-06.06.2000 |
|                 | 8.95-6.65-4.21/11.1-1.35-2:48.6  |                    |          |               |
| 4684            | Silje Helmersen                  | IL Tyrving         | Nadderud | 05-06.09.1992 |
|                 | 8.73-4.31-8.43/12.34-1.33-2:55.6 |                    |          |               |

|                                        |                                     |                    |          |                |
|----------------------------------------|-------------------------------------|--------------------|----------|----------------|
| <b>6-kamp M Lengde med sats i sone</b> |                                     |                    |          |                |
| 5437                                   | Kristin Urnes                       | Ullensaker/Kisa IL | Jessheim | 03-04.09.1988  |
|                                        | 8.6-4.59-7.60/10.1-1.60-2:40.3      |                    |          |                |
| 5021                                   | Oda Schatvedt                       | Romerike Friidrett | Oslo/Sp  | 01-02.09.2017  |
|                                        | 8.68-4.69-9.45(2)/10.17-1.35-2:06.0 |                    |          |                |
| 4863                                   | Nina Johannessen                    | Minerva            | Nadderud | 31.8-1.09.1991 |
|                                        | 8.6-4.96-6.85/10.0-1.33-3:01.3      |                    |          |                |

|                                                |                                                      |                    |            |               |
|------------------------------------------------|------------------------------------------------------|--------------------|------------|---------------|
| <b>6-kamp E Lengde med sats i sone og 600m</b> |                                                      |                    |            |               |
| 5776                                           | Cassandra Ødegård Nilsen                             | Nittedal IL        | Oslo/SP    | 05-06.09.2019 |
|                                                | 8.47-0.1-5.26+0.1-12.42/9.61-0.0-1.34-1:52.55        |                    |            |               |
| 5467                                           | Hanna Rimstad                                        | Ullensaker/Kisa IL | Moss/Me    | 19-20.05.2023 |
|                                                | 11.48(2)-8.97(-0.4)4.94(+1.6)10.50(-1.3)-1:56.55     |                    |            |               |
| 5198                                           | Ingrid Nicolaisen                                    | IL Tyrving         | Lillestrøm | 15-16.05.2009 |
|                                                | 9.17(+0.2)-4.21(-0.2)-10.98/10.35(-0.1)-1.30-1:51.40 |                    |            |               |
| 4802                                           | Kathleen Skare                                       | Ski IL             | Oslo/Sp    | 31.8-1.9.2018 |
|                                                | 9.41-4.37-12.86/11.55-1.43-2:02.7                    |                    |            |               |
| 4704                                           | Dina Storvik                                         | Nittedal IL        | Oslo/Bi    | 18-19.09.2009 |
|                                                | 9.49-4.32-9.44/11.18-1.36-2:00.1.                    |                    |            |               |

|                                                |                                  |             |             |               |
|------------------------------------------------|----------------------------------|-------------|-------------|---------------|
| <b>6-kamp M Lengde med sats i sone og 600m</b> |                                  |             |             |               |
| 5555                                           | Mathilde Kjærnes                 | Strømmen IF | Fredrikstad | 29-30.08.2009 |
|                                                | 8.34-10.29-4.98/9.75-1.34-1:57.9 |             |             |               |
| 5485                                           | Camilla Olsen                    | Strømmen IF | Oslo/Bi     | 27-28.08.2008 |
|                                                | 8.97-4.60-11.92/9.97-1.30-1:50.2 |             |             |               |
| 5331                                           | Henriette Slåttum                | Strømmen IF | Oslo/La     | 27-28.08.2002 |

|                                |
|--------------------------------|
| 8.4-4.93-9.07/10.3-1.20-1:53.9 |
|--------------------------------|

