

Treningsstevne kast Oslo - Sogn– 30.april 2011 (Arr. IK Tjalve)

Diskos

J15 (750 gram)

1) Matilde Roe	IL Fri (1996)	44,41 m
2) Helene Ingvaldsen	IL Norna – Salhus (1996)	43,29 m

G15 (1 kg)

1) Thor Olav Rosvold	Asker Skiklubb (1996)	uten res
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G 16 (1,5 kg)

1) Sven Martin Skagestad	Loddefjord IL (1995)	48,58m
2) Ola Stunes Isene	IF Sturla (1995)	41,60m

G 17 (1,5 kg)

1) Jørgen Austnes	IL Fri (1994)	48,50m
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M22 (2 kg)

1) Erik Fluge	ASK Friidrett (1991)	43,06 m
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MS (2 kg)

1) Magnus Røsholm Berntsen	SK Vidar (1989)	56,96 m
(56,96m – 56,04m – 53,69m – 54,98m – 54,18m – 54,15m)		
2) Eivind Henriksen	IK Tjalve (1990)	48,35 m

Slegge

J15 (3kg)

1) Elise Sanden Kvisgård	IL Norna-Salhus (1996)	39,91m
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J16 (4kg)

1) Helene Ingvaldsen	IL Norna-Salhus (1996)	48,16m
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J17 (4kg)

1) Silje Stenersrød	Halden IL (1994)	44,45m
2) Karoline Robertsen	Jælgervatnet IL (1994)	38,34m

J19 (4 kg)

1) Marte Rygg Årdal	IL Brodd (1992)	58,44m
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K22 (4 kg)

1) Trude Raad	Gloppen FIL (1990)	56,85m
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G17 (5 kg)

1) Jørgen Austnes	IL Fri (1994)	64,66m
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G18 (6 kg)

1) Kjetil Røste Ringen	Brandbu IF (1993)	62,86m
2) Martin Hansen Lillevik	Jælgervatnet IL (1993)	60,41m

M22 (7,26kg)

1) Eivind Henriksen	IK Tjalve (1990)	72,13m
(71,75m-70,37m-71,32m-72,13m-70,11m-70,24m)		