

Norge / Norway: 2011 - Innendørs / Indoor**Kvinner / Women 55-59 år / years**

pr. 30.06.2011 (oppdatert / updated 30.12.2011)

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

60m (K55-59)

10.39	(1)	Rigmor Jønnum Grimnes, Kongsberg IF	(55)	Stange	29.01.2011
-------	-----	-------------------------------------	------	--------	------------

Manuelle tider / Handtiming:

8.9	(1)	Anny Undheim, IL Framsteg	(56)	Lyngdal	27.02.2011
-----	-----	---------------------------	------	---------	------------

200m (K55-59)

29.39	(3)50h2	Anny Undheim, IL Framsteg	(56)	Gent, BEL	16.03.2011
-------	---------	---------------------------	------	-----------	------------

400m (K55-59)

66.48	(4)50	Anny Undheim, IL Framsteg	(56)	Gent, BEL	19.03.2011
-------	-------	---------------------------	------	-----------	------------

60m hekk / hurdles 76.2 cm (K55-59)

Manuelle tider / Handtiming:

10.4	(1)	Anny Undheim, IL Framsteg	(56)	Lyngdal	27.02.2011
------	-----	---------------------------	------	---------	------------

Lengde / Long Jump (K55-59)

4.37	(1)	Anny Undheim, IL Framsteg	(56)	Lyngdal	27.02.2011
------	-----	---------------------------	------	---------	------------

3.76	(1)	Rigmor Jønnum Grimnes, Kongsberg IF	(55)	Stange	30.01.2011
------	-----	-------------------------------------	------	--------	------------

Lengde u.t. / Standing Long Jump (K55-59)

2.14	(1)	Margot Haave, IL Tyrving	(53)	Nittedal	06.03.2011
------	-----	--------------------------	------	----------	------------

2.00	(1)	Rigmor Jønnum Grimnes, Kongsberg IF	(55)	Stange	29.01.2011
------	-----	-------------------------------------	------	--------	------------

Tresteg / Triple Jump (K55-59)

9.56	(3)50	Anny Undheim, IL Framsteg	(56)	Gent, BEL	17.03.2011
------	-------	---------------------------	------	-----------	------------

Kule / Shot Put 3.0 kg (K55-59)

8.83	(1)	Rigmor Jønnum Grimnes, Kongsberg IF	(55)	Stange	30.01.2011
------	-----	-------------------------------------	------	--------	------------