| J13                                     |                                                    |                | 119         |               |
|-----------------------------------------|----------------------------------------------------|----------------|-------------|---------------|
| 6-kamp M Lengde med sats i sone og 600m |                                                    |                |             |               |
| 5284                                    | Charlotte Aanonsen                                 | Asker Skiklubb | Horten      | 14-15.08.2002 |
|                                         | 8.5(+3.3)-10.57K-1.40/10.5-4.51-2:00.0             |                |             |               |
| 5282                                    | Ingrid Nicolaisen                                  | IL Tyrving     | Fredrikstad | 29-30.08.2009 |
|                                         | 8.99-10.50-4.98/9.75-1.40-1:53.4                   |                |             |               |
| 5276                                    | Lotte Selvåg Nordås                                | Minerva        | Oslo/Sp     | 06-07.09.2013 |
|                                         | 9.16(-0.3)-11.45-4.27(0.0)-10.55(+1.0)-1.40-1:50.2 |                |             |               |
| 5070                                    | Kristin Skolt                                      | IL Tyrving     | Oslo/Bi     | 27-28.08.2007 |
|                                         | 9.2-4.25-8.72/10.7-1.45-1:47.3                     |                |             |               |
| 5000                                    | Tale Ørving                                        | Minerva        | Horten      | 14-15.08.2002 |
|                                         | 8.6(+3.3)-6.87K-1.40/10.3-4.73-2:01.3              |                |             |               |
| 4972                                    | Helene Olafsen                                     | Ski IL         | Oslo/La     | 19-20.05.2003 |
|                                         | 8.8-4.31-8.17/10.7-1.16-1:53.1                     |                |             |               |
| 4881                                    | Aleksandra Hjertaker                               | Lørenskog FIL  | Fredrikstad | 29-30.08.2009 |
|                                         | 9.07-8.77-4.24/10.20-1.46-2:03.6                   |                |             |               |
| 4835                                    | Kine Aaltvedt                                      | Minerva        | Oslo/La     | 26-27.05.2004 |
|                                         | 8.7-4.49-8.45/10.3-1.30-2:01.9                     |                |             |               |
| 4799                                    | Mia Haave                                          | IL Tyrving     | Oslo/La     | 19-20.05.2003 |
|                                         | 9.2-4.34-7.80/10.7-1.40-2:02.5                     |                |             |               |
| 4724                                    | Alise Seiersten                                    | Ås IL          | Oslo/Sp     | 17-18.09.2022 |
|                                         | 9.18-4.15-8.31/11.43-1.30-1:52.7                   |                |             |               |
| 4713                                    | Therese Bache                                      | IL Tyrving     | Oslo/La     | 26-27.05.2004 |
|                                         | 8.7-4.49-8.45/10.3-1.30-2:01.9                     |                |             |               |
| 4704                                    | Caroline Lundqvist                                 | Lørenskog FIL  | Fredrikstad | 29-30.08.2009 |
|                                         | 9.08-6.45-4.25/10.5-1.34-1:52.5                    |                |             |               |

| 5-kamp kast SI2(3)-Di600-Ku3-Slb1-Spyd400 |                                 |                |                |            |
|-------------------------------------------|---------------------------------|----------------|----------------|------------|
| 4962                                      | Charlotte Aanonsen              | Asker Skiklubb | Asker-Heggedal | 29.09.2002 |
|                                           | 33.25-11.11-26.85-38.47-33.73sp |                |                |            |
| 4820                                      | Camilla Olsen                   | Strømmen IF    | Asker-Heggedal | 28.09.2008 |
|                                           | 37.34-10.58-27.97-27.35-37.00   |                |                |            |
| 4574                                      | Rebekka Engen                   | Oppegård IL    | Asker-Heggedal | 27.09.2009 |
|                                           | 34.76-10.49-23.84-31.13-30.80   |                |                |            |
| 4495                                      | Andrea Enerstad Bolle           | Vestby IL      | Asker-Heggedal | 24.09.2005 |
|                                           | 34.57-10.20-24.39-28.37-30.03   |                |                |            |

| 5-kamp kast SI2(3)-Di600-Ku3-Slb1-Spyd400 |                                  |            |                |            |
|-------------------------------------------|----------------------------------|------------|----------------|------------|
| 4461                                      | Stephanie Carr                   | IL Tyrving | Asker-Heggedal | 28.09.2003 |
|                                           | 27.83-8.59-26.53-32.35-28.46     |            |                |            |
| 4431                                      | Kine Aaltvedt                    | Minerva    | Asker-Heggedal | 26.09.2004 |
|                                           | 33.15-9.83-26.25-31.09sp-26.34sb |            |                |            |
| 4404                                      | Mia Haave                        | IL Tyrving | Asker-Heggedal | 28.09.2003 |
|                                           | 27.38-9.10-22.02-34.32-31.80     |            |                |            |

