

Norge / Norway: 2011 - Innendørs / Indoor**Kvinner / Women 40-44 år / years**

pr. 30.06.2011 (oppdatert / updated 13.03.2012)

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

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

100m (K40-44)

15.66	(1)	Maureen Mesaros, GTI	(67)	Sandnes	03.05.2011
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200m (K40-44)

Manuelle tider / Handtiming:

33.4	(1)	Maureen Mesaros, GTI	(67)	Stavanger	14.01.2011
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1500m (K40-44)

4:43.03	(2)KS	Vigdis Bringedal Holst, IL Skjalg	(69)	Trondheim/Ra	12.02.2011
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3000m (K40-44)

10:02.26	(1)KS	Vigdis Bringedal Holst, IL Skjalg	(69)	Trondheim/Ra	13.02.2011
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12:07.08	(13)	Hanne Liland, T&IF Viking	(69)	Gent, BEL	16.03.2011
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Høyde u.t. / Standing High Jump (K40-44)

1.10	(1)	Inger Lill Høibakke, Lye IL	(73)	Lyefjell	10.02.2011
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1.00	(1)	Andrine Solli Oppegaard, Sømna IL	(70)	Vik i Helgeland	10.03.2011
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0.95	(1)	Jorunn Alme, Mjøsdaalen IL	(71)	Hosanger	15.03.2011
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Lengde / Long Jump (K40-44)

3.63	(1)	Maureen Mesaros, GTI	(67)	Sandnes	03.05.2011
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Lengde u.t. / Standing Long Jump (K40-44)

2.02	(2)KS	Kristine Rogstad, Ås IL	(69)	Ås	28.02.2011
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1.97	(1)	Elin Sletten, Stord IL	(69)	Leirvik	15.11.2010
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1.95	(1)	Nina Solland, Bremnes IL	(68)	Bremnes	10.03.2011
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1.92gu	(1)	Hege E. Sannan Skorlid, Sjetne IL	(69)	Sjetne	05.08.2010
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1.91	(3)KS	Eli Katrina Øydvin, Ås IL	(69)	Ås	28.02.2011
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1.89	(1)	Elfrid Haara Leikvoll, IL Harding	(71)	Kinsarvik	19.01.2011
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1.89	(1)	Torhild Kildahl, Bremnes IL	(67)	Bremnes	17.02.2011
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1.60	(1)	Siv Nilsen, IL Fenring	(71)	Ravnanger	19.01.2011
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1.59	(1)	Nora Hauge, IL Fri	(68)	Garnes	14.02.2011
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Tresteg u.t. / Standing Triple Jump (K40-44)

6.00	(1)KS	Kristine Rogstad, Ås IL	(69)	Ås	28.02.2011
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Kule / Shot Put 4.0 kg (K40-44)

10.63	(2)KS	Anne Stunes Isene, IF Sturla	(70)	Stange	19.03.2011
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