|                                                  |                                 |                |  |                |            |
|--------------------------------------------------|---------------------------------|----------------|--|----------------|------------|
| <b>J13</b>                                       |                                 | <b>120</b>     |  |                |            |
| <b>5-kamp kast SL2(3)-Di600-Ku3-Slb1-Spyd400</b> |                                 |                |  |                |            |
| 4323                                             | Clara Hallan Larsen             | IL Tyrving     |  | Asker-Heggedal | 30.09.2007 |
|                                                  | 25.13-9.70-26.70-36.32-26.20    |                |  |                |            |
| 4138                                             | Lisa Kristine Farstad           | Minerva        |  | Asker-Heggedal | 30.09.2007 |
|                                                  | 43.45-10.86-25.25-17.12-28.58   |                |  |                |            |
| 4026                                             | Susanne Johnsen                 | Minerva        |  | Asker-Heggedal | 28.09.2008 |
|                                                  | 25.55-9.27-21.31-30.97-29.08    |                |  |                |            |
| 3882                                             | Marte Aaltvedt                  | Minerva        |  | Asker-Heggedal | 29.09.2002 |
|                                                  | 30.00-8.17-25.67-20.11-26.32    |                |  |                |            |
| 3835                                             | Malin Pettersen                 | IL Tyrving     |  | Asker-Heggedal | 24.09.2005 |
|                                                  | 27.20-9.18-28.69-19.24-26.71    |                |  |                |            |
| 3831                                             | Marianne Husby                  | Nesodden IF    |  | Asker-Heggedal | 30.09.2007 |
|                                                  | 24.38-9.84-26.63-20.67-27.28    |                |  |                |            |
| 3730                                             | Helle Christiansen              | Vestby IL      |  | Asker-Heggedal | 24.09.2005 |
|                                                  | 25.90-9.10-20.95-27.00-24.67    |                |  |                |            |
| 3702                                             | Janniche Silseth Eide           | IL Tyrving     |  | Asker-Heggedal | 26.09.2004 |
|                                                  | 21.86-9.72-24.00-27.48-22.85sb  |                |  |                |            |
| 3664                                             | Marte Brenna Steinbakken        | Minerva        |  | Asker-Heggedal | 28.09.2008 |
|                                                  | 21.67-8.28-22.21-29.35-26.14    |                |  |                |            |
| 3475                                             | Ingreid Marie Dalhus            | Nittedal IL    |  | Asker-Heggedal | 25.09.2016 |
|                                                  | 36.96-10.59-24.87-28.14-18.63   |                |  |                |            |
|                                                  |                                 |                |  |                |            |
| 3428                                             | Camilla Nordbye                 | IL Tyrving     |  | Asker-Heggedal | 24.09.2005 |
|                                                  | 24.59-8.82-20.57-29.08-19.22    |                |  |                |            |
| 3419                                             | Elisabeth Thon Rosvold          | Asker Skiklubb |  | Asker-Heggedal | 27.09.2015 |
|                                                  | 42.90-12.92-37.00-0-19.20       |                |  |                |            |
| 3348                                             | Stephanie Carr                  | IL Tyrving     |  | Asker-Heggedal | 26.09.2004 |
|                                                  | 24.97-7.54-22.43-31.29-25.61sb  |                |  |                |            |
| 3334                                             | Tuva Elise Bø                   | Strømmen IF    |  | Asker-Heggedal | 28.09.2008 |
|                                                  | 24.74-8.60-20.08-18.62-27.89    |                |  |                |            |
| 3292                                             | Cecilie Pettersen               | Minerva        |  | Asker-Heggedal | 30.09.2000 |
|                                                  | 17.67(3)-23.92-6.92-24.32-20.13 |                |  |                |            |
| 3096                                             | Tiril Lappegård                 | Nittedal IL    |  | Asker-Heggedal | 25.09.2016 |
|                                                  | 30.59-11.37-27.12-23.00-15.84   |                |  |                |            |
| 2963                                             | Line Kloster                    | Asker Skiklubb |  | Asker-Heggedal | 26.09.2004 |
|                                                  | 20.89-8.10-23.24-24.60-25.28sb  |                |  |                |            |
| 2898                                             | Ada Norum Torgersen             | Ås IL          |  | Asker-Heggedal | 25.09.2016 |
|                                                  | 26.60-8.58-24.68-24.32-21.11    |                |  |                |            |